

SEASON SYNOPSIS

In Series 2 of Ben's Menu, Ben Milbourne creates tantalising recipes in his studio + 'alfresco' kitchen in Spreyton, North West Tasmania. Ben will be joined in his kitchen by some of his mates, such as the well-loved MasterChef contestants Emma Dean, Lynton Tapp, Amy Luttrell, Georgia Barnes and Andy Allen as well as some local Tasmanian food producers. Once again, Ben will travel around Tasmania cooking at some fantastic locations using local and seasonal produce.

EP1

In the first episode of Ben's Menu, Ben Milbourne invites fellow Masterchef alumni Emma Dean into his kitchen where she creates an easy breakfast dish. Ben then travels to Salamanca Market in Hobart where he is inspired to cook a pasta dish using local produce.

EP 2

In the second episode of Ben's Menu, Ben Milbourne teams up with former Miss Universe Australia, Olivia Wells to cook a succulent chicken dish, before Liv wows Ben with her cupcake recipe. Then it's time to tackle a 'mystery box' challenge together.

EP 3

In the third episode of Ben's Menu, Ben Milbourne starts the day cooking in his picturesque backyard where he prepares an easy breakfast bruschetta, before Masterchef alumni, Amy Luttrell pops by to share her sweet bread recipe, and Ben reminisces on his childhood sweet tooth down at Bluffs Beach in Devonport.

EP4

In the fourth episode of Ben's Menu, Ben Milbourne serves a satisfying and healthy salad, then Lynton Tapp another one of Ben's Masterchef mates, drops in to make a classic outback staple, and Ben whips up a handful of Apple and Caramel pies.

EP5

In the fifth episode of Ben's Menu, Ben Milbourne stirs up a quick and spicy 15-minute pasta, then A Taste of Travel Reporter Scott McRae stops by to sample Ben's Tempura Oyster recipe before he takes us on a culinary trip around the South Coast of NSW.

EP6

In the sixth episode of Ben's Menu, Ben Milbourne visits the Bonorong Wildlife Sanctuary and cooks a breakfast with a twist for the hardworking staff with Amy Luttrell. Back home in his kitchen again, Ben creates an unusual, but refreshing summer salad and an easy, tasty dessert.

EP7

In the seventh episode of Ben's Menu, Ben Milbourne helps Emma Dean in the kitchen, after she takes over the stove to prepare her amazing recipe for an Oxtail Stew. Emma also shares her Granny's special recipe for passionfruit filled Yoyos.

EP8

In the eighth episode of Ben's Menu, Ben Milbourne and Amy Luttrell cook a family favourite for dinner, then Ben crafts an exotic salad and a delightful English dessert.

EP9

In the ninth episode of Ben's Menu, Ben Milbourne dishes up a sensational seafood pasta, Lynton Tapp shows Ben his recipe for a nutritious warm salad then Ben finishes off the menu with a deliciously decadent dessert.

EP10

In the tenth episode of Ben's Menu, Ben Milbourne compares his revamped Pumpkin Soup recipe to his Grandmother's much-loved classic. A Taste Of Travel reporter, Scott McRae, tests Ben's Moroccan lamb recipe before travelling to New Zealand for a tasty and action-packed tour.

EP11

In the eleventh episode of Ben's Menu, Ben Milbourne pops into Small Fry in Hobart, where chef Rhys Hannon makes Ben a sweet breakfast. Amy Luttrell prepares a fancy lunch for Ben before he whips up a fruity dessert.

EP12

In the twelfth episode of Ben's Menu, Ben Milbourne shares his recipes for some spicy dishes from around the world. Ben then invites Lynton Tapp over to toss together an Australasian fusion curry.

EP13

In the thirteenth episode of Ben's Menu, Ben Milbourne begins with the first recipe he ever wrote, before visiting the Huon Valley to make some fresh Sashimi. Back in Ben's kitchen Emma Dean shows Ben her slow-cooked sticky ribs recipe.

EP14

In the fourteenth episode of Ben's Menu, Ben Milbourne goes on a Seafood Seduction Tour with Pennicott Wilderness Journeys off the South Coast of Tasmania and enjoys a smorgasbord for fresh, local delicacies.

EP15

In the fifteenth episode of Ben's Menu, Ben Milbourne enjoys some fresh Tasmanian air as he cooks another of his Nan's family recipes outside in his backyard. A Taste Of Travel reporter Scott McRae tests Ben's Nachos recipe before he explores the food, culture and history of South Africa.

EP16

In the sixteenth episode of Ben's Menu, Ben Milbourne creates a rich pasta while admiring the stunning sites of the Freycinet National Park. Ben then returns home to his kitchen where Lynton Tapp joins him for a spicy dinner before Ben reinvents a French-style sandwich.

EP17

In the seventeenth episode of Ben's Menu, Ben Milbourne bakes some smoky beans for breakfast then a savoury, medley tart. Masterchef 2015 runner-up Georgia Barnes shows Ben a tropical, summer salad.

EP18

In the eighteenth episode of Ben's Menu, Ben Milbourne breaks down a breakfast favourite, visits a Launceston's retro 'Fresh On Charles' restaurant before deconstructing a modern Pavlova.

EP19

In the nineteenth episode of Ben's Menu, Ben Milbourne samples one of the tantalising recipes prepared on the Maria Island Walk, then serves up a quick midweek curry before Emma Dean bakes a sweet pastry treat.

EP20

In the twentieth episode of Ben's Menu, Ben Milbourne invents a tasty bruschetta, A Taste Of Travel reporter Scott McRae helps Ben revamp a potato salad recipe before Scott ventures off to find the best food and fresh produce Byron Bay has to offer.

EP21

In the twenty-first episode of Ben's Menu, Ben Milbourne visits the Freycinet Marine Farm for some plump oysters, before he throws together a fresh pasta and Emma Dean bakes a juicy citrus cake.

EP22

In the twenty-second episode of Ben's Menu, Ben Milbourne plates up a crispy breakfast salad and Mexican-inspired snack. Georgia Barnes whips up a special dessert for Ben and Charlie to enjoy.

EP23

In the twenty-third episode of Ben's Menu, Ben Milbourne makes a quick and easy breakfast dish and then a slow-cooked curry. Lynton Tapp reveals his secrets to his gourmet salmon burgers.

EP24

In the twenty-fourth episode of Ben's Menu, Ben Milbourne cooks comfort food with some basic ingredients from his fridge. Ben then travels to Stefano Lubiana Winery, where he learns how to make Venetian doughnuts and Amy Luttrell bakes a light frangipane tart.

EP25

In the twenty-fifth episode of Ben's Menu, Ben Milbourne makes one of his grandmother's family favourites. Then A Taste Of Travel reporter Scott McRae, helps Ben in the kitchen with a tangy lamb salad before he jets off on a foodie's dream tour of New Zealand.

EP26

In the twenty-sixth episode of Ben's Menu, Ben Milbourne invites his best mate and Masterchef alumni, Andy Allen onto the show to create a mouth-watering seafood pasta. Ben then assembles a gourmet salad and bakes a tasty Turkish snack.

EP27

In the twenty-seventh episode of Ben's Menu, Ben Milbourne reinvents a classic 1970's dish, Georgia Barnes bakes some sausage rolls with a surprise in the centre and Ben then creates a sweet French toast recipe.

EP28

In the twenty-eighth episode of Ben's Menu, Ben Milbourne indulges in a signature dish from Small-Fry Hobart, before demonstrating an authentic Italian pasta. Lynton Tapp pops in and cooks a classic French delicacy with an Australian twist.

EP29

In the twenty-ninth episode of Ben's Menu, Ben Milbourne learns Emma Dean's awesome, easy recipe for making bread. Ben then demonstrates the best way to roast salmon and puts a spin on smoky American baked beans.

EP30

In the thirtieth episode of Ben's Menu, Ben Milbourne makes an enticing savoury tart full of flavour. A Taste Of Travel reporter, Scott McRae, impresses Ben with his simple recipe for spicy pasta before he embarks on a mouth-watering trip around South Africa.

EP31

In the thirty-first episode of Ben's Menu, Ben Milbourne and Andy Allen explore Ashgrove's Farm in Elizabeth Town, where they're inspired to make a gourmet 'mac & cheese' recipe. Ben then explains his easy pickling method and whips up a seasonal tart.

EP32

In the thirty-second episode of Ben's Menu, Ben Milbourne invites Emma Dean to show her favourite breakfast recipe. Then, Ben experiments with a Spanish rice dish and finishes with a malty dessert.

EP33

In the thirty-third episode of Ben's Menu, Ben Milbourne cooks on location with fresh Huon salmon. Then back home in his kitchen, Ben slow cooks a succulent midweek curry before Lynton Tapp treats Ben to a special family recipe.

EP34

In the thirty-fourth episode of Ben's Menu, Ben Milbourne learns some trade secrets from Scotty the Butcher before throwing together a creamy tomato and thyme pasta.

EP35

In the thirty-fifth episode of Ben's Menu, Ben Milbourne visits Mrs Jones' where he indulges in some crab rice-paper rolls. Ben then concocts a flavoursome Moroccan salad and Amy Luttrell spoils Ben with her signature ice cream sandwiches.

EP36

In the thirty-sixth episode of Ben's Menu, Ben Milbourne prepares a tangy salmon pasta, then Lynton Tapp impresses with a marinade fit for a rack of lamb. Ben then deconstructs and modernises a traditional winter dessert.

EP37

In the thirty-seventh episode of Ben's Menu, Ben Milbourne's best mate, Andy Allen, makes Ben an Asian-inspired breakfast dish. Ben also demonstrates how to cook one recipe and turn it into two hearty meals the family will love.

EP38

In the thirty-eighth episode of Ben's Menu, Ben Milbourne returns to the schoolyard to cook with students from Burnie High School, using fresh ingredients from a local community organisation, Produce To The People Tasmania.

EP39

In the thirty-ninth episode of Ben's Menu, Ben Milbourne bakes an easy savoury rollup, before revealing the recipe for his favourite Mexican dish. Ben then heads to the Stillwater Restaurant in Launceston for a delicious dessert.

EP40

In the fortieth episode of Ben's Menu, Ben Milbourne reinvents an authentic Vietnamese recipe he learnt from good friend Luke Nguyen. A Taste Of Travel reporter, Scott McRae stops by Ben's kitchen for a light spring pasta, before heading off to Albury in search for the best sights, food and wine in town.

EP41

In the forty-first episode of Ben's Menu, Ben Milbourne makes a popular appetizer before helping Georgia Barnes roll some nutritious sushi. Then Ben bakes a classic family-favourite.

EP42

In the forty-second episode of Ben's Menu, Ben Milbourne cooks a tasty Milanese specialty followed by a traditional Italian pasta. Lynton Tapp and Ben reminisce over a sweet childhood favourite.

EP43

In the forty-third episode of Ben's Menu, Ben Milbourne visits Alps and Amici in Launceston and the Freycinet Marine Farm, in search of the freshest ingredients for his new recipe. Back in his kitchen, Ben bakes a quick snack and Emma Dean crafts a healthy salad.

EP44

In the forty-fourth episode of Ben's Menu, Ben Milbourne cooks a creamy salmon pasta. Amy Luttrell bakes mini cheese and truffle pizzas and Ben treats himself with a luxurious chocolate cake.

EP45

In the forty-fifth episode of Ben's Menu, Ben Milbourne flies to Melbourne Airport to serve guests of the QANTAS Club's Lounge. He then combines all of his favourite Italian ingredients to make a new Bolognese recipe and creates an avocado/chocolate fusion mousse with Andy Allen.

EP46

In the forty-sixth episode of Ben's Menu, Ben Milbourne bakes a childhood favourite, before going truffle-hunting with friend Andy Allen to collect ingredients for a delicious pasta. Back home again, Ben mixes Mexican and Asian flavours to create a zesty dish.

EP47

In the forty-seventh episode of Ben's Menu, Ben Milbourne creates a tropical Mexican salsa, before visiting the Huon Valley to create a decadent salmon breakfast dish. For dessert Ben whips together a delightful Italian classic.

EP48

In the forty-eighth episode of Ben's Menu, Ben Milbourne prepares a healthy vegetarian tart, and Lynton Tapp surprises Ben by assembling a gourmet salad. Ben then puts a modern twist on a Spanish cake.

EP49

In the forty-ninth episode of Ben's Menu, Ben Milbourne demonstrates how to cook the classic Mexican nachos and then blitzes together a healthy soup. Then, together with Amy Luttrell, Ben visits the Bonorong Wildlife Sanctuary.

EP50

In the fiftieth episode of Ben's Menu, Ben Milbourne creates a refreshing Tuscan salad. A Taste Of Travel reporter Scott McRae teaches Ben how to make South African meatballs before he embarks on an safari adventure.

EP51

In the fifty-first episode of Ben's Menu, Ben Milbourne experiments with a creamy risotto before roasting a whole fresh salmon. He then whips up an iconic Spanish treat.

EP52

In the fifty-second episode of Ben's Menu, Ben Milbourne reinvents the classic baked-beans and reveals his secrets on how to make the best café-style chicken burger. Emma Dean bakes Ben a rustic rhubarb cake.

EP53

In the fifty-third episode of Ben's Menu, Ben Milbourne combines coconut, curry and prawns to make a tasty appetizer; before treating himself to a special dish from Stillwater Restaurant. Ben then learns one of his Nan's secret recipes from his father.

EP54

In the fifty-fourth episode of Ben's Menu, Ben Milbourne slow-cooks a rich, gluten-free pasta bake, before braising a Spanish classic with a sweet twist. Ben then visits a local whisky distillery where he is inspired to bake a seasonal cake for adults only.

EP55

In the fifty-fifth episode of Ben's Menu, Ben Milbourne prepares a pasta with a nutty twist. Andy Allen bakes a simple, succulent seafood pie and Ben enhances his banana bread recipe with a caramel sauce.

EP56

In the fifty-sixth episode of Ben's Menu, Ben Milbourne starts the show with an energising dish before venturing out on a Huon Aquaculture barge to serve a crispy salmon recipe. For dessert Ben bakes a classic upside-down tart.

EP57

In the fifty-seventh episode of Ben's Menu, Ben Milbourne bakes a new meatball dish and Indian-inspired fried-rice. Amy Luttrell treats Ben to her favourite MasterChef dessert recipe.

EP58

In the fifty-eighth episode of Ben's Menu, Ben Milbourne surprises QANTAS Club patrons with a pop-up stall at the Melbourne airport lounge. Back home once again, Ben cooks tortellini in a creamy sauce and Andy Allen bakes a fruity dessert.

EP59

In the fifty-ninth episode of Ben's Menu, Ben Milbourne improvises with leftovers to make a fast vegetarian pasta and Lynton Tapp prepares a gourmet seafood appetiser. Then Ben creates a healthy alternative for ice cream.

EP60

In the sixtieth episode of Ben's Menu, Ben Milbourne demonstrates how to cook chicken breast to perfection. A Taste Of Travel reporter, Scott McRae, helps Ben cook mussels in a Thai-flavoured broth before taking a luxurious tour around New Zealand.

EP61

In the sixty-first episode of Ben's Menu, Ben Milbourne prepares a tasty seafood entrée. Amy Luttrell then prepares a healthy summer salad and Ben whips up a delicious dessert from camping supplies.

EP62

In the sixty-second episode of Ben's Menu, Ben Milbourne visits local beef producers in Cape Grim where he gives a master-class on how to cook three popular cuts of steak.

EP63

In the sixty-third episode of Ben's Menu, Ben Milbourne adds a crusty finish to corn-on-the-cob, before refreshing a basic meat and three veg dish. Georgia Barnes impresses with an easy to make French meringue dessert.

EP64

In the sixty-fourth episode of Ben's Menu, Ben Milbourne grills fish with an easy marinade and then assembles a decadent sandwich with rich history. Amy Luttrell makes a healthy sweet and savoury wholegrain pasta.

EP65

In the sixty-fifth episode of Ben's Menu, Ben Milbourne invites Andy Allen into his kitchen to make a hearty lentil soup. Ben visits Small-Fry Restaurant to learn how to make a French seafood recipe, before baking his favourite dessert recipe from his university years.

EP66

In the sixty-sixth episode of Ben's Menu, Ben Milbourne visits his local butcher to learn how to prepare the perfect lamb rack. Ben then recreates his mother-in-law's fancy pastry tarts; before visiting Hobart, where he makes an exotic seafood marinara.

EP67

In the sixty-seventh episode of Ben's Menu, Ben Milbourne visits vegetarian restaurant, Fresh On Charles, to try one of their tasty Mexican dishes. Lynton Tapp shows Ben his recipe for a rich, seafood pâté and Ben bakes a traditional English sponge cake.

EP68

In the sixty-eighth episode of Ben's Menu, Ben Milbourne visits an iconic Tasmanian market where he is inspired to cook a gourmet breakfast. Back at home, Ben prepares a vibrant, healthy pasta and Amy Luttrell reveals her recipe for a spicy Moroccan soup.

EP69

In the sixty-ninth episode of Ben's Menu, Ben Milbourne tries Andy Allen's nutritious breakfast smoothie and contemporises a classic Italian recipe with an Australian twist. Ben then visits Hobart's Small-fry restaurant for a lesson in British baking.

EP70

In the seventieth episode of Ben's Menu, Ben Milbourne deconstructs a gourmet salmon toastie, then treats A Taste Of Travel reporter Scott McRae to some special pancakes, before Scott travels to South Africa.

EP71

In the seventy-first episode of Ben's Menu, Ben Milbourne heads to Launceston to check out Phoenix & The Wolf's wood-fired menu, before he whips up a simple, chunky dip to share with friends. Andy Allen then challenges Ben to create an 8-minute Bolognese recipe.

EP72

In the seventy-second episode of Ben's Menu, Ben Milbourne learns the secret to one of Peppers York Cove's signature dishes. Ben then demonstrates how to make two different variations of a Mexican side dish.

EP73

In the seventy-third episode of Ben's Menu, Ben Milbourne makes his version of a Chinese takeaway delicacy; then Amy Luttrell cooks a flavoursome 5-minute pasta. Ben visits Mrs Jones in Devonport and learns the recipe for one of his favourite dishes.

EP74

In the seventy-fourth episode of Ben's Menu, Ben Milbourne admires the vista at the Freycinet Lodge as he cooks on location with signature, local produce. Back home again, Ben gives a lesson on balancing the 5 basic tastes in a pasta dish and then bakes a sweet, berry tart.

EP75

In the seventy-fifth episode of Ben's Menu, Ben Milbourne enjoys the great outdoors at the Dover Peninsula, where he prepares a simple seafood appetiser. Emma Dean reveals one of her MasterChef-winning recipes, before Ben bakes a sweet, family-favourite dessert.

EP76

In the seventy-sixth episode of Ben's Menu, Ben Milbourne experiments with his favourite flavours to create a spicy pasta dish. Ben then visits Maria Island for a guided tour and some great camping food, before he returns home to create a simple Spanish toast recipe.

EP77

In the seventy-seventh episode of Ben's Menu, Ben Milbourne is inspired to cook a light seafood entrée at the picturesque Clover Hill vineyard. Georgia Barnes amazes Ben with her American-style barbecued prawns, before Ben demonstrates how easy it is to create a traditional pasta from staple pantry ingredients.

EP78

In the seventy-eighth episode of Ben's Menu, Ben Milbourne tries Amy Luttrell's fancy French-style baked salmon. Ben then cooks an exotic seafood dish for a very special guest, before crafting a special gift idea from one of his dessert recipes.

EP79

In the seventy-ninth episode of Ben's Menu, Ben Milbourne helps Andy Allen make an authentic, chunky Mexican dip. Ben then pops into Peppers York Cove in George Town where he samples a luxurious dessert from their award-winning menu, before raiding their pantry to create his own enticing dessert.

EP80

In the eightieth episode of Ben's Menu, Ben Milbourne uses his favourite local ingredient to make a gourmet pasta. He then makes a classic childhood slice to share with A Taste Of Travel reporter, Scott McRae, before Scott travels to the New South Wales coastal town of Newcastle.

EP81

In the eighty-first episode of Ben's Menu, Ben Milbourne visits the Salamanca Markets with Amy Luttrell, where Amy cooks a deluxe Sunday breakfast dish. Afterwards Ben returns home to whip up a tasty seafood entrée and a luxurious pasta with fragrant, exotic herbs.

EP82

In the eighty-second episode of Ben's Menu, Ben Milbourne invites Lynton Tapp over to create an Asian-inspired salad. Then Ben cooks a Italian ragout and enjoys a warm dessert from Small-fry in Hobart.

EP83

In the eighty-third episode of Ben's Menu, Ben Milbourne is won over by Amy Luttrell's healthy alternative for couscous, and is then inspired to create his own healthier version of a milkshake. On a quick trip to Hobart, Ben gives some great tips on cooking crayfish and how to toast marshmallows.

EP84

In the eighty-fourth episode of Ben's Menu, Ben Milbourne visits the Piermont Retreat in Swansea where he creates a romantic dish he remembers from his honeymoon. Back home again, Ben innovates with a classic Spanish snack and Andy Allen joins Ben to make a savoury American dessert.

EP85

In the eighty-fifth episode of Ben's Menu, Ben Milbourne creates a festive pasta dish and a fancy seafood entrée to share at a party. Ben travels to Perth in Tasmania to visit Phoenix & the Wolf where he learns a modernised dessert.

EP86

In the eighty-sixth episode of Ben's Menu, Ben Milbourne bakes some savoury treats with the help of a special visitor, and then flies to Melbourne to host a Pop-Up stall for QANTAS in their club lounge. Back home again, Ben is challenged to invent a dessert from an assortment of ingredients.

EP87

In the eighty-seventh episode of Ben's Menu, Ben Milbourne learns how to prepare pork steaks from his favourite butcher before throwing together a creamy prawn pasta. Outside on location in Granton, Ben roasts a whole fish in a crisp, salt crust.

EP88

In the eighty-eighth episode of Ben's Menu, Ben Milbourne is joined in the kitchen by his brother Grant, where they modernise one of their Nan's classic sandwiches. Ben then prepares a fast seafood snack and learns a signature dish from Piermont Retreat in Swansea.

EP89

In the eighty-ninth episode of Ben's Menu, Ben Milbourne is astounded by Andy Allen's recipe for a hot, express breakfast before preparing a classic pasta which reminds him of his childhood. Ben then travels to Perth in Tasmania to try Phoenix & The Wolf's fresh wood-smoked ocean trout.

EP90

In the ninetieth episode of Ben's Menu, Ben Milbourne makes one of his favourite Mexican street foods and then prepares a delicate English dessert. A Taste Of Travel reporter, Scott McRae stops in to help Ben make a sweet and spicy snack before Scott enjoys the Vivid festival in New South Wales.