



WEEK 39: Sunday, September 18 - Saturday, 24 September 2022 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Egg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2022-09-18	0500	Eating Inn	Adrift Part 2	Adrift Michelin starred owner executive chef David Myers introduces his young Australian star head chef Pete Smit who proceeds to show our host chef Phillip why he is already super highly regarded.	SINGAPORE	English-100		G		
2022-09-18	0530	Ainsley's Good Mood Food	Eggs	Ainsley is EGG-xited to explore the wonderful world of eggs. He kicks things off with a delicious breakfast hash with nduja and kale for a spicy start to the day	UNITED KINGDOM	English-100		G		
2022-09-18	0625	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 1	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y	
2022-09-18	0630	Ainsley's Good Mood Food	Honey	Ainsley is buzzing around in his kitchen again as he cooks using honey. He combines honey and chilli for his first dish, honey-chilli spiked lamb with a potato, bean and mint dressing salad.	UNITED KINGDOM	English-100		G		
2022-09-18	0725	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 3	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y	
2022-09-18	0730	Food In Our Time	Legacy	In the 21st century, the role of the chef has evolved. Andre meets three visionaries who are changing the way we eat and think about food.	SINGAPORE	English-100		PG		Y
2022-09-18	0825	Poh & Co. Bitesize	Family	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-09-18	0830	The Julia Child Challenge	Julia On TV	The Home Cooks learn about Julia's pioneering career in television this week in challenges inspired by her time working on "The French Chef". With Guest Judges Sherry Yard and Stephanie Boswell.	USA	English-100		PG		
2022-09-18	0930	Hairy Biker's Route 66	Hairy Biker's Route 66 Series 1 Ep 4	The fourth leg of the bikers epic adventure runs from Amarillo, Texas to Albuquerque, New Mexico and gives a real insight into small independently owned restaurants and food producers.	UNITED KINGDOM	English-100		PG		
2022-09-18	1040	Jamie's Food Escapes	Venice	Jamie goes off the tourist track in Venice to find the real regional food of the area - rice, polenta, seafood, and fresh vegetables.	UNITED KINGDOM	English-100		PG		
2022-09-18	1140	Ainsley's Good Mood Food	Eggs	Ainsley is EGG-xited to explore the wonderful world of eggs. He kicks things off with a delicious breakfast hash with nduja and kale for a spicy start to the day	UNITED KINGDOM	English-100		G		
2022-09-18	1235	Eating Inn	Adrift Part 1	At the ground level of the most iconic high rises in Asia, the Hotel Marina Bay Sands, we find the incredibly popular Californian-Asian venue 'Adrift'. Host chef Phil introduces us to its founder.	SINGAPORE	English-100		G		
2022-09-18	1300	Eating Inn	Adrift Part 2	Adrift Michelin starred owner executive chef David Myers introduces his young Australian star head chef Pete Smit who proceeds to show our host chef Phillip why he is already super highly regarded.	SINGAPORE	English-100		G		
2022-09-18	1330	Adam & Poh's Malaysia In Australia	Adam & Poh's Malaysia In Australia Series 1 Ep 2	Poh is in the wheat belt, visiting the regional WA town of Katanning, while Adam heads to Merimbula with his friend, Malaysian Australian poet and rapper Omar Musa.	AUSTRALIA	English-100		PG	Y	
2022-09-18	1400	The Cook Up With Adam Liaw	Cheese Please	Chef Jo Barrett and food writer Nida Degutiene join Adam in The Cook Up kitchen to create their favourite recipes that feature cheese.			RPT	PG	Y	
2022-09-18	1430	The Cook Up With Adam Liaw	Steam	It's getting steamy in The Cook Up kitchen as Adam, presenter and comedian Alex Lee and head chef of China Doll Frank Shek employ the method of steaming for tonight's dishes.			RPT	PG	Y	
2022-09-18	1500	The Cook Up With Adam Liaw	Shoots & Leaves	Adam, executive chef Jacqui Challinor and winner of the Australian Professional Chef of the Year Andrew Ballard are in The Cook Up kitchen to create dishes featuring shoots and leaves.			RPT	PG	Y	
2022-09-18	1530	The Cook Up With Adam Liaw	Quick Curries	Adam, chef Mark Olive and comedian Shiralee Hood are in The Cook Up kitchen feeling the need for speed and spice as they make some quick curries.			RPT	PG	Y	
2022-09-18	1600	The Cook Up With Adam Liaw	Sizzle	The Cook Up kitchen is heating up! Adam, head chef of Stanley Restaurant Louis Tikaram and executive chef and Owner of Arkhe Jake Kellie make foods that have a real sizzle.				PG	Y	
2022-09-18	1630	The Cook And The Chef	Mediterranean Style	Having visited Italy many times, Maggie never ceases to be inspired by the culinary philosophy she encountered there, an approach which works perfectly for the Mediterranean climate of the Barossa.	AUSTRALIA	English-100		G		

2022-09-18	1700	The Cook And The Chef	Apples And Onions	Maggie and Simon transform the ordinary into the extraordinary, with a celebration of common ingredients that are humble yet wonderful - apples, onions, and old-fashioned chicken stock.	AUSTRALIA	English-100		G		
2022-09-18	1730	Cheese Slices	Canada - Artisan Cheeses Of British Columbia	The growing consumer awareness of artisan cheese in Canada has recently spread to the Pacific West Coast of British Columbia.	AUSTRALIA	English-100		G		
2022-09-18	1800	Mary Makes It Easy	Healthied Up	Eating healthier doesn't have to mean cutting out treats. Mary "healthies up" her favourite comfort foods to incorporate more nutrients and make them a little healthier without sacrificing flavour.	CANADA	English-100		G		
2022-09-18	1830	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 7	Dan kicks things off with an Argentinian Choripan, grilled chorizo slathered in a herby chimichurri sauce and served in a crusty baguette-style bread.	AUSTRALIA	English-100		PG		
2022-09-18	1900	The Cook And The Chef	Fish And Eggplant	Maggie and Simon are celebrating traditions. Simon follows some rules and breaks others to come up with a Penang Laksa that separates the true laksa lovers from the rest.	AUSTRALIA	English-100		G		
2022-09-18	1930	Cooking With Curtis	David	David is a meat and potatoes kind of guy but wants to celebrate his wife, Valerie, who lost 50 pounds after adopting a plant-based diet. Curtis helps David create an innovative, vegetable-forward menu	USA	English-100		PG		
2022-09-18	2000	Cooking With Curtis	Lubumba	Impressed with her neighbor's rigorous schedule as a nurse at a children's hospital, Lubumba wants to treat Nida to a special meal. As a self-taught cook, Lu solicits Curtis' assistance.	USA	English-100		PG		
2022-09-18	2030	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 3	Rick meets Springwatch presenter and biologist Gillian Burke who takes Rick on a walk through a rare habitat called an Atlantic Temperate Rainforest, on the banks of the Helford River.	UNITED KINGDOM	English-100		PG		
2022-09-18	2100	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 4	Cornwall has more than its fair share of folktales. Perhaps the most famous is found near Land's End, where Rick recounts the tale of the Mermaid of Zennor.	UNITED KINGDOM	English-100		PG		
2022-09-18	2135	The Wine Show	Wine Show Series 3, The Ep 7		UNITED KINGDOM	English-100		PG		
2022-09-18	2230	Nigella: The Cook Who Made Me	Nigella: The Cook Who Made Me	A memoir celebrating the life and influence of Britain's doyenne of Italian food - 91-year-old trailblazer, Anna del Conte. Featuring and narrated by Nigella Lawson, Anna's most ardent advocate.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2022-09-18	2330	Mary Makes It Easy	Healthied Up	Eating healthier doesn't have to mean cutting out treats. Mary "healthies up" her favourite comfort foods to incorporate more nutrients and make them a little healthier without sacrificing flavour.	CANADA	English-100		G		
2022-09-18	2400	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 7	Dan kicks things off with an Argentinian Choripan, grilled chorizo slathered in a herby chimichurri sauce and served in a crusty baguette-style bread.	AUSTRALIA	English-100		PG		
2022-09-18	2430	The Cook And The Chef	Fish And Eggplant	Maggie and Simon are celebrating traditions. Simon follows some rules and breaks others to come up with a Penang Laksa that separates the true laksa lovers from the rest.	AUSTRALIA	English-100		G		
2022-09-18	2500	Cooking With Curtis	David	David is a meat and potatoes kind of guy but wants to celebrate his wife, Valerie, who lost 50 pounds after adopting a plant-based diet. Curtis helps David create an innovative, vegetable-forward menu	USA	English-100		PG		
2022-09-18	2530	Cooking With Curtis	Lubumba	Impressed with her neighbor's rigorous schedule as a nurse at a children's hospital, Lubumba wants to treat Nida to a special meal. As a self-taught cook, Lu solicits Curtis' assistance.	USA	English-100		PG		
2022-09-18	2600	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 3	Rick meets Springwatch presenter and biologist Gillian Burke who takes Rick on a walk through a rare habitat called an Atlantic Temperate Rainforest, on the banks of the Helford River.	UNITED KINGDOM	English-100		PG		
2022-09-18	2635	The Wine Show	Wine Show Series 3, The Ep 7	In this food and wine special we join Matthew Rhys and Joe Fattorini at a Portuguese Restaurant in New York City from where we share unseen footage from Matthew Goode and James Purefoy's road trip around Portugal.	UNITED KINGDOM	English-100		PG		
2022-09-18	2730	Nigella: The Cook Who Made Me	Nigella: The Cook Who Made Me	A memoir celebrating the life and influence of Britain's doyenne of Italian food - 91-year-old trailblazer, Anna del Conte. Featuring and narrated by Nigella Lawson, Anna's most ardent advocate.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2022-09-18	2830	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 4	Cornwall has more than its fair share of folktales. Perhaps the most famous is found near Land's End, where Rick recounts the tale of the Mermaid of Zennor.	UNITED KINGDOM	English-100		PG		
2022-09-19	0500	The Cook Up With Adam Liaw	Cheese Please	Chef Jo Barrett and food writer Nida Degutiene join Adam in The Cook Up kitchen to create their favourite recipes that feature cheese.			RPT	PG	Y	
2022-09-19	0530	The Cook Up With Adam Liaw	Steam	It's getting steamy in The Cook Up kitchen as Adam, presenter and comedian Alex Lee and head chef of China Doll Frank Shek employ the method of steaming for tonight's dishes.			RPT	PG	Y	

2022-09-19	0600	The Cook Up With Adam Liaw	Shoots & Leaves	Adam, executive chef Jacqui Challinor and winner of the Australian Professional Chef of the Year Andrew Ballard are in The Cook Up kitchen to create dishes featuring shoots and leaves.			RPT	PG	Y	
2022-09-19	0630	The Cook Up With Adam Liaw	Quick Curries	Adam, chef Mark Olive and comedian Shiralee Hood are in The Cook Up kitchen feeling the need for speed and spice as they make some quick curries.			RPT	PG	Y	
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2022-09-19	0800	Cooking With Curtis	Lubumba	Impressed with her neighbor's rigorous schedule as a nurse at a children's hospital, Lubumba wants to treat Nida to a special meal. As a self-taught cook, Lu solicits Curtis' assistance.	USA	English-100		PG		
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2022-09-19	1030	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 4	Cornwall has more than its fair share of folktales. Perhaps the most famous is found near Land's End, where Rick recounts the tale of the Mermaid of Zennor.	UNITED KINGDOM	English-100		PG		
2022-09-19	1105	Cheese Slices	Canada - Artisan Cheeses Of British Columbia	The growing consumer awareness of artisan cheese in Canada has recently spread to the Pacific West Coast of British Columbia.	AUSTRALIA	English-100		G		
2022-09-19	1130	Nigella: The Cook Who Made Me	Nigella: The Cook Who Made Me	A memoir celebrating the life and influence of Britain's doyenne of Italian food - 91-year-old trailblazer, Anna del Conte. Featuring and narrated by Nigella Lawson, Anna's most ardent advocate.	UNITED KINGDOM	English-100	RPT	G	Y	Y
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2022-09-19	1330	Tastes Like Home	Mayo (Castlebar) / Larnaka, Cyprus	In this Tastes Like Home episode, our contributors are Parents and Daughter, Lorcan, Betty and Colleen. Colleen has been living in Larnaka for 4 years now.	IRELAND	English-100		G		
2022-09-19	1400	Make This Tonight	Not Your Average Lasagna, Meatball And Side Salad Night	Chef Nick and Chef Akira switch it up tonight with a creamy Breakfast Lasagna, packed with swiss chard, pancetta and cheese, followed by a fully loaded meatball sub.	USA	English-100		PG		
2022-09-19	1430	My Market Kitchen	My Market Kitchen Series 4 Ep 36	On My Market Kitchen today Elena prepares a healthy Chicken and Lentil salad then Khanh is joined by Naheda Hassan to help her make Baked Salmon and Tahini 3 Ways.	AUSTRALIA			G		
2022-09-19	1500	Licence To Grill	Beach Party	Rob takes the party to the beach with pulled pork sandwiches, grilled chicken drumsticks, pasta salad with grilled corn and jalapenos, and grilled lemongrass prawns.	CANADA	English-100		G		
2022-09-19	1530	Curtis Stone's Travel, Cook, Repeat	Western Australia	Curtis Stone travels to remote WA where he goes mud crabbing on the beach and spends some time on a cattle ranch. In his kitchen, he's grilling the perfect steak and making a crab and mango salad.	USA	English-100		PG		Y
2022-09-19	1600	David Rocco's Dolce Tuscany	David Rocco's Dolce Tuscany Series 1 Ep 3	Florence is the birthplace of gelato, so naturally, that's where David meets up with top gelato maker Vetulio Bondi.	CANADA	English-100		PG		
2022-09-19	1630	The Cook And The Chef	Rubbish Fish	Cape Jervis fisherman, Alan Robertson supplies our Cook and Chef with Gummy shark and Eagle Ray, the catch you might have once thrown back.	AUSTRALIA	English-100		PG		
2022-09-19	1700	Nigellissima	Nigellissima Series 1 Ep 3	Nigella treats her friends to an Italian-style supper of pork loin stuffed with parma ham and oregano, served alongside her speedy mock mash.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-09-19	1730	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.	UNITED KINGDOM	English-100	RPT	PG	Y	

2022-09-19	1830	Food Safari	Food Safari Series 4 Ep 9	Maeve O'Meara explores the world of Danish food, a cuisine crafted for the cold - some dishes date back to the days of the Vikings, others like the sandwich smorrebrod are modern.	AUSTRALIA	English-100	RPT	G	Y
2022-09-19	1900	The Cook Up With Adam Liaw	Current Obsession	In the Cook Up Kitchen tonight; Adam, Journalist Benjamin Law and Actor Lucy Durack are sharing their current food obsessions.				PG	Y
2022-09-19	1930	Rick Stein's Food Heroes	North Scotland	Rick and Chalky round off their journey of the UK at John O'Groats, visiting Rick's favourite deli in Edinburgh, a fish smokery in Argyll, enjoying freshly cooked lobster on Crail harbour front.	UNITED KINGDOM	English-100		PG	
2022-09-19	2000	Poh & Co.	Who Done It/ Love Story	Poh makes a Malaysian dessert for Sara's mum, cooks up her favourite brownie recipe and hosts a memorial tea in honour of her first Scottie dog, Zed.	AUSTRALIA	English-100	RPT	G	Y
2022-09-19	2030	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 5 Ep 8	British Olympic champion Tom Daley dives straight into his cooking lesson in the cafe. Throughout years of training, his guilty pleasure on the weekend is a Chinese takeaway.	UNITED KINGDOM	English-100		G	
2022-09-19	2125	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2022-09-19	2130	Come Dine With Me	North West 1	This week's competition is in and around the North West, where the first to host is recruitment manager, Julia.	UNITED KINGDOM	English-100		G	
2022-09-19	2200	Bizarre Foods: Delicious Destinations	Quebec City	Andrew scopes out the creative and rustic comfort dishes of Quebec City, Canada. Influenced by French and English settlers, the city is full of old world charm, late-night diners, hearty food and plenty of maple syrup.	USA	English-100		PG	
2022-09-19	2230	The Cook Up With Adam Liaw	Current Obsession	In the Cook Up Kitchen tonight; Adam, Journalist Benjamin Law and Actor Lucy Durack are sharing their current food obsessions.				PG	Y
2022-09-19	2300	The Cook And The Chef	Rubbish Fish	Cape Jervis fisherman, Alan Robertson supplies our Cook and Chef with Gummy shark and Eagle Ray, the catch you might have once thrown back.	AUSTRALIA	English-100		PG	
2022-09-19	2330	Devoured	Devoured Series 1 Ep 1	Brooklyn's L&B Spumoni Gardens & Pizzeria had built a successful family business, but when the family's secret recipe is stolen, the mafia serves up some old fashion justice.	USA	English-100	RPT	M	Y
2022-09-19	2430	Rick Stein's Food Heroes	North Scotland	Rick and Chalky round off their journey of the UK at John O'Groats, visiting Rick's favourite deli in Edinburgh, a fish smokery in Argyll, enjoying freshly cooked lobster on Crail harbour front.	UNITED KINGDOM	English-100		PG	
2022-09-19	2500	Food Safari	Food Safari Series 4 Ep 9	Maeve O'Meara explores the world of Danish food, a cuisine crafted for the cold - some dishes date back to the days of the Vikings, others like the sandwich smorrebrod are modern.	AUSTRALIA	English-100	RPT	G	Y
2022-09-19	2530	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 5 Ep 8	British Olympic champion Tom Daley dives straight into his cooking lesson in the cafe. Throughout years of training, his guilty pleasure on the weekend is a Chinese takeaway.	UNITED KINGDOM	English-100		G	
2022-09-19	2625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
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2022-09-20	0530	My Market Kitchen	My Market Kitchen Series 4 Ep 36	On My Market Kitchen today Elena prepares a healthy Chicken and Lentil salad then Khanh is joined by Naheda Hassan to help her make Baked Salmon and Tahini 3 Ways.	AUSTRALIA			G	
2022-09-20	0600	Licence To Grill	Beach Party	Rob takes the party to the beach with pulled pork sandwiches, grilled chicken drumsticks, pasta salad with grilled corn and jalapenos, and grilled lemongrass prawns.	CANADA	English-100		G	
2022-09-20	0630	Curtis Stone's Travel, Cook, Repeat	Western Australia	Curtis Stone travels to remote WA where he goes mud crabbing on the beach and spends some time on a cattle ranch. In his kitchen, he's grilling the perfect steak and making a crab and mango salad.	USA	English-100		PG	Y
2022-09-20	0700	David Rocco's Dolce Tuscany	David Rocco's Dolce Tuscany Series 1 Ep 3	Florence is the birthplace of gelato, so naturally, that's where David meets up with top gelato maker Vetulio Bondi.	CANADA	English-100		PG	

2022-09-20	0730	The Cook And The Chef	Rubbish Fish	Cape Jervis fisherman, Alan Robertson supplies our Cook and Chef with Gummy shark and Eagle Ray, the catch you might have once thrown back.	AUSTRALIA	English-100		PG			
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2022-09-20	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.	UNITED KINGDOM	English-100	RPT	PG		Y	
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2022-09-20	1030	Poh & Co.	Who Done It/ Love Story	Poh makes a Malaysian dessert for Sara's mum, cooks up her favourite brownie recipe and hosts a memorial tea in honour of her first Scottie dog, Zed.	AUSTRALIA	English-100	RPT	G		Y	
2022-09-20	1100	The Cook Up With Adam Liaw	Current Obsession	In the Cook Up Kitchen tonight; Adam, Journalist Benjamin Law and Actor Lucy Durack are sharing their current food obsessions.				PG		Y	
2022-09-20	1130	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 5 Ep 8	British Olympic champion Tom Daley dives straight into his cooking lesson in the cafe. Throughout years of training, his guilty pleasure on the weekend is a Chinese takeaway.	UNITED KINGDOM	English-100		G			
2022-09-20	1225	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y	
2022-09-20	1230	Come Dine With Me	North West 1	This week's competition is in and around the North West, where the first to host is recruitment manager, Julia.	UNITED KINGDOM	English-100		G			
2022-09-20	1300	Bizarre Foods: Delicious Destinations	Quebec City	Andrew scopes out the creative and rustic comfort dishes of Quebec City, Canada. Influenced by French and English settlers, the city is full of old world charm, late-night diners, hearty food and plenty of maple syrup.	USA	English-100		PG			
2022-09-20	1330	Tastes Like Home	Cavan (Drumelis) / Melbourne, Australia	On Tastes Like Home our contributors are Mother and Son, Felicity and Eoin. Eoin has been living in Melbourne for 10 years now and lives with his fiance Julz.	IRELAND	English-100		G			
2022-09-20	1400	Make This Tonight	Seared Salmon Hodgepodge Dinner	Join Chef Burke as he cooks a hodgepodge of dishes that together, strangely make a magical meal. On the menu, Seared Wild Caught Salmon, White Bean Salad and a Salt Roasted Sweet Onion.	USA	English-100		G			
2022-09-20	1430	My Market Kitchen	My Market Kitchen Series 4 Ep 37	Elena starts off the show by cooking Khanh a Cinnamon Brioche Eggly Bread breakfast. Then Khanh shows us his traditional dish Banh Tom, fried sweet potato and prawn fritter.	AUSTRALIA			G			
2022-09-20	1500	Licence To Grill	Dragon Boat Races	Rob and his friends row to the finish line and celebrate the dragon boat races with a barbeque feast including amb burgers, grilled daikon salad, Thai-spiced trout, smoked duck and grilled rice cakes.	CANADA	English-100		G			
2022-09-20	1530	Curtis Stone's Travel, Cook, Repeat	Rioja, Spain	Inspired by a trip to Rioja, Spain, Curtis is back in his kitchen where he's grilling mushrooms, making croquettas, carving some Spanish ham, and preparing a port poached pear and goat cheese salad.	USA	English-100		G		Y	
2022-09-20	1600	David Rocco's Dolce Tuscany	David Rocco's Dolce Tuscany Series 1 Ep 4	Did you know there's a little India in Florence? Neither did David! He meets up with Eduardo and Selvaggia, two Indophiles living in Firenze	CANADA	English-100		PG			
2022-09-20	1630	The Cook And The Chef	Oils Aint Oils	As an oil producer Maggie has control over her favourite product from the farm to the table and you won't be able to resist her infectious delight as she samples the first of her new season's oil.	AUSTRALIA	English-100		G			
2022-09-20	1700	Nigellissima	Nigellissima Series 1 Ep 4	Nigella shares her culinary talent as she presents delicious Italian-inspired food. First, Nigella reveals a secret passion for one of the tastes of Italy with her dark and deviant liquorice pudding.	UNITED KINGDOM	English-100	RPT	G		Y	
2022-09-20	1730	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.	UNITED KINGDOM	English-100	RPT	PG		Y	
2022-09-20	1830	Food Safari	Food Safari Series 4 Ep 10	Maeve O'Meara explores the fascinating creole cuisine of Broome, with dishes as varied as chilli mudcrab, satay, pearl meat ceviche and a simple raw fish dish called susame.	AUSTRALIA	English-100	RPT	G		Y	
2022-09-20	1900	The Cook Up With Adam Liaw	Emotive Eating	Adam, Violinist Satu Vänskä and chef Adam D'Sylva are in The Cook Up Kitchen, pouring pure emotion into their food to stimulate the senses and provide the ultimate food experience.				PG		Y	
2022-09-20	1930	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 1	Rick travels to Bamburgh and tastes some Scotch Pies. After visiting Mike Ainsley, who farms Cheviot sheep, Rick whips up a tasty moussaka, using local lamb.	UNITED KINGDOM	English-100		G			
2022-09-20	2000	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietnam Series 1 Ep 4	Luke's next stop is Hoi An, and while en-route, Luke cooks wok tossed beef in the train's kitchen carriage. He soon realises the on-board cooks have an amazing ability of balance.	AUSTRALIA	lish-98; Vietnamese	RPT	G		Y	Y

2022-09-20	2030	Rick Stein's German Bite	Rick Stein's German Bite	Chef Rick Stein sets out on a German voyage in search of tantalising culinary gems. His journey is timed perfectly with the arrival of the new season's herring on the north German coast.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2022-09-20	2135	Come Dine With Me	North West 2	This week's competition is in and around the North West and the second host hoping to win the 1,000 cash prize is vocal coach, King.	UNITED KINGDOM	English-100		G		
2022-09-20	2200	Bizarre Foods: Delicious Destinations	Porto	Andrew explores the classic comfort foods and modern recipes of the "City of Bridges" -- Porto, Portugal. He tries dried, salty cod baked into a creamy casserole, white bean and tripe stew, octopus rice and, of course, Port wine.	USA	English-100		PG		
2022-09-20	2230	The Cook Up With Adam Liaw	Emotive Eating	Adam, Violinist Satu Vänskä and chef Adam D'Sylva are in The Cook Up Kitchen, pouring pure emotion into their food to stimulate the senses and provide the ultimate food experience.				PG	Y	
2022-09-20	2300	The Cook And The Chef	Oils Aint Oils	As an oil producer Maggie has control over her favourite product from the farm to the table and you won't be able to resist her infectious delight as she samples the first of her new season's oil.	AUSTRALIA	English-100		G		
2022-09-20	2330	Devoured	Devoured Series 1 Ep 2	Carlos Rafael, nicknamed 'The Godfather' ran one of the largest commercial fishing operations in the U.S. until the IRS took him down for some pretty fishy business practices.	USA	English-100	RPT	M		Y
2022-09-20	2430	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 1	Rick travels to Bamburgh and tastes some Scotch Pies. After visiting Mike Ainsley, who farms Cheviot sheep, Rick whips up a tasty moussaka, using local lamb.	UNITED KINGDOM	English-100		G		
2022-09-20	2500	Food Safari	Food Safari Series 4 Ep 10	Maeve O'Meara explores the fascinating creole cuisine of Broome, with dishes as varied as chilli mudcrab, satay, pearl meat ceviche and a simple raw fish dish called susame.	AUSTRALIA	English-100	RPT	G	Y	
2022-09-20	2530	Rick Stein's German Bite	Rick Stein's German Bite	Chef Rick Stein sets out on a German voyage in search of tantalising culinary gems. His journey is timed perfectly with the arrival of the new season's herring on the north German coast.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2022-09-20	2635	Come Dine With Me	North West 2	This week's competition is in and around the North West and the second host hoping to win the 1,000 cash prize is vocal coach, King.	UNITED KINGDOM	English-100		G		
2022-09-20	2700	Bizarre Foods: Delicious Destinations	Porto	Andrew explores the classic comfort foods and modern recipes of the "City of Bridges" -- Porto, Portugal. He tries dried, salty cod baked into a creamy casserole, white bean and tripe stew, octopus rice and, of course, Port wine.	USA	English-100		PG		
2022-09-20	2730	Devoured	Devoured Series 1 Ep 2	Carlos Rafael, nicknamed 'The Godfather' ran one of the largest commercial fishing operations in the U.S. until the IRS took him down for some pretty fishy business practices.	USA	English-100	RPT	M		Y
2022-09-20	2830	Tastes Like Home	Cavan (Drumelis) / Melbourne, Australia	On Tastes Like Home our contributors are Mother and Son, Felicity and Eoin. Eoin has been living in Melbourne for 10 years now and lives with his fiance Julz.	IRELAND	English-100		G		
2022-09-21	0500	Make This Tonight	Seared Salmon Hodgepodge Dinner	Join Chef Burke as he cooks a hodgepodge of dishes that together, strangely make a magical meal. On the menu, Seared Wild Caught Salmon, White Bean Salad and a Salt Roasted Sweet Onion.	USA	English-100		G		
2022-09-21	0530	My Market Kitchen	My Market Kitchen Series 4 Ep 37	Elena starts off the show by cooking Khanh a Cinnamon Brioche Eggy Bread breakfast. Then Khanh shows us his traditional dish Banh Tom, fried sweet potato and prawn fritter.	AUSTRALIA			G		
2022-09-21	0600	Licence To Grill	Dragon Boat Races	Rob and his friends row to the finish line and celebrate the dragon boat races with a barbeque feast including amb burgers, grilled daikon salad, Thai-spiced trout, smoked duck and grilled rice cakes.	CANADA	English-100		G		
2022-09-21	0630	Curtis Stone's Travel, Cook, Repeat	Rioja, Spain	Inspired by a trip to Rioja, Spain, Curtis is back in his kitchen where he's grilling mushrooms, making croquettas, carving some Spanish ham, and preparing a port poached pear and goat cheese salad.	USA	English-100		G		Y
2022-09-21	0700	David Rocco's Dolce Tuscany	David Rocco's Dolce Tuscany Series 1 Ep 4	Did you know there's a little India in Florence? Neither did David! He meets up with Eduardo and Selvaggia, two Indophiles living in Firenze	CANADA	English-100		PG		
2022-09-21	0730	The Cook And The Chef	Oils Aint Oils	As an oil producer Maggie has control over her favourite product from the farm to the table and you won't be able to resist her infectious delight as she samples the first of her new season's oil.	AUSTRALIA	English-100		G		
2022-09-21	0800	Nigellissima	Nigellissima Series 1 Ep 4	Nigella shares her culinary talent as she presents delicious Italian-inspired food. First, Nigella reveals a secret passion for one of the tastes of Italy with her dark and deviant liquorice pudding.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-09-21	0830	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.	UNITED KINGDOM	English-100	RPT	PG	Y	
2022-09-21	0930	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 1	Rick travels to Bamburgh and tastes some Scotch Pies. After visiting Mike Ainsley, who farms Cheviot sheep, Rick whips up a tasty moussaka, using local lamb.	UNITED KINGDOM	English-100		G		
2022-09-21	1000	Food Safari	Food Safari Series 4 Ep 10	Maeve O'Meara explores the fascinating creole cuisine of Broome, with dishes as varied as chilli mudcrab, satay, pearl meat ceviche and a simple raw fish dish called susame.	AUSTRALIA	English-100	RPT	G	Y	

2022-09-21	1030	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietnam Series 1 Ep 4	Luke's next stop is Hoi An, and while en-route, Luke cooks wok tossed beef in the train's kitchen carriage. He soon realises the on-board cooks have an amazing ability of balance.	AUSTRALIA	lish-98; Vietnamese	RPT	G	Y	Y
2022-09-21	1100	The Cook Up With Adam Liaw	Emotive Eating	Adam, Violinist Satu Vänskä and chef Adam D'Sylva are in The Cook Up Kitchen, pouring pure emotion into their food to stimulate the senses and provide the ultimate food experience.				PG	Y	
2022-09-21	1130	Rick Stein's German Bite	Rick Stein's German Bite	Chef Rick Stein sets out on a German voyage in search of tantalising culinary gems. His journey is timed perfectly with the arrival of the new season's herring on the north German coast.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2022-09-21	1235	Come Dine With Me	North West 2	This week's competition is in and around the North West and the second host hoping to win the 1,000 cash prize is vocal coach, King.	UNITED KINGDOM	English-100		G		
2022-09-21	1300	Bizarre Foods: Delicious Destinations	Porto	Andrew explores the classic comfort foods and modern recipes of the "City of Bridges" -- Porto, Portugal. He tries dried, salty cod baked into a creamy casserole, white bean and tripe stew, octopus rice and, of course, Port wine.	USA	English-100		PG		
2022-09-21	1330	Tastes Like Home	Drimnagh/paris	Chef Catherine Fulvio meets Drimnagh woman Rosemary Wilson and learns how to make her daughter Una's favourite dish, stout soused herrings, before travelling to Paris to re-create it for Una.	IRELAND	English-100		G		
2022-09-21	1400	Make This Tonight	Food From An Iraqi Childhood	Chef Einat takes us back in time and recreates some of her favorite Iraqi recipes. She starts with Aruk, a crispy flavorful Iraqi-style potato pancake that she serves with fermented mango Aioli,	USA	English-100		G		
2022-09-21	1430	My Market Kitchen	My Market Kitchen Series 4 Ep 38	We are joined by Karen from Asian Inspirations today cooking some delicious Indonesian Vegetarian Skewers. Khanh follows up with a quick and easy one-pan Greek Chicken dinner.	AUSTRALIA			G		
2022-09-21	1500	Licence To Grill	Fight Night	The heavyweight title is on the line and Rob and his friends are getting ready to rumble with strawberry jalapeno ribs, smoked turkey quesadillas, and grilled chicken wings.	CANADA	English-100		G		
2022-09-21	1530	Curtis Stone's Travel, Cook, Repeat	Rome, Italy	Following a recent trip to Rome, Italy, chef Curtis Stone is back home in his kitchen where he is cooking up cacio e pepe risotto balls and perfectly roasted lamb with crispy potatoes.	USA	English-100		G		Y
2022-09-21	1600	David Rocco's Dolce Tuscany	David Rocco's Dolce Tuscany Series 1 Ep 5	Southern Tuscany is dotted with small, lesser-known towns that are truly hidden gems. David sets off to the picturesque medieval town of Pitigliano.	CANADA	English-100		PG		
2022-09-21	1630	The Cook And The Chef	Catering For Different Tastes	Maggie goes to extraordinary lengths to find the perfect gluten free pastry for pies, while Simon makes his own mung bean noodles with a vegetarian stock that makes his meal not just gluten free.	AUSTRALIA	English-100		G		
2022-09-21	1700	Nigellissima	Nigellissima Series 1 Ep 5	Inspired by a scribbled note she once found in an old Italian kitchen, Nigella starts with her take on the classic light and sunny yoghurt pot cake.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-09-21	1730	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 2	There's trouble on Paul's farm and his goats go missing. He's questioning Bessie's future and needs to find out if she's pregnant. It's time to turn the winter veggie patch into his first cash crop.	UNITED KINGDOM	English-100	RPT	PG	Y	
2022-09-21	1830	Italian Food Safari	Italian Food Safari Series 1 Ep 1	Maeve takes a look at the tradition of the wood-fired oven, which many Italians constructed in their backyards when they arrived in Australia.	AUSTRALIA	English-100	RPT	G	Y	
2022-09-21	1900	The Cook Up With Adam Liaw	Parcels Of Joy	Proving that the best things come in small packages, chef Anna Polyviou, and Professor Steve Smith join Adam in the Cook Up Kitchen to make parcels of joy.				PG	Y	
2022-09-21	1930	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 2	Rick and Chalky are in the Yorkshire Dales. At Leyburn market, they check out the local dairy produce and, after chatting to the stall-holders, Rick prepares a Yorkshire Curd Tart.	UNITED KINGDOM	English-100		PG		
2022-09-21	2000	Rachel Khoo's Simple Pleasures	Make Your Own	Rachel Khoo shares her favorite recipes that she loves to make in her own kitchen. Although it's often easier to buy shop-bought meals.	USA	English-100		PG		
2022-09-21	2030	John Torode's Middle Eas	Red Sea	This time John is off to explore one of Egypt's national parks - Wadi El Gamel on the south of Egypt's Red Sea coast.	CANADA	English-100		PG		
2022-09-21	2100	Gino's Italian Coastal Escape	Amalfi	Gino kicks his Italian escape off on the famous Amalfi coast where he prepares a classic Caprese salad and ricotta dumplings called dunderi.	UNITED KINGDOM	English-100		PG		
2022-09-21	2130	Come Dine With Me	North West 3	This week's competition is in the North West, where our third host, rapper Zee, is looking to woo his guests with an evening of culture and musical marvel, along with Far Eastern eats.	UNITED KINGDOM	English-100		PG		
2022-09-21	2200	Bizarre Foods: Delicious Destinations	Frankfurt	Andrew takes a look at the hearty, simple and filling dishes of Frankfurt, Germany. Steeped in tradition and down-to-earth ingredients, Frankfurt's gastronomy showcases the city's regal history and lush natural resources.	USA	English-100		PG		
2022-09-21	2230	The Cook Up With Adam Liaw	Parcels Of Joy	Proving that the best things come in small packages, chef Anna Polyviou, and Professor Steve Smith join Adam in the Cook Up Kitchen to make parcels of joy.				PG	Y	

2022-09-21	2300	The Cook And The Chef	Catering For Different Tastes	Maggie goes to extraordinary lengths to find the perfect gluten free pastry for pies, while Simon makes his own mung bean noodles with a vegetarian stock that makes his meal not just gluten free.	AUSTRALIA	English-100		G	
2022-09-21	2330	Devoured	Devoured Series 1 Ep 3	Four people die from a listeria outbreak after Blue Bell Ice Cream refuses to pull its product from the shelves. But Texans stand by their brand with almost cult-like devotion.	USA	English-100	RPT	PG	
2022-09-21	2430	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 2	Rick and Chalky are in the Yorkshire Dales. At Leyburn market, they check out the local dairy produce and, after chatting to the stall-holders, Rick prepares a Yorkshire Curd Tart.	UNITED KINGDOM	English-100		PG	
2022-09-21	2500	Italian Food Safari	Italian Food Safari Series 1 Ep 1	Maeve takes a look at the tradition of the wood-fired oven, which many Italians constructed in their backyards when they arrived in Australia.	AUSTRALIA	English-100	RPT	G	Y
2022-09-21	2530	John Torode's Middle Eas	Red Sea	This time John is off to explore one of Egypt's national parks - Wadi El Gamel on the south of Egypt's Red Sea coast.	CANADA	English-100		PG	
2022-09-21	2600	Gino's Italian Coastal Escape	Amalfi	Gino kicks his Italian escape off on the famous Amalfi coast where he prepares a classic Caprese salad and ricotta dumplings called dunderi.	UNITED KINGDOM	English-100		PG	
2022-09-21	2630	Come Dine With Me	North West 3	This week's competition is in the North West, where our third host, rapper Zee, is looking to woo his guests with an evening of culture and musical marvel, along with Far Eastern eats.	UNITED KINGDOM	English-100		PG	
2022-09-21	2700	Bizarre Foods: Delicious Destinations	Frankfurt	Andrew takes a look at the hearty, simple and filling dishes of Frankfurt, Germany. Steeped in tradition and down-to-earth ingredients, Frankfurt's gastronomy showcases the city's regal history and lush natural resources.	USA	English-100		PG	
2022-09-21	2730	Devoured	Devoured Series 1 Ep 3	Four people die from a listeria outbreak after Blue Bell Ice Cream refuses to pull its product from the shelves. But Texans stand by their brand with almost cult-like devotion.	USA	English-100	RPT	PG	
2022-09-21	2830	Tastes Like Home	Drimnagh/paris	Chef Catherine Fulvio meets Drimnagh woman Rosemary Wilson and learns how to make her daughter Una's favourite dish, stout soused herrings, before travelling to Paris to re-create it for Una.	IRELAND	English-100		G	
2022-09-22	0500	Make This Tonight	Food From An Iraqi Childhood	Chef Einat takes us back in time and recreates some of her favorite Iraqi recipes. She starts with Aruk, a crispy flavorful Iraqi-style potato pancake that she serves with fermented mango Aioli,	USA	English-100		G	
2022-09-22	0530	My Market Kitchen	My Market Kitchen Series 4 Ep 38	We are joined by Karen from Asian Inspirations today cooking some delicious Indonesian Vegetarian Skewers. Khanh follows up with a quick and easy one-pan Greek Chicken dinner.	AUSTRALIA			G	
2022-09-22	0600	Licence To Grill	Fight Night	The heavyweight title is on the line and Rob and his friends are getting ready to rumble with strawberry jalapeno ribs, smoked turkey quesadillas, and grilled chicken wings.	CANADA	English-100		G	
2022-09-22	0630	Curtis Stone's Travel, Cook, Repeat	Rome, Italy	Following a recent trip to Rome, Italy, chef Curtis Stone is back home in his kitchen where he is cooking up cacio e pepe risotto balls and perfectly roasted lamb with crispy potatoes.	USA	English-100		G	Y
2022-09-22	0700	David Rocco's Dolce Tuscany	David Rocco's Dolce Tuscany Series 1 Ep 5	Southern Tuscany is dotted with small, lesser-known towns that are truly hidden gems. David sets off to the picturesque medieval town of Pitigliano.	CANADA	English-100		PG	
2022-09-22	0730	The Cook And The Chef	Catering For Different Tastes	Maggie goes to extraordinary lengths to find the perfect gluten free pastry for pies, while Simon makes his own mung bean noodles with a vegetarian stock that makes his meal not just gluten free.	AUSTRALIA	English-100		G	
2022-09-22	0800	Nigellissima	Nigellissima Series 1 Ep 5	Inspired by a scribbled note she once found in an old Italian kitchen, Nigella starts with her take on the classic light and sunny yoghurt pot cake.	UNITED KINGDOM	English-100	RPT	G	Y
2022-09-22	0830	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 2	There's trouble on Paul's farm and his goats go missing. He's questioning Bessie's future and needs to find out if she's pregnant. It's time to turn the winter veggie patch into his first cash crop.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-09-22	0930	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 2	Rick and Chalky are in the Yorkshire Dales. At Leyburn market, they check out the local dairy produce and, after chatting to the stall-holders, Rick prepares a Yorkshire Curd Tart.	UNITED KINGDOM	English-100		PG	
2022-09-22	1000	Italian Food Safari	Italian Food Safari Series 1 Ep 1	Maeve takes a look at the tradition of the wood-fired oven, which many Italians constructed in their backyards when they arrived in Australia.	AUSTRALIA	English-100	RPT	G	Y
2022-09-22	1030	Rachel Khoo's Simple Pleasures	Make Your Own	Rachel Khoo shares her favorite recipes that she loves to make in her own kitchen. Although it's often easier to buy shop-bought meals.	USA	English-100		PG	
2022-09-22	1100	The Cook Up With Adam Liaw	Parcels Of Joy	Proving that the best things come in small packages, chef Anna Polyviou, and Professor Steve Smith join Adam in the Cook Up Kitchen to make parcels of joy.				PG	Y

2022-09-22	1130	John Torode's Middle East	Red Sea	This time John is off to explore one of Egypt's national parks - Wadi El Gamel on the south of Egypt's Red Sea coast.	CANADA	English-100		PG	
2022-09-22	1200	Gino's Italian Coastal Escape	Amalfi	Gino kicks his Italian escape off on the famous Amalfi coast where he prepares a classic Caprese salad and ricotta dumplings called dunderi.	UNITED KINGDOM	English-100		PG	
2022-09-22	1230	Come Dine With Me	North West 3	This week's competition is in the North West, where our third host, rapper Zee, is looking to woo his guests with an evening of culture and musical marvel, along with Far Eastern eats.	UNITED KINGDOM	English-100		PG	
2022-09-22	1300	Bizarre Foods: Delicious Destinations	Frankfurt	Andrew takes a look at the hearty, simple and filling dishes of Frankfurt, Germany. Steeped in tradition and down-to-earth ingredients, Frankfurt's gastronomy showcases the city's regal history and lush natural resources.	USA	English-100		PG	
2022-09-22	1330	Tastes Like Home	Outlart/boston	Chef Catherine Fulvio travels to Boston and visits the iconic Cheers Pub on Beacon Hill, previously known as the Bull and Finch Pub and she gets to experience Oyster Happy Hour in Marliave Restaurant.	IRELAND	English-100		G	
2022-09-22	1400	Make This Tonight	Salon Style Potato Tahdig	Chef Parisa is the master of group dinners and now, you can be too! Tonight, she teaches us her show-stopping, crusty potato tahdig recipe filled with savory meat and herbs.	USA	English-100		G	
2022-09-22	1430	My Market Kitchen	My Market Kitchen Series 4 Ep 39	My Market Kitchen today is full of delicious fresh recipes. Elena starts off with a Kale Caesar Salad then Khanh takes us to his restaurant The George to show us a traditional Prawn & Pork Rice Paper.	AUSTRALIA			G	
2022-09-22	1500	Licence To Grill	Cd Release Party	Rob celebrates his friends first CD release with a superstar BBQ including smoked turkey breast with a spicy apricot glaze, grilled onions, sesame soy glazed back cod, and grilled bok choy.	CANADA	English-100		PG	
2022-09-22	1530	Curtis Stone's Travel, Cook, Repeat	Sonoma, California, U.S.A.	Following a trip to Northern Californian wine country, Curtis is back in his kitchen cooking up roast chicken and grapes and a pan-seared salmon with fennel and salsa verde.	USA	English-100		G	Y
2022-09-22	1600	David Rocco's Dolce Tuscany	David Rocco's Dolce Tuscany Series 1 Ep 6	Nicola Bertinelli is an entrepreneur in the truest sense of the word. Since taking over his family's dairy farm to produce his own Parmigiano-Reggiano.	CANADA	English-100		PG	
2022-09-22	1630	The Cook And The Chef	Planning	Preparing for Christmas in June is not the norm for most of us, but for Maggie and Simon it's the ideal time to plan ahead and 'put down' some ingredients to mature nicely for the festive season.	AUSTRALIA	English-100		G	
2022-09-22	1700	Nigellissima	Nigellissima Series 1 Ep 6	Nigella Lawson treats her supper guests to a sumptuous feast of lamb chops with mint, chilli and golden potatoes, served alongside roasted red onions with fennel and basil.	UNITED KINGDOM	English-100	RPT	G	Y
2022-09-22	1730	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 3	Tough times are ahead for Paul when he asks home butcher and friend Matt to help him slaughter his first goat, but when Paul helps to rebuild a community garden the goat goes to a good cause.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-09-22	1830	Italian Food Safari	Italian Food Safari Series 1 Ep 2	First, a trip to Fremantle. Then Melbourne cook Rosa Mitchell shows Guy the secrets of her delicious recipe for stuffed sardines; and Maeve visits the Baldino family at L'Abruzzese Pasta in Adelaide.	AUSTRALIA	English-100	RPT	G	Y
2022-09-22	1900	The Cook Up With Adam Liaw	Date Night Dish	Expert in the art of date nights, former Bachelorette Brooke Blurton, and comedian Mark Humphries join Adam in The Cook Up Kitchen to create date night dishes.				PG	Y
2022-09-22	1930	Guillaume's Paris	Guillaume's Paris Series 1 Ep 1	French chef Guillaume Brahimi returns to the city that made his reputation and follows the story of food through Paris' twenty arrondissements.	AUSTRALIA	English-100			
2022-09-22	2000	Guillaume's Paris	Guillaume's Paris Series 1 Ep 2	Chef Guillaume Brahimi explores the 3rd and 4th arrondissements of Paris to meet some legends of the city's food scene. Guillaume visits Marche des Enfants Rouges, the oldest covered market in Paris.	AUSTRALIA	English-100			
2022-09-22	2030	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 8	Japan's answer to the Hamburger, Dan shows us the secrets to the delicious Katsu Sandwich.	AUSTRALIA	English-100		PG	
2022-09-22	2100	Gok Wan's Easy Asian	Showing Off	In this episode Gok has three dishes perfect for when you want to show off. Packed with personality and flavour, they have the wow factor and are so easy to make	UNITED KINGDOM	English-100		PG	
2022-09-22	2130	Come Dine With Me	North West 4	This week's competition is in the North West, where tonight's host is 44-year-old filmmaker and acting coach, Pete.	UNITED KINGDOM	English-100		PG	
2022-09-22	2200	Bizarre Foods: Delicious Destinations	Tuscany	David's sister runs a North American-style kids' summer camp with a special focus on food in the heart of Tuscany.	USA	English-100		PG	
2022-09-22	2230	The Cook Up With Adam Liaw	Date Night Dish	Expert in the art of date nights, former Bachelorette Brooke Blurton, and comedian Mark Humphries join Adam in The Cook Up Kitchen to create date night dishes.				PG	Y
2022-09-22	2300	The Cook And The Chef	Planning	Preparing for Christmas in June is not the norm for most of us, but for Maggie and Simon it's the ideal time to plan ahead and 'put down' some ingredients to mature nicely for the festive season.	AUSTRALIA	English-100		G	

2022-09-22	2330	Devoured	Devoured Series 1 Ep 4	Cheating on your wife is a recipe for disaster, but at the World Famous Carnegie Deli, infidelity and a stolen recipe put the culturally iconic restaurant in quite a pickle.	USA	English-100	RPT	M	
2022-09-22	2430	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 8	Japan's answer to the Hamburger, Dan shows us the secrets to the delicious Katsu Sandwich.	AUSTRALIA	English-100		PG	
2022-09-22	2500	Guillaume's Paris	Guillaume's Paris Series 1 Ep 1	French chef Guillaume Brahimi returns to the city that made his reputation and follows the story of food through Paris' twenty arrondissements.	AUSTRALIA	English-100	RPT		
2022-09-22	2530	Guillaume's Paris	Guillaume's Paris Series 1 Ep 2	Chef Guillaume Brahimi explores the 3rd and 4th arrondissements of Paris to meet some legends of the city's food scene. Guillaume visits Marche des Enfants Rouges, the oldest covered market in Paris.	AUSTRALIA	English-100	RPT		
2022-09-22	2600	Gok Wan's Easy Asian	Showing Off	In this episode Gok has three dishes perfect for when you want to show off. Packed with personality and flavour, they have the wow factor and are so easy to make	UNITED KINGDOM	English-100		PG	
2022-09-22	2630	Come Dine With Me	North West 4	This week's competition is in the North West, where tonight's host is 44-year-old filmmaker and acting coach, Pete.	UNITED KINGDOM	English-100		PG	
2022-09-22	2700	Bizarre Foods: Delicious Destinations	Tuscany	David's sister runs a North American-style kids' summer camp with a special focus on food in the heart of Tuscany.	USA	English-100		PG	
2022-09-22	2730	Devoured	Devoured Series 1 Ep 4	Cheating on your wife is a recipe for disaster, but at the World Famous Carnegie Deli, infidelity and a stolen recipe put the culturally iconic restaurant in quite a pickle.	USA	English-100	RPT	M	
2022-09-22	2830	Tastes Like Home	Outlart/boston	Chef Catherine Fulvio travels to Boston and visits the iconic Cheers Pub on Beacon Hill, previously known as the Bull and Finch Pub and she gets to experience Oyster Happy Hour in Marliave Restaurant.	IRELAND	English-100		G	
2022-09-23	0500	Make This Tonight	Salon Style Potato Tahdig	Chef Parisa is the master of group dinners and now, you can be too! Tonight, she teaches us her show-stopping, crusty potato tahdig recipe filled with savory meat and herbs.	USA	English-100		G	
2022-09-23	0530	My Market Kitchen	My Market Kitchen Series 4 Ep 39	My Market Kitchen today is full of delicious fresh recipes. Elena starts off with a Kale Caesar Salad then Khanh takes us to his restaurant The George to show us a traditional Prawn & Pork Rice Paper.	AUSTRALIA			G	
2022-09-23	0600	Licence To Grill	Cd Release Party	Rob celebrates his friends first CD release with a superstar BBQ including smoked turkey breast with a spicy apricot glaze, grilled onions, sesame soy glazed back cod, and grilled bok choy.	CANADA	English-100		PG	
2022-09-23	0630	Curtis Stone's Travel, Cook, Repeat	Sonoma, California, U.S.A.	Following a trip to Northern Californian wine country, Curtis is back in his kitchen cooking up roast chicken and grapes and a pan-seared salmon with fennel and salsa verde.	USA	English-100		G	Y
2022-09-23	0700	David Rocco's Dolce Tuscany	David Rocco's Dolce Tuscany Series 1 Ep 6	Nicola Bertinelli is an entrepreneur in the truest sense of the word. Since taking over his family's dairy farm to produce his own Parmigiano-Reggiano.	CANADA	English-100		PG	
2022-09-23	0730	The Cook And The Chef	Planning	Preparing for Christmas in June is not the norm for most of us, but for Maggie and Simon it's the ideal time to plan ahead and 'put down' some ingredients to mature nicely for the festive season.	AUSTRALIA	English-100		G	
2022-09-23	0800	Nigellissima	Nigellissima Series 1 Ep 6	Nigella Lawson treats her supper guests to a sumptuous feast of lamb chops with mint, chilli and golden potatoes, served alongside roasted red onions with fennel and basil.	UNITED KINGDOM	English-100	RPT	G	Y
2022-09-23	0830	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 3	Tough times are ahead for Paul when he asks home butcher and friend Matt to help him slaughter his first goat, but when Paul helps to rebuild a community garden the goat goes to a good cause.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-09-23	0930	Guillaume's Paris	Guillaume's Paris Series 1 Ep 1	French chef Guillaume Brahimi returns to the city that made his reputation and follows the story of food through Paris' twenty arrondissements.	AUSTRALIA	English-100	RPT		
2022-09-23	1000	Guillaume's Paris	Guillaume's Paris Series 1 Ep 2	Chef Guillaume Brahimi explores the 3rd and 4th arrondissements of Paris to meet some legends of the city's food scene. Guillaume visits Marche des Enfants Rouges, the oldest covered market in Paris.	AUSTRALIA	English-100	RPT		
2022-09-23	1030	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 8	Japan's answer to the Hamburger, Dan shows us the secrets to the delicious Katsu Sandwich.	AUSTRALIA	English-100		PG	
2022-09-23	1100	The Cook Up With Adam Liaw	Date Night Dish	Expert in the art of date nights, former Bachelorette Brooke Blurton, and comedian Mark Humphries join Adam in The Cook Up Kitchen to create date night dishes.				PG	Y
2022-09-23	1130	Curtis Stone's Travel, Cook, Repeat	Sonoma, California, U.S.A.	Following a trip to Northern Californian wine country, Curtis is back in his kitchen cooking up roast chicken and grapes and a pan-seared salmon with fennel and salsa verde.	USA	English-100		G	Y
2022-09-23	1200	Gok Wan's Easy Asian	Showing Off	In this episode Gok has three dishes perfect for when you want to show off. Packed with personality and flavour, they have the wow factor and are so easy to make	UNITED KINGDOM	English-100		PG	

2022-09-23	1230	Come Dine With Me	North West 4	This week's competition is in the North West, where tonight's host is 44-year-old filmmaker and acting coach, Pete.	UNITED KINGDOM	English-100		PG		
2022-09-23	1300	Bizarre Foods: Delicious Destinations	Tuscany	Andrew explores Tuscany, Italy, which is rooted in the tradition of simple, local ingredients. Andrew highlights specialties like spicy fish stew served over crusty bread, chickpea pancakes and whole fish simmered in tomato sauce.	USA	English-100		PG		
2022-09-23	1330	Tastes Like Home	Faro/windy Arbor	Chef Catherine Fulvio travel to Faro, Portugal to meet Joao and Teresa to find out who is living away from home, Joao and his friend Tiago first made friends on a Portuguese beach aged three years.	IRELAND	English-100		PG		
2022-09-23	1400	Make This Tonight	I Did It All For Gnocchi	Join Chef Jason in the kitchen as he whips up a fun take on classic Italian gnocchi. First, he teaches us how to make perfect, cloud-like gnocchi, then he tosses it in an unexpectedly delicious combo.	USA	English-100		G		
2022-09-23	1430	My Market Kitchen	My Market Kitchen Series 4 Ep 40	This episode of My Market Kitchen is a special Jalna Dairy Foods dedication. We are joined in the studio and on the farm by Lachy McLaren from Jalna, cooking up a Tandoori Grilled Chicken Tikka.	AUSTRALIA			G		
2022-09-23	1500	Licence To Grill	Doc's Celebration	Rob's friend has graduated from medical school and Rob throws a celebration BBQ in her honour. They feast on smoked lemon and herb leg of lamb, and a roasted carrot soup.	CANADA	English-100		G		
2022-09-23	1530	Curtis Stone's Travel, Cook, Repeat	New South Wales, Australia	Curtis travels to NSW for a closer look at indigenous cooking and then goes lobster fishing at night. Back home, he's making shrimp scallop curry and a fish cooked in vinegar dish called numus.	USA	English-100		PG		
2022-09-23	1600	David Rocco's Dolce Tuscany	David Rocco's Dolce Tuscany Series 1 Ep 7	David's sister runs a North American-style kids' summer camp with a special focus on food in the heart of Tuscany.	CANADA	English-100		PG		
2022-09-23	1630	The Cook And The Chef	German Influence, A	Maggie Beer is passionate about the Barossa Valley and it's German Heritage. She's a proud spokesperson for the area and its many and varied food producers.	AUSTRALIA	English-100		G		
2022-09-23	1700	Nigella Express	Everyday Easy	What to make for dinner? It's a daily struggle but Nigella has it covered in this episode, packed with delicious ideas for good food fast.	UNITED KINGDOM	English-100	RPT	G		Y
2022-09-23	1730	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 4	In an attempt to make a quicker profit, Paul decides to add hens and honey to his farm, and goes on a road trip to find out how. Digger proves he's got the nose for truffle hunting.	UNITED KINGDOM	English-100	RPT	PG		Y
2022-09-23	1830	Italian Food Safari	Italian Food Safari Series 1 Ep 3	Tonight is all about the glorious tomato, with Guy joining tomato grower John Monigatti on Echuca's plains during harvest. Maeve then shares tomato day with a large Calabrese clan.	AUSTRALIA	English-100	RPT	G		Y
2022-09-23	1900	The Cook Up With Adam Liaw	Oh Dough	Singer, songwriter Emma Donovan, and Chef Ben Devlin join Adam in The Cook Up Kitchen to get creative with dishes using dough.				PG		Y
2022-09-23	1930	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 3	Rick visits John Firth, who rears freshwater crayfish in Galloway, and cooks crayfish with pasta. He then travels to the picturesque town of Ludlow in Shropshire.	UNITED KINGDOM	English-100		PG		
2022-09-23	2000	Cook Like An Italian With Silvia Colloca	Ferragosto	Ferragosto is a summer feast that Italians have celebrated at the peak of summer for over 2000 years. It's a family food ritual that sits all of Italy down at the table to eat and drink as one.	AUSTRALIA	English-100		G	Y	Y
2022-09-23	2030	Curtis Stone's Travel, Cook, Repeat	Curtis Stone's Travel, Cook, Repeat Series 2 Ep 1	Chef Curtis Stone travels to South Australia where he makes pheasant and marmalade with legendary cook Maggie Beer and t	USA	English-100				
2022-09-23	2100	Adam Liaw's Road Trip For Good	Stokes Bay, Forge Creek & Berrima	Adam kicks off his roadtrip for good with a visit to one of the worst bushfire-affected areas in Australia - Kangaroo Island, where he meets Shane Leahy from Kangaroo Island Fresh Garlic.	AUSTRALIA	English-100		PG		Y
2022-09-23	2130	Come Dine With Me	North West 5	This week's competition is in the North West, where tonight's host is 30-year-old HR manager and trainee therapist, Jane.	UNITED KINGDOM	English-100		PG		
2022-09-23	2200	Bizarre Foods: Delicious Destinations	Genoa	Andrew explores the inventive eats of Genoa, Italy. A stunning location bursting with vibrant herbs and ancient technique, Genoa is home to favorites like peasant-created seafood salad, pesto with pasta and crispy flatbread.	USA	English-100		PG		
2022-09-23	2230	The Cook Up With Adam Liaw	Oh Dough	Singer, songwriter Emma Donovan, and Chef Ben Devlin join Adam in The Cook Up Kitchen to get creative with dishes using dough.				PG		Y
2022-09-23	2300	The Cook And The Chef	German Influence, A	Maggie Beer is passionate about the Barossa Valley and it's German Heritage. She's a proud spokesperson for the area and its many and varied food producers.	AUSTRALIA	English-100		G		
2022-09-23	2330	Devoured	Devoured Series 1 Ep 5	Paul Dennis Reid, Jr. unleashed a reign of terror, committing seven brutal murders and targeting fast-food chains for the same reason regular customers do - it was quick and easy.	USA	English-100	RPT	M		
2022-09-23	2430	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 3	Rick visits John Firth, who rears freshwater crayfish in Galloway, and cooks crayfish with pasta. He then travels to the picturesque town of Ludlow in Shropshire.	UNITED KINGDOM	English-100		PG		

2022-09-23	2500	Italian Food Safari	Italian Food Safari Series 1 Ep 3	Tonight is all about the glorious tomato, with Guy joining tomato grower John Monigatti on Echuca's plains during harvest. Maeve then shares tomato day with a large Calabrese clan.	AUSTRALIA	English-100	RPT	G	Y	
2022-09-23	2530	Curtis Stone's Travel, Cook, Repeat	Curtis Stone's Travel, Cook, Repeat Series 2 Ep 1	Chef Curtis Stone travels to South Australia where he makes pheasant and marmalade with legendary cook Maggie Beer and t	USA	English-100				
2022-09-23	2600	Adam Liaw's Road Trip For Good	Stokes Bay, Forge Creek & Berrima	Adam kicks off his roadtrip for good with a visit to one of the worst bushfire-affected areas in Australia - Kangaroo Island, where he meets Shane Leahy from Kangaroo Island Fresh Garlic.	AUSTRALIA	English-100		PG	Y	
2022-09-23	2630	Come Dine With Me	North West 5	This week's competition is in the North West, where tonight's host is 30-year-old HR manager and trainee therapist, Jane.	UNITED KINGDOM	English-100		PG		
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2022-09-24	0730	The Cook And The Chef	German Influence, A	Maggie Beer is passionate about the Barossa Valley and it's German Heritage. She's a proud spokesperson for the area and its many and varied food producers.	AUSTRALIA	English-100		G		
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2022-09-24	0930	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 3	Rick visits John Firth, who rears freshwater crayfish in Galloway, and cooks crayfish with pasta. He then travels to the picturesque town of Ludlow in Shropshire.	UNITED KINGDOM	English-100		PG		
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2022-09-24	1100	The Cook Up With Adam Liaw	Oh Dough	Singer, songwriter Emma Donovan, and Chef Ben Devlin join Adam in The Cook Up Kitchen to get creative with dishes using dough.				PG	Y	
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2022-09-24	1230	Come Dine With Me	North West 5	This week's competition is in the North West, where tonight's host is 30-year-old HR manager and trainee therapist, Jane.	UNITED KINGDOM	English-100		PG		

2022-09-24	1300	Bizarre Foods: Delicious Destinations	Genoa	Andrew explores the inventive eats of Genoa, Italy. A stunning location bursting with vibrant herbs and ancient technique, Genoa is home to favorites like peasant-created seafood salad, pesto with pasta and crispy flatbread.	USA	English-100		PG	
2022-09-24	1330	Eating Inn	Yardbird	Founder John Kunkel gives us the rundown as host chef Phil and he do a tasting at the Yardbird Bar. Then its into the kitchen with chef Leonardo, a Mexican born southern American chef.	SINGAPORE	English-100		PG	
2022-09-24	1400	Eating Inn	Db Bistro Part 1	Chef Daniel Boulud is the maestro. His restaurant in New York, is one of the worlds best and rocks two Michelin Stars. His proteges run first class venues all round the world including DB Bistro.	SINGAPORE	English-100		PG	
2022-09-24	1430	Ainsley's Good Mood Food	Nuts And Seeds	Ainsley is using nuts and seeds to create all his tasty dishes in today's show, His first recipe roasted beetroot, candied walnut and goat's cheese salad is full of earthy flavours using nuts.	UNITED KINGDOM	English-100		G	
2022-09-24	1525	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 6	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2022-09-24	1530	Ainsley's Good Mood Food	Vegetables	Ainsley is getting his five a day as vegetables are the star of all today's recipes. There's a spicy start with his crispy cauliflower bites with a kickin' Korean sauce, great for sharing.	UNITED KINGDOM	English-100		G	
2022-09-24	1625	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 9	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2022-09-24	1630	Weekend Breaks With Gregg Wallace	Rome	Gregg Wallace heads to the Italian Capital - Rome - for a weekend break. Over the course of three days he eats amazing local dishes, tours the sights, and even tries his hand as a gladiator.	UNITED KINGDOM	English-100		PG	Y
2022-09-24	1725	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 7	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2022-09-24	1730	Adam & Poh's Malaysia In Australia	Adam & Poh's Malaysia In Australia Series 1 Ep 3	Adam starts his journey in the NSW Central West visiting a new breed of sheep. There he makes a Malaysian lamb barbecue - whole roast lamb percik, while later, Poh makes her famous beef curry puffs.	AUSTRALIA	English-100		G	Y
2022-09-24	1800	Cheese Slices	France - The Lyonnais Cheese Revolution	The city of Lyon is widely recognised as an important gastronomic centre and the surrounding region boasts two of the newest cheeses to be recognised under the prestigious French AOC system.	AUSTRALIA	English-100		G	
2022-09-24	1830	The Julia Child Challenge	Mastering The Art Of Julia Child	The final 3 Home Cooks make a four-course meal of Julia classics for their last challenge in Julia's kitchen. With Guest Judges Dorie Greenspan and Brooke Williamson.	USA	English-100		PG	
2022-09-24	1930	Hairy Biker's Route 66	Hairy Biker's Route 66 Series 1 Ep 5	For the fifth leg their adventure, the bikers are crossing the state of Arizona in search of the Wild West. Along the way they are invited by a local Navajo police officer to eat with his family.	UNITED KINGDOM	English-100		G	
2022-09-24	2040	Jamie's Food Escapes	French Pyrenees, The	Jamie visits the French Pyrenees, where he goes truffle-hunting with a pig and boar hunting with dogs. He is knighted into an order of serious bread makers and makes sausages with a professional.	UNITED KINGDOM	English-100		PG	Y
2022-09-24	2135	Anthony Bourdain: Parts Unknown	Myanmar	Anthony and his crew explore the beautiful and fabled area of Myanmar in Asia to indulge in the local cuisines of a country that had been, until recently, off-limits to outsiders.	USA	English-100		PG	Y
2022-09-24	2230	Gordon Ramsay Uncharted	Peru	Chef Gordon Ramsay travels by motorbike through Peru's Sacred Valley of the Incas to discover traditional high-altitude cuisine. He samples local delicacies like fried worms, and rare potatoes.	UNITED KINGDOM	English-100		PG	Y
2022-09-24	2330	Devoured	Devoured Series 1 Ep 6	In what was probably one of the largest bee heists in history, California's Central Valley fell victim to having hundreds of bee hives stolen by some thieves with sticky fingers.	USA	English-100	RPT	PG	Y
2022-09-24	2430	The Julia Child Challenge	Mastering The Art Of Julia Child	The final 3 Home Cooks make a four-course meal of Julia classics for their last challenge in Julia's kitchen. With Guest Judges Dorie Greenspan and Brooke Williamson.	USA	English-100		PG	
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2022-09-24	2640	Jamie's Food Escapes	French Pyrenees, The	Jamie visits the French Pyrenees, where he goes truffle-hunting with a pig and boar hunting with dogs. He is knighted into an order of serious bread makers and makes sausages with a professional.	UNITED KINGDOM	English-100		PG	Y
2022-09-24	2735	Devoured	Devoured Series 1 Ep 6	In what was probably one of the largest bee heists in history, California's Central Valley fell victim to having hundreds of bee hives stolen by some thieves with sticky fingers.	USA	English-100	RPT	PG	Y
2022-09-24	2830	Eating Inn	Yardbird	Founder John Kunkel gives us the rundown as host chef Phil and he do a tasting at the Yardbird Bar. Then its into the kitchen with chef Leonardo, a Mexican born southern American chef.	SINGAPORE	English-100		PG	

