



**WEEK 40: Sunday, 25 September - Saturday, 1 October 2022 - ALL MARKETS**

| Date       | Start Time | Title                                    | Episode Title  | Digital Egg Synopsis   | Country of Origin | Language    | Repeat | Classification | Closed Captions | Subtitles |
|------------|------------|--|--|--|-------------------|-------------|--------|----------------|-----------------|-----------|
| 25/09/2022 | 500        | 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             |                 |           |
| 25/09/2022 | 530        | 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              |                 |           |
| 25/09/2022 | 625        | 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               |           |
| 25/09/2022 | 630        | 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              |                 |           |
| 25/09/2022 | 725        | 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               |           |
| 25/09/2022 | 730        | 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         |
| 25/09/2022 | 825        | 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               |           |
| 25/09/2022 | 830        | 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             |                 |           |
| 25/09/2022 | 930        | 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              |                 |           |
| 25/09/2022 | 1035       | 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         |
| 25/09/2022 | 1130       | 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         |
| 25/09/2022 | 1230       | 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              |                 |           |
| 25/09/2022 | 1325       | 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               |           |
| 25/09/2022 | 1330       | 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               |           |
| 25/09/2022 | 1400       | 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.   |                   |             | RPT    | PG             | Y               |           |
| 25/09/2022 | 1430       | The Cook Up With Adam Liaw               | Emotive Eating   | Adam, Violinist Satu Vanska 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.                   |                   |             | RPT    | PG             | Y               |           |
| 25/09/2022 | 1500       | 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.  |                   |             | RPT    | PG             | Y               |           |
| 25/09/2022 | 1530       | 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.  |                   |             | RPT    | PG             | Y               |           |
| 25/09/2022 | 1600       | 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             |                 |           |
| 25/09/2022 | 1630       | The Cook And The Chef                    | Eggplant And Bananas                                   | While wondering through Adelaide's Himeji Gardens, Simon recalls an inspirational trip to Japan and the insights he gained about its chefs' discipline and their treatment of fish.                    | AUSTRALIA         | English-100 |        | G              |                 |           |

|            |      |   |   |  |                |                            |     |    |   |   |
|------------|------|---|---|--|----------------|----------------------------|-----|----|---|---|
| 25/09/2022 | 1700 | <b>The Cook And The Chef</b>              | Pheasants And Mushrooms                           | Maggie Beer, the cook who in so many ways defines regional cuisine, owes her success to what she describes as the 'audacity' to embark on a journey based on nothing more than an instinct to cook.      | AUSTRALIA      | English-100                |     | G  |   |   |
| 25/09/2022 | 1730 | <b>The Streets With Dan Hong</b>          | 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 |   |   |
| 25/09/2022 | 1800 | <b>Mary Makes It Easy</b>                 | Mary Bakes It Easy                                | Baking may be a science, but it doesn't need to be complicated. Mary's recipes show some simple solutions for enjoying baked goods at home.  | CANADA         | English-100                |     | PG |   |   |
| 25/09/2022 | 1830 | <b>Guillaume's Paris</b>                  | 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' 20 arrondissements.  | AUSTRALIA      | English-100                | RPT | PG |   |   |
| 25/09/2022 | 1900 | <b>Guillaume's Paris</b>                  | 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 | PG |   |   |
| 25/09/2022 | 1930 | <b>World's Most Expensive Foods</b>       | Ruby Roman  | Every summer in Japan, the world's most expensive grapes, the Ruby Romans, never fail to spark off a bidding frenzy at its first-in-season auction. Here, highly-prized luxury fruits are big business.  | SINGAPORE      | English-50;<br>Japanese-50 |     | G  |   | Y |
| 25/09/2022 | 2030 | <b>Rick Stein's Cornwall</b>              | Rick Stein's Cornwall Series 2 Ep 5               | Following in the footsteps of one of his literary heroes, Rick roams the dramatic north Cornish coast to tell the story of one of Britain's best loved writers. Thomas Hardy, and his little-known love. | UNITED KINGDOM | English-100                |     | PG |   |   |
| 25/09/2022 | 2100 | <b>Rick Stein's Cornwall</b>              | Rick Stein's Cornwall Series 2 Ep 6               | Cornish King Crab is on the menu for Rick tonight as he heads out of Newquay to catch and cook this tasty crustacean.  | UNITED KINGDOM | English-100                |     | PG |   |   |
| 25/09/2022 | 2135 | <b>Anthony Bourdain: Parts Unknown</b>    | Los Angeles                                       | Tony examines the meeting point of Asian, Mexican, and Latino culture in modern Los Angeles. He talks to Roy Choi, a Korean-American who created a new form of gastronomy with his LA based Kogi trucks. | USA            | English-100                |     | PG |   |   |
| 25/09/2022 | 2230 | <b>Royal Recipes</b>                      | Festivals   | Michael and Anna recreate a 16th century savoury tart, with which a Tudor king broke his Lenten fast.  | UNITED KINGDOM | English-100                |     | G  |   |   |
| 25/09/2022 | 2325 | <b>Destination Flavour China Bitesize</b> | Destination Flavour China Bitesize Series 1 Ep 16 | All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.  |                |                            | RPT | G  | Y | Y |
| 25/09/2022 | 2330 | <b>Guillaume's Paris</b>                  | 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' 20 arrondissements.  | AUSTRALIA      | English-100                | RPT | PG |   |   |
| 25/09/2022 | 2400 | <b>Guillaume's Paris</b>                  | 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 | PG |   |   |
| 25/09/2022 | 2430 | <b>World's Most Expensive Foods</b>       | Ruby Roman  | Every summer in Japan, the world's most expensive grapes, the Ruby Romans, never fail to spark off a bidding frenzy at its first-in-season auction. Here, highly-prized luxury fruits are big business.  | SINGAPORE      | English-50;<br>Japanese-50 |     | G  |   | Y |
| 25/09/2022 | 2530 | <b>Rick Stein's Cornwall</b>              | Rick Stein's Cornwall Series 2 Ep 5               | Following in the footsteps of one of his literary heroes, Rick roams the dramatic north Cornish coast to tell the story of one of Britain's best loved writers. Thomas Hardy, and his little-known love. | UNITED KINGDOM | English-100                |     | PG |   |   |
| 25/09/2022 | 2600 | <b>Rick Stein's Cornwall</b>              | Rick Stein's Cornwall Series 2 Ep 6               | Cornish King Crab is on the menu for Rick tonight as he heads out of Newquay to catch and cook this tasty crustacean.  | UNITED KINGDOM | English-100                |     | PG |   |   |
| 25/09/2022 | 2635 | <b>Anthony Bourdain: Parts Unknown</b>    | Los Angeles                                       | Tony examines the meeting point of Asian, Mexican, and Latino culture in modern Los Angeles. He talks to Roy Choi, a Korean-American who created a new form of gastronomy with his LA based Kogi trucks. | USA            | English-100                |     | PG |   |   |
| 25/09/2022 | 2730 | <b>Royal Recipes</b>                      | Festivals   | Michael and Anna recreate a 16th century savoury tart, with which a Tudor king broke his Lenten fast.  | UNITED KINGDOM | English-100                |     | G  |   |   |
| 25/09/2022 | 2825 | <b>Destination Flavour China Bitesize</b> | Destination Flavour China Bitesize Series 1 Ep 16 | All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.  |                |                            | RPT | G  | Y | Y |
| 25/09/2022 | 2830 | <b>The Streets With Dan Hong</b>          | 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 |   |   |
| 26/09/2022 | 500  | <b>The Cook Up With Adam Liaw</b>         | Current Obsession                                 | In The Cook Up Kitchen tonight, Adam, journalist Benjamin Law and actor Lucy Durack are sharing their current food obsessions.   |                |                            | RPT | PG | Y |   |
| 26/09/2022 | 530  | <b>The Cook Up With Adam Liaw</b>         | Emotive Eating                                    | Adam, Violinist Satu Vanska 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.                     |                |                            | RPT | PG | Y |   |
| 26/09/2022 | 600  | <b>The Cook Up With Adam Liaw</b>         | 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.  |                |                            | RPT | PG | Y |   |

|            |      |  |   |  |                |                            |     |     |    |   |
|------------|------|--|---|--|----------------|----------------------------|-----|-----|----|---|
| 26/09/2022 | 630  | <b>The Cook Up With Adam Liaw</b>          | 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.  |                |                            |     | RPT | PG | Y |
| 26/09/2022 | 700  | <b>The Cook Up With Adam Liaw</b>          | 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 |   |
| 26/09/2022 | 730  | <b>Mary Makes It Easy</b>                  | Mary Bakes It Easy  | Baking may be a science, but it doesn't need to be complicated. Mary's recipes show some simple solutions for enjoying baked goods at home.  | CANADA         | English-100                |     |     | PG |   |
| 26/09/2022 | 800  | <b>Guillaume's Paris</b>                   | 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' 20 arrondissements.  | AUSTRALIA      | English-100                | RPT |     | PG |   |
| 26/09/2022 | 830  | <b>World's Most Expensive Foods</b>        | Ruby Roman  | Every summer in Japan, the world's most expensive grapes, the Ruby Romans, never fail to spark off a bidding frenzy at its first-in-season auction. Here, highly-prized luxury fruits are big business.  | SINGAPORE      | English-50;<br>Japanese-50 |     |     | G  | Y |
| 26/09/2022 | 930  | <b>Rick Stein's Cornwall</b>               | Rick Stein's Cornwall Series 2 Ep 5                           | Following in the footsteps of one of his literary heroes, Rick roams the dramatic north Cornish coast to tell the story of one of Britain's best loved writers. Thomas Hardy, and his little-known love. | UNITED KINGDOM | English-100                |     |     | PG |   |
| 26/09/2022 | 1000 | <b>Rick Stein's Cornwall</b>               | Rick Stein's Cornwall Series 2 Ep 6                           | Cornish King Crab is on the menu for Rick tonight as he heads out of Newquay to catch and cook this tasty crustacean.  | UNITED KINGDOM | English-100                |     |     | PG |   |
| 26/09/2022 | 1035 | <b>Royal Recipes</b>                       | Festivals   | Michael and Anna recreate a 16th century savoury tart, with which a Tudor king broke his Lenten fast.  | UNITED KINGDOM | English-100                |     |     | G  |   |
| 26/09/2022 | 1130 | <b>The Cook And The Chef</b>               | Eggplant And Bananas  | While wondering through Adelaide's Himeji Gardens, Simon recalls an inspirational trip to Japan and the insights he gained about its chefs' discipline and their treatment of fish.                      | AUSTRALIA      | English-100                |     |     | G  |   |
| 26/09/2022 | 1200 | <b>The Cook And The Chef</b>               | Pheasants And Mushrooms                                       | Maggie Beer, the cook who in so many ways defines regional cuisine, owes her success to what she describes as the 'audacity' to embark on a journey based on nothing more than an instinct to cook.      | AUSTRALIA      | English-100                |     |     | G  |   |
| 26/09/2022 | 1230 | <b>Mary Makes It Easy</b>                  | Mary Bakes It Easy  | Baking may be a science, but it doesn't need to be complicated. Mary's recipes show some simple solutions for enjoying baked goods at home.  | CANADA         | English-100                |     |     | PG |   |
| 26/09/2022 | 1300 | <b>Guillaume's Paris</b>                   | 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' 20 arrondissements.  | AUSTRALIA      | English-100                | RPT |     | PG |   |
| 26/09/2022 | 1330 | <b>Tastes Like Home</b>                    | Fethard-On-Sea/newfoundland                                   | Chef Catherine Fulvio travels to Newfoundland and goes whale watching in search for Humpbacks and Minke whales, and also visits Quidi Vidi village and Cape Spear Lighthouse and 'The Rooms Museum'.     | IRELAND        | English-100                |     |     | G  |   |
| 26/09/2022 | 1400 | <b>Make This Tonight</b>                   | Nick's Og Fried Chicken, Biscuits And Fingerling Potato Salad | Chef Nick goes old school and takes us on a trip down south, and shows us his tricks for extra crispy fried chicken and flakey-af biscuits. Then Chef Akira puts a new and delicious twist on a classic. | USA            | English-100                |     |     | PG |   |
| 26/09/2022 | 1430 | <b>My Market Kitchen</b>                   | My Market Kitchen Series 4 Ep 41                              | Elena shows us to make a Red Curry Paste that can be used in her Red Duck Curry recipe later in the show. Khanh takes us to his restaurant The George to show us his Alcoholic Kombucha Poached Pears.   | AUSTRALIA      |                            |     |     | G  |   |
| 26/09/2022 | 1500 | <b>Licence To Grill</b>                    | Greek Feast   | It's all Greek at Robby's when he grills up smoked dill and shallot trout, leg of lamb, port marinated fig, stuffed peppers and lemon anchovy flavoured potatoes.  | CANADA         | English-100                |     |     | G  |   |
| 26/09/2022 | 1530 | <b>Curtis Stone's Travel, Cook, Repeat</b> | Umbria, Italy   | Curtis travels to Umbria, Italy, where he befriends some pigs and forages for truffles. Back home, Curtis is roasting a crispy pork belly and whipping up some polenta with a mushroom ragout.           | USA            | English-100                |     |     | G  | Y |
| 26/09/2022 | 1600 | <b>David Rocco's Dolce Tuscany</b>         | Dario's Ciccia  | David returns to visit his friend and arguably one of the most famous butchers in the world, Dario Cecchini.   | CANADA         | English-100                |     |     | PG |   |
| 26/09/2022 | 1630 | <b>The Cook And The Chef</b>               | Winter And Chocolate  | The weather's cooler, the ugg boots are on, and the fires are roaring. Before the Winter Blues hit, why not cheer up with some chocolate.  | AUSTRALIA      | English-100                |     |     | G  |   |
| 26/09/2022 | 1700 | <b>Nigella Express</b>                     | Against The Clock   | Nigella Lawson cooks up more delicious recipes to get fabulous food on the table fast. With her great short cuts, spending hours over a hot stove could become a distant memory.                         | UNITED KINGDOM | English-100                | RPT |     | G  | Y |
| 26/09/2022 | 1730 | <b>River Cottage Australia</b>             | River Cottage Australia One Hours Series 3 Ep 5               | Paul welcomes visitors to the farm. His dad arrives for the first time and they go on a camping trip to hunt feral deer.   | UNITED KINGDOM | English-100                | RPT |     | PG | Y |
| 26/09/2022 | 1830 | <b>Italian Food Safari</b>                 | Italian Food Safari Series 1 Ep 4                             | Tonight, Guy visits dedicated Melbourne artisan baker Daniel Chirico and tastes bread straight from the oven. And Maeve learns about the Italian passion for veal.                                       | AUSTRALIA      | English-100                | RPT |     | G  | Y |
| 26/09/2022 | 1900 | <b>The Cook Up With Adam Liaw</b>          | TV Snacks   | Adam, Chef Luci Khan and travel Journalist Sofia Levin are in The Cook Up Kitchen raising the game with some new and delicious TV snack ideas.   |                |                            |     |     | PG | Y |

|            |      |  |   |  |                |             |     |    |  |   |
|------------|------|--|---|--|----------------|-------------|-----|----|--|---|
| 26/09/2022 | 1930 | <b>Rick Stein's Food Heroes</b>              | Rick Stein's Food Heroes Series 2 Ep 4                        | Rick visits Cartmel in the Lake District, famous for its racecourse, its ancient 13th Century Priory and Jean Johns' sticky toffee pudding.  | UNITED KINGDOM | English-100 |     | PG |  |   |
| 26/09/2022 | 2000 | <b>Poh &amp; Co.</b>                         | Dream Comes True, A   | Poh and Sarah finally have their own shop at Adelaide Central Market. Preoccupied, she forgets to harvest her cabbage and they've bolted, resulting in a unique kimchi.                                  | AUSTRALIA      | English-100 | RPT | G  |  | Y |
| 26/09/2022 | 2030 | <b>Jamie &amp; Jimmy's Food Fight Club</b>   | Jamie & Jimmy's Food Fight Club Series 6 Ep 1                 | Simon Pegg joins the boys in the cafe, where on the menu is a delicious, melt-in-the mouth lamb tagine, inspired by Simon's time spent filming in Morocco, and Jamie's indulgent Provencal bake.         | UNITED KINGDOM | English-100 |     | PG |  |   |
| 26/09/2022 | 2125 | <b>Poh &amp; Co. Bitesize</b>                | Poh & Co. Bitesize Series 2 Ep 2                              | Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.   | AUSTRALIA      | English-100 | RPT | G  |  | Y |
| 26/09/2022 | 2130 | <b>Come Dine With Me</b>                     | North West 6  | This week's competition is in the North West, where last to host is administrator Christine, who's hoping to win her guests over with an evening of chilled out, no fuss food.                           | UNITED KINGDOM | English-100 |     | PG |  |   |
| 26/09/2022 | 2200 | <b>Bizarre Foods: Delicious Destinations</b> | Emilia-Romagna  | Andrew explores the region of Emilia-Romagnam, Italy, and discovers ancient recipes and culinary classics including mortadella sausage, parmigiano reggiano and tortellini in broth.                     | USA            | English-100 |     | PG |  |   |
| 26/09/2022 | 2230 | <b>The Cook Up With Adam Liaw</b>            | TV Snacks   | Adam, Chef Luci Khan and travel Journalist Sofia Levin are in The Cook Up Kitchen raising the game with some new and delicious TV snack ideas.   |                |             |     | PG |  | Y |
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| 26/09/2022 | 2330 | <b>Top Chef</b>                              | It'll Take More Than Pot Luck                                 | Chefs enter the kitchen in Denver and are put to work, tasked with making a pot luck dish. They then prepare their take on a meat and potatoes dish for a block party.                                   | USA            | English-100 |     | PG |  | Y |
| 26/09/2022 | 2425 | <b>Destination Flavour - Japan</b>           | Destination Flavour Japan Bitesize Series 1 Ep 2              | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.               | AUSTRALIA      | English-100 | RPT | G  |  | Y |
| 26/09/2022 | 2430 | <b>The Cook And The Chef</b>                 | Winter And Chocolate  | The weather's cooler, the ugg boots are on, and the fires are roaring. Before the Winter Blues hit, why not cheer up with some chocolate.  | AUSTRALIA      | English-100 |     | G  |  |   |
| 26/09/2022 | 2500 | <b>Italian Food Safari</b>                   | Italian Food Safari Series 1 Ep 4                             | Tonight, Guy visits dedicated Melbourne artisan baker Daniel Chirico and tastes bread straight from the oven. And Maeve learns about the Italian passion for veal.                                       | AUSTRALIA      | English-100 | RPT | G  |  | Y |
| 26/09/2022 | 2530 | <b>Jamie &amp; Jimmy's Food Fight Club</b>   | Jamie & Jimmy's Food Fight Club Series 6 Ep 1                 | Simon Pegg joins the boys in the cafe, where on the menu is a delicious, melt-in-the mouth lamb tagine, inspired by Simon's time spent filming in Morocco, and Jamie's indulgent Provencal bake.         | UNITED KINGDOM | English-100 |     | PG |  |   |
| 26/09/2022 | 2625 | <b>Poh &amp; Co. Bitesize</b>                | Poh & Co. Bitesize Series 2 Ep 2                              | Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.   | AUSTRALIA      | English-100 | RPT | G  |  | Y |
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| 26/09/2022 | 2800 | <b>Make This Tonight</b>                     | Nick's Og Fried Chicken, Biscuits And Fingerling Potato Salad | Chef Nick goes old school and takes us on a trip down south, and shows us his tricks for extra crispy fried chicken and flakey-af biscuits. Then Chef Akira puts a new and delicious twist on a classic. | USA            | English-100 |     | PG |  |   |
| 26/09/2022 | 2830 | <b>My Market Kitchen</b>                     | My Market Kitchen Series 4 Ep 41                              | Elena shows us to make a Red Curry Paste that can be used in her Red Duck Curry recipe later in the show. Khanh takes us to his restaurant The George to show us his Alcoholic Kombucha Poached Pears.   | AUSTRALIA      |             |     | G  |  |   |
| 27/09/2022 | 500  | <b>Licence To Grill</b>                      | Greek Feast   | It's all Greek at Robby's when he grills up smoked dill and shallot trout, leg of lamb, port marinated fig, stuffed peppers and lemon anchovy flavoured potatoes.  | CANADA         | English-100 |     | G  |  |   |
| 27/09/2022 | 530  | <b>Curtis Stone's Travel, Cook, Repeat</b>   | Umbria, Italy   | Curtis travels to Umbria, Italy, where he befriends some pigs and forages for truffles. Back home, Curtis is roasting a crispy pork belly and whipping up some polenta with a mushroom ragout.           | USA            | English-100 |     | G  |  | Y |
| 27/09/2022 | 600  | <b>David Rocco's Dolce Tuscany</b>           | Dario's Ciccia  | David returns to visit his friend and arguably one of the most famous butchers in the world, Dario Cecchini.   | CANADA         | English-100 |     | PG |  |   |
| 27/09/2022 | 630  | <b>The Cook And The Chef</b>                 | Winter And Chocolate  | The weather's cooler, the ugg boots are on, and the fires are roaring. Before the Winter Blues hit, why not cheer up with some chocolate.  | AUSTRALIA      | English-100 |     | G  |  |   |

|            |      |  |   |   |                |             |     |    |   |
|------------|------|--|---|---|----------------|-------------|-----|----|---|
| 27/09/2022 | 700  | <b>Nigella Express</b>                       | Against The Clock                               | Nigella Lawson cooks up more delicious recipes to get fabulous food on the table fast. With her great short cuts, spending hours over a hot stove could become a distant memory.                    | UNITED KINGDOM | English-100 | RPT | G  | Y |
| 27/09/2022 | 730  | <b>River Cottage Australia</b>               | River Cottage Australia One Hours Series 3 Ep 5 | Paul welcomes visitors to the farm. His dad arrives for the first time and they go on a camping trip to hunt feral deer.  | UNITED KINGDOM | English-100 | RPT | PG | Y |
| 27/09/2022 | 830  | <b>Italian Food Safari</b>                   | Italian Food Safari Series 1 Ep 4               | Tonight, Guy visits dedicated Melbourne artisan baker Daniel Chirico and tastes bread straight from the oven. And Maeve learns about the Italian passion for veal.                                  | AUSTRALIA      | English-100 | RPT | G  | Y |
| 27/09/2022 | 900  | <b>Poh &amp; Co.</b>                         | Dream Comes True, A                             | Poh and Sarah finally have their own shop at Adelaide Central Market. Preoccupied, she forgets to harvest her cabbage and they've bolted, resulting in a unique kimchi.                             | AUSTRALIA      | English-100 | RPT | G  | Y |
| 27/09/2022 | 930  | <b>Jamie &amp; Jimmy's Food Fight Club</b>   | Jamie & Jimmy's Food Fight Club Series 6 Ep 1   | Simon Pegg joins the boys in the cafe, where on the menu is a delicious, melt-in-the mouth lamb tagine, inspired by Simon's time spent filming in Morocco, and Jamie's indulgent Provencal bake.    | UNITED KINGDOM | English-100 |     | PG |   |
| 27/09/2022 | 1025 | <b>Poh &amp; Co. Bitesize</b>                | Poh & Co. Bitesize Series 2 Ep 2                | Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.  | AUSTRALIA      | English-100 | RPT | G  | Y |
| 27/09/2022 | 1030 | <b>Come Dine With Me</b>                     | North West 6                                    | This week's competition is in the North West, where last to host is administrator Christine, who's hoping to win her guests over with an evening of chilled out, no fuss food.                      | UNITED KINGDOM | English-100 |     | PG |   |
| 27/09/2022 | 1100 | <b>The Cook Up With Adam Liaw</b>            | TV Snacks                                       | Adam, Chef Luci Khan and travel Journalist Sofia Levin are in The Cook Up Kitchen raising the game with some new and delicious TV snack ideas.  |                |             |     | PG | Y |
| 27/09/2022 | 1130 | <b>Curtis Stone's Travel, Cook, Repeat</b>   | Umbria, Italy                                   | Curtis travels to Umbria, Italy, where he befriends some pigs and forages for truffles. Back home, Curtis is roasting a crispy pork belly and whipping up some polenta with a mushroom ragout.      | USA            | English-100 |     | G  | Y |
| 27/09/2022 | 1200 | <b>David Rocco's Dolce Tuscany</b>           | Dario's Ciccia                                  | David returns to visit his friend and arguably one of the most famous butchers in the world, Dario Cecchini.  | CANADA         | English-100 |     | PG |   |
| 27/09/2022 | 1230 | <b>Nigella Express</b>                       | Against The Clock                               | Nigella Lawson cooks up more delicious recipes to get fabulous food on the table fast. With her great short cuts, spending hours over a hot stove could become a distant memory.                    | UNITED KINGDOM | English-100 | RPT | G  | Y |
| 27/09/2022 | 1300 | <b>Bizarre Foods: Delicious Destinations</b> | Emilia-Romagna                                  | Andrew explores the region of Emilia-Romagnam, Italy, and discovers ancient recipes and culinary classics including mortadella sausage, parmigiano reggiano and tortellini in broth.                | USA            | English-100 |     | PG |   |
| 27/09/2022 | 1330 | <b>Tastes Like Home</b>                      | Osijek/clondalkin                               | Chef Catherine Fulvio gets a guided tour of Old Town of Tvrdra and the Old City Walls, she visits a regional wine cellar in the Old Town and tastes wine from the Danube region.                    | IRELAND        | English-100 |     | G  |   |
| 27/09/2022 | 1400 | <b>Make This Tonight</b>                     | Lonley Hearts Mezze                             | Chef Parisa creates the ultimate sharing table full of cozy and colorful Mezze bites such as Red Beet Labneh, Herby Spinach Dip, Za'atar Crisps and Lavash Pizza.                                   | USA            | English-100 |     | G  |   |
| 27/09/2022 | 1430 | <b>My Market Kitchen</b>                     | My Market Kitchen Series 4 Ep 42                | On this episode of My Market Kitchen Elena and Khanh are in the kitchen cooking a Braised Five Spice Pork Belly. Then a Salmon Coconut Ceviche from Khanh and Bel paired with some delicious wines. | AUSTRALIA      |             |     | G  |   |
| 27/09/2022 | 1500 | <b>Licence To Grill</b>                      | Texas Hold'em Party                             | Rob feeds a full house of his poker buddies with smoked beef ribs, brisket, smoked trout, potato skins, grilled shrimp and a curried slaw. It's a sure bet the boys left with a full stomach!       | CANADA         | English-100 |     | G  |   |
| 27/09/2022 | 1530 | <b>Spaghetti And Noodles</b>                 | Spaghetti And Noodles Series 1 Ep 1             | Chef Adam Swanson visits one of Darwin's most well-known restaurants, Hanuman, owned by renowned chef Jimmy Shu.  | AUSTRALIA      | English-100 |     | PG |   |
| 27/09/2022 | 1600 | <b>David Rocco's Dolce Tuscany</b>           | Fisherman Of Orbetello                          | David visits the seaside Tuscan town of Orbetello, where a co-op of fisherman not only fish on the lagoons for eel, seabream and sea bass, but also run the entire smoking and canning operation.   | CANADA         | English-100 |     | PG |   |
| 27/09/2022 | 1630 | <b>The Cook And The Chef</b>                 | In The Hills                                    | When Simon returned to Adelaide, after studying to be a chef, he had a whole new appreciation for the Adelaide Hills. As a youngster he's tear around the hills on his motorbike.                   | AUSTRALIA      | English-100 |     | G  |   |
| 27/09/2022 | 1700 | <b>Nigella Express</b>                       | Hey Presto                                      | Nigella's conjuring up dazzling Italian food in a flash from sensational pasta to an entire effortless feast.   | UNITED KINGDOM | English-100 | RPT | G  | Y |
| 27/09/2022 | 1730 | <b>River Cottage Australia</b>               | River Cottage Australia One Hours Series 3 Ep 6 | Paul goes on a wild bee hunt and builds a hive for the farm. He faces the hard task of taking his first pigs born and raised on the farm to the abattoir.   | UNITED KINGDOM | English-100 | RPT | PG | Y |
| 27/09/2022 | 1830 | <b>Italian Food Safari</b>                   | Italian Food Safari Series 1 Ep 5               | Maeve visits the crayfishermen off Geraldton and tastes just how good a 'cray on the barbie' can be. Guy drops in on chef Maurizio Esposito to learn the secrets of his crayfish gnocchi.           | AUSTRALIA      | English-100 | RPT | G  | Y |
| 27/09/2022 | 1900 | <b>The Cook Up With Adam Liaw</b>            | One Dish You Should Know How To Cook            | It's an important night as Adam, chef Nelly Robinson and Appearance Advocate Carly Findlay make the dishes they think are a must know for your repertoire.  |                |             |     | PG | Y |

|            |      |  |  |   |                |                          |     |    |   |   |
|------------|------|--|--|---|----------------|--------------------------|-----|----|---|---|
| 27/09/2022 | 1930 | <b>Rick Stein's Food Heroes</b>              | Rick Stein's Food Heroes Series 2 Ep 5           | Rick visits Cork in Southern Ireland. At the English Market, the gastronomic heart of the city, he talks to retailers and cooks Corned Beef and Cabbage. Still in Eire, he travels up the east coast. | UNITED KINGDOM | English-100              |     | PG |   |   |
| 27/09/2022 | 2000 | <b>Luke Nguyen's Railway Vietnam</b>         | Luke Nguyen's Railway Vietnam Series 1 Ep 5      | Luke approaches the half way mark of his trip and arrives at Da Nang, a growing and bustling city located on the coast, west of the Han River. First up, Luke visits the spectacular Dragon Bridge.   | AUSTRALIA      | English-98; Vietnamese-2 | RPT | PG | Y | Y |
| 27/09/2022 | 2030 | <b>Rick Stein Tastes The Blues</b>           | Rick Stein Tastes The Blues                      | Rick Stein takes viewers on a journey through the Mississippi Delta - the birthplace of the blues - seeking out his favourite music as well as the food that is ingrained in its heritage.            | UNITED KINGDOM | English-100              | RPT | G  | Y |   |
| 27/09/2022 | 2135 | <b>Come Dine With Me</b>                     | Glasgow 1  | This week's competitors are from in and around Glasgow where first to host is 38 year old, part time princess and full time hairdresser Jen.  | UNITED KINGDOM | English-100              |     | PG |   |   |
| 27/09/2022 | 2200 | <b>Bizarre Foods: Delicious Destinations</b> | Paris: A Second Bite                             | Andrew returns to the European epicenter of fashion, art and food. Paris is home to masterful cuisine, and Andrew finds places to get the best of everything.   | USA            | English-100              |     | PG |   |   |
| 27/09/2022 | 2230 | <b>The Cook Up With Adam Liaw</b>            | One Dish You Should Know How To Cook             | It's an important night as Adam, chef Nelly Robinson and Appearance Advocate Carly Findlay make the dishes they think are a must know for your repertoire.  |                |                          |     | PG | Y |   |
| 27/09/2022 | 2300 | <b>Rick Stein's Food Heroes</b>              | Rick Stein's Food Heroes Series 2 Ep 5           | Rick visits Cork in Southern Ireland. At the English Market, the gastronomic heart of the city, he talks to retailers and cooks Corned Beef and Cabbage. Still in Eire, he travels up the east coast. | UNITED KINGDOM | English-100              |     | PG |   |   |
| 27/09/2022 | 2330 | <b>Top Chef</b>                              | Smile And Say Mise                               | In one of Top Chef's signature Quickfires, the chefs battle against each other in a relay. Acclaimed Chef Alex Seidel invites the group to his farm to learn about his take on farm-to-table cuisine. | USA            | English-100              |     | PG |   | Y |
| 27/09/2022 | 2425 | <b>Destination Flavour - Japan</b>           | Destination Flavour Japan Bitesize Series 1 Ep 3 | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.            | AUSTRALIA      | English-100              | RPT | G  | Y | Y |
| 27/09/2022 | 2430 | <b>The Cook And The Chef</b>                 | In The Hills                                     | When Simon returned to Adelaide, after studying to be a chef, he had a whole new appreciation for the Adelaide Hills. As a youngster he's tear around the hills on his motorbike.                     | AUSTRALIA      | English-100              |     | G  |   |   |
| 27/09/2022 | 2500 | <b>Italian Food Safari</b>                   | Italian Food Safari Series 1 Ep 5                | Maeve visits the crayfishermen off Geraldton and tastes just how good a 'cray on the barbie' can be. Guy drops in on chef Maurizio Esposito to learn the secrets of his crayfish gnocchi.             | AUSTRALIA      | English-100              | RPT | G  | Y |   |
| 27/09/2022 | 2530 | <b>Rick Stein Tastes The Blues</b>           | Rick Stein Tastes The Blues                      | Rick Stein takes viewers on a journey through the Mississippi Delta - the birthplace of the blues - seeking out his favourite music as well as the food that is ingrained in its heritage.            | UNITED KINGDOM | English-100              | RPT | G  | Y |   |
| 27/09/2022 | 2635 | <b>Come Dine With Me</b>                     | Glasgow 1  | This week's competitors are from in and around Glasgow where first to host is 38 year old, part time princess and full time hairdresser Jen.  | UNITED KINGDOM | English-100              |     | PG |   |   |
| 27/09/2022 | 2700 | <b>Bizarre Foods: Delicious Destinations</b> | Paris: A Second Bite                             | Andrew returns to the European epicenter of fashion, art and food. Paris is home to masterful cuisine, and Andrew finds places to get the best of everything.   | USA            | English-100              |     | PG |   |   |
| 27/09/2022 | 2730 | <b>Tastes Like Home</b>                      | Osijek/clondalkin                                | Chef Catherine Fulvio gets a guided tour of Old Town of Tvrdra and the Old City Walls, she visits a regional wine cellar in the Old Town and tastes wine from the Danube region.                      | IRELAND        | English-100              |     | G  |   |   |
| 27/09/2022 | 2800 | <b>Make This Tonight</b>                     | Lonley Hearts Mezze                              | Chef Parisa creates the ultimate sharing table full of cozy and colorful Mezze bites such as Red Beet Labneh, Herby Spinach Dip, Za'atar Crisps and Lavash Pizza.                                     | USA            | English-100              |     | G  |   |   |
| 27/09/2022 | 2830 | <b>My Market Kitchen</b>                     | My Market Kitchen Series 4 Ep 42                 | On this episode of My Market Kitchen Elena and Khanh are in the kitchen cooking a Braised Five Spice Pork Belly. Then a Salmon Coconut Ceviche from Khanh and Bel paired with some delicious wines.   | AUSTRALIA      |                          |     | G  |   |   |
| 28/09/2022 | 500  | <b>Licence To Grill</b>                      | Texas Hold'em Party                              | Rob feeds a full house of his poker buddies with smoked beef ribs, brisket, smoked trout, potato skins, grilled shrimp and a curried slaw. It's a sure bet the boys left with a full stomach!         | CANADA         | English-100              |     | G  |   |   |
| 28/09/2022 | 530  | <b>Spaghetti And Noodles</b>                 | Spaghetti And Noodles Series 1 Ep 1              | Chef Adam Swanson visits one of Darwin's most well-known restaurants, Hanuman, owned by renowned chef Jimmy Shu.  | AUSTRALIA      | English-100              |     | PG |   |   |
| 28/09/2022 | 600  | <b>David Rocco's Dolce Tuscany</b>           | Fisherman Of Orbetello                           | David visits the seaside Tuscan town of Orbetello, where a co-op of fisherman not only fish on the lagoons for eel, seabream and sea bass, but also run the entire smoking and canning operation.     | CANADA         | English-100              |     | PG |   |   |
| 28/09/2022 | 630  | <b>The Cook And The Chef</b>                 | In The Hills                                     | When Simon returned to Adelaide, after studying to be a chef, he had a whole new appreciation for the Adelaide Hills. As a youngster he's tear around the hills on his motorbike.                     | AUSTRALIA      | English-100              |     | G  |   |   |
| 28/09/2022 | 700  | <b>Nigella Express</b>                       | Hey Presto                                       | Nigella's conjuring up dazzling Italian food in a flash from sensational pasta to an entire effortless feast.   | UNITED KINGDOM | English-100              | RPT | G  | Y | Y |

|            |      |  |   |  |                |                          |     |    |   |   |
|------------|------|--|---|--|----------------|--------------------------|-----|----|---|---|
| 28/09/2022 | 730  | <b>River Cottage Australia</b>               | River Cottage Australia One Hours Series 3 Ep 6       | Paul goes on a wild bee hunt and builds a hive for the farm. He faces the hard task of taking his first pigs born and raised on the farm to the abattoir.  | UNITED KINGDOM | English-100              | RPT | PG | Y |   |
| 28/09/2022 | 830  | <b>Italian Food Safari</b>                   | Italian Food Safari Series 1 Ep 5                     | Maeve visits the crayfishermen off Geraldton and tastes just how good a 'cray on the barbie' can be. Guy drops in on chef Maurizio Esposito to learn the secrets of his crayfish gnocchi.                | AUSTRALIA      | English-100              | RPT | G  | Y |   |
| 28/09/2022 | 900  | <b>Luke Nguyen's Railway Vietnam</b>         | Luke Nguyen's Railway Vietnam Series 1 Ep 5           | Luke approaches the half way mark of his trip and arrives at Da Nang, a growing and bustling city located on the coast, west of the Han River. First up, Luke visits the spectacular Dragon Bridge.      | AUSTRALIA      | English-98; Vietnamese-2 | RPT | PG | Y | Y |
| 28/09/2022 | 930  | <b>Rick Stein Tastes The Blues</b>           | Rick Stein Tastes The Blues                           | Rick Stein takes viewers on a journey through the Mississippi Delta - the birthplace of the blues - seeking out his favourite music as well as the food that is ingrained in its heritage.               | UNITED KINGDOM | English-100              | RPT | G  | Y |   |
| 28/09/2022 | 1035 | <b>Come Dine With Me</b>                     | Glasgow 1   | This week's competitors are from in and around Glasgow where first to host is 38 year old, part time princess and full time hairdresser Jen.   | UNITED KINGDOM | English-100              |     | PG |   |   |
| 28/09/2022 | 1100 | <b>The Cook Up With Adam Liaw</b>            | One Dish You Should Know How To Cook                  | It's an important night as Adam, chef Nelly Robinson and Appearance Advocate Carly Findlay make the dishes they think are a must know for your repertoire.   |                |                          |     | PG | Y |   |
| 28/09/2022 | 1130 | <b>Spaghetti And Noodles</b>                 | Spaghetti And Noodles Series 1 Ep 1                   | Chef Adam Swanson visits one of Darwin's most well-known restaurants, Hanuman, owned by renowned chef Jimmy Shu.   | AUSTRALIA      | English-100              |     | PG |   |   |
| 28/09/2022 | 1200 | <b>David Rocco's Dolce Tuscany</b>           | Fisherman Of Orbetello                                | David visits the seaside Tuscan town of Orbetello, where a co-op of fisherman not only fish on the lagoons for eel, seabream and sea bass, but also run the entire smoking and canning operation.        | CANADA         | English-100              |     | PG |   |   |
| 28/09/2022 | 1230 | <b>Nigella Express</b>                       | Hey Presto  | Nigella's conjuring up dazzling Italian food in a flash from sensational pasta to an entire effortless feast.  | UNITED KINGDOM | English-100              | RPT | G  | Y | Y |
| 28/09/2022 | 1300 | <b>Bizarre Foods: Delicious Destinations</b> | Paris: A Second Bite                                  | Andrew returns to the European epicenter of fashion, art and food. Paris is home to masterful cuisine, and Andrew finds places to get the best of everything.  | USA            | English-100              |     | PG |   |   |
| 28/09/2022 | 1330 | <b>Tastes Like Home</b>                      | Lifford/maine & New Hampshire                         | Chef Catherine Fulvio travels to Donegal to meet Ann to find out who is living away from home. Later Ann rustles up the dishes that remind James and Monica of home in Donegal, snowballs and apple pie. | IRELAND        | English-100              |     | PG |   |   |
| 28/09/2022 | 1400 | <b>Make This Tonight</b>                     | Retro Cool Beef Bourguignon With Cream Roasted Potato | Chef Royce is doing a grown-up version of a retro classic - Beef Bourguignon, accompanied by Garlic Green Beans and the creamiest roasted Yukon Gold Potatoes.   | USA            | English-100              |     | PG |   |   |
| 28/09/2022 | 1430 | <b>My Market Kitchen</b>                     | My Market Kitchen Series 4 Ep 43                      | On this episode of My Market Kitchen Elena and Lachy from Jalna are cooking a Raspberry, Lime & Yoghurt Cake. Then Khanh shows us his easy Honey Chicken & Witlof tray bake.                             | AUSTRALIA      |                          |     | G  |   |   |
| 28/09/2022 | 1500 | <b>Licence To Grill</b>                      | 3 On 3 Bbq  | Rob and the boys train for the big 3 on 3 b-ball tournament and feast on grilled tandoori chicken, salmon cakes, pork satay, grilled potato chips and a roasted red pepper salad.                        | CANADA         | English-100              |     | G  |   |   |
| 28/09/2022 | 1530 | <b>Spaghetti And Noodles</b>                 | Spaghetti And Noodles Series 1 Ep 2                   | Jimmy Shu takes Adam on a guided tour of Darwin's Street food markets where vendors cook and sell the most authentic food you can get outside of Asia.   | AUSTRALIA      | English-100              |     | PG |   |   |
| 28/09/2022 | 1600 | <b>David Rocco's Dolce Tuscany</b>           | Land & Sea  | David visits an agriturismo that specializes in sheep's milk cheese and gets creative using it in the kitchen. Then it's on to the nearby seaside town of Porto Ercole.                                  | CANADA         | English-100              |     | PG |   |   |
| 28/09/2022 | 1630 | <b>The Cook And The Chef</b>                 | Old Favourites  | Maggie and Simon bring back some Old Favourites and, of course, reveal secrets that take your cooking to another level. Inspired by tradition and a gift of a pot from his Mum.                          | AUSTRALIA      | English-100              |     | G  |   |   |
| 28/09/2022 | 1700 | <b>Nigella Express</b>                       | Workday Wonders                                       | This episode Nigella cooks up perfect recipes for after work entertaining such as a fast food processor chocolate cake with a ready-made peppermint syrup drizzle and a DIY Dinner.                      | UNITED KINGDOM | English-100              | RPT | G  | Y |   |
| 28/09/2022 | 1730 | <b>River Cottage Australia</b>               | River Cottage Australia One Hours Series 3 Ep 7       | Paul learns about catching eels from Indigenous local chef Noel Butler and sells his first eggs and veggie boxes into Tilba.   | UNITED KINGDOM | English-100              | RPT | PG | Y |   |
| 28/09/2022 | 1830 | <b>Italian Food Safari</b>                   | Italian Food Safari Series 1 Ep 6                     | Maeve finds prosciutto in Adelaide, and is cooked pasta and beans by Armando Percuoco. In Melbourne, cheesemaker Giorgio Linguanti takes Guy back to his childhood.                                      | AUSTRALIA      | English-100              | RPT | G  | Y |   |
| 28/09/2022 | 1900 | <b>The Cook Up With Adam Liaw</b>            | Midweek Mediterranean                                 | Singer-songwriter Christine Anu, and George Calombaris join Adam in The Cook Up Kitchen to make some marvellous midweek Mediterranean meals.   |                |                          |     | PG | Y |   |
| 28/09/2022 | 1930 | <b>Rick Stein's Food Heroes</b>              | Rick Stein's Food Heroes Series 2 Ep 6                | Rick is on home turf when he visits the Tintagel area in Cornwall. Here, legend has it, the ruined castle atop the craggy, untamed cliffs is what remains of King Arthur's Camelot.                      | UNITED KINGDOM | English-100              |     | PG |   |   |
| 28/09/2022 | 2000 | <b>Rachel Khoo's Simple Pleasures</b>        | My Childhood Favorites                                | Rachel Khoo reimagines some all-time favorite dishes with a modern twist. She conjures up a hearty beef and butternut squash stew that's perfect for a cold day.   | USA            | English-100              |     | PG |   |   |

|            |      |  |   |  |                |             |     |    |   |   |
|------------|------|--|---|--|----------------|-------------|-----|----|---|---|
| 28/09/2022 | 2030 | <b>John Torode's Middle Eas</b>              | Luxor   | John is in Luxor in central Egypt, an ancient city on the banks of the river Nile. John can't wait to explore a city steeped in history with its temples, tombs and ancient food to match.               | CANADA         | English-100 |     | PG |   |   |
| 28/09/2022 | 2100 | <b>Gino's Italian Coastal Escape</b>         | Sorrento And Capri                                    | Continuing his culinary odyssey along the Mediterranean coast, Gino sails to beautiful Capri to sample la dolce vita. While there, he also unearths the origins of Italy's most famous digestivo.        | UNITED KINGDOM | English-100 |     | G  |   |   |
| 28/09/2022 | 2130 | <b>Come Dine With Me</b>                     | Glasgow 2   | This week's competitors are from in and around Glasgow where second to host is 32 year old, psychic medium Robert.   | UNITED KINGDOM | English-100 |     | PG |   |   |
| 28/09/2022 | 2200 | <b>Bizarre Foods: Delicious Destinations</b> | Lyon  | Andrew explores the legendary cuisine of Lyon, France The flavors of pike fish dumplings, breaded beef tripe and pink pralines have all helped Lyon earn the title World Capital of Gastronomy.          | USA            | English-100 |     | PG |   |   |
| 28/09/2022 | 2230 | <b>The Cook Up With Adam Liaw</b>            | Midweek Mediterranean                                 | Singer-songwriter Christine Anu, and George Calombaris join Adam in The Cook Up Kitchen to make some marvellous midweek Mediterranean meals.   |                |             |     | PG | Y |   |
| 28/09/2022 | 2300 | <b>Rick Stein's Food Heroes</b>              | Rick Stein's Food Heroes Series 2 Ep 6                | Rick is on home turf when he visits the Tintagel area in Cornwall. Here, legend has it, the ruined castle atop the craggy, untamed cliffs is what remains of King Arthur's Camelot.                      | UNITED KINGDOM | English-100 |     | PG |   |   |
| 28/09/2022 | 2330 | <b>Top Chef</b>                              | Keep On Truckin'                                      | In a Sudden Death Quickfire based on the iconic Denver omelet, the intensity in the kitchen is eggceptional.   | USA            | English-100 |     | PG |   | Y |
| 28/09/2022 | 2425 | <b>Destination Flavour - Japan</b>           | Destination Flavour Japan Bitesize Series 1 Ep 4      | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.               | AUSTRALIA      | English-100 | RPT | G  | Y | Y |
| 28/09/2022 | 2430 | <b>The Cook And The Chef</b>                 | Old Favourites  | Maggie and Simon bring back some Old Favourites and, of course, reveal secrets that take your cooking to another level. Inspired by tradition and a gift of a pot from his Mum.                          | AUSTRALIA      | English-100 |     | G  |   |   |
| 28/09/2022 | 2500 | <b>Italian Food Safari</b>                   | Italian Food Safari Series 1 Ep 6                     | Maeve finds prosciutto in Adelaide, and is cooked pasta and beans by Armando Percuoco. In Melbourne, cheesemaker Giorgio Linguanti takes Guy back to his childhood.                                      | AUSTRALIA      | English-100 | RPT | G  | Y |   |
| 28/09/2022 | 2530 | <b>John Torode's Middle East</b>             | Luxor   | John is in Luxor in central Egypt, an ancient city on the banks of the river Nile. John can't wait to explore a city steeped in history with its temples, tombs and ancient food to match.               | CANADA         | English-100 |     | PG |   |   |
| 28/09/2022 | 2600 | <b>Gino's Italian Coastal Escape</b>         | Sorrento And Capri                                    | Continuing his culinary odyssey along the Mediterranean coast, Gino sails to beautiful Capri to sample la dolce vita. While there, he also unearths the origins of Italy's most famous digestivo.        | UNITED KINGDOM | English-100 |     | G  |   |   |
| 28/09/2022 | 2630 | <b>Come Dine With Me</b>                     | Glasgow 2   | This week's competitors are from in and around Glasgow where second to host is 32 year old, psychic medium Robert.   | UNITED KINGDOM | English-100 |     | PG |   |   |
| 28/09/2022 | 2700 | <b>Bizarre Foods: Delicious Destinations</b> | Lyon  | Andrew explores the legendary cuisine of Lyon, France The flavors of pike fish dumplings, breaded beef tripe and pink pralines have all helped Lyon earn the title World Capital of Gastronomy.          | USA            | English-100 |     | PG |   |   |
| 28/09/2022 | 2730 | <b>Tastes Like Home</b>                      | Lifford/maine & New Hampshire                         | Chef Catherine Fulvio travels to Donegal to meet Ann to find out who is living away from home. Later Ann rustles up the dishes that remind James and Monica of home in Donegal, snowballs and apple pie. | IRELAND        | English-100 |     | PG |   |   |
| 28/09/2022 | 2800 | <b>Make This Tonight</b>                     | Retro Cool Beef Bourguignon With Cream Roasted Potato | Chef Royce is doing a grown-up version of a retro classic - Beef Bourguignon, accompanied by Garlic Green Beans and the creamiest roasted Yukon Gold Potatoes.   | USA            | English-100 |     | PG |   |   |
| 28/09/2022 | 2830 | <b>My Market Kitchen</b>                     | My Market Kitchen Series 4 Ep 43                      | On this episode of My Market Kitchen Elena and Lachy from Jalna are cooking a Raspberry, Lime & Yoghurt Cake. Then Khanh shows us his easy Honey Chicken & Witlof tray bake.                             | AUSTRALIA      |             |     | G  |   |   |
| 29/09/2022 | 500  | <b>Licence To Grill</b>                      | 3 On 3 Bbq  | Rob and the boys train for the big 3 on 3 b-ball tournament and feast on grilled tandoori chicken, salmon cakes, pork satay, grilled potato chips and a roasted red pepper salad.                        | CANADA         | English-100 |     | G  |   |   |
| 29/09/2022 | 530  | <b>Spaghetti And Noodles</b>                 | Spaghetti And Noodles Series 1 Ep 2                   | Jimmy Shu takes Adam on a guided tour of Darwin's Street food markets where vendors cook and sell the most authentic food you can get outside of Asia.   | AUSTRALIA      | English-100 |     | PG |   |   |
| 29/09/2022 | 600  | <b>David Rocco's Dolce Tuscany</b>           | Land & Sea  | David visits an agriturismo that specializes in sheep's milk cheese and gets creative using it in the kitchen. Then it's on to the nearby seaside town of Porto Ercole.                                  | CANADA         | English-100 |     | PG |   |   |
| 29/09/2022 | 630  | <b>The Cook And The Chef</b>                 | Old Favourites  | Maggie and Simon bring back some Old Favourites and, of course, reveal secrets that take your cooking to another level. Inspired by tradition and a gift of a pot from his Mum.                          | AUSTRALIA      | English-100 |     | G  |   |   |
| 29/09/2022 | 700  | <b>Nigella Express</b>                       | Workday Wonders                                       | This episode Nigella cooks up perfect recipes for after work entertaining such as a fast food processor chocolate cake with a ready-made peppermint syrup drizzle and a DIY Dinner.                      | UNITED KINGDOM | English-100 | RPT | G  | Y |   |



|            |      |  |   |  |                |             |     |    |   |
|------------|------|--|---|--|----------------|-------------|-----|----|---|
| 29/09/2022 | 730  | <b>River Cottage Australia</b>               | River Cottage Australia One Hours Series 3 Ep 7 | Paul learns about catching eels from Indigenous local chef Noel Butler and sells his first eggs and veggie boxes into Tilba.   | UNITED KINGDOM | English-100 | RPT | PG | Y |
| 29/09/2022 | 830  | <b>Italian Food Safari</b>                   | Italian Food Safari Series 1 Ep 6               | Maeve finds prosciutto in Adelaide, and is cooked pasta and beans by Armando Percuoco. In Melbourne, cheesemaker Giorgio Linguanti takes Guy back to his childhood.                                  | AUSTRALIA      | English-100 | RPT | G  | Y |
| 29/09/2022 | 900  | <b>Rachel Khoo's Simple Pleasures</b>        | My Childhood Favorites                          | Rachel Khoo reimagines some all-time favorite dishes with a modern twist. She conjures up a hearty beef and butternut squash stew that's perfect for a cold day.                                     | USA            | English-100 |     | PG |   |
| 29/09/2022 | 930  | <b>John Torode's Middle East</b>             | Luxor   | John is in Luxor in central Egypt, an ancient city on the banks of the river Nile. John can't wait to explore a city steeped in history with its temples, tombs and ancient food to match.           | CANADA         | English-100 |     | PG |   |
| 29/09/2022 | 1000 | <b>Gino's Italian Coastal Escape</b>         | Sorrento And Capri                              | Continuing his culinary odyssey along the Mediterranean coast, Gino sails to beautiful Capri to sample la dolce vita. While there, he also unearths the origins of Italy's most famous digestivo.    | UNITED KINGDOM | English-100 |     | G  |   |
| 29/09/2022 | 1030 | <b>Come Dine With Me</b>                     | Glasgow 2                                       | This week's competitors are from in and around Glasgow where second to host is 32 year old, psychic medium Robert.   | UNITED KINGDOM | English-100 |     | PG |   |
| 29/09/2022 | 1100 | <b>The Cook Up With Adam Liaw</b>            | Midweek Mediterranean                           | Singer-songwriter Christine Anu, and George Calombaris join Adam in The Cook Up Kitchen to make some marvellous midweek Mediterranean meals.   |                |             |     | PG | Y |
| 29/09/2022 | 1130 | <b>Spaghetti And Noodles</b>                 | Spaghetti And Noodles Series 1 Ep 2             | Jimmy Shu takes Adam on a guided tour of Darwin's Street food markets where vendors cook and sell the most authentic food you can get outside of Asia.   | AUSTRALIA      | English-100 |     | PG |   |
| 29/09/2022 | 1200 | <b>David Rocco's Dolce Tuscany</b>           | Land & Sea                                      | David visits an agriturismo that specializes in sheep's milk cheese and gets creative using it in the kitchen. Then it's on to the nearby seaside town of Porto Ercole.                              | CANADA         | English-100 |     | PG |   |
| 29/09/2022 | 1230 | <b>Nigella Express</b>                       | Workday Wonders                                 | This episode Nigella cooks up perfect recipes for after work entertaining such as a fast food processor chocolate cake with a ready-made peppermint syrup drizzle and a DIY Dinner.                  | UNITED KINGDOM | English-100 | RPT | G  | Y |
| 29/09/2022 | 1300 | <b>Bizarre Foods: Delicious Destinations</b> | Lyon  | Andrew explores the legendary cuisine of Lyon, France The flavors of pike fish dumplings, breaded beef tripe and pink pralines have all helped Lyon earn the title World Capital of Gastronomy.      | USA            | English-100 |     | PG |   |
| 29/09/2022 | 1330 | <b>Tastes Like Home</b>                      | Cape Town And Johannesburg                      | Catherine will teach viewers some new recipes including Biltong Bru-schetta with Irish Farmhouse Cheese, Nectarines and Balsamic Glaze and a Boerewors, Parmesan polenta.                            | IRELAND        | English-100 |     | G  |   |
| 29/09/2022 | 1400 | <b>Make This Tonight</b>                     | Iconic Persian Stew                             | Chef Einat shares her family recipes for Ghormeh Sabzi - lamb stew with chickpeas, spinach, and spices along with her perfect Pilaf Rice and refreshingly simple Fresh Herb Salad.                   | USA            | English-100 |     | G  |   |
| 29/09/2022 | 1430 | <b>My Market Kitchen</b>                     | My Market Kitchen Series 4 Ep 44                | Today on My Market Kitchen Khanh shows Elena his healthy version of a Souvlaki. Then Khanh is on the road with David Mann cooking a Dill and Lemon Fish Parcel.                                      | AUSTRALIA      |             |     | G  |   |
| 29/09/2022 | 1500 | <b>Licence To Grill</b>                      | Just Another Pool Party                         | While his friends frolic poolside, Rob grills up some rum and mint grilled chicken wings, grilled seafood paella, two kinds of smoked pork and some smoked salmon and crab rolls.                    | CANADA         | English-100 |     | G  |   |
| 29/09/2022 | 1530 | <b>Spaghetti And Noodles</b>                 | Spaghetti And Noodles Series 1 Ep 3             | Adam continues exploration of Asian street foods in Darwin. He meets visits a young passionate Vietnamese foodie called Minh, at his cafe Three Mothers.   | AUSTRALIA      | English-100 |     | PG |   |
| 29/09/2022 | 1600 | <b>David Rocco's Dolce Tuscany</b>           | Simone & Friends                                | Simone Farcassi is a local butcher from Casentino whose award-winning prosciutto is garnering worldwide attention. He wants to show David all of the great culinary finds in his hometown.           | CANADA         | English-100 |     | PG |   |
| 29/09/2022 | 1630 | <b>The Cook And The Chef</b>                 | Winter Comfort Food                             | It's time to shake off the winter blues with a serve of piping hot comfort food. This mid-winter episode dishes up some warming, homely treats - and reveals why Simon still bears the mental scars. | AUSTRALIA      | English-100 |     | G  |   |
| 29/09/2022 | 1700 | <b>Nigella Express</b>                       | On The Run                                      | Nigella whips up a minimum effort portable picnic with marinated buttermilk chicken drumsticks, crunchy New Orleans coleslaw and deeply chocolaty rocky road bars.                                   | UNITED KINGDOM | English-100 | RPT | G  | Y |
| 29/09/2022 | 1730 | <b>River Cottage Australia</b>               | River Cottage Australia One Hours Series 3 Ep 8 | After months of training it's time for Digger to shine at a local dog competition. To welcome the start of summer, Paul hosts a cricket match at RCA to celebrate the start of summer.               | UNITED KINGDOM | English-100 | RPT | PG | Y |
| 29/09/2022 | 1830 | <b>Italian Food Safari</b>                   | Italian Food Safari Series 1 Ep 7               | Tonight, we join professional rock fisherman at dawn to learn why so many Italians are drawn to the sea to fish for dinner. Chef Robert Castellani shows Guy an ingenious way of baking snapper.     | AUSTRALIA      | English-100 | RPT | G  | Y |
| 29/09/2022 | 1900 | <b>The Cook Up With Adam Liaw</b>            | Meatless Marvels                                | Two of Australia's greatest performers join Adam in The Cook Up Kitchen for a Vegetarian feast! Courtney Act and Mitch Tambo are making some Meatless Marvels.                                       |                |             |     | PG | Y |
| 29/09/2022 | 1930 | <b>Dishing It Up</b>                         | Dishing It Up Series 1 Ep 1                     | We all love watching celebrity chefs dish up mouth watering meals but are they as impressive in reality as they seem? The everyday home cooks put four moreish dishes to the test.                   | AUSTRALIA      |             |     |    |   |

|            |      |  |  |  |                |             |     |  |    |   |   |
|------------|------|--|--|--|----------------|-------------|-----|--|----|---|---|
| 29/09/2022 | 2000 | <b>Guillaume's Paris</b>                     | Guillaume's Paris Series 1 Ep 3                  | Guillaume Brahim discovers some of the wonderful bistros in the 5th and 6th arrondissements, and meets Yves Camdeborde, the creator of the 'Bistronomy' food movement.                               | AUSTRALIA      | English-100 |     |  | PG |   |   |
| 29/09/2022 | 2030 | <b>Rick Stein's Food Heroes</b>              | Rick Stein's Food Heroes Series 2 Ep 7           | In the Clovelly area of North Devon, Rick goes fishing for herring with Steve Perham, whose family have been fishermen for over 200 years.   | UNITED KINGDOM | English-100 |     |  | G  |   |   |
| 29/09/2022 | 2100 | <b>Gok Wan's Easy Asian</b>                  | Feasts For One                                   | In this episode Gok cooks three recipes that are just what you need when you are home alone - a quick noodle soup, a canton stir-fry and a mouth-watering chicken and cashew salad.                  | UNITED KINGDOM | English-100 |     |  | PG |   |   |
| 29/09/2022 | 2130 | <b>Come Dine With Me</b>                     | Glasgow 3  | This week's competitors are from in and around Glasgow, where third to host is 24 year old, food vlogger, Darren.  | UNITED KINGDOM | English-100 |     |  | PG |   |   |
| 29/09/2022 | 2200 | <b>Bizarre Foods: Delicious Destinations</b> | Alsace   | Andrew Zimmern discovers the French and German cuisine of Alsace, France and its rustic flavors made from farm-fresh local ingredients.  | USA            | English-100 |     |  | PG |   |   |
| 29/09/2022 | 2230 | <b>The Cook Up With Adam Liaw</b>            | Meatless Marvels                                 | Two of Australia's greatest performers join Adam in The Cook Up Kitchen for a Vegetarian feast! Courtney Act and Mitch Tambo are making some Meatless Marvels.                                       |                |             |     |  | PG | Y |   |
| 29/09/2022 | 2300 | <b>Rick Stein's Food Heroes</b>              | Rick Stein's Food Heroes Series 2 Ep 7           | In the Clovelly area of North Devon, Rick goes fishing for herring with Steve Perham, whose family have been fishermen for over 200 years.   | UNITED KINGDOM | English-100 |     |  | G  |   |   |
| 29/09/2022 | 2330 | <b>Top Chef</b>                              | Little Tools, Big Challenges                     | The chefs channel their inner child to make upscale versions of kid menu classics for. But there's a catch, they can only use child-sized cookware, utensils and mixers.                             | USA            | English-100 |     |  | PG |   | Y |
| 29/09/2022 | 2425 | <b>Destination Flavour - Japan</b>           | Destination Flavour Japan Bitesize Series 1 Ep 5 | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.           | AUSTRALIA      | English-100 | RPT |  | G  | Y | Y |
| 29/09/2022 | 2430 | <b>The Cook And The Chef</b>                 | Winter Comfort Food                              | It's time to shake off the winter blues with a serve of piping hot comfort food. This mid-winter episode dishes up some warming, homely treats - and reveals why Simon still bears the mental scars. | AUSTRALIA      | English-100 |     |  | G  |   |   |
| 29/09/2022 | 2500 | <b>Italian Food Safari</b>                   | Italian Food Safari Series 1 Ep 7                | Tonight, we join professional rock fisherman at dawn to learn why so many Italians are drawn to the sea to fish for dinner. Chef Robert Castellani shows Guy an ingenious way of baking snapper.     | AUSTRALIA      | English-100 | RPT |  | G  | Y |   |
| 29/09/2022 | 2530 | <b>Dishing It Up</b>                         | Dishing It Up Series 1 Ep 1                      | We all love watching celebrity chefs dish up mouth watering meals but are they as impressive in reality as they seem? The everyday home cooks put four moreish dishes to the test.                   | AUSTRALIA      |             | RPT |  |    |   |   |
| 29/09/2022 | 2600 | <b>Gok Wan's Easy Asian</b>                  | Feasts For One                                   | In this episode Gok cooks three recipes that are just what you need when you are home alone - a quick noodle soup, a canton stir-fry and a mouth-watering chicken and cashew salad.                  | UNITED KINGDOM | English-100 |     |  | PG |   |   |
| 29/09/2022 | 2630 | <b>Come Dine With Me</b>                     | Glasgow 3  | This week's competitors are from in and around Glasgow, where third to host is 24 year old, food vlogger, Darren.  | UNITED KINGDOM | English-100 |     |  | PG |   |   |
| 29/09/2022 | 2700 | <b>Bizarre Foods: Delicious Destinations</b> | Alsace   | Andrew Zimmern discovers the French and German cuisine of Alsace, France and its rustic flavors made from farm-fresh local ingredients.  | USA            | English-100 |     |  | PG |   |   |
| 29/09/2022 | 2730 | <b>Tastes Like Home</b>                      | Cape Town And Johannesburg                       | Catherine will teach viewers some new recipes including Biltong Bru-schetta with Irish Farmhouse Cheese, Nectarines and Balsamic Glaze and a Boerewors, Parmesan polenta.                            | IRELAND        | English-100 |     |  | G  |   |   |
| 29/09/2022 | 2800 | <b>Make This Tonight</b>                     | Iconic Persian Stew                              | Chef Einat shares her family recipes for Ghormeh Sabzi - lamb stew with chickpeas, spinach, and spices along with her perfect Pilaf Rice and refreshingly simple Fresh Herb Salad.                   | USA            | English-100 |     |  | G  |   |   |
| 29/09/2022 | 2830 | <b>My Market Kitchen</b>                     | My Market Kitchen Series 4 Ep 44                 | Today on My Market Kitchen Khanh shows Elena his healthy version of a Souvlaki. Then Khanh is on the road with David Mann cooking a Dill and Lemon Fish Parcel.                                      | AUSTRALIA      |             |     |  | G  |   |   |
| 30/09/2022 | 500  | <b>Licence To Grill</b>                      | Just Another Pool Party                          | While his friends frolic poolside, Rob grills up some rum and mint grilled chicken wings, grilled seafood paella, two kinds of smoked pork and some smoked salmon and crab rolls.                    | CANADA         | English-100 |     |  | G  |   |   |
| 30/09/2022 | 530  | <b>Spaghetti And Noodles</b>                 | Spaghetti And Noodles Series 1 Ep 3              | Adam continues exploration of Asian street foods in Darwin. He meets visits a young passionate Vietnamese foodie called Minh, at his cafe Three Mothers.   | AUSTRALIA      | English-100 |     |  | PG |   |   |
| 30/09/2022 | 600  | <b>David Rocco's Dolce Tuscany</b>           | Simone & Friends                                 | Simone Farcassi is a local butcher from Casentino whose award-winning prosciutto is garnering worldwide attention. He wants to show David all of the great culinary finds in his hometown.           | CANADA         | English-100 |     |  | PG |   |   |
| 30/09/2022 | 630  | <b>The Cook And The Chef</b>                 | Winter Comfort Food                              | It's time to shake off the winter blues with a serve of piping hot comfort food. This mid-winter episode dishes up some warming, homely treats - and reveals why Simon still bears the mental scars. | AUSTRALIA      | English-100 |     |  | G  |   |   |
| 30/09/2022 | 700  | <b>Nigella Express</b>                       | On The Run                                       | Nigella whips up a minimum effort portable picnic with marinated buttermilk chicken drumsticks, crunchy New Orleans coleslaw and deeply chocolaty rocky road bars.                                   | UNITED KINGDOM | English-100 | RPT |  | G  | Y |   |

|            |      |  |   |  |                |             |     |    |   |
|------------|------|--|---|--|----------------|-------------|-----|----|---|
| 30/09/2022 | 730  | <b>River Cottage Australia</b>               | River Cottage Australia One Hours Series 3 Ep 8 | After months of training it's time for Digger to shine at a local dog competition. To welcome the start of summer, Paul hosts a cricket match at RCA to celebrate the start of summer.                 | UNITED KINGDOM | English-100 | RPT | PG | Y |
| 30/09/2022 | 830  | <b>Italian Food Safari</b>                   | Italian Food Safari Series 1 Ep 7               | Tonight, we join professional rock fisherman at dawn to learn why so many Italians are drawn to the sea to fish for dinner. Chef Robert Castellani shows Guy an ingenious way of baking snapper.       | AUSTRALIA      | English-100 | RPT | G  | Y |
| 30/09/2022 | 900  | <b>Guillaume's Paris</b>                     | Guillaume's Paris Series 1 Ep 3                 | Guillaume Brahimi discovers some of the wonderful bistros in the 5th and 6th arrondissements, and meets Yves Camdeborde, the creator of the 'Bistronomy' food movement.                                | AUSTRALIA      | English-100 | RPT | PG |   |
| 30/09/2022 | 930  | <b>Dishing It Up</b>                         | Dishing It Up Series 1 Ep 1                     | We all love watching celebrity chefs dish up mouth watering meals but are they as impressive in reality as they seem? The everyday home cooks put four moreish dishes to the test.                     | AUSTRALIA      |             | RPT |    |   |
| 30/09/2022 | 1000 | <b>Gok Wan's Easy Asian</b>                  | Feasts For One                                  | In this episode Gok cooks three recipes that are just what you need when you are home alone - a quick noodle soup, a canton stir-fry and a mouth-watering chicken and cashew salad.                    | UNITED KINGDOM | English-100 |     | PG |   |
| 30/09/2022 | 1030 | <b>Come Dine With Me</b>                     | Glasgow 3                                       | This week's competitors are from in and around Glasgow, where third to host is 24 year old, food vlogger, Darren.  | UNITED KINGDOM | English-100 |     | PG |   |
| 30/09/2022 | 1100 | <b>The Cook Up With Adam Liaw</b>            | Meatless Marvels                                | Two of Australia's greatest performers join Adam in The Cook Up Kitchen for a Vegetarian feast! Courtney Act and Mitch Tambo are making some Meatless Marvels.   |                |             |     | PG | Y |
| 30/09/2022 | 1130 | <b>Spaghetti And Noodles</b>                 | Spaghetti And Noodles Series 1 Ep 3             | Adam continues exploration of Asian street foods in Darwin. He meets visits a young passionate Vietnamese foodie called Minh, at his cafe Three Mothers.   | AUSTRALIA      | English-100 |     | PG |   |
| 30/09/2022 | 1200 | <b>David Rocco's Dolce Tuscany</b>           | Simone & Friends                                | Simone Farcassi is a local butcher from Casentino whose award-winning prosciutto is garnering worldwide attention. He wants to show David all of the great culinary finds in his hometown.             | CANADA         | English-100 |     | PG |   |
| 30/09/2022 | 1230 | <b>Nigella Express</b>                       | On The Run                                      | Nigella whips up a minimum effort portable picnic with marinated buttermilk chicken drumsticks, crunchy New Orleans coleslaw and deeply chocolaty rocky road bars.                                     | UNITED KINGDOM | English-100 | RPT | G  | Y |
| 30/09/2022 | 1300 | <b>Bizarre Foods: Delicious Destinations</b> | Alsace  | Andrew Zimmern discovers the French and German cuisine of Alsace, France and its rustic flavors made from farm-fresh local ingredients.  | USA            | English-100 |     | PG |   |
| 30/09/2022 | 1330 | <b>Tastes Like Home</b>                      | Tiny Township, Canada                           | This week Catherine will teach us how to cook sweet lovers delight, Maple Taffy, and for the cheese lovers, Irish Cheddar Cheese Curd Poutine.   | IRELAND        | English-100 |     | G  |   |
| 30/09/2022 | 1400 | <b>Make This Tonight</b>                     | Count Of Monte Cristo Goes To Cuba, The         | Chef Jason merges two iconic sandwiches into a super, savory powerhouse of flavors. Meet the Monte Cristo Cubano, complete with slow-roasted, mojo pork, country ham, and battered swiss cheese.       | USA            | English-100 |     | PG |   |
| 30/09/2022 | 1430 | <b>My Market Kitchen</b>                     | My Market Kitchen Series 4 Ep 45                | Elena and Karen from Asian Inspirations are in the kitchen today cooking a traditional Nasi Goreng Fried Rice. Then Khan whips up a quick and easy Rhubarb and Ginger Crumble for dessert.             | AUSTRALIA      |             |     | G  |   |
| 30/09/2022 | 1500 | <b>Licence To Grill</b>                      | Fishboy's Birthday                              | Fishboy is having a birthday and Rob's keeping the party a secret. Rob prepares nothing but the best including cedar smoked artic char, and lobster tails with champagne sauce.                        | CANADA         | English-100 |     | G  |   |
| 30/09/2022 | 1530 | <b>Spaghetti And Noodles</b>                 | Spaghetti And Noodles Series 1 Ep 4             | Adam continues his exploration of Asian street foods in Darwin. He meets a young Korean born chef, Bruce, whose culinary specialties are Korean fried chicken, miso eggplant and sweet potato noodles. | AUSTRALIA      | English-100 |     | PG |   |
| 30/09/2022 | 1600 | <b>David Rocco's Dolce Tuscany</b>           | Balsamico Di Modena                             | David meets with Angelo Giacobazzi, a fourth-generation producer of Aceto Balsamico di Modena vinegar. Together, they visit his cantina where the vinegars are aged for up to 35 years.                | CANADA         | English-100 |     | PG |   |
| 30/09/2022 | 1630 | <b>The Cook And The Chef</b>                 | Citrus  | Citrus is often considered a basic ingredient, but Simon and Maggie are convinced that it deserves more of a starring role in our kitchens so this week they give it its place in the sun.             | AUSTRALIA      | English-100 |     | PG |   |
| 30/09/2022 | 1700 | <b>Nigella Express</b>                       | Get Up And Go                                   | Kick start the day with unbeatable fast and fabulous breakfasts. From weekend parties to pancake feasts, working breakfasts, solo comforts and wake up shakes, Nigella's got mornings covered.         | UNITED KINGDOM | English-100 | RPT | G  | Y |
| 30/09/2022 | 1730 | <b>River Cottage Australia</b>               | River Cottage Australia One Hours Series 4 Ep 1 | In the last year Paul's family has grown, so he employs a local, Harrison, as his part-time farm hand. With the fencing an on-going issue, he finds a way to change the face and shape of the farm.    | UNITED KINGDOM | English-100 | RPT | PG | Y |
| 30/09/2022 | 1830 | <b>Italian Food Safari</b>                   | Italian Food Safari Series 1 Ep 8               | Tonight we visit Mildura where chef Stefano Di Pieri from Stefano's restaurant shows Guy how he uses blood oranges to make a kingfish carpaccio with shaved fennel.                                    | AUSTRALIA      | English-100 | RPT | G  | Y |
| 30/09/2022 | 1900 | <b>The Cook Up With Adam Liaw</b>            | Coconut   | Tonight on The Cook Up Kitchen Adam, actor Aaron Fa'Aoso and chef Nina Huynh are going nuts for dishes featuring the humble coconut.   |                |             |     | PG | Y |
| 30/09/2022 | 1930 | <b>Rick Stein's Food Heroes</b>              | Rick Stein's Food Heroes Series 2 Ep 8          | Rick and Chalky travel to Loch Torridon in Scotland to go fishing with John McGreggor for langoustines. Here the prawns are protected by the Marien Stewardship Council.                               | UNITED KINGDOM | English-100 |     | G  |   |

|            |      |   |   |  |                |             |     |    |   |   |
|------------|------|---|---|--|----------------|-------------|-----|----|---|---|
| 30/09/2022 | 2000 | <b>Cook Like An Italian With Silvia Colloca</b> | No Waste  | Italian home cooks learn from a young age that resourcefulness in the kitchen can save the day, and the bank. The art of breathing fresh new life into leftovers is one of the most valuable things.   | AUSTRALIA      | English-100 |     | G  | Y | Y |
| 30/09/2022 | 2030 | <b>Curtis Stone's Travel, Cook, Repeat</b>      | Curtis Stone's Travel, Cook, Repeat Series 2 Ep 2 | Chef Curtis Stone travels to Lombardy with longtime mate, Richie, where they toss pizza dough and visit a cheese cave.   | USA            | English-100 |     | PG |   |   |
| 30/09/2022 | 2100 | <b>Adam Liaw's Road Trip For Good</b>           | Mallacoota, Lobethal & Ulladulla                  | Adam is in the town of Mallacoota - the area that became an international symbol for the summer's devastating bushfires. Here he visits the local abalone co-op whose factory burnt down in the fires. | AUSTRALIA      | English-100 |     | PG | Y |   |
| 30/09/2022 | 2130 | <b>Come Dine With Me</b>                        | Glasgow 4   | This week's competition is in and around the Glasgow area, where our fourth host is 28 year old, partnerships manager, Dorine.   | UNITED KINGDOM | English-100 |     | PG |   |   |
| 30/09/2022 | 2200 | <b>Bizarre Foods: Delicious Destinations</b>    | Montevideo  | Andrew digs into the culinary treasures of Uruguay's capital city, Montevideo. He explores this meaty mecca by highlighting their slow-cooked Asado meats.   | USA            | English-100 |     |    |   |   |
| 30/09/2022 | 2230 | <b>The Cook Up With Adam Liaw</b>               | Coconut   | Tonight on The Cook Up Kitchen Adam, actor Aaron Fa'Aoso and chef Nina Huynh are going nuts for dishes featuring the humble coconut.   |                |             |     | PG | Y |   |
| 30/09/2022 | 2300 | <b>Rick Stein's Food Heroes</b>                 | Rick Stein's Food Heroes Series 2 Ep 8            | Rick and Chalky travel to Loch Torridon in Scotland to go fishing with John McGreggor for langoustines. Here the prawns are protected by the Marien Stewardship Council.                               | UNITED KINGDOM | English-100 |     | G  |   |   |
| 30/09/2022 | 2330 | <b>Top Chef</b>                                 | This Is Not Glamping                              | In a competition first, the chefs are surprised with a twist that changes the game. They are sent camping to make a 5-star meal outdoors.  | USA            | English-100 |     | PG |   | Y |
| 30/09/2022 | 2425 | <b>Destination Flavour - Japan</b>              | Destination Flavour Japan Bitesize Series 1 Ep 6  | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.             | AUSTRALIA      | English-100 | RPT | G  | Y | Y |
| 30/09/2022 | 2430 | <b>The Cook And The Chef</b>                    | Citrus  | Citrus is often considered a basic ingredient, but Simon and Maggie are convinced that it deserves more of a starring role in our kitchens so this week they give it its place in the sun.             | AUSTRALIA      | English-100 |     | PG |   |   |
| 30/09/2022 | 2500 | <b>Italian Food Safari</b>                      | Italian Food Safari Series 1 Ep 8                 | Tonight we visit Mildura where chef Stefano Di Pieri from Stefano's restaurant shows Guy how he uses blood oranges to make a kingfish carpaccio with shaved fennel.                                    | AUSTRALIA      | English-100 | RPT | G  | Y |   |
| 30/09/2022 | 2530 | <b>Curtis Stone's Travel, Cook, Repeat</b>      | Curtis Stone's Travel, Cook, Repeat Series 2 Ep 2 | Chef Curtis Stone travels to Lombardy with longtime mate, Richie, where they toss pizza dough and visit a cheese cave.   | USA            | English-100 |     | PG |   |   |
| 30/09/2022 | 2600 | <b>Adam Liaw's Road Trip For Good</b>           | Mallacoota, Lobethal & Ulladulla                  | Adam is in the town of Mallacoota - the area that became an international symbol for the summer's devastating bushfires. Here he visits the local abalone co-op whose factory burnt down in the fires. | AUSTRALIA      | English-100 |     | PG | Y |   |
| 30/09/2022 | 2630 | <b>Come Dine With Me</b>                        | Glasgow 4   | This week's competition is in and around the Glasgow area, where our fourth host is 28 year old, partnerships manager, Dorine.   | UNITED KINGDOM | English-100 |     | PG |   |   |
| 30/09/2022 | 2700 | <b>Bizarre Foods: Delicious Destinations</b>    | Montevideo  | Andrew digs into the culinary treasures of Uruguay's capital city, Montevideo. He explores this meaty mecca by highlighting their slow-cooked Asado meats.   | USA            | English-100 |     |    |   |   |
| 30/09/2022 | 2730 | <b>Tastes Like Home</b>                         | Tiny Township, Canada                             | This week Catherine will teach us how to cook sweet lovers delight, Maple Taffy, and for the cheese lovers, Irish Cheddar Cheese Curd Poutine.   | IRELAND        | English-100 |     | G  |   |   |
| 30/09/2022 | 2800 | <b>Make This Tonight</b>                        | Count Of Monte Cristo Goes To Cuba, The           | Chef Jason merges two iconic sandwiches into a super, savory powerhouse of flavors. Meet the Monte Cristo Cubano, complete with slow-roasted, mojo pork, country ham, and battered swiss cheese.       | USA            | English-100 |     | PG |   |   |
| 30/09/2022 | 2830 | <b>My Market Kitchen</b>                        | My Market Kitchen Series 4 Ep 45                  | Elena and Karen from Asian Inspirations are in the kitchen today cooking a traditional Nasi Goreng Fried Rice. Then Khan whips up a quick and easy Rhubarb and Ginger Crumble for dessert.             | AUSTRALIA      |             |     | G  |   |   |
| 1/10/2022  | 500  | <b>Licence To Grill</b>                         | Fishboy's Birthday                                | Fishboy is having a birthday and Rob's keeping the party a secret. Rob prepares nothing but the best including cedar smoked artic char, and lobster tails with champagne sauce.                        | CANADA         | English-100 |     | G  |   |   |
| 1/10/2022  | 530  | <b>Spaghetti And Noodles</b>                    | Spaghetti And Noodles Series 1 Ep 4               | Adam continues his exploration of Asian street foods in Darwin. He meets a young Korean born chef, Bruce, whose culinary specialties are Korean fried chicken, miso eggplant and sweet potato noodles. | AUSTRALIA      | English-100 |     | PG |   |   |
| 1/10/2022  | 600  | <b>David Rocco's Dolce Tuscany</b>              | Balsamico Di Modena                               | David meets with Angelo Giacobazzi, a fourth-generation producer of Aceto Balsamico di Modena vinegar. Together, they visit his cantina where the vinegars are aged for up to 35 years.                | CANADA         | English-100 |     | PG |   |   |
| 1/10/2022  | 630  | <b>The Cook And The Chef</b>                    | Citrus  | Citrus is often considered a basic ingredient, but Simon and Maggie are convinced that it deserves more of a starring role in our kitchens so this week they give it its place in the sun.             | AUSTRALIA      | English-100 |     | PG |   |   |
| 1/10/2022  | 700  | <b>Nigella Express</b>                          | Get Up And Go                                     | Kick start the day with unbeatable fast and fabulous breakfasts. From weekend parties to pancake feasts, working breakfasts, solo comforts and wake up shakes, Nigella's got mornings covered.         | UNITED KINGDOM | English-100 | RPT | G  | Y |   |

|           |      |   |   |  |                |             |     |    |   |   |
|-----------|------|---|---|--|----------------|-------------|-----|----|---|---|
| 1/10/2022 | 730  | <b>River Cottage Australia</b>                  | River Cottage Australia One Hours Series 4 Ep 1   | In the last year Paul's family has grown, so he employs a local, Harrison, as his part-time farm hand. With the fencing an on-going issue, he finds a way to change the face and shape of the farm.      | UNITED KINGDOM | English-100 | RPT | PG | Y |   |
| 1/10/2022 | 830  | <b>Italian Food Safari</b>                      | Italian Food Safari Series 1 Ep 8                 | Tonight we visit Mildura where chef Stefano Di Pieri from Stefano's restaurant shows Guy how he uses blood oranges to make a kingfish carpaccio with shaved fennel.                                      | AUSTRALIA      | English-100 | RPT | G  | Y |   |
| 1/10/2022 | 900  | <b>Cook Like An Italian With Silvia Colloca</b> | No Waste  | Italian home cooks learn from a young age that resourcefulness in the kitchen can save the day, and the bank. The art of breathing fresh new life into leftovers is one of the most valuable things.     | AUSTRALIA      | English-100 |     | G  | Y | Y |
| 1/10/2022 | 930  | <b>Curtis Stone's Travel, Cook, Repeat</b>      | Curtis Stone's Travel, Cook, Repeat Series 2 Ep 2 | Chef Curtis Stone travels to Lombardy with longtime mate, Richie, where they toss pizza dough and visit a cheese cave.   | USA            | English-100 |     | PG |   |   |
| 1/10/2022 | 1000 | <b>Adam Liaw's Road Trip For Good</b>           | Mallacoota, Lobethal & Ulladulla                  | Adam is in the town of Mallacoota - the area that became an international symbol for the summer's devastating bushfires. Here he visits the local abalone co-op whose factory burnt down in the fires.   | AUSTRALIA      | English-100 |     | PG | Y |   |
| 1/10/2022 | 1030 | <b>Come Dine With Me</b>                        | Glasgow 4   | This week's competition is in and around the Glasgow area, where our fourth host is 28 year old, partnerships manager, Dorine.   | UNITED KINGDOM | English-100 |     | PG |   |   |
| 1/10/2022 | 1100 | <b>The Cook Up With Adam Liaw</b>               | Coconut   | Tonight on The Cook Up Kitchen Adam, actor Aaron Fa'Aoso and chef Nina Huynh are going nuts for dishes featuring the humble coconut.   |                |             |     | PG | Y |   |
| 1/10/2022 | 1130 | <b>Spaghetti And Noodles</b>                    | Spaghetti And Noodles Series 1 Ep 4               | Adam continues his exploration of Asian street foods in Darwin. He meets a young Korean born chef, Bruce, whose culinary specialties are Korean fried chicken, miso eggplant and sweet potato noodles.   | AUSTRALIA      | English-100 |     | PG |   |   |
| 1/10/2022 | 1200 | <b>David Rocco's Dolce Tuscany</b>              | Balsamico Di Modena                               | David meets with Angelo Giacobazzi, a fourth-generation producer of Aceto Balsamico di Modena vinegar. Together, they visit his cantina where the vinegars are aged for up to 35 years.                  | CANADA         | English-100 |     | PG |   |   |
| 1/10/2022 | 1230 | <b>Nigella Express</b>                          | Get Up And Go                                     | Kick start the day with unbeatable fast and fabulous breakfasts. From weekend parties to pancake feasts, working breakfasts, solo comforts and wake up shakes, Nigella's got mornings covered.           | UNITED KINGDOM | English-100 | RPT | G  | Y |   |
| 1/10/2022 | 1300 | <b>Bizarre Foods: Delicious Destinations</b>    | Montevideo  | Andrew digs into the culinary treasures of Uruguay's capital city, Montevideo. He explores this meaty mecca by highlighting their slow-cooked Asado meats.   | USA            | English-100 |     |    |   |   |
| 1/10/2022 | 1330 | <b>Eating Inn</b>                               | Db Bistro Part 2                                  | Back at DB Bistro our host joins team Daniel and Jonathan and it's a little bit crazy but a lot of fun. The chemistry between is palpable and our Host Chef Phil tries to orchestrate the mayhem.        | SINGAPORE      | English-100 |     | PG |   |   |
| 1/10/2022 | 1400 | <b>Eating Inn</b>                               | Spago Part 1                                      | The first of two episodes that bring us into a lively one on one with the man himself - Chef Wolfgang Puck and then Host Chef Phil Davenport guides us through the wonderful world of Spago.             | SINGAPORE      | English-100 |     | PG |   |   |
| 1/10/2022 | 1430 | <b>Ainsley's Good Mood Food</b>                 | Grains And Pulses                                 | Ainsley is celebrating some unsung heroes who are the start of so many wonderful meals...grains and pulses. First up a taste of the Mediterranean with Seared Tuna.                                      | UNITED KINGDOM | English-100 |     | G  |   |   |
| 1/10/2022 | 1525 | <b>Destination Flavour - Japan</b>              | Destination Flavour Japan Bitesize Series 1 Ep 2  | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.               | AUSTRALIA      | English-100 | RPT | G  | Y |   |
| 1/10/2022 | 1530 | <b>Ainsley's Good Mood Food</b>                 | Going Green                                       | Leafy greens are guaranteed to make you feel good, and all today's dishes have a healthy portion of the glorious green stuff. Starting with breakfast muffins so tasty you will want them for breakfast. | UNITED KINGDOM | English-100 |     | G  |   |   |
| 1/10/2022 | 1625 | <b>Poh &amp; Co. Bitesize</b>                   | Love...And Pizza!                                 | Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.   | AUSTRALIA      | English-100 | RPT | G  | Y |   |
| 1/10/2022 | 1630 | <b>Weekend Breaks With Gregg Wallace</b>        | Barcelona   | Gregg Wallace heads to Barcelona for a weekend break. Over the course of three days he tries incredible local food and drink, and gets involved with local customs.                                      | UNITED KINGDOM | English-100 |     | PG |   | Y |
| 1/10/2022 | 1725 | <b>Destination Flavour - Japan</b>              | Destination Flavour Japan Bitesize Series 1 Ep 3  | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.               | AUSTRALIA      | English-100 | RPT | G  | Y | Y |
| 1/10/2022 | 1730 | <b>Adam &amp; Poh's Malaysia In Australia</b>   | Adam & Poh's Malaysia In Australia Series 1 Ep 4  | Adam and Poh are on Bruny Island - one of the best food destinations in Australia. They try local beers with brewer Nick Haddow, before they take the local oysters in two different directions.         | AUSTRALIA      | English-100 |     | G  | Y |   |
| 1/10/2022 | 1800 | <b>Cheese Slices</b>                            | Sweden - Jamtland Cheese                          | Will travels to the beautiful Jamtland region in central of Sweden to learn about traditional cave ripened goats milk cheese, and an ancient way of preserving long milk.                                | AUSTRALIA      | English-100 |     | G  |   |   |
| 1/10/2022 | 1830 | <b>Ainsley's Good Mood Food</b>                 | Ainsley's Good Mood Food Series 2 Ep 1            | In his kitchen, Ainsley has some delicious dishes made even more special with a dash of coffee or chocolate. Starting with an Italian classic, a caponata served with fennel and cacao rubbed pork.      | UNITED KINGDOM | English-100 |     |    |   |   |
| 1/10/2022 | 1930 | <b>Hairy Biker's Route 66</b>                   | Hairy Biker's Route 66 Series 1 Ep 6              | For the last leg of their odyssey, the bikers head west to California. First, they make a small detour to Las Vegas, where they learn how to make the best mashed potato in the world.                   | UNITED KINGDOM | English-100 |     | PG |   |   |

|           |      |  |  |  |                |             |     |    |   |   |
|-----------|------|--|--|--|----------------|-------------|-----|----|---|---|
| 1/10/2022 | 2040 | <b>Jamie's Food Escapes</b>            | Athens   | The food in Athens is all about simple ingredients, simply put together. Jamie goes spear fishing off a local island, meets bee keepers who produce amazing honey, and makes goats cheese with a monk.   | UNITED KINGDOM | English-100 |     | PG |   |   |
| 1/10/2022 | 2135 | <b>Anthony Bourdain: Parts Unknown</b> | Colombia   | Tony travels through several regions of Colombia from the mountains down to the Caribbean coast to the coca leaf growing inlands formerly controlled by drug cartels.                                    | USA            | English-100 |     | PG |   | Y |
| 1/10/2022 | 2230 | <b>Gordon Ramsay Uncharted</b>         | Morocco  | Chef Gordon Ramsay travels to Morocco, North Africa, where he embarks on an adventure deep in the Middle Atlas Mountains to understand ancient Berber cuisine.   | UNITED KINGDOM | English-100 |     | PG |   | Y |
| 1/10/2022 | 2325 | <b>Destination Flavour - Japan</b>     | Destination Flavour Japan Bitesize Series 1 Ep 4 | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.               | AUSTRALIA      | English-100 | RPT | G  | Y | Y |
| 1/10/2022 | 2330 | <b>Ainsley's Good Mood Food</b>        | Grains And Pulses                                | Ainsley is celebrating some unsung heroes who are the start of so many wonderful meals...grains and pulses. First up a taste of the Mediterranean with Seared Tuna.                                      | UNITED KINGDOM | English-100 |     | G  |   |   |
| 1/10/2022 | 2425 | <b>Destination Flavour - Japan</b>     | Destination Flavour Japan Bitesize Series 1 Ep 2 | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.               | AUSTRALIA      | English-100 | RPT | G  | Y |   |
| 1/10/2022 | 2430 | <b>Ainsley's Good Mood Food</b>        | Going Green                                      | Leafy greens are guaranteed to make you feel good, and all today's dishes have a healthy portion of the glorious green stuff. Starting with breakfast muffins so tasty you will want them for breakfast. | UNITED KINGDOM | English-100 |     | G  |   |   |
| 1/10/2022 | 2525 | <b>Poh &amp; Co. Bitesize</b>          | Love...And Pizza!                                | Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.   | AUSTRALIA      | English-100 | RPT | G  | Y |   |