



WEEK 41: Sunday, 2 October - Saturday, 5 October 2022 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2022-10-02	0500	Cheese Slices	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		
2022-10-02	0530	Ainsley's Good Mood Food	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		
2022-10-02	0625	Destination Flavour - Japan	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	
2022-10-02	0630	Ainsley's Good Mood Food	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		
2022-10-02	0725	Poh & Co. Bitesize	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	
2022-10-02	0730	Hairy Biker's Route 66	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		
2022-10-02	0840	Jamie's Food Escapes	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		
2022-10-02	0935	Gordon Ramsay Uncharted	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
2022-10-02	1030	Weekend Breaks With Gregg Wallace	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
2022-10-02	1125	Destination Flavour - Japan	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
2022-10-02	1130	Eating Inn	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		
2022-10-02	1200	Eating Inn	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		
2022-10-02	1230	Ainsley's Good Mood Food	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		PG		
2022-10-02	1330	Adam & Poh's Malaysia In Australia	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	

2022-10-02	1400	The Cook Up With Adam Liaw	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.	AUSTRALIA	English-100	RPT	PG	Y	
2022-10-02	1430	The Cook Up With Adam Liaw	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.	AUSTRALIA	English-100	RPT	PG	Y	
2022-10-02	1500	The Cook Up With Adam Liaw	Midweek Mediterranean	Singer-songwriter Christine Anu, and George Calombaris join Adam in The Cook Up Kitchen to make some marvellous midweek Mediterranean meals.	AUSTRALIA	English-100	RPT	PG	Y	
2022-10-02	1530	The Cook Up With Adam Liaw	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.	AUSTRALIA	English-100	RPT	PG	Y	
2022-10-02	1600	The Cook Up With Adam Liaw	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.	AUSTRALIA	English-100		PG	Y	
2022-10-02	1630	Wok The World	Wok The World Series 1 Ep 1	In the first episode, Alvin Leung & Eric Chong start off their journey in Qingtian with its rich ancestral history and stunning mountains. First, Alvin meets Mr Zhu, a local farmer.	CHINA			PG		
2022-10-02	1730	Cheese Slices	USA - New Farmstead Producers Of Washington State	Will travels to Seattle in the Pacific North West of the United States to meet the founder of Beecher's cheddar cheese in the famous Pike Street market.	AUSTRALIA	English-100		G		
2022-10-02	1800	Mary Makes It Easy	Uncanny Valley	Ingredients packed in cans and jars can be just as good as fresh ones - and with Mary's recipes, they might even be better! Mary starts with Salmon Burgers using canned salmon.	CANADA	English-100		PG		
2022-10-02	1830	Dishing It Up	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	PG		
2022-10-02	1900	Guillaume's Paris	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		
2022-10-02	1930	World's Most Expensive Foods	Hanwoo	We see Hanwoo or Korean cattle go under the gavel at two separate auctions. Though Hanwoo is the luxury meat of choice, breeding of the cattle as meat stock is only a recent development.	SINGAPORE	English-50; Japanese-50		PG	Y	
2022-10-02	2025	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 6	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-10-02	2030	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 7	Rick boards the ferry in Penzance to take him to The Isles of Scilly, a group of islands which were once part of Cornwall.	UNITED KINGDOM	English-100		PG		
2022-10-02	2100	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 8	Could you eat 700 samples of cheese a week? On a visit to a dairy, Rick meets a man who is paid to do just that.	UNITED KINGDOM	English-100		PG		
2022-10-02	2135	Anthony Bourdain: Parts Unknown	Libya	Tony explores Libya from top to bottom through the hip-hop music of anti-Qaddafi rapper expats, Italian restaurants, tribal allegiances and post-war uncertainty.	USA	English-100		PG	Y	
2022-10-02	2230	Royal Recipes	Breakfast And Snacks	Michael Buerk and chef Anna Haugh cook up a dish from an Edwardian full English breakfast.	UNITED KINGDOM	English-100		G		
2022-10-02	2325	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 7	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	PG	Y	Y
2022-10-02	2330	Wok The World	Wok The World Series 1 Ep 1	In the first episode, Alvin Leung & Eric Chong start off their journey in Qingtian with its rich ancestral history and stunning mountains. First, Alvin meets Mr Zhu, a local farmer.	CHINA			PG		

2022-10-02	2430	Cheese Slices	USA - New Farmstead Producers Of Washington State	Will travels to Seattle in the Pacific North West of the United States to meet the founder of Beecher's cheddar cheese in the famous Pike Street market.	AUSTRALIA	English-100		G		
2022-10-02	2500	Mary Makes It Easy	Uncanny Valley	Ingredients packed in cans and jars can be just as good as fresh ones - and with Mary's recipes, they might even be better! Mary starts with Salmon Burgers using canned salmon.	CANADA	English-100		PG		
2022-10-02	2530	Dishing It Up	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	PG		
2022-10-02	2600	Guillaume's Paris	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		
2022-10-02	2630	World's Most Expensive Foods	Hanwoo	We see Hanwoo or Korean cattle go under the gavel at two separate auctions. Though Hanwoo is the luxury meat of choice, breeding of the cattle as meat stock is only a recent development.	SINGAPORE	English-50; Japanese-50		PG		Y
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2022-10-02	2825	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 7	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	PG	Y	Y
2022-10-02	2830	Cheese Slices	USA - New Farmstead Producers Of Washington State	Will travels to Seattle in the Pacific North West of the United States to meet the founder of Beecher's cheddar cheese in the famous Pike Street market.	AUSTRALIA	English-100		G		
2022-10-03	0500	The Cook Up With Adam Liaw	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.	AUSTRALIA	English-100	RPT	PG	Y	
2022-10-03	0530	The Cook Up With Adam Liaw	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.	AUSTRALIA	English-100	RPT	PG	Y	
2022-10-03	0600	The Cook Up With Adam Liaw	Midweek Mediterranean	Singer-songwriter Christine Anu, and George Calombaris join Adam in The Cook Up Kitchen to make some marvellous midweek Mediterranean meals.	AUSTRALIA	English-100	RPT	PG	Y	
2022-10-03	0630	The Cook Up With Adam Liaw	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.	AUSTRALIA	English-100	RPT	PG	Y	
2022-10-03	0700	The Cook Up With Adam Liaw	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.	AUSTRALIA	English-100		PG	Y	
2022-10-03	0730	Wok The World	Wok The World Series 1 Ep 1	In the first episode, Alvin Leung & Eric Chong start off their journey in Qingtian with its rich ancestral history and stunning mountains. First, Alvin meets Mr Zhu, a local farmer.	CHINA			PG		
2022-10-03	0830	Cheese Slices	USA - New Farmstead Producers Of Washington State	Will travels to Seattle in the Pacific North West of the United States to meet the founder of Beecher's cheddar cheese in the famous Pike Street market.	AUSTRALIA	English-100		G		
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2022-10-03	0930	Dishing It Up	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	PG		

2022-10-03	1000	Guillaume's Paris	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		
2022-10-03	1030	World's Most Expensive Foods	Hanwoo	We see Hanwoo or Korean cattle go under the gavel at two separate auctions. Though Hanwoo is the luxury meat of choice, breeding of the cattle as meat stock is only a recent development.	SINGAPORE	English-50; Japanese-50		PG		Y
2022-10-03	1125	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 6	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-10-03	1130	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 7	Rick boards the ferry in Penzance to take him to The Isles of Scilly, a group of islands which were once part of Cornwall.	UNITED KINGDOM	English-100		PG		
2022-10-03	1200	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 8	Could you eat 700 samples of cheese a week? On a visit to a dairy, Rick meets a man who is paid to do just that.	UNITED KINGDOM	English-100		PG		
2022-10-03	1235	Royal Recipes	Breakfast And Snacks	Michael Buerk and chef Anna Haugh cook up a dish from an Edwardian full English breakfast.	UNITED KINGDOM	English-100		G		
2022-10-03	1330	Tastes Like Home	Blanchardstown And Mexico	We meet Alexandra Ikkert and her family in Blanchardstown who are originally from Russia where she shows Catherine how to make her Seafood Chowder.	IRELAND	English-100		G		Y
2022-10-03	1400	Michela's Tuscan Kitchen	Michela's Tuscan Kitchen Series 1 Ep 1	Welsh Italian home cook Michela Chiappa showcases the best of Tuscan cuisine, travelling to Tuscany to meet the producers of delicious local ingredients.	UNITED KINGDOM	English-100		G		Y
2022-10-03	1430	My Market Kitchen	My Market Kitchen Series 4 Ep 46	Today on My Market Kitchen Elena show us how to use produce from your local market with her Chinese Style Chilli Crab & Indigenous Greens.	AUSTRALIA			G		
2022-10-03	1500	Licence To Grill	Off To The Academy Party	Rob's friend is off to the Police Academy so he cooks him a bon voyage meal with grilled sausage stuffed cabbage, charcoal rotisserie chicken, smoked veal roast, broccoli salad and baked potatoes.	CANADA	English-100		G		
2022-10-03	1530	Spaghetti And Noodles	Spaghetti And Noodles Series 1 Ep 5	Adam Swanson meets Muy, a Cambodian refugee who left her home after the war and chose Darwin as her home. Muy tells Adam how she rebuilt her life and now grows 70 acres of fruit and vegetables.	AUSTRALIA	English-100		PG		
2022-10-03	1600	David Rocco's Dolce Tuscany	Wheat, Flour, Pasta	At Villa Poggio Bartoli, the wheat harvest is a big deal. To this day, the threshing of the wheat is done the old-fashioned way using machinery from the 1920s.	CANADA	English-100		PG		
2022-10-03	1630	The Cook And The Chef	English Theme	Simon's on a mission to get back to his English 'Food Roots' with classic ingredients like Stilton cheese and pork sausages.	AUSTRALIA	English-100		G		
2022-10-03	1700	Nigella Express	Instant Calmer	Everyone's favourite comfort food gets the Nigella Express treatment, proving that calming, delicious food can be the work of moments.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-10-03	1730	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 2	Paul's spent the last few years planting and growing produce without a long term plan, so he gets important advice on how to transform the farm's future.	UNITED KINGDOM	English-100	RPT	PG	Y	
2022-10-03	1830	Italian Food Safari	Italian Food Safari Series 1 Ep 9	This episode celebrates the tradition of preserving the best in season. Chef Riccardo Momesso explains why it's so important to keep the old traditions going.	AUSTRALIA	English-100	RPT	G	Y	
2022-10-03	1900	The Cook Up With Adam Liaw	Savoury Pastry	Sustainable chef extraordinaire Jo Barrett and cookbook author Nida Degutiene are in The Cook Up Kitchen with Adam to bake savoury pastries.	AUSTRALIA	English-100		PG	Y	
2022-10-03	1930	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 9	Rick pays a memorable visit to the Channel Island of Jersey, where he goes reef fishing for sea bass, which he grills. He also makes a Consomme and enjoys a beach barbecue.	UNITED KINGDOM	English-100		PG		
2022-10-03	2000	Poh & Co.	Central Markets Are Go	Opening day is fast approaching, so Jono and the lads rush to fit out the Central Market cafe, while Poh creates two brilliant new recipes.	AUSTRALIA	English-100	RPT	G	Y	

2022-10-03	2030	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 6 Ep 2	Jamie and Jimmy are joined by the Absolutely Fabulous Joanna Lumley, as she cooks for the diners at the end of Southend Pier. In her honour, the boys are preparing their first fully vegetarian menu.	UNITED KINGDOM	English-100		PG	
2022-10-03	2125	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 7	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2022-10-03	2130	Come Dine With Me	Glasgow 5	Serving up the last meal of the week is Polish nail technician Kasia who hopes to scoop the grand with an evening of traditional Polish food - but she's got her work cut out to win over her guests.	UNITED KINGDOM	English-100		PG	
2022-10-03	2200	Bizarre Foods: Delicious Destinations	Guayaquil	Andrew introduces the tropical and frenetic coastal cuisine of Guayaquil, Ecuador. Bright flavors and local ingredients define Guayaquil's gastronomy.	USA	English-100		PG	
2022-10-03	2230	The Cook Up With Adam Liaw	Savoury Pastry	Sustainable chef extraordinaire Jo Barrett and cookbook author Nida Degutiene are in The Cook Up Kitchen with Adam to bake savoury pastries.				PG	Y
2022-10-03	2300	The Cook And The Chef	English Theme	Simon's on a mission to get back to his English 'Food Roots' with classic ingredients like Stilton cheese and pork sausages.	AUSTRALIA	English-100		G	
2022-10-03	2330	Top Chef	Now That's A Lot Of Schnitzel	Padma and Richard Blais inspire the chefs using Tasty online videos and challenge them to transform the most laborious dishes from their own menus into accessible thirty minute dishes for home cooks.	USA	English-100		PG	Y
2022-10-03	2425	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2022-10-03	2430	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 9	Rick pays a memorable visit to the Channel Island of Jersey, where he goes reef fishing for sea bass, which he grills.He also makes a Consomme and enjoys a beach barbecue.	UNITED KINGDOM	English-100		PG	
2022-10-03	2500	Italian Food Safari	Italian Food Safari Series 1 Ep 9	This episode celebrates the tradition of preserving the best in season. Chef Riccardo Momesso explains why it's so important to keep the old traditions going.	AUSTRALIA	English-100	RPT	G	Y
2022-10-03	2530	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 6 Ep 2	Jamie and Jimmy are joined by the Absolutely Fabulous Joanna Lumley, as she cooks for the diners at the end of Southend Pier. In her honour, the boys are preparing their first fully vegetarian menu.	UNITED KINGDOM	English-100		PG	
2022-10-03	2625	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 7	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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2022-10-03	2800	Michela's Tuscan Kitchen	Michela's Tuscan Kitchen Series 1 Ep 1	Welsh Italian home cook Michela Chiappa showcases the best of Tuscan cuisine, travelling to Tuscany to meet the producers of delicious local ingredients.	UNITED KINGDOM	English-100		G	Y
2022-10-03	2830	My Market Kitchen	My Market Kitchen Series 4 Ep 46	Today on My Market Kitchen Elena show us how to use produce from your local market with her Chinese Style Chilli Crab & Indigenous Greens.	AUSTRALIA			G	
2022-10-04	0500	Licence To Grill	Off To The Academy Party	Rob's friend is off to the Police Academy so he cooks him a bon voyage meal with grilled sausage stuffed cabbage, charcoal rotisserie chicken, smoked veal roast, broccoli salad and baked potatoes.	CANADA	English-100		G	

2022-10-04	0530	Spaghetti And Noodles	Spaghetti And Noodles Series 1 Ep 5	Adam Swanson meets Muy, a Cambodian refugee who left her home after the war and chose Darwin as her home. Muy tells Adam how she rebuilt her life and now grows 70 acres of fruit and vegetables.	AUSTRALIA	English-100		PG	
2022-10-04	0600	David Rocco's Dolce Tuscany	Wheat, Flour, Pasta	At Villa Poggio Bartoli, the wheat harvest is a big deal. To this day, the threshing of the wheat is done the old-fashioned way using machinery from the 1920s.	CANADA	English-100		PG	
2022-10-04	0630	The Cook And The Chef	English Theme	Simon's on a mission to get back to his English 'Food Roots' with classic ingredients like Stilton cheese and pork sausages.	AUSTRALIA	English-100		G	
2022-10-04	0700	Nigella Express	Instant Calmer	Everyone's favourite comfort food gets the Nigella Express treatment, proving that calming, delicious food can be the work of moments.	UNITED KINGDOM	English-100	RPT	G	Y
2022-10-04	0730	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 2	Paul's spent the last few years planting and growing produce without a long term plan, so he gets important advice on how to transform the farm's future.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-10-04	0830	Italian Food Safari	Italian Food Safari Series 1 Ep 9	This episode celebrates the tradition of preserving the best in season. Chef Riccardo Momesso explains why it's so important to keep the old traditions going.	AUSTRALIA	English-100	RPT	G	Y
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2022-10-04	0930	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 6 Ep 2	Jamie and Jimmy are joined by the Absolutely Fabulous Joanna Lumley, as she cooks for the diners at the end of Southend Pier. In her honour, the boys are preparing their first fully vegetarian menu.	UNITED KINGDOM	English-100		PG	
2022-10-04	1025	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 7	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2022-10-04	1030	Bizarre Foods: Delicious Destinations	Guayaquil	Andrew introduces the tropical and frenetic coastal cuisine of Guayaquil, Ecuador. Bright flavors and local ingredients define Guayaquil's gastronomy.	USA	English-100		PG	
2022-10-04	1100	The Cook Up With Adam Liaw	Savoury Pastry	Sustainable chef extraordinaire Jo Barrett and cookbook author Nida Degutiene are in The Cook Up Kitchen with Adam to bake savoury pastries.	AUSTRALIA	English-100		PG	Y
2022-10-04	1130	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 2	Paul's spent the last few years planting and growing produce without a long term plan, so he gets important advice on how to transform the farm's future.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-10-04	1230	Just Jen	Feeling Fierce	Jen shares stories and tips about what helps her feel strong and confident. Like Jen, these bold recipes pack a lot of flavour.	USA	English-100		PG	
2022-10-04	1300	Spaghetti And Noodles	Spaghetti And Noodles Series 1 Ep 5	Adam Swanson meets Muy, a Cambodian refugee who left her home after the war and chose Darwin as her home. Muy tells Adam how she rebuilt her life and now grows 70 acres of fruit and vegetables.	AUSTRALIA	English-100		PG	
2022-10-04	1330	Tastes Like Home	Portland	Catherine will show us a new take on the full Irish breakfast with potato cakes, along with new recipes she developed from her experiences in Portland; slow cooked pulled pork in Boa Buns.	IRELAND	English-100		PG	
2022-10-04	1400	Michela's Tuscan Kitchen	Michela's Tuscan Kitchen Series 1 Ep 2	Welsh-Italian home cook Michela Chiappa showcases the best of Tuscan cuisine, travelling to Tuscany to meet the producers of delicious local ingredients.	UNITED KINGDOM	English-100		G	Y
2022-10-04	1430	My Market Kitchen	My Market Kitchen Series 4 Ep 47	Khanh and Elena are in the kitchen together today cooking a mouthwatering Chilli Soy Ribs dish. Followed by Khanh's go to snack, a Honey Cranberry Nut Bar.	AUSTRALIA			PG	
2022-10-04	1500	Licence To Grill	Brick Breaking Bash	Rob grills up a dinner of champions - grilled five spice flavoured quail, hickory smoked veal and spinach stuffed beef roast, grilled mushrooms and a grilled beet salad.	CANADA	English-100		G	

2022-10-04	1530	Spaghetti And Noodles	Spaghetti And Noodles Series 1 Ep 6	Two time winner of the Best Laksa Award, Jason's eatery in the Galleria attracts people from all over the world to try out his soup.	AUSTRALIA	English-100		PG		
2022-10-04	1600	Kylie Kwong: Heart And Soul	Bamboo	Pickled bamboo sounds exotic but bottling your own is simple enough. Kylie uses this unusual ingredient to flavour her mouth-watering salads.	AUSTRALIA	English-100	RPT	G		Y
2022-10-04	1630	The Cook And The Chef	Kangaroo Island	Around fourteen kilometres off the coast of South Australia lies a beautiful and unspoilt piece of land. Kangaroo Island is five hundred and nine kilometres of stunning and dramatic coastline.	AUSTRALIA	English-100		PG		
2022-10-04	1700	Nigella Express	Storecupboard SOS	This episode Nigella shares the secrets to fabulous fast food, brilliant time saving ideas, easy, simple and delicious, breakfasts, lunches, dinners, for parties, holiday meals, and snacks.	UNITED KINGDOM	English-100	RPT	G		Y
2022-10-04	1730	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 3	After ironing out some of the food van fumbles, Paul decides to drive it over the mountains and into the 'big smoke'. Not before stopping off for a spot of trout fishing though.	UNITED KINGDOM	English-100	RPT	PG		Y
2022-10-04	1830	Italian Food Safari	Italian Food Safari Series 1 Ep 10	Guy shares his recipe for fresh pasta and Andrew Cibej from Sydney restaurant Vini makes a spinach, ricotta and potato-filled ravioli. Maeve is surrounded by almond blossom in SA.	AUSTRALIA	English-100	RPT	G		Y
2022-10-04	1900	The Cook Up With Adam Liaw	Ingredient Vego	Adam, Cookbook Author Emiko Davies and Journalist Anthony Huckstep are cooking using just six ingredients to create beautiful vegetarian dishes.	AUSTRALIA	English-100		PG		Y
2022-10-04	1930	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 10	Rick takes a moonlit excursion off Newlyn Bay in Cornwall to go pilchard fishing with Nick Howell. Pilchards are not popular in Britain, as they tend to come smothered in tomato sauce in tins.	UNITED KINGDOM	English-100		PG		
2022-10-04	2000	All Up In My Grill	Fourth Of July	It's 4th of July and Chef Dale is ready to celebrate by grilling up his takes on summer bbq classics, like his galbi smash double cheeseburger with kimchi special sauce.	USA	English-100		PG		
2022-10-04	2030	Bbq Brawl	Introduce Your Cue	Captains Bobby Flay, Michael Symon and Eddie Jackson choose their teams and get ready for battle, and nothing is off limits as they face off in their first team brawl in hopes of avoiding elimination.	USA	English-100		PG		
2022-10-04	2125	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 8	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G		Y
2022-10-04	2130	Come Dine With Me	Edinburgh 2	This week's competitors are from in and around Edinburgh, where second host of the week, management consultant, Anthony is putting his money where his mouth is and providing fine food.	UNITED KINGDOM	English-100		PG		
2022-10-04	2200	Bizarre Foods: Delicious Destinations	Bermuda	Andrew Zimmern explores the landscape and cuisine of the island of Bermuda. He finds native dishes ranging from fish chowder and jerk chicken to spiny lobster.	USA	English-100		PG		
2022-10-04	2230	The Cook Up With Adam Liaw	Ingredient Vego	Adam, Cookbook Author Emiko Davies and Journalist Anthony Huckstep are cooking using just six ingredients to create beautiful vegetarian dishes.				PG		Y
2022-10-04	2300	The Cook And The Chef	Kangaroo Island	Around fourteen kilometres off the coast of South Australia lies a beautiful and unspoilt piece of land. Kangaroo Island is five hundred and nine kilometres of stunning and dramatic coastline.	AUSTRALIA	English-100		PG		
2022-10-04	2330	Top Chef	Olympic Dreams	On the eve of the Quickfire, one of the chefs has a very special delivery. Padma and Season 14 Winner Brooke Williamson surprise the chefs at their house with breakfast ingredients.	USA	English-100		PG		Y
2022-10-04	2425	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2022-10-04	2430	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 10	Rick takes a moonlit excursion off Newlyn Bay in Cornwall to go pilchard fishing with Nick Howell. Pilchards are not popular in Britain, as they tend to come smothered in tomato sauce in tins.	UNITED KINGDOM	English-100		PG		

2022-10-04	2500	Italian Food Safari	Italian Food Safari Series 1 Ep 10	Guy shares his recipe for fresh pasta and Andrew Cibej from Sydney restaurant Vini makes a spinach, ricotta and potato-filled ravioli. Maeve is surrounded by almond blossom in SA.	AUSTRALIA	English-100	RPT	G	Y
2022-10-04	2530	Nigella Express	Storecupboard SOS	This episode Nigella shares the secrets to fabulous fast food, brilliant time saving ideas, easy, simple and delicious, breakfasts, lunches, dinners, for parties, holiday meals, and snacks.	UNITED KINGDOM	English-100	RPT	G	Y
2022-10-04	2600	All Up In My Grill	Fourth Of July	It's 4th of July and Chef Dale is ready to celebrate by grilling up his takes on summer bbq classics, like his galbi smash double cheeseburger with kimchi special sauce.	USA	English-100		PG	
2022-10-04	2630	Bbq Brawl	Introduce Your Cue	Captains Bobby Flay, Michael Symon and Eddie Jackson choose their teams and get ready for battle, and nothing is off limits as they face off in their first team brawl in hopes of avoiding elimination.	USA	English-100		PG	
2022-10-04	2725	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 8	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2022-10-04	2730	Tastes Like Home	Portland	Catherine will show us a new take on the full Irish breakfast with potato cakes, along with new recipes she developed from her experiences in Portland; slow cooked pulled pork in Boa Buns.	IRELAND	English-100		PG	
2022-10-04	2800	Michela's Tuscan Kitchen	Michela's Tuscan Kitchen Series 1 Ep 2	Welsh-Italian home cook Michela Chiappa showcases the best of Tuscan cuisine, travelling to Tuscany to meet the producers of delicious local ingredients.	UNITED KINGDOM	English-100		G	Y
2022-10-04	2830	My Market Kitchen	My Market Kitchen Series 4 Ep 47	Khanh and Elena are in the kitchen together today cooking a mouthwatering Chilli Soy Ribs dish. Followed by Khanh's go to snack, a Honey Cranberry Nut Bar.	AUSTRALIA			PG	
2022-10-05	0500	Licence To Grill	Brick Breaking Bash	Rob grills up a dinner of champions - grilled five spice flavoured quail, hickory smoked veal and spinach stuffed beef roast, grilled mushrooms and a grilled beet salad.	CANADA	English-100		G	
2022-10-05	0530	Spaghetti And Noodles	Spaghetti And Noodles Series 1 Ep 6	Two time winner of the Best Laksa Award, Jason's eatery in the Galleria attracts people from all over the world to try out his soup.	AUSTRALIA	English-100		PG	
2022-10-05	0600	Kylie Kwong: Heart And Soul	Bamboo	Pickled bamboo sounds exotic but bottling your own is simple enough. Kylie uses this unusual ingredient to flavour her mouth-watering salads.	AUSTRALIA	English-100	RPT	G	Y
2022-10-05	0630	The Cook And The Chef	Kangaroo Island	Around fourteen kilometres off the coast of South Australia lies a beautiful and unspoilt piece of land. Kangaroo Island is five hundred and nine kilometres of stunning and dramatic coastline.	AUSTRALIA	English-100		PG	
2022-10-05	0700	Nigella Express	Storecupboard SOS	This episode Nigella shares the secrets to fabulous fast food, brilliant time saving ideas, easy, simple and delicious, breakfasts, lunches, dinners, for parties, holiday meals, and snacks.	UNITED KINGDOM	English-100	RPT	G	Y
2022-10-05	0730	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 3	After ironing out some of the food van fumbles, Paul decides to drive it over the mountains and into the 'big smoke'. Not before stopping off for a spot of trout fishing though.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-10-05	0830	Italian Food Safari	Italian Food Safari Series 1 Ep 10	Guy shares his recipe for fresh pasta and Andrew Cibej from Sydney restaurant Vini makes a spinach, ricotta and potato-filled ravioli. Maeve is surrounded by almond blossom in SA.	AUSTRALIA	English-100	RPT	G	Y
2022-10-05	0900	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 10	Rick takes a moonlit excursion off Newlyn Bay in Cornwall to go pilchard fishing with Nick Howell. Pilchards are not popular in Britain, as they tend to come smothered in tomato sauce in tins.	UNITED KINGDOM	English-100		PG	
2022-10-05	0930	Licence To Grill	Brick Breaking Bash	Rob grills up a dinner of champions - grilled five spice flavoured quail, hickory smoked veal and spinach stuffed beef roast, grilled mushrooms and a grilled beet salad.	CANADA	English-100		G	
2022-10-05	1000	My Market Kitchen	My Market Kitchen Series 4 Ep 47	Khanh and Elena are in the kitchen together today cooking a mouthwatering Chilli Soy Ribs dish. Followed by Khanh's go to snack, a Honey Cranberry Nut Bar.	AUSTRALIA			PG	

2022-10-05	1030	Bizarre Foods: Delicious Destinations	Bermuda	Andrew Zimmern explores the landscape and cuisine of the island of Bermuda. He finds native dishes ranging from fish chowder and jerk chicken to spiny lobster.	USA	English-100		PG	
2022-10-05	1100	The Cook Up With Adam Liaw	Ingredient Vego	Adam, Cookbook Author Emiko Davies and Journalist Anthony Huckstep are cooking using just six ingredients to create beautiful vegetarian dishes.	AUSTRALIA	English-100		PG	Y
2022-10-05	1130	Bbq Brawl	Introduce Your Cue	Captains Bobby Flay, Michael Symon and Eddie Jackson choose their teams and get ready for battle, and nothing is off limits as they face off in their first team brawl in hopes of avoiding elimination.	USA	English-100		PG	
2022-10-05	1225	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 8	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2022-10-05	1230	Just Jen	Feeling Loving	One of Jen's favourite ways to give and receive love is through food. Jen presents some of her favorite recipes that she likes to share with loved ones as well as a dish that her honey makes for her.	USA	English-100		PG	
2022-10-05	1300	Spaghetti And Noodles	Spaghetti And Noodles Series 1 Ep 6	Two time winner of the Best Laksa Award, Jason's eatery in the Galleria attracts people from all over the world to try out his soup.	AUSTRALIA	English-100		PG	
2022-10-05	1330	Tastes Like Home	San Sebastian And Barcelona	Tastes Like Home has a very Spanish theme as it looks back at Catherine's time in Spain where she visited San Sebastian and Barcelona and creates new dishes based on the flavours she tasted there.	IRELAND	English-100		G	
2022-10-05	1400	Michela's Tuscan Kitchen	Michela's Tuscan Kitchen Series 1 Ep 3	Michela serves bagna cauda - a warm creamy anchovy based sauce - ideal for dipping vegetables and crusty bread, and a quick and simple tuna and lemon spaghetti.	UNITED KINGDOM	English-100		G	Y
2022-10-05	1430	My Market Kitchen	My Market Kitchen Series 4 Ep 48	Today on My Market Kitchen Elena is joined by Kinsan from Asian Inspirations, cooking a traditional Tamagoyaki. Then Khanh makes a super simple, restaurant quality Cumin and Coriander Crusted Lamb.	AUSTRALIA			G	
2022-10-05	1500	Licence To Grill	Summertime Jazz	Rob enjoys a barbecued dinner of grilled brie and port soaked cranberries, stuffed chicken breasts, rotisserie baby back pork ribs and roasted stuffed pears before heading off to the jazz festival.	CANADA	English-100		G	
2022-10-05	1530	Spaghetti And Noodles	Spaghetti And Noodles Series 1 Ep 7	Harmiati and her husband opened a takeaway shop 20 years ago, providing them with a way to integrate into the community through sharing traditional Indonesian recipes.	AUSTRALIA	English-100		PG	
2022-10-05	1600	Kylie Kwong: Heart And Soul	Spice	Kylie takes us through her Chinese versions of traditional Australian favourites and introduces us to the cross-cultural mix of modern Australian cooking.	AUSTRALIA	English-100	RPT	G	Y
2022-10-05	1630	The Cook And The Chef	Sunday Roast, A	Packed full of tradition and memories, Sunday lunch is a very special part of Maggie's life, whether it be with friends or family, everyone is encouraged to get involved.	AUSTRALIA	English-100		PG	
2022-10-05	1700	Nigella Express	Speedy Gonzalez	It's fast, fabulous and packs a big flavour punch. This episode Nigella is cooking Latin influenced food the express way.	UNITED KINGDOM	English-100	RPT	G	Y
2022-10-05	1730	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 4	While Paul is away, Harrison is left to manage the farm and it's not all plain sailing. There's a sweet surprise ready for harvest that's been brewing for over a year, and Paul rises to the challenge.	UNITED KINGDOM	English-100	RPT	G	Y
2022-10-05	1830	Italian Food Safari	Italian Food Safari Series 1 Ep 11	Guy hunts game with chef Daniel Airo-Farula, then cooks rabbit in a Sicilian style, while Maeve visits Stefano Manfredi on the Central Coast for a classic minestrone.	AUSTRALIA	English-100	RPT	G	Y
2022-10-05	1900	The Cook Up With Adam Liaw	Gourment To Go	Restauranteur Callum Hann and comedian Lizzy Hoo are joining Adam in The Cook Up Kitchen to make some portable meals that are pure perfection.	AUSTRALIA	English-100		PG	Y
2022-10-05	1930	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 11	Rick and Chalky enjoy a Turkish barbecue in London's East End. After contributing Lamb Kotfas to the fare at the Mangal Okacbasi Turkish restaurant in Dalton, Rick moves on to Hackney Marshes.	UNITED KINGDOM	English-100		PG	

2022-10-05	2000	Rachel Khoo's Simple Pleasures	Tasty Parcels	Sometimes the best things in life come in small packages, and that is certainly the case with the dishes Rachel Khoo creates. Rachel raids her cupboards to create delicious meals from few ingredients.	USA	English-100		PG	
2022-10-05	2030	John Torode's Middle Eas	Dubai Expat	John is in Dubai, a city which is home to people from all over the world. He can't wait to find out about the food that the people have brought with them to this modern metropolis.	CANADA	English-100		PG	
2022-10-05	2100	Gino's Italian Coastal Escape	Tuscany And Lazio	Gino stops in Lazio via an ancient Roman highway before stopping off in Gaeta - a town world famous for its olives. Here he learns how to make the local street food and cooks up a feast.	UNITED KINGDOM	English-100		PG	
2022-10-05	2130	Come Dine With Me	Edinburgh 3	It's the third night of the competition from Edinburgh, and it's library worker Carmen's turn to host.	UNITED KINGDOM	English-100		PG	
2022-10-05	2200	Bizarre Foods: Delicious Destinations	North Carolina's Triangle	Andrew digs into Raleigh, Durham and Chapel Hill - three tasty cities that make up North Carolina's Triangle and are home to blossoming food scenes.	USA	English-100		PG	
2022-10-05	2230	The Cook Up With Adam Liaw	Gourment To Go	Restaurateur Callum Hann and comedian Lizzy Hoo are joining Adam in The Cook Up Kitchen to make some portable meals that are pure perfection.	AUSTRALIA	English-100		PG	Y
2022-10-05	2300	The Cook And The Chef	Sunday Roast, A	Packed full of tradition and memories, Sunday lunch is a very special part of Maggie's life, whether it be with friends or family, everyone is encouraged to get involved.	AUSTRALIA	English-100		PG	
2022-10-05	2330	Top Chef	Restaurant Wars	The chefs face-off in Restaurant Wars, creating and executing two new restaurant concepts from design to dishes in a matter of days.	USA	English-100		PG	Y
2022-10-05	2425	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2022-10-05	2430	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 11	Rick and Chalky enjoy a Turkish barbecue in London's East End. After contributing Lamb Kotfas to the fare at the Mangal Okacbasi Turkish restaurant in Dalton, Rick moves on to Hackney Marshes.	UNITED KINGDOM	English-100		PG	
2022-10-05	2500	Italian Food Safari	Italian Food Safari Series 1 Ep 11	Guy hunts game with chef Daniel Airo-Farula, then cooks rabbit in a Sicilian style, while Maeve visits Stefano Manfredi on the Central Coast for a classic minestrone.	AUSTRALIA	English-100	RPT	G	Y
2022-10-05	2530	John Torode's Middle Eas	Dubai Expat	John is in Dubai, a city which is home to people from all over the world. He can't wait to find out about the food that the people have brought with them to this modern metropolis.	CANADA	English-100		PG	
2022-10-05	2600	Gino's Italian Coastal Escape	Tuscany And Lazio	Gino stops in Lazio via an ancient Roman highway before stopping off in Gaeta - a town world famous for its olives. Here he learns how to make the local street food and cooks up a feast.	UNITED KINGDOM	English-100		PG	
2022-10-05	2630	Come Dine With Me	Edinburgh 3	It's the third night of the competition from Edinburgh, and it's library worker Carmen's turn to host.	UNITED KINGDOM	English-100		PG	
2022-10-05	2700	Bizarre Foods: Delicious Destinations	North Carolina's Triangle	Andrew digs into Raleigh, Durham and Chapel Hill - three tasty cities that make up North Carolina's Triangle and are home to blossoming food scenes.	USA	English-100		PG	
2022-10-05	2730	Tastes Like Home	San Sebastian And Barcelona	Tastes Like Home has a very Spanish theme as it looks back at Catherine's time in Spain where she visited San Sebastian and Barcelona and creates new dishes based on the flavours she tasted there.	IRELAND	English-100		G	
2022-10-05	2800	Michela's Tuscan Kitchen	Michela's Tuscan Kitchen Series 1 Ep 3	Michela serves bagna cauda - a warm creamy anchovy based sauce - ideal for dipping vegetables and crusty bread, and a quick and simple tuna and lemon spaghetti.	UNITED KINGDOM	English-100		G	Y
2022-10-05	2830	My Market Kitchen	My Market Kitchen Series 4 Ep 48	Today on My Market Kitchen Elena is joined by Kinsan from Asian Inspirations, cooking a traditional Tamagoyaki. Then Khanh makes a super simple, restaurant quality Cumin and Coriander Crusted Lamb.	AUSTRALIA			G	

2022-10-06	0500	Licence To Grill	Summertime Jazz	Rob enjoys a barbequed dinner of grilled brie and port soaked cranberries, stuffed chicken breasts, rotisserie baby back pork ribs and roasted stuffed pears before heading off to the jazz festival.	CANADA	English-100		G	
2022-10-06	0530	Spaghetti And Noodles	Spaghetti And Noodles Series 1 Ep 7	Harmiati and her husband opened a takeaway shop 20 years ago, providing them with a way to integrate into the community through sharing traditional Indonesian recipes.	AUSTRALIA	English-100		PG	
2022-10-06	0600	Kylie Kwong: Heart And Soul	Spice	Kylie takes us through her Chinese versions of traditional Australian favourites and introduces us to the cross-cultural mix of modern Australian cooking.	AUSTRALIA	English-100	RPT	G	Y
2022-10-06	0630	The Cook And The Chef	Sunday Roast, A	Packed full of tradition and memories, Sunday lunch is a very special part of Maggie's life, whether it be with friends or family, everyone is encouraged to get involved.	AUSTRALIA	English-100		PG	
2022-10-06	0700	Nigella Express	Speedy Gonzalez	It's fast, fabulous and packs a big flavour punch. This episode Nigella is cooking Latin influenced food the express way.	UNITED KINGDOM	English-100	RPT	G	Y
2022-10-06	0730	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 4	While Paul is away, Harrison is left to manage the farm and it's not all plain sailing. There's a sweet surprise ready for harvest that's been brewing for over a year, and Paul rises to the challenge.	UNITED KINGDOM	English-100	RPT	G	Y
2022-10-06	0830	Italian Food Safari	Italian Food Safari Series 1 Ep 11	Guy hunts game with chef Daniel Airo-Farula, then cooks rabbit in a Sicilian style, while Maeve visits Stefano Manfredi on the Central Coast for a classic minestrone.	AUSTRALIA	English-100	RPT	G	Y
2022-10-06	0900	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 11	Rick and Chalky enjoy a Turkish barbecue in London's East End. After contributing Lamb Kotfas to the fare at the Mangal Okacbasi Turkish restaurant in Dalton, Rick moves on to Hackney Marshes.	UNITED KINGDOM	English-100		PG	
2022-10-06	0930	John Torode's Middle Eas	Dubai Expat	John is in Dubai, a city which is home to people from all over the world. He can't wait to find out about the food that the people have brought with them to this modern metropolis.	CANADA	English-100		PG	
2022-10-06	1000	Gino's Italian Coastal Escape	Tuscany And Lazio	Gino stops in Lazio via an ancient Roman highway before stopping off in Gaeta - a town world famous for its olives. Here he learns how to make the local street food and cooks up a feast.	UNITED KINGDOM	English-100		PG	
2022-10-06	1030	Bizarre Foods: Delicious Destinations	North Carolina's Triangle	Andrew digs into Raleigh, Durham and Chapel Hill - three tasty cities that make up North Carolina's Triangle and are home to blossoming food scenes.	USA	English-100		PG	
2022-10-06	1100	The Cook Up With Adam Liaw	Gourment To Go	Restaurateur Callum Hann and comedian Lizzy Hoo are joining Adam in The Cook Up Kitchen to make some portable meals that are pure perfection.	AUSTRALIA	English-100		PG	Y
2022-10-06	1130	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 4	While Paul is away, Harrison is left to manage the farm and it's not all plain sailing. There's a sweet surprise ready for harvest that's been brewing for over a year, and Paul rises to the challenge.	UNITED KINGDOM	English-100	RPT	G	Y
2022-10-06	1230	Just Jen	Feeling Sad	Jen shares stories of times she felt sad and what helped her feel better. Jen shares recipes that help her feel good both physically and emotionally.	USA	English-100		PG	
2022-10-06	1300	Spaghetti And Noodles	Spaghetti And Noodles Series 1 Ep 7	Harmiati and her husband opened a takeaway shop 20 years ago, providing them with a way to integrate into the community through sharing traditional Indonesian recipes.	AUSTRALIA	English-100		PG	
2022-10-06	1330	Tastes Like Home	Dubai	Tastes Like Home is a little more spicy as it looks back at Catherine's time in Dubai. In this episode Catherine will show viewers how to cook a number of middle eastern flavours.	IRELAND	English-100		G	
2022-10-06	1400	Michela's Tuscan Kitchen	Michela's Tuscan Kitchen Series 1 Ep 4	Michela finds delicious deep fried polenta in Livorno - a traditional street food snack, a deli specialising in wild boar products in San Gimignano, and bee keeps in Montalcino, tasting local honey.	UNITED KINGDOM	English-100		G	Y

2022-10-06	1430	My Market Kitchen	My Market Kitchen Series 4 Ep 49	On My Market Kitchen Khanh is combining two favourite desserts with a Tiramisu self saucing pudding. He then shows us his Charred Prawns with Compound Butter recipe from his restaurant.	AUSTRALIA			G	
2022-10-06	1500	Licence To Grill	Golf Clinic Bbq	After a golf clinic, Rob fires up the grill and prepares prosciutto wrapped shrimp, stuffed grilled snapper, slow smoked stuffed veal roast, grilled cornmeal cakes and a couple of great salads.	CANADA	English-100		G	
2022-10-06	1530	Spaghetti And Noodles	Spaghetti And Noodles Series 1 Ep 8	Adam meets possibly the hardest working cook in the NT, Ozzie, who is renowned for his Poh Pia Tod - small, delicious Thai spring rolls.	AUSTRALIA	English-100		PG	
2022-10-06	1600	Kylie Kwong: Heart And Soul	Rice	Kylie loves to entertain. She prepares recipes for her friends from the very best fish she can find at the markets.	AUSTRALIA	English-100	RPT	G	Y
2022-10-06	1630	The Cook And The Chef	Spring Has Sprung	Maggie gets her hand on the first of the new season's asparagus to make asparagus with soft Boiled egg. She proves you don't need fancy implements to prepare asparagus.	AUSTRALIA	English-100		G	
2022-10-06	1700	Nigella Express	Quick Quick Slow	Demonstrating that cooking can be quick, Nigella's conjuring up a fabulous in advance dinner of lamb, olive and caramelised onion tagine followed by a super easy, indulgent ice cream cake.	UNITED KINGDOM	English-100	RPT	G	Y
2022-10-06	1730	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 5	Using his experience in Canberra, Paul goes back on the road. His first stop is a tiny town of 20 called Morundah who have turned a local pest into a palatable bar snack.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-10-06	1830	Italian Food Safari	Italian Food Safari Series 1 Ep 12	Maeve joins Claude Basile for black ink pasta. Beppi Polese shows Maeve his famous baccala mantecato, and butcher Roger Ongarato explains what makes pork and fennel sausages a favourite.	AUSTRALIA	English-100	RPT	G	Y
2022-10-06	1900	The Cook Up With Adam Liaw	Homeage To Grandma	Adam, paralympian Ellie Cole and head chef Tristan Rosier are cooking up dishes they originally learnt in their Grandma's kitchens!	AUSTRALIA	English-100		PG	Y
2022-10-06	1930	Dishing It Up	Dishing It Up Series 1 Ep 2	We all love watching celebrity chefs dish up mouth watering meals but are they as impressive in reality as they seem? In this episode, everyday home cooks put family favourite recipes to the test,	AUSTRALIA			PG	
2022-10-06	2000	Guillaume's Paris	Guillaume's Paris Series 1 Ep 4	Chef Guillaume Brahimi enjoys the finer things in Paris life that can only be found in the 7th and 8th Arrondissements, including a visit to the iconic Jules Verne restaurant in the Eiffel Tower.	AUSTRALIA	English-100		PG	
2022-10-06	2030	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 12	Samantha Petter's family-run organic cobnut orchard near Sevenoaks in Kent provides vital ingredients for Sprats with a Cobnut Pesto.	UNITED KINGDOM	English-100		PG	
2022-10-06	2100	Gok Wan's Easy Asian	Gok Wan's Easy Asian Series 2 Ep 1	Gok's cooking three street food classics. From China's plump and fluffy Bao Buns that will blow your taste buds away, to Malaysia's favourite Char Kway Teow.	UNITED KINGDOM	English-100			
2022-10-06	2130	Come Dine With Me	Edinburgh 4	American born Gerald is taking his guests Stateside with a menu of Diner classics, but soon finds himself on the back foot when finicky foodie Anthony gives his grub a grilling.	UNITED KINGDOM	English-100		PG	
2022-10-06	2200	Bizarre Foods: Delicious Destinations	Hollywood	Andrew highlights classic steak and martini, Thai steamed whole fish, Armenian flatbread topped with minced beef and Persian ice cream in Hollywood, California.	USA	English-100		PG	
2022-10-06	2230	The Cook Up With Adam Liaw	Homeage To Grandma	Adam, paralympian Ellie Cole and head chef Tristan Rosier are cooking up dishes they originally learnt in their Grandma's kitchens!	AUSTRALIA	English-100		PG	Y
2022-10-06	2300	The Cook And The Chef	Spring Has Sprung	Maggie gets her hand on the first of the new season's asparagus to make asparagus with soft Boiled egg. She proves you don't need fancy implements to prepare asparagus.	AUSTRALIA	English-100		G	
2022-10-06	2330	Top Chef	Bronco Brouhala	Cooking for Michelin-starred Chef David Kinch adds pressure to an already stressful Sudden Death Quickfire based on edible flowers.	USA	English-100		PG	Y

2022-10-06	2425	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 4	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2022-10-06	2430	Dishing It Up	Dishing It Up Series 1 Ep 2	We all love watching celebrity chefs dish up mouth watering meals but are they as impressive in reality as they seem? In this episode, everyday home cooks put family favourite recipes to the test,	AUSTRALIA		RPT	PG	
2022-10-06	2500	Italian Food Safari	Italian Food Safari Series 1 Ep 12	Maeve joins Claude Basile for black ink pasta. Beppi Polese shows Maeve his famous baccala mantecato, and butcher Roger Ongarato explains what makes pork and fennel sausages a favourite.	AUSTRALIA	English-100	RPT	G	Y
2022-10-06	2530	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 12	Samantha Petter's family-run organic cobnut orchard near Sevenoaks in Kent provides vital ingredients for Sprats with a Cobnut Pesto.	UNITED KINGDOM	English-100		PG	
2022-10-06	2600	Gok Wan's Easy Asian	Gok Wan's Easy Asian Series 2 Ep 1	Gok's cooking three street food classics. From China's plump and fluffy Bao Buns that will blow your taste buds away, to Malaysia's favourite Char Kway Teow.	UNITED KINGDOM	English-100			
2022-10-06	2630	Come Dine With Me	Edinburgh 4	American born Gerald is taking his guests Stateside with a menu of Diner classics, but soon finds himself on the back foot when finicky foodie Anthony gives his grub a grilling.	UNITED KINGDOM	English-100		PG	
2022-10-06	2700	Bizarre Foods: Delicious Destinations	Hollywood	Andrew highlights classic steak and martinis, Thai steamed whole fish, Armenian flatbread topped with minced beef and Persian ice cream in Hollywood, California.	USA	English-100		PG	
2022-10-06	2730	Tastes Like Home	Dubai	Tastes Like Home is a little more spicy as it looks back at Catherine's time in Dubai. In this episode Catherine will show viewers how to cook a number of middle eastern flavours.	IRELAND	English-100		G	
2022-10-06	2800	Michela's Tuscan Kitchen	Michela's Tuscan Kitchen Series 1 Ep 4	Michela finds delicious deep fried polenta in Livorno - a traditional street food snack, a deli specialising in wild boar products in San Gimignano, and bee keeps in Montalcino, tasting local honey.	UNITED KINGDOM	English-100		G	Y
2022-10-06	2830	My Market Kitchen	My Market Kitchen Series 4 Ep 49	On My Market Kitchen Khanh is combining two favourite desserts with a Tiramisu self saucing pudding. He then shows us his Charred Prawns with Compound Butter recipe from his restaurant.	AUSTRALIA			G	
2022-10-07	0500	Licence To Grill	Golf Clinic Bbq	After a golf clinic, Rob fires up the grill and prepares prosciutto wrapped shrimp, stuffed grilled snapper, slow smoked stuffed veal roast, grilled cornmeal cakes and a couple of great salads.	CANADA	English-100		G	
2022-10-07	0530	Spaghetti And Noodles	Spaghetti And Noodles Series 1 Ep 8	Adam meets possibly the hardest working cook in the NT, Ozzie, who is renowned for his Poh Pia Tod - small, delicious Thai spring rolls.	AUSTRALIA	English-100		PG	
2022-10-07	0600	Kylie Kwong: Heart And Soul	Rice	Kylie loves to entertain. She prepares recipes for her friends from the very best fish she can find at the markets.	AUSTRALIA	English-100	RPT	G	Y
2022-10-07	0630	The Cook And The Chef	Spring Has Sprung	Maggie gets her hand on the first of the new season's asparagus to make asparagus with soft Boiled egg. She proves you don't need fancy implements to prepare asparagus.	AUSTRALIA	English-100		G	
2022-10-07	0700	Nigella Express	Quick Quick Slow	Demonstrating that cooking can be quick, Nigella's conjuring up a fabulous in advance dinner of lamb, olive and caramelised onion tagine followed by a super easy, indulgent ice cream cake.	UNITED KINGDOM	English-100	RPT	G	Y
2022-10-07	0730	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 5	Using his experience in Canberra, Paul goes back on the road. His first stop is a tiny town of 20 called Morundah who have turned a local pest into a palatable bar snack.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-10-07	0830	Italian Food Safari	Italian Food Safari Series 1 Ep 12	Maeve joins Claude Basile for black ink pasta. Beppi Polese shows Maeve his famous baccala mantecato, and butcher Roger Ongarato explains what makes pork and fennel sausages a favourite.	AUSTRALIA	English-100	RPT	G	Y

2022-10-07	0900	Dishing It Up	Dishing It Up Series 1 Ep 2	We all love watching celebrity chefs dish up mouth watering meals but are they as impressive in reality as they seem? In this episode, everyday home cooks put family favourite recipes to the test,	AUSTRALIA		RPT	PG	
2022-10-07	0930	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 12	Samantha Petter's family-run organic cobnut orchard near Sevenoaks in Kent provides vital ingredients for Sprats with a Cobnut Pesto.	UNITED KINGDOM	English-100		PG	
2022-10-07	1000	Gok Wan's Easy Asian	Gok Wan's Easy Asian Series 2 Ep 1	Gok's cooking three street food classics. From China's plump and fluffy Bao Buns that will blow your taste buds away, to Malaysia's favourite Char Kway Teow.	UNITED KINGDOM	English-100			
2022-10-07	1030	Bizarre Foods: Delicious Destinations	Hollywood	Andrew highlights classic steak and martinis, Thai steamed whole fish, Armenian flatbread topped with minced beef and Persian ice cream in Hollywood, California.	USA	English-100		PG	
2022-10-07	1100	The Cook Up With Adam Liaw	Homeage To Grandma	Adam, paralympian Ellie Cole and head chef Tristan Rosier are cooking up dishes they originally learnt in their Grandma's kitchens!	AUSTRALIA	English-100		PG	Y
2022-10-07	1130	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 5	Using his experience in Canberra, Paul goes back on the road. His first stop is a tiny town of 20 called Morundah who have turned a local pest into a palatable bar snack.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-10-07	1230	Just Jen	Feeling Motivated	Some things are worth the extra effort. These recipes require a good amount of motivation but are worth it in the end.	USA	English-100		PG	
2022-10-07	1300	Spaghetti And Noodles	Spaghetti And Noodles Series 1 Ep 8	Adam meets possibly the hardest working cook in the NT, Ozzie, who is renowned for his Poh Pia Tod - small, delicious Thai spring rolls.	AUSTRALIA	English-100		PG	
2022-10-07	1330	Tastes Like Home	Vancouver, Canada	In this episode Catherine got to meet orphaned Grizzly bears Grinder and Coola in Grouse Mountain, took a trip to the famous Granville Island market and tasted Nanaimo bars a Canadian dessert.	IRELAND	English-100		G	
2022-10-07	1400	Michela's Tuscan Kitchen	Michela's Tuscan Kitchen Series 1 Ep 5	Along with sister Emi, Michela serves pork with mango and peperoncino, then turns her attention to an easy cheats version of mushroom risotto.	UNITED KINGDOM	English-100		G	Y
2022-10-07	1430	My Market Kitchen	My Market Kitchen Series 4 Ep 50	On this episode of My Market Kitchen Elena is showing us how to cook an impressive Baby Snapper meal. Then Khanh and David Mann are on the road again cooking a Chili Tuna Pasta Bake.	AUSTRALIA			G	
2022-10-07	1500	Licence To Grill	Scavenger Hunt Bbq	The scavenger hunt is on and Rob cooks up apple and herb stuffed pork chops, grilled clams, stuffed zucchinis, and twice grilled spuds.	CANADA	English-100		G	
2022-10-07	1530	Spaghetti And Noodles	Spaghetti And Noodles Series 1 Ep 9	Michelle takes Adam to their organic oasis to see and taste this amazing produce and to try her mum's specialty dish of pumpkin tendrils with a spicy Asian twist.	AUSTRALIA	English-100		PG	
2022-10-07	1600	Kylie Kwong: Heart And Soul	Shellfish	Kylie's mum taught her to to cook, and her brother judges who does the best noodle stir fry today. Three generations of Kwong women then make some party food.	AUSTRALIA	English-100	RPT	G	Y
2022-10-07	1630	The Cook And The Chef	Just Vegetables	Longer days and a more generous serving of sun - spring has arrived, and it's the perfect time to get into fresh veggies. Maggie and Simon love spring veggies.	AUSTRALIA	English-100		G	
2022-10-07	1700	Nigella Express	Retro Rapido	Nigella's going back in time to give her favourite retro recipes the express treatment. For her school and university friend it's cheese fondue followed by cherry cheesecake.	UNITED KINGDOM	English-100	RPT	G	Y
2022-10-07	1730	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 6	Still in the Riverina, Paul visits a wheat-farming mate who has changed the future of his town with Beer.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-10-07	1830	Italian Food Safari	Italian Food Safari Series 1 Ep 13	Guy learns how buffalo mozzarella is made and the secret of its taste and texture. He then shares his recipe for Caprese salad with mozzarella, tomatoes and basil.	AUSTRALIA	English-100	RPT	G	Y

2022-10-07	1900	The Cook Up With Adam Liaw	Food To Make Your Heart Sing	Chefs Junda Khoo and Paul Farag join Adam to bring edible happiness to The Cook Up Kitchen with Food to Make Your Heart Sing!	AUSTRALIA	English-100	PG	Y	
2022-10-07	1930	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 13	Rick and Chalky enjoy Irish hospitality, sampling herb celery around Strangford Lough, and monkfish and mussels in Southern Ireland. Fresh oysters and organic kale complete this Irish culinary tour.	UNITED KINGDOM	English-100	PG		
2022-10-07	2000	Cook Like An Italian With Silvia Colloca	Salami Making Day	Once a year Silvia's friend Michael and his whole family come together for one of their most cherished family food rituals, Salami Day.	AUSTRALIA	English-100	G	Y	
2022-10-07	2030	Curtis Stone's Travel, Cook, Repeat	Curtis Stone's Travel, Cook, Repeat Series 2 Ep 3	Chef Curtis Stone visits a cattle ranch in Margaret River, Australia. Later in his kitchen, he's cooking up steak sandwiches with caramelized onions and Gruyere and a lemongrass shrimp stir-fry.	USA	English-100	PG		
2022-10-07	2100	Adam Liaw's Road Trip For Good	Tathra, Tallangatta & Kingscote	Adam heads Kangaroo Island in South Australia where he meets one of the first and biggest organic honey producers in Australia - Peter Davis - who lost 500 out of his 800 hives in one day.	AUSTRALIA	English-100	PG	Y	
2022-10-07	2130	Come Dine With Me	Edinburgh 5	It's the final night of the competition for the Edinburgh crew and last up is geography teacher, Ashley who's hoping her magical evening of enchanted food will send her to the top of the leaderboard.	UNITED KINGDOM	English-100	PG		
2022-10-07	2200	Bizarre Foods: Delicious Destinations	Santa Monica	Andrew dives in to the laid-back eats of Santa Monica, California. Boasting miles of coastline, Santa Monica is home to spicy seafood soup, Chinese chicken salad and Tsukemen.	USA	English-100	PG		
2022-10-07	2230	The Cook Up With Adam Liaw	Food To Make Your Heart Sing	Chefs Junda Khoo and Paul Farag join Adam to bring edible happiness to The Cook Up Kitchen with Food to Make Your Heart Sing!	AUSTRALIA	English-100	PG	Y	
2022-10-07	2300	The Cook And The Chef	Just Vegetables	Longer days and a more generous serving of sun - spring has arrived, and it's the perfect time to get into fresh veggies. Maggie and Simon love spring veggies.	AUSTRALIA	English-100	G		
2022-10-07	2330	Top Chef	Red Rum And Then Some	With their Quickfire set at the iconic Stanley Hotel, the inspiration site for Stephen King's "The Shining," the chefs must put their scariest nightmares on a plate ... in dessert form.	USA	English-100	PG	Y	
2022-10-07	2425	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 5	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2022-10-07	2430	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 13	Rick and Chalky enjoy Irish hospitality, sampling herb celery around Strangford Lough, and monkfish and mussels in Southern Ireland. Fresh oysters and organic kale complete this Irish culinary tour.	UNITED KINGDOM	English-100	PG		
2022-10-07	2500	Italian Food Safari	Italian Food Safari Series 1 Ep 13	Guy learns how buffalo mozzarella is made and the secret of its taste and texture. He then shares his recipe for Caprese salad with mozzarella, tomatoes and basil.	AUSTRALIA	English-100	RPT	G	Y
2022-10-07	2530	Curtis Stone's Travel, Cook, Repeat	Curtis Stone's Travel, Cook, Repeat Series 2 Ep 3	Chef Curtis Stone visits a cattle ranch in Margaret River, Australia. Later in his kitchen, he's cooking up steak sandwiches with caramelized onions and Gruyere and a lemongrass shrimp stir-fry.	USA	English-100	PG		
2022-10-07	2600	Adam Liaw's Road Trip For Good	Tathra, Tallangatta & Kingscote	Adam heads Kangaroo Island in South Australia where he meets one of the first and biggest organic honey producers in Australia - Peter Davis - who lost 500 out of his 800 hives in one day.	AUSTRALIA	English-100	PG	Y	
2022-10-07	2630	Come Dine With Me	Edinburgh 5	It's the final night of the competition for the Edinburgh crew and last up is geography teacher, Ashley who's hoping her magical evening of enchanted food will send her to the top of the leaderboard.	UNITED KINGDOM	English-100	PG		
2022-10-07	2700	Bizarre Foods: Delicious Destinations	Santa Monica	Andrew dives in to the laid-back eats of Santa Monica, California. Boasting miles of coastline, Santa Monica is home to spicy seafood soup, Chinese chicken salad and Tsukemen.	USA	English-100	PG		
2022-10-07	2730	Tastes Like Home	Vancouver, Canada	In this episode Catherine got to meet orphaned Grizzly bears Grinder and Coola in Grouse Mountain, took a trip to the famous Granville Island market and tasted Nanaimo bars a Canadian dessert.	IRELAND	English-100	G		

2022-10-07	2800	Michela's Tuscan Kitchen	Michela's Tuscan Kitchen Series 1 Ep 5	Along with sister Emi, Michela serves pork with mango and peperoncino, then turns her attention to an easy cheats version of mushroom risotto.	UNITED KINGDOM	English-100		G	Y
2022-10-07	2830	My Market Kitchen	My Market Kitchen Series 4 Ep 50	On this episode of My Market Kitchen Elena is showing us how to cook an impressive Baby Snapper meal. Then Khanh and David Mann are on the road again cooking a Chili Tuna Pasta Bake.	AUSTRALIA			G	
2022-10-08	0500	Licence To Grill	Scavenger Hunt Bbq	The scavenger hunt is on and Rob cooks up apple and herb stuffed pork chops, grilled clams, stuffed zucchinis, and twice grilled spuds.	CANADA	English-100		G	
2022-10-08	0530	Spaghetti And Noodles	Spaghetti And Noodles Series 1 Ep 9	Michelle takes Adam to their organic oasis to see and taste this amazing produce and to try her mum's specialty dish of pumpkin tendrils with a spicy Asian twist.	AUSTRALIA	English-100		PG	
2022-10-08	0600	Kylie Kwong: Heart And Soul	Shellfish	Kylie's mum taught her to to cook, and her brother judges who does the best noodle stir fry today. Three generations of Kwong women then make some party food.	AUSTRALIA	English-100	RPT	G	Y
2022-10-08	0630	The Cook And The Chef	Just Vegetables	Longer days and a more generous serving of sun - spring has arrived, and it's the perfect time to get into fresh veggies. Maggie and Simon love spring veggies.	AUSTRALIA	English-100		G	
2022-10-08	0700	Nigella Express	Retro Rapido	Nigella's going back in time to give her favourite retro recipes the express treatment. For her school and university friend it's cheese fondue followed by cherry cheesecake.	UNITED KINGDOM	English-100	RPT	G	Y
2022-10-08	0730	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 6	Still in the Riverina, Paul visits a wheat-farming mate who has changed the future of his town with Beer.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-10-08	0830	Italian Food Safari	Italian Food Safari Series 1 Ep 13	Guy learns how buffalo mozzarella is made and the secret of its taste and texture. He then shares his recipe for Caprese salad with mozzarella, tomatoes and basil.	AUSTRALIA	English-100	RPT	G	Y
2022-10-08	0900	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 13	Rick and Chalky enjoy Irish hospitality, sampling herb celery around Strangford Lough, and monkfish and mussels in Southern Ireland. Fresh oysters and organic kale complete this Irish culinary tour.	UNITED KINGDOM	English-100		PG	
2022-10-08	0930	Curtis Stone's Travel, Cook, Repeat	Curtis Stone's Travel, Cook, Repeat Series 2 Ep 3	Chef Curtis Stone visits a cattle ranch in Margaret River, Australia. Later in his kitchen, he's cooking up steak sandwiches with caramelized onions and Gruyere and a lemongrass shrimp stir-fry.	USA	English-100		PG	
2022-10-08	1000	Adam Liaw's Road Trip For Good	Tathra, Tallangatta & Kingscote	Adam heads Kangaroo Island in South Australia where he meets one of the first and biggest organic honey producers in Australia - Peter Davis - who lost 500 out of his 800 hives in one day.	AUSTRALIA	English-100		PG	Y
2022-10-08	1030	Bizarre Foods: Delicious Destinations	Santa Monica	Andrew dives in to the laid-back eats of Santa Monica, California. Boasting miles of coastline, Santa Monica is home to spicy seafood soup, Chinese chicken salad and Tsukemen.	USA	English-100		PG	
2022-10-08	1100	The Cook Up With Adam Liaw	Food To Make Your Heart Sing	Chefs Junda Khoo and Paul Farag join Adam to bring edible happiness to The Cook Up Kitchen with Food to Make Your Heart Sing!	AUSTRALIA	English-100		PG	Y
2022-10-08	1130	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 6	Still in the Riverina, Paul visits a wheat-farming mate who has changed the future of his town with Beer.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-10-08	1230	Just Jen	Feeling Connected	Jen shares recipes and tips for a fun, communal meal with family and friends. She and guest Ralph Degala explore how they express their cultural identities through food.	USA	English-100		PG	
2022-10-08	1300	Spaghetti And Noodles	Spaghetti And Noodles Series 1 Ep 9	Michelle takes Adam to their organic oasis to see and taste this amazing produce and to try her mum's specialty dish of pumpkin tendrils with a spicy Asian twist.	AUSTRALIA	English-100		PG	
2022-10-08	1330	Eating Inn	Spago Part 2	Chef Wolfgang gives us the very surprising answer to the question posed in episode Spago Part 1. Our host chef Phil and chef Wolfgang have a heart to heart about Spago's life, history and philosophy.	SINGAPORE	English-100		PG	

2022-10-08	1400	Eating Inn	Justin And Chinoiserie	Chef Justin Quek at "Justin" & "Chinoiserie" is another Singapore Chef that's larger than life...even though he's only 5'4 tall. This little dynamo is maybe Singapore's favourite culinary son.	SINGAPORE	English-100		PG		
2022-10-08	1430	Ainsley's Good Mood Food	Herbs And Spices	Ainsley uses one of his favourite spices to make lamb kofta with sumac onions served with flatbreads and chilli-mint yoghurt.	UNITED KINGDOM	English-100		G		
2022-10-08	1525	Poh & Co. Bitesize	Family	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-10-08	1530	Ainsley's Good Mood Food	Coffee And Chocolate	Coffee and chocolate are sure to perk you up. Join Ainsley as he shows how to use them in both sweet and savoury dishes, starting with a quick and easy one pot that is sure to warm your cockles.	UNITED KINGDOM	English-100		G		
2022-10-08	1625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y	
2022-10-08	1630	Weekend Breaks With Gregg Wallace	Berlin	Gregg Wallace heads to the German capital for a three day trip where he gets to the heart of Berlin's food scene, and gets involved in the beer culture.	UNITED KINGDOM	English-100		PG		Y
2022-10-08	1725	Poh & Co. Bitesize	Community	Welcome to the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-10-08	1730	Adam & Poh's Malaysia In Australia	Adam & Poh's Malaysia In Australia Series 1 Ep 5	Adam and Poh head to Tasmania to meet Joe and Hawa Hartley, agricultural scientists with an interesting hobby. Joe is trying to grow rice from Hawa's homeland of Malaysia, in Tasmania.	AUSTRALIA	English-100		G	Y	
2022-10-08	1800	Cheese Slices	New Zealand	After visiting old friends at Canterbury cheese mongers in Christchurch, Will meets up with some of the pioneers of a new cheese movement.	AUSTRALIA	English-100		G		
2022-10-08	1830	Ainsley's Good Mood Food	Ainsley's Good Mood Food Series 2 Ep 2	In today's show nuts and seeds take centre stage in all Ainsley's dishes. He kicks things off with a dish from his travels, trofie pasta with a pistachio and mint pesto.	UNITED KINGDOM	English-100		PG		
2022-10-08	1925	Destination Flavour - Japan	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
2022-10-08	1930	World's Most Expensive Foods	White Truffle	Bidders shell out big money for the largest white truffle of the season, in a unique auction that mixes philanthropy with gourmet pursuit. This auction is also critical to the economy of Alba, Italy.	SINGAPORE	English-50; Japanese-50		G		Y
2022-10-08	2025	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y	
2022-10-08	2030	Jamie's Great Britain	East End, The	Jamie kicks off his roadtrip close to home in the East End of London - uncovering his family's history and links to the area.	UNITED KINGDOM	English-100		PG		
2022-10-08	2125	Destination Flavour - Japan	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
2022-10-08	2130	Anthony Bourdain: Parts Unknown	Canada	Tony travels to remote areas within the province of Quebec where he samples local delicacies, explores ice fishing and meets two of the most brilliant chefs in Canada, Dave McMillan and Fred Morin.	USA	English-100		PG		Y
2022-10-08	2225	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 6	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y	
2022-10-08	2230	Gordon Ramsay Uncharted	Laos	Gordon travels to Laos, where he takes on a rapid stretch of white water, kayaking down the Mekong in search of culinary inspiration, and learning from the locals, he treks through dense jungle.	UNITED KINGDOM	English-100		PG		Y

2022-10-08	2325	Destination Flavour - Japan	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
2022-10-08	2330	Ainsley's Good Mood Food	Ainsley's Good Mood Food Series 2 Ep 2	In today's show nuts and seeds take centre stage in all Ainsley's dishes. He kicks things off with a dish from his travels, trofie pasta with a pistachio and mint pesto.	UNITED KINGDOM	English-100		PG		
2022-10-08	2425	Destination Flavour - Japan	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
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2022-10-08	2630	Eating Inn	Spago Part 2	Chef Wolfgang gives us the very surprising answer to the question posed in episode Spago Part 1. Our host chef Phil and chef Wolfgang have a heart to heart about Spago's life, history and philosophy.	SINGAPORE	English-100		PG		
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2022-10-08	2825	Poh & Co. Bitesize	Family	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-10-08	2830	Adam & Poh's Malaysia In Australia	Adam & Poh's Malaysia In Australia Series 1 Ep 5	Adam and Poh head to Tasmania to meet Joe and Hawa Hartley, agricultural scientists with an interesting hobby. Joe is trying to grow rice from Hawa's homeland of Malaysia, in Tasmania.	AUSTRALIA	English-100		G	Y	