



**AMENDED WEEK 28: Sunday, 3 July - Saturday, 8 July 2022 - ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Egg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Caption	Subtitles
2022-07-03	0500	<b>How To Cook Like Heston</b>	Chocolate	Heston challenges the way we cook chocolate as he lifts the lid on his magical popping candy, passionfruit gateaux with an exploding base, and an amazing flowerpot tiramisu.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-07-03	0530	<b>How To Cook Like Heston</b>	Chicken	It might be the most popular meat in the world but Heston Blumenthal thinks the old bird needs a bit of a makeover. First up, he attempts a new way to roast a chicken.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-07-03	0600	<b>Bake With Anna Olson</b>	Ice Cream	Pastry chefs are responsible for making their own ice cream in restaurants, and their creativity can really shine through. Anna prepares green apple sorbet, as well as a classic chocolate gelato.	CANADA	English-100		G		
2022-07-03	0630	<b>Bake With Anna Olson</b>	Swiss Meringue	Anna shares her tips and tricks for preparing the perfect Swiss meringue. She makes Swiss meringue raspberry gems, chocolate divinity candy, and a lemon swiss buttercream hatbox cake.	CANADA	English-100		G		
2022-07-03	0700	<b>Martha Bakes</b>	Pastry Cream	Learn all the techniques to master one of the building blocks of a great dessert, pastry cream. It's a staple that every baker should know how to make because it has endless applications.	USA	English-100		G		
2022-07-03	0730	<b>Martha Bakes</b>	French Meringue	French meringue is one of the most simple, yet mysterious traditions in the world of pastry. Let Martha demystify this classic French technique and unlock a world of heavenly light sweets.	USA	English-100		G		
2022-07-03	0800	<b>Jimmy Shu's Taste of The Territory</b>	Seafood	At one of Darwin's wharfs Jimmy meets self-taught chef Rachael Ciesolka, who shows Jimmy how to cook her signature lemon citrus mud crab dish.	AUSTRALIA	English-100	RPT	G	Y	
2022-07-03	0830	<b>Jimmy Shu's Taste of The Territory</b>	Bush Foods	Jimmy heads 500km east of Darwin to the remote Arnhem Land coastal community of Maningrida. He visits Maningrida Wild Foods and goes harvesting with local landowners for various bush foods.	AUSTRALIA	English-100	RPT	G	Y	
2022-07-03	0900	<b>Cheese Slices</b>	Ancient Cheese Of Portugal, The	Until recently, Portugal's traditional ewe's milk cheeses were rarely found outside the country. Will travels to the rugged mountains of the north to find out more about the king of Portuguese cheese.	AUSTRALIA	English-100		G		
2022-07-03	0930	<b>Heston's Great British Food</b>	Puddings	Heston takes on the classic British pudding, making one that looks like a hot dog, another involving a cow's udder, a Victorian sponge, and some custard with nice lumps for a change.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-07-03	1025	<b>Poh &amp; Co. Bitesize</b>	Garden, The	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-07-03	1030	<b>Ainsley's Australian Market Menu</b>	Ainsley's Market Menu Series 1 Ep 5	Ainsley's journey takes him to the coastal haven of Wollongong for the hustle and bustle of the 'Friday Foragers Market'. There's a big emphasis on organic food.	AUSTRALIA	English-100	RPT	G	Y	
2022-07-03	1130	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Desserts	Jimmy and Jamie want to see if British puds can beat Italian desserts. Jonathan Ross pops into the cafe to cook an extra-special bread and butter pudding with the boys.	UNITED KINGDOM	English-100		G		Y
2022-07-03	1225	<b>Destination Flavour Fillers</b>	Destination Flavour Bitesize Series 1 Ep 8	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y	
2022-07-03	1230	<b>Cheese Slices</b>	Mozzarella And The Cheeses Of Campania	Will journeys to Italy's picturesque Campania region to look at stretched curd cheeses and finds it hard to resist the lingering flavour and sensual texture of buffalo cheese made from raw milk.	AUSTRALIA	English-100		G		
2022-07-03	1300	<b>How To Cook Like Heston</b>	Cheese	Heston takes on cheese - one of the most popular cooking ingredients in the UK. Heston reveals the key ingredient for the ultimate cheese fondue, and makes a dream cheese toastie.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-07-03	1330	<b>How To Cook Like Heston</b>	Potato	Surely there is more to spuds than mashing, boiling, or roasting? This week, Heston challenges the way we cook the humble spud.	UNITED KINGDOM	English-100	RPT	G	Y	

2022-07-03	1400	<b>The Cook Up With Adam Liaw</b>	One Pot Wonders	Actress Pia Miranda and hospitality consultant Justin North join Adam in the Cook Up kitchen to create some easy dishes that only require one pot.	AUSTRALIA	English-100	RPT	G	
2022-07-03	1430	<b>The Cook Up With Adam Liaw</b>	Modern Classics	Adam, food writer Kate Gibbs, and former MasterChef contestant Aaron Harvie are in the Cook Up kitchen taking classic dishes and giving them a modern take.	AUSTRALIA	English-100	RPT	PG	
2022-07-03	1500	<b>The Cook Up With Adam Liaw</b>	Prunes	SBS News presenter Janice Petersen and actor Dane Simpson join Adam Liaw in the Cook Up kitchen to create some prune inspired dishes.	AUSTRALIA	English-100	RPT	PG	
2022-07-03	1530	<b>The Cook Up With Adam Liaw</b>	Wine	Zero Waste warrior Sarah Wilson and Three Blue Ducks owner Mark LaBrooy join Adam in the Cook Up kitchen to create dishes that make wine the hero.	AUSTRALIA	English-100	RPT	PG	
2022-07-03	1600	<b>The Cook Up With Adam Liaw</b>	Chickpeas	SBS News presenter Janice Petersen and actor Dane Simpson are in the Cook Up kitchen with Adam to create some easy chickpea recipes.	AUSTRALIA	English-100		PG	
2022-07-03	1630	<b>Chuck And The First People's Kitchen</b>	Abegweit	Chuck visits Scotchfort where he fishes and cook eel.	CANADA	English-100	RPT	PG	Y
2022-07-03	1700	<b>Chuck And The First People's Kitchen</b>	Rapid Lake - Ice Fishing	Chuck visits Rapid Lake where he goes ice fishing.	CANADA	English-100	RPT	PG	Y
2022-07-03	1730	<b>Classic Mary Berry</b>	Light, Easy And Delicious	This is classic Mary at her best - celebrating her light, easy, and delicious cooking. Mary takes her inspiration from a visit to a groundbreaking primary school in South London.	UNITED KINGDOM	English-100		G	
2022-07-03	1800	<b>Mary Makes It Easy</b>	One Pot Wonders	Cleaning up the mess is the only part of cooking that Mary doesn't like. Her husband Aaron typically takes on dish duty, so this time Mary gives him a break with four one-pot wonders.	CANADA	English-100		PG	
2022-07-03	1825	<b>Torres Strait At Home 2022</b>	Torres Strait At Home 2022 Ep 1	Torres Strait Islander chef and owner of Mabu Mabu, Nornie Bero, cooks and talks through some of her favourite easy recipes, from quick picked octopus to fresh baked damper, all showcasing native Australian flavours.	AUSTRALIA	English-100		PG	
2022-07-03	1830	<b>Cook Like An Italian With Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 3 Ep 7	Let's face it - when it comes to Italian food, carbs are king. Pizza, pasta, panini - it can feel impossible to enjoy Italian cuisine with a gluten-free lifestyle.	AUSTRALIA	English-100		PG	
2022-07-03	1900	<b>The Cook And The Chef</b>	Offal	When 'offal' is mentioned most of us think of the internal organs of animals, but the word also refers to anything that is considered worthless or thrown away.	AUSTRALIA	English-100		G	
2022-07-03	1930	<b>The Cook And The Chef</b>	Moveable Feast, A	It's the middle of spring and the sunshine and longer days are a great excuse for people to get together and enjoy good company and good food.	AUSTRALIA	English-100		PG	
2022-07-03	2000	<b>Torres Strait At Home 2022</b>	Torres Strait At Home 2022 Ep 1	Torres Strait Islander chef and owner of Mabu Mabu, Nornie Bero, cooks and talks through some of her favourite easy recipes, from quick picked octopus to fresh baked damper, all showcasing native Australian flavours.	AUSTRALIA	English-100		PG	
2022-07-03	2005	<b>Jack Stein: Inside The Box</b>	Girona	Bravely Jack attempts to win over the Catalonian locals with his tapas sized jellied eels, which, while not entirely a bust, don't come up against some more classic tapas dishes.	AUSTRALIA	English-100		PG	
2022-07-03	2030	<b>Rick Stein's Long Weekends</b>	Cadiz	Rick heads to southern Spain and the historic city of Cadiz. Rick is captivated by its narrow winding streets, walking in the footsteps of the ancient Phoenician and Arab traders.	UNITED KINGDOM	English-100		G	
2022-07-03	2140	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Usain Bolt	On cafe's menu this week Jamie reveals how to cook the ultimate steak - his blow-out cote de boeuf, and Jimmy produces succulent tandoori chicken in his a DIY dustbin oven.	UNITED KINGDOM	English-100		PG	
2022-07-03	2235	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Sienna Miller	The cafe's menu this week includes Sienna Miller's rich Tuscan duck ragu with pici pasta and Jamie's whole sea bass baked in salt.	UNITED KINGDOM	English-100		PG	
2022-07-03	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 26	Pop producer Pete Waterman and radio DJ Neil Fox are the celebrity guests along with chefs James Tanner and Gino D'Acampo, as Ainsley Harriott hosts his classic 20-minute cooking challenge.	UNITED KINGDOM	English-100		G	

2022-07-03	2420	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 1	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
2022-07-03	2430	<b>Chuck And The First People's Kitchen</b>	Abegweit	Chuck visits Scotchfort where he fishes and cook eel.	CANADA	English-100	RPT	PG		Y
2022-07-03	2500	<b>Chuck And The First People's Kitchen</b>	Rapid Lake - Ice Fishing	Chuck visits Rapid Lake where he goes ice fishing.	CANADA	English-100	RPT	PG		Y
2022-07-03	2530	<b>Classic Mary Berry</b>	Light, Easy And Delicious	This is classic Mary at her best - celebrating her light, easy, and delicious cooking. Mary takes her inspiration from a visit to a groundbreaking primary school in South London.	UNITED KINGDOM	English-100		G		
2022-07-03	2600	<b>Mary Makes It Easy</b>	One Pot Wonders	Cleaning up the mess is the only part of cooking that Mary doesn't like. Her husband Aaron typically takes on dish duty, so this time Mary gives him a break with four one-pot wonders.	CANADA	English-100		PG		
2022-07-03	2630	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Usain Bolt	On cafe's menu this week Jamie reveals how to cook the ultimate steak - his blow-out cote de boeuf, and Jimmy produces succulent tandoori chicken in his a DIY dustbin oven.	UNITED KINGDOM	English-100		PG		
2022-07-03	2725	<b>Poh &amp; Co. Bitesize</b>	Family	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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2022-07-03	2825	<b>Poh &amp; Co. Bitesize</b>	Community	Welcome to the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-07-03	2830	<b>Jack Stein: Inside The Box</b>	Girona	Bravely Jack attempts to win over the Catalanian locals with his tapas sized jellied eels, which, while not entirely a bust, don't come up against some more classic tapas dishes.	AUSTRALIA	English-100		PG		
2022-07-04	0500	<b>The Cook Up With Adam Liaw</b>	One Pot Wonders	Actress Pia Miranda and hospitality consultant Justin North join Adam in the Cook Up kitchen to create some easy dishes that only require one pot.	AUSTRALIA	English-100	RPT	G		
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2022-07-04	1000	<b>The Cook And The Chef</b>	Offal	When 'offal' is mentioned most of us think of the internal organs of animals, but the word also refers to anything that is considered worthless or thrown away.	AUSTRALIA	English-100		G			
2022-07-04	1030	<b>The Cook And The Chef</b>	Moveable Feast, A	It's the middle of spring and the sunshine and longer days are a great excuse for people to get together and enjoy good company and good food.	AUSTRALIA	English-100		PG			
2022-07-04	1100	<b>Jack Stein: Inside The Box</b>	Girona	Bravely Jack attempts to win over the Catalanian locals with his tapas sized jellied eels, which, while not entirely a bust, don't come up against some more classic tapas dishes.	AUSTRALIA	English-100		PG			
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2022-07-04	1240	<b>Chuck And The First People's Kitchen</b>	Abegweit	Chuck visits Scotchfort where he fishes and cook eel.	CANADA	English-100	RPT	PG		Y	
2022-07-04	1305	<b>John Torode's Asia</b>	Macau Home Cooking	John Torode finds himself in the world's most densely populated region this week, the so called Las Vegas of Asia - Macao - where finds a unique mix of culinary influences.	UNITED KINGDOM	English-100		PG			
2022-07-04	1330	<b>Sourced</b>	Foraging	Guy takes things back to our hunter-gatherer days as he forages on both land and sea for aromatic truffles, giant mushrooms, and coastal clams.	USA	English-100		G			
2022-07-04	1400	<b>Nigella Bites</b>	Slow Cook Weekend	Nigella Lawson turns her hand to slow-cook recipes that take little preparation, ideal for anyone wanting to rustle up a weekend dinner party.	UNITED KINGDOM	English-100	RPT	G		Y	
2022-07-04	1430	<b>Nigella Bites</b>	Suppertime	Nigella Lawson offers ideas for amateur cooks wanting to impress their friends with professional-looking supptime specialities that satisfy the tastebuds.	UNITED KINGDOM	English-100	RPT	G		Y	
2022-07-04	1500	<b>The Incredible Spice Men</b>	East Sussex	Tony and Cyrus celebrate the freshness of the local fish of East Sussex, and show how even the taste of the freshest fish can be enhanced with spices by cooking Dover sole with lime and ginger.	UNITED KINGDOM	English-100	RPT	G		Y	
2022-07-04	1530	<b>Strait To The Plate</b>	Badu	Starting his journey in the Western Islands of the Torres Strait, Aaron Fa'aoso meets an old friend. As well as warriors, sailors and fishermen, the island of Badu is also home to some amazing cooks.	AUSTRALIA	English-100	RPT	PG		Y	Y
2022-07-04	1600	<b>Just Jen</b>	Feeling Groovy	Feeling groovy? Jen shares some recipes for the kitchen and home to help you relax and unwind.	USA	English-100		PG			
2022-07-04	1630	<b>Struggle Meals</b>	Save Dough Make Money	Prepping meals at home is cheaper and can be far more nutritious! Frankie makes portable breakfasts for the work week and forays into the stuffed dough of different cultures.	USA	English-100		G			
2022-07-04	1700	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 66	On this episode of My Market Kitchen, Elena is cooking a delicious Vietnamese Turmeric Fish and a Vegan Mince Sweet Potato Subs. Khanh is using Jalna Yoghurt to create a Crepe Cake with Lemon Yoghurt.	AUSTRALIA			PG			
2022-07-04	1730	<b>Pati's Mexican Table</b>	Welcome To Guadalajara	Pati explores the culinary highlights of Jalisco's capital city, Guadalajara. She starts at a legendary street cart for a taste of the city's most iconic sandwich, tortas ahogadas.	USA	English-100		PG		Y	
2022-07-04	1800	<b>The Cook And The Chef</b>	Anlaby A Country Homestead	Maggie replicates beautiful lamb pies that she created for a charity event, while Simon gives shepherd's pie a vegetarian spin. Also on the menu is chocolate and lots of it.	AUSTRALIA	English-100		G			
2022-07-04	1830	<b>Rick Stein's Taste Of The Sea</b>	Rick Stein's Taste Of The Sea Series 1 Ep 3	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100		G			
2022-07-04	1900	<b>The Cook Up With Adam Liaw</b>	Naidoc: Warrigal Greens	This week we're celebrating NAIDOC Week. Starting it off, Adam and the Cook Up kitchen hosts Gumbaynggirr man Kyah Lulman and proud Whadjuk Noongar woman Narelda Jacobs.	AUSTRALIA	English-100		PG			
2022-07-04	1925	<b>Torres Strait At Home 2022</b>	Torres Strait At Home 2022 Ep 2	Torres Strait Islander chef and owner of Mabu Mabu, Nornie Bero, cooks and talks through some of her favourite easy recipes, from quick picked octopus to fresh baked damper, all showcasing native Australian flavours.	AUSTRALIA			PG			
2022-07-04	1930	<b>Food Safari Earth</b>	Food Safari Earth Series 1 Ep 11	Maeve explores the sweet power of onions with Spanish chef, Pablo Tordesillas Garcia and discovers the delights of a Catalanian favourite - char-grilled baby leeks with romesco sauce.	AUSTRALIA	English-100	RPT	G		Y	

2022-07-04	2000	<b>Taste Of France</b>	Ursus	Tree trunks, a ceiling disguised as a forest, stunning walnut wood tables and muted lighting - such is setting for the creative cuisine of Clement Bouvier at his restaurant Ursus in the Savoy region.	SWEDEN	English-50; French-50		G		Y
2022-07-04	2030	<b>Hairy Bikers Go North</b>	West Yorkshire	Starting in Leeds, the bikers are visiting the stunning Kirkgate market to fill up their panier for they upcoming stay. During their travels across the north of England.	UNITED KINGDOM	English-100		PG		
2022-07-04	2135	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Patrick Stewart	Jamie and Jimmy are joined by Sir Patrick Stewart, as he swaps the Starship Enterprise for the little cafe on the end of Southend Pier. The boys bring back fond food memories for Patrick.	UNITED KINGDOM	English-100		G		
2022-07-04	2230	<b>Torres Strait At Home 2022</b>	Torres Strait At Home 2022 Ep 2	Torres Strait Islander chef and owner of Mabu Mabu, Nornie Bero, cooks and talks through some of her favourite easy recipes, from quick picked octopus to fresh baked damper, all showcasing native Australian flavours.	AUSTRALIA			PG		
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2022-07-04	2305	<b>United Plates Of America</b>	United Plates Of America Series 2 Ep 1	Today on the show we meet New York realtor, Sam and visit some inspiring restaurants with mouth-watering cuisine. We kick off with a Greek restaurant that specialises in seafood.	USA	English-100		G		
2022-07-04	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 27	TV presenters of To Buy Or Not To Buy, Kristian Digby and Ed Hall join chefs Tony Tobin and Brian Turner as Ainsley Harriott hosts his classic 20-minute cooking challenge.	UNITED KINGDOM	English-100		G		
2022-07-04	2420	<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	
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2022-07-04	2800	<b>Nigella Bites</b>	Suppertime	Nigella Lawson offers ideas for amateur cooks wanting to impress their friends with professional-looking supptime specialities that satisfy the tastebuds.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-07-04	2830	<b>The Incredible Spice Men</b>	East Sussex	Tony and Cyrus celebrate the freshness of the local fish of East Sussex, and show how even the taste of the freshest fish can be enhanced with spices by cooking Dover sole with lime and ginger.	UNITED KINGDOM	English-100	RPT	G	Y	
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2022-07-05	0800	<b>Rick Stein's Taste Of The Sea</b>	Rick Stein's Taste Of The Sea Series 1 Ep 3	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100		G	
2022-07-05	0830	<b>Hairy Bikers Go North</b>	West Yorkshire	Starting in Leeds, the bikers are visiting the stunning Kirkgate market to fill up their panier for they upcoming stay. During their travels across the north of England.	UNITED KINGDOM	English-100		PG	
2022-07-05	0940	<b>Top Chef</b>	Greatest, The	Top Chef can't go to Kentucky without taking a turn at fried chicken. Chef Art Smith guests judges a secret herbs and spices blind taste test ahead of the Quickfire fry-off.	USA	English-100		PG	
2022-07-05	1030	<b>Food Safari Earth</b>	Food Safari Earth Series 1 Ep 11	Maeve explores the sweet power of onions with Spanish chef, Pablo Tordesillas Garcia and discovers the delights of a Catalanian favourite - char-grilled baby leeks with romesco sauce.	AUSTRALIA	English-100	RPT	G	Y
2022-07-05	1100	<b>The Cook Up With Adam Liaw</b>	Naidoc: Warrigal Greens	This week we're celebrating NAIDOC Week. Starting it off, Adam and the Cook Up kitchen hosts Gumbaynggirr man Kyah Lulman and proud Whadjuk Noongar woman Narelda Jacobs.	AUSTRALIA	English-100		PG	
2022-07-05	1130	<b>Struggle Meals</b>	Save Dough Make Money	Prepping meals at home is cheaper and can be far more nutritious! Frankie makes portable breakfasts for the work week and forays into the stuffed dough of different cultures.	USA	English-100		G	
2022-07-05	1200	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 66	On this episode of My Market Kitchen, Elena is cooking a delicious Vietnamese Turmeric Fish and a Vegan Mince Sweet Potato Subs. Khanh is using Jalna Yoghurt to create a Crepe Cake with Lemon Yoghurt.	AUSTRALIA			PG	
2022-07-05	1230	<b>Pati's Mexican Table</b>	Welcome To Guadalajara	Pati explores the culinary highlights of Jalisco's capital city, Guadalajara. She starts at a legendary street cart for a taste of the city's most iconic sandwich, tortas ahogadas.	USA	English-100		PG	Y
2022-07-05	1300	<b>John Torode's Asia</b>	Macau Fusion	As a former Portuguese colony, influences on Macanese cuisine come from all over the globe, and it's with this in mind that John finds himself tucking into one of the spiciest dishes he's come across.	UNITED KINGDOM	English-100		PG	
2022-07-05	1330	<b>Sourced</b>	Catch Of The Day	Guy uncovers the many ways to catch a fish and oysters. From fly fishing in Seattle, and braving Australia's crocodile infested rivers for barramundi, there's never a dull moment on the water.	USA	English-100		PG	
2022-07-05	1400	<b>Nigella Bites</b>	Rainy Days	Nigella Lawson rolls back the rain clouds with her foul-weather recipes, conjuring up elaborate, time-consuming creations, including chocolate cloud cake.	UNITED KINGDOM	English-100	RPT	G	Y
2022-07-05	1430	<b>Nigella Bites</b>	Party Girl	Nigella has found a way of providing good food while still enjoying the party. She shares her recipes for a velvety dip, some cheese, toasted nuts and BBQ chicken.	UNITED KINGDOM	English-100	RPT	G	Y
2022-07-05	1500	<b>The Incredible Spice Men</b>	South Wales	Tony and Cyrus begin in the Cothi Valley in Carmarthenshire where they make fresh goats' cheese from the milk of animals feeding on wildflowers, herbs, and berries.	UNITED KINGDOM	English-100	RPT	G	Y
2022-07-05	1530	<b>Strait To The Plate</b>	Npa Homecoming	Aaron returns home to his old stomping ground, the Northern Peninsula Area at the tip of Cape York.	AUSTRALIA	English-100	RPT	G	Y
2022-07-05	1600	<b>Just Jen</b>	Feeling Foggy	Jen shares recipes to help you break through your own mental fog, and then experiments with liquid nitrogen to make some fog of her own in the kitchen.	USA	English-100		PG	
2022-07-05	1630	<b>Struggle Meals</b>	Going With The Grain	Frankie demonstrates how to prepare ingredients to make delicious, healthy meals for a fraction of the time and cost.	USA	English-100		PG	
2022-07-05	1700	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 67	Khanh is in the kitchen today showing Elena his Prawn Saganaki recipe, perfect quick dinner or lunch. Then we head to The George on Collins for a delicate Ginger Caramel Rockling & Pork Belly recipe.	AUSTRALIA			PG	
2022-07-05	1730	<b>Pati's Mexican Table</b>	Food Meets Art	Pati explores some unique spots where food and art truly connect. At Ceramica Suro, she gets a tour of the ceramics factory that supplies dishware and textiles to some of the finest restaurants.	USA	English-100		PG	Y
2022-07-05	1800	<b>The Cook And The Chef</b>	Produce Of Two Islands	South of Hobart in the delightfully named Sandlfy Simon found Gordon and Jane Brown growing an unusual crop: Green Tea.	AUSTRALIA	English-100		G	
2022-07-05	1830	<b>Rick Stein's Taste Of The Sea</b>	Rick Stein's Taste Of The Sea Series 1 Ep 4	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100		G	

2022-07-05	1900	<b>The Cook Up With Adam Liaw</b>	Naidoc: Design Your Own National Dish	Rockpool chef and proud Palawa man Luke Bourke, BrothaBlack of the Yiman nation and Indigenous mentor Shannon Williams and Adam are in the Cook Up kitchen as they design their own national dishes.	AUSTRALIA	English-100		PG		
2022-07-05	1930	<b>Food Safari Earth</b>	Food Safari Earth Series 1 Ep 12	This week Maeve O'Meara delves into the intricate and specialised realm of preserved and fermented vegetables and fruit from around the world.	AUSTRALIA	English-100	RPT	G	Y	
2022-07-05	2000	<b>Torres Strait At Home 2022</b>	Torres Strait At Home 2022 Ep 3	Torres Strait Islander chef and owner of Mabu Mabu, Nornie Bero, cooks and talks through some of her favourite easy recipes, from quick picked octopus to fresh baked damper, all showcasing native Australian flavours.	AUSTRALIA			PG		
2022-07-05	2005	<b>Cook Like An Italian With Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 3 Ep 8	For Italians, if the pantry is stocked with classic and versatile ingredients,they will never go hungry again or spend a fortune ordering in.	AUSTRALIA	English-100		PG		
2022-07-05	2040	<b>Rick Stein's India</b>	Lucknow And Punjap	Rick Stein arrives in the cultural city of Lucknow, reputed to be the curry capital of India, and possibly the world. He explores this former Moghul stronghold in search for the best chicken korma.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2022-07-05	2150	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Davina McCall	Jamie and Jimmy welcome the wonderful Davina to the cafe at the end of the pier. They take her on a trip down memory lane, reuniting her with long-lost family through the power of food.	UNITED KINGDOM	English-100		G		
2022-07-05	2240	<b>The Cook Up With Adam Liaw</b>	Naidoc: Design Your Own National Dish	Rockpool chef and proud Palawa man Luke Bourke, BrothaBlack of the Yiman nation and Indigenous mentor Shannon Williams and Adam are in the Cook Up kitchen as they design their own national dishes.	AUSTRALIA	English-100		PG		
2022-07-05	2310	<b>Torres Strait At Home 2022</b>	Torres Strait At Home 2022 Ep 3	Torres Strait Islander chef and owner of Mabu Mabu, Nornie Bero, cooks and talks through some of her favourite easy recipes, from quick picked octopus to fresh baked damper, all showcasing native Australian flavours.	AUSTRALIA			PG		
2022-07-05	2315	<b>United Plates Of America</b>	United Plates Of America Series 2 Ep 2	Today we're in Florida and we visit some inspiring restaurants with mouth watering cuisine. We kick off in Tampa, at Ulele, a rustic chic restaurant with native Floridian flair.	USA	English-100		G		
2022-07-05	2340	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 28	Former world 400-metre hurdles champion Sally Gunnell and decathlete Dean Macey join Brian Turner and Gino D'Acampo in the kitchen as Ainsley Harriott hosts his classic 20-minute cooking challenge.	UNITED KINGDOM	English-100		G		
2022-07-05	2430	<b>The Cook And The Chef</b>	Produce Of Two Islands	South of Hobart in the delightfully named Sandlfly Simon found Gordon and Jane Brown growing an unusual crop: Green Tea.	AUSTRALIA	English-100		G		
2022-07-05	2500	<b>Cook Like An Italian With Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 3 Ep 8	For Italians, if the pantry is stocked with classic and versatile ingredients,they will never go hungry again or spend a fortune ordering in.	AUSTRALIA	English-100		PG		
2022-07-05	2535	<b>Rick Stein's India</b>	Lucknow And Punjap	Rick Stein arrives in the cultural city of Lucknow, reputed to be the curry capital of India, and possibly the world. He explores this former Moghul stronghold in search for the best chicken korma.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2022-07-05	2640	<b>John Torode's Asia</b>	Macau Fusion	As a former Portuguese colony, influences on Macanese cuisine come from all over the globe, and it's with this in mind that John finds himself tucking into one of the spiciest dishes he's come across.	UNITED KINGDOM	English-100		PG		
2022-07-05	2705	<b>Sourced</b>	Catch Of The Day	Guy uncovers the many ways to catch a fish and oysters. From fly fishing in Seattle, and braving Australia's crocodile infested rivers for barramundi, there's never a dull moment on the water.	USA	English-100		PG		
2022-07-05	2730	<b>Nigella Bites</b>	Rainy Days	Nigella Lawson rolls back the rain clouds with her foul-weather recipes, conjuring up elaborate, time-consuming creations, including chocolate cloud cake.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-07-05	2800	<b>Nigella Bites</b>	Party Girl	Nigella has found a way of providing good food while still enjoying the party. She shares her recipes for a velvety dip, some cheese, toasted nuts and BBQ chicken.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-07-05	2830	<b>The Incredible Spice Men</b>	South Wales	Tony and Cyrus begin in the Cothi Valley in Carmarthenshire where they make fresh goats' cheese from the milk of animals feeding on wildflowers, herbs, and berries.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-07-06	0500	<b>Strait To The Plate</b>	Npa Homecoming	Aaron returns home to his old stomping ground, the Northern Peninsula Area at the tip of Cape York.	AUSTRALIA	English-100	RPT	G	Y	
2022-07-06	0530	<b>Just Jen</b>	Feeling Foggy	Jen shares recipes to help you break through your own mental fog, and then experiments with liquid nitrogen to make some fog of her own in the kitchen.	USA	English-100		PG		
2022-07-06	0600	<b>Struggle Meals</b>	Going With The Grain	Frankie demonstrates how to prepare ingredients to make delicious, healthy meals for a fraction of the time and cost.	USA	English-100		PG		

2022-07-06	0630	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 67	Khanh is in the kitchen today showing Elena his Prawn Saganaki recipe, perfect quick dinner or lunch. Then we head to The George on Collins for a delicate Ginger Caramel Rockling & Pork Belly recipe.	AUSTRALIA				PG		
2022-07-06	0700	<b>Pati's Mexican Table</b>	Food Meets Art	Pati explores some unique spots where food and art truly connect. At Ceramica Suro, she gets a tour of the ceramics factory that supplies dishware and textiles to some of the finest restaurants.	USA	English-100			PG		Y
2022-07-06	0730	<b>The Cook And The Chef</b>	Produce Of Two Islands	South of Hobart in the delightfully named Sandfly Simon found Gordon and Jane Brown growing an unusual crop: Green Tea.	AUSTRALIA	English-100			G		
2022-07-06	0800	<b>Rick Stein's Taste Of The Sea</b>	Rick Stein's Taste Of The Sea Series 1 Ep 4	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100			G		
2022-07-06	0830	<b>Rick Stein's India</b>	Lucknow And Punjap	Rick Stein arrives in the cultural city of Lucknow, reputed to be the curry capital of India, and possibly the world. He explores this former Moghul stronghold in search for the best chicken korma.	UNITED KINGDOM	English-100	RPT		PG	Y	Y
2022-07-06	0940	<b>Top Chef</b>	Kentucky Farewell	All season the chefs have been growing gardens at their Kentucky estate. Tom ambushes the sleeping chefs and challenges them to reap what they sowed and make a dish focused on their garden harvest.	USA	English-100			PG		
2022-07-06	1030	<b>Food Safari Earth</b>	Food Safari Earth Series 1 Ep 12	This week Maeve O'Meara delves into the intricate and specialised realm of preserved and fermented vegetables and fruit from around the world.	AUSTRALIA	English-100	RPT		G	Y	
2022-07-06	1100	<b>The Cook Up With Adam Liaw</b>	Naidoc: Design Your Own National Dish	Rockpool chef and proud Palawa man Luke Bourke, BrothaBlack of the Yiman nation and Indigenous mentor Shannon Williams and Adam are in the Cook Up kitchen as they design their own national dishes.	AUSTRALIA	English-100			PG		
2022-07-06	1130	<b>Struggle Meals</b>	Going With The Grain	Frankie demonstrates how to prepare ingredients to make delicious, healthy meals for a fraction of the time and cost.	USA	English-100			PG		
2022-07-06	1200	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 67	Khanh is in the kitchen today showing Elena his Prawn Saganaki recipe, perfect quick dinner or lunch. Then we head to The George on Collins for a delicate Ginger Caramel Rockling & Pork Belly recipe.	AUSTRALIA				PG		
2022-07-06	1230	<b>Pati's Mexican Table</b>	Food Meets Art	Pati explores some unique spots where food and art truly connect. At Ceramica Suro, she gets a tour of the ceramics factory that supplies dishware and textiles to some of the finest restaurants.	USA	English-100			PG		Y
2022-07-06	1300	<b>John Torode's Asia</b>	Bangkok	Bangkok is where it all started for John 20 years ago, and a return to Thailand - the home of his favourite Asian cuisine - has him giddy with delight.	UNITED KINGDOM	English-100			G		
2022-07-06	1330	<b>Sourced</b>	At The Frontlines Of Food	Guy connects with local artisans and farmers throughout Spain and California to get a closer look at the people who grow olives, raise goats, and make bread.	USA	English-100			G		
2022-07-06	1400	<b>Nigella Bites</b>	Yellow	In the first program of the new series, Nigella Lawson turns her attention to the apparently humble lemon, with happiness soup, and slow-roasted garlic and lemon chicken.	UNITED KINGDOM	English-100	RPT		G	Y	
2022-07-06	1430	<b>Nigella Bites</b>	Black	Nigella Lawson gives us her personal take on Italian food, from the classic pasta with mussels, through black rice and squid rings to her Anglo-Italian trifle.	UNITED KINGDOM	English-100	RPT		G	Y	
2022-07-06	1500	<b>The Incredible Spice Men</b>	Edinburgh And The Borders	Keen to showcase the best of Scottish produce, Tony makes cranachan - a traditional desert made with Scotland's finest honey, raspberries, oatmeal, and whisky enveloped in double cream.	UNITED KINGDOM	English-100	RPT		G	Y	
2022-07-06	1530	<b>Strait To The Plate</b>	Poruma	Aaron explores the island paradise of Poruma, a jewel at the heart of the Torres Strait where he explores the versatility of the coconut and learns how climate change is affecting the community.	AUSTRALIA	English-100	RPT		PG	Y	
2022-07-06	1600	<b>Just Jen</b>	Feeling Snuggly	Need a hug? Jen shares some of her favourite comfort food recipes and demonstrates how to make a cuddly pom-pom rug.	USA	English-100			PG		
2022-07-06	1630	<b>Struggle Meals</b>	Fancy Free	Going to the movies can be expensive. Frankie shows how to make a delicious TV dinner with popcorn, and dessert, for less than the cost of a movie ticket!	USA	English-100			PG		
2022-07-06	1700	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 68	On this episode of My Market Kitchen Elena is cooking her favourite Japanese Street food. Khanh shows us a great way to use leftovers with his Lamb Vermicelli Salad.	AUSTRALIA				PG		



2022-07-06	1730	<b>Pati's Mexican Table</b>	Jalisco Classics	Pati stops at a couple of Guadalajara's most beloved restaurants for two of the region's classic recipes. At Super Menuderia Cano, Pati learns the secrets to their menudo recipe that's so good people line up down the block waiting to get in.	USA	English-100		PG		Y
2022-07-06	1800	<b>The Cook And The Chef</b>	Lobster And Mushrooms	Kangaroo Island is one of Maggie's favourite destinations, its magnificent coastline and pristine waters provide an abundance of superb seafood for the locals.	AUSTRALIA	English-100		G		
2022-07-06	1830	<b>Rick Stein's Taste Of The Sea</b>	Rick Stein's Taste Of The Sea Series 1 Ep 5	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100		PG		
2022-07-06	1900	<b>The Cook Up With Adam Liaw</b>	Naidoc: National Dish From Your Country	Anaiwan man Dean Widders and Nornie Bero from the Meriam people in the Torres Strait join Adam in the Cook Up kitchen to create dishes that are inspired by the Indigenous Country they come from.	AUSTRALIA	English-100		PG		
2022-07-06	1930	<b>Torres Strait At Home 2022</b>	Torres Strait At Home 2022 Ep 4	Torres Strait Islander chef and owner of Mabu Mabu, Nornie Bero, cooks and talks through some of her favourite easy recipes, from quick picked octopus to fresh baked damper, all showcasing native Australian flavours.	AUSTRALIA			PG		
2022-07-06	1935	<b>Food Safari Earth</b>	Food Safari Earth Series 1 Ep 13	Maeve O'Meara celebrates the surprisingly abundant produce of winter across the most heart-warming recipes from around the world.	AUSTRALIA	English-100	RPT	G		Y
2022-07-06	2005	<b>The Chocolate Queen</b>	Chocolate Queen Series 2, The Ep 1	Passionate chocaholics can rejoice with four of Kirsten's best chocolate recipes in today's episode, with classic comfort Hot Chocolate Bombs and Chocolate Crackers on the menu.	AUSTRALIA	English-100		PG		
2022-07-06	2035	<b>Extreme Food Phobics</b>	Extreme Food Phobics Series 1 Ep 3	34-year-old Christian is desperate for help to try and overcome his extreme aversion to healthy food, and Dr, Ranj is here to help.	UNITED KINGDOM	English-100	RPT	PG		Y
2022-07-06	2130	<b>Torres Strait At Home 2022</b>	Torres Strait At Home 2022 Ep 4	Torres Strait Islander chef and owner of Mabu Mabu, Nornie Bero, cooks and talks through some of her favourite easy recipes, from quick picked octopus to fresh baked damper, all showcasing native Australian flavours.	AUSTRALIA			PG		
2022-07-06	2135	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Stephen Mangan	Jamie and Jimmy are joined by comic writer and actor, Stephen Mangan, as he puts on his pinny and cooks for the diners at the end of Southend Pier.	UNITED KINGDOM	English-100		G		
2022-07-06	2230	<b>The Cook Up With Adam Liaw</b>	Naidoc: National Dish From Your Country	Anaiwan man Dean Widders and Nornie Bero from the Meriam people in the Torres Strait join Adam in the Cook Up kitchen to create dishes that are inspired by the Indigenous Country they come from.	AUSTRALIA	English-100		PG		
2022-07-06	2300	<b>United Plates Of America</b>	United Plates Of America Series 2 Ep 3	We visit some inspiring restaurants in the Pacific Northwest with mouth-watering cuisine and meet some remarkable locals who know a thing or two about food.	USA	English-100		G		
2022-07-06	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 29	England and Scotland tackle each other head on in the kitchen as international rugby players Joe Worsley and Sean Lamont join chefs Tony Tobin and Gino D'Acampo in the 20-minute cooking challenge.	UNITED KINGDOM	English-100		G		
2022-07-06	2420	<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
2022-07-06	2430	<b>The Cook And The Chef</b>	Lobster And Mushrooms	Kangaroo Island is one of Maggie's favourite destinations, its magnificent coastline and pristine waters provide an abundance of superb seafood for the locals.	AUSTRALIA	English-100		G		
2022-07-06	2500	<b>The Chocolate Queen</b>	Chocolate Queen Series 2, The Ep 1	Passionate chocaholics can rejoice with four of Kirsten's best chocolate recipes in today's episode, with classic comfort Hot Chocolate Bombs and Chocolate Crackers on the menu.	AUSTRALIA	English-100		PG		
2022-07-06	2530	<b>Extreme Food Phobics</b>	Extreme Food Phobics Series 1 Ep 3	34-year-old Christian is desperate for help to try and overcome his extreme aversion to healthy food, and Dr, Ranj is here to help.	UNITED KINGDOM	English-100	RPT	PG		Y
2022-07-06	2625	<b>Torres Strait At Home 2022</b>	Torres Strait At Home 2022 Ep 4	Torres Strait Islander chef and owner of Mabu Mabu, Nornie Bero, cooks and talks through some of her favourite easy recipes, from quick picked octopus to fresh baked damper, all showcasing native Australian flavours.	AUSTRALIA			PG		
2022-07-06	2630	<b>John Torode's Asia</b>	Bangkok	Bangkok is where it all started for John 20 years ago, and a return to Thailand - the home of his favourite Asian cuisine - has him giddy with delight.	UNITED KINGDOM	English-100		G		

2022-07-06	2700	<b>Sourced</b>	At The Frontlines Of Food	Guy connects with local artisans and farmers throughout Spain and California to get a closer look at the people who grow olives, raise goats, and make bread.	USA	English-100		G	
2022-07-06	2730	<b>Nigella Bites</b>	Yellow	In the first program of the new series, Nigella Lawson turns her attention to the apparently humble lemon, with happiness soup, and slow-roasted garlic and lemon chicken.	UNITED KINGDOM	English-100	RPT	G	Y
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2022-07-06	2830	<b>The Incredible Spice Men</b>	Edinburgh And The Borders	Keen to showcase the best of Scottish produce, Tony makes cranachan - a traditional desert made with Scotland's finest honey, raspberries, oatmeal, and whisky enveloped in double cream.	UNITED KINGDOM	English-100	RPT	G	Y
2022-07-07	0500	<b>Strait To The Plate</b>	Poruma	Aaron explores the island paradise of Poruma, a jewel at the heart of the Torres Strait where he explores the versatility of the coconut and learns how climate change is affecting the community.	AUSTRALIA	English-100	RPT	PG	Y
2022-07-07	0530	<b>Just Jen</b>	Feeling Snuggly	Need a hug? Jen shares some of her favourite comfort food recipes and demonstrates how to make a cuddly pom-pom rug.	USA	English-100		PG	
2022-07-07	0600	<b>Struggle Meals</b>	Fancy Free	Going to the movies can be expensive. Frankie shows how to make a delicious TV dinner with popcorn, and dessert, for less than the cost of a movie ticket!	USA	English-100		PG	
2022-07-07	0630	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 68	On this episode of My Market Kitchen Elena is cooking her favourite Japanese Street food. Khanh shows us a great way to use leftovers with his Lamb Vermicelli Salad.	AUSTRALIA			PG	
2022-07-07	0700	<b>Pati's Mexican Table</b>	Jalisco Classics	Pati stops at a couple of Guadalajara's most beloved restaurants for two of the region's classic recipes. At Super Menuderia Cano, Pati learns the secrets to their menudo recipe that's so good people line up down the block waiting to get in.	USA	English-100		PG	Y
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2022-07-07	0800	<b>Rick Stein's Taste Of The Sea</b>	Rick Stein's Taste Of The Sea Series 1 Ep 5	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100		PG	
2022-07-07	0830	<b>Extreme Food Phobics</b>	Extreme Food Phobics Series 1 Ep 3	34-year-old Christian is desperate for help to try and overcome his extreme aversion to healthy food, and Dr, Ranj is here to help.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-07-07	0925	<b>Torres Strait At Home 2022</b>	Torres Strait At Home 2022 Ep 4	Torres Strait Islander chef and owner of Mabu Mabu, Nornie Bero, cooks and talks through some of her favourite easy recipes, from quick picked octopus to fresh baked damper, all showcasing native Australian flavours.	AUSTRALIA			PG	
2022-07-07	0930	<b>Top Chef</b>	Holly Macau!	The final five chefs travel to the Chinese territory of Macau for the remaining battles. Judge Graham Elliot, who has a restaurant in Macau, introduces the Chefs to the local market	USA	English-100		PG	
2022-07-07	1025	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2022-07-07	1030	<b>Food Safari Earth</b>	Food Safari Earth Series 1 Ep 13	Maeve O'Meara celebrates the surprisingly abundant produce of winter across the most heart-warming recipes from around the world.	AUSTRALIA	English-100	RPT	G	Y
2022-07-07	1100	<b>The Cook Up With Adam Liaw</b>	Naidoc: National Dish From Your Country	Anaiwan man Dean Widders and Nornie Bero from the Meriam people in the Torres Strait join Adam in the Cook Up kitchen to create dishes that are inspired by the Indigenous Country they come from.	AUSTRALIA	English-100		PG	
2022-07-07	1130	<b>Struggle Meals</b>	Fancy Free	Going to the movies can be expensive. Frankie shows how to make a delicious TV dinner with popcorn, and dessert, for less than the cost of a movie ticket!	USA	English-100		PG	
2022-07-07	1200	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 68	On this episode of My Market Kitchen Elena is cooking her favourite Japanese Street food. Khanh shows us a great way to use leftovers with his Lamb Vermicelli Salad.	AUSTRALIA			PG	
2022-07-07	1230	<b>Pati's Mexican Table</b>	Jalisco Classics	Pati stops at a couple of Guadalajara's most beloved restaurants for two of the region's classic recipes. At Super Menuderia Cano, Pati learns the secrets to their menudo recipe that's so good people line up down the block waiting to get in.	USA	English-100		PG	Y

2022-07-07	1300	<b>John Torode's Asia</b>	Maldives	John Torode is in the tropical island paradise of Maldives in the Indian Ocean to explore its two sides - local life and the glossy five-star resorts.	UNITED KINGDOM	English-100		PG	
2022-07-07	1330	<b>Watts On The Grill</b>	Fruit On The Q	Fruit can elevate a master barbequer's repertoire to all new heights, so why not impress your family and friends with a fruit forward dinner? Spencer shows you how to do it.	CANADA	English-100		G	
2022-07-07	1400	<b>Nigella Bites</b>	Pink	Nigella Lawson takes a nostalgic look back at food we all associate with an idyllic summer: strawberries and cream. Nigella also cooks unlikely combinations to set taste buds tingling.	UNITED KINGDOM	English-100	RPT	G	Y
2022-07-07	1430	<b>Nigella Bites</b>	White	With her bag packed with some very special appliances, Nigella Lawson heads to the seaside for a bit of curry, hotcakes, passion (fruit) and rolls with her guests.	UNITED KINGDOM	English-100	RPT	G	Y
2022-07-07	1500	<b>The Incredible Spice Men</b>	West Suffolk	In early summer, the fields of west Suffolk blaze with yellow rapeseed flowers. Cyrus and Tony discuss the virtues of rapeseed oil and use it to cook cinnamon, ginger, and red chilli chicken wings.	UNITED KINGDOM	English-100	RPT	G	Y
2022-07-07	1530	<b>Strait To The Plate</b>	Npa Tombstone	Aaron is invited back to the community of New Mapoon to celebrate a Tombstone opening. With 1500 guests coming for dinner, it's all hands on deck!	AUSTRALIA	English-100	RPT	PG	Y
2022-07-07	1600	<b>Just Jen</b>	Feeling Anxious	Feeling anxious? Jen shares recipes and projects to help you de-stress and relax.	USA	English-100		PG	
2022-07-07	1630	<b>Struggle Meals</b>	Chicken Or The Egg, The	Frankie shares both high and low maintenance ways to prepare roast chicken and eggs for any meal. Who says adulting has to be hard?	USA	English-100		PG	
2022-07-07	1700	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 69	Today on My Market Kitchen Elena and Khanh are preparing a budget friendly Burger, Fries & Shake dinner for 4. Then Khanh is on the road with David Mann cooking a Grilled Stuffed Squid, followed by a quick and cute Thumbprint Cookie recipe from Elena.	AUSTRALIA			PG	
2022-07-07	1730	<b>Pati's Mexican Table</b>	Los Mariachis	Some say that Jalisco is the birthplace of Mariachi. In this episode, Pati learns about the history, the instruments and the meaning behind that beloved music that pulls at the heart strings of so many Mexicans.	USA	English-100		PG	
2022-07-07	1800	<b>The Cook And The Chef</b>	Seaweed And Scallops	The East Coast of Tasmania has to be one of the most beautiful stretches of coastline anywhere in the world, but when Simon visits he's not just interested in the dazzling scenery.	AUSTRALIA	English-100		G	
2022-07-07	1830	<b>Rick Stein's Taste Of The Sea</b>	Rick Stein's Taste Of The Sea Series 1 Ep 6	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100		PG	
2022-07-07	1900	<b>The Cook Up With Adam Liaw</b>	Naidoc: Native Herbs	Kamilaroi woman Jayde Harris and Gamilaroi woman Nakkiah Lui are in the Cook Up kitchen with Adam to create dishes that showcase native Indigenous herbs.	AUSTRALIA	English-100		PG	Y
2022-07-07	1930	<b>Torres Strait At Home 2022</b>	Torres Strait At Home 2022 Ep 1	Torres Strait Islander chef and owner of Mabu Mabu, Nornie Bero, cooks and talks through some of her favourite easy recipes, from quick picked octopus to fresh baked damper, all showcasing native Australian flavours.	AUSTRALIA	English-100		PG	
2022-07-07	1935	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 1	Food Safari returns in a blaze of glory to explore how diverse cultures across the world cook with fire. Maeve O'Meara travels across Australia to meet with chefs and grilling experts.	AUSTRALIA	English-100	RPT	G	Y
2022-07-07	2005	<b>Nigella Feasts</b>	Exotic Evening	Nigella Lawson's cooking up a delicious bite-sized feast that's perfect to share with a crowd. On the menu are red kidney bean and roasted eggplant dips.	UNITED KINGDOM	English-100	RPT	G	Y
2022-07-07	2035	<b>Rick Stein's Mediterranean Escapes</b>	Corsica And Sardinia	Rick Stein's Mediterranean escape begins in Marseille, where he catches a ferry to Bastia, the ancient capital of Corsica and is invited to a typical Corsican feast.	UNITED KINGDOM	English-98; French-1; Italian-1	RPT	PG	Y
2022-07-07	2140	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Russell Howard	Jamie and Jimmy welcome comedian Russell Howard to their cafe on the end of Southend Pier. Russell's favourite meal in all the world was an unusual Thai-fusion curry he tasted in Sydney.	UNITED KINGDOM	English-100		G	
2022-07-07	2230	<b>Torres Strait At Home 2022</b>	Torres Strait At Home 2022 Ep 1	Torres Strait Islander chef and owner of Mabu Mabu, Nornie Bero, cooks and talks through some of her favourite easy recipes, from quick picked octopus to fresh baked damper, all showcasing native Australian flavours.	AUSTRALIA	English-100		PG	
2022-07-07	2235	<b>The Cook Up With Adam Liaw</b>	Naidoc: Native Herbs	Kamilaroi woman Jayde Harris and Gamilaroi woman Nakkiah Lui are in the Cook Up kitchen with Adam to create dishes that showcase native Indigenous herbs.	AUSTRALIA	English-100		PG	Y

2022-07-07	2305	<b>United Plates Of America</b>	United Plates Of America Series 2 Ep 4	We visit some inspiring restaurants in the Rust Belt. We kick off in beautiful Detroit, we meet a local foodie and try some hipster fare.	USA	English-100		G		
2022-07-07	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 30	Former England footballer Rodney Marsh and apprentice chef Katie Hopkins join Ainsley Harriott in the kitchen for another classic 20-minute cooking challenge.	UNITED KINGDOM	English-100		G		
2022-07-07	2420	<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
2022-07-07	2430	<b>The Cook And The Chef</b>	Seaweed And Scallops	The East Coast of Tasmania has to be one of the most beautiful stretches of coastline anywhere in the world, but when Simon visits he's not just interested in the dazzling scenery.	AUSTRALIA	English-100		G		
2022-07-07	2500	<b>Nigella Feasts</b>	Exotic Evening	Nigella Lawson's cooking up a delicious bite-sized feast that's perfect to share with a crowd. On the menu are red kidney bean and roasted eggplant dips.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-07-07	2530	<b>Rick Stein's Mediterranean Escapes</b>	Corsica And Sardinia	Rick Stein's Mediterranean escape begins in Marseille, where he catches a ferry to Bastia, the ancient capital of Corsica and is invited to a typical Corsican feast.	UNITED KINGDOM	English-98; French-1; Italian-1	RPT	PG	Y	
2022-07-07	2640	<b>John Torode's Asia</b>	Maldives	John Torode is in the tropical island paradise of Maldives in the Indian Ocean to explore its two sides - local life and the glossy five-star resorts.	UNITED KINGDOM	English-100		PG		
2022-07-07	2705	<b>Watts On The Grill</b>	Fruit On The Q	Fruit can elevate a master barbequer's repertoire to all new heights, so why not impress your family and friends with a fruit forward dinner? Spencer shows you how to do it.	CANADA	English-100		G		
2022-07-07	2730	<b>Nigella Bites</b>	Pink	Nigella Lawson takes a nostalgic look back at food we all associate with an idyllic summer: strawberries and cream. Nigella also cooks unlikely combinations to set taste buds tingling.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-07-07	2800	<b>Nigella Bites</b>	White	With her bag packed with some very special appliances, Nigella Lawson heads to the seaside for a bit of curry, hotcakes, passion (fruit) and rolls with her guests.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-07-07	2830	<b>The Incredible Spice Men</b>	West Suffolk	In early summer, the fields of west Suffolk blaze with yellow rapeseed flowers. Cyrus and Tony discuss the virtues of rapeseed oil and use it to cook cinnamon, ginger, and red chilli chicken wings.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-07-08	0500	<b>Strait To The Plate</b>	Npa Tombstone	Aaron is invited back to the community of New Mapoon to celebrate a Tombstone opening. With 1500 guests coming for dinner, it's all hands on deck!	AUSTRALIA	English-100	RPT	PG	Y	
2022-07-08	0530	<b>Just Jen</b>	Feeling Anxious	Feeling anxious? Jen shares recipes and projects to help you de-stress and relax.	USA	English-100		PG		
2022-07-08	0600	<b>Struggle Meals</b>	Chicken Or The Egg, The	Frankie shares both high and low maintenance ways to prepare roast chicken and eggs for any meal. Who says adulting has to be hard?	USA	English-100		PG		
2022-07-08	0630	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 69	Today on My Market Kitchen Elena and Khanh are preparing a budget friendly Burger, Fries & Shake dinner for 4. Then Khanh is on the road with David Mann cooking a Grilled Stuffed Squid, followed by a quick and cute Thumbprint Cookie recipe from Elena.	AUSTRALIA			PG		
2022-07-08	0700	<b>Pati's Mexican Table</b>	Los Mariachis	Some say that Jalisco is the birthplace of Mariachi. In this episode, Pati learns about the history, the instruments and the meaning behind that beloved music that pulls at the heart strings of so many Mexicans.	USA	English-100		PG		
2022-07-08	0730	<b>The Cook And The Chef</b>	Seaweed And Scallops	The East Coast of Tasmania has to be one of the most beautiful stretches of coastline anywhere in the world, but when Simon visits he's not just interested in the dazzling scenery.	AUSTRALIA	English-100		G		
2022-07-08	0800	<b>Rick Stein's Taste Of The Sea</b>	Rick Stein's Taste Of The Sea Series 1 Ep 6	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100		PG		
2022-07-08	0830	<b>Rick Stein's Mediterranean Escapes</b>	Corsica And Sardinia	Rick Stein's Mediterranean escape begins in Marseille, where he catches a ferry to Bastia, the ancient capital of Corsica and is invited to a typical Corsican feast.	UNITED KINGDOM	English-98; French-1; Italian-1	RPT	PG	Y	
2022-07-08	0940	<b>Top Chef</b>	Tao Of Macau, The	The day has come when the final four chefs must cook with the world's smelliest fruit durian. This infamous fruit is a delicacy in Macau, but will Padma and guest judge, James Beard Award winner Abe Conlon be able to stomach their creations.	USA	English-100		PG		

2022-07-08	1035	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 1	Food Safari returns in a blaze of glory to explore how diverse cultures across the world cook with fire. Maeve O'Meara travels across Australia to meet with chefs and grilling experts.	AUSTRALIA	English-100	RPT	G	Y	
2022-07-08	1105	<b>The Cook Up With Adam Liaw</b>	Naidoc: Native Herbs	Kamilaroi woman Jayde Harris and Gamilaroi woman Nakkiah Lui are in the Cook Up kitchen with Adam to create dishes that showcase native Indigenous herbs.	AUSTRALIA	English-100		PG	Y	
2022-07-08	1135	<b>Struggle Meals</b>	Chicken Or The Egg, The	Frankie shares both high and low maintenance ways to prepare roast chicken and eggs for any meal. Who says adulting has to be hard?	USA	English-100		PG		
2022-07-08	1200	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 69	Today on My Market Kitchen Elena and Khanh are preparing a budget friendly Burger, Fries & Shake dinner for 4. Then Khanh is on the road with David Mann cooking a Grilled Stuffed Squid, followed by a quick and cute Thumbprint Cookie recipe from Elena.	AUSTRALIA			PG		
2022-07-08	1230	<b>Pati's Mexican Table</b>	Los Mariachis	Some say that Jalisco is the birthplace of Mariachi. In this episode, Pati learns about the history, the instruments and the meaning behind that beloved music that pulls at the heart strings of so many Mexicans.	USA	English-100		PG		
2022-07-08	1300	<b>John Torode's Asia</b>	Best Of	Take a look back at John Torode's journey around Asia. It's been full of colour, awe inspiring vistas, and of course it's been a celebration of the diverse cuisine available all over the continent.	UNITED KINGDOM	English-100		PG		Y
2022-07-08	1330	<b>Watts On The Grill</b>	Allium In The Family	Spencer focuses on grilling alliums - the group of flowing plants including onions, garlic, green onions, chives, and much more. Sun's out, barbeques on - it's gonna be good.	CANADA	English-100		G		
2022-07-08	1400	<b>Nigella Bites</b>	Red	It may be getting cool outside but the summer heat is still coming from Nigella Lawson's kitchen. Today, Nigella looks at some ingredients that can keep the temperature high.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-07-08	1430	<b>Nigella Bites</b>	Brown	Nigella Lawson takes us on a magic carpet ride through the culinary treasure trove of the Middle East. This episode features za'tar chicken with fatoush salad.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-07-08	1500	<b>The Incredible Spice Men</b>	Somerset	Tony and Cyrus are in Somerset - famous for cider and aged Cheddar cheese. They add some spices to these classics to serve up something special.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-07-08	1530	<b>Strait To The Plate</b>	Kubin	The people of Moa Island have always been farmers and gardeners and Aaron meets up with an old friend to learn how these traditions are being continued today.	AUSTRALIA	English-100	RPT	PG	Y	Y
2022-07-08	1600	<b>Just Jen</b>	Feeling Artsy	From fancy plating to an Instagram-worthy cake, Jen embraces her artsy side with gorgeous recipes for the body and home.	USA	English-100		PG		
2022-07-08	1630	<b>Struggle Meals</b>	Frqnkie's Day Out	Frankie demonstrates how to make a week's worth of meals from a single trip to the grocery store, and then shares three options for struggle meals on the go.	USA	English-100		PG		
2022-07-08	1700	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 70	Elena and Adam from Wine Selectors are out of the studio today making a Strawberries Five Ways paired with the perfect wines. Then Khanh is cooking a Pomelo & Prawn on Betel Leaf dish at his restaurant The George on Collins. Finishing off with a Cheese & Tomato Toastie two ways by Elena	AUSTRALIA			PG		
2022-07-08	1730	<b>Pati's Mexican Table</b>	Escaramuza	Jalisco is famous for its charros. But, in this episode, Pati experiences a unique and storied part of this part of the culture: the Escaramuza. An all-female horse riding and skills competition honoring the woman charros who fought for Mexico's independence.	USA	English-100		PG		
2022-07-08	1800	<b>The Cook And The Chef</b>	Beetroot And Pepper	Maggie and Simon demonstrate how to bring out the best of the brilliant beetroot, and then spice up some delicious dishes with Native Tasmanian Pepper berry.	AUSTRALIA	English-100		G		
2022-07-08	1830	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 1	Award-winning chef Rick Stein's in France for a gastronomic journey through the waterways of France, travelling by barge on the Canal du Midi from Bordeaux to Marseilles for the best food and wine.	UNITED KINGDOM	English-100		G		
2022-07-08	1900	<b>The Cook Up With Adam Liaw</b>	Naidoc: Cheese	To round out NAIDOC Week, Adam and the Cook Up kitchen host Darug countrymen Sam and Luke Bourke, who create their ultimate cheesy dishes.	AUSTRALIA	English-100		PG	Y	
2022-07-08	1930	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 2	Maeve explores the best char-grilled street food from around the world including Greek pork souvlaki, Abruzzese arrosticini, Malaysian satay and Mexican fish tacos.	AUSTRALIA	English-100	RPT	G	Y	
2022-07-08	2000	<b>Torres Strait At Home 2022</b>	Torres Strait At Home 2022 Ep 2	Torres Strait Islander chef and owner of Mabu Mabu, Nornie Bero, cooks and talks through some of her favourite easy recipes, from quick picked octopus to fresh baked damper, all showcasing native Australian flavours.	AUSTRALIA			PG		

2022-07-08	2005	<b>Secret Delicious</b>	Manila	In Manila, Aun Koh gets invited to a secret dinner featuring dishes like chicken skin cracklings with caviar and creme fraiche, fried chicken and an aged rum called Don Papa.	SINGAPORE	English-100		PG		
2022-07-08	2035	<b>Royal Recipes</b>	Country Pursuits	On Royal Recipes presenter Michael Buerk is joined by chef Anna Haugh at one of the country's finest stately homes.	UNITED KINGDOM	English-100		G		
2022-07-08	2130	<b>Rick Stein And The Japanese Ambassador</b>	Rick Stein And The Japanese Ambassador	Rick Stein visits Japan to get a feel for its cuisine before creating a banquet at the invitation of the Japanese Ambassador.	UNITED KINGDOM	English-100		PG		
2022-07-08	2240	<b>Torres Strait At Home 2022</b>	Torres Strait At Home 2022 Ep 2	Torres Strait Islander chef and owner of Mabu Mabu, Nornie Bero, cooks and talks through some of her favourite easy recipes, from quick picked octopus to fresh baked damper, all showcasing native Australian flavours.	AUSTRALIA			PG		
2022-07-08	2245	<b>The Cook Up With Adam Liaw</b>	Naidoc: Cheese	To round out NAIDOC Week, Adam and the Cook Up kitchen host Darug countrymen Sam and Luke Bourke, who create their ultimate cheesy dishes.	AUSTRALIA	English-100		PG	Y	
2022-07-08	2315	<b>Pati's Mexican Table</b>	Escaramuza	To round out NAIDOC Week, Adam and the Cook Up kitchen host Darug countrymen Sam and Luke Bourke, who create their ultimate cheesy dishes.	USA	English-100		PG		
2022-07-08	2340	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 31	TV presenter Kaye Adams and Taggart star Blythe Duff roll up their sleeves for another classic 20-minute cooking challenge with Ainsley Harriott.	UNITED KINGDOM	English-100		G		
2022-07-08	2430	<b>The Cook And The Chef</b>	Beetroot And Pepper	Maggie and Simon demonstrate how to bring out the best of the brilliant beetroot, and then spice up some delicious dishes with Native Tasmanian Pepper berry.	AUSTRALIA	English-100		G		
2022-07-08	2500	<b>Secret Delicious</b>	Manila	In Manila, Aun Koh gets invited to a secret dinner featuring dishes like chicken skin cracklings with caviar and creme fraiche, fried chicken and an aged rum called Don Papa.	SINGAPORE	English-100		PG		
2022-07-08	2530	<b>Royal Recipes</b>	Country Pursuits	On Royal Recipes presenter Michael Buerk is joined by chef Anna Haugh at one of the country's finest stately homes.	UNITED KINGDOM	English-100		G		
2022-07-08	2625	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 3	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	
2022-07-08	2630	<b>John Torode's Asia</b>	Best Of	Take a look back at John Torode's journey around Asia. It's been full of colour, awe inspiring vistas, and of course it's been a celebration of the diverse cuisine available all over the continent.	UNITED KINGDOM	English-100		PG		Y
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2022-07-09	0530	<b>Just Jen</b>	Feeling Artsy	From fancy plating to an Instagram-worthy cake, Jen embraces her artsy side with gorgeous recipes for the body and home.	USA	English-100		PG		
2022-07-09	0600	<b>Struggle Meals</b>	Frqnkie's Day Out	Frankie demonstrates how to make a week's worth of meals from a single trip to the grocery store, and then shares three options for struggle meals on the go.	USA	English-100		PG		
2022-07-09	0630	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 70	Elena and Adam from Wine Selectors are out of the studio today making a Strawberries Five Ways paired with the perfect wines. Then Khanh is cooking a Pomelo & Prawn on Betel Leaf dish at his restaurant The George on Collins. Finishing off with a Cheese & Tomato Toastie two ways by Elena	AUSTRALIA			PG		

2022-07-09	0700	<b>Pati's Mexican Table</b>	Escaramuza	Jalisco is famous for its charros. But, in this episode, Pati experiences a unique and storied part of this part of the culture: the Escaramuza. An all-female horse riding and skills competition honoring the woman charros who fought for Mexico's independence.	USA	English-100		PG		
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2022-07-09	0800	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 1	Award-winning chef Rick Stein's in France for a gastronomic journey through the waterways of France, travelling by barge on the Canal du Midi from Bordeaux to Marseilles for the best food and wine.	UNITED KINGDOM	English-100		G		
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2022-07-09	0930	<b>Top Chef</b>	Finale	It's the final showdown and the top three chefs must create the best four course meal of their lives. And if the pressure isn't already high enough, Tom reveals in a twisted turn of events.	USA	English-100		PG		
2022-07-09	1050	<b>Torres Strait At Home 2022</b>	Torres Strait At Home 2022 Ep 2	Torres Strait Islander chef and owner of Mabu Mabu, Nornie Bero, cooks and talks through some of her favourite easy recipes, from quick picked octopus to fresh baked damper, all showcasing native Australian flavours.	AUSTRALIA			PG		
2022-07-09	1100	<b>The Cook Up With Adam Liaw</b>	Naidoc: Cheese	To round out NAIDOC Week, Adam and the Cook Up kitchen host Darug countrymen Sam and Luke Bourke, who create their ultimate cheesy dishes.	AUSTRALIA	English-100		PG	Y	
2022-07-09	1130	<b>Struggle Meals</b>	Frqnkie's Day Out	Frankie demonstrates how to make a week's worth of meals from a single trip to the grocery store, and then shares three options for struggle meals on the go.	USA	English-100		PG		
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2022-07-09	1425	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 3	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	
2022-07-09	1430	<b>Bake With Anna Olson</b>	Creme Anglaise	A basic English custard sauce is a familiar companion to plated cakes, tarts and other desserts, but it is also the foundation for other pastry chef creations.	CANADA	English-100		G		
2022-07-09	1500	<b>Bake With Anna Olson</b>	Icings And Glazes	Having a good repertoire of icings and glazes add flair and panache to cakes and cookies. Here we get a handle on the major styles and some delicious recipes where they are used.	CANADA	English-100		G		
2022-07-09	1530	<b>Martha Bakes</b>	Mid-Atlantic	Martha shares four regional favourites - peach cake, Kaiser rolls, crumb cake, and black and white cookies.	USA	English-100		G		
2022-07-09	1600	<b>Martha Bakes</b>	Southern Classics	Martha shares three of her favourite Southern classics including hummingbird cake, sweet potato pie, and hot milk cake.	USA	English-100		G		
2022-07-09	1630	<b>Jimmy Shu's Taste of The Territory</b>	Street Food	Jimmy tastes some of Darwin's most popular street food from the stalls of the Parap Saturday market.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-07-09	1700	<b>Jimmy Shu's Taste of The Territory</b>	Paddock To Plate	Jimmy visits the breathtaking landscapes of Kakadu to find out about Top End bush foods that Aboriginal people have been eating for thousands of years.	AUSTRALIA	English-100	RPT	G	Y	
2022-07-09	1730	<b>Cheese Slices</b>	Famous Cheese Of Wisconsin	The upper Midwest state is famous for its 'cheese heads' and proudly declares itself America's Dairyland because it produces more cheese than any other state in the USA.	AUSTRALIA	English-100		G		

2022-07-09	1800	<b>Cheese Slices</b>	Haloumi: Cyprus	Squeaky, salty haloumi is one of the world's best-loved grilled cheeses. However most of it is now mass produced using cows milk. Will heads to the island of Cyprus to see how it's traditionally made.	AUSTRALIA	English-100		PG		
2022-07-09	1825	<b>Torres Strait At Home 2022</b>	Torres Strait At Home 2022 Ep 3	Torres Strait Islander chef and owner of Mabu Mabu, Nornie Bero, cooks and talks through some of her favourite easy recipes, from quick picked octopus to fresh baked damper, all showcasing native Australian flavours.	AUSTRALIA			PG		
2022-07-09	1830	<b>Heston's Great British Food</b>	Pies	Heston pays homage to British classic - the pie - and serves his pie banquet to a select group of British pie-makers, 100 feet in the air over the East End of London.	UNITED KINGDOM	English-100	RPT	PG	Y	
2022-07-09	1925	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 6	Welcome to the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-07-09	1930	<b>Ainsley's Australian Market Menu</b>	Ainsley's Market Menu Series 1 Ep 6	It's the last stop on this tour, and we've arrived in the heart of Adelaide to visit the Adelaide Central Market, the largest undercover fresh produce market in the southern hemisphere.	AUSTRALIA	English-100	RPT	G	Y	
2022-07-09	2030	<b>Jamie's Food Escapes</b>	Stockholm	Jamie loves Swedish cuisine, based around fresh produce, pickling, and preserving. He goes mushroom hunting on one of the of islands surrounding the city, and tries a delicacy called surstromming.	UNITED KINGDOM	English-100		PG		
2022-07-09	2130	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Amanda Holden	Jamie reinvents the humble roast chicken with not one, but two blow out recipes - chicken in a crust and beer butt chicken, while Amanda Holden cooks an authentic Greek moussaka.	UNITED KINGDOM	English-100		PG		
2022-07-09	2225	<b>Torres Strait At Home 2022</b>	Torres Strait At Home 2022 Ep 3	Torres Strait Islander chef and owner of Mabu Mabu, Nornie Bero, cooks and talks through some of her favourite easy recipes, from quick picked octopus to fresh baked damper, all showcasing native Australian flavours.	AUSTRALIA			PG		
2022-07-09	2230	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Kirstie Allsopp	Jimmy serves his own charcuterie made in his DIY Tuscan cave, while Jamie knocks up an indulgent feast of diver-caught Scottish scallops with bacon and sage.	UNITED KINGDOM	English-100		PG		
2022-07-09	2325	<b>Destination Flavour Down Under Bitesize</b>	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	
2022-07-09	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 32	Will it be five-star service in the kitchen today as Hotel Babylon actors Martin Marquez and Michael Obiora join Ainsley Harriott for another 20-minute cooking challenge?	UNITED KINGDOM	English-100		G		
2022-07-09	2420	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 7	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
2022-07-09	2430	<b>Bake With Anna Olson</b>	Creme Anglaise	A basic English custard sauce is a familiar companion to plated cakes, tarts and other desserts, but it is also the foundation for other pastry chef creations.	CANADA	English-100		G		
2022-07-09	2500	<b>Bake With Anna Olson</b>	Icings And Glazes	Having a good repertoire of icings and glazes add flair and panache to cakes and cookies. Here we get a handle on the major styles and some delicious recipes where they are used.	CANADA	English-100		G		
2022-07-09	2530	<b>Martha Bakes</b>	Mid-Atlantic	Martha shares four regional favourites - peach cake, Kaiser rolls, crumb cake, and black and white cookies.	USA	English-100		G		
2022-07-09	2600	<b>Martha Bakes</b>	Southern Classics	Martha shares three of her favourite Southern classics including hummingbird cake, sweet potato pie, and hot milk cake.	USA	English-100		G		
2022-07-09	2630	<b>Jimmy Shu's Taste of The Territory</b>	Street Food	Jimmy tastes some of Darwin's most popular street food from the stalls of the Parap Saturday market.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-07-09	2700	<b>Jimmy Shu's Taste of The Territory</b>	Paddock To Plate	Jimmy visits the breathtaking landscapes of Kakadu to find out about Top End bush foods that Aboriginal people have been eating for thousands of years.	AUSTRALIA	English-100	RPT	G	Y	
2022-07-09	2730	<b>Cheese Slices</b>	Famous Cheese Of Wisconsin	The upper Midwest state is famous for its 'cheese heads' and proudly declares itself America's Dairyland because it produces more cheese than any other state in the USA.	AUSTRALIA	English-100		G		
2022-07-09	2800	<b>Cheese Slices</b>	Haloumi: Cyprus	Squeaky, salty haloumi is one of the world's best-loved grilled cheeses. However most of it is now mass produced using cows milk. Will heads to the island of Cyprus to see how it's traditionally made.	AUSTRALIA	English-100		PG		



2022-07-09	2830	<b>Bake With Anna Olson</b>	Creme Anglaise	A basic English custard sauce is a familiar companion to plated cakes, tarts and other desserts, but it is also the foundation for other pastry chef creations.	CANADA	English-100	G
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