



AMENDED WEEK 33: Sunday, 8 August - Saturday, 14 August - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Egg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Cap
2021-08-08	0500	Watts On The Grill	Achin For Bacon	Bacon. Sweet, salty, smoky bacon. Spencer shares four of his favourite bacon recipes, all done on the barbeque.	CANADA	English-100	RPT	G	
2021-08-08	0530	Living On The Veg	Living On The Veg Series 1 Ep 6	Henry and Ian cook up a comforting classic - shepherds pie, as well as sushi with delicious vegan fillings that are sure to impress.	UNITED KINGDOM	English-100	RPT	G	
2021-08-08	0625	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
2021-08-08	0630	Pacific Island Food Revolution	Kids' Lunches	The remaining three teams fight it out in the Revolution Kitchen. Samoa, Fiji, and The Kingdom of Tonga go head-to-head to see which two countries will have a place in the grand finale!	NEW ZEALAND	English-100	RPT	PG	
2021-08-08	0725	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 10	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
2021-08-08	0730	Beautiful Baking With Juliet Sear	Beautiful Baking With Juliet Sear Series 1 Ep 9	Juliet is joined by chef Merrilees Parker who serves up a range of party food perfect for a New Years Eve party including baked baby potatoes filled with smoked mackerel pate, and beetroots with feta.	UNITED KINGDOM	English-100	RPT	G	
2021-08-08	0825	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 3	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	
2021-08-08	0830	Plat du Tour	Plat Du Tour Series 1 (30min Version) Ep 1	Guillaume shares the secrets to a great ratatouille, a delicious roasted shoulder of lamb, a twice baked Roquefort souffle, as well as a traditional bouillabaisse, and finishes with an ile flottante.	AUSTRALIA	English-100	RPT	PG	
2021-08-08	0900	Plat du Tour	Plat Du Tour Series 1 (30min Version) Ep 2	Guillaume shares a delicious mussel recipe, traditional steak frites, a flavourful swordfish dish, and celebrates the Australian Granny Smith apple with his tarte tatin.	AUSTRALIA	English-100	RPT	PG	
2021-08-08	0930	Ottolenghi's Mediterranean Island Feast	Crete	Yotam visits Crete and explores its rich culinary history. In the ancient capital of Heraklion, Yotam makes a variation of the Cretan meze dakos, a mix of tomatoes, crumbled feta, olives and oregano.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-08	1025	Destination Flavour Bitesize	Destination Flavour Bitesize Series 1 Ep 9	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
2021-08-08	1030	Ainsley's Mediterranean Cookbook	Marrakesh Part 2	Ainsley's exploration of Marrakesh continues and this time he's getting his hands dirty as he gets a pottery lesson. He explores the craft souks before cooking up a delicious vegetable tagine.	UNITED KINGDOM	English-100	RPT	G	
2021-08-08	1125	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
2021-08-08	1130	Hairy Bikers' Best Of British	Apples And Pears	The Bikers explore the British obsession with apples, as well as the slightly smaller passion for pears. They combine two of Britain's greatest ingredients in a beef and apple tagine.	UNITED KINGDOM	English-100	RPT	G	
2021-08-08	1240	Living On The Veg	Living On The Veg Series 1 Ep 6	Henry and Ian cook up a comforting classic - shepherds pie, as well as sushi with delicious vegan fillings that are sure to impress.	UNITED KINGDOM	English-100	RPT	G	
2021-08-08	1330	Cheese Slices	Compte	Comte is one of the most popular cheeses in France and the most important of all those made under the strict French appellation system. Will traces the links between farmer, cheese maker and affineur.	AUSTRALIA	English-100	RPT	G	
2021-08-08	1400	The Cook Up with Adam Liaw	Soup	Cookbook author and chef Analiese Gregory and Monday Morning Cooking Club's Lisa Goldberg join Adam Liaw in The Cook Up kitchen to recreate their favourite soups.	AUSTRALIA	English-100	RPT	PG	

2021-08-08	1430	The Cook Up with Adam Liaw	Winter Favourite	Ethiopian chef Tinsae Elsdon and head chef at The Old Fitz Anna Ugarte-Carral come by to show host Adam Liaw their ultimate winter favourites in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG	
2021-08-08	1500	The Cook Up with Adam Liaw	Cooking With Kids	Top chef Colin Fassnidge and owner of Eastwood's Deli and Cooking School Kelly Eastwood, drop by The Cook Up kitchen to cook with host Adam Liaw to create kid-friendly dishes.	AUSTRALIA	English-100	RPT	PG	
2021-08-08	1530	The Cook Up with Adam Liaw	Pie (Savoury)	Host Adam Liaw is joined by recipe developer Breda Fenn and maitre d' of Momofuku Seibo fame, Kylie Javier Ashton, who come by The Cook Up kitchen to whip up their favourite pie recipes.	AUSTRALIA	English-100	RPT	PG	
2021-08-08	1600	The Cook Up with Adam Liaw	Toasties	Adam Liaw, Delicious magazine's Phoebe Wood and political satirist Mark Humphries are in The Cook Up kitchen making their very best toasties. A must see for some new ideas on making an old favourite.	AUSTRALIA	English-100	RPT	PG	
2021-08-08	1630	The Cook And The Chef	Dinner Party For 6	Maggie Beer and Simon Bryant invite us into the kitchen to share the secrets to having friends for dinner without fuss or failure - but with a little drama and presentation.	AUSTRALIA	English-100		PG	
2021-08-08	1700	The Cook And The Chef	Party For 20	Maggie asks Simon to help prepare for a party for 20 of her friends. She devises a menu that could be easily doubled or tripled depending on the size of the party.	AUSTRALIA	English-100		G	
2021-08-08	1730	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	RPT	G	
2021-08-08	1800	Tropical Gourmet: New Caledonia	Final Days In Noumea	Justine celebrates the fresh, flavoursome seafood available among the waters of Noumea by serving up the ultimate prawn and crab sandwich. That's followed by a decadent chocolate tart.	AUSTRALIA	English-100	RPT	PG	
2021-08-08	1830	The Cook And The Chef	Luscious Lunch, A	The season is on the change and Maggie and Simon prepare for an early autumn lunch. As Maggie lives in the Barossa, on Saturdays she shops at the Barossa Market.	AUSTRALIA	English-100		PG	
2021-08-08	1900	Middle East Feast With Shane Delia	Freshly Baked	Nothing says Middle Eastern hospitality like fresh pastries do. Shane and special guest Haikal Raji offer their best dough and bread recipes, the heart and soul of Middle Eastern food culture.	AUSTRALIA	English-100	RPT	PG	
2021-08-08	1930	Weekend Breaks With Gregg Wallace	Istanbul	During his visit to Istanbul, Gregg tours the street food stands on the Asian side of the Bosphorus, learns the centuries old techniques of the baklava makers, and joins a kebab master at his grill.	UNITED KINGDOM	English-100		PG	
2021-08-08	2030	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 2	Rick continues his journey from the Basque country on the Atlantic coast, to journey ever eastwards towards the Mediterranean sampling local food along the way.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-08	2140	Hairy Bikers' Best Of British	Atlantic, The	The Bikers explore the 'special relationship' between America and Britain's culinary cultures. They make a rich clam chowder, and even richer chocolate brownies before visiting the Savoy.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-08	2250	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 8	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2021-08-08	2300	The Cook And The Chef	Party For 20	Maggie asks Simon to help prepare for a party for 20 of her friends. She devises a menu that could be easily doubled or tripled depending on the size of the party.	AUSTRALIA	English-100	RPT	G	
2021-08-08	2330	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	RPT	G	
2021-08-08	2400	Tropical Gourmet: New Caledonia	Final Days In Noumea	Justine celebrates the fresh, flavoursome seafood available among the waters of Noumea by serving up the ultimate prawn and crab sandwich. That's followed by a decadent chocolate tart.	AUSTRALIA	English-100	RPT	PG	
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2021-08-08	2500	Middle East Feast With Shane Delia	Freshly Baked	Nothing says Middle Eastern hospitality like fresh pastries do. Shane and special guest Haikal Raji offer their best dough and bread recipes, the heart and soul of Middle Eastern food culture.	AUSTRALIA	English-100	RPT	PG	

2021-08-08	2530	Weekend Breaks With Gregg Wallace	Istanbul	During his visit to Istanbul, Gregg tours the street food stands on the Asian side of the Bosphorus, learns the centuries old techniques of the baklava makers, and joins a kebab master at his grill.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-08	2630	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 2	Rick continues his journey from the Basque country on the Atlantic coast, to journey ever eastwards towards the Mediterranean sampling local food along the way.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-08	2740	Hairy Bikers' Best Of British	Atlantic, The	The Bikers explore the 'special relationship' between America and Britain's culinary cultures. They make a rich clam chowder, and even richer chocolate brownies before visiting the Savoy.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-08	2850	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 6	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
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2021-08-09	1250	Destination Flavour Singapore Bitesize	Fruit Stall	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	
2021-08-09	1300	Tropical Gourmet: New Caledonia	Final Days In Noumea	Justine celebrates the fresh, flavoursome seafood available among the waters of Noumea by serving up the ultimate prawn and crab sandwich. That's followed by a decadent chocolate tart.	AUSTRALIA	English-100	RPT	PG	
2021-08-09	1330	Donal's Kitchen Hero Feast	Surf's Up	Donal and friends head to Kerry for a surfing weekend. Knowing it's going to be cold, Donal prepares a chickpea, pasta and tomato soup, and some dig-in beef fajitas to eat on the beach.	IRELAND	English-100	RPT	G	
2021-08-09	1400	Bill's Kitchen: Notting Hill	Notting Hill	Moving the whole family from Australia to England has been an upheaval for Bill and his family, but it was worth it to be part of London's vibrant and exciting food scene.	UNITED KINGDOM	English-100	RPT	G	

2021-08-09	1430	Pati's Mexican Table	Local's Tour Of Culiacan, A	Pati visits Culiacan, the capital of the state of Sinaloa. Founded in 1531, Culiacan is the centre of trade for produce, meat, and fish and the locals pride themselves on the produce.	USA	English-100	RPT	G	
2021-08-09	1500	The Chefs' Line	Thai	Four home cooks with a passion for Thai cuisine will battle it out with the chefs' line from Melbourne restaurant Easy Tiger.	AUSTRALIA	English-100	RPT	G	Y
2021-08-09	1530	Lidia's Italy	Lidia's Italy Series 4 Ep 16	Lidia travels to Liguria - a region known for their use of nuts. Join her as she creates a German potato salad with pancetta in a puckery dressing. She also makes a fresh spinach salad with pine nuts.	USA	English-100	RPT	G	
2021-08-09	1600	Annabel Langbein: Free Range Cook	Paella Party	Annabel Langbein cooks up a seafood celebration feast on the back of her truck, including the most spectacular beachside paella and flambeed peaches from her Wanaka orchard.	NEW ZEALAND	English-100	RPT	PG	
2021-08-09	1630	Bake With Anna Olson	Bagels And Pretzels	Bagels and pretzels can be categorized under the same umbrella, since they share the common technique of being boiled before they are baked. Anna expands on the basic techniques.	CANADA	English-100	RPT	G	
2021-08-09	1700	Destination Flavour Down Under	Northern Western Australia - Cape Leveque	Adam begins his culinary road trip in the northern tip of Western Australia, discovering food heroes who are putting community first, and the delights of mud crab and pearl meat.	AUSTRALIA	English-100	RPT	G	Y
2021-08-09	1730	The Cook And The Chef	Fish	Back from their New Zealand Food Adventure Maggie and Simon again set their sights on local produce, enjoying two excellent fish - King George Whiting and Mulloway.	AUSTRALIA	English-100		G	
2021-08-09	1800	Choccywoccydoodah	Failure Is Not An Open Option	The team at Choccywoccydoodah are under pressure to sculpt cakes for a soap star wedding and a glamorous event for prestigious shoes designer, Christian Louboutin.	UNITED KINGDOM	English-100		PG	
2021-08-09	1830	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 26	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-09	1900	The Cook Up with Adam Liaw	Family Meals In 20 Minutes	Every Night of the Week's Lucy Tweed and renowned butcher Anthony Puharich are in The Cook Up kitchen with host Adam Liaw, showcasing their best twenty-minute family meals for any night of the week.	AUSTRALIA	English-100		PG	
2021-08-09	1930	Asia Unplated With Diana Chan	Malaysian	Diana seeks inspiration from her Malaysian roots, conjuring the sights and smells of food stalls from her childhood. She invites two guests to demonstrate their favourite home-style recipes.	AUSTRALIA	English-100	RPT	G	
2021-08-09	2000	John Torode's Asia	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	RPT	PG	
2021-08-09	2030	Amy Schumer Learns To Cook	Not Frozen And Kids' Menu	Chris decides to teach Amy how to make some of her favourite frozen foods from scratch. While Amy gets things going with a pina colada, Chris shows Amy how to make crowd-pleasing pigs in a blanket.	USA	English-100		PG	
2021-08-09	2125	Poh & Co. Bitesize	Small Business	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-08-09	2130	Mystery Diners	Extra Curricular	The owner of a piza house in California suspects his 'frat-tastic' college-enrolled waiter is taking the party off campus and into his restaurant.	USA	English-100	RPT	PG	
2021-08-09	2200	The Cook Up with Adam Liaw	Family Meals In 20 Minutes	Every Night of the Week's Lucy Tweed and renowned butcher Anthony Puharich are in The Cook Up kitchen with host Adam Liaw, showcasing their best twenty-minute family meals for any night of the week.	AUSTRALIA	English-100	RPT	PG	
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2021-08-09	2400	The Chefs' Line	Thai	Four home cooks with a passion for Thai cuisine will battle it out with the chefs' line from Melbourne restaurant Easy Tiger.	AUSTRALIA	English-100	RPT	G	Y

2021-08-09	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 51	Comedy actors Arabella Weir and Miranda Hart team up with Ainsley Harriott for another 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G	
2021-08-09	2520	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 5	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-08-09	2530	Asia Unplated With Diana Chan	Malaysian	Diana seeks inspiration from her Malaysian roots, conjuring the sights and smells of food stalls from her childhood. She invites two guests to demonstrate their favourite home-style recipes.	AUSTRALIA	English-100	RPT	G	
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2021-08-09	2800	Donal's Kitchen Hero Feast	Surf's Up	Donal and friends head to Kerry for a surfing weekend. Knowing it's going to be cold, Donal prepares a chickpea, pasta and tomato soup, and some dig-in beef fajitas to eat on the beach.	IRELAND	English-100	RPT	G	
2021-08-09	2830	Bill's Kitchen: Notting Hill	Notting Hill	Moving the whole family from Australia to England has been an upheaval for Bill and his family, but it was worth it to be part of London's vibrant and exciting food scene.	UNITED KINGDOM	English-100	RPT	G	
2021-08-10	0500	Pati's Mexican Table	Local's Tour Of Culiacan, A	Pati visits Culiacan, the capital of the state of Sinaloa. Founded in 1531, Culiacan is the centre of trade for produce, meat, and fish and the locals pride themselves on the produce.	USA	English-100	RPT	G	
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2021-08-10	0630	Annabel Langbein: Free Range Cook	Paella Party	Annabel Langbein cooks up a seafood celebration feast on the back of her truck, including the most spectacular beachside paella and flambeed peaches from her Wanaka orchard.	NEW ZEALAND	English-100	RPT	PG	
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2021-08-10	0900	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 26	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-10	0930	Asia Unplated With Diana Chan	Malaysian	Diana seeks inspiration from her Malaysian roots, conjuring the sights and smells of food stalls from her childhood. She invites two guests to demonstrate their favourite home-style recipes.	AUSTRALIA	English-100	RPT	G	
2021-08-10	1000	John Torode's Asia	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	RPT	PG	

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2021-08-10	1330	Donal's Kitchen Hero Feast	Friends For Dinner	Donal prepares Thai fish cakes, teriyaki salmon with noodles, and a mega banoffee pie as he hosts a group of his friends for dinner.	IRELAND	English-100	RPT	G	
2021-08-10	1400	Bill's Kitchen: Notting Hill	Break For The Border	A recent trip to Mexico has inspired Bill to work with the flavours and ingredients he discovered, but with a Bill twist.	UNITED KINGDOM	English-100	RPT	G	
2021-08-10	1430	Pati's Mexican Table	Altata, Hidden Gem By The Sea Of Cortez	Altata is a small town on the coast of Sinaloa, about 45 miles west of Culiacan with stretches of beautiful beaches and delicious seafood at your fingertips.	USA	English-100	RPT	G	
2021-08-10	1500	The Chefs' Line	Thai	Station Chef Jarl Banuawa steps up to represent his restaurant against three talented home cooks. Watch the competition, camaraderie and spectacular skills of these talented cooks and chefs.	AUSTRALIA	English-100	RPT	G	Y
2021-08-10	1530	Lidia's Italy	Lidia's Italy Series 4 Ep 17	Lidia travels up to the mountains of Abruzzo, where they are known for their hearty foods. Join her as she creates a chestnut and lentil soup with tomato and basil.	USA	English-100	RPT	G	
2021-08-10	1600	Annabel Langbein: Free Range Cook	Italian Inspiration	Annabel visits Sam Neill's Two Paddocks vineyard to harvest saffron and pick heritage pears, then invites him and his team to her cabin to try her modern take on classic Italian osso bucco.	NEW ZEALAND	English-100	RPT	G	
2021-08-10	1630	Bake With Anna Olson	Batter Cookies	Batter cookies start with a soft batter that is shaped, piped or formed before baking, and are a classic part of a pastry chef's repertoire. Annna shares her favourite batter cookie recipes.	CANADA	English-100	RPT	G	
2021-08-10	1700	Destination Flavour Down Under	Southern Western Australia	On his journey from the outskirts of Perth to Narembeen, Adam meets farmers who have based their livelihoods on unusual ingredients.	AUSTRALIA	English-100	RPT	G	Y
2021-08-10	1730	The Cook And The Chef	Cauliflower And Passionfruit	Working at the Hotel often keeps Simon busy late into the evening so he's not known for his love of early mornings, but this week he's made the effort to get up well before the crack of dawn.	AUSTRALIA	English-100		G	
2021-08-10	1800	Choccywoccydoodah	Make Cake And Influence People	Things are heating up at Choccywoccydoodah - boss Christine wants chief cake artist Dave to come up with two new cakes. Later they have to create a cake for auction at a charity event fronted by Davina McCall.	UNITED KINGDOM	English-100		PG	
2021-08-10	1830	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 27	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-10	1900	The Cook Up with Adam Liaw	Japanese	The Feed's Marc Fennel and Executive Chef and founder of Sokyo, Chase Kojima, challenge host Adam Liaw to a Japanese food cook-off in The Cook Up kitchen.	AUSTRALIA	English-100		PG	
2021-08-10	1930	Destination Flavour Japan	Destination Flavour - Japan Series 1 Ep 4	Adam Liaw discovers and devours some of the finest miso, Nagoya chicken and Wagyu beef in Japan before meeting a 74-year-old who still free-dives for precious abalone.	AUSTRALIA	English-75; Japanese-25	RPT	G	Y
2021-08-10	2000	David Rocco's Dolce Africa	Nairobi, Green City In The Sun	In order to get to the heart of what it means to be Kenyan, David travels to Nairobi and meets an eclectic variety of local artists and entrepreneurs who open his eyes to the joys and challenges of city life.	CANADA	English-100		PG	

2021-08-10	2030	Jamie's Great Britain	South Wales	Jamie travels to South Wales where he learns of the massive impact the welsh coal boom had on their food culture in the late 19th century and beyond, and how a massive Italian community evolved in Wales.	UNITED KINGDOM	English-100		PG	
2021-08-10	2130	Mystery Diners	Sleeping On The Job	Chef Marc notices a disparity in sales receipts and inventory with his high-end Italian deli meats. A Mystery Diner goes undercover as a busboy to discover who's using supplies for personal gain.	USA	English-100	RPT	PG	
2021-08-10	2200	The Cook Up with Adam Liaw	Japanese	The Feed's Marc Fennel and Executive Chef and founder of Sokyo, Chase Kojima, challenge host Adam Liaw to a Japanese food cook-off in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG	
2021-08-10	2230	The Cook And The Chef	Cauliflower And Passionfruit	Working at the Hotel often keeps Simon busy late into the evening so he's not known for his love of early mornings, but this week he's made the effort to get up well before the crack of dawn.	AUSTRALIA	English-100	RPT	G	
2021-08-10	2300	Choccywoccydoodah	Make Cake And Influence People	Things are heating up at Choccywoccydoodah - boss Christine wants chief cake artist Dave to come up with two new cakes. Later they have to create a cake for auction at a charity event fronted by Davina McCall.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-10	2330	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 27	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-10	2400	The Chefs' Line	Thai	Station Chef Jarl Banuawa steps up to represent his restaurant against three talented home cooks. Watch the competition, camaraderie and spectacular skills of these talented cooks and chefs.	AUSTRALIA	English-100	RPT	G	Y
2021-08-10	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 52	Snooker players John Virgo and Willie Thorne cue up for a perfect break in the kitchen with Ainsley Harriott for another classic 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G	
2021-08-10	2520	Poh & Co. Bitesize	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
2021-08-10	2530	Destination Flavour Japan	Destination Flavour - Japan Series 1 Ep 4	Adam Liaw discovers and devours some of the finest miso, Nagoya chicken and Wagyu beef in Japan before meeting a 74-year-old who still free-dives for precious abalone.	AUSTRALIA	English-75; Japanese-25	RPT	G	Y
2021-08-10	2600	David Rocco's Dolce Africa	Nairobi, Green City In The Sun	In order to get to the heart of what it means to be Kenyan, David travels to Nairobi and meets an eclectic variety of local artists and entrepreneurs who open his eyes to the joys and challenges of city life.	CANADA	English-100	RPT	PG	
2021-08-10	2630	Jamie's Great Britain	South Wales	Jamie travels to South Wales where he learns of the massive impact the welsh coal boom had on their food culture in the late 19th century and beyond, and how a massive Italian community evolved in Wales.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-10	2730	Mystery Diners	Sleeping On The Job	Chef Marc notices a disparity in sales receipts and inventory with his high-end Italian deli meats. A Mystery Diner goes undercover as a busboy to discover who's using supplies for personal gain.	USA	English-100	RPT	PG	
2021-08-10	2800	Donal's Kitchen Hero Feast	Friends For Dinner	Donal prepares Thai fish cakes, teriyaki salmon with noodles, and a mega banoffee pie as he hosts a group of his friends for dinner.	IRELAND	English-100	RPT	G	
2021-08-10	2830	Bill's Kitchen: Notting Hill	Break For The Border	A recent trip to Mexico has inspired Bill to work with the flavours and ingredients he discovered, but with a Bill twist.	UNITED KINGDOM	English-100	RPT	G	
2021-08-11	0500	Pati's Mexican Table	Altata, Hidden Gem By The Sea Of Cortez	Altata is a small town on the coast of Sinaloa, about 45 miles west of Culiacan with stretches of beautiful beaches and delicious seafood at your fingertips.	USA	English-100	RPT	G	
2021-08-11	0530	The Chefs' Line	Thai	Station Chef Jarl Banuawa steps up to represent his restaurant against three talented home cooks. Watch the competition, camaraderie and spectacular skills of these talented cooks and chefs.	AUSTRALIA	English-100	RPT	G	Y
2021-08-11	0600	Lidia's Italy	Lidia's Italy Series 4 Ep 17	Lidia travels up to the mountains of Abruzzo, where they are known for their hearty foods. Join her as she creates a chestnut and lentil soup with tomato and basil.	USA	English-100	RPT	G	
2021-08-11	0630	Annabel Langbein: Free Range Cook	Italian Inspiration	Annabel visits Sam Neill's Two Paddocks vineyard to harvest saffron and pick heritage pears, then invites him and his team to her cabin to try her modern take on classic Italian osso bucco.	NEW ZEALAND	English-100	RPT	G	
2021-08-11	0700	Bake With Anna Olson	Batter Cookies	Batter cookies start with a soft batter that is shaped, piped or formed before baking, and are a classic part of a pastry chef's repertoire. Annna shares her favourite batter cookie recipes.	CANADA	English-100	RPT	G	

2021-08-11	0730	Destination Flavour Down Under	Southern Western Australia	On his journey from the outskirts of Perth to Narembeen, Adam meets farmers who have based their livelihoods on unusual ingredients.	AUSTRALIA	English-100	RPT	G	Y
2021-08-11	0800	The Cook And The Chef	Cauliflower And Passionfruit	Working at the Hotel often keeps Simon busy late into the evening so he's not known for his love of early mornings, but this week he's made the effort to get up well before the crack of dawn.	AUSTRALIA	English-100	RPT	G	
2021-08-11	0830	Choccywoccydoodah	Make Cake And Influence People	Things are heating up at Choccywoccydoodah - boss Christine wants chief cake artist Dave to come up with two new cakes. Later they have to create a cake for auction at a charity event fronted by Davina McCall.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-11	0900	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 27	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-11	0930	Destination Flavour Japan	Destination Flavour - Japan Series 1 Ep 4	Adam Liaw discovers and devours some of the finest miso, Nagoya chicken and Wagyu beef in Japan before meeting a 74-year-old who still free-dives for precious abalone.	AUSTRALIA	English-75; Japanese-25	RPT	G	Y
2021-08-11	1000	David Rocco's Dolce Africa	Nairobi, Green City In The Sun	In order to get to the heart of what it means to be Kenyan, David travels to Nairobi and meets an eclectic variety of local artists and entrepreneurs who open his eyes to the joys and challenges of city life.	CANADA	English-100	RPT	PG	
2021-08-11	1030	Mystery Diners	Sleeping On The Job	Chef Marc notices a disparity in sales receipts and inventory with his high-end Italian deli meats. A Mystery Diner goes undercover as a busboy to discover who's using supplies for personal gain.	USA	English-100	RPT	PG	
2021-08-11	1100	The Cook Up with Adam Liaw	Japanese	The Feed's Marc Fennel and Executive Chef and founder of Sokyo, Chase Kojima, challenge host Adam Liaw to a Japanese food cook-off in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG	
2021-08-11	1130	Jamie's Great Britain	South Wales	Jamie travels to South Wales where he learns of the massive impact the Welsh coal boom had on their food culture in the late 19th century and beyond, and how a massive Italian community evolved in Wales.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-11	1230	Choccywoccydoodah	Make Cake And Influence People	Things are heating up at Choccywoccydoodah - boss Christine wants chief cake artist Dave to come up with two new cakes. Later they have to create a cake for auction at a charity event fronted by Davina McCall.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-11	1300	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 27	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-11	1330	Donal's Kitchen Hero Feast	Band Reunion	Donal cooks the kind of food bands like after long days and late nights - steak sandwiches, brownies, bangers with garlic mash, and apple slices.	IRELAND	English-100	RPT	G	
2021-08-11	1400	Bill's Kitchen: Notting Hill	No Worries	London has become Bill's fantasy Deli, shopping here for exotic food from around the world couldn't be easier. It's full of shops selling easy to prepare ingredients that make a chef's life simple.	UNITED KINGDOM	English-100	RPT	G	
2021-08-11	1430	Pati's Mexican Table	South By South Of The Border With Vivian Howard	Pati welcomes dear friend and fellow public television chef and host Vivian Howard to her kitchen.	USA	English-100	RPT	G	
2021-08-11	1500	The Chefs' Line	Thai	Sous chef Ben from Thai restaurant Easy Tiger goes up against two passionate home cooks. Witness the competition, camaraderie and spectacular skills of these talented cooks and chefs.	AUSTRALIA	English-100	RPT	G	Y
2021-08-11	1530	Lidia's Italy	Lidia's Italy Series 4 Ep 18	Lidia travels to Basilicata - a region known for its comfort and spice. Join her as she creates fiery maccheroni - pasta with breadcrumbs and pepperoncino - topped with pecorino and parsley.	USA	English-100	RPT	G	
2021-08-11	1600	Annabel Langbein: Free Range Cook	Cooking For A Crowd	Annabel tries her hand at flyfishing on the lake near her Wanaka cabin, then shows how to cook the most succulent trout enrobed in salt.	NEW ZEALAND	English-100	RPT	G	
2021-08-11	1630	Bake With Anna Olson	Bread Pudding	Bread pudding falls into the category of custard, since the bread is baked in an eggcream mixture to achieve its delicate richness. Anna demonstrates the principles behind this famous dessert.	CANADA	English-100	RPT	G	
2021-08-11	1700	Destination Flavour Down Under	South Australia	Back in his home state of South Australia, Adam revisits the Eyre Peninsular where he spent many summer holidays of his youth.	AUSTRALIA	English-100	RPT	G	Y
2021-08-11	1730	The Cook And The Chef	Limes And Rice	The beautiful fertile soils of the Northern Rivers Regions of NSW have made possible many amazing subtropical food enterprises. Maggie discovers why the finger lime is called 'citrus caviar'.	AUSTRALIA	English-100		G	

2021-08-11	1800	Choccywoccydoodah	I Put A Spell On You	It's Halloween and the chocolatiers unleash their eccentricity to create wondrous chocolate masterpieces, including an extravagant gothic horror inspired cake to be delivered to rock god Alice Cooper.	UNITED KINGDOM	English-100		PG	
2021-08-11	1830	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 28	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	G	
2021-08-11	1900	The Cook Up with Adam Liaw	Spinach	Host Adam Liaw, author and food critic Anthony Huckstep and owner of LP's Quality Meats, Luke Powell, cook up a storm as they re-create their favourite spinach dishes.	AUSTRALIA	English-100		PG	
2021-08-11	1930	Nigella Kitchen	Easy Does It	Nigella uses every trick in the book to make food that's delicious and as effortless as possible. Nigella shows a speedy take on a French classic, tarragon chicken with steamed green beans.	UNITED KINGDOM	English-100		G	
2021-08-11	2000	Poh & Co.	Dream Comes True, A	Poh and Sarah finally have their own shop at Adelaide Central Market. Preoccupied, she forgets to harvest her cabbage and they've bolted, resulting in a unique kimchi.	AUSTRALIA	English-100	RPT	G	Y
2021-08-11	2030	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 13	Rick is at Tintagel, Cornwall's most mythical place, where he discovers this was an important trading port with Europe and the birthplace of perhaps Britain's greatest legend, the tale of King Arthur.	UNITED KINGDOM	English-100		PG	
2021-08-11	2100	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 8	Rick is in Australia, which he first visited in the 1960s. Thirty years ago, the country's cuisine was nothing to write home about. But over the years, he has seen an enormous change.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-11	2200	The Cook Up with Adam Liaw	Spinach	Host Adam Liaw, author and food critic Anthony Huckstep and owner of LP's Quality Meats, Luke Powell, cook up a storm as they re-create their favourite spinach dishes.	AUSTRALIA	English-100	RPT	PG	
2021-08-11	2230	The Cook And The Chef	Limes And Rice	The beautiful fertile soils of the Northern Rivers Regions of NSW have made possible many amazing subtropical food enterprises. Maggie discovers why the finger lime is called 'citrus caviar'.	AUSTRALIA	English-100	RPT	G	
2021-08-11	2300	Choccywoccydoodah	I Put A Spell On You	It's Halloween and the chocolatiers unleash their eccentricity to create wondrous chocolate masterpieces, including an extravagant gothic horror inspired cake to be delivered to rock god Alice Cooper.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-11	2330	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 28	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	G	
2021-08-11	2400	The Chefs' Line	Thai	Sous chef Ben from Thai restaurant Easy Tiger goes up against two passionate home cooks. Witness the competition, camaraderie and spectacular skills of these talented cooks and chefs.	AUSTRALIA	English-100	RPT	G	Y
2021-08-11	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 53	The Bill's Lucy Speed and Chris Simmonds hang up their helmets and put on aprons for another 20-minute cooking challenge with Ainsley Harriott.	UNITED KINGDOM	English-100	RPT	G	
2021-08-11	2520	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
2021-08-11	2530	Nigella Kitchen	Easy Does It	Nigella uses every trick in the book to make food that's delicious and as effortless as possible. Nigella shows a speedy take on a French classic, tarragon chicken with steamed green beans.	UNITED KINGDOM	English-100	RPT	G	
2021-08-11	2600	Poh & Co.	Dream Comes True, A	Poh and Sarah finally have their own shop at Adelaide Central Market. Preoccupied, she forgets to harvest her cabbage and they've bolted, resulting in a unique kimchi.	AUSTRALIA	English-100	RPT	G	Y
2021-08-11	2630	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 13	Rick is at Tintagel, Cornwall's most mythical place, where he discovers this was an important trading port with Europe and the birthplace of perhaps Britain's greatest legend, the tale of King Arthur.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-11	2700	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 8	Rick is in Australia, which he first visited in the 1960s. Thirty years ago, the country's cuisine was nothing to write home about. But over the years, he has seen an enormous change.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-11	2800	Donal's Kitchen Hero Feast	Band Reunion	Donal cooks the kind of food bands like after long days and late nights - steak sandwiches, brownies, bangers with garlic mash, and apple slices.	IRELAND	English-100	RPT	G	
2021-08-11	2830	Bill's Kitchen: Notting Hill	No Worries	London has become Bill's fantasy Deli, shopping here for exotic food from around the world couldn't be easier. It's full of shops selling easy to prepare ingredients that make a chef's life simple.	UNITED KINGDOM	English-100	RPT	G	

2021-08-12	0500	Pati's Mexican Table	South By South Of The Border With Vivian Howard	Pati welcomes dear friend and fellow public television chef and host Vivian Howard to her kitchen.	USA	English-100	RPT	G	
2021-08-12	0530	The Chefs' Line	Thai	Sous chef Ben from Thai restaurant Easy Tiger goes up against two passionate home cooks. Witness the competition, camaraderie and spectacular skills of these talented cooks and chefs.	AUSTRALIA	English-100	RPT	G	Y
2021-08-12	0600	Lidia's Italy	Lidia's Italy Series 4 Ep 18	Lidia travels to Basilicata - a region known for its comfort and spice. Join her as she creates fiery maccheroni - pasta with breadcrumbs and pepperoncino - topped with pecorino and parsley.	USA	English-100	RPT	G	
2021-08-12	0630	Annabel Langbein: Free Range Cook	Cooking For A Crowd	Annabel tries her hand at flyfishing on the lake near her Wanaka cabin, then shows how to cook the most succulent trout enrobed in salt.	NEW ZEALAND	English-100	RPT	G	
2021-08-12	0700	Bake With Anna Olson	Bread Pudding	Bread pudding falls into the category of custard, since the bread is baked in an eggcream mixture to achieve its delicate richness. Anna demonstrates the principles behind this famous dessert.	CANADA	English-100	RPT	G	
2021-08-12	0730	Destination Flavour Down Under	South Australia	Back in his home state of South Australia, Adam revisits the Eyre Peninsular where he spent many summer holidays of his youth.	AUSTRALIA	English-100	RPT	G	Y
2021-08-12	0800	The Cook And The Chef	Limes And Rice	The beautiful fertile soils of the Northern Rivers Regions of NSW have made possible many amazing subtropical food enterprises. Maggie discovers why the finger lime is called 'citrus caviar'.	AUSTRALIA	English-100	RPT	G	
2021-08-12	0830	Choccywoccydoodah	I Put A Spell On You	It's Halloween and the chocolatiers unleash their eccentricity to create wondrous chocolate masterpieces, including an extravagant gothic horror inspired cake to be delivered to rock god Alice Cooper.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-12	0900	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 28	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	G	
2021-08-12	0930	Nigella Kitchen	Easy Does It	Nigella uses every trick in the book to make food that's delicious and as effortless as possible. Nigella shows a speedy take on a French classic, tarragon chicken with steamed green beans.	UNITED KINGDOM	English-100	RPT	G	
2021-08-12	1000	Poh & Co.	Dream Comes True, A	Poh and Sarah finally have their own shop at Adelaide Central Market. Preoccupied, she forgets to harvest her cabbage and they've bolted, resulting in a unique kimchi.	AUSTRALIA	English-100	RPT	G	Y
2021-08-12	1030	Mystery Diners	Singles Night	A Mystery Diner goes undercover as a waitress to find out why a bar in Las Vegas has a steady decline in female patrons and learns that the manager is serving more than just drinks from the bar.	USA	English-100	RPT	PG	
2021-08-12	1100	The Cook Up with Adam Liaw	Spinach	Host Adam Liaw, author and food critic Anthony Huckstep and owner of LP's Quality Meats, Luke Powell, cook up a storm as they re-create their favourite spinach dishes.	AUSTRALIA	English-100	RPT	PG	
2021-08-12	1130	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 13	Rick is at Tintagel, Cornwall's most mythical place, where he discovers this was an important trading port with Europe and the birthplace of perhaps Britain's greatest legend, the tale of King Arthur.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-12	1200	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 8	Rick is in Australia, which he first visited in the 1960s. Thirty years ago, the country's cuisine was nothing to write home about. But over the years, he has seen an enormous change.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-12	1300	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 28	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	G	
2021-08-12	1330	Donal's Kitchen Hero Feast	Five Mile Hike In Kerry	Donal prepares food to take with him and a group of friends as they walk a five mile section of the Kerry Way - white bean and chorizo soup, lime and chilli chicken salad, and soda bread.	IRELAND	English-100	RPT	G	
2021-08-12	1400	Bill's Kitchen: Notting Hill	Some Like It Hot	London is at it's most exciting during Fashion week and Bill is cooking for some of his favourite designers and their entourage at their post show party.	UNITED KINGDOM	English-100	RPT	G	
2021-08-12	1430	Pati's Mexican Table	Los Mochis, Street Taco Favourites	Pati heads to Los Mochis - a coastal city in the northern region of Sinaloa that was founded by Americans in the late 1800s.	USA	English-100	RPT	G	
2021-08-12	1500	The Chefs' Line	Thai	Head Chef Jarrod from Thai restaurant Easy Tiger goes up against this week's best home cook. This is the ultimate David vs Goliath battle. Can the passion of a home cook beat a professional chef?	AUSTRALIA	English-100	RPT	G	Y

2021-08-12	1530	Lidia's Italy	Lidia's Italy Series 4 Ep 19	Join Lidia as she travels to Abruzzo and creates two delicious maccheroni dishes. With the help of chef Billy Gallagher from Becco, Lidia makes a version of maccheroni with sliced zucchini and eggs.	USA	English-100	RPT	G	
2021-08-12	1600	Annabel Langbein: Free Range Cook	Perfect Roast, A	Annabel gathers culinary lavender and merino lamb to make a roast dinner with a difference. Also on the menu are deep-fried zucchini flowers and a divine tarte tatin.	NEW ZEALAND	English-100	RPT	G	
2021-08-12	1630	Bake With Anna Olson	Trifle	There's nothing trifling about a good trifle! To call a dessert a trifle it must have layers of cake, cream, and fruit. This leaves a lot of room to experiment with both classic and creative recipes.	CANADA	English-100	RPT	G	
2021-08-12	1700	Destination Flavour Down Under	Australia - Northern Territory	During a day out on the magnificent waters of Nitmiluk Gorge, Adam nets a barramundi, which he cooks up at a breathtaking spot in front of Edith Falls.	AUSTRALIA	English-100	RPT	G	Y
2021-08-12	1730	The Cook And The Chef	Brussels Sprouts And Avocado	Maggie and Simon go green with brussels sprouts and avocados. Enjoy their warm winter take on the much maligned sprout and take a trip back to the seventies with Simon's avocado ice cream.	AUSTRALIA	English-100		G	
2021-08-12	1800	Choccywoccydoodah	It's Showtime	Choccywoccydoodah are renowned for their risqué line of chocolate goodies. Today the focus is on the female form for two outlandish 1.2 metre high cakes, including one for The Classic Rock Awards.	UNITED KINGDOM	English-100		PG	
2021-08-12	1830	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 29	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	G	
2021-08-12	1900	The Cook Up with Adam Liaw	Ricotta	Sardinian native and Pilu owner Giovanni Pilu and Acme famed chef Mitch Orr take over The Cook Up kitchen as they re-create their favourite beloved ricotta dishes alongside series host, Adam Liaw.	AUSTRALIA	English-100		PG	
2021-08-12	1930	Field Trip With Curtis Stone	Lombardy	Curtis travels to the Lombardy region at the base of the Italian Alps to discover a local cheese and peasant dish. He subsequently embarks on a helicopter tour of a prestigious Franciacorta vineyard.	USA	English-100		PG	
2021-08-12	2000	Middle East Feast With Shane Delia	Comfort Food	Tom Sarafian joins host Shane Delia in the kitchen for today's episode on the best of slow-cooked comfort food, and Shane gives the secrets to his impressive slow-roasted lamb shoulder.	AUSTRALIA	English-100		PG	
2021-08-12	2030	Gino's Italian Escape	Northern Sardinia	Having made Sardinia his home from home for the past three years, Gino is keen to explore this beautiful island, through its food, people and unique landscape.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-12	2100	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 7	Arriving in the historic town of Castelnaudary, Rick fulfils a dream by visiting the barracks of the legendary French Foreign Legion and discovers what the soldiers are served in their canteen.	UNITED KINGDOM	English-100	RPT	G	
2021-08-12	2130	Mystery Diners	Sour Grapes	The owner of a Las Vegas restaurant suspects his sophisticated, but slightly arrogant, wine sommelier is negatively affecting his spirit sales. Could he be selling his own wine to customers?	USA	English-100	RPT	PG	
2021-08-12	2200	The Cook Up with Adam Liaw	Ricotta	Sardinian native and Pilu owner Giovanni Pilu and Acme famed chef Mitch Orr take over The Cook Up kitchen as they re-create their favourite beloved ricotta dishes alongside series host, Adam Liaw.	AUSTRALIA	English-100	RPT	PG	
2021-08-12	2230	The Cook And The Chef	Brussels Sprouts And Avocado	Maggie and Simon go green with brussels sprouts and avocados. Enjoy their warm winter take on the much maligned sprout and take a trip back to the seventies with Simon's avocado ice cream.	AUSTRALIA	English-100	RPT	G	
2021-08-12	2300	Choccywoccydoodah	It's Showtime	Choccywoccydoodah are renowned for their risqué line of chocolate goodies. Today the focus is on the female form for two outlandish 1.2 metre high cakes, including one for The Classic Rock Awards.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-12	2330	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 29	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	G	
2021-08-12	2400	The Chefs' Line	Thai	Head Chef Jarrod from Thai restaurant Easy Tiger goes up against this week's best home cook. This is the ultimate David vs Goliath battle. Can the passion of a home cook beat a professional chef?	AUSTRALIA	English-100	RPT	G	Y
2021-08-12	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 54	Actors Pauline Quirke and Linda Robson roll up their sleeves as Ainsley Harriott hosts another classic 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G	

2021-08-12	2520	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
2021-08-12	2530	Field Trip With Curtis Stone	Lombardy	Curtis travels to the Lombardy region at the base of the Italian Alps to discover a local cheese and peasant dish. He subsequently embarks on a helicopter tour of a prestigious Franciacorta vineyard.	USA	English-100	RPT	PG	
2021-08-12	2600	Middle East Feast With Shane Delia	Comfort Food	Tom Sarafian joins host Shane Delia in the kitchen for today's episode on the best of slow-cooked comfort food, and Shane gives the secrets to his impressive slow-roasted lamb shoulder.	AUSTRALIA	English-100	RPT	PG	
2021-08-12	2630	Gino's Italian Escape	Northern Sardinia	Having made Sardinia his home from home for the past three years, Gino is keen to explore this beautiful island, through its food, people and unique landscape.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-12	2700	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 7	Arriving in the historic town of Castelnaudary, Rick fulfils a dream by visiting the barracks of the legendary French Foreign Legion and discovers what the soldiers are served in their canteen.	UNITED KINGDOM	English-100	RPT	G	
2021-08-12	2730	Mystery Diners	Sour Grapes	The owner of a Las Vegas restaurant suspects his sophisticated, but slightly arrogant, wine sommelier is negatively affecting his spirit sales. Could he be selling his own wine to customers?	USA	English-100	RPT	PG	
2021-08-12	2800	Donal's Kitchen Hero Feast	Five Mile Hike In Kerry	Donal prepares food to take with him and a group of friends as they walk a five mile section of the Kerry Way - white bean and chorizo soup, lime and chilli chicken salad, and soda bread.	IRELAND	English-100	RPT	G	
2021-08-12	2830	Bill's Kitchen: Notting Hill	Some Like It Hot	London is at it's most exciting during Fashion week and Bill is cooking for some of his favourite designers and their entourage at their post show party.	UNITED KINGDOM	English-100	RPT	G	
2021-08-13	0500	Pati's Mexican Table	Los Mochis, Street Taco Favourites	Pati heads to Los Mochis - a coastal city in the northern region of Sinaloa that was founded by Americans in the late 1800s.	USA	English-100	RPT	G	
2021-08-13	0530	The Chefs' Line	Thai	Head Chef Jarrod from Thai restaurant Easy Tiger goes up against this week's best home cook. This is the ultimate David vs Goliath battle. Can the passion of a home cook beat a professional chef?	AUSTRALIA	English-100	RPT	G	Y
2021-08-13	0600	Lidia's Italy	Lidia's Italy Series 4 Ep 19	Join Lidia as she travels to Abruzzo and creates two delicious maccheroni dishes. With the help of chef Billy Gallagher from Becco, Lidia makes a version of maccheroni with sliced zucchini and eggs.	USA	English-100	RPT	G	
2021-08-13	0630	Annabel Langbein: Free Range Cook	Perfect Roast, A	Annabel gathers culinary lavender and merino lamb to make a roast dinner with a difference. Also on the menu are deep-fried zucchini flowers and a divine tarte tatin.	NEW ZEALAND	English-100	RPT	G	
2021-08-13	0700	Bake With Anna Olson	Trifle	There's nothing trifling about a good trifle! To call a dessert a trifle it must have layers of cake, cream, and fruit. This leaves a lot of room to experiment with both classic and creative recipes.	CANADA	English-100	RPT	G	
2021-08-13	0730	Destination Flavour Down Under	Australia - Northern Territory	During a day out on the magnificent waters of Nitmiluk Gorge, Adam nets a barramundi, which he cooks up at a breathtaking spot in front of Edith Falls.	AUSTRALIA	English-100	RPT	G	Y
2021-08-13	0800	The Cook And The Chef	Brussels Sprouts And Avocado	Maggie and Simon go green with brussels sprouts and avocados. Enjoy their warm winter take on the much maligned sprout and take a trip back to the seventies with Simon's avocado ice cream.	AUSTRALIA	English-100	RPT	G	
2021-08-13	0830	Choccywoccydoodah	It's Showtime	Choccywoccydoodah are renowned for their risqué line of chocolate goodies. Today the focus is on the female form for two outlandish 1.2 metre high cakes, including one for The Classic Rock Awards.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-13	0900	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 29	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	G	
2021-08-13	0930	Field Trip With Curtis Stone	Lombardy	Curtis travels to the Lombardy region at the base of the Italian Alps to discover a local cheese and peasant dish. He subsequently embarks on a helicopter tour of a prestigious Franciacorta vineyard.	USA	English-100	RPT	PG	
2021-08-13	1000	Middle East Feast With Shane Delia	Comfort Food	Tom Sarafian joins host Shane Delia in the kitchen for today's episode on the best of slow-cooked comfort food, and Shane gives the secrets to his impressive slow-roasted lamb shoulder.	AUSTRALIA	English-100	RPT	PG	

2021-08-13	1030	Mystery Diners	Sour Grapes	The owner of a Las Vegas restaurant suspects his sophisticated, but slightly arrogant, wine sommelier is negatively affecting his spirit sales. Could he be selling his own wine to customers?	USA	English-100	RPT	PG	
2021-08-13	1100	The Cook Up with Adam Liaw	Ricotta	Sardinian native and Pilu owner Giovanni Pilu and Acme famed chef Mitch Orr take over The Cook Up kitchen as they re-create their favourite beloved ricotta dishes alongside series host, Adam Liaw.	AUSTRALIA	English-100	RPT	PG	
2021-08-13	1130	Gino's Italian Escape	Northern Sardinia	Having made Sardinia his home from home for the past three years, Gino is keen to explore this beautiful island, through its food, people and unique landscape.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-13	1200	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 7	Arriving in the historic town of Castelnaudary, Rick fulfils a dream by visiting the barracks of the legendary French Foreign Legion and discovers what the soldiers are served in their canteen.	UNITED KINGDOM	English-100	RPT	G	
2021-08-13	1230	Choccywoccydoodah	It's Showtime	Choccywoccydoodah are renowned for their risqué line of chocolate goodies. Today the focus is on the female form for two outlandish 1.2 metre high cakes, including one for The Classic Rock Awards.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-13	1300	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 29	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	G	
2021-08-13	1330	Donal's Kitchen Hero Feast	Asian Invasion	Donal loves Asian food and creates a home-made version of a Chinese takeaway, complete with fortune cookies. His menu includes pork-filled lettuce cups, and Singapore noodles.	IRELAND	English-100	RPT	G	
2021-08-13	1400	Bill's Kitchen: Notting Hill	Sweden	Scandinavia has been rocking the food world with world class restaurants and ingredients for years now, and it's time Bill visited to discover for himself what the fuss is about.	UNITED KINGDOM	English-100	RPT	G	
2021-08-13	1430	Pati's Mexican Table	Taste Of Mazatlan, A	Pati meets up with close friends in Mazatlan - Sinola's premiere resort town claiming 13 miles of beautiful Pacific coastline, and some of the best restaurants in Mexico.	USA	English-100	RPT	G	
2021-08-13	1500	The Chefs' Line	Thai	Inside the kitchen of Thai restaurant Easy Tiger, Mave O'Meara and the chefs delve into delicious new dishes, like Thai fish cakes, a fish curry with a twist and a modern dumpling dessert.	AUSTRALIA	English-100	RPT	G	Y
2021-08-13	1530	Lidia's Italy	Lidia's Italy Series 4 Ep 20	Join Lidia as she travels to Molise - a region known for both hearty foods and fresh vegetables. Lidia creates a pasta dish with cavatelli, favas, and onions.	USA	English-100	RPT	G	
2021-08-13	1600	Annabel Langbein: Free Range Cook	Taste Of Asia, A	In sunny Nelson at the top of New Zealand's South Island, Annabel harvests mushrooms to use in a quick and easy teriyaki fish and mushroom bake.	NEW ZEALAND	English-100	RPT	G	
2021-08-13	1630	Bake With Anna Olson	Cake Cookies	Exactly as they sound, cake cookies are soft and moist like a cake, but you bake them on a tray like a traditional cookie. Anna demonstrates the cake-like batter and how to achieve the best results.	CANADA	English-100	RPT	G	
2021-08-13	1700	Destination Flavour Down Under	Australia - Queensland	It is one tropical surprise after another when Adam takes to the road around Rockhampton, beginning his trip at a petrol station known for making the best crab sandwiches in QLD.	AUSTRALIA	English-100	RPT	G	Y
2021-08-13	1730	The Cook And The Chef	Lemon Myrtle And Pizzas	The little village of Nimbin, in the Byron Bay Hinterland, has embraced its reputation as Australia's hippie capital and the influence of the counter culture extends way beyond the main street.	AUSTRALIA	English-100		G	
2021-08-13	1800	Choccywoccydoodah	Cake And Cupids Conquer All	This time the team have two very different challenges: a wedding cake that's dripping in designer shoes and a cake designed around the tragic tale of Miss Havisham who was jilted on her wedding day.	UNITED KINGDOM	English-100		PG	
2021-08-13	1830	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 30	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-13	1900	The Cook Up with Adam Liaw	Mushrooms	Host Adam Liaw is joined by former Ready Steady Cook presenter Janelle Bloom and China Doll head chef Frank Shek as they serve up their favourite mushroom dishes in The Cook Up kitchen.	AUSTRALIA	English-100		PG	
2021-08-13	1930	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 2	There's trouble on Paul's farm and his goats go missing. He's questioning Bessie's future and needs to find out if she's pregnant. It's time to turn the winter veggie patch into his first cash crop.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-08-13	2030	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 2	Jamie makes a smashing chilli that packs a mighty punch! He travels to India and learns new tricks to make your veggies sing, before creating a spiced-up parsnip soup and his veggie take on a pasty.	UNITED KINGDOM	English-100	RPT	G	

2021-08-13	2125	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
2021-08-13	2130	Mystery Diners	Night Shift	Mystery Diners go undercover as customers and discover that the overnight bartender of Putter's Bar and Grill in Las Vegas is running his own bar called 'the Junkyard'.	USA	English-100	RPT	PG	
2021-08-13	2200	The Cook Up with Adam Liaw	Mushrooms	Host Adam Liaw is joined by former Ready Steady Cook presenter Janelle Bloom and China Doll head chef Frank Shek as they serve up their favourite mushroom dishes in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG	
2021-08-13	2230	The Cook And The Chef	Lemon Myrtle And Pizzas	The little village of Nimbin, in the Byron Bay Hinterland, has embraced its reputation as Australia's hippie capital and the influence of the counter culture extends way beyond the main street.	AUSTRALIA	English-100	RPT	G	
2021-08-13	2300	Choccywoccydoodah	Cake And Cupids Conquer All	This time the team have two very different challenges: a wedding cake that's dripping in designer shoes and a cake designed around the tragic tale of Miss Havisham who was jilted on her wedding day.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-13	2330	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 30	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-13	2400	The Chefs' Line	Thai	Inside the kitchen of Thai restaurant Easy Tiger, Mave O'Meara and the chefs delve into delicious new dishes, like Thai fish cakes, a fish curry with a twist and a modern dumpling dessert.	AUSTRALIA	English-100	RPT	G	Y
2021-08-13	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 55	Radio One presenters Scott Mills and Mark Chapman set plates spinning in the kitchen as Ainsley Harriott hosts another classic 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G	
2021-08-13	2520	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 9	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-08-13	2530	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 2	There's trouble on Paul's farm and his goats go missing. He's questioning Bessie's future and needs to find out if she's pregnant. It's time to turn the winter veggie patch into his first cash crop.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-08-13	2630	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 2	Jamie makes a smashing chilli that packs a mighty punch! He travels to India and learns new tricks to make your veggies sing, before creating a spiced-up parsnip soup and his veggie take on a pasty.	UNITED KINGDOM	English-100	RPT	G	
2021-08-13	2725	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
2021-08-13	2730	Mystery Diners	Night Shift	Mystery Diners go undercover as customers and discover that the overnight bartender of Putter's Bar and Grill in Las Vegas is running his own bar called 'the Junkyard'.	USA	English-100	RPT	PG	
2021-08-13	2800	Donal's Kitchen Hero Feast	Asian Invasion	Donal loves Asian food and creates a home-made version of a Chinese takeaway, complete with fortune cookies. His menu includes pork-filled lettuce cups, and Singapore noodles.	IRELAND	English-100	RPT	G	
2021-08-13	2830	Bill's Kitchen: Notting Hill	Sweden	Scandinavia has been rocking the food world with world class restaurants and ingredients for years now, and it's time Bill visited to discover for himself what the fuss is about.	UNITED KINGDOM	English-100	RPT	G	
2021-08-14	0500	Pati's Mexican Table	Taste Of Mazatlan, A	Pati meets up with close friends in Mazatlan - Sinola's premiere resort town claiming 13 miles of beautiful Pacific coastline, and some of the best restaurants in Mexico.	USA	English-100	RPT	G	
2021-08-14	0530	The Chefs' Line	Thai	Inside the kitchen of Thai restaurant Easy Tiger, Mave O'Meara and the chefs delve into delicious new dishes, like Thai fish cakes, a fish curry with a twist and a modern dumpling dessert.	AUSTRALIA	English-100	RPT	G	Y
2021-08-14	0600	Lidia's Italy	Lidia's Italy Series 4 Ep 20	Join Lidia as she travels to Molise - a region known for both hearty foods and fresh vegetables. Lidia creates a pasta dish with cavatelli, favas, and onions.	USA	English-100	RPT	G	
2021-08-14	0630	Annabel Langbein: Free Range Cook	Taste Of Asia, A	In sunny Nelson at the top of New Zealand's South Island, Annabel harvests mushrooms to use in a quick and easy teriyaki fish and mushroom bake.	NEW ZEALAND	English-100	RPT	G	
2021-08-14	0700	Bake With Anna Olson	Cake Cookies	Exactly as they sound, cake cookies are soft and moist like a cake, but you bake them on a tray like a traditional cookie. Anna demonstrates the cake-like batter and how to achieve the best results.	CANADA	English-100	RPT	G	

2021-08-14	0730	Destination Flavour Down Under	Australia - Queensland	It is one tropical surprise after another when Adam takes to the road around Rockhampton, beginning his trip at a petrol station known for making the best crab sandwiches in QLD.	AUSTRALIA	English-100	RPT	G	Y
2021-08-14	0800	The Cook And The Chef	Lemon Myrtle And Pizzas	The little village of Nimbin, in the Byron Bay Hinterland, has embraced its reputation as Australia's hippie capital and the influence of the counter culture extends way beyond the main street.	AUSTRALIA	English-100	RPT	G	
2021-08-14	0830	Choccywoccydoodah	Cake And Cupids Conquer All	Today the team have two very different challenges: a wedding cake that's dripping in designer shoes and a cake designed around the tragic tale of Miss Havisham who was jilted on her wedding day	UNITED KINGDOM	English-100	RPT	PG	
2021-08-14	0900	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 30	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-14	0930	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 2	There's trouble on Paul's farm and his goats go missing. He's questioning Bessie's future and needs to find out if she's pregnant. It's time to turn the winter veggie patch into his first cash crop.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-08-14	1030	Mystery Diners	Night Shift	Mystery Diners go undercover as customers and discover that the overnight bartender of Putter's Bar and Grill in Las Vegas is running his own bar called 'the Junkyard'.	USA	English-100	RPT	PG	
2021-08-14	1100	The Cook Up with Adam Liaw	Mushrooms	Host Adam Liaw is joined by former Ready Steady Cook presenter Janelle Bloom and China Doll head chef Frank Shek as they serve up their favourite mushroom dishes in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG	
2021-08-14	1130	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 2	Jamie makes a smashing chilli that packs a mighty punch! He travels to India and learns new tricks to make your veggies sing, before creating a spiced-up parsnip soup and his veggie take on a pasty.	UNITED KINGDOM	English-100	RPT	G	
2021-08-14	1225	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
2021-08-14	1230	Choccywoccydoodah	Cake And Cupids Conquer All	This time the team have two very different challenges: a wedding cake that's dripping in designer shoes and a cake designed around the tragic tale of Miss Havisham who was jilted on her wedding day.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-14	1300	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 30	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-14	1330	Destination Flavour Down Under	Australia - Queensland	It is one tropical surprise after another when Adam takes to the road around Rockhampton, beginning his trip at a petrol station known for making the best crab sandwiches in QLD.	AUSTRALIA	English-100	RPT	G	Y
2021-08-14	1400	Living On The Veg	Living On The Veg Series 1 Ep 7	Henry and Ian create a warming jackfruit chilli, followed by their vegan- friendly, gooey camembert hedgehog. Anna Jones brings a taste of Korea to the kitchen with her carrot and sesame pancakes.	UNITED KINGDOM	English-100	RPT	G	
2021-08-14	1455	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 1	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
2021-08-14	1500	Beautiful Baking With Juliet Sear	Beautiful Baking With Juliet Sear Series 1 Ep 10	Juliet creates recipes perfect for starting a new year, including savoury breakfast muffins and granola protein bars. Doctor and television presenter Ranj Singh serves up her healthy lasagne.	UNITED KINGDOM	English-100	RPT	G	
2021-08-14	1555	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 2	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-08-14	1600	Watts On The Grill	Grilled Veggies	Spencer Watts shares his tips and tricks for getting the most flavour as possible out of vegetables by cooking them on the barbeque.	CANADA	English-100	RPT	G	
2021-08-14	1630	Watts On The Grill	Handheld Party Foods	Entertaining host Spencer Watts shows how to get a party started with mouthwatering grilled handheld recipes.	CANADA	English-100	RPT	G	
2021-08-14	1700	Pacific Island Food Revolution	Grand Finale: Food And Faith	It is the grand finale at Revolution Kitchen, as Team Tonga and Team Fiji battle it out to be the winners of Pacific Island Food Revolution - Season Two.	NEW ZEALAND	English-100	RPT	PG	
2021-08-14	1755	Destination Flavour Bitesize	Destination Flavour Bitesize Series 1 Ep 2	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

2021-08-14	1800	Cheese Slices	Ireland	Ireland's history of making cheese dates back to ancient Celtic times. Will explores the spectacularly rugged west coast of Ireland to try some of the more unusual cheese varieties.	AUSTRALIA	English-100	RPT	G	
2021-08-14	1830	Cheese Slices	Roquefort	With a fascinating history that dates back to Roman times, the importance of Roquefort cheese cannot be underestimated. Will visits a typical dairy to look at a unique breed of milking ewes.	AUSTRALIA	English-100	RPT	G	
2021-08-14	1900	Born To Cook: Jack Stein Down Under	Abalone, Truffles And Cherries	Jack Stein is in the Margaret River for the annual pilgrimage to Gourmet Escape. Jack's on a mission to find fresh inspiration and unique inspiration in the foodie Mecca of Australia's South-West.	AUSTRALIA	English-100	RPT	G	
2021-08-14	1930	Ottolenghi's Mediterranean Island Feast	Sardinia	Yotam travels to Sardinia to explore the island's unique food traditions and flavours. In the beautiful fishing port of Bosa, he cooks up a freshly caught lobster.	UNITED KINGDOM	English-100		G	Y
2021-08-14	2025	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 3	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-08-14	2030	Ainsley's Mediterranean Cookbook	Seville	Ainsley's Mediterranean travels have brought him to southern Spain where he's in stunning Seville, soaking up the sunshine and of course, discovering lots of lovely food.	UNITED KINGDOM	English-100	RPT	G	
2021-08-14	2125	Destination Flavour Bitesize	Destination Flavour Bitesize Series 1 Ep 2	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
2021-08-14	2130	Hairy Bikers' Best Of British	Woodlands	Dave and Si enter the larder of the British woodlands, revealing the hidden foodie gems that can be found within them. They prepare a wild boar ragu.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-14	2235	Pacific Island Food Revolution	Grand Finale: Food And Faith	It is the grand finale at Revolution Kitchen, as Team Tonga and Team Fiji battle it out to be the winners of Pacific Island Food Revolution - Season Two.	NEW ZEALAND	English-100	RPT	PG	
2021-08-14	2330	Cheese Slices	Ireland	Ireland's history of making cheese dates back to ancient Celtic times. Will explores the spectacularly rugged west coast of Ireland to try some of the more unusual cheese varieties.	AUSTRALIA	English-100	RPT	G	
2021-08-14	2400	Cheese Slices	Roquefort	With a fascinating history that dates back to Roman times, the importance of Roquefort cheese cannot be underestimated. Will visits a typical dairy to look at a unique breed of milking ewes.	AUSTRALIA	English-100	RPT	G	
2021-08-14	2430	Ottolenghi's Mediterranean Island Feast	Sardinia	Yotam travels to Sardinia to explore the island's unique food traditions and flavours. In the beautiful fishing port of Bosa, he cooks up a freshly caught lobster.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-14	2525	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 3	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-08-14	2530	Ainsley's Mediterranean Cookbook	Seville	Ainsley's Mediterranean travels have brought him to southern Spain where he's in stunning Seville, soaking up the sunshine and of course, discovering lots of lovely food.	UNITED KINGDOM	English-100	RPT	G	
2021-08-14	2625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 1	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
2021-08-14	2630	Hairy Bikers' Best Of British	Woodlands	Dave and Si enter the larder of the British woodlands, revealing the hidden foodie gems that can be found within them. They prepare a wild boar ragu.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-14	2735	Living On The Veg	Living On The Veg Series 1 Ep 7	Henry and Ian create a warming jackfruit chilli, followed by their vegan- friendly, gooey camembert hedgehog. Anna Jones brings a taste of Korea to the kitchen with her carrot and sesame pancakes.	UNITED KINGDOM	English-100	RPT	G	
2021-08-14	2830	Born To Cook: Jack Stein Down Under	Abalone, Truffles And Cherries	Jack Stein is in the Margaret River for the annual pilgrimage to Gourmet Escape. Jack's on a mission to find fresh inspiration and unique inspiration in the foodie Mecca of Australia's South-West.	AUSTRALIA	English-100	RPT	G	