



WEEK 27: Sunday, 30 June- Saturday, 6 July 2024 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-06-30	0500	Nigellissima	Ep 4	Nigella shares her culinary talent as she presents delicious Italian-inspired food. First, Nigella reveals a secret passion for one of the tastes of Italy with her dark and deviant liquorice pudding.	UNITED KINGDOM	English-100	RPT	G		Y	
2024-06-30	0530	Hairy Bikers Go North	Cumbria	The lakes, is the most visited national park in England and with such an incredible scenery it's not hard to see why. Dave takes Si around his beloved home turf in search of the best produce and food.	UNITED KINGDOM	English-100		PG			
2024-06-30	0625	Destination Flavour Japan Bitesize	Hokkaido	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
2024-06-30	0630	Rick Stein's Long Weekends	Vienna	Rick Stein visits Vienna - the city that once ran the Austro-Hungarian Empire and continues to be home to comfort dishes like tafelspitz and goulash.	UNITED KINGDOM	English-100	RPT	G		Y	
2024-06-30	0735	Jamie's Food Escapes	French Pyrenees, The	Jamie visits the French Pyrenees, where he goes truffle-hunting with a pig and boar hunting with dogs. He is knighted into an order of serious bread makers and makes sausages with a professional.	UNITED KINGDOM	English-100		PG	a w		Y
2024-06-30	0830	Jamie's Food Escapes	Athens	The food in Athens is all about simple ingredients, simply put together. Jamie goes spear fishing off a local island, meets bee keepers who produce amazing honey, and makes goats cheese with a monk.	UNITED KINGDOM	English-100		PG	a		
2024-06-30	0930	Luca's Key Ingredient	Ep 7	Today Luca shows his ways of making chocolate shine in his cooking with a chocolate pudding, chocolate mini buns and even shows the secret to his famous chocolate spaghetti.	AUSTRALIA	English-100		G			
2024-06-30	1000	Chefs Uncut	Chef Janice Wong	Chef Janice Wong needs no introduction for many in the world of F and B. For the first time, she tells a little known side of her story of how an accident in her launched her passion for creativity.	SINGAPORE	English-100		PG			
2024-06-30	1030	Raymond Blanc's Royal Kitchen Gardens	Castle Of Mey 2	Raymond is at the Castle of Mey. A revisit to the north walled gardens teaches him about the lengths it takes to grow it's produces. Raymond also makes a comforting and quick ratatouille.	UNITED KINGDOM	English-100		PG			
2024-06-30	1130	Hairy Bikers Go North	Cumbria	The lakes, is the most visited national park in England and with such an incredible scenery it's not hard to see why. Dave takes Si around his beloved home turf in search of the best produce and food.	UNITED KINGDOM	English-100		PG			

2024-06-30	1225	Destination Flavour Japan Bitesize	Hokkaido	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
2024-06-30	1230	Rick Stein's Long Weekends	Vienna	Rick Stein visits Vienna - the city that once ran the Austro-Hungarian Empire and continues to be home to comfort dishes like tafelspitz and goulash.	UNITED KINGDOM	English-100	RPT	G		Y	
2024-06-30	1335	Nigellissima	Ep 4	Nigella shares her culinary talent as she presents delicious Italian-inspired food. First, Nigella reveals a secret passion for one of the tastes of Italy with her dark and deviant liquorice pudding.	UNITED KINGDOM	English-100	RPT	G		Y	
2024-06-30	1405	The Cook Up With Adam Liaw	Chicken & Rice	Adam is joined in the kitchen by chef Darren Roberston and commentator Jelena Dokic to cook with two classic ingredients: chicken and rice.	AUSTRALIA	English-100	RPT	G		Y	
2024-06-30	1435	The Cook Up With Adam Liaw	Ultimate Steak, The	The search for the ultimate steak recipes ends now, as chef Khanh Nguyen and Bush Tukka Woman Samantha Martin join Adam to share their great steaks.	AUSTRALIA		RPT	G		Y	
2024-06-30	1505	The Cook Up With Adam Liaw	Sizzle, Bite, Delight	Adam and his guests, chef Annita Potter and actor, Samuel Johnson, rise to the challenge of their three-word mission: sizzle, bite, delight!	AUSTRALIA		RPT	G			
2024-06-30	1535	The Cook Up With Adam Liaw	Sweets That Sing	Adam is joined by gluten-free cook Helen Tzouganatos and all-singing, all-dancing Rob Mills to hit all the right notes with their sweets that sing.	AUSTRALIA		RPT	G			
2024-06-30	1605	The Cook Up With Adam Liaw	Make-Ahead Menu, The	Do your dinner parties run down to the wire? This Easy Entertaining is for you! Adam and his guests, Chef Clayton Wells and ex-AFLW star Moana Hope, prepare a make-ahead menu.	AUSTRALIA			PG			
2024-06-30	1635	Field Trip With Curtis Stone	Victoria	Curtis heads to his hometown of Melbourne with his brother Luke to visit old friends and taste new culinary creations.	USA	English-100		PG	I		
2024-06-30	1705	Nigellissima	Ep 5	Inspired by a scribbled note she once found in an old Italian kitchen, Nigella starts with her take on the classic light and sunny yoghurt pot cake.	UNITED KINGDOM	English-100	RPT	G		Y	
2024-06-30	1735	The Streets Hong Kong	Ep 4	Dan ventures out of the city in search of an old school Hakka dumpling house. He then visits the last remaining underground roasting facility to discover the art of Chinese style roast pork.	AUSTRALIA			G		Y	
2024-06-30	1805	A New Zealand Food Story	Central Otago	Ben's food story starts in the deep south where he learns why lamb tastes so good. He meets the earliest pioneers producing truffles and travels by helicopter into Fiordland in search of Wapiti.	NEW ZEALAND	English-100		G			
2024-06-30	1835	Simply Raymond Blanc	Cooking For Friends	With cheese fondue, celeriac remoulade and a delicate but divine martini on Raymond Blanc's menu, it's no wonder that his old friend Nathan Outlaw has also popped round for supper.	ENGLAND	English-100		PG			

2024-06-30	1930	Be My Guest With Ina Garten	Faith Hill	Ina is joined by singer songwriter and actress, Faith Hill. She toasts her fabulous guest with frozen paloma cocktails and some guacamole before sharing some family secrets.	USA	English-100		PG				
2024-06-30	2030	Rick Stein's Far Eastern Odyssey	Malaysia And Sri Lanka	Rick is spoilt for choice as he explores the multi-faceted food of Penang, an appealing mix of indigenous Malay, Indian and Chinese with a bit of British charm thrown in for good measure.	UNITED KINGDOM	English-100	RPT	PG				Y
2024-06-30	2140	Anthony Bourdain: A Cook's Tour	Taste Of Tokyo, A	Anthony travels to Tokyo, where he visits the Tsujiki market and then is introduced to techniques in preparing edomae sushi. He also learns the diets of Sumo wrestlers.	USA	English-100		PG		a w		
2024-06-30	2210	Anthony Bourdain: A Cook's Tour	Dining With Geishas	Tony travels to an old-style Japanese inn that specializes in kaiseki cuisine, ancient tea ceremony, and local ingredients.	USA	English-100		PG				
2024-06-30	2235	Alex Polizzi Secret Italy	Venice And The North	The first leg of Alex's journey takes in some of the secrets that the North of Italy conceals. Venice is a city that Alex has been to at least fourty times, but this is a trip like never before.	UNITED KINGDOM	English-100	RPT	PG	I		Y	Y
2024-06-30	2330	Nigellissima	Ep 6	Nigella Lawson treats her supper guests to a sumptuous feast of lamb chops with mint, chilli and golden potatoes, served alongside roasted red onions with fennel and basil.	UNITED KINGDOM	English-100	RPT	G				Y
2024-06-30	2400	Field Trip With Curtis Stone	Victoria	Curtis heads to his hometown of Melbourne with his brother Luke to visit old friends and taste new culinary creations.	USA	English-100		PG		I		
2024-06-30	2430	The Streets Hong Kong	Ep 4	Dan ventures out of the city in search of an old school Hakka dumpling house. He then visits the last remaining underground roasting facility to discover the art of Chinese style roast pork.	AUSTRALIA			G				Y
2024-06-30	2500	A New Zealand Food Story	Central Otago	Ben's food story starts in the deep south where he learns why lamb tastes so good. He meets the earliest pioneers producing truffles and travels by helicopter into Fiordland in search of Wapiti.	NEW ZEALAND	English-100		G				
2024-06-30	2530	Simply Raymond Blanc	Cooking For Friends	With cheese fondue, celeriac remoulade and a delicate but divine martini on Raymond Blanc's menu, it's no wonder that his old friend Nathan Outlaw has also popped round for supper.	ENGLAND	English-100		PG				
2024-06-30	2625	Destination Flavour Singapore Bitesize	Hainanese Chicken	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G				Y
2024-06-30	2630	Be My Guest With Ina Garten	Faith Hill	Ina is joined by singer songwriter and actress, Faith Hill. She toasts her fabulous guest with frozen paloma cocktails and some guacamole before sharing some family secrets.	USA	English-100		PG				
2024-06-30	2730	Alex Polizzi Secret Italy	Venice And The North	The first leg of Alex's journey takes in some of the secrets that the North of Italy conceals. Venice is a city that Alex has been to at least fourty times, but this is a trip like never before.	UNITED KINGDOM	English-100	RPT	PG	I		Y	Y

2024-06-30	2825	Please Eat Slowly Bitesize	Yee Sang	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100		G	
2024-06-30	2830	Field Trip With Curtis Stone	Victoria	Curtis heads to his hometown of Melbourne with his brother Luke to visit old friends and taste new culinary creations.	USA	English-100		PG	I
2024-07-01	0500	The Cook Up With Adam Liaw	Chicken & Rice	Adam is joined in the kitchen by chef Darren Roberston and commentator Jelena Dokic to cook with two classic ingredients: chicken and rice.	AUSTRALIA	English-100	RPT	G	Y
2024-07-01	0530	The Cook Up With Adam Liaw	Ultimate Steak, The	The search for the ultimate steak recipes ends now, as chef Khanh Nguyen and Bush Tukka Woman Samantha Martin join Adam to share their great steaks.	AUSTRALIA		RPT	G	Y
2024-07-01	0600	The Cook Up With Adam Liaw	Sizzle, Bite, Delight	Adam and his guests, chef Annita Potter and actor, Samuel Johnson, rise to the challenge of their three-word mission: sizzle, bite, delight!	AUSTRALIA		RPT	G	
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2024-07-01	0700	The Cook Up With Adam Liaw	Make-Ahead Menu, The	Do your dinner parties run down to the wire? This Easy Entertaining is for you! Adam and his guests, Chef Clayton Wells and ex-AFLW star Moana Hope, prepare a make-ahead menu.	AUSTRALIA			PG	
2024-07-01	0730	The Streets Hong Kong	Ep 4	Dan ventures out of the city in search of an old school Hakka dumpling house. He then visits the last remaining underground roasting facility to discover the art of Chinese style roast pork.	AUSTRALIA			G	Y
2024-07-01	0800	A New Zealand Food Story	Central Otago	Ben's food story starts in the deep south where he learns why lamb tastes so good. He meets the earliest pioneers producing truffles and travels by helicopter into Fiordland in search of Wapiti.	NEW ZEALAND	English-100		G	
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2024-07-01	1140	Alex Polizzi Secret Italy	Venice And The North	The first leg of Alex's journey takes in some of the secrets that the North of Italy conceals. Venice is a city that Alex has been to at least fourty times, but this is a trip like never before.	UNITED KINGDOM	English-100	RPT	PG	I	Y	Y
2024-07-01	1230	Barefoot Contessa: Back To Basics	Liquor Store Secrets	Ina Garten unlocks her liquor secrets and easy techniques that take red wine-braised short ribs, fennel soup gratin and an awesome fresh apple spice cake to the next level.	USA	English-100		G			
2024-07-01	1300	Mary Makes It Easy	Short List, The	Mary takes on the challenge of getting the most flavourful dishes from the fewest number of ingredients, cooking peach bourbon chicken, red pepper roast salmon and zucchini cappellini.	CANADA	English-100		G			
2024-07-01	1330	Giada Entertains	Spring Supper	Giada draws on the fresh flavours of spring as she celebrates Easter in Italian style with a fabulous family feast. The holiday menu includes spicy lamb Bolognese and creamy polenta with spinach.	USA	English-100		G			
2024-07-01	1400	Chuck And The First Peoples' Kitchen	Waswanipi	Chuck visits Waswanipi where he fishes and cook walleye.	CANADA	English-100	RPT	PG	a w		Y
2024-07-01	1430	Gourmet Farmer	Fire In The Oven	Matthew Evans begins the month-long build of an enormous outdoor wood-fired oven for the imminent opening of Fat Pig Kitchen.	AUSTRALIA	English-100	RPT	G		Y	
2024-07-01	1500	Gok Wan's Easy Asian	Divine Dinner Parties	Gok cooks up three tantalising Asian recipes perfect for sharing with loved ones: aromatic Asian-spiced cauliflower, a miso hot-pot and a lime and mango pudding.	UNITED KINGDOM	English-100		G			
2024-07-01	1530	Jamie & Jimmy's Food Fight Club	Lindsay Lohan	This week sees everyone's favourite Mean Girl bring some Hollywood glamour to the cafe, as Lindsay Lohan hits Southend. On the cafe menu is a chicken pot pie as well as some NY-inspired meatballs.	UNITED KINGDOM	English-100		PG	I		
2024-07-01	1625	A Taste Of Island Dreams	Lemon Chilli Chicken With Turmeric Rice	A signature dish at Island Dreams Cafe and an all-round family favourite. Alimah Bilda shares a version with a punchier thicker sauce that coats the chicken and rice.	AUSTRALIA	English-100		G			
2024-07-01	1630	Easy Eats	Ep 1	Hera Te Kurapa as she cooks up slow-cooked beef loaded fries, snapper eggs benedict, chocolate brownies three ways.	NEW ZEALAND	English-100		G			
2024-07-01	1700	Everyday Gourmet With Justine Schofield	Ep 1	Justine jumps back into another exciting season of Everyday Gourmet with some delicious and exciting recipes to inspire your senses and get you cooking up a feast at home.	AUSTRALIA	English-100		PG			
2024-07-01	1730	My Market Kitchen	Ep 41	Laura is at the Central Market in Adelaide, where her Chef Terry from SOI38 cooks holy basil chicken stir fry. Mike returns to Prahran Market in Melbourne with food stylist and author Jacob Leung.	AUSTRALIA	English-100		G			
2024-07-01	1800	Guillaume's Paris	Ep 1	French chef Guillaume Brahimi returns to the city that made his reputation and follows the story of food through Paris' 20 arrondissements.	AUSTRALIA	English-70; French-30	RPT	G		Y	Y

2024-07-01	1830	French Food Safari	Ep 5	Maeev and Guillaume travel to Lyon and get swept up in the fun of dining at local eat-houses. There they explore the many great food stalls at the Le Halles de Lyon Market.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-07-01	1900	The Cook Up With Adam Liaw	Mince Charming	It's a dinner fairy tale, as chef Wesley Cooper Jones, health and fitness powerhouse, Michelle Bridges, and Adam celebrate the hero in countless midweek meals: mince charming.	AUSTRALIA						
2024-07-01	1930	The Streets Hong Kong	Ep 5	Dan takes viewers on a tour of one of Hong Kong's original wonton noodle establishments. Savouring flavourful handmade wontons, he also shares his own recipe.	AUSTRALIA			G			
2024-07-01	2000	Luke Nguyen's France	Lyon	Luke heads to Lyon, the food capital of France. He makes a salad Lyonnaise after teaming up with celebrity chef Gregory Cuilleron, then explores Lyon's famous silk tunnels.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-07-01	2030	Gordon Ramsay: Uncharted	Maine Ingredient, The	Chef Ramsay discovers why Maine, US, is called the 'lobster capital of the world'. Along the rugged coastline, he struggles to keep up with a team of lobster fisherwomen and tests his lumberjack skills.	UNITED KINGDOM	English-100					Y
2024-07-01	2130	Come Dine With Me Couples	Bristol B	Fitness fanatics Billy and Tasha bring a taste of the east to the west with their Thai inspired menu.	UNITED KINGDOM	English-100		PG	a s		
2024-07-01	2225	Destination Flavour Singapore Bitesize	Hainanese Chicken	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		Y	
2024-07-01	2230	The Cook Up With Adam Liaw	Mince Charming	It's a dinner fairy tale, as chef Wesley Cooper Jones, health and fitness powerhouse, Michelle Bridges, and Adam celebrate the hero in countless midweek meals: mince charming.	AUSTRALIA						
2024-07-01	2300	The Cook And The Chef	Recipe Books And Charmaine Solomon	Maggie and Simon both love cookbooks, so the show kicks off this week with Maggie showing off her impressive collection.	AUSTRALIA	English-100		G			
2024-07-01	2330	From Scratch	Naples Took A Pizza My Heart	From Scratch follows actor David Moscow on his adventure of making meals from scratch. He teams up with various friends to hunt, gather, forage, fish, grow and then prepare and cook a meal.	UNITED KINGDOM	English-100		PG	I		Y
2024-07-01	2425	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y	
2024-07-01	2430	The Streets Hong Kong	Ep 5	Dan takes viewers on a tour of one of Hong Kong's original wonton noodle establishments. Savouring flavourful handmade wontons, he also shares his own recipe.	AUSTRALIA			G			
2024-07-01	2500	Luke Nguyen's France	Lyon	Luke heads to Lyon, the food capital of France. He makes a salad Lyonnaise after teaming up with celebrity chef Gregory Cuilleron, then explores Lyon's famous silk tunnels.	AUSTRALIA	English-100	RPT	G		Y	Y

2024-07-02	0825	A Taste Of Island Dreams	Lemon Chilli Chicken With Turmeric Rice	A signature dish at Island Dreams Cafe and an all-round family favourite. Alimah Bilda shares a version with a punchier thicker sauce that coats the chicken and rice.	AUSTRALIA	English-100		G		
2024-07-02	0830	Easy Eats	Ep 1	Hera Te Kurapa as she cooks up slow-cooked beef loaded fries, snapper eggs benedict, chocolate brownies three ways.	NEW ZEALAND	English-100		G		
2024-07-02	0900	Everyday Gourmet With Justine Schofield	Ep 1	Justine jumps back into another exciting season of Everyday Gourmet with some delicious and exciting recipes to inspire your senses and get you cooking up a feast at home.	AUSTRALIA	English-100		PG		
2024-07-02	0930	My Market Kitchen	Ep 41	Laura is at the Central Market in Adelaide, where her Chef Terry from SOI38 cooks holy basil chicken stir fry. Mike returns to Prahran Market in Melbourne with food stylist and author Jacob Leung.	AUSTRALIA	English-100		G		
2024-07-02	1000	Guillaume's Paris	Ep 1	French chef Guillaume Brahimi returns to the city that made his reputation and follows the story of food through Paris' 20 arrondissements.	AUSTRALIA	English-70; French-30	RPT	G	Y	Y
2024-07-02	1030	French Food Safari	Ep 5	Maeve and Guillaume travel to Lyon and get swept up in the fun of dining at local eat-houses. There they explore the many great food stalls at the Le Halles de Lyon Market.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-07-02	1100	The Cook Up With Adam Liaw	Mince Charming	It's a dinner fairy tale, as chef Wesley Cooper Jones, health and fitness powerhouse, Michelle Bridges, and Adam celebrate the hero in countless midweek meals: mince charming.	AUSTRALIA					
2024-07-02	1130	The Streets Hong Kong	Ep 5	Dan takes viewers on a tour of one of Hong Kong's original wonton noodle establishments. Savouring flavourful handmade wontons, he also shares his own recipe.	AUSTRALIA			G		
2024-07-02	1200	Luke Nguyen's France	Lyon	Luke heads to Lyon, the food capital of France. He makes a salad Lyonnaise after teaming up with celebrity chef Gregory Cuilleron, then explores Lyon's famous silk tunnels.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-07-02	1230	Barefoot Contessa: Back To Basics	Only Oranges	It's all about oranges as Ina Garten shares some favourite recipes with this magic ingredient. They unleash the flavour in her amazing roast duck breast with dried cherries and port.	USA	English-100		G		
2024-07-02	1300	Mary Makes It Easy	Livin' On The Veg	Celebrate the veg life with Mary's sweet potato enchiladas, chickpea socca, and veggie pakoras.	CANADA	English-100		G		
2024-07-02	1330	Giada Entertains	Earth Day Party	In honour of the 50th anniversary of Earth Day, Giada shares a menu sourced completely from the garden and throws an eco-friendly party with all recycled products.	USA	English-100		G		
2024-07-02	1400	Chuck And The First Peoples' Kitchen	Manawan	Chuck visits Manawan where he learns how to make blueberry paste, and hunt partridge.	CANADA	English-100	RPT	G		Y

2024-07-02	1430	Gourmet Farmer	Final Countdown, The	The big day is nearly here, but with a forecast of snow and sleet, will Matthew Evans be ready for the grand opening of his new farm-to-table restaurant - Fat Pig Kitchen?	AUSTRALIA	English-100	RPT	PG	Y	
2024-07-02	1500	Gok Wan's Easy Asian	Night In, A	Gok cooks up a menu for the perfect night in, starting with prawn toasts loaded with extra king prawns and a fragrant egg and roast potato curry.	UNITED KINGDOM	English-100		G		
2024-07-02	1530	Jamie & Jimmy's Food Fight Club	Alesha Dixon	This week, one of the UK's favourite TV judges, Alesha Dixon, is in the cafe. Inspired by her previous trip to Mumbai, Alesha and Jamie cook up a fantastic double-marinated spicy prawn dish.	UNITED KINGDOM	English-100		G		
2024-07-02	1625	A Taste Of Island Dreams	Quick Fried Fish With Vegetable Acar	This fish dish is a prime example of how something well-seasoned can be the star of the show. Salt, turmeric and a little bit of stock powder are all you need. Alimah Bilda shares the full experience.	AUSTRALIA	English-100		G		
2024-07-02	1630	Easy Eats	Ep 2	Hera Te Kurapa cooks up fried chicken, twice cooked roast Titi with veggies, chilled white chocolate cheesecake.	NEW ZEALAND	English-100		G		
2024-07-02	1700	Everyday Gourmet With Justine Schofield	Ep 2	Justine is joined by Brent Owens to make a quesadilla, she shows you a great recipe for turning Spanish onions into a gourmet starter and experiences a fantastic flavour hit in the Barossa Valley.	AUSTRALIA	English-100		G		
2024-07-02	1730	My Market Kitchen	Ep 42	Matt is in the Noosa Surf Club, cooking up a great way to start the day with his spinach and ricotta dumplings. Laura's in the Adelaide Central Market making sticky date pudding.	AUSTRALIA	English-100		G		
2024-07-02	1800	Guillaume's Paris	Ep 2	Chef Guillaume Brahimi explores the 3rd and 4th arrondissements of Paris to meet some legends of the city's food scene. Guillaume visits Marche des Enfants Rouges, the oldest covered market in Paris.	AUSTRALIA	English-70; French-30	RPT	G	Y	Y
2024-07-02	1830	French Food Safari	Ep 6	Maeve and Guillaume spend a day in a small French village with top-selling cookbook author Stephane Reynaud and then join passionate Parisienne baker Fabrice le Bourdat in his busy bakery.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-07-02	1900	The Cook Up With Adam Liaw	Sustainable Soups	It's a night of nourishing, sustainable soups on The Cook Up, as Adam is joined by food waste warriors Mandy Hall and Mika Chae.	AUSTRALIA			G		
2024-07-02	1930	Prue Leith's Costwold Kitchen	Alison Hammond	Prue cooks a range of recipes perfect for entertaining guests, before welcoming Alison Hammond into her kitchen where the pair make something sweet together.	UNITED KINGDOM	English-100		G		
2024-07-02	2030	James Martin's French Adventure	Languedoc	James visits Languedoc, famous for its wine and the hearty meaty dish, cassoulet. James uses some great local produce to create an unusual first dish with melon and onion rings!	UNITED KINGDOM	English-100		G		
2024-07-02	2130	Come Dine With Me Couples	Liverpool A	Kelsey and Chris hope to spice up their guests lives with a Mexican Fiesta.	UNITED KINGDOM	English-100		PG		

2024-07-02	2225	Destination Flavour Singapore Bitesize	Hari Kaya	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		Y
2024-07-02	2230	The Cook Up With Adam Liaw	Sustainable Soups	It's a night of nourishing, sustainable soups on The Cook Up, as Adam is joined by food waste warriors Mandy Hall and Mika Chae.	AUSTRALIA			G		
2024-07-02	2300	The Cook And The Chef	Stephanie Alexander	Stephanie Alexander features as a cook who has influenced not only the way we dine but the way we think about food. Maggie and Simon celebrate Stephanie's contribution to the culinary world.	AUSTRALIA	English-100		G		
2024-07-02	2330	From Scratch	Let Taco Bout Mexican Food	Broken Spanish chef, Ray Garcia and David hit the ground running trying reproduce Ray's famous chicharron taco. At the same time David visits the iconic tequila brand Jose Cuervo.	UNITED KINGDOM	English-100		PG	a l w	Y
2024-07-02	2425	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-07-02	2430	Prue Leith's Costwold Kitchen	Alison Hammond	Prue cooks a range of recipes perfect for entertaining guests, before welcoming Alison Hammond into her kitchen where the pair make something sweet together.	UNITED KINGDOM	English-100		G		
2024-07-02	2530	James Martin's French Adventure	Languedoc	James visits Languedoc, famous for its wine and the hearty meaty dish, cassoulet. James uses some great local produce to create an unusual first dish with melon and onion rings!	UNITED KINGDOM	English-100		G		
2024-07-02	2625	Destination Flavour Singapore Bitesize	Lamb Kebabs	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		Y
2024-07-02	2630	Come Dine With Me Couples	Liverpool A	Kelsey and Chris hope to spice up their guests lives with a Mexican Fiesta.	UNITED KINGDOM	English-100		PG		
2024-07-02	2725	Destination Flavour Singapore Bitesize	Hari Kaya	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		Y
2024-07-02	2730	From Scratch	Let Taco Bout Mexican Food	Broken Spanish chef, Ray Garcia and David hit the ground running trying reproduce Ray's famous chicharron taco. At the same time David visits the iconic tequila brand Jose Cuervo.	UNITED KINGDOM	English-100		PG	a l w	Y
2024-07-02	2825	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
2024-07-02	2830	The Cook And The Chef	Stephanie Alexander	Stephanie Alexander features as a cook who has influenced not only the way we dine but the way we think about food. Maggie and Simon celebrate Stephanie's contribution to the culinary world.	AUSTRALIA	English-100		G		

2024-07-03	0500	Mary Makes It Easy	Livin' On The Veg	Celebrate the veg life with Mary's sweet potato enchiladas, chickpea socca, and veggie pakoras.	CANADA	English-100		G			
2024-07-03	0530	Giada Entertains	Earth Day Party	In honour of the 50th anniversary of Earth Day, Giada shares a menu sourced completely from the garden and throws an eco-friendly party with all recycled products.	USA	English-100		G			
2024-07-03	0600	Chuck And The First Peoples' Kitchen	Manawan	Chuck visits Manawan where he learns how to make blueberry paste, and hunt partridge.	CANADA	English-100	RPT	G		Y	
2024-07-03	0630	Gourmet Farmer	Final Countdown, The	The big day is nearly here, but with a forecast of snow and sleet, will Matthew Evans be ready for the grand opening of his new farm-to-table restaurant - Fat Pig Kitchen?	AUSTRALIA	English-100	RPT	PG		Y	
2024-07-03	0700	Gok Wan's Easy Asian	Night In, A	Gok cooks up a menu for the perfect night in, starting with prawn toasts loaded with extra king prawns and a fragrant egg and roast potato curry.	UNITED KINGDOM	English-100		G			
2024-07-03	0730	Jamie & Jimmy's Food Fight Club	Alesha Dixon	This week, one of the UK's favourite TV judges, Alesha Dixon, is in the cafe. Inspired by her previous trip to Mumbai, Alesha and Jamie cook up a fantastic double-marinated spicy prawn dish.	UNITED KINGDOM	English-100		G			
2024-07-03	0825	A Taste Of Island Dreams	Quick Fried Fish With Vegetable Acar	This fish dish is a prime example of how something well-seasoned can be the star of the show. Salt, turmeric and a little bit of stock powder are all you need. Alimah Bilda shares the full experience.	AUSTRALIA	English-100		G			
2024-07-03	0830	Easy Eats	Ep 2	Hera Te Kurapa cooks up fried chicken, twice cooked roast Titi with veggies, chilled white chocolate cheesecake.	NEW ZEALAND	English-100		G			
2024-07-03	0900	Everyday Gourmet With Justine Schofield	Ep 2	Justine is joined by Brent Owens to make a quesadilla, she shows you a great recipe for turning Spanish onions into a gourmet starter and experiences a fantastic flavour hit in the Barossa Valley.	AUSTRALIA	English-100		G			
2024-07-03	0930	My Market Kitchen	Ep 42	Matt is in the Noosa Surf Club, cooking up a great way to start the day with his spinach and ricotta dumplings. Laura's in the Adelaide Central Market making sticky date pudding.	AUSTRALIA	English-100		G			
2024-07-03	1000	Guillaume's Paris	Ep 2	Chef Guillaume Brahimi explores the 3rd and 4th arrondissements of Paris to meet some legends of the city's food scene. Guillaume visits Marche des Enfants Rouges, the oldest covered market in Paris.	AUSTRALIA	English-70; French-30	RPT	G		Y	Y
2024-07-03	1030	French Food Safari	Ep 6	Maeve and Guillaume spend a day in a small French village with top-selling cookbook author Stephane Reynaud and then join passionate Parisienne baker Fabrice le Bourdat in his busy bakery.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-07-03	1100	The Cook Up With Adam Liaw	Sustainable Soups	It's a night of nourishing, sustainable soups on The Cook Up, as Adam is joined by food waste warriors Mandy Hall and Mika Chae.	AUSTRALIA			G			

2024-07-03	1130	Prue Leith's Costwold Kitchen	Alison Hammond	Prue cooks a range of recipes perfect for entertaining guests, before welcoming Alison Hammond into her kitchen where the pair make something sweet together.	UNITED KINGDOM	English-100	G			
2024-07-03	1230	Barefoot Contessa: Back To Basics	Just Desserts	Ina Garten showcases incredible desserts, and there's something for everyone. For chocolate lovers, a decadent and glamorous chocolate cake with mocha frosting has a real wow factor.	USA	English-100	G			
2024-07-03	1300	Mary Makes It Easy	Holiday Hang	Mary shares all the recipes you need to host a fantastic holiday hang: baked camembert, peppercorn beef, mashed potatoes and onion gravy.	CANADA	English-100	G			
2024-07-03	1330	Giada At Home	Pizza And Pasta 101	Giada De Laurentiis and her daughter, Jade, love nothing more than a day at home making pizza and pasta. People think making pizza dough from scratch is intimidating when it's actually a total blast!	USA	English-100	G			
2024-07-03	1400	Chuck And The First Peoples' Kitchen	Six Nations	Chuck visits Six Nations where he learns how to make the 'Tree Sisters' soup.	CANADA	English-100	RPT	G	Y	
2024-07-03	1430	Gourmet Farmer	Grand Opening	Guests battle the sleet and snow to arrive for the soft launch of Matthew Evans' new plate-in-a-paddock restaurant in Southern Tasmania.	AUSTRALIA	English-100	RPT	G	Y	
2024-07-03	1500	Gok Wan's Easy Asian	Celebration!	Gok pulls out all the stops and cooks his ultimate celebration feast, starting with rice and sizzling beef that brings a touch of theatre to the table.	UNITED KINGDOM	English-100	G			
2024-07-03	1530	Jamie & Jimmy's Food Fight Club	Michael McIntyre	This week one of Britain's favourite comedians, Michael McIntyre, joins the boys in the Southend cafe to see if his cooking skills will provoke as much laughter.	UNITED KINGDOM	English-100	G			
2024-07-03	1625	A Taste Of Island Dreams	Island Dreams Satay Skewers	For the perfect skewers, Alimah was taught to imagine she was sewing a running stitch when threading the skewer through the meat. She shares an Island Dreams satay favourite.	AUSTRALIA	English-100	G			
2024-07-03	1630	Easy Eats	Ep 3	Hera Te Kurapa as she cooks up seafood boil with a butter sauce, neckchop ragu with kumara mash, deep fried bananas with butterscotch sauce.	NEW ZEALAND	English-100	PG		Y	
2024-07-03	1700	Everyday Gourmet With Justine Schofield	Ep 3	Get inspired on today's show with Justine's Asian duck breast salad, a recipe for easy potato fritters and a delicious baked apple tart by dessert extraordinaire, Kirsten Tibballs.	AUSTRALIA	English-100	G			
2024-07-03	1730	My Market Kitchen	Ep 43	Mike heads to Sovereign Hill in regional Victoria with 'Mann About Town' David Mann, barbecuing a lovely dish of BBQ Bugs. Greek Cook Kathy Tsaples makes a fennel, artichoke, and pea salad.	AUSTRALIA	English-100	G			
2024-07-03	1800	Guillaume's Paris	Ep 3	Guillaume Brahimi discovers some of the wonderful bistros in the 5th and 6th arrondissements, and meets Yves Camdeborde, the creator of the 'Bistronomy' food movement.	AUSTRALIA	English-70; French-30	RPT	G	Y	Y

2024-07-03	1830	French Food Safari	Ep 7	Maevie and Guillaume experience join France's truffle king Pierre-Jean Pebeyre and his dog Alfonso as they try to find the edible fungus known as the black diamond.	AUSTRALIA	English-100	RPT	PG		Y	Y
2024-07-03	1900	The Cook Up With Adam Liaw	Buen Provecho!	Adam and his guests, culinary anthropologist Claudette Zepeda and Olympian Tilly Kearns have one message: buen provecho! Enjoy your meal.	AUSTRALIA	English-99; Spanish-1		G			
2024-07-03	1930	Rick Stein's Food Stories	London: Part Two	London-based brewer, Jaega Wise, tries to turn Rick into a craft beer fan and he puts some in a sauce for John Dory. He enjoys borscht at a Ukrainian restaurant staffed by refugees.	UNITED KINGDOM	English-100		PG	a w		Y
2024-07-03	2000	Sachie's Kitchen	Marlborough	We travel to Marlborough. Susan Macdonald and her husband are passionate about Middlehurst station and their sheep. Also, meet Sebastian and Daniela who run La Ruca Food Truck.	NEW ZEALAND	English-100		PG	a w		
2024-07-03	2030	Hugh's Three Good Things	Mushrooms	It's competition time at River Cottage and the stoves are hotting up. As we reach day for our Veg week, we're celebrating that delicious staple of some many plates - the mushroom.	UNITED KINGDOM	English-100		PG			
2024-07-03	2100	Masters Of Taste With Gary Mehigan	Rockstar In The Kitchen, A	Gary meets restaurateur Zorawar Kalra and samples his famous signature dish daal chawal arancini at Farzi Cafe. Gary invites music composer Vishal Dadlani to help him cook a risotto with greens.	INDIA			PG			
2024-07-03	2130	Come Dine With Me Couples	Liverpool B	Nycola and Andy cook 'poshed up' versions of classic dishes, but the North/South divide makes the night go downhill quickly.	UNITED KINGDOM	English-100		PG	a l		
2024-07-03	2225	Destination Flavour Singapore Bitesize	Lamb Kebabs	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		Y	
2024-07-03	2230	The Cook Up With Adam Liaw	Buen Provecho!	Adam and his guests, culinary anthropologist Claudette Zepeda and Olympian Tilly Kearns have one message: buen provecho! Enjoy your meal.	AUSTRALIA	English-99; Spanish-1		G			
2024-07-03	2300	The Cook And The Chef	Margaret Fulton	Simon and Maggie recreate several Margaet Fulton recipes - the cookery writer of half a century who brought the world to Australian dinner tables.	AUSTRALIA	English-100		G			
2024-07-03	2330	From Scratch	Seasoning The Day In Iceland	Chef Gunnar Karl of Dill in Reykjavik challenges David to source a traditional Icelandic cod dish with ingredients he can only get dry suit diving in the North Atlantic Sea.	UNITED KINGDOM	English-100		PG	a l w		Y
2024-07-03	2425	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y	
2024-07-03	2430	Rick Stein's Food Stories	London: Part Two	London-based brewer, Jaega Wise, tries to turn Rick into a craft beer fan and he puts some in a sauce for John Dory. He enjoys borscht at a Ukrainian restaurant staffed by refugees.	UNITED KINGDOM	English-100		PG	a w		Y

2024-07-03	2500	Sachie's Kitchen	Marlborough	We travel to Marlborough. Susan Macdonald and her husband are passionate about Middlehurst station and their sheep. Also, meet Sebastian and Daniela who run La Ruca Food Truck.	NEW ZEALAND	English-100	PG	a w	
2024-07-03	2530	Hugh's Three Good Things	Mushrooms	It's competition time at River Cottage and the stoves are hotting up. As we reach day for our Veg week, we're celebrating that delicious staple of some many plates - the mushroom.	UNITED KINGDOM	English-100	PG		
2024-07-03	2600	Masters Of Taste With Gary Mehigan	Rockstar In The Kitchen, A	Gary meets restaurateur Zorawar Kalra and samples his famous signature dish daal chawal arancini at Farzi Cafe. Gary invites music composer Vishal Dadlani to help him cook a risotto with greens.	INDIA		PG		
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2024-07-04	0500	Mary Makes It Easy	Holiday Hang	Mary shares all the recipes you need to host a fantastic holiday hang: baked camembert, peppercorn beef, mashed potatoes and onion gravy.	CANADA	English-100	G		
2024-07-04	0530	Giada At Home	Pizza And Pasta 101	Giada De Laurentis and her daughter, Jade, love nothing more than a day at home making pizza and pasta. People think making pizza dough from scratch is intimidating when it's actually a total blast!	USA	English-100	G		
2024-07-04	0600	Chuck And The First Peoples' Kitchen	Six Nations	Chuck visits Six Nations where he learns how to make the 'Tree Sisters' soup.	CANADA	English-100	RPT	G	Y
2024-07-04	0630	Gourmet Farmer	Grand Opening	Guests battle the sleet and snow to arrive for the soft launch of Matthew Evans' new plate-in-a-paddock restaurant in Southern Tasmania.	AUSTRALIA	English-100	RPT	G	Y
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2024-07-04	0730	Jamie & Jimmy's Food Fight Club	Michael McIntyre	This week one of Britain's favourite comedians, Michael McIntyre, joins the boys in the Southend cafe to see if his cooking skills will provoke as much laughter.	UNITED KINGDOM	English-100		G			
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2024-07-04	0830	Easy Eats	Ep 3	Hera Te Kurapa as she cooks up seafood boil with a butter sauce, neckchop ragu with kumara mash, deep fried bananas with butterscotch sauce.	NEW ZEALAND	English-100		PG		Y	
2024-07-04	0900	Everyday Gourmet With Justine Schofield	Ep 3	Get inspired on today's show with Justine's Asian duck breast salad, a recipe for easy potato fritters and a delicious baked apple tart by dessert extraordinaire, Kirsten Tibballs.	AUSTRALIA	English-100		G			
2024-07-04	0930	My Market Kitchen	Ep 43	Mike heads to Sovereign Hill in regional Victoria with 'Mann About Town' David Mann, barbecuing a lovely dish of BBQ Bugs. Greek Cook Kathy Tsaples makes a fennel, artichoke, and pea salad.	AUSTRALIA	English-100		G			
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2024-07-04	1030	French Food Safari	Ep 7	Maeve and Guillaume experience join France's truffle king Pierre-Jean Pebeyre and his dog Alfonse as they try to find the edible fungus known as the black diamond.	AUSTRALIA	English-100	RPT	PG		Y	Y
2024-07-04	1100	The Cook Up With Adam Liaw	Buen Provecho!	Adam and his guests, culinary anthropologist Claudette Zepeda and Olympian Tilly Kearns have one message: buen provecho! Enjoy your meal.	AUSTRALIA	English-99; Spanish-1		G			
2024-07-04	1130	Rick Stein's Food Stories	London: Part Two	London-based brewer, Jaega Wise, tries to turn Rick into a craft beer fan and he puts some in a sauce for John Dory. He enjoys borscht at a Ukrainian restaurant staffed by refugees.	UNITED KINGDOM	English-100		PG	a w		Y
2024-07-04	1200	Sachie's Kitchen	Marlborough	We travel to Marlborough. Susan Macdonald and her husband are passionate about Middlehurst station and their sheep. Also, meet Sebastian and Daniela who run La Ruca Food Truck.	NEW ZEALAND	English-100		PG	a w		
2024-07-04	1230	Barefoot Contessa: Back To Basics	Modern Comfort Food: Weeknight Dinners	Ina Garten is all about comforting weeknight dinners, starting with all-in-one skillet-roasted chicken and potatoes. She also makes shells with broccoli rabe and pancetta.	USA	English-100		G			
2024-07-04	1300	Mary Makes It Easy	Wine And Dine	Alcohol is not just a fun meal pairing, it's also a super flavourful ingredient to cook with! Mary shakes things up with Wine Can Chicken.	CANADA	English-100		G			
2024-07-04	1330	Giada At Home	Recipes On Repeat	Giada De Laurentiis shares summertime recipes that play on repeat in her home: her Insalata Di Riso, Mixed "Caprese," and Chocolate Peanut Butter Cookie Sandwiches are a home run every time.	USA	English-100		G			Y

2024-07-04	1400	Chuck And The First Peoples' Kitchen	Toronto	Chuck visits Toronto and learn more about urban Indigenous kitchen.	CANADA	English-100	RPT	G			
2024-07-04	1430	Gourmet Farmer	Sausage Party	Fat Pig Farm is now open for business, with a regular Friday service, a market stall, and a sausage-making workshop.	AUSTRALIA	English-100	RPT	G		Y	
2024-07-04	1500	Gok Wan's Easy Asian	Retro Revolution	Gok's throwing out the rule book and giving three retro dishes an Asian makeover: a chinese chicken curry pie, a twist on a classic fish finger sandwich and cardamom ice cream.	UNITED KINGDOM	English-100		G			
2024-07-04	1530	Jamie & Jimmy's Food Fight Club	Sarah Moffatt	This week the boys invite everyone's favourite TV addict to join them in the cafe, as Gogglebox's Scarlett Moffatt is put through her paces, learning how to make a family favourite, scotch eggs.	UNITED KINGDOM	English-100		G			
2024-07-04	1625	A Taste Of Island Dreams	Amalul's Pandan Bubble Tea	Amalul, Alimah's granddaughter, is a self-proclaimed bubble tea connoisseur. She shares her bright bubble tea brew and pays tribute to the vibrant and flavourful pandanus leaf.	AUSTRALIA	English-100		G			
2024-07-04	1630	Easy Eats	Ep 4	Hera Te Kurapa cooks up stir fried paua with mango salsa, sticky pork rib with rice and broccoli, pani popo with coconut cream.	NEW ZEALAND	English-100		PG		Y	
2024-07-04	1700	Everyday Gourmet With Justine Schofield	Ep 4	British Indian chef, Anjum Anand shares her favourite recipe for black pepper chicken. Justine makes her savoury fillo pissaladiere and serves up a tempting yoghurt mouse with raspberry jelly.	AUSTRALIA	English-100		G			
2024-07-04	1730	My Market Kitchen	Ep 44	Matt starts by making a breakfast of ricotta hotcakes with mandarin syrup. Then we head to the great outdoors with Mike and David Mann cooking lamb cutlets with romesco sauce and mint pesto	AUSTRALIA	English-100		PG			
2024-07-04	1800	Guillaume's Paris	Ep 4	Chef Guillaume Brahimi enjoys the finer things in Paris life that can only be found in the 7th and 8th Arrondissements, including a visit to the iconic Jules Verne restaurant in the Eiffel Tower.	AUSTRALIA	English-70; French-30	RPT	G		Y	Y
2024-07-04	1830	French Food Safari	Ep 8	Maeve and Guillaume get the lowdown on how a top-class kitchen works by joining Guillaume Brahimi for a busy night at his restaurant to see how his exquisite meals are created and served.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-07-04	1900	The Cook Up With Adam Liaw	Cooking Like A Boss	Our KPIs have never looked better, as Adam is joined by chefs Noora Heiska and Louis Tikaram to cook like a boss.	AUSTRALIA			G			
2024-07-04	1930	Easy Ways To Live Well	Ep 1	Hugh and Steph challenge one GP surgery to test out easy solutions for their compulsive snacking while they also tackle their own health concerns - from Hugh's stress to Steph's dodgy stomach!	UNITED KINGDOM	English-100		G			
2024-07-04	2035	Spice Of Life	Red Gold Of Ethiopia, The	Appreciating Ethiopian cuisine means understanding the spice blend berbere. Food journalist, Hawa Hassan travels to Ghenet restaurant in Brooklyn to meet Chef Workye Ephrem.	USA	English-100					

2024-07-04	2105	Duff: Ace Of Taste	Firehouse Chili	Firemen love to eat well, so Duff rises to the challenge by showing off his calling card: classic, all-beef Texas chili. Duff digs in and presents a comforting spread of cornbread and cobbler.	USA	English-100		G			
2024-07-04	2130	Come Dine With Me Couples	Northampton A	Ilyas and Amanda present a menu of tried and tested food along with a little homegrown southern hospitality.	UNITED KINGDOM	English-100		PG	a s		
2024-07-04	2225	Destination Flavour Singapore Bitesize	Singapore Chilli Crab	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	PG	a w	Y	
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2024-07-04	2300	The Cook And The Chef	Restaurant And Mietta, The	Maggie and Simon celebrate the era of 'Grand cuisine'. The 1970's and 80's heralded a renaissance in Australian restaurant culture, heavily influenced by French 'Haute or Grand cuisine'.	AUSTRALIA	English-100		G			
2024-07-04	2330	From Scratch	Braai Is A Braai In South Africa, A	David Higgs, is the one of the best known South African chefs and in his Johannesburg restaurant Marble he only cooks over wood fires.	UNITED KINGDOM	English-100		PG	a w		Y
2024-07-04	2425	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 4	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G			Y
2024-07-04	2430	Easy Ways To Live Well	Ep 1	Hugh and Steph challenge one GP surgery to test out easy solutions for their compulsive snacking while they also tackle their own health concerns - from Hugh's stress to Steph's dodgy stomach!	UNITED KINGDOM	English-100		G			
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2024-07-04	2605	Duff: Ace Of Taste	Firehouse Chili	Firemen love to eat well, so Duff rises to the challenge by showing off his calling card: classic, all-beef Texas chili. Duff digs in and presents a comforting spread of cornbread and cobbler.	USA	English-100		G			
2024-07-04	2630	Come Dine With Me Couples	Northampton A	Ilyas and Amanda present a menu of tried and tested food along with a little homegrown southern hospitality.	UNITED KINGDOM	English-100		PG	a s		
2024-07-04	2725	Destination Flavour Singapore Bitesize	Singapore Chilli Crab	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	PG	a w	Y	
2024-07-04	2730	From Scratch	Braai Is A Braai In South Africa, A	David Higgs, is the one of the best known South African chefs and in his Johannesburg restaurant Marble he only cooks over wood fires.	UNITED KINGDOM	English-100		PG	a w		Y

2024-07-04	2825	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 4	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y	
2024-07-04	2830	The Cook And The Chef	Restaurant And Mietta, The	Maggie and Simon celebrate the era of 'Grand cuisine'. The 1970's and 80's heralded a renaissance in Australian restaurant culture, heavily influenced by French 'Haute or Grand cuisine'.	AUSTRALIA	English-100		G		
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2024-07-05	0825	A Taste Of Island Dreams	Amalul's Pandan Bubble Tea	Amalul, Alimah's granddaughter, is a self-proclaimed bubble tea connoisseur. She shares her bright bubble tea brew and pays tribute to the vibrant and flavourful pandanus leaf.	AUSTRALIA	English-100		G		
2024-07-05	0830	Easy Eats	Ep 4	Hera Te Kurapa cooks up stir fried paua with mango salsa, sticky pork rib with rice and broccoli, pani popo with coconut cream.	NEW ZEALAND	English-100		PG	Y	
2024-07-05	0900	Everyday Gourmet With Justine Schofield	Ep 4	British Indian chef, Anjum Anand shares her favourite recipe for black pepper chicken. Justine makes her savoury fillo pissaladiere and serves up a tempting yoghurt mouse with raspberry jelly.	AUSTRALIA	English-100		G		
2024-07-05	0930	My Market Kitchen	Ep 44	Matt starts by making a breakfast of ricotta hotcakes with mandarin syrup. Then we head to the great outdoors with Mike and David Mann cooking lamb cutlets with romesco sauce and mint pesto	AUSTRALIA	English-100		PG		
2024-07-05	1000	Guillaume's Paris	Ep 4	Chef Guillaume Brahimi enjoys the finer things in Paris life that can only be found in the 7th and 8th Arrondissements, including a visit to the iconic Jules Verne restaurant in the Eiffel Tower.	AUSTRALIA	English-70; French-30	RPT	G	Y	Y

2024-07-05	1030	French Food Safari	Ep 8	Maeve and Guillaume get the lowdown on how a top-class kitchen works by joining Guillaume Brahimi for a busy night at his restaurant to see how his exquisite meals are created and served.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-07-05	1100	The Cook Up With Adam Liaw	Cooking Like A Boss	Our KPIs have never looked better, as Adam is joined by chefs Noora Heiska and Louis Tikaram to cook like a boss.	AUSTRALIA			G		
2024-07-05	1130	Easy Ways To Live Well	Ep 1	Hugh and Steph challenge one GP surgery to test out easy solutions for their compulsive snacking while they also tackle their own health concerns - from Hugh's stress to Steph's dodgy stomach!	UNITED KINGDOM	English-100		G		
2024-07-05	1235	Barefoot Contessa: Back To Basics	Modern Comfort Food: Simple Pleasures	It's all about simple pleasures and dishes that bring Ina Garten pure joy. She starts with giant crinkled chocolate chip cookies, kielbasa with mustard dip, and cheddar and chutney grilled cheese.	USA	English-100		G		
2024-07-05	1300	Mary Makes It Easy	Fave Missed Steak	Mary's veg versions of meaty classics can satisfy even the biggest meathead by maintaining those hearty flavours: falafel burgers, tofu chicken nuggets, and lentil meatballs.	CANADA	English-100		G		
2024-07-05	1330	Giada At Home	Special Delivery	Giada prepares chicken with chickpea and tomato ragu and chocolate hazelnut banana bread for her aunt and her new baby.	USA	English-100		G		
2024-07-05	1400	Chuck And The First Peoples' Kitchen	Wikwemioong	Chuck visits Wikwemikong and experiences wild rice recipes.	CANADA	English-100	RPT	G		Y
2024-07-05	1430	Gourmet Farmer	Reap What You Sow	A food critic arrives to write a review of Fat Pig Kitchen, and Matthew Evans goes full circle - from critic, to criticised.	AUSTRALIA	English-100	RPT	PG	Y	
2024-07-05	1500	Gok Wan's Easy Asian	Timeless Favourites	No matter how vast the menu, Gok knows there are some dishes you just can't beat; Gok perfects sweet and sour sauce with battered veg, a mouth-watering char siu pork and a roulade with an Asian twist!	UNITED KINGDOM	English-100		G		
2024-07-05	1530	Jamie & Jimmy's Food Fight Club	Martin Clunes	Jimmy and Jamie welcome actor Martin Clunes to the cafe. Inspired by family summer holidays as a boy in Mallorca, Martin has always wanted to learn how to recreate the incredible paella made there.	UNITED KINGDOM	English-100		G		
2024-07-05	1625	A Taste Of Island Dreams	Island Dreams No-Rice Rice" Pudding"	This pudding is a family favourite and represents how resourceful the people of the Cocos Islands are. Alimah Bilda shares a recipe passed down from her mother.	AUSTRALIA			G		
2024-07-05	1630	Easy Eats	Ep 5	Hera Te Kurapa cooks up Mum's brawn (pig head), caramelised duck breast, baby roasted veg and kumara mash, cream cheese carrot cake.	NEW ZEALAND	English-100		G		Y
2024-07-05	1700	Everyday Gourmet With Justine Schofield	Ep 5	Serve up some delicious antipasto with Justine's recipe for pickled beetroot, Try out a sweet breakfast burrito or whip up a naughty crunchie ice cream cake.	AUSTRALIA	English-100		G		

2024-07-05	1730	My Market Kitchen	Ep 45	Matt gets a recipe from his Nan and cooks it up. Mike makes some nostalgic Jamaican beef patties. Chef Adam D'Sylva and dessert Chef Kay-Lene Tan go head-to-head.	AUSTRALIA	English-100		G			
2024-07-05	1800	Guillaume's Paris	Ep 5	Chef Guillaume Brahimi searches for the best bread in Paris and visits Opera Garnier, a spectacular music venue which inspired a famous Paris dessert.	AUSTRALIA	English-70; French-30	RPT	PG	I	Y	
2024-07-05	1830	French Food Safari	Ep 9	Maeve and Guillaume are taken on a tour of one of the top Parisienne kitchens with three Michelin-starred chef Guy Savoy, who cooks up some of his signature dishes.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-07-05	1900	The Cook Up With Adam Liaw	Zest Dinner Party Ever, The	Grab your winter citrus for this Easy Entertaining, because the Australian Ballet's Artistic Director David Hallberg, baker Natalie Paull and Adam are here to help you host the zest dinner party ever.	AUSTRALIA			PG			
2024-07-05	1930	Jimmy's Taste Of Florida	Central Orlando / Miami	Starting his journey in central Florida, Jimmy visits Universal Studios Resort where he meets executive chef Jens for a culinary tour of some the parks distinctive restaurants and rides.	UNITED KINGDOM	English-100		G			
2024-07-05	2030	Secret World Of Snacks: Sandwiches	Sandwiches	Jo Brand tells the story of the fight to be Britain's sarnie supremo. From the first M and S pre-packaged sarnies, to Pret A Manger's sandwich shop revolution and the mass-market appeal of Subway.	UNITED KINGDOM	English-100	RPT	PG	a l	Y	
2024-07-05	2130	Come Dine With Me Couples	Northampton B	Georgia and Ollie are pulling out all the stops with a posh pub grub menu.	UNITED KINGDOM	English-100		PG	a		
2024-07-05	2225	Destination Flavour Singapore Bitesize	Fish Head Curry	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	PG		Y	
2024-07-05	2230	The Cook Up With Adam Liaw	Zest Dinner Party Ever, The	Grab your winter citrus for this Easy Entertaining, because the Australian Ballet's Artistic Director David Hallberg, baker Natalie Paull and Adam are here to help you host the zest dinner party ever.	AUSTRALIA			PG			
2024-07-05	2300	The Cook And The Chef	Modern Chinese	As a tribute to famed Chinese cuisine chef Kylie Kwong, Maggie and Simon both attempt classic Kylie recipes.	AUSTRALIA	English-100		G			
2024-07-05	2330	From Scratch	Keep Your Friends Close, And Your Anemones Closer In Sardinia	David works with Michelin star chef Christiano Andreini, to recreate his coastal Sardinian dishes. David attempts to dive for octopus in open, rough waters, but must quickly find an alternative.	UNITED KINGDOM	English-100		PG	a l w		Y
2024-07-05	2425	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 5	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y	
2024-07-05	2430	Jimmy's Taste Of Florida	Central Orlando / Miami	Starting his journey in central Florida, Jimmy visits Universal Studios Resort where he meets executive chef Jens for a culinary tour of some the parks distinctive restaurants and rides.	UNITED KINGDOM	English-100		G			

2024-07-05	2530	Secret World Of Snacks: Sandwiches	Sandwiches	Jo Brand tells the story of the fight to be Britain's sarnie supremo. From the first M and S pre-packaged sarnies, to Pret A Manger's sandwich shop revolution and the mass-market appeal of Subway.	UNITED KINGDOM	English-100	RPT	PG	a l	Y
2024-07-05	2630	Come Dine With Me Couples	Northampton B	Georgia and Ollie are pulling out all the stops with a posh pub grub menu.	UNITED KINGDOM	English-100		PG	a	
2024-07-05	2725	Destination Flavour Singapore Bitesize	Fish Head Curry	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	PG		Y
2024-07-05	2730	From Scratch	Keep Your Friends Close, And Your Anemones Closer In Sardinia	David works with Michelin star chef Christiano Andreini, to recreate his coastal Sardinian dishes. David attempts to dive for octopus in open, rough waters, but must quickly find an alternative.	UNITED KINGDOM	English-100		PG	a l w	Y
2024-07-05	2825	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 5	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-07-05	2830	The Cook And The Chef	Modern Chinese	As a tribute to famed Chinese cuisine chef Kylie Kwong, Maggie and Simon both attempt classic Kylie recipes.	AUSTRALIA	English-100		G		
2024-07-06	0500	Mary Makes It Easy	Fave Missed Steak	Mary's veg versions of meaty classics can satisfy even the biggest meathead by maintaining those hearty flavours: falafel burgers, tofu chicken nuggets, and lentil meatballs.	CANADA	English-100		G		
2024-07-06	0530	Giada At Home	Special Delivery	Giada prepares chicken with chickpea and tomato ragu and chocolate hazelnut banana bread for her aunt and her new baby.	USA	English-100		G		
2024-07-06	0600	Chuck And The First Peoples' Kitchen	Wikwemioong	Chuck visits Wikwemikong and experiences wild rice recipes.	CANADA	English-100	RPT	G		Y
2024-07-06	0630	Gourmet Farmer	Reap What You Sow	A food critic arrives to write a review of Fat Pig Kitchen, and Matthew Evans goes full circle - from critic, to criticised.	AUSTRALIA	English-100	RPT	PG		Y
2024-07-06	0700	Gok Wan's Easy Asian	Timeless Favourites	No matter how vast the menu, Gok knows there are some dishes you just can't beat; Gok perfects sweet and sour sauce with battered veg, a mouth-watering char siu pork and a roulade with an Asian twist!	UNITED KINGDOM	English-100		G		
2024-07-06	0730	Jamie & Jimmy's Food Fight Club	Martin Clunes	Jimmy and Jamie welcome actor Martin Clunes to the cafe. Inspired by family summer holidays as a boy in Mallorca, Martin has always wanted to learn how to recreate the incredible paella made there.	UNITED KINGDOM	English-100		G		
2024-07-06	0825	A Taste Of Island Dreams	Island Dreams No-Rice Rice" Pudding"	This pudding is a family favourite and represents how resourceful the people of the Cocos Islands are. Alimah Bilda shares a recipe passed down from her mother.	AUSTRALIA			G		

2024-07-06	1530	Best Of Britain With Ainsley And Grace	Devon	Grace Dent and Ainsley Harriott uncover the south coast of Devon. They take a trip to a hotel on its very own island, then eat extraordinary hand-dived scallops and mushy pea fritters in Dartmouth.	UNITED KINGDOM	English-100		PG			
2024-07-06	1625	Destination Flavour Fillers	Episode 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	
2024-07-06	1630	Field Trip With Curtis Stone	Maui	Curtis heads to Maui to explore the local cuisine. He starts with a visit to a taro root farm to process their staple food, Poi.	USA	English-100		PG	a l		
2024-07-06	1700	Donna Hay Everyday Fresh	Ep 1	Join Donna Hay as she shows you how to create smarter, faster, super-yum meals using everyday ingredients and making them shine. For her there's nothing better than a recipe that makes you feel great.	AUSTRALIA	English-100		G			
2024-07-06	1730	Luca's Key Ingredient	Episode 1	Luca Ciano is back with a focus on one of the most common key ingredients in Italian cooking, garlic. From crostini to pasta to a delicate cod dish, it enhances the flavour in every recipe.	AUSTRALIA			G			
2024-07-06	1800	Food Affair With Mark Wiens	Ep 1	World traveller and noted food vlogger, Mark Wiens searches for the roots of Singapore's fast-growing fine dining scene as well as the island's famed street food.	USA	English-100					
2024-07-06	1830	Raymond Blanc's Royal Kitchen Gardens	Dumfries House 2	Returning to Dumfries House and with much more to see in the grounds of the House, Raymond visits the Education Garden to see what Julie and her class are up to.	UNITED KINGDOM	English-100		G			
2024-07-06	1930	Hairy Bikers Go North	North Yorkshire	On this leg, the bikers will be exploring the wild lands of the Yorkshire moors and the amazing producers that call the North York Moors National Park their home.	UNITED KINGDOM	English-100		G			
2024-07-06	2030	Rick Stein's Long Weekends	Bologna	Rick Stein visits Bologna in northern Italy, a city so famous for its food that it's known as the stomach of Italy. He learns how to make the local fresh egg pasta used for tortellini.	UNITED KINGDOM	English-100	RPT	G		Y	
2024-07-06	2135	Anthony Bourdain: A Cook's Tour	Eating On The Mekong	Mekong River, Vietnam: Tony drinks a lot of Mekong moonshine. Although seduced by his Vietnam experience, Tony is not sure the royal dish Birds Nest Soup is all it's cracked up to be.	USA	English-100		PG	a w		
2024-07-06	2205	Anthony Bourdain: A Cook's Tour	Wild Delicacies	Cambodia: With a friend along for the ride, Tony travels to Phnom Penh, Cambodia, where he explores a food culture that is both pleasing to the palette and slightly frightening.	USA	English-100		PG	a w		
2024-07-06	2235	Alex Polizzi Secret Italy	Portonovo, Rome And Monforte	Alex continues her journey, arriving in central Italy where she will uncover the secrets of the undiscovered Le Marche region. Here, Alex will discover a local seafood delicacy.	UNITED KINGDOM	English-100	RPT	G		Y	Y
2024-07-06	2330	Field Trip With Curtis Stone	Maui	Curtis heads to Maui to explore the local cuisine. He starts with a visit to a taro root farm to process their staple food, Poi.	USA	English-100		PG	a l		

2024-07-06	2400	Donna Hay Everyday Fresh	Ep 1	Join Donna Hay as she shows you how to create smarter, faster, super-yum meals using everyday ingredients and making them shine. For her there's nothing better than a recipe that makes you feel great.	AUSTRALIA	English-100		G	
2024-07-06	2430	Luca's Key Ingredient	Episode 1	Luca Ciano is back with a focus on one of the most common key ingredients in Italian cooking, garlic. From crostini to pasta to a delicate cod dish, it enhances the flavour in every recipe.	AUSTRALIA			G	
2024-07-06	2500	Food Affair With Mark Wiens	Ep 1	World traveller and noted food vlogger, Mark Wiens searches for the roots of Singapore's fast-growing fine dining scene as well as the island's famed street food.	USA	English-100			
2024-07-06	2530	Raymond Blanc's Royal Kitchen Gardens	Dumfries House 2	Returning to Dumfries House and with much more to see in the grounds of the House, Raymond visits the Education Garden to see what Julie and her class are up to.	UNITED KINGDOM	English-100		G	
2024-07-06	2630	Best Of Britain With Ainsley And Grace	Carmarthenshire	Grace and Ainsley explore Carmarthenshire in Wales, then tuck into cockles, steak and traditional cawl.	UNITED KINGDOM	English-100		PG	
2024-07-06	2725	Destination Flavour Fillers	Episode 1	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y
2024-07-06	2730	Best Of Britain With Ainsley And Grace	Devon	Grace Dent and Ainsley Harriott uncover the south coast of Devon. They take a trip to a hotel on its very own island, then eat extraordinary hand-dived scallops and mushy pea fritters in Dartmouth.	UNITED KINGDOM	English-100		PG	
2024-07-06	2825	Destination Flavour Fillers	Episode 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
2024-07-06	2830	Field Trip With Curtis Stone	Maui	Curtis heads to Maui to explore the local cuisine. He starts with a visit to a taro root farm to process their staple food, Poi.	USA	English-100		PG	a l