



WEEK 28: Sunday, 7 July- Saturday, 13 July 2024 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
7/07/2024	500	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			
7/07/2024	530	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			
7/07/2024	600	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		G			
7/07/2024	630	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			
7/07/2024	730	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	
7/07/2024	835	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
7/07/2024	930	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			
7/07/2024	1025	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	
7/07/2024	1030	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			

7/07/2024	1125	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
7/07/2024	1130	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	
7/07/2024	1230	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	
7/07/2024	1330	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		G	
7/07/2024	1400	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		RPT	G	Y
7/07/2024	1430	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		RPT	G	
7/07/2024	1500	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	RPT	G	
7/07/2024	1530	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		RPT	G	
7/07/2024	1600	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	
7/07/2024	1630	Field Trip With Curtis Stone	Lost Scenes, The	We revisit the countries where Curtis journeyed this season revealing the food and adventures never seen. While in New South Wales, Curtis discovers Caribbean rum made from Australian sugar cane.	USA	English-100		PG	a w
7/07/2024	1700	Donna Hay Everyday Fresh	Ep 2	Donna prepares one of her favourite pan recipes, sticky miso chicken roasted on sesame pumpkin, followed by the most amazingly crunchy, cheesy super-green Reuben sandwich.	AUSTRALIA	English-100		G	
7/07/2024	1730	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	Y
7/07/2024	1800	A New Zealand Food Story	Northland	He discovers a peanut farm, meets tropical papaya fruit growers and catches up with a team of scientists cultivating kingfish like never before.	NEW ZEALAND	English-100		PG	a l w

7/07/2024	1830	Simply Raymond Blanc	British Food Revolution	Raymond Blanc prepares an ingenious pea soup, a tasty stuffed pepper, and a new take on that old British classic, brown sauce. Meanwhile, Paul Ainsworth presents an alternative cheese board.	ENGLAND	English-100	PG			
7/07/2024	1930	Be My Guest With Ina Garten	Nathan Lane	It's a glorious day as Ina's friend, Nathan Lane, the amazing award-winning actor spends the day at the barn complete with a cooking lesson, fascinating conversations and a surprise.	USA	English-100	PG	a w		
7/07/2024	2030	Rick Stein's Far Eastern Odyssey	Sri Lanka And Bali	In Sri Lanka, Rick Stein discovers a wealth of spicy vegetable curries. In Colombo, he meets one the country's most respected chefs and tastes an unforgettable chilli crab.	UNITED KINGDOM	English-100	RPT	G		Y
7/07/2024	2140	Anthony Bourdain: A Cook's Tour	Childhood Flavors	Returning for a trip down memory lane, Tony enjoys childhood staples, including steak frites, gaufres (waffles), soupe de pecheur (fisherman's soup) and fresh oysters.	USA	English-100	PG	a s		
7/07/2024	2205	Anthony Bourdain: A Cook's Tour	My Life As A Cook - New York City	Experience the formative moments of Tony's career as he revisits his first job and the culinary institute that taught him the basics.	USA	English-100	PG	I		
7/07/2024	2230	Alex Polizzi Secret Italy	Naples And Ravello	The Campania region is the setting for the penultimate part of Alex's journey. In Naples, she will immerse herself in the chaos of the city, and feel the fear of living in the shadow of Mt Vesuvius.	UNITED KINGDOM	English-100	RPT	PG		Y Y
7/07/2024	2325	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
7/07/2024	2330	Field Trip With Curtis Stone	Lost Scenes, The	We revisit the countries where Curtis journeyed this season revealing the food and adventures never seen. While in New South Wales, Curtis discovers Caribbean rum made from Australian sugar cane.	USA	English-100	PG	a w		
7/07/2024	2400	Donna Hay Everyday Fresh	Ep 2	Donna prepares one of her favourite pan recipes, sticky miso chicken roasted on sesame pumpkin, followed by the most amazingly crunchy, cheesy super-green Reuben sandwich.	AUSTRALIA	English-100	G			
7/07/2024	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			Y
7/07/2024	2500	A New Zealand Food Story	Northland	He discovers a peanut farm, meets tropical papaya fruit growers and catches up with a team of scientists cultivating kingfish like never before.	NEW ZEALAND	English-100	PG	a l w		
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7/07/2024	2625	Be My Guest With Ina Garten	Nathan Lane	It's a glorious day as Ina's friend, Nathan Lane, the amazing award-winning actor spends the day at the barn complete with a cooking lesson, fascinating conversations and a surprise.	USA	English-100	PG	a w		

7/07/2024	2725	Rick Stein's Far Eastern Odyssey	Sri Lanka And Bali	In Sri Lanka, Rick Stein discovers a wealth of spicy vegetable curries. In Colombo, he meets one the country's most respected chefs and tastes an unforgettable chilli crab.	UNITED KINGDOM	English-100	RPT	G		Y
7/07/2024	2830	Field Trip With Curtis Stone	Lost Scenes, The	We revisit the countries where Curtis journeyed this season revealing the food and adventures never seen. While in New South Wales, Curtis discovers Caribbean rum made from Australian sugar cane.	USA	English-100		PG	a w	
8/07/2024	500	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		RPT	G		Y
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8/07/2024	700	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		
8/07/2024	730	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		Y
8/07/2024	800	A New Zealand Food Story	Northland	He discovers a peanut farm, meets tropical papaya fruit growers and catches up with a team of scientists cultivating kingfish like never before.	NEW ZEALAND	English-100		PG	a l w	
8/07/2024	830	Simply Raymond Blanc	British Food Revolution	Raymond Blanc prepares an ingenious pea soup, a tasty stuffed pepper, and a new take on that old British classic, brown sauce. Meanwhile, Paul Ainsworth presents an alternative cheese board.	ENGLAND	English-100		PG		
8/07/2024	925	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
8/07/2024	930	Be My Guest With Ina Garten	Nathan Lane	It's a glorious day as Ina's friend, Nathan Lane, the amazing award-winning actor spends the day at the barn complete with a cooking lesson, fascinating conversations and a surprise.	USA	English-100		PG	a w	
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8/07/2024	1100	Donna Hay Everyday Fresh	Ep 2	Donna prepares one of her favourite pan recipes, sticky miso chicken roasted on sesame pumpkin, followed by the most amazingly crunchy, cheesy super-green Reuben sandwich.	AUSTRALIA	English-100		G		
8/07/2024	1130	Alex Polizzi Secret Italy	Naples And Ravello	The Campania region is the setting for the penultimate part of Alex's journey. In Naples, she will immerse herself in the chaos of the city, and feel the fear of living in the shadow of Mt Vesuvius.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
8/07/2024	1225	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	
8/07/2024	1230	Barefoot Contessa: Back To Basics	Modern Comfort Food: Remembered Flavors	Ina Garten revisits flavours from her past and brings them up to date, starting with lamb stew with spring vegetables from her newlywed days.	USA	English-100		G		
8/07/2024	1300	Mary Makes It Easy	Batch Made In Heaven	Batch cooking is where it's at! Fill the freezer for your friends and make your meals last longer with Mary's go-to veggie cabbage rolls, and lasagne roll ups.	CANADA	English-100		G		
8/07/2024	1330	Giada At Home	Family Potluck	Giada De Laurentis invites her siblings, cousins, aunts and uncles to a Sunday potluck, and the menu stars kale caesar salad and bacon and mushroom lasagna.	USA	English-100		G		
8/07/2024	1400	Chuck And The First Peoples' Kitchen	Miawpukek	Chuck is invited in Miawpukek for a moose hunt with community members.	CANADA	English-100	RPT	G		Y
8/07/2024	1430	Gourmet Farmer	Good Food Needs Good Soil	With his new farm to table restaurant up and running for a year now, Matthew takes up the ambitious challenge of improving the quality of his food by exploring natural ways to nourish his soil.	AUSTRALIA	English-100	RPT	G	Y	
8/07/2024	1500	Gok Wan's Easy Asian	Crowd Pleasers	Gok shares three sure-fire crowd pleasers: crispy springs rolls packed with Asian spiced veg, delectable Thai fish cakes and Mongolian glazed wings.	UNITED KINGDOM	English-100		G		
8/07/2024	1530	Jamie & Jimmy's Food Fight Club	Tom Daley	British Olympic champion Tom Daley dives straight into his cooking lesson in the cafe. Throughout years of training, his guilty pleasure on the weekend is a Chinese takeaway.	UNITED KINGDOM	English-100		G		
8/07/2024	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		
8/07/2024	1630	Easy Eats	Ep 6	Hera Te Kurapa cooks up titi gnocchi with lemon butter sauce and capers, steak banh mi fried bread rolls, banana and black doris plum trifle.	NEW ZEALAND	English-100		G		Y
8/07/2024	1700	Everyday Gourmet With Justine Schofield	Ep 6	Food coach, Judy Davie shares a beautifully fragrant salmon recipe and Justine makes a traditional Russian salad and serves up a pear and blueberry pancake for dessert.	AUSTRALIA	English-100		G		

8/07/2024	1730	My Market Kitchen	Ep 46	Laura is in the stunning Adelaide Hills and cooks up an Italian delight, Ricotta and Silver beet Gnudi, while Matt makes a very tasty Welsh Rarebit. At Prahran Markets, Gary from Gary's Meats and Anthony from Maker and Monger team up to make Moreton Bay Bug mac & cheese and lamb with goat's cheese and rosemary.	AUSTRALIA	English-100		G		
8/07/2024	1800	Guillaume's Paris	Ep 6	Chef Guillaume Brahimi explores the 11th and 12th arrondissements of Paris to discover best food experiences in the city. Guillaume visits the chocolate factory of Alain Ducasse.	AUSTRALIA	English-70; French-30	RPT	G	Y	Y
8/07/2024	1830	Rick Stein's French Odyssey	Padstow To Bordeaux	Award-winning chef Rick Stein's in France for a gastronomic journey through the waterways of France, travelling by barge on the Canal du Midi from Bordeaux to Marseilles for the best food and wine.	UNITED KINGDOM	English-100		G		
8/07/2024	1900	The Cook Up With Adam Liaw	Making Ends Meat	Host Nornie Bero and her guests, AFL legend and artist Nicky Winmar and TikTok star Nathan Lyons, are making ends meat and cooking a feast for NAIDOC Week.	AUSTRALIA			G		
8/07/2024	1930	The Streets Hong Kong	Ep 6	Dan journeys to Hong Kong's picturesque coastal region of Sai Kung where local chef, Margaret Xu shows him the fresh local seafood on offer, before cooking him a sublime steamed crab dish. He then heads back to town in search of a restaurant that specialises in traditional Chinese sweet soups.	AUSTRALIA					
8/07/2024	2000	Luke Nguyen's France	Marseille	Luke travels to Marseille, the capital of Provence, to immerse himself in this seaside city's food and art culture where he cooks salt and pepper cuttlefish.	AUSTRALIA	English-100	RPT	G	Y	Y
8/07/2024	2030	Gordon Ramsay: Uncharted	Croatia's Coastal Adventure	Chef Ramsay explores the untouched peninsula of Istria, Croatia for ingredients that rival the best of Italy in their world-class quality. He fights for oxygen freediving for local mollusks, risks his pride fishing for rare cuttlefish and chases after goats for cheese and donkeys for milk.	UNITED KINGDOM	English-100				
8/07/2024	2130	Come Dine With Me Couples	Nottingham A	It's double the fun, as couples take turns hosting their own dinner parties and grading each other, as they battle for the title of best host, and the chance to win a grand cash prize.	UNITED KINGDOM	English-100		PG	a	
8/07/2024	2225	Torres Strait At Home	Pickled Octopus	Torres Strait Islander chef and owner of Mabu Mabu, Nornie Bero, cooks and talks through some of her favourite easy recipes, from quick pickled octopus to fresh baked damper.	AUSTRALIA	English-100		G	Y	
8/07/2024	2230	The Cook Up With Adam Liaw	Making Ends Meat	Host Nornie Bero and her guests, AFL legend and artist Nicky Winmar and TikTok star Nathan Lyons, are making ends meat and cooking a feast for NAIDOC Week.	AUSTRALIA			G		
8/07/2024	2300	The Cook And The Chef	Talking Thai	Simon revels in his favourite Thai food, and encourages heat- avoiding Maggie to 'dip a toe' into this chilli laden cuisine.	AUSTRALIA	English-100		G		
8/07/2024	2330	From Scratch	Ricing To The Occasion In The Philippines	David Moscow and family fly to his wife's Philippines homeland to harvest coconuts, rice and seafood for a classic Filipino ceviche by 2019 James Beard nominee, Margarita Manzke.	UNITED KINGDOM	English-100		G		Y

8/07/2024	2425	TasteThe Philippines With Yasmin Newman	Cebu Lechon With Will Mahusay	Will Mahusay of Cebu Lechon shares his love for Cebu's street food and beaches with Yasmin.	AUSTRALIA	English-100		G		
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9/07/2024	700	Gourmet Farmer	Good Food Needs Good Soil	With his new farm to table restaurant up and running for a year now, Matthew takes up the ambitious challenge of improving the quality of his food by exploring natural ways to nourish his soil.	AUSTRALIA	English-100	RPT	G		Y	
9/07/2024	730	Jamie & Jimmy's Food Fight Club	Tom Daley	British Olympic champion Tom Daley dives straight into his cooking lesson in the cafe. Throughout years of training, his guilty pleasure on the weekend is a Chinese takeaway.	UNITED KINGDOM	English-100		G			
9/07/2024	825	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			
9/07/2024	830	Easy Eats	Ep 6	Hera Te Kurapa cooks up titi gnocchi with lemon butter sauce and capers, steak banh mi fried bread rolls, banana and black doris plum trifle.	NEW ZEALAND	English-100		G		Y	
9/07/2024	900	Everyday Gourmet With Justine Schofield	Ep 6	Food coach, Judy Davie shares a beautifully fragrant salmon recipe and Justine makes a traditional Russian salad and serves up a pear and blueberry pancake for dessert.	AUSTRALIA	English-100		G			
9/07/2024	930	My Market Kitchen	Ep 46	Laura is in the stunning Adelaide Hills and cooks up an Italian delight, Ricotta and Silver beet Gnudi, while Matt makes a very tasty Welsh Rarebit. At Prahran Markets, Gary from Gary's Meats and Anthony from Maker and Monger team up to make Moreton Bay Bug mac & cheese and lamb with goat's cheese and rosemary.	AUSTRALIA	English-100		G			
9/07/2024	1000	Guillaume's Paris	Ep 6	Chef Guillaume Brahimi explores the 11th and 12th arrondissements of Paris to discover best food experiences in the city. Guillaume visits the chocolate factory of Alain Ducasse.	AUSTRALIA	English-70; French-30	RPT	G		Y	Y
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9/07/2024	1100	The Cook Up With Adam Liaw	Making Ends Meat	Host Nornie Bero and her guests, AFL legend and artist Nicky Winmar and TikTok star Nathan Lyons, are making ends meat and cooking a feast for NAIDOC Week.	AUSTRALIA			G			
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9/07/2024	1230	Barefoot Contessa: Back To Basics	Modern Comfort Food: Simply Seafood	Ina Garten is serving up a seafood spread, starting with fresh crab and pea risotto for a comforting one-pot wonder.	USA	English-100		G		
9/07/2024	1300	Mary Makes It Easy	Overnight Guests	Mary's super simple recipes will free you up to spend more time with your guests instead of in the kitchen: apple butter roast pork, white bean soup, and French toast.	CANADA	English-100		G		
9/07/2024	1330	Giada At Home	Al Fresco	Giada De Laurentiis heads to Palm Springs with her daughter and boyfriend, where she creates a poolside al fresco feast with pasta, make-your-own flank steak hoagies and almond butter brownies.	USA	English-100		G		
9/07/2024	1400	Chuck And The First Peoples' Kitchen	Abegweit	Chuck visits Scotchfort where he fishes and cook eel.	CANADA	English-100	RPT	PG	a w	Y
9/07/2024	1430	Gourmet Farmer	Fermented Flavours	Its Autumn on Fat Pig Farm, and Matthew considers buying some goats to tackle the farm's blackberry problem.	AUSTRALIA	English-100	RPT	G		Y
9/07/2024	1500	Food Unwrapped	Tinned Grapefruit & Probiotics	Chef Matt Tebbutt travels to Finland to get to the bottom of where the bacteria in probiotic yoghurts really comes from.	UNITED KINGDOM	English-100		PG	a	Y
9/07/2024	1530	Jamie & Jimmy's Food Fight Club	Simon Pegg	Simon Pegg joins the boys in the cafe, where on the menu is a delicious, melt-in-the mouth lamb tagine, inspired by Simon's time spent filming in Morocco, and Jamie's indulgent Provencal bake.	UNITED KINGDOM	English-100		PG	a n	
9/07/2024	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		
9/07/2024	1630	Easy Eats	Ep 7	Hera Te Kurapa cooks up stuffed snapper with an Asian dipping sauce, marinated beef kebabs with a roasted capsicum sauce, steamed pudding with custard and fruit salad.	NEW ZEALAND	English-100		G		Y
9/07/2024	1700	Everyday Gourmet With Justine Schofield	Ep 7	Today, Justine shows you how to make a fresh carrot and orange salad and a crispy choc raspberry pavlova. Masterchef winner, Brent Owens drops in to make a delicious honey sesame chicken with a Thai cabbage salad.	AUSTRALIA	English-100		G		
9/07/2024	1730	My Market Kitchen	Ep 47	Matt is making the most of his favourite Noosa Farmers Market and creates a chicken and corn egg drop soup. Mike and Catherine Velisha are on the farm cooking a whole roasted broccoli. Chef Warren Mendes is at the vibrant Central market in Adelaide, finding fresh persimmons for his persimmon & almond bundt cake.	AUSTRALIA	English-100		G		
9/07/2024	1800	Guillaume's Paris	Ep 7	Chef Guillaume Brahimi explores the 13th and 14th arrondissements of Paris which have both had a huge impact on the cuisine of the city. Guillaume visits the artistic neighbourhood of Montparnasse.	AUSTRALIA	English-70; French-30	RPT	G		Y Y

9/07/2024	1830	Rick Stein's French Odyssey	Bordeaux To Bazas	At the Restaurant Le Grilladin des mers at Isle d'Oleron, Rick enjoys clams in white garlic sauce, and savours the simple dish of freshly caught eels cooked in garlic butter and parsley.	UNITED KINGDOM	English-100	G		
9/07/2024	1900	The Cook Up With Adam Liaw	Quick & Crispy	NAIDOC Week host Nornie Bero celebrates two of the best food adjectives, quick and crispy, with Indigiearth's CEO Sharon Winsor and journalist and social media sensation Tom Forrest.	AUSTRALIA		G		
9/07/2024	1930	Prue Leith's Cotswold Kitchen	Ellie Simmonds	Prue Leith's Cotswold Kitchen takes us into the home of Prue Leith and her husband John. Prue alongside friends and her husband cook mouth-watering dishes and explore the joys of their Cotswold home and local area. In this episode, Prue welcomes five-time Paralympic swimming gold medallist Ellie Simmonds into her kitchen.	UNITED KINGDOM	English-100	PG		
9/07/2024	2030	James Martin's French Adventure	Charente	Inspired by a visit to a distillery, James uses Cognac for his first al fresco cook. He then meets a miller who still uses traditional methods to make award-winning brioche loaves.	UNITED KINGDOM	English-100	PG	a	
9/07/2024	2130	Come Dine With Me Couples	Nottinghamshire B	It's double the fun, as couples take turns hosting their own dinner parties and grading each other, as they battle for the title of best host, and the chance to win a grand cash prize.	UNITED KINGDOM	English-100	PG	a	
9/07/2024	2225	Torres Strait At Home	Wattleseed Damper With Golden Syrup Butter	Torres Strait Islander chef and owner of Mabu Mabu, Nornie Bero, cooks and talks through some of her favourite easy recipes, from quick picked octopus to fresh baked damper.	AUSTRALIA		G		Y
9/07/2024	2230	The Cook Up With Adam Liaw	Quick & Crispy	NAIDOC Week host Nornie Bero celebrates two of the best food adjectives, quick and crispy, with Indigiearth's CEO Sharon Winsor and journalist and social media sensation Tom Forrest.	AUSTRALIA		G		
9/07/2024	2300	The Cook And The Chef	Andrew Fielke	Bush tucker has come a long way since the 1980s when a few bushfood pioneers discovered that this country is jam packed with fantastic native wild foods.	AUSTRALIA	English-100	G		
9/07/2024	2330	From Scratch	Mas-Cow In Texas	David Moscow heads to one of the most humane cattle processing plants and harvests a cow to prepare nose to tail at restaurants in the heart of beef country, South Central Texas.	UNITED KINGDOM	English-100	PG	a l w	Y
9/07/2024	2425	TasteThe Philippines With Yasmin Newman	Pandan Tamokonsi With Kenneth Rodriguez	Kenneth Rodriguez shows Yasmin the secret to Filipino donuts known as Pandan Tamakonsi, and shares his inspiration for creating unique Filipino flavours.	AUSTRALIA	English-100	G		
9/07/2024	2430	Prue Leith's Cotswold Kitchen	Ellie Simmonds	Prue Leith's Cotswold Kitchen takes us into the home of Prue Leith and her husband John. Prue alongside friends and her husband cook mouth-watering dishes and explore the joys of their Cotswold home and local area. In this episode, Prue welcomes five-time Paralympic swimming gold medallist Ellie Simmonds into her kitchen.	UNITED KINGDOM	English-100	PG		
9/07/2024	2530	James Martin's French Adventure	Charente	Inspired by a visit to a distillery, James uses Cognac for his first al fresco cook. He then meets a miller who still uses traditional methods to make award-winning brioche loaves.	UNITED KINGDOM	English-100	PG	a	
9/07/2024	2625	Please Eat Slowly Bitesize	Mango Pancakes	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100	G		

9/07/2024	2630	Come Dine With Me Couples	Nottinghamshire B	It's double the fun, as couples take turns hosting their own dinner parties and grading each other, as they battle for the title of best host, and the chance to win a grand cash prize.	UNITED KINGDOM	English-100	PG	a		
9/07/2024	2725	Torres Strait At Home	Wattleseed Damper With Golden Syrup Butter	Torres Strait Islander chef and owner of Mabu Mabu, Nornie Bero, cooks and talks through some of her favourite easy recipes, from quick picked octopus to fresh baked damper.	AUSTRALIA		G		Y	
9/07/2024	2730	From Scratch	Mas-Cow In Texas	David Moscow heads to one of the most humane cattle processing plants and harvests a cow to prepare nose to tail at restaurants in the heart of beef country, South Central Texas.	UNITED KINGDOM	English-100	PG	a l w	Y	
9/07/2024	2825	TasteThe Philippines With Yasmin Newman	Pandan Tamokonsi With Kenneth Rodriguez	Kenneth Rodriguez shows Yasmin the secret to Filipino donuts known as Pandan Tamakonsi, and shares his inspiration for creating unique Filipino flavours.	AUSTRALIA	English-100	G			
9/07/2024	2830	The Cook And The Chef	Andrew Fielke	Bush tucker has come a long way since the 1980s when a few bushfood pioneers discovered that this country is jam packed with fantastic native wild foods.	AUSTRALIA	English-100	G			
10/07/2024	500	Barefoot Contessa: Back To Basics	Modern Comfort Food: Simply Seafood	Ina Garten is serving up a seafood spread, starting with fresh crab and pea risotto for a comforting one-pot wonder.	USA	English-100	G			
10/07/2024	530	Mary Makes It Easy	Overnight Guests	Mary's super simple recipes will free you up to spend more time with your guests instead of in the kitchen: apple butter roast pork, white bean soup, and French toast.	CANADA	English-100	G			
10/07/2024	600	Giada At Home	Al Fresco	Giada De Laurentiis heads to Palm Springs with her daughter and boyfriend, where she creates a poolside al fresco feast with pasta, make-your-own flank steak hoagies and almond butter brownies.	USA	English-100	G			
10/07/2024	630	Chuck And The First Peoples' Kitchen	Abegweit	Chuck visits Scotchfort where he fishes and cook eel.	CANADA	English-100	RPT	PG	a w	Y
10/07/2024	700	Gourmet Farmer	Fermented Flavours	Its Autumn on Fat Pig Farm, and Matthew considers buying some goats to tackle the farm's blackberry problem.	AUSTRALIA	English-100	RPT	G		Y
10/07/2024	730	Jamie & Jimmy's Food Fight Club	Simon Pegg	Simon Pegg joins the boys in the cafe, where on the menu is a delicious, melt-in-the mouth lamb tagine, inspired by Simon's time spent filming in Morocco, and Jamie's indulgent Provencal bake.	UNITED KINGDOM	English-100	PG	a n		
10/07/2024	825	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			

10/07/2024	830	Easy Eats	Ep 7	Hera Te Kurapa cooks up stuffed snapper with an Asian dipping sauce, marinated beef kebabs with a roasted capsicum sauce, steamed pudding with custard and fruit salad.	NEW ZEALAND	English-100		G			Y
10/07/2024	900	Everyday Gourmet With Justine Schofield	Ep 7	Today, Justine shows you how to make a fresh carrot and orange salad and a crispy choc raspberry pavlova. Masterchef winner, Brent Owens drops in to make a delicious honey sesame chicken with a Thai cabbage salad.	AUSTRALIA	English-100		G			
10/07/2024	930	My Market Kitchen	Ep 47	Matt is making the most of his favourite Noosa Farmers Market and creates a chicken and corn egg drop soup. Mike and Catherine Velisha are on the farm cooking a whole roasted broccoli. Chef Warren Mendes is at the vibrant Central market in Adelaide, finding fresh persimmons for his persimmon & almond bundt cake.	AUSTRALIA	English-100		G			
10/07/2024	1000	Guillaume's Paris	Ep 7	Chef Guillaume Brahimi explores the 13th and 14th arrondissements of Paris which have both had a huge impact on the cuisine of the city. Guillaume visits the artistic neighbourhood of Montparnasse.	AUSTRALIA	English-70; French-30	RPT	G		Y	Y
10/07/2024	1030	Rick Stein's French Odyssey	Bordeaux To Bazas	At the Restaurant Le Grilladin des mers at Isle d'Oleron, Rick enjoys clams in white garlic sauce, and savours the simple dish of freshly caught eels cooked in garlic butter and parsley.	UNITED KINGDOM	English-100		G			
10/07/2024	1100	The Cook Up With Adam Liaw	Quick & Crispy	NAIDOC Week host Nornie Bero celebrates two of the best food adjectives, quick and crispy, with Indigiearth's CEO Sharon Winsor and journalist and social media sensation Tom Forrest.	AUSTRALIA			G			
10/07/2024	1130	Prue Leith's Cotswold Kitchen	Ellie Simmonds	Prue Leith's Cotswold Kitchen takes us into the home of Prue Leith and her husband John. Prue alongside friends and her husband cook mouth-watering dishes and explore the joys of their Cotswold home and local area. In this episode, Prue welcomes five-time Paralympic swimming gold medallist Ellie Simmonds into her kitchen.	UNITED KINGDOM	English-100		PG			
10/07/2024	1230	Barefoot Contessa: Back To Basics	Modern Comfort Food: All Italian	Ina Garten shares her take on Italian classics, and starts by giving crispy chicken with lemon orzo a Greek spin.	USA	English-100		G			
10/07/2024	1300	Mary Makes It Easy	Scrap Cooking	Reducing food waste is great for the planet and your wallet; learn Mary's best recipes for transforming your kitchen waste into delicious dishes.	CANADA	English-100		G			
10/07/2024	1330	Giada At Home	Family Comfort	Giada De Laurentis is making some of her favourite family recipes, from gnocchi with butter thyme sauce, to gorgeous stuffed tomatoes.	USA	English-100		G			
10/07/2024	1400	Chuck And The First Peoples' Kitchen	Rapid Lake - Ice Fishing	Chuck visits Rapid Lake where he goes ice fishing.	CANADA	English-100	RPT	PG	a w		Y
10/07/2024	1430	Gourmet Farmer	Elegance Of Good Ideas, The	With Winter setting in Matthew begins to tackle Fat Pig Farms long-term soil health by planting an edible native garden and using an age old form of landscaping that will benefit his farm for years.	AUSTRALIA	English-100	RPT	G		Y	

10/07/2024	1500	Food Unwrapped	Lemons & Ham	Matt Tebbutt and Kate Quilton head to Spain and Thailand to find out exactly what that wax on our lemons is, and where formed ham comes from.	UNITED KINGDOM	English-100	G		Y	
10/07/2024	1530	Jamie & Jimmy's Food Fight Club	Joanna Lumley	Jamie and Jimmy are joined by the Absolutely Fabulous Joanna Lumley, as she cooks for the diners at the end of Southend Pier. In her honour, the boys are preparing their first fully vegetarian menu.	UNITED KINGDOM	English-100	PG	n		
10/07/2024	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			
10/07/2024	1630	Easy Eats	Ep 8	Hera Te Kurapa cooks up quick and easy pork and chive dumpling soup, whanau (family) caesar salad, doughnuts 3 ways, glazed, creamed, cinnamon sugar.	NEW ZEALAND	English-100	G		Y	
10/07/2024	1700	Everyday Gourmet With Justine Schofield	Ep 8	Justine takes a trip to the Barossa Valley Cheese Company, shares her recipe for a fillo tomato tart tartin and is joined by Kirsten Tibballs in the Everyday Gourmet kitchen to show you how easy it is to make your own cinnamon doughnuts.	AUSTRALIA	English-100	G			
10/07/2024	1730	My Market Kitchen	Ep 48	Laura is with Chef Terry who cooks up Stir-fried Papis with Chilli Jam. Toby Puttock is with Chef Leslie Chan, and he cooks up a very exotic Shanghaiese smoked fish. Mike makes a very healthy banana and berry oatmeal cake.	AUSTRALIA	English-100	G			
10/07/2024	1800	Guillaume's Paris	Ep 8	Guillaume visits Nature Urbaine, the largest rooftop garden in Europe, and uses some of their produce to make a healthy spring salad. Later he joins Australian rugby player Kurtley Beale for a meal.	AUSTRALIA	English-70; French-30	RPT	G	Y	Y
10/07/2024	1830	Rick Stein's French Odyssey	Agen	Journeying along the Canal Lateral a la Garonne, Rick fishes for freshwater herring, visits the markets of Nérac and Cadillac to create a pork and garlic dish, and cooks a prune and almond tart.	UNITED KINGDOM	English-100	G			
10/07/2024	1900	The Cook Up With Adam Liaw	Seasonal Savers	Renowned journalist Karla Grant and the CEO of the Indigenous Literacy Foundation, Ben Bowen, join host Normie Bero for a night of seasonal savers this NAIDOC Week.	AUSTRALIA		G			
10/07/2024	1930	Rick Stein's Food Stories	Kent	In Kent, The Garden of England, Rick harvests English cherries at a family-run farm. From Ramsgate he heads out to sea in search of Dover sole, his favourite fish.	UNITED KINGDOM	English-100	PG	a w		
10/07/2024	2000	Sachie's Kitchen	Rotorua	Sachie meets Ngahi Bidois at a boat ramp on the shores of Lake Tarawera, and they go out on his boat. They tell stories of the region and its connection with the land, water, and the kai, including personal stories from Ngahi, who whakapapas to the region.	NEW ZEALAND	English-100	G			
10/07/2024	2030	Hugh's Three Good Things	Kale	It's the final day of competition time at River Cottage - so who will win Veg week, as today everyone has to cook with the star ingredient of kale? Will it be Hugh's intriguing kale, onion and chestnut pizza?	UNITED KINGDOM	English-100	G			

10/07/2024	2100	Masters Of Taste With Gary Mehigan	Tasting Menu & Aib, The	Gary visits one of India's best restaurants, Indian Accent, and checks out their signature Chef's Tasting Menu. Later, he hangs out with the boys from AIB, and shows how to whip up a salmon slider. They return the favour by cooking Gary a very spicy omelette.	INDIA		PG	
10/07/2024	2130	Come Dine With Me Couples	Portsmouth A	It's double the fun, as couples take turns hosting their own dinner parties and grading each other, as they battle for the title of best host, and the chance to win a grand cash prize.	UNITED KINGDOM	English-100	PG	a
10/07/2024	2225	Torres Strait At Home	Pickled Tamarind Childhood Snack	Torres Strait Islander chef and owner of Mabu Mabu, Nornie Bero, cooks and talks through some of her favourite easy recipes, from quick pickled octopus to fresh baked damper.	AUSTRALIA		G	Y
10/07/2024	2230	The Cook Up With Adam Liaw	Seasonal Savers	Renowned journalist Karla Grant and the CEO of the Indigenous Literacy Foundation, Ben Bowen, join host Nornie Bero for a night of seasonal savers this NAIDOC Week.	AUSTRALIA		G	
10/07/2024	2300	The Cook And The Chef	Fast Food	Maggie and Simon show us some home cooked alternatives to the mass produced 'convenience' foods that dominate our supermarket shelves today.	AUSTRALIA	English-100	G	
10/07/2024	2330	From Scratch	Something Fishy In Finland	David visits Olo, one of the 50 best restaurants in the world, in Helsinki and works with chef Jari Vesivalo to craft a local sustainable Scandinavian feast from scratch.	UNITED KINGDOM	English-100	PG	a w
10/07/2024	2425	TasteThe Philippines With Yasmin Newman	Grilled Lamb Chops With Ross Magnay - Sarai	Ross Magnaye from Melbourne's Serai Kitchen shares his recipe for grilled lamb chops with pineapple palapa, an Australian classic with a Filipino twist.	AUSTRALIA	English-100	G	
10/07/2024	2430	Rick Stein's Food Stories	Kent	In Kent, The Garden of England, Rick harvests English cherries at a family-run farm. From Ramsgate he heads out to sea in search of Dover sole, his favourite fish.	UNITED KINGDOM	English-100	PG	a w
10/07/2024	2500	Sachie's Kitchen	Rotorua	Sachie meets Ngahi Bidois at a boat ramp on the shores of Lake Tarawera, and they go out on his boat. They tell stories of the region and its connection with the land, water, and the kai, including personal stories from Ngahi, who whakapapas to the region.	NEW ZEALAND	English-100	G	
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10/07/2024	2725	Torres Strait At Home	Pickled Tamarind Childhood Snack	Torres Strait Islander chef and owner of Mabu Mabu, Nornie Bero, cooks and talks through some of her favourite easy recipes, from quick pickled octopus to fresh baked damper.	AUSTRALIA		G		Y
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10/07/2024	2830	The Cook And The Chef	Fast Food	Maggie and Simon show us some home cooked alternatives to the mass produced 'convenience' foods that dominate our supermarket shelves today.	AUSTRALIA	English-100	G		
11/07/2024	500	Barefoot Contessa: Back To Basics	Modern Comfort Food: All Italian	Ina Garten shares her take on Italian classics, and starts by giving crispy chicken with lemon orzo a Greek spin.	USA	English-100	G		
11/07/2024	530	Mary Makes It Easy	Scrap Cooking	Reducing food waste is great for the planet and your wallet; learn Mary's best recipes for transforming your kitchen waste into delicious dishes.	CANADA	English-100	G		
11/07/2024	600	Giada At Home	Family Comfort	Giada De Laurentis is making some of her favourite family recipes, from gnocchi with butter thyme sauce, to gorgeous stuffed tomatoes.	USA	English-100	G		
11/07/2024	630	Chuck And The First Peoples' Kitchen	Rapid Lake - Ice Fishing	Chuck visits Rapid Lake where he goes ice fishing.	CANADA	English-100	RPT	PG	a w Y
11/07/2024	700	Gourmet Farmer	Elegance Of Good Ideas, The	With Winter setting in Matthew begins to tackle Fat Pig Farms long-term soil health by planting an edible native garden and using an age old form of landscaping that will benefit his farm for years.	AUSTRALIA	English-100	RPT	G	Y
11/07/2024	730	Jamie & Jimmy's Food Fight Club	Joanna Lumley	Jamie and Jimmy are joined by the Absolutely Fabulous Joanna Lumley, as she cooks for the diners at the end of Southend Pier. In her honour, the boys are preparing their first fully vegetarian menu.	UNITED KINGDOM	English-100	PG	n	
11/07/2024	825	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		
11/07/2024	830	Easy Eats	Ep 8	Hera Te Kurapa cooks up quick and easy pork and chive dumpling soup, whanau (family) caesar salad, doughnuts 3 ways, glazed, creamed, cinnamon sugar.	NEW ZEALAND	English-100	G		Y
11/07/2024	900	Everyday Gourmet With Justine Schofield	Ep 8	Justine takes a trip to the Barossa Valley Cheese Company, shares her recipe for a fillo tomato tart tartin and is joined by Kirsten Tibballs in the Everyday Gourmet kitchen to show you how easy it is to make your own cinnamon doughnuts.	AUSTRALIA	English-100	G		

11/07/2024	930	My Market Kitchen	Ep 48	Laura is with Chef Terry who cooks up Stir-fried Pipis with Chilli Jam. Toby Puttock is with Chef Leslie Chan, and he cooks up a very exotic Shanghainese smoked fish. Mike makes a very healthy banana and berry oatmeal cake.	AUSTRALIA	English-100		G		
11/07/2024	1000	Guillaume's Paris	Ep 8	Guillaume visits Nature Urbaine, the largest rooftop garden in Europe, and uses some of their produce to make a healthy spring salad. Later he joins Australian rugby player Kurtley Beale for a meal.	AUSTRALIA	English-70; French-30	RPT	G	Y	Y
11/07/2024	1030	Rick Stein's French Odyssey	Agem	Journeying along the Canal Lateral a la Garonne, Rick fishes for freshwater herring, visits the markets of Nerac and Cadillac to create a pork and garlic dish, and cooks a prune and almond tart.	UNITED KINGDOM	English-100		G		
11/07/2024	1100	The Cook Up With Adam Liaw	Seasonal Savers	Renowned journalist Karla Grant and the CEO of the Indigenous Literacy Foundation, Ben Bowen, join host Norrie Bero for a night of seasonal savers this NAIDOC Week.	AUSTRALIA			G		
11/07/2024	1130	Rick Stein's Food Stories	Kent	In Kent, The Garden of England, Rick harvests English cherries at a family-run farm. From Ramsgate he heads out to sea in search of Dover sole, his favourite fish.	UNITED KINGDOM	English-100		PG	a w	
11/07/2024	1200	Sachie's Kitchen	Rotorua	Sachie meets Ngahi Bidois at a boat ramp on the shores of Lake Tarawera, and they go out on his boat. They tell stories of the region and its connection with the land, water, and the kai, including personal stories from Ngahi, who whakapapas to the region.	NEW ZEALAND	English-100		G		
11/07/2024	1230	Barefoot Contessa: Back To Basics	Modern Comfort Food: Bake It Delicious	Ina puts a new spin on a decadent, elegant bittersweet chocolate cake that everyone adores, and kick-starts the day with a dramatic apple cinnamon Dutch Baby.	USA	English-100		G		
11/07/2024	1300	Mary Makes It Easy	Side Show	Mary lets the sides take centre stage with recipes for crispy sweet potatoes, pear and shallot tarte tatin, and double tomato salad!	CANADA	English-100		G		
11/07/2024	1330	Simply Giada	Jades' Favorites	As a busy mom, Chef Giada De Laurentis is constantly challenged to come up with healthy recipes. Giada's recipes go way beyond hiding vegetables and include her own special spin on kid favourites.	USA	English-100		G		
11/07/2024	1400	Chuck And The First Peoples' Kitchen	Wemotaci - Hare Trapping	.Chuck travels to Wemotaci where he traps a hare and carves up a moose.	CANADA	English-100	RPT	PG	a w	Y
11/07/2024	1430	Gourmet Farmer	Food For The Land	After having the health of his farm soil tested, Matthew explores a flavoursome way to keep his pigs fed, while using his chickens to rehabilitate the damaged soil in his pig paddocks.	AUSTRALIA	English-100	RPT	G	Y	
11/07/2024	1500	Food Unwrapped	Mushrooms & Prawns	The team uncover why there are so few wild mushrooms in Britain.	UNITED KINGDOM	English-100		PG	a	Y
11/07/2024	1530	Jamie & Jimmy's Food Fight Club	Mark Hamill	Jamie and Jimmy feel The Force as they're joined in the cafe by the legendary Mark Hamill, and they create a menu that is out of this world for their childhood hero, Luke Skywalker.	UNITED KINGDOM	English-100		PG	n	

11/07/2024	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		
11/07/2024	1630	Easy Eats	Ep 9	Hera Te Kurapa as she cooks up delicious but simple meals for your whanau to enjoy. In this episode: Pork, prawn and paua spring rolls, titi pate and tamarillo chutney, vegan vege filo parcel.	NEW ZEALAND	English-100		G		Y
11/07/2024	1700	Everyday Gourmet With Justine Schofield	Ep 9	Today, British Indian chef, Anjum Anand joins the Everyday Gourmet kitchen to make her creamy yoghurt chicken and Justine makes a classic French pears belle helene and a delicious berry and rhubarb cobbler.	AUSTRALIA	English-100		G		
11/07/2024	1730	My Market Kitchen	Ep 49	Wine expert Adam Walls joins Matt to match the perfect wines to have with Matt's clean, fresh Asian dish of tom yum mussels. Mike takes you to India and back with his delicious garlic naan.	AUSTRALIA	English-100		G		
11/07/2024	1800	Guillaume's Paris	Ep 9	Chef Guillaume Brahimi explores the 17th and 18th arrondissements of Paris where some of the best kept culinary secrets can be found, including a mushroom farm in an underground carpark.	AUSTRALIA	English-70; French-30	RPT	PG		Y Y
11/07/2024	1830	Rick Stein's French Odyssey	Agen To Moissac	In the city of Agen, Rick indulges in a four-course lunch at the Buffet de la Gare before heading off to cook a traditional Agen dish of Rabbit with local prunes.	UNITED KINGDOM	English-100		G		
11/07/2024	1900	The Cook Up With Adam Liaw	Souful Food	It's NAIDOC Week, and host Nornie Bero is joined by chef Jack Brown and Palawa Kipli's Kitana Mansell to make soulful food.	AUSTRALIA			G		
11/07/2024	1930	Easy Ways To Live Well	Ep 2	Hugh and Steph challenge a garden centre in Wirral to test out easy solutions for their daily aches and pains, while also tackling their own health concerns.	UNITED KINGDOM	English-100		G		
11/07/2024	2035	Spice Of Life	Nigeria's National Spice	Many cultures and regions around the world have some sort of beloved local street food, a simply-prepared and flavorful dish that one can just quickly grab and go. In Nigeria this dish is called Suya, a name that derives from a spice of the same name that is the dish's key flavor agent.	USA	English-100		G		
11/07/2024	2105	Duff: Ace Of Taste	Bake Sale!	The neighborhood elementary school is having a bake sale, so riffing on the bake sales he loved as a kid, Duff bakes up some all-time crowd-pleasers to fit the bill including brown butter blondies, his unique take on a black and white cookie, buttery spritz cookies and syrupy honey baklava.	USA	English-100		G		
11/07/2024	2135	Come Dine With Me Couples	Southampton B	It's double the fun, as couples take turns hosting their own dinner parties and grading each other, as they battle for the title of best host, and the chance to win a grand cash prize.	UNITED KINGDOM	English-100		PG		a s
11/07/2024	2230	The Cook Up With Adam Liaw	Souful Food	It's NAIDOC Week, and host Nornie Bero is joined by chef Jack Brown and Palawa Kipli's Kitana Mansell to make soulful food.	AUSTRALIA			G		

11/07/2024	2300	The Cook And The Chef	Celebrity Chefs	Simon is a big fan of Gordon Ramsay, one of the UK's most notorious celebrity chefs, so decides to cook a timbale recipe of Gordon's - with the added touch of some delicious South Australian mullet.	AUSTRALIA	English-100	G		
11/07/2024	2330	From Scratch	Wild Goose Chase In New York, A	While home for the holidays, David drops in on Dan Kluger of Loring Place to make a Northeast fall meal from scratch. With Duck on the menu, David heads north to the Canadian border.	UNITED KINGDOM	English-100	PG	a w	Y
11/07/2024	2425	TasteThe Philippines With Yasmin Newman	Charred Eggplant Omelette With Yasmin Newman	Yasmin Newman whips up one of her favourite breakfast dishes for the family, a classic Filipino recipe called charred eggplant omelette.	AUSTRALIA	English-100	PG		
11/07/2024	2430	Easy Ways To Live Well	Ep 2	Hugh and Steph challenge a garden centre in Wirral to test out easy solutions for their daily aches and pains, while also tackling their own health concerns.	UNITED KINGDOM	English-100	G		
11/07/2024	2535	Spice Of Life	Nigeria's National Spice	Many cultures and regions around the world have some sort of beloved local street food, a simply-prepared and flavorful dish that one can just quickly grab and go. In Nigeria this dish is called Suya, a name that derives from a spice of the same name that is the dish's key flavor agent.	USA	English-100	G		
11/07/2024	2605	Duff: Ace Of Taste	Bake Sale!	The neighborhood elementary school is having a bake sale, so riffing on the bake sales he loved as a kid, Duff bakes up some all-time crowd-pleasers to fit the bill including brown butter blondies, his unique take on a black and white cookie, buttery spritz cookies and syrupy honey baklava.	USA	English-100	G		
11/07/2024	2635	Come Dine With Me Couples	Southampton B	It's double the fun, as couples take turns hosting their own dinner parties and grading each other, as they battle for the title of best host, and the chance to win a grand cash prize.	UNITED KINGDOM	English-100	PG	a s	
11/07/2024	2730	From Scratch	Wild Goose Chase In New York, A	While home for the holidays, David drops in on Dan Kluger of Loring Place to make a Northeast fall meal from scratch. With Duck on the menu, David heads north to the Canadian border.	UNITED KINGDOM	English-100	PG	a w	Y
11/07/2024	2825	TasteThe Philippines With Yasmin Newman	Charred Eggplant Omelette With Yasmin Newman	Yasmin Newman whips up one of her favourite breakfast dishes for the family, a classic Filipino recipe called charred eggplant omelette.	AUSTRALIA	English-100	PG		
11/07/2024	2830	The Cook And The Chef	Celebrity Chefs	Simon is a big fan of Gordon Ramsay, one of the UK's most notorious celebrity chefs, so decides to cook a timbale recipe of Gordon's - with the added touch of some delicious South Australian mullet.	AUSTRALIA	English-100	G		
12/07/2024	500	Barefoot Contessa: Back To Basics	Modern Comfort Food: Bake It Delicious	Ina puts a new spin on a decadent, elegant bittersweet chocolate cake that everyone adores, and kick-starts the day with a dramatic apple cinnamon Dutch Baby.	USA	English-100	G		
12/07/2024	530	Mary Makes It Easy	Side Show	Mary lets the sides take centre stage with recipes for crispy sweet potatoes, pear and shallot tarte tatin, and double tomato salad!	CANADA	English-100	G		

12/07/2024	600	Simply Giada	Jades' Favorites	As a busy mom, Chef Giada De Laurentis is constantly challenged to come up with healthy recipes. Giada's recipes go way beyond hiding vegetables and include her own special spin on kid favourites.	USA	English-100		G			
12/07/2024	630	Chuck And The First Peoples' Kitchen	Wemotaci - Hare Trapping	Chuck travels to Wemotaci where he traps a hare and carves up a moose.	CANADA	English-100	RPT	PG	a w		Y
12/07/2024	700	Gourmet Farmer	Food For The Land	After having the health of his farm soil tested, Matthew explores a flavoursome way to keep his pigs fed, while using his chickens to rehabilitate the damaged soil in his pig paddocks.	AUSTRALIA	English-100	RPT	G			Y
12/07/2024	730	Jamie & Jimmy's Food Fight Club	Mark Hamill	Jamie and Jimmy feel The Force as they're joined in the cafe by the legendary Mark Hamill, and they create a menu that is out of this world for their childhood hero, Luke Skywalker.	UNITED KINGDOM	English-100		PG	n		
12/07/2024	825	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			
12/07/2024	830	Easy Eats	Ep 9	Hera Te Kurapa as she cooks up delicious but simple meals for your whanau to enjoy. In this episode: Pork, prawn and paua spring rolls, titi pate and tamarillo chutney, vegan vege filo parcel.	NEW ZEALAND	English-100		G			Y
12/07/2024	900	Everyday Gourmet With Justine Schofield	Ep 9	Today, British Indian chef, Anjum Anand joins the Everyday Gourmet kitchen to make her creamy yoghurt chicken and Justine makes a classic French pears belle helene and a delicious berry and rhubarb cobbler.	AUSTRALIA	English-100		G			
12/07/2024	930	My Market Kitchen	Ep 49	Wine expert Adam Walls joins Matt to match the perfect wines to have with Matt's clean, fresh Asian dish of tom yum mussels. Mike takes you to India and back with his delicious garlic naan.	AUSTRALIA	English-100		G			
12/07/2024	1000	Guillaume's Paris	Ep 9	Chef Guillaume Brahimi explores the 17th and 18th arrondissements of Paris where some of the best kept culinary secrets can be found, including a mushroom farm in an underground carpark.	AUSTRALIA	English-70; French-30	RPT	PG			Y Y
12/07/2024	1030	Rick Stein's French Odyssey	Agen To Moissac	In the city of Agen, Rick indulges in a four-course lunch at the Buffet de la Gare before heading off to cook a traditional Agen dish of rabbit with local prunes.	UNITED KINGDOM	English-100		G			
12/07/2024	1100	The Cook Up With Adam Liaw	Souful Food	It's NAIDOC Week, and host Nornie Bero is joined by chef Jack Brown and Palawa Kipli's Kitana Mansell to make soulful food.	AUSTRALIA			G			
12/07/2024	1130	Easy Ways To Live Well	Ep 2	Hugh and Steph challenge a garden centre in Wirral to test out easy solutions for their daily aches and pains, while also tackling their own health concerns.	UNITED KINGDOM	English-100		G			
12/07/2024	1235	Barefoot Contessa: Back To Basics	Modern Comfort Food: Classics Made Over	Ina gets fresh with spring green spaghetti carbonara, and chocolate-dipped brown sugar shortbread livens up an old favourite sweet treat.	USA	English-100		G			

12/07/2024	1300	Mary Makes It Easy	Comfort Food	Mary shares her best comfort food recipes: tuna noodle casserole, mini panzerotti, and herb chicken dumplings.	CANADA	English-100		G		
12/07/2024	1330	Simply Giada	Everyday Menu	Giada De Laurentis offers recipe and menu-planning tips to make eating well both easy and convenient. She makes quinoa "oatmeal," chicken broth, white bean and escarole soup, and skillet brownies.	USA	English-100		G		
12/07/2024	1400	Chuck And The First Peoples' Kitchen	Wolf Lake - Beaver Trapping	In Wolf Lake, Chuck learns how to trap a beaver and cooks it with stuffing.	CANADA	English-100	RPT	PG	a w	
12/07/2024	1430	Gourmet Farmer	Apple Of My Eye, The	With Sadie and Hedley away, Matthew has got his work cut out managing the whole farm on his own and organising a few very special surprises for Sadie's birthday.	AUSTRALIA	English-100	RPT	G		Y
12/07/2024	1500	Food Unwrapped	Beer & Olives	The team head to South Africa and Spain to find out what the difference is between green and black olives.	UNITED KINGDOM	English-100		PG	a	Y
12/07/2024	1530	Jamie & Jimmy's Food Fight Club	Sarah Millican	Jamie and Jimmy welcome comedian Sarah Millican to their cafe on the end of Southend Pier. She gets her first ever cooking lesson as Jamie faces the weirdest challenge of his career.	UNITED KINGDOM	English-100		PG	a n s	
12/07/2024	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		
12/07/2024	1630	Easy Eats	Ep 10	Join host Hera Te Kurapa as she cooks up delicious but simple meals for your whanau to enjoy. In this episode: Pumpkin soup with camp oven paraoa (bread), 4 cheese mince cannelloni, corn fritter stack with grilled halloumi and avocado.	NEW ZEALAND	English-100		G		
12/07/2024	1700	Everyday Gourmet With Justine Schofield	Ep 10	On today's show, Justine whips up some fun dishes using some sweet grapes, makes a beautiful vegetarian cauliflower dip and is joined by Trish McKenzie to make a show stopping chocolate pudding.	AUSTRALIA	English-100		G		
12/07/2024	1730	My Market Kitchen	Ep 50	From the banks of Adelaide's beautiful River Torrens, Laura cooks a superb pasta dish of garganelli with braised greens. Then we're up to tropical Noosa with Matt, who cooks a light, quick, and refreshing dish of falafel pitas.	AUSTRALIA	English-100		G		
12/07/2024	1800	Guillaume's Paris	Ep 10	Chef Guillaume Brahimi finishes his tour of Paris with an exploration of the bohemian hub of the city including a degustation of Parisian beer, and the fascinating neighbourhood of Edith Piaf.	AUSTRALIA	English-70; French-30	RPT	G		Y Y
12/07/2024	1830	Rick Stein's French Odyssey	Moissac To Toulouse	Deeper into South West France, Rick joins a local fisherman in search of pike and zander on the River Tarn at Moissac, and cooks pike in Pinot Noir, a popular duck confit with braised red cabbage.	UNITED KINGDOM	English-100		G		
12/07/2024	1900	The Cook Up With Adam Liaw	The Seafood Supper	It's Easy Entertaining this NAIDOC Week, and host Nornie Bero is joined by chef Mindy Woods and comedian Sean Choolburra to make a seafood supper.	AUSTRALIA			G		

12/07/2024	1930	Restaurants At The End Of The World	Panama's Cloud Forest Kitchen	At Panama's Hacienda Mamecillo, a remote family farm and restaurant nestled in a cloud forest, Kristen Kish learns the secrets of trek-to-table cuisine. But the pressure is on when Chef Rolando asks her to lend a hand in the kitchen as they cook a meal for Panama's top chef, Charlie Collins.	USA			PG	a w	
12/07/2024	2030	Secret World Of Snacks: Cereal	Cereal	There's no more important meal of the day and this episode charts the rise and rivalries of our favourite cereals. Narrated by Jo Brand, we meet the key brains behind the most iconic breakfast brands.	UNITED KINGDOM	English-100	RPT	PG	a s	Y
12/07/2024	2130	Come Dine With Me Couples	South Yorkshire A	It's double the fun, as couples take turns hosting their own dinner parties and grading each other, as they battle for the title of best host, and the chance to win a grand cash prize.	UNITED KINGDOM	English-100		PG	a s	
12/07/2024	2225	Torres Strait At Home	Pepperberry Bloody Mary	Torres Strait Islander chef and owner of Mabu Mabu, Nornie Bero, cooks and talks through some of her favourite easy recipes, from quick picked octopus to fresh baked damper.	AUSTRALIA			G		Y
12/07/2024	2230	The Cook Up With Adam Liaw	The Seafood Supper	It's Easy Entertaining this NAIDOC Week, and host Nornie Bero is joined by chef Mindy Woods and comedian Sean Choolburra to make a seafood supper.	AUSTRALIA			G		
12/07/2024	2300	The Cook And The Chef	Lebanese Food	Maggie and Simon tip their hats to the magical Mediterranean flavours of Lebanese cuisine. Pomegranate, lemon juice, pine nuts, olives and walnuts are just some of the fresh ingredients employed.	AUSTRALIA	English-100		G		
12/07/2024	2330	From Scratch	Flexing Mussels In Khayelitsha	David Moscow meets with chef Abigail Mballo-Mokoena of 4Roomed EKasi, one of Food and Wines top 30 restaurants in the world. He learns of how apartheid has shaped what cooking and family means to her.	UNITED KINGDOM	English-100		PG	a d	Y
12/07/2024	2425	TasteThe Philippines With Yasmin Newman	Kinilaw With Yasmin Newman	Yasmin shares a recipe for a Filipino dish called Kinilaw na Isda, a specialty dish of Palawan.	AUSTRALIA	English-100		G		
12/07/2024	2430	Restaurants At The End Of The World	Panama's Cloud Forest Kitchen	At Panama's Hacienda Mamecillo, a remote family farm and restaurant nestled in a cloud forest, Kristen Kish learns the secrets of trek-to-table cuisine. But the pressure is on when Chef Rolando asks her to lend a hand in the kitchen as they cook a meal for Panama's top chef, Charlie Collins.	USA			PG	a w	
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12/07/2024	2625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 8	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
12/07/2024	2630	Come Dine With Me Couples	South Yorkshire A	It's double the fun, as couples take turns hosting their own dinner parties and grading each other, as they battle for the title of best host, and the chance to win a grand cash prize.	UNITED KINGDOM	English-100		PG	a s	
12/07/2024	2725	Torres Strait At Home	Pepperberry Bloody Mary	Torres Strait Islander chef and owner of Mabu Mabu, Nornie Bero, cooks and talks through some of her favourite easy recipes, from quick picked octopus to fresh baked damper.	AUSTRALIA			G		Y

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12/07/2024	2825	TasteThe Philippines With Yasmin Newman	Kinilaw With Yasmin Newman	Yasmin shares a recipe for a Filipino dish called Kinilaw na Isda, a specialty dish of Palawan.	AUSTRALIA	English-100		G		
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13/07/2024	500	Barefoot Contessa: Back To Basics	Modern Comfort Food: Classics Made Over	Ina gets fresh with spring green spaghetti carbonara, and chocolate-dipped brown sugar shortbread livens up an old favourite sweet treat.	USA	English-100		G		
13/07/2024	530	Mary Makes It Easy	Comfort Food	Mary shares her best comfort food recipes: tuna noodle casserole, mini panzerotti, and herb chicken dumplings.	CANADA	English-100		G		
13/07/2024	600	Simply Giada	Everyday Menu	Giada De Laurentis offers recipe and menu-planning tips to make eating well both easy and convenient. She makes quinoa "oatmeal," chicken broth, white bean and escarole soup, and skillet brownies.	USA	English-100		G		
13/07/2024	630	Chuck And The First Peoples' Kitchen	Wolf Lake - Beaver Trapping	In Wolf Lake, Chuck learns how to trap a beaver and cooks it with stuffing.	CANADA	English-100	RPT	PG	a w	
13/07/2024	700	Gourmet Farmer	Apple Of My Eye, The	With Sadie and Hedley away, Matthew has got his work cut out managing the whole farm on his own and organising a few very special surprises for Sadie's birthday.	AUSTRALIA	English-100	RPT	G		Y
13/07/2024	730	Jamie & Jimmy's Food Fight Club	Sarah Millican	Jamie and Jimmy welcome comedian Sarah Millican to their cafe on the end of Southend Pier. She gets her first ever cooking lesson as Jamie faces the weirdest challenge of his career.	UNITED KINGDOM	English-100		PG	a n s	
13/07/2024	825	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		
13/07/2024	830	Easy Eats	Ep 10	Join host Hera Te Kurapa as she cooks up delicious but simple meals for your whanau to enjoy. In this episode: Pumpkin soup with camp oven paraoa (bread), 4 cheese mince cannelloni, corn fritter stack with grilled halloumi and avocado.	NEW ZEALAND	English-100		G		
13/07/2024	900	Everyday Gourmet With Justine Schofield	Ep 10	On today's show, Justine whips up some fun dishes using some sweet grapes, makes a beautiful vegetarian cauliflower dip and is joined by Trish McKenzie to make a show stopping chocolate pudding.	AUSTRALIA	English-100		G		
13/07/2024	930	My Market Kitchen	Ep 50	From the banks of Adelaide's beautiful River Torrens, Laura cooks a superb pasta dish of garganelli with braised greens. Then we're up to tropical Noosa with Matt, who cooks a light, quick, and refreshing dish of falafel pitas.	AUSTRALIA	English-100		G		

13/07/2024	1000	Guillaume's Paris	Ep 10	Chef Guillaume Brahimi finishes his tour of Paris with an exploration of the bohemian hub of the city including a degustation of Parisian beer, and the fascinating neighbourhood of Edith Piaf.	AUSTRALIA	English-70; French-30	RPT	G		Y	Y
13/07/2024	1030	Rick Stein's French Odyssey	Moissac To Toulouse	Deeper into South West France, Rick joins a local fisherman in search of pike and zander on the River Tarn at Moissac, and cooks pike in Pinot Noir, a popular duck confit with braised red cabbage.	UNITED KINGDOM	English-100		G			
13/07/2024	1100	The Cook Up With Adam Liaw	The Seafood Supper	It's Easy Entertaining this NAIDOC Week, and host Nornie Bero is joined by chef Mindy Woods and comedian Sean Choolburra to make a seafood supper.	AUSTRALIA			G			
13/07/2024	1130	Restaurants At The End Of The World	Panama's Cloud Forest Kitchen	At Panama's Hacienda Mamecillo, a remote family farm and restaurant nestled in a cloud forest, Kristen Kish learns the secrets of trek-to-table cuisine. But the pressure is on when Chef Rolando asks her to lend a hand in the kitchen as they cook a meal for Panama's top chef, Charlie Collins.	USA			PG	a w		
13/07/2024	1230	Chuck And The First Peoples' Kitchen	Wolf Lake - Beaver Trapping	In Wolf Lake, Chuck learns how to trap a beaver and cooks it with stuffing.	CANADA	English-100	RPT	PG	a w		
13/07/2024	1300	Gourmet Farmer	Apple Of My Eye, The	With Sadie and Hedley away, Matthew has got his work cut out managing the whole farm on his own and organising a few very special surprises for Sadie's birthday.	AUSTRALIA	English-100	RPT	G		Y	
13/07/2024	1330	Easy Eats	Ep 10	Join host Hera Te Kurapa as she cooks up delicious but simple meals for your whanau to enjoy. In this episode: Pumpkin soup with camp oven paraoa (bread), 4 cheese mince cannelloni, corn fritter stack with grilled halloumi and avocado.	NEW ZEALAND	English-100		G			
13/07/2024	1400	The Cook Up With Adam Liaw	Beach Dinner	NAIDOC Week host Nornie Bero is joined by presenter Matty Mills and visual artist Gail Mabo to make memorable beach dinners.	AUSTRALIA	English-100	RPT	G		Y	Y
13/07/2024	1430	The Cook Up With Adam Liaw	Luscious Leaves	We're celebrating NAIDOC Week with host Nornie Bero, actor Bjorn Stewart, Currie Country's Arabella Douglas and a whole lot of luscious leaves!	AUSTRALIA	English-100	RPT	G		Y	
13/07/2024	1500	The Cook Up With Adam Liaw	Pepperberries	The NAIDOC Week celebrations continue with bushfood educator Jody Orcher, podcaster Rowdie Walden and host Nornie Bero's favourite native ingredient, pepperberry.	AUSTRALIA	English-100	RPT	PG		Y	
13/07/2024	1530	The Cook Up With Adam Liaw	Family Pie	It's NAIDOC Week on The Cook Up, and Warndu's Damien Coulthard, Haus of Dizzy's Kristy Dickinson and host Nornie Bero are making family pie.	AUSTRALIA	English-100	RPT	PG		Y	
13/07/2024	1600	The Cook Up With Adam Liaw	Native Twist	Astrophysicist Kirsten Banks and Yerrabingin's Christian Hampson join NAIDOC Week host Nornie Bero to cook food with a native twist.	AUSTRALIA	English-100	RPT	G		Y	
13/07/2024	1630	Field Trip With Curtis Stone	Big Island - Hawaii	Curtis meets up with local fisherman, Justin Lee, to do some spearfishing off the coast of Kona. He entrenches himself in the family culture of the islands, where he helps cook the caught fish.	USA	English-100		PG	a l w		

13/07/2024	1700	Donna Hay Everyday Fresh	Ep 3	Donna is making one of her favourite recipes, it's a light ricotta and kale gnocchi baked in a tomato and balsamic sauce. It's sure to become your new go-to dish full of green goodness.	AUSTRALIA	English-100	G			
13/07/2024	1730	Luca's Key Ingredient	Episode 2	Prosecco is so much more than a celebratory drink, it can be used in an array of Italian dishes to increase the flavour profiles and make them sing. Luca shares his secrets.	AUSTRALIA		PG			
13/07/2024	1800	Food Affair With Mark Wiens	Ep 2	Drawing inspiration from his own roots, Mark dives into the rich history of Singapore's immigrant Chinese community and the evolution of Cantonese, Teochew, and Hainanese cuisine on the island.	USA	English-100	G			
13/07/2024	1830	Raymond Blanc's Royal Kitchen Gardens	Hillsborough 2	Returning to the magnificent Hillsborough, Raymond is keen to see more of the remarkable gardens. He meets Head Gardener Claire and helps her with some harvesting whilst learning about the garden's extensive restoration.	UNITED KINGDOM	English-100	PG			
13/07/2024	1930	Hairy Bikers Go North	West Yorkshire	Starting in Leeds, the bikers are visiting the stunning Kirkgate market to fill up their panier for their upcoming stay. During their travels across the north of England.	UNITED KINGDOM	English-100	PG	a	l w	
13/07/2024	2030	Rick Stein's Long Weekends	Lisbon	Rick visits Lisbon on the banks of the River Tagus, a city in love with its seafood and possibly the best custard tarts in the world.	UNITED KINGDOM	English-100	PG	a	w	
13/07/2024	2140	Anthony Bourdain: A Cook's Tour	Puebla, Where The Cooks Are From	According to Tony, the best line cooks in N.Y.C. come from Mexico, so he travels to Puebla, and enjoys mole sauces, toasted ant eggs, fried worms, and the legendary pulque.	USA	English-100	PG	a	l w	
13/07/2024	2205	Anthony Bourdain: A Cook's Tour	Cook Who Came In From The Cold, The	Tony plays spy in Russia and sets off to locate the best blinis and borscht St. Petersburg has to offer.	USA	English-100	PG			
13/07/2024	2230	Alex Polizzi Secret Italy	Lecce And Matera	The final leg of Alex's journey reaches a fitting crescendo in the secret south, a region that Alex knows little about. Puglia, one of the most rural regions, welcomes Alex with a tour.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
13/07/2024	2325	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 Bida shares a version with a punchier thicker sauce that coats the chicken and rice.	AUSTRALIA	English-100	G			
13/07/2024	2330	Field Trip With Curtis Stone	Big Island - Hawaii	Curtis meets up with local fisherman, Justin Lee, to do some spearfishing off the coast of Kona. He entrenches himself in the family culture of the islands, where he helps cook the caught fish.	USA	English-100	PG	a	l w	
13/07/2024	2400	Donna Hay Everyday Fresh	Ep 3	Donna is making one of her favourite recipes, it's a light ricotta and kale gnocchi baked in a tomato and balsamic sauce. It's sure to become your new go-to dish full of green goodness.	AUSTRALIA	English-100	G			
13/07/2024	2430	Luca's Key Ingredient	Episode 2	Prosecco is so much more than a celebratory drink, it can be used in an array of Italian dishes to increase the flavour profiles and make them sing. Luca shares his secrets.	AUSTRALIA		PG			

13/07/2024	2500	Food Affair With Mark Wiens	Ep 2	Drawing inspiration from his own roots, Mark dives into the rich history of Singapore's immigrant Chinese community and the evolution of Cantonese, Teochew, and Hainanese cuisine on the island.	USA	English-100	G
13/07/2024	2530	Raymond Blanc's Royal Kitchen Gardens	Hillsborough 2	Returning to the magnificent Hillsborough, Raymond is keen to see more of the remarkable gardens. He meets Head Gardener Claire and helps her with some harvesting whilst learning about the garden's extensive restoration.	UNITED KINGDOM	English-100	PG