



WEEK 29 Sunday, 14 July 2024 Saturday, 20 July 2024

ALL MARKETS

Date	Start Time	Title	Episode Title	TV Guide Text	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-07-14	0500	The Cook Up With Adam Liaw	Beach Dinner	NAIDOC Week host Normie Bero is joined by presenter Matty Mills and visual artist Gail Mabo to make memorable beach dinners.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-07-14	0530	The Cook Up With Adam Liaw	Luscious Leaves	We're celebrating NAIDOC Week with host Normie Bero, actor Bjorn Stewart, Currie Country's Arabella Douglas and a whole lot of luscious leaves!	AUSTRALIA	English-100	RPT	G		Y	
2024-07-14	0600	The Cook Up With Adam Liaw	Pepperberries	The NAIDOC Week celebrations continue with bushfood educator Jody Orcher, podcaster Rowdie Walden and host Normie Bero's favourite native ingredient, pepperberry.	AUSTRALIA	English-100	RPT	PG		Y	
2024-07-14	0630	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 Normie Bero are making family pie.	AUSTRALIA	English-100	RPT	PG		Y	
2024-07-14	0700	The Cook Up With Adam Liaw	Native Twist	Astrophysicist Kirsten Banks and Yerrabingin's Christian Hampson join NAIDOC Week host Normie Bero to cook food with a native twist.	AUSTRALIA	English-100	RPT	G		Y	
2024-07-14	0730	Donna Hay Everyday Fresh	Ep 3	In this episode, Donna is making one of her favourite recipes, it's a light ricotta and kale gnocchi baked in a tomato and balsamic sauce. Cooked all in one pan, it's sure to become your new go-to dish full of green goodness. So simple and so yum. She'll also be cooking her cauliflower rice bowl with crispy chilli eggs - and for dessert, a velvety smooth mousse-like baked chocolate cheesecake.	AUSTRALIA	English-100		G			
2024-07-14	0800	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 in cooking with prosecco and makes a light salmon pasta, a gorgeous black risotto and ends with a sparkling prosecco dessert.	AUSTRALIA			PG			
2024-07-14	0830	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. The culinary effects of Portugal's historic explorations are still seen in its dishes with hints of cinnamon and freshly chopped coriander from the east and tomatoes and chillies from the Americas. Rick is inspired to cook the city favourite snack Salt Cod Fritters, delicious Almond Tart - a favourite dish throughout Portugal. With seafood at the forefront of his mind, he makes sure he arrives just in time for Lisbon's famous St Anthony's Day Parade and Sardine Festival.	UNITED KINGDOM	English-100		PG	a w		
2024-07-14	0935	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		
2024-07-14	1030	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 first with a tour of its curious beehive shaped Trulli and a wine with a difference. Next, the majestic Monte Pollino National Park is an unexpected delight, before her adventure concludes in the unique city of Matera. Here, Alex tours the atmospheric cave dwellings, some of the oldest settlements in Europe, before taking in the extraordinary annual festa, a carnival with a twist.	UNITED KINGDOM	English-100	RPT	PG		Y	Y

2024-07-14	1125	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		
2024-07-14	1130	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	
2024-07-14	1200	Donna Hay Everyday Fresh	Ep 3	In this episode, Donna is making one of her favourite recipes, it's a light ricotta and kale gnocchi baked in a tomato and balsamic sauce. Cooked all in one pan, it's sure to become your new go-to dish full of green goodness. So simple and so yum. She'll also be cooking her cauliflower rice bowl with crispy chilli eggs - and for dessert, a velvety smooth mousse-like baked chocolate cheesecake.	AUSTRALIA	English-100	G		
2024-07-14	1230	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		
2024-07-14	1330	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		
2024-07-14	1400	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		RPT	G	Y
2024-07-14	1430	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		RPT	G	
2024-07-14	1500	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		RPT	G	
2024-07-14	1530	The Cook Up With Adam Liaw	Soulful 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		RPT	G	
2024-07-14	1600	The Cook Up With Adam Liaw	Seafood Supper, The	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	
2024-07-14	1630	India Unplated	Gujarat	Celebrate the diversity of Indian cuisine as acclaimed Indian-Australian chefs, Helly Raichura, Adam D'Silva and Sandeep Pandit present their enticing new food series, India Unplated. From the far north to the southern tip and all the regions in-between, the series highlights the complexity and diversity of Indian food from right across the subcontinent.	AUSTRALIA	English-100	G		Y
2024-07-14	1700	Donna Hay Everyday Fresh	Ep 4	Donna prepares a brown rice nasi goreng omelette - a super-flavoured weeknight dinner made all in one pan. She also shares her up-flavoured version of bolognese with the spicy kick of chorizo and all the deliciousness of golden cauliflower in a rich tomato sauce.	AUSTRALIA	English-100	G		
2024-07-14	1730	The Streets Hong Kong	Ep 6	Dan journeys to 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			G	Y
2024-07-14	1800	A New Zealand Food Story	Waikato	Ben picks the 3 varieties. He meets a farmer and understands the benefits of grass-fed beef. Ben catches up with the Soil Sisters, a movement focussed on growing your own fruit and vegetables.	NEW ZEALAND	English-100	PG		
2024-07-14	1830	Simply Raymond Blanc	French Classics With A Twist	French cuisine is the heart of Raymond Blanc's repertoire, and his French classics have been on the menu at Le Manoir since the beginning. From his Oxfordshire kitchen, he shares his favourite French Classics, with a twist. From his maman blanc's steak and red wine jus, to a heritage salad with tomatoes and mozzarella straight from his gardens.	ENGLAND	English-100	G		

2024-07-14	1930	Be My Guest With Ina Garten	Emily Blunt		It's a perfect day for Ina and her dear friend, the incredible British movie actress Emily Blunt, who is joining her for a fantastic day of cooking and conversation at the barn.	USA	English-100		PG	I		
2024-07-14	2030	Rick Stein's Far Eastern Odyssey	Bangladesh		Rick ends his culinary tour in Bangladesh, the country that spawned thousands of 'Indian' restaurants in Britain years ago. Not surprisingly, curry is at the top of his list. Rick starts his journey in Dhaka, where he discovers the intricacies of making a true biryani. With fish being central to most Bengali dishes, he is invited for lunch by a local family to sample the country's traditional dish of fish dampokht.	UNITED KINGDOM	English-100	RPT	G		Y	
2024-07-14	2140	Anthony Bourdain: A Cook's Tour	Los Angeles: My Own Heart Of Darkness		New York chef, Anthony Bourdain, descends into the culinary underbelly of his metropolitan nemesis, Los Angeles.	USA	English-100		PG		a w	
2024-07-14	2210	Anthony Bourdain: A Cook's Tour	Desert Feast		Tony traverses the Moroccan desert with one goal in mind: eat a mud-oven-roasted sheep.	USA	English-100		PG		a w	
2024-07-14	2240	Alex Polizzi Secret Italy	Sardinia		Alex Polizzi arrives in Sardinia to explore her family roots and discover the rich and diverse culture of this ever-popular destination. She'll be sampling the Cagliari cuisine, venturing inland to experience the rugged beauty of the Supramonte region and meeting a woman who claims to be the last woman in the world to weave the precious sea silk. She'll also be meeting a team of scientists who are studying the genes of the locals, as she learns that Sardinia has more centenarians than anywhere else in the world.	UNITED KINGDOM	English-100	RPT	PG		Y	Y
2024-07-14	2335	Simply Raymond Blanc	French Classics With A Twist		French cuisine is the heart of Raymond Blanc's repertoire, and his French classics have been on the menu at Le Manoir since the beginning. From his Oxfordshire kitchen, he shares his favourite French Classics, with a twist. From his maman blanc's steak and red wine jus, to a heritage salad with tomatoes and mozzarella straight from his gardens.	ENGLAND	English-100		G			
2024-07-14	2430	Be My Guest With Ina Garten	Emily Blunt		It's a perfect day for Ina and her dear friend, the incredible British movie actress Emily Blunt, who is joining her for a fantastic day of cooking and conversation at the barn.	USA	English-100		PG	I		
2024-07-14	2530	Rick Stein's Far Eastern Odyssey	Bangladesh		Rick ends his culinary tour in Bangladesh, the country that spawned thousands of 'Indian' restaurants in Britain years ago. Not surprisingly, curry is at the top of his list. Rick starts his journey in Dhaka, where he discovers the intricacies of making a true biryani. With fish being central to most Bengali dishes, he is invited for lunch by a local family to sample the country's traditional dish of fish dampokht.	UNITED KINGDOM	English-100	RPT	G		Y	
2024-07-14	2635	India Unplated	Gujarat		Celebrate the diversity of Indian cuisine as acclaimed Indian-Australian chefs, Helly Raichura, Adam D'Sylva and Sandeep Pandit present their enticing new food series, India Unplated. From the far north to the southern tip and all the regions in-between, the series highlights the complexity and diversity of Indian food from right across the subcontinent.	AUSTRALIA	English-100		G		Y	
2024-07-14	2705	Donna Hay Everyday Fresh	Ep 4		Donna prepares a brown rice nasi goreng omelette - a super-flavoured weeknight dinner made all in one pan. She also shares her up-flavoured version of bolognese with the spicy kick of chorizo and all the deliciousness of golden cauliflower in a rich tomato sauce.	AUSTRALIA	English-100		G			
2024-07-14	2730	The Streets Hong Kong	Ep 6		Dan journeys to 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			G		Y	
2024-07-14	2800	A New Zealand Food Story	Waikato		Ben picks the 3 varieties. He meets a farmer and understands the benefits of grass-fed beef. Ben catches up with the Soil Sisters, a movement focussed on growing your own fruit and vegetables.	NEW ZEALAND	English-100		PG			
2024-07-14	2830	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		RPT	G		Y	
2024-07-15	0500	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		RPT	G			
2024-07-15	0530	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		RPT	G			

2024-07-15	0600	The Cook Up With Adam Liaw	Soulful Food	It's NAIDOC Week, and host Normie Bero is joined by chef Jack Brown and Palawa Kipli's Kitana Mansell to make soulful food.	AUSTRALIA		RPT	G			
2024-07-15	0630	The Cook Up With Adam Liaw	Seafood Supper, The	It's Easy Entertaining this NAIDOC Week, and host Normie Bero is joined by chef Mindy Woods and comedian Sean Choolburra to make a seafood supper.	AUSTRALIA			G			
2024-07-15	0700	India Unplated	Gujarat	Celebrate the diversity of Indian cuisine as acclaimed Indian-Australian chefs, Helly Raichura, Adam D'Sylva and Sandeep Pandit present their enticing new food series, India Unplated. From the far north to the southern tip and all the regions in-between, the series highlights the complexity and diversity of Indian food from right across the subcontinent.	AUSTRALIA	English-100		G		Y	
2024-07-15	0730	Simply Raymond Blanc	French Classics With A Twist	French cuisine is the heart of Raymond Blanc's repertoire, and his French classics have been on the menu at Le Manoir since the beginning. From his Oxfordshire kitchen, he shares his favourite French Classics, with a twist. From his maman blanc's steak and red wine jus, to a heritage salad with tomatoes and mozzarella straight from his gardens.	ENGLAND	English-100		G			
2024-07-15	0830	Be My Guest With Ina Garten	Emily Blunt	It's a perfect day for Ina and her dear friend, the incredible British movie actress Emily Blunt, who is joining her for a fantastic day of cooking and conversation at the barn.	USA	English-100		PG	I		
2024-07-15	0930	Rick Stein's Far Eastern Odyssey	Bangladesh	Rick ends his culinary tour in Bangladesh, the country that spawned thousands of 'Indian' restaurants in Britain years ago. Not surprisingly, curry is at the top of his list. Rick starts his journey in Dhaka, where he discovers the intricacies of making a true biryani. With fish being central to most Bengali dishes, he is invited for lunch by a local family to sample the country's traditional dish of fish dampokht.	UNITED KINGDOM	English-100	RPT	G		Y	
2024-07-15	1040	Alex Polizzi Secret Italy	Sardinia	Alex Polizzi arrives in Sardinia to explore her family roots and discover the rich and diverse culture of this ever-popular destination. She'll be sampling the Cagliari cuisine, venturing inland to experience the rugged beauty of the Supramonte region and meeting a woman who claims to be the last woman in the world to weave the precious sea silk. She'll also be meeting a team of scientists who are studying the genes of the locals, as she learns that Sardinia has more centenarians than anywhere else in the world.	UNITED KINGDOM	English-100	RPT	PG		Y	Y
2024-07-15	1130	The Streets Hong Kong	Ep 6	Dan journeys to 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			G		Y	
2024-07-15	1200	A New Zealand Food Story	Waikato	Ben picks the 3 varieties. He meets a farmer and understands the benefits of grass-fed beef. Ben catches up with the Soil Sisters, a movement focussed on growing your own fruit and vegetables.	NEW ZEALAND	English-100		PG			
2024-07-15	1230	Barefoot Contessa: Back To Basics	Modern Comfort Food: Good Cheese	Ina Garten indulges in incredible recipes starring some of her favorite cheeses, featuring a panko-cruste rack of lamb for a fast and fancy dinner.	USA	English-100		G			
2024-07-15	1300	Mary Makes It Easy	Fast Flavor	Tonight Mary's recipes are all about getting maximum flavour in 30 minutes or less! To start, Mary swaps out traditional veal for a quick-cooking chicken saltimbocca, and the fanciest beans on toast ever!	CANADA	English-100		G			
2024-07-15	1330	Simply Giada	Crave-Worthy Comfort	Eating well doesn't mean depriving yourself of the comfort foods you crave. Giada De Laurentis makes a romantic dinner that's light in fat and calories: bison bolognese, chicken milanese and braised mushrooms.	USA	English-100		G			
2024-07-15	1400	Chuck And The First Peoples' Kitchen	Pikogan- Pike Fishing	Chuck visits the community of Pikogan where he goes fishing for pike.	CANADA	English-100	RPT	PG		Y	
2024-07-15	1430	Gourmet Farmer	Living The Dream	Matthew realises two long held day dreams when he installs an incredible outdoor fire pit and finally catches something from the ocean worth bragging about.	AUSTRALIA	English-100	RPT	G	a w	Y	
2024-07-15	1500	Food Unwrapped	Seafood Sticks & British Wine	Kate Quilton uncovers the secrets behind British wine.	UNITED KINGDOM	English-100		G	a	Y	

2024-07-15	1530	Jamie & Jimmy's Food Fight Club	Liv Tyler	Jamie and Jimmy welcome Hollywood icon Liv Tyler to the pier as she joins them in the cafe for the cooking lesson of a lifetime. Learning how to make her family's favourite takeaway, Jamie takes Liv through the stages of making delicate pork dim sum dumplings.	UNITED KINGDOM	English-100	PG	n			
2024-07-15	1625	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				
2024-07-15	1630	Easy Eats	Ep 11	Easy Eats shows you how easy it is to recreate restaurant-quality dishes at home. Join host Hera Te Kurapa as she cooks up delicious but simple meals for your whanau to enjoy. In this episode: deep-fried mullet, rocket salad, tomato salsa with nanny & grandpa's mayo, Mushroom and seaweed arancini, creamy chicken and leek pie.	NEW ZEALAND	English-100	G			Y	
2024-07-15	1700	Everyday Gourmet With Justine Schofield	Ep 11	Justine shows you a healthy way to start the day with her green energy smoothie, she serves up some amazing Sicilian donuts stued with ricotta and whips up some bananas from the banks of the Murray River.	AUSTRALIA	English-100	G				
2024-07-15	1730	My Market Kitchen	Ep 51	Laura's with her chef husband Max at the fabulous Mt Lofty House in the Adelaide Hills, where Max makes one of his favourite late-night dishes, spiced pork ragu with ricotta gnocchi.	AUSTRALIA	English-100	G				
2024-07-15	1800	Luke Nguyen's France	Paris	Luke Nguyen's appetite for food leads him out of Asia and into France, the culinary wonderland that shaped his ancestral home, Vietnam. In tonight's episode, Luke embarks on a culinary journey through the heart of Paris, discovering Parisians' passion for food, decadence and tradition. Walking the city streets, exploring the French capital's oldest market and cooking with his Vietnamese-French cousin Laurent, Luke investigates how France has influenced Vietnam's food scene. Later, Luke creates a fusion steak tartare dish with a traditional Parisian butcher and experiences the sweeter side of the city from the rooftop of the Westin with beekeeper Nicolas Geant.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-07-15	1830	Rick Stein's French Odyssey	Toulouse To Castelnaudary	The historic city of Toulouse is famous for its meaty sausages, and Rick can't resist cooking Toulouse Sausage Languedocienne. At the Victor Hugo Market, fresh fish from the Mediterranean inspires Rick to make the classic Pissaladiere, a Nicoise Onion Tart with Anchovies and Black Olives.	UNITED KINGDOM	English-100	G			Y	
2024-07-15	1900	The Cook Up With Adam Liaw	Ultimate Pork Chop	Adam is joined in the kitchen by meat expert Jess Pryles and actor Gary Sweet. Who will make the ultimate pork chop dish?	AUSTRALIA		G				
2024-07-15	1930	The Streets Hong Kong	Ep 7	Embark on a gastronomic adventure with Dan as he explores Kowloon's rich and diverse food legacy, starting with humble street cart noodles. Continuing his journey, Dan visits one of the city's original Western fusion establishments to relish in their famous Soy Sauce Western Cuisine.	AUSTRALIA		G			Y	
2024-07-15	2000	Luke Nguyen's France	Nice	Luke travels to Nice, the jewel of the French Riviera, where the fresh produce is as beautiful as the scenery. Luke and local chef Dominique Le Stanc ride their bicycles to the local farmers' market to collect the ingredients for a delectable onion tart and zucchini flower dish. Going to Nice and not cooking salad nicoise would be a sin, so Luke learns how to prepare the real deal in a traditional nicoise kitchen. He then takes a stroll along the Promenade des Anglès before heading to the hills to cook with sardines in the traditional way. He meets the proprietors of Oliveira, to discover the region's best olive oil and taste the owner's famous eggplant dip.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-07-15	2030	Gordon Ramsay: Uncharted	Lush And Wild Puerto Rico	Gordon explores the enchanted island of Puerto Rico; from the bright blue sea to the lush mountains of the interior. Along the way he learns about Hurricane Maria's devastating toll on the island, and how its destruction prompted locals to push for food independence.	UNITED KINGDOM	English-100					
2024-07-15	2125	TasteThe Philippines With Yasmin Newman	Longanisa Sausage Roll With John Rivera	John Rivera, Chef de partie and founder of Melbourne's Filipino ice cream chain Kariton Sorbetes, shares his recipe for Filipino-inspired sausage rolls with banana ketchup.	AUSTRALIA	English-100	G				
2024-07-15	2130	Come Dine With Me Couples	South Yorkshire B	Phil and Kate treat their guests to a menu inspired by their most romantic meals.	UNITED KINGDOM	English-100	PG				

2024-07-15	2225	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
2024-07-15	2230	The Cook Up With Adam Liaw	Ultimate Pork Chop	Adam is joined in the kitchen by meat expert Jess Pryles and actor Gary Sweet. Who will make the ultimate pork chop dish?	AUSTRALIA			G		
2024-07-15	2300	The Cook And The Chef	Barossa, The	The Barossa Valley is one of many regions in Australia where migrants have created a unique regional food culture. This program celebrates the Barossa where today, food, religion and cultural traditions echo Prussian, Silesian and German origins.	AUSTRALIA	English-100		G		
2024-07-15	2330	From Scratch	Utah	David goes to Utah, where he learns the steps of making Trout Piscatore with award winner Galen Zamorra. First, David must harvest the Four Corners Potato. This tiny tuber has a big history as possibly the first domesticated plant in the U.S. But as the clock ticks, he desperately tries to catch a fish for a dish whose three main ingredients are trout trout trout.	UNITED KINGDOM	English-100		PG	a w	
2024-07-15	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		
2024-07-15	2430	The Streets Hong Kong	Ep 7	Embark on a gastronomic adventure with Dan as he explores Kowloon's rich and diverse food legacy, starting with humble street cart noodles. Continuing his journey, Dan visits one of the city's original Western fusion establishments to relish in their famous Soy Sauce Western Cuisine.	AUSTRALIA			G		Y
2024-07-15	2500	Luke Nguyen's France	Nice	Luke travels to Nice, the jewel of the French Riviera, where the fresh produce is as beautiful as the scenery. Luke and local chef Dominique Le Stanc ride their bicycles to the local farmers' market to collect the ingredients for a delectable onion tart and zucchini flower dish. Going to Nice and not cooking salad nicoise would be a sin, so Luke learns how to prepare the real deal in a traditional nicoise kitchen. He then takes a stroll along the Promenade des Anglès before heading to the hills to cook with sardines in the traditional way. He meets the proprietors of Oliveira, to discover the region's best olive oil and taste the owner's famous eggplant dip.	AUSTRALIA	English-100	RPT	G		Y Y
2024-07-15	2530	Gordon Ramsay: Uncharted	Lush And Wild Puerto Rico	Gordon explores the enchanted island of Puerto Rico; from the bright blue sea to the lush mountains of the interior. Along the way he learns about Hurricane Maria's devastating toll on the island, and how its destruction prompted locals to push for food independence.	UNITED KINGDOM	English-100				
2024-07-15	2625	TasteThe Philippines With Yasmin Newman	Longanisa Sausage Roll With John Rivera	John Rivera, Chef de partie and founder of Melbourne's Filipino ice cream chain Kariton Sorbetes, shares his recipe for Filipino-inspired sausage rolls with banana ketchup.	AUSTRALIA	English-100		G		
2024-07-15	2630	Come Dine With Me Couples	South Yorkshire B	Phil and Kate treat their guests to a menu inspired by their most romantic meals.	UNITED KINGDOM	English-100		PG		
2024-07-15	2725	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
2024-07-15	2730	From Scratch	Utah	David goes to Utah, where he learns the steps of making Trout Piscatore with award winner Galen Zamorra. First, David must harvest the Four Corners Potato. This tiny tuber has a big history as possibly the first domesticated plant in the U.S. But as the clock ticks, he desperately tries to catch a fish for a dish whose three main ingredients are trout trout trout.	UNITED KINGDOM	English-100		PG	a w	
2024-07-15	2825	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		

2024-07-15	2830	The Cook And The Chef	Barossa, The	The Barossa Valley is one of many regions in Australia where migrants have created a unique regional food culture. This program celebrates the Barossa where today, food, religion and cultural traditions echo Prussian, Silesian and German origins.	AUSTRALIA	English-100	G				
2024-07-16	0500	Mary Makes It Easy	Fast Flavor	Tonight Mary's recipes are all about getting maximum flavour in 30 minutes or less! To start, Mary swaps out traditional veal for a quick-cooking chicken saltimbocca, and the fanciest beans on toast ever!	CANADA	English-100	G				
2024-07-16	0530	Simply Giada	Crave-Worthy Comfort	Eating well doesn't mean depriving yourself of the comfort foods you crave. Giada De Laurentiis makes a romantic dinner that's light in fat and calories: bison bolognese, chicken milanese and braised mushrooms.	USA	English-100	G				
2024-07-16	0600	Chuck And The First Peoples' Kitchen	Pikogan- Pike Fishing	Chuck visits the community of Pikogan where he goes fishing for pike.	CANADA	English-100	RPT	PG		Y	
2024-07-16	0630	Gourmet Farmer	Living The Dream	Matthew realises two long held day dreams when he installs an incredible outdoor fire pit and finally catches something from the ocean worth bragging about.	AUSTRALIA	English-100	RPT	G	a w	Y	
2024-07-16	0700	Food Unwrapped	Seafood Sticks & British Wine	Kate Qulton uncovers the secrets behind British wine.	UNITED KINGDOM	English-100	G	a		Y	
2024-07-16	0730	Jamie & Jimmy's Food Fight Club	Liv Tyler	Jamie and Jimmy welcome Hollywood icon Liv Tyler to the pier as she joins them in the cafe for the cooking lesson of a lifetime. Learning how to make her family's favourite takeaway, Jamie takes Liv through the stages of making delicate pork dim sum dumplings.	UNITED KINGDOM	English-100	PG	n			
2024-07-16	0825	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				
2024-07-16	0830	Easy Eats	Ep 11	Easy Eats shows you how easy it is to recreate restaurant-quality dishes at home. Join host Hera Te Kurapa as she cooks up delicious but simple meals for your whanau to enjoy. In this episode: deep-fried mullet, rocket salad, tomato salsa with nanny & grandpa's mayo, Mushroom and seaweed arancini, creamy chicken and leek pie.	NEW ZEALAND	English-100	G			Y	
2024-07-16	0900	Everyday Gourmet With Justine Schofield	Ep 11	Justine shows you a healthy way to start the day with her green energy smoothie, she serves up some amazing Sicilian donuts stued with ricotta and whips up some bananas from the banks of the Murray River.	AUSTRALIA	English-100	G				
2024-07-16	0930	My Market Kitchen	Ep 51	Laura's with her chef husband Max at the fabulous Mt Lofty House in the Adelaide Hills, where Max makes one of his favourite late-night dishes, spiced pork ragu with ricotta gnocchi.	AUSTRALIA	English-100	G				
2024-07-16	1000	Luke Nguyen's France	Paris	Luke Nguyen's appetite for food leads him out of Asia and into France, the culinary wonderland that shaped his ancestral home, Vietnam. In tonight's episode, Luke embarks on a culinary journey through the heart of Paris, discovering Parisians' passion for food, decadence and tradition. Walking the city streets, exploring the French capital's oldest market and cooking with his Vietnamese-French cousin Laurent, Luke investigates how France has influenced Vietnam's food scene. Later, Luke creates a fusion steak tartare dish with a traditional Parisian butcher and experiences the sweeter side of the city from the rooftop of the Westin with beekeeper Nicolas Geant.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-07-16	1030	Rick Stein's French Odyssey	Toulouse To Castelnaudary	The historic city of Toulouse is famous for its meaty sausages, and Rick can't resist cooking Toulouse Sausage Languedocienne. At the Victor Hugo Market, fresh fish from the Mediterranean inspires Rick to make the classic Pissaladiere, a Nicoise Onion Tart with Anchovies and Black Olives.	UNITED KINGDOM	English-100	G			Y	
2024-07-16	1100	The Cook Up With Adam Liaw	Ultimate Pork Chop	Adam is joined in the kitchen by meat expert Jess Pryles and actor Gary Sweet. Who will make the ultimate pork chop dish?	AUSTRALIA		G				

2024-07-16	1130	The Streets Hong Kong	Ep 7	Embark on a gastronomic adventure with Dan as he explores Kowloon's rich and diverse food legacy, starting with humble street cart noodles. Continuing his journey, Dan visits one of the city's original Western fusion establishments to relish in their famous Soy Sauce Western Cuisine.	AUSTRALIA			G		Y	
2024-07-16	1200	Luke Nguyen's France	Nice	Luke travels to Nice, the jewel of the French Riviera, where the fresh produce is as beautiful as the scenery. Luke and local chef Dominique Le Stanc ride their bicycles to the local farmers' market to collect the ingredients for a delectable onion tart and zucchini flower dish. Going to Nice and not cooking salad nicoise would be a sin, so Luke learns how to prepare the real deal in a traditional nicoise kitchen. He then takes a stroll along the Promenade des Anglès before heading to the hills to cook with sardines in the traditional way. He meets the proprietors of Oliveira, to discover the region's best olive oil and taste the owner's famous eggplant dip.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-07-16	1230	All Up In My Grill	Fourth Of July	It's 4th of July and Chef Dale is ready to celebrate by grilling up his takes on summer bbq classics, like his galbi smash double cheeseburger with kimchi special sauce.	USA	English-100		G			
2024-07-16	1300	Mary Makes It Easy	Low And Slow	Take advantage of time with Mary's low effort recipes: slow-cooked pork, porchetta sandwiches and roasted squash.	CANADA	English-100		G			
2024-07-16	1330	Simply Giada	Dinner With Friends	Giada shows how to throw a delicious dinner party while staying true to your wellness goals, starting with roasted trout, brown rice stuffed peppers, and spiced maple syrup.	USA	English-100		G			
2024-07-16	1400	Chuck And The First Peoples' Kitchen	Odanak - Fiddlehead Picking	Chuck visits Becancour where he harvests fiddleheads and Odanak where he cooks a traditional Sagamite soup.	CANADA	English-100	RPT	G			
2024-07-16	1430	Gourmet Farmer	Hungry Patch, The	It's Spring on Fat Pig Farm, the hungry patch, everything is furiously growing, but there is almost nothing to harvest yet, so Matthew needs to make do and forage for some springtime food ideas.	AUSTRALIA	English-100	RPT	G		Y	
2024-07-16	1500	Food Unwrapped	Orange Juice & Lights Mayonnaise	Kate heads to Spain to find out how not-from-concentrate orange juice is really made - and how 'fresh' it really is.	UNITED KINGDOM	English-100		G			Y
2024-07-16	1530	Jamie & Jimmy's Food Fight Club	Ashley Jensen	Jamie and Jimmy's cafe is open and this week they're joined by Hollywood's favourite Scottish comedian - from Extras to Ugly Betty to Catastrophe, Ashley Jensen makes her next stop at the end of Southend Pier.	UNITED KINGDOM	English-100		G			
2024-07-16	1625	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			
2024-07-16	1630	Easy Eats	Ep 12	Easy Eats shows you how easy it is to recreate restaurant-quality dishes at home. Join host Hera Te Kurapa as she cooks up delicious but simple meals for your whanau to enjoy. In this episode: Titi bombs, the ultimate macaroni cheese and roast lamb sammies.	NEW ZEALAND	English-100		G			Y
2024-07-16	1700	Everyday Gourmet With Justine Schofield	Ep 12	Chef, Frank Camorra bakes a whole snapper, Emelia Jackson makes her delicious Greek almond shortbread and Justine shares a savoury French classic.	AUSTRALIA	English-100		G			
2024-07-16	1730	My Market Kitchen	Ep 52	Food and travel journalist Sofia Levin joins Mike in the market kitchen and takes us on a journey to South Korea as she prepares her kimchi udon noodles. Up next, Sweet Greek's Kathy Tsaples makes a fresh dish of black-eyed peas and spinach.	AUSTRALIA	English-100		G			
2024-07-16	1800	Luke Nguyen's France	Paris	Luke Nguyen digs deeper into Parisian food culture and life. He sets up his kitchen on a friend's rooftop in order to cook pot-au-feu, the original version of the French dish that became Vietnam's iconic staple, pho. He tries his hand at crafting a true French baguette with the help of artisan baker Benjamin Turquier. Luke also has the pleasure of cooking a seasonal asparagus dish with French-Italian chef Erik Fontanini in the childhood garden of King Louis XVI.	AUSTRALIA	English-100	RPT	G		Y	

2024-07-16	1830	Rick Stein's French Odyssey	Castelnaudary To Homps	Napoleon once said that an army marches on its stomach and, having arrived in the historic town of Castelnaudary, Rick fulfils a boyhood dream by visiting the barracks of the legendary French Foreign Legion. With all the many nationalities involved in the Legion, Rick is eager to discover what the soldiers are served in their canteen. It inspires him to cook a Spicy Tagine with CousCous, a dish resonant of North Africa and a firm favourite with the Légion D'Étrangers.	UNITED KINGDOM	English-100		G	
2024-07-16	1900	The Cook Up With Adam Liaw	Freestyle Dinner	Adam is joined by Paralympic legend Ellie Cole and chef John Ralley as they all make a splash with their takes on some classic dinners.	AUSTRALIA			G	
2024-07-16	1930	Prue Leith's Costwold Kitchen	Henry Dimbleby	Food campaigner Henry Dimbleby joins Prue to explain how he convinced Michelin-starred chefs to work in school kitchens. Meanwhile her husband John is dispatched to fish for his supper.	UNITED KINGDOM	English-100		PG	a w
2024-07-16	2030	James Martin's French Adventure	Dordogne	James visits a region known for its traditional hearty cuisine, buried treasures and a love of all things duck, the Dordogne!	UNITED KINGDOM	English-100		PG	l
2024-07-16	2130	Come Dine With Me Couples	West Midlands A	Sam and Karl serve up an eighties inspired menu, but rock-hard bread, soggy salmon and a hairy dessert leave a nasty taste in the guests' mouths.	UNITED KINGDOM	English-100		PG	a
2024-07-16	2225	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2024-07-16	2230	The Cook Up With Adam Liaw	Freestyle Dinner	Adam is joined by Paralympic legend Ellie Cole and chef John Ralley as they all make a splash with their takes on some classic dinners.	AUSTRALIA			G	
2024-07-16	2300	The Cook And The Chef	Old Food	Maggie and Simon cook up some ancient grains and take a good look at the 'Slow Food' movement, just what's needed to rustle up a warm and comforting Winter menu.	AUSTRALIA	English-100		G	
2024-07-16	2330	From Scratch	Kenya	David travels to Kenya, where humanity began and makes a meal with chef Ariel Moscardi. The tent pole ingredients are plants gathered from the African plains and jungles, topped off with some goat.	UNITED KINGDOM	English-100		PG	a w
2024-07-16	2425	TasteThe Philippines With Yasmin Newman	Pandan Tamakonsi 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	
2024-07-16	2430	Prue Leith's Costwold Kitchen	Henry Dimbleby	Food campaigner Henry Dimbleby joins Prue to explain how he convinced Michelin-starred chefs to work in school kitchens. Meanwhile her husband John is dispatched to fish for his supper.	UNITED KINGDOM	English-100		PG	a w
2024-07-16	2530	James Martin's French Adventure	Dordogne	James visits a region known for its traditional hearty cuisine, buried treasures and a love of all things duck, the Dordogne!	UNITED KINGDOM	English-100		PG	l
2024-07-16	2630	Come Dine With Me Couples	West Midlands A	Sam and Karl serve up an eighties inspired menu, but rock-hard bread, soggy salmon and a hairy dessert leave a nasty taste in the guests' mouths.	UNITED KINGDOM	English-100		PG	a
2024-07-16	2725	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y

2024-07-16	2730	From Scratch	Kenya	David travels to Kenya, where humanity began and makes a meal with chef Ariel Moscardi. The tent pole ingredients are plants gathered from the African plains and jungles, topped off with some goat.	UNITED KINGDOM	English-100	PG	a w	
2024-07-16	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		
2024-07-16	2830	The Cook And The Chef	Old Food	Maggie and Simon cook up some ancient grains and take a good look at the 'Slow Food' movement, just what's needed to rustle up a warm and comforting Winter menu.	AUSTRALIA	English-100	G		
2024-07-17	0500	Mary Makes It Easy	Low And Slow	Take advantage of time with Mary's low effort recipes: slow-cooked pork, porchetta sandwiches and roasted squash.	CANADA	English-100	G		
2024-07-17	0530	Simply Giada	Dinner With Friends	Giada shows how to throw a delicious dinner party while staying true to your wellness goals, starting with roasted trout, brown rice stuffed peppers, and spiced maple syrup.	USA	English-100	G		
2024-07-17	0600	Chuck And The First Peoples' Kitchen	Odanak - Fiddlehead Picking	Chuck visits Becancour where he harvests fiddleheads and Odanak where he cooks a traditional Sagamite soup.	CANADA	English-100	RPT	G	
2024-07-17	0630	Gourmet Farmer	Hungry Patch, The	It's Spring on Fat Pig Farm, the hungry patch, everything is furiously growing, but there is almost nothing to harvest yet, so Matthew needs to make do and forage for some springtime food ideas.	AUSTRALIA	English-100	RPT	G	Y
2024-07-17	0700	Food Unwrapped	Orange Juice & Lights Mayonnaise	Kate heads to Spain to find out how not-from-concentrate orange juice is really made - and how 'fresh' it really is.	UNITED KINGDOM	English-100	G	Y	
2024-07-17	0730	Jamie & Jimmy's Food Fight Club	Ashley Jensen	Jamie and Jimmy's cafe is open and this week they're joined by Hollywood's favourite Scottish comedian - from Extras to Ugly Betty to Catastrophe, Ashley Jensen makes her next stop at the end of Southend Pier.	UNITED KINGDOM	English-100	G		
2024-07-17	0825	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		
2024-07-17	0830	Easy Eats	Ep 12	Easy Eats shows you how easy it is to recreate restaurant-quality dishes at home. Join host Hera Te Kurapa as she cooks up delicious but simple meals for your whanau to enjoy. In this episode: Titi bombs, the ultimate macaroni cheese and roast lamb sammies.	NEW ZEALAND	English-100	G	Y	
2024-07-17	0900	Everyday Gourmet With Justine Schofield	Ep 12	Chef, Frank Camorra bakes a whole snapper, Emelia Jackson makes her delicious Greek almond shortbread and Justine shares a savoury French classic.	AUSTRALIA	English-100	G		
2024-07-17	0930	My Market Kitchen	Ep 52	Food and travel journalist Sofia Levin joins Mike in the market kitchen and takes us on a journey to South Korea as she prepares her kimchi udon noodles. Up next, Sweet Greek's Kathy Tsaples makes a fresh dish of black-eyed peas and spinach.	AUSTRALIA	English-100	G		
2024-07-17	1000	Luke Nguyen's France	Paris	Luke Nguyen digs deeper into Parisian food culture and life. He sets up his kitchen on a friend's rooftop in order to cook pot-au-feu, the original version of the French dish that became Vietnam's iconic staple, pho. He tries his hand at crafting a true French baguette with the help of artisan baker Benjamin Turquier. Luke also has the pleasure of cooking a seasonal asparagus dish with French-Italian chef Erik Fontanini in the childhood garden of King Louis XVI.	AUSTRALIA	English-100	RPT	G	Y

2024-07-17	1030	Rick Stein's French Odyssey	Castelnaudary To Homps	Napoleon once said that an army marches on its stomach and, having arrived in the historic town of Castelnaudary, Rick fulfils a boyhood dream by visiting the barracks of the legendary French Foreign Legion. With all the many nationalities involved in the Legion, Rick is eager to discover what the soldiers are served in their canteen. It inspires him to cook a Spicy Tagine with CousCous, a dish resonant of North Africa and a firm favourite with the Légion D'Étrangers.	UNITED KINGDOM	English-100		G		
2024-07-17	1100	The Cook Up With Adam Liaw	Freestyle Dinner	Adam is joined by Paralympic legend Ellie Cole and chef John Ralley as they all make a splash with their takes on some classic dinners.	AUSTRALIA			G		
2024-07-17	1130	Prue Leith's Costwold Kitchen	Henry Dimbleby	Food campaigner Henry Dimbleby joins Prue to explain how he convinced Michelin-starred chefs to work in school kitchens. Meanwhile her husband John is dispatched to fish for his supper.	UNITED KINGDOM	English-100		PG	a w	
2024-07-17	1230	All Up In My Grill	Taco Time	Tacos are the way to chef Dale's heart, and to prove it, he's grilling up a sweet and smoky lemongrass and guajillo pork with pineapple, served with coconut and cotija cheese corn.	USA	English-100		PG		I
2024-07-17	1300	Mary Makes It Easy	Picnic And Choose	Jazz up your outdoor parties with Mary's recipes that are simple to make and easy to take: chicken pot pies, salmon rillette, and vanilla panna cotta.	CANADA	English-100		G		
2024-07-17	1330	Field Trip With Curtis Stone	Western Australia	A visit to the northern part of Western Australia finds Curtis in the quintessential Outback where he is educated by an Aboriginal Elder on ancient fishing methods, herds cattle with a fifth-generation female cattle grazier, and uncovers pearls in an oyster shell.	USA	English-100		PG	a w	Y
2024-07-17	1400	Chuck And The First Peoples' Kitchen	Wildlife Reserve In La Verendrye - Wild Turkey Hunting	The Wildlife Reserve of La Verendrye is the meeting point Tommy Labelle has given Chuck to go hunt wild turkey.	CANADA	English-100	RPT	PG	a w	
2024-07-17	1430	Gourmet Farmer	Little Wonders	With Spring in full swing, Matthew begins to understand just how important insects are to the ecosystem and health of his farm and his food.	AUSTRALIA	English-100	RPT	PG		Y
2024-07-17	1500	Food Unwrapped	Strawberry Flavoring & Tomatoes	The team investigate how strawberry flavoured foods really get their strawberry flavour.	UNITED KINGDOM	English-100		G		Y
2024-07-17	1530	Jamie & Jimmy's Food Fight Club	Greg Davies	Jamie and Jimmy's cafe is open for business, and this week they welcome comedy-giant Greg Davies to the end of the pier. Hot on the menu is a late-night guilty pleasure, but made with the best-quality ingredients, as Jamie rustles up a Welsh lamb kebab unlike any you've had before.	UNITED KINGDOM	English-100		PG	a	
2024-07-17	1625	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		
2024-07-17	1630	Easy Eats	Ep 13	Easy Eats shows you how easy it is to recreate restaurant-quality dishes at home. Join host Hera Te Kurapa as she cooks up delicious but simple meals for your whanau to enjoy.	NEW ZEALAND			G		
2024-07-17	1700	Everyday Gourmet With Justine Schofield	Ep 13	Today, Justine visits Italian Cooking School, Casa Carboni to makes some delicious fresh pasta and shows you how to make the perfect chilli jam chicken drumsticks.	AUSTRALIA	English-100		G		
2024-07-17	1730	My Market Kitchen	Ep 53	To kick off the show, we're in tropical Noosa with Matt cooking a dish that's beautiful, interesting, and refreshing - pickled papaya salad. Then we're outdoors with Mann about town, David Mann, who's with Mike helping to prepare a dish he has never tried, harissa glazed octopus on toast.	AUSTRALIA	English-100		G		

2024-07-17	1800	Luke Nguyen's France	Strasbourg (Alsace)	From Paris, Luke heads west to Strasbourg where he develops a taste for all things Alsatian. There he discovers the secrets behind Strasbourg's most famous and controversial dish, choucroute. And importantly, he learns how to eat it. He meets Alsace's 'Queen of Gingerbread' to learn the art of making pain d'épices and then creates his own roast pigeon masterpiece using her specialty spice mix. Luke samples Strasbourg's famed tart flambé and visits a local family where he is taught how to make their unique specialty, fleischnacka, which means 'meat-snail'.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-07-17	1830	Rick Stein's French Odyssey	Homs To Agde	Rick shows the French there is at least one Englishman who knows there's more to cooking than just opening a can. Soon the air is redolent with the savoury smell of Lamb Ragout with flageolet beans. Later, while passing under the perilously low bridges of Narbonne, Rick treats the barge crew to barbecued sardines with salad and cold rosé wine. Louis, the chef on board, cooks seafood with squid ink pasta.	UNITED KINGDOM	English-100		G			Y
2024-07-17	1900	The Cook Up With Adam Liaw	Zero Waste Winners	Chef Ruben Lopez Mesa and musicologist Megan Burslem join Adam in the kitchen for a night of zero waste winners.	AUSTRALIA			G			
2024-07-17	1930	Rick Stein's Food Stories	Glasgow	Rick discovers the story of Italian food in Glasgow plus the best chocolate he's ever had, made by an ex-car engineer. He makes rofiteroles and a Stein family favourite osso buco.	UNITED KINGDOM	English-100		PG	a w		
2024-07-17	2000	Sachie's Kitchen	Hong Kong	One hundred years ago, there was a Dai Pai Dong, or street food stall, on every Hong Kong street corner, serving up super fast, mouthwatering, and affordable meals. But the Dai Pai Dong is now on the verge of extinction.	NEW ZEALAND	English-100		G			Y
2024-07-17	2030	Hugh's Three Good Things	Lamb	It's day one of week 2 in the food competition that puts chefs on their mark! This week it's all about the joys of meat but who can come up with the winning dish, featuring three key flavours. The three chefs all have one common ingredient to cook with every day and to kick off the week it's lamb.	UNITED KINGDOM	English-100		G			
2024-07-17	2100	Masters Of Taste With Gary Mehigan	Street Food With A Spin	Gary meets sadak chef Saransh Goila to taste some of Mumbai's iconic street snacks. To get to the bottom of street food, Gary heads to Khar Social to see how the café has turned street food on its head!	INDIA			G			
2024-07-17	2130	Come Dine With Me Couples	West Midlands B	Rosie and Darren, who love to live the good life, are hoping their menu of home-grown classics will wow their guests.	UNITED KINGDOM	English-100		PG			
2024-07-17	2225	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y	
2024-07-17	2230	The Cook Up With Adam Liaw	Zero Waste Winners	Chef Ruben Lopez Mesa and musicologist Megan Burslem join Adam in the kitchen for a night of zero waste winners.	AUSTRALIA			G			
2024-07-17	2300	The Cook And The Chef	Pubs	When the British first arrived here they brought the idea of public hotels - or 'pubs' - with them, and they've been a prominent feature of the Australian landscape ever since.	AUSTRALIA	English-100		G			
2024-07-17	2330	From Scratch	Wyoming	David finds himself on a bow hunt for elk in Sheridan, Wyoming, for Native American Chef Antonia Armenta-Miller of Bonafide Food Truck, named one of Food Network's top 50 food trucks. David's mission is to replicate this dish from scratch. But he's never fired a bow before!	UNITED KINGDOM	English-100		PG	a l w		Y
2024-07-17	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			
2024-07-17	2430	Rick Stein's Food Stories	Glasgow	Rick discovers the story of Italian food in Glasgow plus the best chocolate he's ever had, made by an ex-car engineer. He makes rofiteroles and a Stein family favourite osso buco.	UNITED KINGDOM	English-100		PG	a w		

2024-07-17	2500	Sachie's Kitchen	Hong Kong	One hundred years ago, there was a Dai Pai Dong, or street food stall, on every Hong Kong street corner, serving up super fast, mouthwatering, and affordable meals. But the Dai Pai Dong is now on the verge of extinction.	NEW ZEALAND	English-100		G		Y
2024-07-17	2530	Hugh's Three Good Things	Lamb	It's day one of week 2 in the food competition that puts chefs on their mark! This week it's all about the joys of meat but who can come up with the winning dish, featuring three key flavours. The three chefs all have one common ingredient to cook with every day and to kick off the week it's lamb.	UNITED KINGDOM	English-100		G		
2024-07-17	2600	Masters Of Taste With Gary Mehigan	Street Food With A Spin	Gary meets sadak chef Saransh Goila to taste some of Mumbai's iconic street snacks. To get to the bottom of street food, Gary heads to Khar Social to see how the café has turned street food on its head!	INDIA			G		
2024-07-17	2630	Come Dine With Me Couples	West Midlands B	Rosie and Darren, who love to live the good life, are hoping their menu of home-grown classics will wow their guests.	UNITED KINGDOM	English-100		PG		
2024-07-17	2725	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
2024-07-17	2730	From Scratch	Wyoming	David finds himself on a bow hunt for elk in Sheridan, Wyoming, for Native American Chef Antonia Armenta-Miller of Bonafide Food Truck, named one of Food Network's top 50 food trucks. David's mission is to replicate this dish from scratch. But he's never fired a bow before!	UNITED KINGDOM	English-100		PG	a w	Y
2024-07-17	2825	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		
2024-07-17	2830	The Cook And The Chef	Pubs	The British brought the idea of public hotels - or 'pubs' - to Australia, and they've been a prominent feature of the Australian landscape ever since.	AUSTRALIA	English-100		G		
2024-07-18	0500	Mary Makes It Easy	Picnic And Choose	Jazz up your outdoor parties with Mary's recipes that are simple to make and easy to take: chicken pot pies, salmon rillette, and vanilla panna cotta.	CANADA	English-100		G		
2024-07-18	0530	Field Trip With Curtis Stone	Western Australia	A visit to the northern part of Western Australia finds Curtis in the quintessential Outback where he is educated by an Aboriginal Elder on ancient fishing methods, herds cattle with a fifth-generation female cattle grazier, and uncovers pearls in an oyster shell.	USA	English-100		PG	a w	Y
2024-07-18	0600	Chuck And The First Peoples' Kitchen	Wildlife Reserve In La Verendrye - Wild Turkey Hunting	The Wildlife Reserve of La Verendrye is the meeting point Tommy Labelle has given Chuck to go hunt wild turkey.	CANADA	English-100	RPT	PG	a w	
2024-07-18	0630	Gourmet Farmer	Little Wonders	With Spring in full swing, Matthew begins to understand just how important insects are to the ecosystem and health of his farm and his food.	AUSTRALIA	English-100	RPT	PG		Y
2024-07-18	0700	Food Unwrapped	Strawberry Flavoring & Tomatoes	The team investigate how strawberry flavoured foods really get their strawberry flavour.	UNITED KINGDOM	English-100		G		Y
2024-07-18	0730	Jamie & Jimmy's Food Fight Club	Greg Davies	Jamie and Jimmy's cafe is open for business, and this week they welcome comedy-giant Greg Davies to the end of the pier. Hot on the menu is a late-night guilty pleasure, but made with the best-quality ingredients, as Jamie rustles up a Welsh lamb kebab unlike any you've had before.	UNITED KINGDOM	English-100		PG	a	

2024-07-18	0825	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		
2024-07-18	0830	Easy Eats	Ep 13	Easy Eats shows you how easy it is to recreate restaurant-quality dishes at home. Join host Hera Te Kurapa as she cooks up delicious but simple meals for your whanau to enjoy.	NEW ZEALAND			G		
2024-07-18	0900	Everyday Gourmet With Justine Schofield	Ep 13	Today, Justine visits Italian Cooking School, Casa Carboni to makes some delicious fresh pasta and shows you how to make the pefect chilli jam chicken drumsticks.	AUSTRALIA	English-100		G		
2024-07-18	0930	My Market Kitchen	Ep 53	To kick off the show, we're in tropical Noosa with Matt cooking a dish that's beautiful, interesting, and refreshing - pickled papaya salad. Then we're outdoors with Mann about town, David Mann, who's with Mike helping to prepare a dish he has never tried, harissa glazed octopus on toast.	AUSTRALIA	English-100		G		
2024-07-18	1000	Luke Nguyen's France	Strasbourg (Alsace)	From Paris, Luke heads west to Strasbourg where he develops a taste for all things Alsatian. There he discovers the secrets behind Strasbourg's most famous and controversial dish, choucroute. And importantly, he learns how to eat it. He meets Alsace's 'Queen of Gingerbread' to learn the art of making pain d'épices and then creates his own roast pigeon masterpiece using her speciality spice mix. Luke samples Strasbourg's famed tart flambé and visits a local family where he is taught how to make their unique speciality, fleischnacka, which means 'meat-snail'.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-07-18	1030	Rick Stein's French Odyssey	Homps To Agde	Rick shows the French there is at least one Englishman who knows there's more to cooking than just opening a can. Soon the air is redolent with the savoury smell of Lamb Ragout with flageolet beans. Later, while passing under the perilously low bridges of Narbonne, Rick treats the barge crew to barbecued sardines with salad and cold rosé wine. Louis, the chef on board, cooks seafood with squid ink pasta.	UNITED KINGDOM	English-100		G		Y
2024-07-18	1100	The Cook Up With Adam Liaw	Zero Waste Winners	Chef Ruben Lopez Mesa and musicologist Megan Burslem join Adam in the kitchen for a night of zero waste winners.	AUSTRALIA			G		
2024-07-18	1130	Rick Stein's Food Stories	Glasgow	Rick discovers the story of Italian food in Glasgow plus the best chocolate he's ever had, made by an ex-car engineer. He makes rofiteroles and a Stein family favourite osso buco.	UNITED KINGDOM	English-100		PG	a w	
2024-07-18	1200	Sachie's Kitchen	Hong Kong	One hundred years ago, there was a Dai Pai Dong, or street food stall, on every Hong Kong street corner, serving up super fast, mouthwatering, and affordable meals. But the Dai Pai Dong is now on the verge of extinction.	NEW ZEALAND	English-100		G		Y
2024-07-18	1230	All Up In My Grill	Whole Fish	Grilling isn't only about fast and casual dinners. Chef Dale grills to impress with this elegant, restaurant quality meal of whole roasted fish, coconut milk grits and tamarind salad.	USA	English-100		G		
2024-07-18	1300	Mary Makes It Easy	Back To The Bbq	Follow Mary's recipes to level up your grilling go-tos and you'll be calling yourself a grill master in no time.	CANADA	English-100		G		
2024-07-18	1330	Field Trip With Curtis Stone	Lombardy	Curtis travels to the Lombardy region at the base of the Italian Alps to discover a local cheese and peasant dish. He subsequently embarks on a helicopter tour of a prestigious Franciacorta vineyard to pick up sparkling wine to pair with the decadent sturgeon caviar produced in the area.	USA	English-100		PG	a w	Y
2024-07-18	1400	Chuck And The First Peoples' Kitchen	Landlocked Salmon Fishing	Chuck visits Mashteuiatsh to fish landlocked salmon, a symbol of the community.	CANADA	English-100	RPT	PG	a w	Y
2024-07-18	1430	Gourmet Farmer	Two For One	It's high summer, and Matthew is focused on making the most of the garden's first flush of fruit. He explores the idea of using dual purpose cattle and chicken breeds as a better way to rear farm animals.	AUSTRALIA	English-100	RPT	G		Y

2024-07-18	1500	Food Unwrapped	Ice Cream & Smoked Flavouring	Matt travels from Grimsby to Sweden to find out how smoked flavoured foods are made.	UNITED KINGDOM	English-100		PG	a	Y
2024-07-18	1530	Jamie & Jimmy's Food Fight Club	Warwick Davis	Jamie and Jimmy welcome British actor and everyone's favourite ewok to Southend Pier, as Warwick Davis joins them in the cafe for the cooking lesson of a lifetime. Warwick is put under pressure as he cooks an award-winning beef and Stilton pie for the diners, while Jamie shows us how to make a Vietnamese feast of Pho, a perfect winter warmer that everyone can indulge in at the weekend.	UNITED KINGDOM	English-100		PG	n	
2024-07-18	1625	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		
2024-07-18	1630	Easy Eats	Ep 1	Easy Eats shows the easy way to recreate quality dishes at home. Hera Te Kurapa cooks boil up dumplings, crispy orange chicken, and tapioca pudding.	NEW ZEALAND	English-100		G		Y
2024-07-18	1700	Everyday Gourmet With Justine Schofield	Ep 14	Justine reinvents the cheese fondue, serves up some lamb cutlets with Danish pickle and is joined by chef, Philippa Sibley to make a fun cocobango cake.	AUSTRALIA	English-100		G		
2024-07-18	1730	My Market Kitchen	Ep 54	Mike goes market shopping for ingredients for his tempura fish tacos. Up next, chef Tobie Puttock prepares a vegan dish for the whole family with his chilli non-carne. Matt cooks a stunning dessert, orange and poppyseed cake.	AUSTRALIA	English-100		G		
2024-07-18	1800	Luke Nguyen's France	Port Lesney (Franche-Comte)	Luke's journey takes him to the Franche-Comté where he finds age-old recipes and experiences new levels of decadence. After going foraging with chef Pierre Basso Moro, Luke enjoys one of the Michelin star-winning chef's most beloved dishes, which uses the famed Bresse chicken. Given the opportunity, how could he not visit Rachelle Roussel-Voisard, a Bresse chicken farmer, to learn why these chickens are so prized. Setting up his kitchen in the picturesque paddock, he uses one of the chickens for a dish inspired by Vietnam. A Napoleonic fort that has been converted into a giant cheese cave has the ingredients he then needs for his warming fondue dish.	AUSTRALIA	English-100	RPT	G		Y Y
2024-07-18	1830	Rick Stein's French Odyssey	Beziers To Sete	Rick is in his element when he arrives at Lake Thau because the dishes he prepares and devours are predominantly seafood. When he arrives in the fishing town of Sète on Bastille Day, celebrations are in full swing, with water jousting and fireworks all part of the fun. Rick cooks seafood ragout, using produce fresh from the fishing boats. He also discovers the joys of the local wine, a bargain at less than one Euro a litre.	UNITED KINGDOM	English-100		G		
2024-07-18	1900	The Cook Up With Adam Liaw	Wok Hei	What is wok hei? Chef Jae Bang, The Lucky Dragon Supper Club's Stephanie Feher and Adam are here to show you!	AUSTRALIA			G		
2024-07-18	1930	Easy Ways To Live Well	Ep 3	This week Hugh and Steph help the Humberdside Police to combat their sedentary behaviour, then meet one family struggling with body confidence and test the power of CBD.	UNITED KINGDOM	English-100		PG		
2024-07-18	2035	Plat Du Tour	Episode 1	Beloved French-Australian chef Guillaume Brahimi travels the Tour de France route to meet some renowned food producers, and taste some dishes that can only be found in their place of origin. The 21 destinations across France and Italy provide the inspiration for his 'Plat du Tour' every night of the Tour de France on SBS.	AUSTRALIA					
2024-07-18	2105	Duff: Ace Of Taste	Band Practice	There is no doubt that Duff loves to rock! And today is Duff's turn to provide the snacks for band practice. So, before he can make the music, he needs to satisfy the stomach. Duff puts together a decadent meal including cheeseburger cream puffs, sweet and spicy muhammara dip.	USA	English-100		G		
2024-07-18	2135	Come Dine With Me Couples	South East London A	Michael and Laura relive their Ibiza wedding with a Spanish themed menu.	UNITED KINGDOM	English-100		PG	a s	
2024-07-18	2230	The Cook Up With Adam Liaw	Wok Hei	What is wok hei? Chef Jae Bang, The Lucky Dragon Supper Club's Stephanie Feher and Adam are here to show you!	AUSTRALIA			G		

2024-07-18	2300	The Cook And The Chef	Eat Local	One thing Maggie and Simon are unanimous on is that there is nothing quite like the satisfaction of cooking with something you have grown in your own garden. Simon introduces us to writer, Lolo Houbein, a woman who is a huge advocate for people growing their own food.	AUSTRALIA	English-100	G			
2024-07-18	2330	From Scratch	Malta	Arriving in Malta, David planned to make a meal with chef Stefan Hogan of Corinthia Palace. But as he had to scramble to find ingredients, the meal soon became whatever he could harvest locally on this dry cluster of rocky islands as time is running out.	UNITED KINGDOM	English-100	PG	a w		
2024-07-18	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			
2024-07-18	2430	Easy Ways To Live Well	Ep 3	This week Hugh and Steph help the Humberside Police to combat their sedentary behaviour, then meet one family struggling with body confidence and test the power of CBD.	UNITED KINGDOM	English-100	PG			
2024-07-18	2535	Plat Du Tour	Episode 1	Beloved French-Australian chef Guillaume Brahim travels the Tour de France route to meet some renowned food producers, and taste some dishes that can only be found in their place of origin. The 21 destinations across France and Italy provide the inspiration for his 'Plat du Tour' every night of the Tour de France on SBS.	AUSTRALIA					
2024-07-18	2605	Duff: Ace Of Taste	Band Practice	There is no doubt that Duff loves to rock! And today is Duff's turn to provide the snacks for band practice. So, before he can make the music, he needs to satisfy the stomach. Duff puts together a decadent meal including cheeseburger cream puffs, sweet and spicy muhammara dip.	USA	English-100	G			
2024-07-18	2635	Come Dine With Me Couples	South East London A	Michael and Laura relive their Ibizan wedding with a Spanish themed menu.	UNITED KINGDOM	English-100	PG	a s		
2024-07-18	2730	From Scratch	Malta	Arriving in Malta, David planned to make a meal with chef Stefan Hogan of Corinthia Palace. But as he had to scramble to find ingredients, the meal soon became whatever he could harvest locally on this dry cluster of rocky islands as time is running out.	UNITED KINGDOM	English-100	PG	a w		
2024-07-18	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			
2024-07-18	2830	The Cook And The Chef	Eat Local	One thing Maggie and Simon are unanimous on is that there is nothing quite like the satisfaction of cooking with something you have grown in your own garden. Simon introduces us to writer, Lolo Houbein, a woman who is a huge advocate for people growing their own food.	AUSTRALIA	English-100	G			
2024-07-19	0500	Mary Makes It Easy	Back To The Bbq	Follow Mary's recipes to level up your grilling go-tos and you'll be calling yourself a grill master in no time.	CANADA	English-100	G			
2024-07-19	0530	Field Trip With Curtis Stone	Lombardy	Curtis travels to the Lombardy region at the base of the Italian Alps to discover a local cheese and peasant dish. He subsequently embarks on a helicopter tour of a prestigious Franciacorta vineyard to pick up sparkling wine to pair with the decadent sturgeon caviar produced in the area.	USA	English-100	PG	a w	Y	
2024-07-19	0600	Chuck And The First Peoples' Kitchen	Landlocked Salmon Fishing	Chuck visits Mashteuiatsh to fish landlocked salmon, a symbol of the community.	CANADA	English-100	RPT	PG	a w	Y

2024-07-19	0630	Gourmet Farmer	Two For One	It's high summer, and Matthew is focused on making the most of the garden's first flush of fruit. He explores the idea of using dual purpose cattle and chicken breeds as a better way to rear farm animals.	AUSTRALIA	English-100	RPT	G		Y
2024-07-19	0700	Food Unwrapped	Ice Cream & Smoked Flavouring	Matt travels from Grimsby to Sweden to find out how smoked flavoured foods are made.	UNITED KINGDOM	English-100		PG	a	Y
2024-07-19	0730	Jamie & Jimmy's Food Fight Club	Warwick Davis	Jamie and Jimmy welcome British actor and everyone's favourite ewok to Southend Pier, as Warwick Davis joins them in the cafe for the cooking lesson of a lifetime. Warwick is put under pressure as he cooks an award-winning beef and Stilton pie for the diners, while Jamie shows us how to make a Vietnamese feast of Pho, a perfect winter warmer that everyone can indulge in at the weekend.	UNITED KINGDOM	English-100		PG	n	
2024-07-19	0825	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		
2024-07-19	0830	Easy Eats	Ep 1	Easy Eats shows the easy way to recreate quality dishes at home. Hera Te Kurapa cooks boil up dumplings, crispy orange chicken, and tapioca pudding.	NEW ZEALAND	English-100		G		Y
2024-07-19	0900	Everyday Gourmet With Justine Schofield	Ep 14	Justine reinvents the cheese fondue, serves up some lamb cutlets with Danish pickle and is joined by chef, Philippa Sibley to make a fun cocobango cake.	AUSTRALIA	English-100		G		
2024-07-19	0930	My Market Kitchen	Ep 54	Mike goes market shopping for ingredients for his tempura fish tacos. Up next, chef Tobie Puttock prepares a vegan dish for the whole family with his chilli non-carne. Matt cooks a stunning dessert, orange and poppyseed cake.	AUSTRALIA	English-100		G		
2024-07-19	1000	Luke Nguyen's France	Port Lesney (Franche-Comte)	Luke's journey takes him to the Franche-Comté where he finds age-old recipes and experiences new levels of decadence. After going foraging with chef Pierre Basso Moro, Luke enjoys one of the Michelin star-winning chef's most beloved dishes, which uses the famed Bresse chicken. Given the opportunity, how could he not visit Rachelle Roussel-Voisard, a Bresse chicken farmer, to learn why these chickens are so prized. Setting up his kitchen in the picturesque paddock, he uses one of the chickens for a dish inspired by Vietnam. A Napoleonic fort that has been converted into a giant cheese cave has the ingredients he then needs for his warming fondue dish.	AUSTRALIA	English-100	RPT	G		Y Y
2024-07-19	1030	Rick Stein's French Odyssey	Beziers To Sete	Rick is in his element when he arrives at Lake Thau because the dishes he prepares and devours are predominantly seafood. When he arrives in the fishing town of Sète on Bastille Day, celebrations are in full swing, with water jousting and fireworks all part of the fun. Rick cooks seafood ragout, using produce fresh from the fishing boats. He also discovers the joys of the local wine, a bargain at less than one Euro a litre.	UNITED KINGDOM	English-100		G		
2024-07-19	1100	The Cook Up With Adam Liaw	Wok Hei	What is wok hei? Chef Jae Bang, The Lucky Dragon Supper Club's Stephanie Feher and Adam are here to show you!	AUSTRALIA			G		
2024-07-19	1130	Easy Ways To Live Well	Ep 3	This week Hugh and Steph help the Humberdale Police to combat their sedentary behaviour, then meet one family struggling with body confidence and test the power of CBD.	UNITED KINGDOM	English-100		PG		
2024-07-19	1235	All Up In My Grill	Chicken Show	If you're going to grill chicken, you'll want to make it good. Chef Dale likes to kick up the heat with his angry chicken, a spicy, spatchcocked and grilled whole chicken, and his kung pao chicken wings.	USA	English-100		G		
2024-07-19	1300	Mary Makes It Easy	Taco Tuesday	Mary celebrates the perfect fiesta with pork carnitas, homemade pico de gallo, tacos dorados de papa with cotija cheese, and a bubbly bevy of pineapple spritz.	CANADA	English-100		G		
2024-07-19	1330	Field Trip With Curtis Stone	Central Coast	Heading up the coast on California's Highway 1 to discover the jewels of the Pacific, Curtis visits a couple who turned from tech to cheesemaking, savours sea urchin with the only female uni diver in California in Santa Barbara, and finds inspiration at seaweed and abalone farms in Monterey. The trip culminates in a meal at Ridge Vineyard where Curtis creates a dish to bring back to Maude.	USA	English-100		PG	a w	

2024-07-19	1400	Chuck And The First Peoples' Kitchen	Gesgapegiag - Clam Harvesting	Chuck travels to Gesgapegiag where he harvests clams on the beach and makes a seafood clambake.	CANADA	English-100	RPT	PG		
2024-07-19	1430	Gourmet Farmer	Year In The Life, A	It's now been twelve months, four seasons, and lots of hard lessons learned since Matthew set out to transform his cherished Fat Pig Farm. With ingenious ideas to grow healthy food and regenerate healthy soil for generations to come, he's tried it all. What ideas worked and what didn't?	AUSTRALIA	English-100	RPT	PG		Y
2024-07-19	1500	Food Unwrapped	Mouldy Bread Chicken Kiev And Apples	Jimmy travels to specialist cheese cellars in the south of France where mould is specially grown - to be eaten.	UNITED KINGDOM	English-100		G		Y
2024-07-19	1530	Jamie & Jimmy's Food Fight Club	Chris O'dowd & Dawn Porter	Jamie and Jimmy welcome celebrity couple Chris O'Dowd and Dawn O'Porter to their café at the end of Southend Pier. Jamie recreates some romance by tracking down their favourite honeymoon meal; a whole red snapper, Caribbean-style. Also on the menu is a very British spin on barbecue ribs using whisky and Worcestershire-spiked barbecue sauce.	UNITED KINGDOM	English-100		PG	I n	
2024-07-19	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		
2024-07-19	1630	Easy Eats	Ep 2	Hera Te Kurapa cooks up delicious, but simple meals for your whanau to enjoy. Kei tenei hotaka: chicken curry and parmesan panko crumbed snapper.	NEW ZEALAND	English-100		G		Y
2024-07-19	1700	Everyday Gourmet With Justine Schofield	Ep 15	On today's episode, Justine makes a batch of delicious French sable biscuits, shares her recipe for a slow cooked duck lasagne and is joined by Trish McKenzie for an amazing chunky chocolate cookie dough cheesecake.	AUSTRALIA	English-100		PG	a	
2024-07-19	1730	My Market Kitchen	Ep 55	Matt is in sunny Queensland making a biscuit that fuses two cultures - chai spiced biscotti. Mike heads to the farm with farmer Catherine Velisha making a delicious cauliflower steak with cauliflower puree. Laura is at Mt Lofty House.	AUSTRALIA	English-100		G		
2024-07-19	1800	Luke Nguyen's France	Lyon	Luke heads to Lyon, the food capital of France. He makes a classic salad Lyonnaise after teaming up with celebrity chef Grégory Cuilleron, then explores Lyon's famous silk tunnels. Luke has a wine early in the morning with his old friend Momo before setting up a kitchen in the middle of a farmers' market. The men wax lyrical about Lyonnaise food culture while creating a dessert inspired by the fruits of spring. Luke checks out some trompe-l'œil art and is invited into the kitchen of one of France's most respected chefs, Jean-Paul Lacombe. He learns the secret behind making a traditional chicken liver cake with Arlette, one of Lyon's most beloved Bouchon cooks.	AUSTRALIA	English-100	RPT	G		Y Y
2024-07-19	1830	Rick Stein's French Odyssey	Aigues Mort To Marseille	It's the last leg of Rick's culinary cruise through France, but the country still has plenty of delicious reasons not to hasten its end. Stopping off at the ancient, historic town of Aigues Mort, Rick finds its famous aromatic sea salt perfect for a recipe of roast local Black Sea bream and sweet, succulent tomatoes. Later, Rick has a rendezvous with fellow chef and close friend Simon Hopkinson and together they sample the perfect bouillabaisse – a fitting end to a memorable journey.	UNITED KINGDOM	English-100		PG		
2024-07-19	1900	The Cook Up With Adam Liaw	Five Star Dinner, The	Cookbook author Helen Tzouganatos and performer Rob Mills help Adam plan an Easy Entertaining that's guaranteed to get rave reviews: The Five Star Dinner.	AUSTRALIA			G		
2024-07-19	1930	Restaurants At The End Of The World	Norway' Touch Of Madness	Located on the Arctic archipelago of Svalbard, Norway's Isfjord Radio Restaurant has a mission to create meals that are as adventurous as the journey to get there. But with limited resources and ingredients, Chef Rogier and Kristen must push the limits of their imagination to create dishes that will appease the restaurant's formidable founder.	USA			PG		Y
2024-07-19	2030	Eat Me: Or Try Not To	Takeover, The	How did our favorite iconic food brands end up on shelves in stores and kitchens around the world?	CANADA	English-100		G		
2024-07-19	2125	Please Eat Slowly Bitesize	Steamed Whole Fish	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100		G		

2024-07-20	0530	Field Trip With Curtis Stone	Central Coast	Heading up the coast on California's Highway 1 to discover the jewels of the Pacific, Curtis visits a couple who turned from tech to cheesemaking, savours sea urchin with the only female uni diver in California in Santa Barbara, and finds inspiration at seaweed and abalone farms in Monterey. The trip culminates in a meal at Ridge Vineyard where Curtis creates a dish to bring back to Maude.	USA	English-100	PG	a w		
2024-07-20	0600	Chuck And The First Peoples' Kitchen	Gesgapegiag - Clam Harvesting	Chuck travels to Gesgapegiag where he harvests clams on the beach and makes a seafood clambake.	CANADA	English-100	RPT	PG		
2024-07-20	0630	Gourmet Farmer	Year In The Life, A	It's now been twelve months, four seasons, and lots of hard lessons learned since Matthew set out to transform his cherished Fat Pig Farm. With ingenious ideas to grow healthy food and regenerate healthy soil for generations to come, he's tried it all. What ideas worked and what didn't?	AUSTRALIA	English-100	RPT	PG	Y	
2024-07-20	0700	Food Unwrapped	Mouldy Bread Chicken Kiev And Apples	Jimmy travels to specialist cheese cellars in the south of France where mould is specially grown - to be eaten.	UNITED KINGDOM	English-100	G		Y	
2024-07-20	0730	Jamie & Jimmy's Food Fight Club	Chris O'dowd & Dawn Porter	Jamie and Jimmy welcome celebrity couple Chris O'Dowd and Dawn O'Porter to their café at the end of Southend Pier. Jamie recreates some romance by tracking down their favourite honeymoon meal; a whole red snapper, Caribbean-style. Also on the menu is a very British spin on barbecue ribs using whisky and Worcestershire-spiked barbecue sauce.	UNITED KINGDOM	English-100	PG	I n		
2024-07-20	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			
2024-07-20	0830	Easy Eats	Ep 2	Hera Te Kurapa cooks up delicious, but simple meals for your whanau to enjoy. Kei tenei hotaka: chicken curry and parmesan panko crumbed snapper.	NEW ZEALAND	English-100	G		Y	
2024-07-20	0900	Everyday Gourmet With Justine Schofield	Ep 15	On today's episode, Justine makes a batch of delicious French sable biscuits, shares her recipe for a slow cooked duck lasagne and is joined by Trish McKenzie for an amazing chunky chocolate cookie dough cheesecake.	AUSTRALIA	English-100	PG	a		
2024-07-20	0930	My Market Kitchen	Ep 55	Matt is in sunny Queensland making a biscuit that fuses two cultures - chai spiced biscotti. Mike heads to the farm with farmer Catherine Velisha making a delicious cauliflower steak with cauliflower puree. Laura is at Mt Lofty House.	AUSTRALIA	English-100	G			
2024-07-20	1000	Luke Nguyen's France	Lyon	Luke heads to Lyon, the food capital of France. He makes a classic salad Lyonnaise after teaming up with celebrity chef Grégory Cuilleron, then explores Lyon's famous silk tunnels. Luke has a wine early in the morning with his old friend Momo before setting up a kitchen in the middle of a farmers' market. The men wax lyrical about Lyonnaise food culture while creating a dessert inspired by the fruits of spring. Luke checks out some trompe-l'œil art and is invited into the kitchen of one of France's most respected chefs, Jean-Paul Lacombe. He learns the secret behind making a traditional chicken liver cake with Arlette, one of Lyon's most beloved Bouchon cooks.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-07-20	1030	Rick Stein's French Odyssey	Aigues Mort To Marseille	It's the last leg of Rick's culinary cruise through France, but the country still has plenty of delicious reasons not to hasten its end. Stopping off at the ancient, historic town of Aigues Mort, Rick finds its famous aromatic sea salt perfect for a recipe of roast local Black Sea bream and sweet, succulent tomatoes. Later, Rick has a rendezvous with fellow chef and close friend Simon Hopkinson and together they sample the perfect bouillabaisse – a fitting end to a memorable journey.	UNITED KINGDOM	English-100	PG			
2024-07-20	1100	The Cook Up With Adam Liaw	Five Star Dinner, The	Cookbook author Helen Tzouganatos and performer Rob Mills help Adam plan an Easy Entertaining that's guaranteed to get rave reviews: The Five Star Dinner.	AUSTRALIA		G			
2024-07-20	1130	Restaurants At The End Of The World	Norway' Touch Of Madness	Located on the Arctic archipelago of Svalbard, Norway's Isfjord Radio Restaurant has a mission to create meals that are as adventurous as the journey to get there. But with limited resources and ingredients, Chef Rogier and Kristen must push the limits of their imagination to create dishes that will appease the restaurant's formidable founder.	USA		PG		Y	
2024-07-20	1230	Field Trip With Curtis Stone	Central Coast	Heading up the coast on California's Highway 1 to discover the jewels of the Pacific, Curtis visits a couple who turned from tech to cheesemaking, savours sea urchin with the only female uni diver in California in Santa Barbara, and finds inspiration at seaweed and abalone farms in Monterey. The trip culminates in a meal at Ridge Vineyard where Curtis creates a dish to bring back to Maude.	USA	English-100	PG	a w		

2024-07-20	1300	Chuck And The First Peoples' Kitchen	Gesgapegiag - Clam Harvesting	Chuck travels to Gesgapegiag where he harvests clams on the beach and makes a seafood clambake.	CANADA	English-100	RPT	PG		
2024-07-20	1330	Gourmet Farmer	Year In The Life, A	It's now been twelve months, four seasons, and lots of hard lessons learned since Matthew set out to transform his cherished Fat Pig Farm. With ingenious ideas to grow healthy food and regenerate healthy soil for generations to come, he's tried it all. What ideas worked and what didn't?	AUSTRALIA	English-100	RPT	PG	Y	
2024-07-20	1400	Food Unwrapped	Mouldy Bread Chicken Kiev And Apples	Jimmy travels to specialist cheese cellars in the south of France where mould is specially grown - to be eaten.	UNITED KINGDOM	English-100		G	Y	
2024-07-20	1430	Best Of Britain With Ainsley And Grace	Norfolk	Grace and Ainsley explore the English County of Norfolk, where they indulge in an extraordinary afternoon tea, sample a Michelin-approved tasting menu, and get a taste of boattife on Norfolk broads.	UNITED KINGDOM	English-100		G		
2024-07-20	1525	TasteThe Philippines With Yasmin Newman	Mini Ube Pavlovas With Rejoice Thompson	Rejoice Thomson, pastry chef and owner of Brisbane's Dovetail on Overend makes a classic Australian dessert with a Filipino twist: miini ube pavlovas with passion fruit curd.	AUSTRALIA	English-100		G		
2024-07-20	1530	Best Of Britain With Ainsley And Grace	Aberdeen	Grace Dent and Ainsley Harriott explore the Scottish County of Aberdeenshire. They sample local langoustine, eat shortbread at the foot of a waterfall and Ainsley cooks up a Caribbean inspired fish stew in a cottage overlooking the sea.	UNITED KINGDOM	English-100		G		
2024-07-20	1625	Destination Flavour Singapore Bitesize	Curry Puffs	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	Y	
2024-07-20	1630	India Unplated	Assam	In this episode, we visit the north-east of India. The cuisine from this region has influences from its neighbouring countries of Nepal, Burma and China. The program includes Adam's duck and bamboo shoot curry as bamboo shoots are used abundantly in this region. Then it's a delicious teatime snack by Helly called Kardo, that is served with the famous Assamese tea, and finally Boot Baja (mixed stir fry lentils) with Aloo pitika by Sandeep.	AUSTRALIA	English-100		G	Y	
2024-07-20	1700	Adam & Poh's Malaysia In Australia	Ep 1	Starting their journey in Tasmania, Adam and Poh head out to find some of the best seafood in the world. Adam goes diving for abalone and sea urchin. Back on deck, Poh makes the most decadent seafood Loh Mein you've ever seen.From there Adam heads to Bendigo, Australia's newly UNESCO-designated city of gastronomy. He meets Pamela and Bob Yam, the couple responsible for the award-winning Malayan Orchid and Adam makes Malaysia's national dish, nasi lemak.Back in the kitchen Adam and Poh continue their exploration of Australia's excellent seafood using West Australian rock lobster to make lobster sambal, and lobster otak-otak.	AUSTRALIA	English-100		PG	a w	Y
2024-07-20	1730	Luca's Key Ingredient	Episode 3	Luca Ciano returns with another essential key ingredient, basil. Fundamental to Italian cuisine, Luca gives his recipe for basil pesto which becomes the foundation for a delicious pasta.	AUSTRALIA			G		
2024-07-20	1800	Food Affair With Mark Wiens	Ep 3	Mark dives headfirst into the world of Peranakan cuisine, exploring flavors influenced by Chinese, Malay, and Indonesian techniques. Through dishes prepared by renowned pioneer Chef Violet Oon and Michelin-starred Chef Malcolm Lee, Mark tastes traditional recipes with modern twists.	USA	English-100				
2024-07-20	1830	Raymond Blanc's Royal Kitchen Gardens	Highgrove 2	Raymond continues to explore the stunning grounds at Highgrove. Gardener Mel takes Raymond around some of their vegetable beds whilst chatting about how she came to be a gardener for the King. The plentiful bounty of vegetables at Highgrove motivate Raymond to make the most of his own harvest and prepare a glorious garden vegetable soup.	UNITED KINGDOM	English-100		PG		
2024-07-20	1930	Hairy Bikers Go North	Northumberland	This week the Hairy Bikers continue their Northern odyssey in the county of Northumberland. It's an area that Si King knows well having holidayed there many times throughout his childhood.	UNITED KINGDOM	English-100		PG	a w	
2024-07-20	2030	Rick Stein's Long Weekends	Copenhagen	Rick Stein eats his way around design-loving Copenhagen, the home of Hans Christian Anderson - and the latest in fine dining. Like a local, he explores the narrow streets and colourful houses of this capital city by bicycle, taking in its cutting edge contemporary architecture. Rick takes delight in Baksvaerd Kirke, where he's blown away by Jørn Utzon's designs that later inspired Sydney's famous Opera House.	UNITED KINGDOM	English-100		G		

2024-07-20	2140	Anthony Bourdain: A Cook's Tour	Foods That Makes You Manly	After taking a cyclo-ride through Ho Chi Minh City and trying various foods from roadside vendors and markets, Tony tests his might with a few shots of snake wine and a live cobra heart.	USA	English-100		M	a w		
2024-07-20	2210	Anthony Bourdain: A Cook's Tour	Eating On The Edge Of Nowhere	Taking his obsession with the film Apocalypse Now a little too seriously, Tony sets out for Pailin, reputed to be one of the most dangerous towns on Earth.	USA	English-100		PG	a		
2024-07-20	2235	Alex Polizzi Secret Italy	Islands, The	Alex Polizzi explores Italy's smaller islands, from Capri and Ischia in the Bay of Naples, to the remote Aeolian Islands further south. She'll be experiencing Capri's glamorous fashion and scaling the rocky heights of the Aragonese Castle in Ischia, meeting a team of women who restore historic relics of international importance. From there, Alex will sample the island of Salina's famous Malvasia wine, before making a rare sighting of dolphins in the waters off Filicudi.	UNITED KINGDOM	English-100	RPT	G		Y	Y
2024-07-20	2330	Best Of Britain With Ainsley And Grace	Norfolk	Grace and Ainsley explore the English County of Norfolk, where they indulge in an extraordinary afternoon tea, sample a Michelin-approved tasting menu, and get a taste of boatlife on Norfolk broads.	UNITED KINGDOM	English-100		G			
2024-07-20	2425	TasteThe Philippines With Yasmin Newman	Mini Ube Pavlovas With Rejoice Thompson	Rejoice Thomson, pastry chef and owner of Brisbane's Dovetail on Overend makes a classic Australian dessert with a Filipino twist: mini ube pavlovas with passion fruit curd.	AUSTRALIA	English-100		G			
2024-07-20	2430	Best Of Britain With Ainsley And Grace	Aberdeen	Grace Dent and Ainsley Harriott explore the Scottish County of Aberdeenshire. They sample local langoustine, eat shortbread at the foot of a waterfall and Ainsley cooks up a Caribbean inspired fish stew in a cottage overlooking the sea.	UNITED KINGDOM	English-100		G			
2024-07-20	2525	Destination Flavour Singapore Bitesize	Curry Puffs	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		Y	
2024-07-20	2530	India Unplated	Assam	In this episode, we visit the north-east of India. The cuisine from this region has influences from its neighbouring countries of Nepal, Burma and China. The program includes Adam's duck and bamboo shoot curry as bamboo shoots are used abundantly in this region. Then it's a delicious teatime snack by Helly called Kardoi, that is served with the famous Assamese tea, and finally Boot Baja (mixed stir fry lentils) with Aloo pitika by Sandeep.	AUSTRALIA	English-100		G		Y	
2024-07-20	2600	Adam & Poh's Malaysia In Australia	Ep 1	Starting their journey in Tasmania, Adam and Poh head out to find some of the best seafood in the world. Adam goes diving for abalone and sea urchin. Back on deck, Poh makes the most decadent seafood Loh Mein you've ever seen. From there Adam heads to Bendigo, Australia's newly UNESCO-designated city of gastronomy. He meets Pamela and Bob Yam, the couple responsible for the award-winning Malayan Orchid and Adam makes Malaysia's national dish, nasi lemak. Back in the kitchen Adam and Poh continue their exploration of Australia's excellent seafood using West Australian rock lobster to make lobster sambal, and lobster otak-otak.	AUSTRALIA	English-100		PG	a w	Y	
2024-07-20	2630	Luca's Key Ingredient	Episode 3	Luca Ciano returns with another essential key ingredient, basil. Fundamental to Italian cuisine, Luca gives his recipe for basil pesto which becomes the foundation for a delicious pasta.	AUSTRALIA			G			
2024-07-20	2700	Food Affair With Mark Wiens	Ep 3	Mark dives headfirst into the world of Peranakan cuisine, exploring flavors influenced by Chinese, Malay, and Indonesian techniques. Through dishes prepared by renowned pioneer Chef Violet Oon and Michelin-starred Chef Malcolm Lee, Mark tastes traditional recipes with modern twists.	USA	English-100					
2024-07-20	2730	Alex Polizzi Secret Italy	Islands, The	Alex Polizzi explores Italy's smaller islands, from Capri and Ischia in the Bay of Naples, to the remote Aeolian Islands further south. She'll be experiencing Capri's glamorous fashion and scaling the rocky heights of the Aragonese Castle in Ischia, meeting a team of women who restore historic relics of international importance. From there, Alex will sample the island of Salina's famous Malvasia wine, before making a rare sighting of dolphins in the waters off Filicudi.	UNITED KINGDOM	English-100	RPT	G		Y	Y
2024-07-20	2825	Destination Flavour Japan Bitesize	Osaka	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
2024-07-20	2830	Anthony Bourdain: A Cook's Tour	Foods That Makes You Manly	After taking a cyclo-ride through Ho Chi Minh City and trying various foods from roadside vendors and markets, Tony tests his might with a few shots of snake wine and a live cobra heart.	USA	English-100		M	a w		