



WEEK 30 Sunday, 21 July 2024 Saturday, 27 July 2024

ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Egg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-07-21	0500	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	
2024-07-21	0530	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			
2024-07-21	0625	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			
2024-07-21	0630	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			
2024-07-21	0725	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	
2024-07-21	0730	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			
2024-07-21	0830	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		
2024-07-21	0925	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
2024-07-21	0930	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			
2024-07-21	1035	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
2024-07-21	1130	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			

2024-07-21	1225	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		
2024-07-21	1230	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
2024-07-21	1300	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		
2024-07-21	1330	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			
2024-07-21	1400	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	English-100	RPT	G	Y
2024-07-21	1430	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	English-100	RPT	G	Y
2024-07-21	1500	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	English-100	RPT	G	Y
2024-07-21	1530	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	English-100	RPT	G	Y
2024-07-21	1600	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	English-100	G		Y
2024-07-21	1630	India Unplated	Bengal	West Bengal is known for its delicious desserts and seafood and Bengali cuisine prides itself on its flavours and regional produce. Fish and rice are staples and no Bengali meal is complete without a traditional fish curry and in this episode, Sandeep prepares a prawn curry called chingri malai. This curry brings together the classic prawns and coconut cream but with an Indian twist of mustard oil and spices. We also have Helly's kosha mangsho, a traditional slow cooked goat curry that is served with lentils and rice and is made on special occasions. The episode ends with Adam's take on the traditional Bengali Fish Curry that is tangy and loaded with flavours.	AUSTRALIA	English-100	G		Y
2024-07-21	1700	Adam & Poh's Malaysia In Australia	Ep 2	Poh is in the wheat belt, visiting the regional WA town of Katanning, while Adam heads to Merimbula with his friend, Malaysian Australian poet and rapper Omar Musa. They go prawning and with their catch, Adam makes a dish from Omar's father's hometown - a Sarawak-style prawn umai. Back in the kitchen, it's duelling laksas as Adam and Poh make two different versions of Australia's favourite Malaysian dish - laksa.	AUSTRALIA	English-100	PG	a w	Y
2024-07-21	1730	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
2024-07-21	1800	A New Zealand Food Story	Marlborough / Canterbury / Masterton	Ben checks out a sustainably farmed green shell mussel farm and visits a peanut butter factory. He travels to Canterbury to meet an ostrich farmer and cooks ostrich for the first time ever!	NEW ZEALAND	English-100	PG		
2024-07-21	1830	Simply Raymond Blanc	Maman Blanc	Raymond Blanc pays culinary homage to his Maman Blanc by sharing nostalgic dishes from his childhood - vegetable soup three ways, and a special assiette of salads made with produce fresh from his gardens, a beautiful culinary centrepiece for any occasion. Nathan Outlaw visits and treats Raymond to his childhood favourite, fish and chips with mushy peas and tartare sauce.	ENGLAND	English-100	PG		

2024-07-21	1930	Be My Guest With Ina Garten	Marcus Samuelsson	Ina's having a blast with award winning chef, restaurateur, and author Marcus Samuelsson, who's at the Barn sharing his incredible life story and amazing recipes.	USA	English-100	PG	a			
2024-07-21	2030	Rick Stein's Cornwall	Ep 1	Rick heads to the place where his passion for Cornwall began - his family home at Trevoze Head on the north Cornish coast, where as a child he would go fishing with his father. He explores the wild yet beautiful landscape of the Land's End peninsula with the artist Kurt Jackson, before heading to the tranquility of an heritage apple orchard preserved by head gardener John Harris. Here Rick picks some apples to make his mother's Apple Charlotte pudding.	UNITED KINGDOM	English-100	PG	a w			
2024-07-21	2100	Rick Stein's Cornwall	Ep 2	Deep in the Cornish countryside, Rick Stein meets an extraordinary family who are making some of the best Gouda cheese in Britain, from which he cooks a tortilla dish with caramelised apples, onions and Cornish Gouda. In the fishing village of Mevagissey, he discovers the origins of the sea shanty and the history of the pilchard fishing industry, when shoals of pilchards were so large they would attract killer whales.	UNITED KINGDOM	English-100	PG	a w			
2024-07-21	2130	Anthony Bourdain: A Cook's Tour	Tamales And Iguana, Oaxacan Style	Chef Tony Bourdain explores Mexico's Oaxaca region where he tastes toasted grasshoppers and other delicacies.	USA	English-100	PG	a l w			
2024-07-21	2200	Anthony Bourdain: A Cook's Tour	So Much Vodka, So Little Time	Tony tries his hand at ice-fishing, drinks a lot of vodka, feasts on Russian foods, eats smoked fish and ends the outing with a dip in the outdoor cold pool.	USA	English-100	PG	a w			
2024-07-21	2230	Alex Polizzi Secret Italy	Northern Sicily	Alex Polizzi reaches Sicily, where she tours the north. She discovers overwhelming opulence at a palace in Palermo, samples world famous street food on the city's gritty streets and learns how the mafia have influenced Sicilian life for decades, by meeting a team of locals determined to bring about change. Alex will also venture inland where she uncovers some of Sicily's oldest traditions.	UNITED KINGDOM	English-100	RPT	PG	a	Y	Y
2024-07-21	2325	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				
2024-07-21	2330	Simply Raymond Blanc	Maman Blanc	Raymond Blanc pays culinary homage to his Maman Blanc by sharing nostalgic dishes from his childhood - vegetable soup three ways, and a special assiette of salads made with produce fresh from his gardens, a beautiful culinary centrepiece for any occasion. Nathan Outlaw visits and treats Raymond to his childhood favourite, fish and chips with mushy peas and tartare sauce.	ENGLAND	English-100	PG				
2024-07-21	2425	A Taste Of Island Dreams	Island Dreams Satay Skewers	For the perfect skewers, Alimah was taught to imagine she was sewing a running stitch when threading the skewer through the meat. She shares an Island Dreams satay favourite.	AUSTRALIA	English-100	G				
2024-07-21	2430	Be My Guest With Ina Garten	Marcus Samuelsson	Ina's having a blast with award winning chef, restaurateur, and author Marcus Samuelsson, who's at the Barn sharing his incredible life story and amazing recipes.	USA	English-100	PG	a			
2024-07-21	2530	Rick Stein's Cornwall	Ep 1	Rick heads to the place where his passion for Cornwall began - his family home at Trevoze Head on the north Cornish coast, where as a child he would go fishing with his father. He explores the wild yet beautiful landscape of the Land's End peninsula with the artist Kurt Jackson, before heading to the tranquility of an heritage apple orchard preserved by head gardener John Harris. Here Rick picks some apples to make his mother's Apple Charlotte pudding.	UNITED KINGDOM	English-100	PG	a w			
2024-07-21	2600	Rick Stein's Cornwall	Ep 2	Deep in the Cornish countryside, Rick Stein meets an extraordinary family who are making some of the best Gouda cheese in Britain, from which he cooks a tortilla dish with caramelised apples, onions and Cornish Gouda. In the fishing village of Mevagissey, he discovers the origins of the sea shanty and the history of the pilchard fishing industry, when shoals of pilchards were so large they would attract killer whales.	UNITED KINGDOM	English-100	PG	a w			
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2024-07-21	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		
2024-07-21	2830	India Unplated	Bengal	West Bengal is known for its delicious desserts and seafood and Bengali cuisine prides itself on its flavours and regional produce. Fish and rice are staples and no Bengali meal is complete without a traditional fish curry and in this episode, Sandeep prepares a prawn curry called chingri malai. This curry brings together the classic prawns and coconut cream but with an Indian twist of mustard oil and spices. We also have Helly's kosha mangsho, a traditional slow cooked goat curry that is served with lentils and rice and is made on special occasions. The episode ends with Adam's take on the traditional Bengali Fish Curry that is tangy and loaded with flavours.	AUSTRALIA	English-100	G		Y
2024-07-22	0500	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	English-100	RPT	G	Y
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2024-07-22	0600	The Cook Up With Adam Liaw	Zero Waste Winners	Chef Ruben Lopez Mesa and musician Megan Burslem join Adam in the kitchen for a night of zero waste winners.	AUSTRALIA	English-100	RPT	G	Y
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2024-07-22	0930	Be My Guest With Ina Garten	Marcus Samuelsson	Ina's having a blast with award winning chef, restaurateur, and author Marcus Samuelsson, who's at the Barn sharing his incredible life story and amazing recipes.	USA	English-100	PG		a
2024-07-22	1030	Rick Stein's Cornwall	Ep 1	Rick heads to the place where his passion for Cornwall began - his family home at Trevoze Head on the north Cornish coast, where as a child he would go fishing with his father. He explores the wild yet beautiful landscape of the Land's End peninsula with the artist Kurt Jackson, before heading to the tranquility of an heritage apple orchard preserved by head gardener John Harris. Here Rick picks some apples to make his mother's Apple Charlotte pudding.	UNITED KINGDOM	English-100	PG		a w
2024-07-22	1100	Rick Stein's Cornwall	Ep 2	Deep in the Cornish countryside, Rick Stein meets an extraordinary family who are making some of the best Gouda cheese in Britain, from which he cooks a tortilla dish with caramelised apples, onions and Cornish Gouda. In the fishing village of Mevagissey, he discovers the origins of the sea shanty and the history of the pilchard fishing industry, when shoals of pilchards were so large they would attract killer whales.	UNITED KINGDOM	English-100	PG		a w

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2024-07-22	1225	A Taste Of Island Dreams	Island Dreams Satay Skewers	For the perfect skewers, Alimah was taught to imagine she was sewing a running stitch when threading the skewer through the meat. She shares an Island Dreams satay favourite.	AUSTRALIA	English-100		G			
2024-07-22	1230	All Up In My Grill	Breakfast	Wake up, it's time to grill! Chef Dale greets the day with a showstopping Dutch baby pancake and tangerine syrup, crispy hash browns topped with creme fraiche and roe, and a ham steak smothered in sweet cherry mostarda and red eye gravy.	USA	English-100		G			
2024-07-22	1300	Mary Makes It Easy	Tastes Of Tuscany	Mary commemorates her recent travels by creating tasty dishes inspired by Italy, like apple raspberry crostata and mushroom crespelle.	CANADA	English-100		G			
2024-07-22	1330	Field Trip With Curtis Stone	Umbria	Among medieval towns, dense forests, and winding cobblestone streets, a trip to Umbria finds Curtis chasing canine companions for black truffles and getting a tutorial from a master of porchetta. He later perfects the artistry of pigeon butchery to prepare a dish that utilises all parts of the bird.	USA	English-100		PG	I		Y
2024-07-22	1400	Chuck And The First Peoples' Kitchen	Odanak - Sturgeon Fishing	Chuck meets Abenaki Luc in Odanak to fish and smoke sturgeon, the symbol of the community.	CANADA	English-100	RPT	PG			
2024-07-22	1430	Eating Inn	Wolfgang Puck Part 1	Cut is Wolfgang's Michelin Star winning jewel in the crown in Singapore. Phil meets the man himself and gets insight into the international chef's life.	SINGAPORE	English-100		PG	a w		
2024-07-22	1500	Food Unwrapped	Kebab, Oysters And Gin	Jimmy Doherty asks: what exactly is in a doner kebab, and do kebab shops know?	UNITED KINGDOM	English-100		G			
2024-07-22	1530	Jamie & Jimmy's Food Fight Club	Craig David	Jamie and Jimmy are joined by the incredible Craig David, who swaps Miami pier for Southend as he rolls up his sleeves for a shift in the café. Jamie takes Craig back to his childhood as he teaches him a traditional Caribbean chicken dish from the village that Craig's grandmother grew up in on the island of Grenada. Meanwhile, Jamie whips up an indulgent roasted salmon and artichoke parcel that will impress at the weekend.	UNITED KINGDOM	English-100		PG	n		
2024-07-22	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			
2024-07-22	1630	Easy Eats	Ep 3	Tonight, Hera cooks up kei tenei hotaka: mussel fritters, gourmet beef burger, roast chicken, vegan chocolate cake.	NEW ZEALAND	English-100		G			Y
2024-07-22	1700	Everyday Gourmet With Justine Schofield	Ep 16	Byron Finnerty drops in to the kitchen to make his rustic chocolate ganache with coconut and pumpkin seed base and Justine whips her Singapore noodles and shows you how to make her ultimate winter mash.	AUSTRALIA	English-100		G			
2024-07-22	1730	My Market Kitchen	Ep 56	Wine expert Adam Walls joins Matt to wine match to the complex dish of tandoori lamb with herbed mayo. Laura's in the famous Adelaide Central Market making a family-friendly recipe of cannelloni, and to close the show, author Jacob Leung joins Mike in the market kitchen.	AUSTRALIA	English-100		G			
2024-07-22	1800	Luke Nguyen's France	Marseille	Luke travels to Marseille, the capital of Provence, to immerse himself in this seaside city's food and art culture. He hitches a ride to the local fish market with Marseille restaurateur Georgina. Using ingredients fresh off the boat, the pair draws a crowd as they set up beside the old port and cook up Georgina's fusion African-French fish soup. Luke then heads to a grungy art space to create another fusion dish; this time with Michelin star winning chef Sébastien Richard. The resulting dish, cooked in a mobile wok cart, is imbued with the flavours of the Mediterranean. Luke finds a picturesque little harbour to cook his delicious salt and pepper cuttlefish, then heads out of town to the home of his uncle. They swap family stories and cook a French-Vietnamese meal using veal and red wine.	AUSTRALIA	English-100	RPT	G		Y	Y

2024-07-22	1830	Plat Du Tour	Plat Du Tour Series 4 (30 Min Version)	Guillaume Brahimi cooks dishes inspired by the Auvergne Rhone Alps region of eastern France. Guillaume shows us how to make a classic coq au vin, and la truffade in this special compilation.				PG		Y	Y
2024-07-22	1900	The Cook Up With Adam Liaw	21st Century Pub Food	Chef Annita Potter and actor Samuel Johnson join Adam for a night of modern pub classics.	AUSTRALIA	English-100		PG		Y	
2024-07-22	1930	The Streets Hong Kong	Ep 8	To conclude the season, Dan returns to Hong Kong Island for the ultimate street classic: beef brisket noodles. From there, he ventures to the Michelin starred restaurant Celebrity Demon.	AUSTRALIA			G		Y	
2024-07-22	2000	Luke Nguyen's France	Biarritz And Ile D'oleron	Luke explores France's southwest, sampling Basque delicacies in Biarritz and oysters on the island of d'Oleron. He discovers the key ingredients in Basque cuisine such as espelette pepper and artisan jambon. Luke meets with pastry chef Didier, and under the watchful eyes of Didier's dog and goldfish, Luke learns how to make a true gateau basque cake. At St Jean De Luz, he meets Marie-Claire, a veteran of the fish market, who provides him with an insider's look at the fish auctions. She then shares her speciality seafood soup dish. At D'Oleron, Luke samples some of the freshest oysters in France.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-07-22	2030	Gordon Ramsay: Uncharted	Great Smoky Mountains, The	Chef Ramsay is pushed to his limits in the Smoky Mountains. In his quest to unearth the culinary secrets of the region, Gordon must rappel down a treacherous waterfall, kayak through raging rapids, and trek deep into the forest, attempting to find the most delicious ingredients in this magnificent mountain range.	UNITED KINGDOM	English-100		PG	I		
2024-07-22	2130	Come Dine With Me: The Professionals	Sheffield A	Today's episode comes from in and around Sheffield where first to throw their hat in the ring are husband and wife duo, Pansy and Jeremy of Plesters.	UNITED KINGDOM	English-100		PG			
2024-07-22	2225	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			
2024-07-22	2230	The Cook Up With Adam Liaw	21st Century Pub Food	Chef Annita Potter and actor Samuel Johnson join Adam for a night of modern pub classics.	AUSTRALIA	English-100		PG		Y	
2024-07-22	2300	The Cook And The Chef	Party, A	As they say, all good things have to come to an end and sadly tonight's program is the very last of the Cook and the Chef, but to go out with a bang and to celebrate four fabulous years, Maggie and Simon are cooking for a party, to thank everyone who has helped make the show a success.	AUSTRALIA	English-100		G			
2024-07-22	2330	From Scratch	Costa Rica	In Costa Rica, David barely survives a horse ride through a path turned river, a fishing expedition, falling trees and gardening in a rainstorm. But he manages to replicate an amazing Tico meal with chef Manuel Badilla at Origins.	UNITED KINGDOM	English-100		PG	a w		
2024-07-22	2430	The Streets Hong Kong	Ep 8	To conclude the season, Dan returns to Hong Kong Island for the ultimate street classic: beef brisket noodles. From there, he ventures to the Michelin starred restaurant Celebrity Demon.	AUSTRALIA			G		Y	
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2024-07-22	2530	Gordon Ramsay: Uncharted	Great Smoky Mountains, The	Chef Ramsay is pushed to his limits in the Smoky Mountains. In his quest to unearth the culinary secrets of the region, Gordon must rappel down a treacherous waterfall, kayak through raging rapids, and trek deep into the forest, attempting to find the most delicious ingredients in this magnificent mountain range.	UNITED KINGDOM	English-100		PG	I		

2024-07-22	2630	Come Dine With Me: The Professionals	Sheffield A	Today's episode comes from in and around Sheffield where first to throw their hat in the ring are husband and wife duo, Pansy and Jeremy of Plesters.	UNITED KINGDOM	English-100	PG		
2024-07-22	2725	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		
2024-07-22	2730	From Scratch	Costa Rica	In Costa Rica, David barely survives a horse ride through a path turned river, a fishing expedition, falling trees and gardening in a rainstorm. But he manages to replicate an amazing Tico meal with chef Manuel Badilla at Origins.	UNITED KINGDOM	English-100	PG	a w	
2024-07-22	2830	All Up In My Grill	Breakfast	Wake up, it's time to grill! Chef Dale greets the day with a showstopping Dutch baby pancake and tangerine syrup, crispy hash browns topped with creme fraiche and roe, and a ham steak smothered in sweet cherry mostarda and red eye gravy.	USA	English-100	G		
2024-07-23	0500	Mary Makes It Easy	Tastes Of Tuscany	Mary commemorates her recent travels by creating tasty dishes inspired by Italy, like apple raspberry crostata and mushroom crespelle.	CANADA	English-100	G		
2024-07-23	0530	Field Trip With Curtis Stone	Umbria	Among medieval towns, dense forests, and winding cobblestone streets, a trip to Umbria finds Curtis chasing canine companions for black truffles and getting a tutorial from a master of porchetta. He later perfects the artistry of pigeon butchery to prepare a dish that utilises all parts of the bird.	USA	English-100	PG	I	Y
2024-07-23	0600	Chuck And The First Peoples' Kitchen	Odanak - Sturgeon Fishing	Chuck meets Abenaki Luc in Odanak to fish and smoke sturgeon, the symbol of the community.	CANADA	English-100	RPT	PG	
2024-07-23	0630	Eating Inn	Wolfgang Puck Part 1	Cut is Wolfgang's Michelin Star winning jewel in the crown in Singapore. Phil meets the man himself and gets insight into the international chef's life.	SINGAPORE	English-100	PG	a w	
2024-07-23	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
2024-07-23	0730	Jamie & Jimmy's Food Fight Club	Craig David	Jamie and Jimmy are joined by the incredible Craig David, who swaps Miami pier for Southend as he rolls up his sleeves for a shift in the café. Jamie takes Craig back to his childhood as he teaches him a traditional Caribbean chicken dish from the village that Craig's grandmother grew up in on the island of Grenada. Meanwhile, Jamie whips up an indulgent roasted salmon and artichoke parcel that will impress at the weekend.	UNITED KINGDOM	English-100	PG	n	
2024-07-23	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		
2024-07-23	0830	Easy Eats	Ep 3	Tonight, Hera cooks up kei tenei hotaka: mussel fritters, gourmet beef burger, roast chicken, vegan chocolate cake.	NEW ZEALAND	English-100	G		Y
2024-07-23	0900	Everyday Gourmet With Justine Schofield	Ep 16	Byron Finnerly drops in to the kitchen to make his rustic chocolate ganache with coconut and pumpkin seed base and Justine whips her Singapore noodles and shows you how to make her ultimate winter mash.	AUSTRALIA	English-100	G		
2024-07-23	0930	My Market Kitchen	Ep 56	Wine expert Adam Walls joins Matt to wine match to the complex dish of tandoori lamb with herbed mayo. Laura's in the famous Adelaide Central Market making a family friendly recipe of cannelloni, and to close the show, author Jacob Leung joins Mike in the market kitchen.	AUSTRALIA	English-100	G		

2024-07-23	1000	Luke Nguyen's France	Marseille	Luke travels to Marseille, the capital of Provence, to immerse himself in this seaside city's food and art culture. He hitches a ride to the local fish market with Marseille restaurateur Georgina. Using ingredients fresh off the boat, the pair draws a crowd as they set up beside the old port and cook up Georgina's fusion African-French fish soup. Luke then heads to a grungy art space to create another fusion dish; this time with Michelin star winning chef Sébastien Richard. The resulting dish, cooked in a mobile wok cart, is imbued with the flavours of the Mediterranean. Luke finds a picturesque little harbour to cook his delicious salt and pepper cuttlefish, then heads out of town to the home of his uncle. They swap family stories and cook a French-Vietnamese meal using veal and red wine.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-07-23	1030	Plat Du Tour	Plat Du Tour Series 4 (30 Min Version)	Guillaume Brahim cooks dishes inspired by the Auvergne Rhone Alps region of eastern France. Guillaume shows us how to make a classic coq au vin, and la truffade in this special compilation.				PG	Y	Y
2024-07-23	1100	The Cook Up With Adam Liaw	21st Century Pub Food	Chef Annita Potter and actor Samuel Johnson join Adam for a night of modern pub classics.	AUSTRALIA	English-100		PG	Y	
2024-07-23	1130	The Streets Hong Kong	Ep 8	To conclude the season, Dan returns to Hong Kong Island for the ultimate street classic: beef brisket noodles. From there, he ventures to the Michelin starred restaurant Celebrity Demon.	AUSTRALIA			G	Y	
2024-07-23	1200	Luke Nguyen's France	Biarritz And Ile D'oleron	Luke explores France's southwest, sampling Basque delicacies in Biarritz and oysters on the island of d'Oleron. He discovers the key ingredients in Basque cuisine such as espelette pepper and artisan jambon. Luke meets with pastry chef Didier, and under the watchful eyes of Didier's dog and goldfish, Luke learns how to make a true gateau basque cake. At St Jean De Luz, he meets Marie-Claire, a veteran of the fish market, who provides him with an insider's look at the fish auctions. She then shares her speciality seafood soup dish. At D'Oleron, Luke samples some of the freshest oysters in France.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-07-23	1230	All Up In My Grill	All The Veg	Grilling is the perfect way to imbue your veggies with deliciousness. Chef Dale crafts a family style platter of trumpet mushrooms, eggplant marinated in spicy ssamjang, and charred yellow squash served with a green goddess dressing.	USA	English-100		G		
2024-07-23	1300	Mary Makes It Easy	Mashup Recipes	Get the best of both worlds when Mary mashes ideas together to get wacky dishes like Caesar salad roast chicken and taco meatball skillet.	CANADA	English-100		G		
2024-07-23	1330	Field Trip With Curtis Stone	Margaret River	Curtis searches for inspiration in the vineyards, countryside and shores of the Margaret River region in the south-west corner of Australia. He meets with a rancher raising grass-fed Shorthorn cattle; fishes for marron, a large freshwater crayfish; visits winemaker Vanya Cullen's biodynamic vineyard; and forages for coastal herbs with local chef Paul "Yoda" Iskov.	USA	English-100		G		
2024-07-23	1400	Chuck And The First Peoples' Kitchen	Abitibi-Temiscamingue - Traditional Foraging	Chuck travels to Temiscamingue and joins the Wild Basket, an initiative that brings traditional foraging techniques to future generations.	CANADA	English-100	RPT	PG		
2024-07-23	1430	Eating Inn	Wolfgang Puck Part 2	Phil and Wolfgang discuss the virtues of classics over innovation. Phil shares a modern take on the classic prawn shrimp cocktail entrée.	SINGAPORE	English-100		PG	a w	
2024-07-23	1500	Food Unwrapped	Cashew, Scampi And Salt	The team ask: Why are cashew nuts never on the supermarket shelf in their shells? What exactly is scampi? And does expensive salt taste different to cheap salt?	UNITED KINGDOM	English-100		PG		Y
2024-07-23	1530	Jamie & Jimmy's Food Fight Club	Johnny Vegas	Jamie and Jimmy welcome comedy genius Johnny Vegas to Southend Pier. Recreating one of his favourite dishes of all time, Johnny learns how to flambé the perfect steak for all the diners in the café. Jamie shows us how to create the perfect homemade cannelloni, complete with veal and nettles, which will take the sting out of any weekend.	UNITED KINGDOM	English-100		PG	n	
2024-07-23	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		
2024-07-23	1630	Easy Eats	Ep 4	Hera cooks up delicious kei tenei hotaka: crispy calamari, pork belly, venison, and rolled ice cream.	NEW ZEALAND	English-100		G		Y

2024-07-23	1700	Everyday Gourmet With Justine Schofield	Ep 17	On today's episode, Judy Davie makes a healthy cajun chicken, Justine shares her recipe for a pork and almond terrine and finishes up with a flourless chocolate cake with a spicy kick!	AUSTRALIA	English-100		G		
2024-07-23	1730	My Market Kitchen	Ep 57	Farmer Catherine Velisha joins Mike in the market kitchen as he makes the perfect snack or lunch box dish, zucchini frittata. Guest chef Tobie Puttock is joined by Asian chef Leslie Chan to make a super quick Chinese dish, stir fried beef noodles.	AUSTRALIA	English-100		G		
2024-07-23	1800	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 deis Anglés 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
2024-07-23	1830	Plat Du Tour	Plat Du Tour Series 4 (30 Min Version)	In this special collection, Guillaume Brahim explores the southwest of France and shares delicious recipes such as pintxos, and small, sweet cakes known as caneles.				G	Y	Y
2024-07-23	1900	The Cook Up With Adam Liaw	6 Ingredient Pasta	It's pasta, but faster. Adam's making 6 ingredient pasta, with two bonus ingredients... his guests, chef Clayton Wells and AFLW legend Moana Hope!	AUSTRALIA	English-100		G	Y	
2024-07-23	1930	Prue Leith's Cotswold Kitchen	Laurence Llewelyn-Bowen	Designer Laurence Llewelyn-Bowen drops in for lunch, and Prue shares her recipe for a peppercorn-infused chocolate cake. Plus how to pull off the perfect homemade pizza.	UNITED KINGDOM	English-100		G		
2024-07-23	2030	James Martin's French Adventure	Lyon	James ventures to the city of Lyon, known as the gastronomic capital of France, to explore the two sides of the culinary scene. In his own kitchen, James shows us how to make creme brulee.	UNITED KINGDOM	English-100		G		Y
2024-07-23	2130	Come Dine With Me: The Professionals	Swansea B	Today's Come Dine With Me Professionals heads to Swansea and first up are childhood mates Ash and Suj from Adelina's who are pitting their modern Indian cooking against their fellow pros.	UNITED KINGDOM	English-100		G		
2024-07-23	2225	TasteThe Philippines With Yasmin Newman	Pandan Tamokosi With Kenneth Rodriguez	Kenneth Rodriguez shows Yasmin the secret to Filipino donuts known as Pandan Tamakosi, and shares his inspiration for creating unique Filipino flavours.	AUSTRALIA	English-100		G		
2024-07-23	2230	The Cook Up With Adam Liaw	6 Ingredient Pasta	It's pasta, but faster. Adam's making 6 ingredient pasta, with two bonus ingredients... his guests, chef Clayton Wells and AFLW legend Moana Hope!	AUSTRALIA	English-100		G	Y	
2024-07-23	2300	The Cook And The Chef	Best In Season	Maggie searches for the perfect tomato which she then uses to make a tomato bruschetta. Simon, not to be outdone, makes his own version of bruschetta using pear and goats cheese.	AUSTRALIA	English-100		G		
2024-07-23	2330	From Scratch	Peru Part 1	David meets with chef Marilu Madueno of La Huaca Pucclanai, one of the best restaurants in Lima. After learning the significance of how Peruvian ingredients shaped the world's food, David travels across the country to source these foundational ingredients.	UNITED KINGDOM	English-100		PG	a w	
2024-07-23	2430	Prue Leith's Cotswold Kitchen	Laurence Llewelyn-Bowen	Designer Laurence Llewelyn-Bowen drops in for lunch, and Prue shares her recipe for a peppercorn-infused chocolate cake. Plus how to pull off the perfect homemade pizza.	UNITED KINGDOM	English-100		G		
2024-07-23	2530	James Martin's French Adventure	Lyon	James ventures to the city of Lyon, known as the gastronomic capital of France, to explore the two sides of the culinary scene. In his own kitchen, James shows us how to make creme brulee.	UNITED KINGDOM	English-100		G		Y

2024-07-23	2625	Destination Flavour Japan Bitesize	Tohoku	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
2024-07-23	2630	Come Dine With Me: The Professionals	Swansea B	Today's Come Dine With Me Professionals heads to Swansea and first up are childhood mates Ash and Suj from Adelina's who are pitting their modern Indian cooking against their fellow pros.	UNITED KINGDOM	English-100		G		
2024-07-23	2725	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		
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2024-07-23	2830	All Up In My Grill	All The Veg	Grilling is the perfect way to imbue your veggies with deliciousness. Chef Dale crafts a family style platter of trumpet mushrooms, eggplant marinated in spicy ssamjang, and charred yellow squash served with a green goddess dressing.	USA	English-100		G		
2024-07-24	0500	Mary Makes It Easy	Mashup Recipes	Get the best of both worlds when Mary mashes ideas together to get wacky dishes like Caesar salad roast chicken and taco meatball skillet.	CANADA	English-100		G		
2024-07-24	0530	Field Trip With Curtis Stone	Margaret River	Curtis searches for inspiration in the vineyards, countryside and shores of the Margaret River region in the south-west corner of Australia. He meets with a rancher raising grass-fed Shorthorn cattle; fishes for marron, a large freshwater crayfish; visits winemaker Vanya Cullen's biodynamic vineyard; and forages for coastal herbs with local chef Paul 'Yoda' Iskov.	USA	English-100		G		
2024-07-24	0600	Chuck And The First Peoples' Kitchen	Abitibi-Temiscamingue - Traditional Foraging	Chuck travels to Temiscamingue and joins the Wild Basket, an initiative that brings traditional foraging techniques to future generations.	CANADA	English-100	RPT	PG		
2024-07-24	0630	Eating Inn	Wolfgang Puck Part 2	Phil and Wolfgang discuss the virtues of classics over innovation. Phil shares a modern take on the classic prawn shrimp cocktail entrée.	SINGAPORE	English-100		PG	a w	
2024-07-24	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
2024-07-24	0730	Jamie & Jimmy's Food Fight Club	Johnny Vegas	Jamie and Jimmy welcome comedy genius Johnny Vegas to Southend Pier. Recreating one of his favourite dishes of all time, Johnny learns how to flambé the perfect steak for all the diners in the café. Jamie shows us how to create the perfect homemade cannelloni, complete with veal and nettles, which will take the sting out of any weekend.	UNITED KINGDOM	English-100		PG	n	
2024-07-24	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		
2024-07-24	0830	Easy Eats	Ep 4	Hera cooks up delicious kei tenei hotaka: crispy calamari, pork belly, venison, and rolled ice cream.	NEW ZEALAND	English-100		G		Y
2024-07-24	0900	Everyday Gourmet With Justine Schofield	Ep 17	On today's episode, Judy Davie makes a healthy cajun chicken, Justine shares her recipe for a pork and almond terrine and finishes up with a flourless chocolate cake with a spicy kick!	AUSTRALIA	English-100		G		

2024-07-24	0930	My Market Kitchen	Ep 57	Farmer Catherine Velisha joins Mike in the market kitchen as he makes the perfect snack or lunch box dish, zucchini frittata. Guest chef Tobie Puttock is joined by Asian chef Leslie Chan to make a super quick Chinese dish, stir fried beef noodles.	AUSTRALIA	English-100		G		
2024-07-24	1000	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
2024-07-24	1030	Plat Du Tour	Plat Du Tour Series 4 (30 Min Version)	In this special collection, Guillaume Brahimi explores the southwest of France and shares delicious recipes such as pintxos, and small, sweet cakes known as caneles.				G	Y	Y
2024-07-24	1100	The Cook Up With Adam Liaw	6 Ingredient Pasta	It's pasta, but faster. Adam's making 6 ingredient pasta, with two bonus ingredients... his guests, chef Clayton Wells and AFLW legend Moana Hope!	AUSTRALIA	English-100		G	Y	
2024-07-24	1130	Prue Leith's Cotswold Kitchen	Laurence Llewelyn-Bowen	Designer Laurence Llewelyn-Bowen drops in for lunch, and Prue shares her recipe for a peppercorn-infused chocolate cake. Plus how to pull off the perfect homemade pizza.	UNITED KINGDOM	English-100		G		
2024-07-24	1230	All Up In My Grill	Kabobs	Kabobs and skewers are a family tradition for Chef Dale. This Mediterranean-inspired meal features beef and shrimp kabobs with grilled tomatoes, potatoes, and eggplant, all served on warm pita with a tangy white sauce.	USA	English-100		G		
2024-07-24	1300	Mary Makes It Easy	Mare Of Cheesetown	Cheese is on the short list of Mary's true loves, so it's time for another round of all-cheese everything! App, mains, and dessert, oh my.	CANADA	English-100		G		
2024-07-24	1330	Field Trip With Curtis Stone	Rioja	Curtis and friends from Maude travel to the misty mountains of Spain to milk goats, forage for mushrooms with a Michelin-starred chef, and uncork a sixty-year-old bottle of Grenache housed in a winery designed by an architectural icon.	USA	English-100		G		Y
2024-07-24	1400	Chuck And The First Peoples' Kitchen	Montreal - Urban Foraging And Meal Preparation	Chuck learns about urban foraging and cooking traditional foods from Montreal's indigenous communities.	CANADA	English-100	RPT	G		Y
2024-07-24	1430	Eating Inn	Bar Roque Part 1	The very talented Stefane takes us on a wild ride learning all about what makes his home state of Alsace in France so famously delicious. The style of the venue is open and fun.	SINGAPORE	English-100		G		
2024-07-24	1500	Food Unwrapped	Beef Stock, Processed Cheese And Corn Flakes	Jimmy, Kate and Matt ask how much cow is in a beef stock cube, how cornflakes are made, and what exactly processed cheese is. Jimmy tests stock: homemade versus a cube.	UNITED KINGDOM	English-100		G		Y
2024-07-24	1530	Jamie & Jimmy's Food Fight Club	Josh Hartnett	Jamie and Jimmy welcome Hollywood star Josh Hartnett to the pier as he joins them in the café. The star of Pearl Harbour and Penny Dreadful has a favourite ramen place in each city he films in, so Jamie will be taking on a secretive recipe from Josh's favourite New York ramen restaurant. Jamie also whips up an incredible curry made with a whole range of game and aubergine that you can feast on this weekend.	UNITED KINGDOM	English-100		G		
2024-07-24	1625	TasteThe Philippines With Yasmin Newman	Grilled Lamb Chops With 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		

2024-07-24	1630	Easy Eats	Ep 5	Hera cooks up hainanese chicken soup, the ultimate bread recipe, baked snapper, madeira cake.	NEW ZEALAND	English-100	G			Y	
2024-07-24	1700	Everyday Gourmet With Justine Schofield	Ep 18	Justine heads to the Barossa to tour the Jacob's Creek Estate, Chef Phillipa Sibley shares her recipe for spaghetti with prawns and Justine makes quick coconut and raspberry icy poles.	AUSTRALIA	English-100	G				
2024-07-24	1730	My Market Kitchen	Ep 58	Mike kicks off the show in the market kitchen with a cheeky favourite breakfast dish, Aussie avo on toast. Laura's in the beautiful Adelaide Hills at Mt Lofty House making a decadent dish of BBQ scallops, perfect to have with a glass of champagne.	AUSTRALIA	English-100	G				
2024-07-24	1800	Luke Nguyen's France	Biarritz And Ile D'oleron	Luke explores France's southwest, sampling Basque delicacies in Biarritz and oysters on the island of d'Oleron. He discovers the key ingredients in Basque cuisine such as espelette pepper and artisan jambon. Luke meets with pastry chef Didier, and under the watchful eyes of Didier's dog and goldfish, Luke learns how to make a true gateau basque cake. At St Jean De Luz, he meets Marie-Claire, a veteran of the fish market, who provides him with an insider's look at the fish auctions. She then shares her speciality seafood soup dish. At D'Oleron, Luke samples some of the freshest oysters in France.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-07-24	1830	Plat Du Tour	Plat Du Tour Series 3 (30min Version) Ep 1	Guillaume Brahim is cooking dishes inspired by the the hills and mountains of eastern France. From the rolling hills of the Ardennes to the snowy peaks of the Alps there is a long list of delicious produce to cook with. Guillaume shows us how to make a Cabonade a la flamonde, a rich beef stew made with beer.	FRANCE	English-100	G			Y	Y
2024-07-24	1900	The Cook Up With Adam Liaw	Food I Grew Up With	Adam is joined by chef Khanh Nguyen and Taste of the Tropics co-host Samantha Martin to pay homage to the food they grew up with.	AUSTRALIA	English-100	G			Y	
2024-07-24	1930	Rick Stein's Food Stories	Yorkshire	In God's own country, Rick discovers the history of the Yorkshire pud and how best to make it. He visits the UK's biggest tofu factory and cooks delicious veggie dishes at home.	UNITED KINGDOM	English-100	PG		a w		
2024-07-24	2000	Sachie's Kitchen	Coromandel	Tane comes from the sea with a bag of kai moana. He pulls out a bottle of kombucha and offers it to Sachie, telling her it is made from seaweed. Sachie and Tane collect seaweed. Tane introduces Sachie to Claire Bradley, and they cook mussel fritters together while Tane casts a line out into the ocean to try his luck in getting a fish. Mussel fritters are served up.	NEW ZEALAND	English-100	G				
2024-07-24	2030	Hugh's Three Good Things	Ham & Bacon	It's day 2 of meat week in the show that pits Hugh against two top chefs to see who can cook the best dish to from three key flavours and today it's all about ham and bacon. As ever Hugh is cooking two dishes (one for fun and one for the competition).	UNITED KINGDOM	English-100	G				
2024-07-24	2100	Masters Of Taste With Gary Mehigan	Vj As My Sous Chef, A	Gary visits Masala Library, opened by one of India's pioneer restaurateurs, Jiggs Kalra. He then stops over to surprise the little chefs at Science and Cooking, a culinary school for kids. The day ends with popular VJ and actor Purab Kohli joining Gary in the kitchen.	INDIA		G				
2024-07-24	2130	Come Dine With Me: The Professionals	Wolverhampton / Birmingham B	Today we're in and around Birmingham and Wolverhampton and first up is Adians Dining where chef Adian and fiance and front of house manager Eloise are showcasing their Caribbean/ Asian fusion menu.	UNITED KINGDOM	English-100	PG				
2024-07-24	2225	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				
2024-07-24	2230	The Cook Up With Adam Liaw	Food I Grew Up With	Adam is joined by chef Khanh Nguyen and Taste of the Tropics co-host Samantha Martin to pay homage to the food they grew up with.	AUSTRALIA	English-100	G			Y	

2024-07-24	2300	The Cook And The Chef	Summer Lunch, A	Maggie Beer and Simon Bryant go squidging and it's easy to see that this is a new experience for Maggie. Back in the kitchen Simon cleans the squid while Maggie shows us how to make two different squid dishes - grilled or stuffed and baked in the oven.	AUSTRALIA	English-100	G			
2024-07-24	2330	From Scratch	Seattle	David gets soaking wet harvesting on an island north of Seattle for chef Matt Costello at the Inn at Langley. Whether it's mushrooms in the rain, clams in the sand, or crabs in the San Juans he gets a taste of how great the Pacific Northwest is.	UNITED KINGDOM	English-100	PG	a w		Y
2024-07-24	2430	Rick Stein's Food Stories	Yorkshire	In God's own country, Rick discovers the history of the Yorkshire pud and how best to make it. He visits the UK's biggest tofu factory and cooks delicious veggie dishes at home.	UNITED KINGDOM	English-100	PG	a w		
2024-07-24	2500	Sachie's Kitchen	Coromandel	Tane comes from the sea with a bag of kai moana. He pulls out a bottle of kombucha and offers it to Sachie, telling her it is made from seaweed. Sachie and Tane collect seaweed. Tane introduces Sachie to Claire Bradley, and they cook mussel fritters together while Tane casts a line out into the ocean to try his luck in getting a fish. Mussel fritters are served up.	NEW ZEALAND	English-100	G			
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2024-07-24	2600	Masters Of Taste With Gary Mehigan	Vj As My Sous Chef, A	Gary visits Masala Library, opened by one of India's pioneer restaurateurs, Jiggs Kalra. He then stops over to surprise the little chefs at Science and Cooking, a culinary school for kids. The day ends with popular VJ and actor Purab Kohli joining Gary in the kitchen.	INDIA		G			
2024-07-24	2630	Come Dine With Me: The Professionals	Wolverhampton / Birmingham B	Today we're in and around Birmingham and Wolverhampton and first up is Adians Dining where chef Adian and fiance and front of house manager Eloise are showcasing their Caribbean/ Asian fusion menu.	UNITED KINGDOM	English-100	PG			
2024-07-24	2725	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			
2024-07-24	2730	From Scratch	Seattle	David gets soaking wet harvesting on an island north of Seattle for chef Matt Costello at the Inn at Langley. Whether it's mushrooms in the rain, clams in the sand, or crabs in the San Juans he gets a taste of how great the Pacific Northwest is.	UNITED KINGDOM	English-100	PG	a w		Y
2024-07-24	2830	All Up In My Grill	Kabobs	Kabobs and skewers are a family tradition for Chef Dale. This Mediterranean-inspired meal features beef and shrimp kabobs with grilled tomatoes, potatoes, and eggplant, all served on warm pita with a tangy white sauce.	USA	English-100	G			
2024-07-25	0500	Mary Makes It Easy	Mare Of Cheesetown	Cheese is on the short list of Mary's true loves, so it's time for another round of all-cheese everything! App, mains, and dessert, oh my.	CANADA	English-100	G			
2024-07-25	0530	Field Trip With Curtis Stone	Rioja	Curtis and friends from Maude travel to the misty mountains of Spain to milk goats, forage for mushrooms with a Michelin-starred chef, and uncork a sixty-year-old bottle of Grenache housed in a winery designed by an architectural icon.	USA	English-100	G			Y
2024-07-25	0600	Chuck And The First Peoples' Kitchen	Montreal - Urban Foraging And Meal Preparation	Chuck learns about urban foraging and cooking traditional foods with Montreal's indigenous communities.	CANADA	English-100	RPT	G		Y
2024-07-25	0630	Eating Inn	Bar Roque Part 1	The very talented Stefane takes us on a wild ride learning all about what makes his home state of Alsace in France so famously delicious. The style of the venue is open and fun.	SINGAPORE	English-100	G			

2024-07-25	0700	Food Unwrapped	Kebab, Oysters And Gin	Jimmy Doherty asks: what exactly is in a doner kebab, and do kebab shops know?	UNITED KINGDOM	English-100		G		
2024-07-25	0730	Jamie & Jimmy's Food Fight Club	Josh Hartnett	Jamie and Jimmy welcome Hollywood star Josh Hartnett to the pier as he joins them in the café. The star of Pearl Harbour and Penny Dreadful has a favourite ramen place in each city he films in, so Jamie will be taking on a secretive recipe from Josh's favourite New York ramen restaurant. Jamie also whips up an incredible curry made with a whole range of game and aubergine that you can feast on this weekend.	UNITED KINGDOM	English-100		G		
2024-07-25	0825	TasteThe Philippines With Yasmin Newman	Grilled Lamb Chops With 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		
2024-07-25	0830	Easy Eats	Ep 5	Hera cooks up hainanese chicken soup, the ultimate bread recipe, baked snapper, madeira cake.	NEW ZEALAND	English-100		G		Y
2024-07-25	0900	Everyday Gourmet With Justine Schofield	Ep 18	Justine heads to the Barossa to tour the Jacob's Creek Estate, Chef Phillipa Sibley shares her recipe for spaghetti with prawns and Justine makes quick coconut and raspberry icy poles.	AUSTRALIA	English-100		G		
2024-07-25	0930	My Market Kitchen	Ep 58	Mike kicks off the show in the market kitchen with a cheeky favourite breakfast dish, Aussie avo on toast. Laura's in the beautiful Adelaide Hills at Mt Lofty House making a decadent dish of BBQ scallops, perfect to have with a glass of champagne.	AUSTRALIA	English-100		G		
2024-07-25	1000	Luke Nguyen's France	Biarritz And Ile D'oleron	Luke explores France's southwest, sampling Basque delicacies in Biarritz and oysters on the island of d'Oleron. He discovers the key ingredients in Basque cuisine such as espelette pepper and artisan jambon. Luke meets with pastry chef Didier, and under the watchful eyes of Didier's dog and goldfish, Luke learns how to make a true gateau basque cake. At St Jean De Luz, he meets Marie-Claire, a veteran of the fish market, who provides him with an insider's look at the fish auctions. She then shares her speciality seafood soup dish. At D'Oleron, Luke samples some of the freshest oysters in France.	AUSTRALIA	English-100	RPT	G		Y Y
2024-07-25	1030	Plat Du Tour	Plat Du Tour Series 3 (30min Version) Ep 1	Guillaume Brahimi is cooking dishes inspired by the hills and mountains of eastern France. From the rolling hills of the Ardennes to the snowy peaks of the Alps there is a long list of delicious produce to cook with. Guillaume shows us how to make a Cabonade a la flamonde, a rich beef stew made with beer.	FRANCE	English-100		G		Y Y
2024-07-25	1100	The Cook Up With Adam Liaw	Food I Grew Up With	Adam is joined by chef Khanh Nguyen and Taste of the Tropics co-host Samantha Martin to pay homage to the food they grew up with.	AUSTRALIA	English-100		G		Y
2024-07-25	1130	Rick Stein's Food Stories	Yorkshire	In God's own country, Rick discovers the history of the Yorkshire pud and how best to make it. He visits the UK's biggest tofu factory and cooks delicious veggie dishes at home.	UNITED KINGDOM	English-100		PG		a w
2024-07-25	1200	Sachie's Kitchen	Coromandel	Tane comes from the sea with a bag of kai moana. He pulls out a bottle of kombucha and offers it to Sachie, telling her it is made from seaweed. Sachie and Tane collect seaweed. Tane introduces Sachie to Claire Bradley, and they cook mussel fritters together while Tane casts a line out into the ocean to try his luck in getting a fish. Mussel fritters are served up.	NEW ZEALAND	English-100		G		
2024-07-25	1230	All Up In My Grill	Seafood	The end of summer is near, and Chef Dale goes out in style with a giant seafood feast! Lobster, crab, clams, shrimp, and scallops, all served directly on the table with plenty of buttery garlic bread.	USA	English-100		G		
2024-07-25	1300	Mary Makes It Easy	Some Like It Hot	Hot sauce hive unite! Mary spices it up with recipes that bring the heat, including maple sriracha salmon and spicy pickled Caesar beans.	CANADA	English-100		G		
2024-07-25	1330	Field Trip With Curtis Stone	South Australia	Curtis and his team from Maude meet up with winemaker Chester Osborn to taste wine on the rooftop of the D'arenberg Cube, where the building's architecture is right out of a Salvadore Dali painting. Later, Curtis and Maude chef Chris head to Hutton Vale Farm to get an exhausting lesson in sheep shearing. The pair then travel to Adelaide to Orana Restaurant, where they prepare food combinations using only indigenous ingredients, including green ants!	USA	English-100		PG		a w

2024-07-25	1400	Chuck And The First Peoples' Kitchen	Kahnawake - Strawberry Harvesting	In Kahnawake, Chuck visits the community garden and learns the virtues of strawberries and corn.	CANADA	English-100	RPT	G		
2024-07-25	1430	Eating Inn	Bar Roque Part 2	The madness continues in the 'theatre style' atmosphere of chef Stephan's work environment; today's focus is how to use every part of the animal while cooking.	SINGAPORE	English-100		G		
2024-07-25	1500	Food Unwrapped	De-Caff, Gum And Diet Bread	Jimmy visits Brazil to find out more about coffee beans and to try to find a naturally grown caffeine-free coffee.	UNITED KINGDOM	English-100		PG	a	Y
2024-07-25	1530	Jamie & Jimmy's Food Fight Club	Jodie Whittaker	Doctor Who's Jodie Whittaker joins the boys in cooking up the perfect roast pork, Thai beef massaman curry and brown crabs as well as a DIY barbeque.	UNITED KINGDOM	English-100		PG	a w	
2024-07-25	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		
2024-07-25	1630	Easy Eats	Ep 6	Hera Te Kurapa cooks up kei tenei hotaka: beef cheek ragu, creamy mushrooms, seafood platter, porridge.	NEW ZEALAND	English-100		G		Y
2024-07-25	1700	Everyday Gourmet With Justine Schofield	Ep 19	Ex-Masterchef contestant, Laura Cassai is in the kitchen today, sharing a delicious Italian recipe and Kirsten Tibbals makes some delicate meringue kisses while Justine whips up her Korean tuna with kimchi.	AUSTRALIA	English-100		G		
2024-07-25	1730	My Market Kitchen	Ep 59	Matt visits tropical Makepeace Island and with resort executive chef Zeb Gilbert makes cucumber and cuttlefish som tum, using local fish and fresh seasonal vegetables. Then we're back in the market kitchen with Mike who calls on the mushroom man Damian Pike.	AUSTRALIA	English-100		G		
2024-07-25	1800	Luke Nguyen's France	Ile D'oleron	Luke continues his journey around the oyster island of D'Oleron before exploring the food traditions of the Loire Valley. He can't stop talking about the infamous "hot oyster" with local restaurateur James. He is reminded of his childhood through his forages for clams with local fishermen Patrick and John. A break-wall is as good as anywhere to cook up a fusion clam feast. Luke discovers some of the magic of the Loire Valley when he cooks a sumptuous rabbit dish in the cellar of an old chateau with owner Sebastian. They share a glass of wine, some freshly baked bread and a sing-a-long with some local fishermen, before Luke unearths the troglodyte fine dining scene.	AUSTRALIA	English-100	RPT	G		Y Y
2024-07-25	1830	Plat Du Tour	Plat Du Tour Series 3 (30min Version) Ep 2	Guillaume Brahimi explores the mountain regions in the south of France where there are so many regional specialties to try. In the caves under the town of Roquefort, Guillaume will learn the secrets to making the best blue cheese and pair it with a juicy BBQ steak.	FRANCE	English-100		G		Y Y
2024-07-25	1900	The Cook Up With Adam Liaw	Sweet Victory	What's something both athletes and chefs adore? Olympic water polo player Tilly Kearns and Iron Chef Claudette Zepeda join Adam for sweet victory!	AUSTRALIA	English-100		G		Y
2024-07-25	1930	Ainsley's Fantastic Flavours	Middle East	Ainsley kicks the series off with the flavours of the Middle East, starting with chicken torsh, a traditional sweet and sour Persian kebab. Lisa Snowdon pays a visit to Nilly's Turkish to find out what makes her wraps so popular before cooking up her own dish inspired by the flavours she finds.	UNITED KINGDOM	English-100		G		
2024-07-25	2030	Plat Du Tour	Plat Du Tour With Guillaume Brahimi Episode 2	Beloved French-Australian chef Guillaume Brahimi travels the Tour de France route to meet some renowned food producers, and taste dishes that can only be found in their place of origin. The 21 destinations across France and Italy provide inspiration for delicious dishes.	AUSTRALIA	English-70; French-29; Italian-1				
2024-07-25	2100	Duff: Ace Of Taste	Josephine's First Tea Party!	Having baby Josephine in his life allows Duff to indulge in the dainty and delicious. Duff puts together recipes for tiny fingers to grab like mini quiches filled with bacon and cheese, a fancy layered sponge cake and his decadent mini fudge bites.	USA	English-100		G		

2024-07-25	2130	Come Dine With Me: The Professionals	Brighton B	Today we're in Brighton and Hove where Indian vegetarian restaurant Planet India kick start the competition with chef Neez and front of house Ahmad cooking up some cosy vegan curries from mum and dad's special recipes.	UNITED KINGDOM	English-100		
2024-07-25	2225	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	
2024-07-25	2230	The Cook Up With Adam Liaw	Sweet Victory	What's something both athletes and chefs adore? Olympic water polo player Tilly Kearns and Iron Chef Claudette Zepeda join Adam for sweet victory!	AUSTRALIA	English-100	G	Y
2024-07-25	2300	The Cook And The Chef	Orchard, The	Maggie shows how to make a wonderful makes peach jam, sharing a new method to check when it is ready to set, makes a simple peach and prosciutto salad and finishes with a peach drink.	AUSTRALIA	English-100	G	
2024-07-25	2330	From Scratch	Istria	David Moscow travels the northern coast of Croatia to dive for clams, hunt for truffles and fish the Adriatic for chef Marina Gasi in Novigrad. He learns not only about how tied to the sea Croatia is, but also how the history of the country has brought international flavours into its dishes.	UNITED KINGDOM	English-100	PG	a w
2024-07-25	2430	Ainsley's Fantastic Flavours	Middle East	Ainsley kicks the series off with the flavours of the Middle East, starting with chicken torsh, a traditional sweet and sour Persian kebab. Lisa Snowden pays a visit to Nilly's Turkish to find out what makes her wraps so popular before cooking up her own dish inspired by the flavours she finds.	UNITED KINGDOM	English-100	G	
2024-07-25	2530	Plat Du Tour	Plat Du Tour With Guillaume Brahimii Episode 2	Beloved French-Australian chef Guillaume Brahimii travels the Tour de France route to meet some renowned food producers, and taste dishes that can only be found in their place of origin. The 21 destinations across France and Italy provide inspiration for delicious dishes.	AUSTRALIA	English-70; French-29; Italian-1		
2024-07-25	2600	Duff: Ace Of Taste	Josephine's First Tea Party!	Having baby Josephine in his life allows Duff to indulge in the dainty and delicious. Duff puts together recipes for tiny fingers to grab like mini quiches filled with bacon and cheese, a fancy layered sponge cake and his decadent mini fudge bites.	USA	English-100	G	
2024-07-25	2630	Come Dine With Me: The Professionals	Brighton B	Today we're in Brighton and Hove where Indian vegetarian restaurant Planet India kick start the competition with chef Neez and front of house Ahmad cooking up some cosy vegan curries from mum and dad's special recipes.	UNITED KINGDOM	English-100		
2024-07-25	2725	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	
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2024-07-25	2830	All Up In My Grill	Seafood	The end of summer is near, and Chef Dale goes out in style with a giant seafood feast! Lobster, crab, clams, shrimp, and scallops, all served directly on the table with plenty of buttery garlic bread.	USA	English-100	G	
2024-07-26	0500	Mary Makes It Easy	Some Like It Hot	Hot sauce hive unite! Mary spices it up with recipes that bring the heat, including maple sriracha salmon and spicy pickled Caesar beans.	CANADA	English-100	G	

2024-07-26	0530	Field Trip With Curtis Stone	South Australia	Curtis and his team from Maude meet up with winemaker Chester Osborn to taste wine on the rooftop of the D'arenberg Cube, where the building's architecture is right out of a Salvadore Dali painting. Later, Curtis and Maude chef Chris head to Hutton Vale Farm to get an exhausting lesson in sheep shearing. The pair then travel to Adelaide to Orana Restaurant, where they prepare food combinations using only indigenous ingredients, including green ants!	USA	English-100	PG	a w		
2024-07-26	0600	Chuck And The First Peoples' Kitchen	Kahnawake - Strawberry Harvesting	In Kahnawake, Chuck visits the community garden and learns the virtues of strawberries and corn.	CANADA	English-100	RPT	G		
2024-07-26	0630	Eating Inn	Bar Roque Part 2	The madness continues in the 'theatre style' atmosphere of chef Stephan's work environment; today's focus is how to use every part of the animal while cooking.	SINGAPORE	English-100		G		
2024-07-26	0700	Food Unwrapped	Cashew, Scampi And Salt	The team ask: Why are cashew nuts never on the supermarket shelf in their shells? What exactly is scampi? And does expensive salt taste different to cheap salt?	UNITED KINGDOM	English-100		PG		Y
2024-07-26	0730	Jamie & Jimmy's Food Fight Club	Jodie Whittaker	Doctor Who's Jodie Whittaker joins the boys in cooking up the perfect roast pork, Thai beef massaman curry and brown crabs as well as a DIY barbeque.	UNITED KINGDOM	English-100		PG	a w	
2024-07-26	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		
2024-07-26	0830	Easy Eats	Ep 6	Hera Te Kurapa cooks up kei tenei hotaka: beef cheek ragu, creamy mushrooms, seafood platter, porridge.	NEW ZEALAND	English-100		G		Y
2024-07-26	0900	Everyday Gourmet With Justine Schofield	Ep 19	Ex-Masterchef contestant, Laura Cassai is in the kitchen today, sharing a delicious Italian recipe and Kirsten Tibbals makes some delicate meringue kisses while Justine whips up her Korean tuna with kimchi.	AUSTRALIA	English-100		G		
2024-07-26	0930	My Market Kitchen	Ep 59	Matt visits tropical Makepeace Island and with resort executive chef Zeb Gilbert makes cucumber and cuttlefish som tum, using local fish and fresh seasonal vegetables. Then we're back in the market kitchen with Mike who calls on the mushroom man Damian Pike.	AUSTRALIA	English-100		G		
2024-07-26	1000	Luke Nguyen's France	Ile D'oleron	Luke continues his journey around the oyster island of D'Oleron before exploring the food traditions of the Loire Valley. He can't stop talking about the infamous "hot oyster" with local restaurateur James. He is reminded of his childhood through his forages for clams with local fishermen Patrick and John. A break-wall is as good as anywhere to cook up a fusion clam feast. Luke discovers some of the magic of the Loire Valley when he cooks a sumptuous rabbit dish in the cellar of an old chateau with owner Sebastian. They share a glass of wine, some freshly baked bread and a sing-a-long with some local fishermen, before Luke unearths the troglodyte fine dining scene.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-07-26	1030	Plat Du Tour	Plat Du Tour Series 3 (30min Version) Ep 2	Guillaume Brahimi explores the mountain regions in the south of France where there are so many regional specialties to try. Guillaume then learns the secrets of making blue cheese.	FRANCE	English-100		G	Y	Y
2024-07-26	1100	The Cook Up With Adam Liaw	Sweet Victory	What's something both athletes and chefs adore? Olympic water polo player Tilly Kearns and Iron Chef Claudette Zepeda join Adam for sweet victory!	AUSTRALIA	English-100		G		Y
2024-07-26	1130	Ainsley's Fantastic Flavours	Middle East	Ainsley kicks the series off with the flavours of the Middle East, starting with chicken torsh, a traditional sweet and sour Persian kebab. Lisa Snowden pays a visit to Nilly's Turkish to find out what makes her wraps so popular before cooking up her own dish inspired by the flavours she finds.	UNITED KINGDOM	English-100		G		
2024-07-26	1230	Licence To Grill	Vegetarian Bbq Party	Rob gets challenged by his veggie loving friend to grill up a meatless BBQ. Rob steps up to the grill and demonstrates that he can grill it all!	CANADA	English-100		G		

2024-07-26	1300	Mary Makes It Easy	Meat Cute	Mary uses easier-on-your-wallet meat cuts to make flavourful dishes, like pork chops au poivre and her mom's signature grilled flank steak.	CANADA	English-100		G		
2024-07-26	1330	Field Trip With Curtis Stone	Rome	Curtis journeys to the heart of Rome to experience the cuisine of the city's residents. He starts his travels visiting a local butcher who specialises in organ meats and meets a former chef turned pizza maker. He tastes the flavours of old-world Jewish baking including burnt fruit cake. And finally, Curtis tries a traditional offal dish called coratella.	USA	English-100		G		Y
2024-07-26	1400	Chuck And The First Peoples' Kitchen	Dokis First Nation - Junk Fish Fishing And Bush Cooking	Chuck travels to Ontario to meet Norman, an expert in nature interpretation for the French River area.	CANADA	English-100	RPT	PG	a w	
2024-07-26	1430	Eating Inn	Adrift Part 1	At the ground level of the most iconic high rises in Asia, the Hotel Marina Bay Sands, we find the incredibly popular Californian-Asian venue 'Adrift'. Host chef Phil introduces us to its founder.	SINGAPORE	English-100		G		
2024-07-26	1500	Food Unwrapped	Chillis, Pork And Food Dye	Kate's in Mozambique, home to the peri peri chilli, to discover its secrets.	UNITED KINGDOM	English-100		PG	a w	Y
2024-07-26	1530	Jamie & Jimmy's Food Fight Club	Martin Freeman	Jamie and Jimmy welcome British actor turned Hollywood star Martin Freeman to the pier as he joins them in the cafe for 'an unexpected journey' in the cooking lesson of a lifetime.	UNITED KINGDOM	English-100		G		
2024-07-26	1625	TasteThe Philippines With Yasmin Newman	Kinilaw With Yasmin Newman	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		
2024-07-26	1630	Easy Eats	Ep 7	Hera Te Kurapa cooks up lamb shanks, kumara, spinach risotto, crispy pork knuckle, molten chocolate lava cakes.	NEW ZEALAND	English-100		G		Y
2024-07-26	1700	Everyday Gourmet With Justine Schofield	Ep 20	Today Justine makes a decadent baked red wine camembert, Jacques Reymond gives Justine a lesson on cooking prawns and Trish McKenzie makes a naughty chocolate and coconut slice.	AUSTRALIA	English-100		G		
2024-07-26	1730	My Market Kitchen	Ep 60	Mike shows off his chef skills by doing a restaurant-quality lamb dish. Chef Tobie Puttock delights us with pipis, pancetta, garlic, and crusty bread. Matt is at the Pomona Gin Distillery in Queensland cooking up Singapore noodles.	AUSTRALIA	English-100		G		
2024-07-26	1800	Luke Nguyen's France	Loire Valley And Saint Malo	Luke experiences life and food on the Loire River before finishing his culinary journey through France in the seaside town of St Malo. Luke traps an eel with local fisherman Bruno before cooking up one of his signature dishes on Bruno's handmade houseboat. He spends his last night in the Loire cooking a rustic roast duck dish by an open fireplace. Heading to St Malo, a town of pirates and seafood delights, Luke catches giant crabs with local fisherman Gill. Tamarind is the ingredient that makes the crab dish so delicious. Over the provincial border in Normandy, where Mont Saint-Michel looms large, Luke shares his knowledge of salt marsh lambs. Back in St Malo he meets with larger-than-life character Jean Yves, a third generation butter specialist, and cooks a delicious scallop dish.	AUSTRALIA	English-100	RPT	G		Y Y
2024-07-26	1830	Plat Du Tour	Ep 1	Guillaume Brahimi shares some of his favourite French classics. Today, he is making his dad's favourite cake, the Paris Brest. This light and airy dessert was created in honour of another famous French cycling race and is presented in the shape of a bicycle wheel - making it the perfect way to say bonjour to the Tour.				PG		
2024-07-26	1900	The Cook Up With Adam Liaw	Bon Appetit	Adam is joined by French food legend Damien Pignolet and swimming champion Lisa Curry for a very Frenchy Easy Entertaining.	AUSTRALIA	English-100		G		
2024-07-26	1930	Restaurants At The End Of The World	Maine Island Barn Supper	Kristen Kish travels 12 miles offshore to Maine's North Haven Island where new chef Carolyn is looking to put her Southern twist on Turner Farms classic barn supper menu. Kristen pulls lobsters and oysters from the cold waters and discovers what makes the island's goat milk so special.	USA			PG	a w	

2024-07-26	2030	Eat Me: Or Try Not To	Taste, The	Our food preferences are influenced by dozens of factors, including genetics, environment and habit. But taste is also about perception. What does it take to create the next iconic food product?	CANADA	English-100	PG		
2024-07-26	2130	Come Dine With Me: The Professionals	Belfast A	The Professionals travel to Northern Ireland and kicking off the competition are head Chef Ian and Front of House Eva of Mourne Seafood Bar in Belfast.	UNITED KINGDOM	English-100	PG		
2024-07-26	2225	TasteThe Philippines With Yasmin Newman	Kinilaw With Yasmin Newman	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		
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2024-07-26	2300	The Cook And The Chef	Brunch	Maggie has happily been up at the crack of dawn to collect the fresh eggs, and extols the virtue of happy chooks and free range eggs. Simon brings her a present to try, a white truffle and they both get to it and produce Scrambled Eggs- one with truffles one with orange zest, a recipe Maggie first used when she was newly married.	AUSTRALIA	English-100	G		
2024-07-26	2330	From Scratch	Peru Part 2	David works in the kitchen of Lima's Central, brainchild of wildly talented chef and food ethnographer Virgilio Martinez. Central's menu is based on altitudes and the dish sends him from Lima on the coast into the Andes for potatoes and back down into the Amazon to harvest chocolate and to fish for piranha.	UNITED KINGDOM	English-100	PG	a w	Y
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2024-07-26	2830	Licence To Grill	Vegetarian Bbq Party	Rob gets challenged by his veggie loving friend to grill up a meatless BBQ. Rob steps up to the grill and demonstrates that he can grill it all!	CANADA	English-100	G		
2024-07-27	0500	Mary Makes It Easy	Meat Cute	Mary uses easier-on-your-wallet meat cuts to make flavourful dishes, like pork chops au poivre and her mom's signature grilled flank steak.	CANADA	English-100	G		
2024-07-27	0530	Field Trip With Curtis Stone	Rome	Curtis journeys to the heart of Rome to experience the cuisine of the city's residents. He starts his travels visiting a local butcher who specialises in organ meats and meets a former chef turned pizza maker. He tastes the flavours of old-world Jewish baking including burnt fruit cake. And finally, Curtis tries a traditional offal dish called coratella.	USA	English-100	G		Y
2024-07-27	0600	Chuck And The First Peoples' Kitchen	Dokis First Nation - Junk Fish Fishing And Bush Cooking	Chuck travels to Ontario to meet Norman, an expert in nature interpretation for the French River area.	CANADA	English-100	RPT	PG	a w

2024-07-27	0630	Eating Inn	Adrift Part 1	At the ground level of the most iconic high rises in Asia, the Hotel Marina Bay Sands, we find the incredibly popular Californian-Asian venue 'Adrift'. Host chef Phil introduces us to its founder.	SINGAPORE	English-100	G			
2024-07-27	0700	Food Unwrapped	Beef Stock, Processed Cheese And Corn Flakes	Jimmy, Kate and Matt ask how much cow is in a beef stock cube, how cornflakes are made, and what exactly processed cheese is. Jimmy tests stock: homemade versus a cube.	UNITED KINGDOM	English-100	G		Y	
2024-07-27	0730	Jamie & Jimmy's Food Fight Club	Martin Freeman	Jamie and Jimmy welcome British actor turned Hollywood star Martin Freeman to the pier as he joins them in the cafe for 'an unexpected journey' in the cooking lesson of a lifetime.	UNITED KINGDOM	English-100	G			
2024-07-27	0825	TasteThe Philippines With Yasmin Newman	Kinilaw With Yasmin Newman	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			
2024-07-27	0830	Easy Eats	Ep 7	Hera Te Kurapa cooks up lamb shanks, kumara, spinach risotto, crispy pork knuckle, molten chocolate lava cakes.	NEW ZEALAND	English-100	G		Y	
2024-07-27	0900	Everyday Gourmet With Justine Schofield	Ep 20	Today Justine makes a decadent baked red wine camembert, Jacques Raymond gives Justine a lesson on cooking prawns and Trish McKenzie makes a naughty chocolate and coconut slice.	AUSTRALIA	English-100	G			
2024-07-27	0930	My Market Kitchen	Ep 60	Mike shows off his chef skills by doing a restaurant-quality lamb dish. Chef Tobie Puttock delights us with pipis, pancetta, garlic, and crusty bread. Matt is at the Pomona Gin Distillery in Queensland cooking up Singapore noodles.	AUSTRALIA	English-100	G			
2024-07-27	1000	Luke Nguyen's France	Loire Valley And Saint Malo	Luke experiences life and food on the Loire River before finishing his culinary journey through France in the seaside town of St Malo. Luke traps an eel with local fisherman Bruno before cooking up one of his signature dishes on Bruno's handmade houseboat. He spends his last night in the Loire cooking a rustic roast duck dish by an open fireplace. Heading to St Malo, a town of pirates and seafood delights, Luke catches giant crabs with local fisherman Gill. Tamarind is the ingredient that makes the crab dish so delicious. Over the provincial border in Normandy, where Mont Saint-Michel looms large, Luke shares his knowledge of salt marsh lambs. Back in St Malo he meets with larger-than-life character Jean Yves, a third generation butter specialist, and cooks a delicious scallop dish.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-07-27	1030	Plat Du Tour	Ep 1	Guillaume Brahimi shares some of his favourite French classics. Today, he is making his dad's favourite cake, the Paris Brest. This light and airy dessert was created in honour of another famous French cycling race and is presented in the shape of a bicycle wheel - making it the perfect way to say bonjour to the Tour.			PG			
2024-07-27	1100	The Cook Up With Adam Liaw	Bon Appetit	Adam is joined by French food legend Damien Pignolet and swimming champion Lisa Curry for a very Frenchy Easy Entertaining.	AUSTRALIA	English-100	G			
2024-07-27	1130	Restaurants At The End Of The World	Maine Island Barn Supper	Kristen Kish travels 12 miles offshore to Maine's North Haven Island where new chef Carolyn is looking to put her Southern twist on Turner Farms classic barn supper menu. Kristen pulls lobsters and oysters from the cold waters and discovers what makes the island's goat milk so special.	USA		PG	a w		
2024-07-27	1230	Easy Eats	Ep 8	Hera Te Kurapa cooks up oysters three ways, coconut curry seafood chowder, slow roasted brisket, and quick and easy tiramisu.	NEW ZEALAND	English-100	G		Y	
2024-07-27	1300	Easy Eats	Ep 9	Easy Eats shows you how easy it is to recreate restaurant quality dishes at home. Join new host, Hera Te Kurapa as she cooks up delicious, but simple meals for your whanau to enjoy. Kei tenei hotaka: Eggplant Parmigiana, Raw Fish, Eye Fillet Steak, Coconut Thai Chilli Mussels.	NEW ZEALAND	English-100	G		Y	
2024-07-27	1330	Easy Eats	Ep 10	Easy Eats shows you how easy it is to recreate restaurant quality dishes at home. Join new host, Hera Te Kurapa as she cooks up delicious, but simple meals for your whanau to enjoy. Kei tenei hotaka: Chicken Wrapped in Bacon, Vege Salad, Poached Eggs in Red Wine, and No Bake Slice.	NEW ZEALAND	English-100	G		Y	

2024-07-27	1400	Best Of Britain With Ainsley And Grace	Isle Of Wight	Grace Dent and Ainsley Harriott embark on a road trip around the sunny Isle of Wight. They take a trip down memory lane trying their hand at traditional lolly making, tuck into an Asian-inspired seafood platter, and sample black garlic toffee!	UNITED KINGDOM	English-100	PG	a w
2024-07-27	1500	Plat Du Tour	Ep2	Guillaume shares his recipe for a traditional Breton dessert that is all about enjoying life to the fullest. The kouign-amann is known as the richest pastry in all of Europe, and is all about butter.			G	
2024-07-27	1530	Plat du Tour	Plat Du Tour Series 1 (30min Version) Ep 1	Guillaume shares the secrets to a great ratatouille, a delicious roasted shoulder of lamb, a twice baked Roquefort soufflé, as well as a traditional bouillabaisse, and finishes with an île flottante.		English-100	PG	
2024-07-27	1600	Plat du Tour	Plat Du Tour Series 1 (30min Version) Ep 2	Guillaume visits the western side of France where there are so many food delights to be discovered. The seafood from the Atlantic coast, heart warming fare from the Pyreneese, and finishing in the city of his apprenticeship - the heart of Haute Cuisine - Paris. Guillaume shares a delicious mussel recipe, traditional steak frites, a flavourful swordfish dish, and celebrates the Australian Granny Smith apple with his tarte tatin.		English-100	PG	
2024-07-27	1630	India Unplated	Kerala	Known for its scenic backwaters and rich heritage, cuisine from Kerala is the perfect example of coastal cuisine highlighting the produce from this region. Adam kicks things off with the famous winter ishtu (stew), made with coconut milk. The best way to eat the stew is with appam, a traditional bread from Kerala and Sandeep shares his favourite appam, made with rice and coconut milk that can be eaten at breakfast with chutney or with your favourite curry. Helly prepares Kadala curry, a traditional vegetarian dish full of coastal flavours using curry leaves and native ingredients.	AUSTRALIA	English-100	G	Y
2024-07-27	1700	Adam & Poh's Malaysia In Australia	Ep 3	Adam starts his journey in the NSW Central West visiting a new breed of sheep some are calling the waygu of lamb. There he makes a Malaysian lamb barbecue, whole roast lamb perik. Then Adam and Poh are back in Tasmania at the famed Agrarian Kitchen. Poh collects vegetables from their extraordinary garden and Adam joins chef Rodney Dunn in the kitchen to make a Malaysian vegetable curry.	AUSTRALIA	English-100	G	Y
2024-07-27	1730	Luca's Key Ingredient	Episode 4	Today's episode is an amazing cheese journey with Luca Ciana, focussing on the key ingredient of buffalo cheese. From snacks to mains and desserts, this cheesy episode has something for everyone.	AUSTRALIA		G	
2024-07-27	1800	Food Affair With Mark Wiens	Ep 4	At Chef Willin Low's Relish, Mark experiences a fresh take on classic hawker flavors and learns about innovations in Modern Singaporean, or Mod-Sin, cooking. Later, Mark meets chefs Lisa Tang and Kuah Chew Shian of Kausmo, whose dedication to local ingredients and sustainability helps bring out the flavours of Singapore.	USA	English-100	G	
2024-07-27	1830	Escape To River Cottage	Ep 1	Hugh Fearnley-Whittingstall's dream of escaping the city sprawl and downshifting to rural Dorset is about to be realised. In his 1960s Ford Corsair, Hugh has arrived at River Cottage, and his new life as a small holder, living off the fat of the land, lies before him. But first there has to be some changes.	UNITED KINGDOM	English-100	PG	a n w
2024-07-27	1900	Escape To River Cottage	Ep 2	Hugh had thought his downshifting was progressing nicely. But his daily garden check reveals a pesky garden pest - Hugh is not amused. At least the pigs have settled in, although they keep Hugh on his toes with their occasional bids for freedom.	UNITED KINGDOM	English-100	PG	a w
2024-07-27	1930	Hairy Bikers Go North	Peak District, The	The Hairy Bikers are riding through the amazing beauty of the Peak District. Created in 1951 it's the UK's first ever, National Park and is visited by 13 million people every year.	UNITED KINGDOM	English-100	G	
2024-07-27	2030	Rick Stein's Long Weekends	Cadiz	Rick heads to southern Spain and the historic city of Cadiz. Rick is captivated by its narrow winding streets, walking in the footsteps of the ancient Phoenician and Arab traders whose influence on the city can still be seen to this day. White houses and golden domes contrast against the deep blue Atlantic, and a myriad of bars and tavernas offer tantalising tapas of chick pea stews, cured pork lardons, freshly grilled mackerel, and rice dishes flavoured with garlic, saffron, and parsley.	UNITED KINGDOM	English-100	G	
2024-07-27	2140	Anthony Bourdain: A Cook's Tour	Pleasing Palate, A	Tony attempts to dispel the myth that all English food is disgusting and over-boiled. Tony tries Nose to Tail Eating, explores traditional fare at Pie and Mash Shoppes, and visits a predominantly Indian community.	USA	English-100	PG	I
2024-07-27	2205	Anthony Bourdain: A Cook's Tour	My Hometown Favourites	Tony gives us an intimate tour of the New York City foods he loves - sturgeon and bagels, fluke ceviche, braised veal cheek, authentic cheese and, of course, a hotdog.	USA	English-100	PG	

2024-07-27	2235	Alex Polizzi Secret Italy	Southern Sicily	Alex concludes her journey in Southern Sicily, where she discovers the diverse beauty of Italy's biggest island. From the serenity of the baroque town of Ragusa, to the breathtaking Turkish Steps cascading down to the sea. Alex will also visit one of only two subterranean cathedrals in the world, found hundreds of metres below sea and carved from salt.	UNITED KINGDOM	English-100	RPT	PG	a	Y	Y
2024-07-27	2330	Easy Eats	Ep 9	Easy Eats shows you how easy it is to recreate restaurant quality dishes at home. Join new host, Hera Te Kurapa as she cooks up delicious, but simple meals for your whanau to enjoy. Kei tenei hotaka: Eggplant Parmigiana, Raw Fish, Eye Fillet Steak, Coconut Thai Chilli Mussels.	NEW ZEALAND	English-100		G			Y
2024-07-27	2400	Easy Eats	Ep 10	Easy Eats shows you how easy it is to recreate restaurant quality dishes at home. Join new host, Hera Te Kurapa as she cooks up delicious, but simple meals for your whanau to enjoy. Kei tenei hotaka: Chicken Wrapped in Bacon, Vege Salad, Poached Eggs in Red Wine, and No Bake Slice.	NEW ZEALAND	English-100		G			Y
2024-07-27	2430	Best Of Britain With Ainsley And Grace	Isle Of Wight	Grace Dent and Ainsley Harriott embark on a road trip around the sunny Isle of Wight. They take a trip down memory lane trying their hand at traditional lolly making, tuck into an Asian-inspired seafood platter, and sample black garlic toffee!	UNITED KINGDOM	English-100		PG	a w		
2024-07-27	2525	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 6	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
2024-07-27	2530	Plat Du Tour	Ep2	Guillaume shares his recipe for a traditional Breton dessert that is all about enjoying life to the fullest. The kouign-amann is known as the richest pastry in all of Europe, and is all about butter.				G			
2024-07-27	2600	Plat du Tour	Plat Du Tour Series 1 (30min Version) Ep 1	Guillaume shares the secrets to a great ratatouille, a delicious roasted shoulder of lamb, a twice baked Roquefort souffle, as well as a traditional bouillabaisse, and finishes with an ile flottante.		English-100		PG			
2024-07-27	2630	Plat du Tour	Plat Du Tour Series 1 (30min Version) Ep 2	Guillaume visits the western side of France where there are so many food delights to be discovered. The seafood from the Atlantic coast, heart warming fare from the Pyreneese, and finishing in the city of his apprenticeship - the heart of Haute Cuisine - Paris. Guillaume shares a delicious mussel recipe, traditional steak frites, a flavourful swordfish dish, and celebrates the Australian Granny Smith apple with his tarte tatin.		English-100		PG			
2024-07-27	2700	India Unplated	Kerala	Known for its scenic backwaters and rich heritage, cuisine from Kerala is the perfect example of coastal cuisine highlighting the produce from this region. Adam kicks things off with the famous winter ishtu (stew), made with coconut milk. The best way to eat the stew is with appam, a traditional bread from Kerala and Sandeep shares his favourite appam, made with rice and coconut milk that can be eaten at breakfast with chutney or with your favourite curry. Helly prepares Kadala curry, a traditional vegetarian dish full of coastal flavours using curry leaves and native ingredients.	AUSTRALIA	English-100		G			Y
2024-07-27	2730	Adam & Poh's Malaysia In Australia	Ep 3	Adam starts his journey in the NSW Central West visiting a new breed of sheep some are calling the wagyu of lamb. There he makes a Malaysian lamb barbecue, whole roast lamb percik. Then Adam and Poh are back in Tasmania at the famed Agrarian Kitchen. Poh collects vegetables from their extraordinary garden and Adam joins chef Rodney Dunn in the kitchen to make a Malaysian vegetable curry.	AUSTRALIA	English-100		G			Y
2024-07-27	2800	Luca's Key Ingredient	Episode 4	Today's episode is an amazing cheese journey with Luca Ciana, focussing on the key ingredient of buffalo cheese. From snacks to mains and desserts, this cheesy episode has something for everyone.	AUSTRALIA			G			
2024-07-27	2830	Food Affair With Mark Wiens	Ep 4	At Chef Willin Low's Relish, Mark experiences a fresh take on classic hawker flavors and learns about innovations in Modern Singaporean, or Mod-Sin, cooking. Later, Mark meets chefs Lisa Tang and Kuah Chew Shian of Kausmo, whose dedication to local ingredients and sustainability helps bring out the flavors of Singapore.	USA	English-100		G			