



WEEK 31 **Sunday, 28 July 2024** **Saturday, 3 August 2024**

ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Egg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-07-28	0500	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		
2024-07-28	0530	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			
2024-07-28	0625	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	
2024-07-28	0630	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			
2024-07-28	0735	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
2024-07-28	0830	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
2024-07-28	0900	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
2024-07-28	0930	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		
2024-07-28	1025	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	
2024-07-28	1030	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			
2024-07-28	1100	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			

2024-07-28	1130	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	
2024-07-28	1200	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	
2024-07-28	1230	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			
2024-07-28	1300	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
2024-07-28	1330	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
2024-07-28	1400	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	RPT	PG	
2024-07-28	1430	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	RPT	G	
2024-07-28	1500	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	RPT	G	
2024-07-28	1530	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	RPT	G	
2024-07-28	1600	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	
2024-07-28	1630	India Unplated	Kashmir	In this episode, we visit the beautiful Kashmir valley also proudly known as 'heaven on earth' in India. Not only is the place beautiful and scenic, its cuisine is distinct thanks to its topography and full of flavour. Rice and meat are staples along with vegetarian dishes made to cater to the cold climate of this region.	AUSTRALIA	English-100		G	Y
2024-07-28	1700	Adam & Poh's Malaysia In Australia	Ep 4	Adam and Poh are on Bruny Island - one of the best food destinations in Australia. They try local beers with cheesemaker and brewer Nick Haddow, before they take the beautiful local oysters in two different directions. Adam makes a Bruny oyster kerabu and Poh prepares a family favourite, oysters with kecap dressing. Back in the kitchen, Adam and Poh cook chicken satay with Nyonya peanut sauce.	AUSTRALIA	English-100		G	Y
2024-07-28	1730	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	
2024-07-28	1800	A New Zealand Food Story	Wairarapa	Ben meets a gin maker, an Italian chacutier and celebrates a wine maker committed to the principles of sustainable farming. Ben milks sheep and learns how next generation farmers are diversifying their business.	NEW ZEALAND	English-100		PG	

2024-07-28	1830	Simply Raymond Blanc	Herbs And Spices	Raymond Blanc indulges the nation's senses by transforming classic dishes with herbs and spices fresh from his garden. From moules three ways, to a spicy slow roasted harissa lamb shoulder with chickpeas, there's something for every palate. Joining Raymond in the kitchen will be Niall Keating, who will be cooking poached plaice with kohlrabi.	ENGLAND	English-100		G		
2024-07-28	1930	Be My Guest With Ina Garten	Misty Copeland	It's a dream come true for Ina who is joined by Misty Copeland, the incredible superstar ballerina who is spending an amazing day at the barn. Ina's toasting her fabulous guest with kir royale cocktails and herbed ricotta bruschettas.	USA	English-100		G		
2024-07-28	2030	Rick Stein's Cornwall	Ep 3	Rick Stein meets young chef Tom Adams who runs Combeshead Farm, a leading field-to-fork restaurant in Cornwall. Here they grow and produce all of their own food, from sourdough bread to pork pies, as well as rearing a small herd of Mangalitsa pigs, a hairy, old-world breed which produces exquisite hams. Rick tries out a new recipe - pork chops with a sloe berry sauce, before moving on to the village of Rock where his son, Jack, holds a clam bake on the shore of the Camel Estuary.	UNITED KINGDOM	English-100		PG		a w
2024-07-28	2100	Rick Stein's Cornwall	Ep 4	The town of Launceston in east Cornwall is bypassed by many who visit the county, yet Rick discovers that it's home to an unusual superstition and a rare type of Norman castle. In the far west of Cornwall, Rick meets Graham Fitkin and Ruth Wall, two musicians who combine modern and traditional ways to make some extraordinary compositions. Rick rounds off his trip cooking an alfresco dish of Cornish mussels with cider.	UNITED KINGDOM	English-100		PG		a w
2024-07-28	2130	Anthony Bourdain: A Cook's Tour	French Laundry Experience, The	Marooned in San Francisco, Tony tastes local shellfish and durian ice cream before embarking on a pilgrimage to experience the genius of Thomas Keller, chef, and owner of The French Laundry.	USA	English-100		PG		a w
2024-07-28	2200	Anthony Bourdain: A Cook's Tour	Traditional Tastes	Tony is invited to experience the culinary heart and distinct walled medinas (districts) of the Moroccan city Fez.	USA	English-100		PG		
2024-07-28	2230	Gourmet Farmer Afloat	Ready, Willing And Abel	Gourmet Farmer's much loved land lubbers Matthew Evans, Nick Haddow and Ross O'Meara take to the sea to discover Australia's fascinating history and bounty while having the time of their lives.	AUSTRALIA	English-100	RPT	G	q	Y
2024-07-28	2330	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		
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2024-07-28	2525	Destination Flavour Japan Bitesize	Hokkaido	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y Y
2024-07-28	2530	Be My Guest With Ina Garten	Misty Copeland	It's a dream come true for Ina who is joined by Misty Copeland, the incredible superstar ballerina who is spending an amazing day at the barn. Ina's toasting her fabulous guest with kir royale cocktails and herbed ricotta bruschettas.	USA	English-100		G		
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2024-07-29	1230	Licence To Grill	Tennis Tournament	Rob's Tennis Tournament BBQ is a smash with lamb shanks, roasted garlic mashed potatoes and black bean mussels. His guests all agree when it comes to barbequing Rob has the best serve.	CANADA	English-100	G		
2024-07-29	1300	Mary Makes It Easy	Plot Chickens, The	The humble chicken is here to stay! Mary keeps it fresh with new recipes for her most-asked-for protein, and simplifies its daunting carve.	CANADA	English-100	G		
2024-07-29	1330	Field Trip With Curtis Stone	New South Wales	Curtis visits his old stomping grounds in NSW where he begins his journey at the Yerrabingin Rooftop Farm. At dusk, Curtis and chef Mark of Three Blue Ducks Restaurant dive for lobsters and enjoy a seaside dinner. Curtis then climbs the trees at a tropical fruit farm where he tastes flavours that he's never experienced, like chocolate pudding fruit and lemon custard fruit.	USA	English-100	PG	a l w	
2024-07-29	1400	Taste Of Diversity	Taste Of Diversity Series 1 Ep 1	Chef Johl White duck Ringuette of the Anishnawbe and Algonquin Mink clan is on a journey to bring back the Anishnawbe national food to his community.	CANADA	English-100	PG		Y
2024-07-29	1430	Eating Inn	Adrift Part 2	Adrift Michelin starred owner executive chef David Myers introduces his young Australian star head chef Pete Smit who proceeds to show our host chef Phillip why he is already super highly regarded.	SINGAPORE	English-100	G		
2024-07-29	1500	Food Unwrapped	Avocado, Eggs And Balsamico	The team ask, does a happy chicken lay a tastier egg? And how do supermarkets get avocados 'ripe and ready'?	UNITED KINGDOM	English-100	G		Y
2024-07-29	1530	Jamie & Jimmy's Food Fight Club	Danny Devito	Jamie and Jimmy are joined by Hollywood legend Danny DeVito, as he puts on his pinny and cooks for the diners at the end of Southend Pier. In honour of their guest's Italian roots, the boys have tracked down the village in Italy where his grandparents were from before they emigrated to the USA, because if Danny hasn't yet been to San Fele the boys are going to bring San Fele to him!	UNITED KINGDOM	English-100	PG		
2024-07-29	1625	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2024-07-29	1630	Gino's Italian Escape	Amalfi Coast	Chef Gino D'Acampo begins his Italian journey on the stunning Amalfi Coast. He visits the pretty town of Amalfi, a favourite holiday destination from his childhood, which is still popular with tourists today. Amalfi is world-famous for its lemons and Gino explores a secluded citrus grove, high on the cliffs above the town. Here, he picks and tastes Amalfi's legendary lemons with a family who own the grove. Motivated by the breathtaking location, Gino whips up a creamy lemon mousse topped with crushed amaretti biscuits - using Amalfi's unique fruit and the local citrus liqueur, limoncello.	UNITED KINGDOM	English-100	G		
2024-07-29	1700	Everyday Gourmet With Justine Schofield	Ep 21	Learn how to whip up Justine's delicious homemade sub or her hearty Italian ratatouille on today's episode. Also, ex-Masterchef contestant, Emilia Jackson, drops in to make her chocolate salted caramel tarts.	AUSTRALIA	English-100	G		
2024-07-29	1730	My Market Kitchen	Ep 61	Matt serves up crispy Sichuan pork spareribs in Pomona, Queensland, while Laura shares a family favourite, Saltimbocca, in the Adelaide Hills. Mike crafts a refreshing salmon poke bowl using fresh market produce.	AUSTRALIA	English-100	G		
2024-07-29	1800	Taste Of Australia With Hayden Quinn	New England	Hayden is in the New England Highlands with a visit to the biggest glasshouse we've ever seen, learning some Celtic culture in Glen Innes, and a campfire cook up on a stunning lamb farm hosted by a 5th generation farming family! What a way to start the season.	AUSTRALIA	English-100	G		
2024-07-29	1830	Italian Food Safari	Italian Food Safari Series 1 Ep 1	Join Maeve O'Meara and Melbourne chef Guy Grossi in an Australian-wide celebration of traditional Italian food and culture. Tonight, Maeve takes a look at the tradition of the wood-fired oven, which many Italians constructed in their backyards when they arrived in Australia.	AUSTRALIA	English-100	RPT	G	Y

2024-07-29	1900	The Cook Up With Adam Liaw	Love	Meals made in 30 minutes or less? You'll love what Adam and his guests, chef Darren Robertson and tennis champ Jelena Dokic serve up.	AUSTRALIA	English-100					
2024-07-29	1930	Nigellissima	Ep 1	Nigella introduces us to her love of Italian food through Sicilian pasta with tomatoes, garlic, and almonds. There's a mid-week family feast of tagliata - a juicy steak cut into thin slices - served with crisp, fluffy Tuscan fries.	UNITED KINGDOM		RPT	G		Y	
2024-07-29	2000	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
2024-07-29	2030	Gordon Ramsay: Uncharted	Incredible Iceland	Chef Ramsay explores the land of fire and ice during the Icelandic summer to learn secret cooking techniques utilising the volcanic landscape. He fishes in a glacial river for wild salmon, and cooks in a geothermal pool before heading north to the sparsely populated Westfjords.	UNITED KINGDOM	English-100					
2024-07-29	2130	Come Dine With Me: The Professionals	Oxfordshire B	The Professionals travel to Oxfordshire. Kicking off the competition is The Snooty Mehmaan in Faringdon with owner Asad and Executive chef Rehan hoping to bag the grand.	UNITED KINGDOM	English-100			PG		
2024-07-29	2225	A Taste Of Island Dreams	Lemon Chilli Chicken With Turmeric Rice	A signature dish at Island Dreams Cafe and an all-round family favourite. Alimah Bilda shares a version with a punchier thicker sauce that coats the chicken and rice.	AUSTRALIA	English-100			G		
2024-07-29	2230	The Cook Up With Adam Liaw	Love	Meals made in 30 minutes or less? You'll love what Adam and his guests, chef Darren Robertson and tennis champ Jelena Dokic serve up.	AUSTRALIA	English-100					
2024-07-29	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		
2024-07-29	2330	Girls Guide:Hunting Fishing Wild Cooking	A Girls Guide to Hunting Fishing Wild Cooking S1 Ep 1	Analise starts her first Tasmanian Spring with a 'Welcome to Country' ceremony. She learns to shoot and goes on an overnight fishing adventure before laying down roots in her new native garden.	AUSTRALIA	English-100			PG	a l w	Y
2024-07-29	2400	Licence To Grill	Tennis Tournament	Rob's Tennis Tournament BBQ is a smash with lamb shanks, roasted garlic mashed potatoes and black bean mussels. His guests all agree when it comes to barbequing Rob has the best serve.	CANADA	English-100			G		
2024-07-29	2430	Nigellissima	Ep 1	Nigella introduces us to her love of Italian food through Sicilian pasta with tomatoes, garlic, and almonds. There's a mid-week family feast of tagliata - a juicy steak cut into thin slices - served with crisp, fluffy Tuscan fries.	UNITED KINGDOM		RPT	G		Y	
2024-07-29	2500	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

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2024-07-29	2800	Girls Guide:Hunting Fishing Wild Cooking	A Girls Guide to Hunting Fishing Wild Cooking S1 Ep 1	Analiese starts her first Tasmanian Spring with a 'Welcome to Country' ceremony. She learns to shoot and goes on an overnight fishing adventure before laying down roots in her new native garden.	AUSTRALIA	English-100			PG	a l w Y
2024-07-29	2830	Licence To Grill	Tennis Tournament	Rob's Tennis Tournament BBQ is a smash with lamb shanks, roasted garlic mashed potatoes and black bean mussels. His guests all agree when it comes to barbequing Rob has the best serve.	CANADA	English-100			G	
2024-07-30	0500	Mary Makes It Easy	Plot Chickens, The	The humble chicken is here to stay! Mary keeps it fresh with new recipes for her most-asked-for protein, and simplifies its daunting carve.	CANADA	English-100			G	
2024-07-30	0530	Field Trip With Curtis Stone	New South Wales	Curtis visits his old stomping grounds in NSW where he begins his journey at the Yerrabingin Rooftop Farm. At dusk, Curtis and chef Mark of Three Blue Ducks Restaurant dive for lobsters and enjoy a seaside dinner. Curtis then climbs the trees at a tropical fruit farm where he tastes flavours that he's never experienced, like chocolate pudding fruit and lemon custard fruit.	USA	English-100			PG	a l w
2024-07-30	0600	Taste Of Diversity	Taste Of Diversity Series 1 Ep 1	Chef Johl Whiteduck Ringuette of the Anishnawbe and Algonquin Mink clan is on a journey to bring back the Anishnawbe national food to his community.	CANADA	English-100			PG	Y
2024-07-30	0630	Eating Inn	Adrift Part 2	Adrift Michelin starred owner executive chef David Myers introduces his young Australian star head chef Pete Smit who proceeds to show our host chef Phillip why he is already super highly regarded.	SINGAPORE	English-100			G	
2024-07-30	0700	Food Unwrapped	Avocado, Eggs And Balsamico	The team ask, does a happy chicken lay a tastier egg? And how do supermarkets get avocados 'ripe and ready'?	UNITED KINGDOM	English-100			G	Y
2024-07-30	0730	Jamie & Jimmy's Food Fight Club	Danny Devito	Jamie and Jimmy are joined by Hollywood legend Danny DeVito, as he puts on his pinny and cooks for the diners at the end of Southend Pier. In honour of their guest's Italian roots, the boys have tracked down the village in Italy where his grandparents were from before they emigrated to the USA, because if Danny hasn't yet been to San Fele the boys are going to bring San Fele to him!	UNITED KINGDOM	English-100			PG	
2024-07-30	0825	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT		G	Y

2024-07-30	0830	Gino's Italian Escape	Amalfi Coast	Chef Gino D'Acampo begins his Italian journey on the stunning Amalfi Coast. He visits the pretty town of Amalfi, a favourite holiday destination from his childhood, which is still popular with tourists today. Amalfi is world-famous for its lemons and Gino explores a secluded citrus grove, high on the cliffs above the town. Here, he picks and tastes Amalfi's legendary lemons with a family who own the grove. Motivated by the breathtaking location, Gino whips up a creamy lemon mousse topped with crushed amaretti biscuits - using Amalfi's unique fruit and the local citrus liqueur, limoncello.	UNITED KINGDOM	English-100		G		
2024-07-30	0900	Everyday Gourmet With Justine Schofield	Ep 21	Learn how to whip up Justine's delicious homemade sub or her hearty Italian ratatouille on today's episode. Also, ex-Masterchef contestant, Emelia Jackson, drops in to make her chocolate salted caramel tarts.	AUSTRALIA	English-100		G		
2024-07-30	0930	My Market Kitchen	Ep 61	Matt serves up crispy Sichuan pork spareribs in Pomona, Queensland, while Laura shares a family favourite, Saltimbocca, in the Adelaide Hills. Mike crafts a refreshing salmon poke bowl using fresh market produce.	AUSTRALIA	English-100		G		
2024-07-30	1000	Taste Of Australia With Hayden Quinn	New England	Hayden is in the New England Highlands with a visit to the biggest glasshouse we've ever seen, learning some Celtic culture in Glen Innes, and a campfire cook up on a stunning lamb farm hosted by a 5th generation farming family! What a way to start the season.	AUSTRALIA	English-100		G		
2024-07-30	1030	Italian Food Safari	Italian Food Safari Series 1 Ep 1	Join Maeve O'Meara and Melbourne chef Guy Grossi in an Australian-wide celebration of traditional Italian food and culture. Tonight, Maeve takes a look at the tradition of the wood-fired oven, which many Italians constructed in their backyards when they arrived in Australia.	AUSTRALIA	English-100	RPT	G		Y
2024-07-30	1100	The Cook Up With Adam Liaw	Love	Meals made in 30 minutes or less? You'll love what Adam and his guests, chef Darren Robertson and tennis champ Jelena Dokic serve up.	AUSTRALIA	English-100		G		
2024-07-30	1130	Jamie & Jimmy's Food Fight Club	Danny Devito	Jamie and Jimmy are joined by Hollywood legend Danny DeVito, as he puts on his pinny and cooks for the diners at the end of Southend Pier. In honour of their guest's Italian roots, the boys have tracked down the village in Italy where his grandparents were from before they emigrated to the USA, because if Danny hasn't yet been to San Fele the boys are going to bring San Fele to him!	UNITED KINGDOM	English-100		PG		
2024-07-30	1225	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-07-30	1230	Licence To Grill	Skateboard Dude Party	Rob rewards the community kids for their hard work on the new park skateboard ramp. He 'kick flips' the grill with some maple mustard pork burgers, chicken smoked pizza and corn on the cob with chili butter.	CANADA	English-100		G		
2024-07-30	1300	Mary Makes It Easy	Curd's The Word	Bean curd, aka tofu, is the most common meat-sub for the veg-heads out there. But there's nothing common about Mary's new takes on tofu.	CANADA	English-100		G		
2024-07-30	1330	Field Trip With Curtis Stone	Sonoma	Curtis begins his adventure in California high above the vineyards of Sonoma in a hot air balloon while tasting wine with his team from Maude. Back on the ground, he takes a visit to Littorai Winery where he and his sommelier Ben check out the vineyard. Curtis then helps with the fermentation process of the wine when he is tethered above a fermentation tank filled with grapes and is tasked with 'punching down' the grapes to help with the process.	USA	English-100		PG	a	Y
2024-07-30	1400	Taste Of Diversity	Taste Of Diversity Series 1 Ep 2	Carlos Oliveira and his family run a popular Portuguese restaurant in the heart of Toronto, Canada. Carlos takes pride in cooking with some of the oldest ingredients in Portuguese cuisine.	CANADA	English-100		G		
2024-07-30	1430	Eating Inn	Yardbird	Founder John Kunkel gives us the rundown as host chef Phil and he do a tasting at the Yardbird Bar. Then its into the kitchen with chef Leonardo, a Mexican born southern American chef.	SINGAPORE	English-100		PG	a w	

2024-07-30	1500	Food Unwrapped	Sardines, Ducks And Pasta	Are fresh sardines better for us than tinned sardines? How much is known about the ducks we consume? And, when it comes to pasta, is fresh best?	UNITED KINGDOM	English-100		PG	
2024-07-30	1530	Jamie & Jimmy's Food Fight Club	Harry Hill	Jamie and Jimmy whip up a packed menu full of dishes for the weekend and joining them in the cafe to lend a hand is the funny man of TV outtakes, Harry Hill.	UNITED KINGDOM	English-100		G	
2024-07-30	1625	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2024-07-30	1630	Gino's Italian Escape	Naples	Chef Gino D'Acampo continues his Italian Escape in Naples - the area where he was born. Here, he examines the key foods and ingredients that have made the city famous, namely pizza and coffee. Gino investigates the Neapolitan food trend of fried pizza - and helps an award-winning chef make this surprisingly tasty street snack.	UNITED KINGDOM	English-100		G	
2024-07-30	1700	Everyday Gourmet With Justine Schofield	Ep 22	Detox your diet with Justine's easy salad with avocado and ginger, get inspired with her red wine risotto or indulge in Masterchef winner, Brent Owens' white chocolate panna cotta.	AUSTRALIA	English-100		PG	
2024-07-30	1730	My Market Kitchen	Ep 62	Laura joins Chef Terry for a zesty Thai beef salad, while Matt whips up crispy honey & miso prawns on Queensland's Makepeace Island. Mike showcases three delectable ways to cook zucchini, and Matt adds a spicy kick to the table with his peanut relish.	AUSTRALIA	English-100		G	
2024-07-30	1800	Taste Of Australia With Hayden Quinn	Armidale	Hayden is truffle hunting at dawn with a highly trained truffle hunting dog, then it's time to sample some brews at a great small town brewery, before visiting an award-winning cattle farm, followed by a perfect sunset campfire cook.	AUSTRALIA	English-100		G	
2024-07-30	1830	Italian Food Safari	Italian Food Safari Series 1 Ep 2	Tonight, we head to Fremantle to join the last sardine fisherman on the Western Australia coast - Jim Mendolia who supplies the fresh fish market. Melbourne cook Rosa Mitchell shows Guy the secrets of her delicious classic recipe for stuffed sardines. And Maeve visits the Baldino family at L'Abruzzese Pasta in Adelaide to learn how all the various shapes of extruded pasta are made.	AUSTRALIA	English-100	RPT	G	Y
2024-07-30	1900	The Cook Up With Adam Liaw	Fridge Diving	A gold-medal worthy discipline in any household, Adam and his guests, Olympic diver Sam Fricker and cookbook author Chelsea Goodwin, are all geared up to go fridge diving.	AUSTRALIA	English-100			
2024-07-30	1930	Prue Leith's Cotswold Kitchen	Tommy Banks	Prue welcomes award winning chef, Tommy Banks into her kitchen. She makes two-tone soup and is joined in the kitchen by her husband John for a goat's curd and tomato galette.	UNITED KINGDOM	English-100		G	
2024-07-30	2030	James Martin's French Adventure	Annecy	On the stunning Lake Annecy, James cooks dishes showcasing delicious local tomatoes, red mullet and lobster. Then pastry chef Philippe Rigolot samples his extraordinary creations.	UNITED KINGDOM	English-100		G	Y
2024-07-30	2130	Come Dine With Me: The Professionals	Middlesbrough A	Tonight we're in the North East and kicking off the competition is Darlington based Indian and Bangladeshi restaurant, Babul's, owned by brothers Zak and Shuhel, who are confident their modern twist on traditional Indian cooking will win over their fellow professionals.	UNITED KINGDOM	English-100		PG	
2024-07-30	2225	A Taste Of Island Dreams	Quick Fried Fish With Vegetable Acar	This fish dish is a prime example of how something well-seasoned can be the star of the show. Salt, turmeric and a little bit of stock powder are all you need. Alimah Bilda shares the full experience.	AUSTRALIA	English-100		G	
2024-07-30	2230	The Cook Up With Adam Liaw	Fridge Diving	A gold-medal worthy discipline in any household, Adam and his guests, Olympic diver Sam Fricker and cookbook author Chelsea Goodwin, are all geared up to go fridge diving.	AUSTRALIA	English-100			

2024-07-30	2300	The Cook And The Chef	Late Summer Lunch, A	Maggie and Simon show their different approaches to cooking. Maggie cooks a hearty meal for the family, while Simon gives a restaurant touch to his meal.	AUSTRALIA	English-100		G	
2024-07-30	2330	Girls Guide:Hunting Fishing Wild Cooking	A Girls Guide to Hunting Fishing Wild Cooking S1 Ep 2	Analise makes the most of a busy spring as she starts to build her pantry and kitchen garden, before going diving for wild scallops at a friend's secret diving spot.	AUSTRALIA	English-100		G	Y
2024-07-30	2400	Licence To Grill	Skateboard Dude Party	Rob rewards the community kids for their hard work on the new park skateboard ramp. He 'kick flips' the grill with some maple mustard pork burgers, chicken smoked pizza and corn on the cob with chili butter.	CANADA	English-100		G	
2024-07-30	2430	Prue Leith's Cotswold Kitchen	Tommy Banks	Prue welcomes award winning chef, Tommy Banks into her kitchen. She makes two-tone soup and is joined in the kitchen by her husband John for a goat's curd and tomato galette.	UNITED KINGDOM	English-100		G	
2024-07-30	2530	James Martin's French Adventure	Annecy	On the stunning Lake Annecy, James cooks dishes showcasing delicious local tomatoes, red mullet and lobster. Then pastry chef Philippe Rigollot samples his extraordinary creations.	UNITED KINGDOM	English-100		G	Y
2024-07-30	2625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2024-07-30	2630	Come Dine With Me: The Professionals	Middlesbrough A	Tonight we're in the North East and kicking off the competition is Darlington based Indian and Bangladeshi restaurant, Babul's, owned by brothers Zak and Shuhel, who are confident their modern twist on traditional Indian cooking will win over their fellow professionals.	UNITED KINGDOM	English-100		PG	
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2024-07-31	0530	Field Trip With Curtis Stone	Sonoma	Curtis begins his adventure in California high above the vineyards of Sonoma in a hot air balloon while tasting wine with his team from Maude. Back on the ground, he takes a visit to Littorai Winery where he and his sommelier Ben check out the vineyard. Curtis then helps with the fermentation process of the wine when he is tethered above a fermentation tank filled with grapes and is tasked with 'punching down' the grapes to help with the process.	USA	English-100		PG	a Y
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2024-07-31	0730	Jamie & Jimmy's Food Fight Club	Harry Hill	Jamie and Jimmy whip up a packed menu full of dishes for the weekend and joining them in the cafe to lend a hand is the funny man of TV outtakes, Harry Hill.	UNITED KINGDOM	English-100	G		
2024-07-31	0825	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2024-07-31	0830	Gino's Italian Escape	Naples	Chef Gino D'Acampo continues his Italian Escape in Naples - the area where he was born. Here, he examines the key foods and ingredients that have made the city famous, namely pizza and coffee. Gino investigates the Neapolitan food trend of fried pizza - and helps an award-winning chef make this surprisingly tasty street snack.	UNITED KINGDOM	English-100	G		
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2024-07-31	1130	Jamie & Jimmy's Food Fight Club	Harry Hill	Jamie and Jimmy whip up a packed menu full of dishes for the weekend and joining them in the cafe to lend a hand is the funny man of TV outtakes, Harry Hill.	UNITED KINGDOM	English-100	G		
2024-07-31	1225	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2024-07-31	1230	Licence To Grill	Road Hockey Tournament	Rob's Road Warriors square off with Andy's Ass-phalt Assassins in a road hockey tournament. In the end, everybody wins though with Rob's post game feast of lamb kabobs, grilled carrot salad, corn on the cob, and chocolate chicken breasts.	CANADA	English-100	G		
2024-07-31	1300	Mary Makes It Easy	Throwback Desserts	Mary pays tribute to desserts that stand the test of time and have a nod to nostalgia in every bite, from banoffee pie to icebox cake.	CANADA	English-100	G		

2024-07-31	1330	Field Trip With Curtis Stone	Victoria	Curtis heads to his hometown of Melbourne with his brother Luke to visit old friends and taste new culinary creations.	USA	English-100	PG	I	
2024-07-31	1400	Taste Of Diversity	Taste Of Diversity Series 1 Ep 3	Learn the secrets of Japanese cuisine, see how to handle a knife masterfully and discover why all plates on a Japanese table have a different shape. Come into the wonderful world of Japanese cuisine, and taste the diversity.	CANADA	English-100	PG		
2024-07-31	1430	Eating Inn	Db Bistro Part 1	Chef Daniel Boulud is the maestro. His restaurant in New York is one of the world's best and rocks two Michelin Stars. His proteges run first class venues all round the world including DB Bistro.	SINGAPORE	English-100	PG	a w	
2024-07-31	1500	Food Unwrapped	Caffine, Prawns, Formed Ham	In this special episode Jimmy Doherty, Matt Tebbutt and Kate Quilton test some of the food techniques they've discovered during the series, to answer viewers' burning questions.	UNITED KINGDOM	English-100	PG	a w	Y
2024-07-31	1530	Jamie & Jimmy's Food Fight Club	Romesh Ranganathan	Jamie and Jimmy kick off the new year with their first ever all-vegan menu and joining them for their (mis)adventures in the cafe is the straight man of comedy, Romesh Ranganathan.	UNITED KINGDOM	English-100	PG		
2024-07-31	1625	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2024-07-31	1630	Gino's Italian Escape	Bari	Italian chef Gino D'Acampo explores the intriguing region of Puglia where centuries old tradition meets modern day Italy. The region is world-famous for its olive oil and Gino takes a close look at the gnarled olive trees, which have dominated the landscape for thousands of years. In the shade of an old masseria, or farmhouse, Gino dishes up a carpaccio of tender beef fillet, served with a refreshing Italian gremolata dressing and rocket salad. Gino's culinary quest continues in Puglia's capital, Bari, where he samples an innovative olive oil ice cream, however he soon finds something even more fascinating. Tucked away in one of Bari's medieval side streets, Gino discovers a group of local ladies, who spend their day skillfully and rapidly handcrafting orecchiette, or 'little ears' pasta. Gino is keen to learn the ancient technique but is better at cooking the pasta than shaping it! He creates a colourful plate of orecchiette with broccoli, cherry tomatoes and chilli - simple yet exceedingly tasty. As he finishes his time in Bari, Gino heads out to the town's harbour at sunset, to see how the locals spend their evening.	UNITED KINGDOM	English-100	G		
2024-07-31	1700	Everyday Gourmet With Justine Schofield	Ep 23	Today, Justine heads outdoors to show you how to make an easy piccalilli, shares a recipe for a the perfect picnic pie and is joined by Anjum Anand to make some unique tandoori roast salmon tacos.	AUSTRALIA	English-100	G		
2024-07-31	1730	My Market Kitchen	Ep 63	Matt pairs his smoked trout & udon noodle salad with exquisite wines alongside expert Adam Walls. Meanwhile, Mike collaborates with Catherine Velisha for a flavourful vegetarian broccoli and paneer curry.	AUSTRALIA	English-100	G		
2024-07-31	1800	Taste Of Australia With Hayden Quinn	Coffs Harbour	The trawler's just coming in at Coffs and Hayden helps unload the prawns before heading off on a stand-up-paddle board tour with local Indigenous guide Jamie, then Hayden grabs some fresh produce from organic farmer Alice, and heads up the range to Dorrigo to cook up a feast.	AUSTRALIA	English-100	G		
2024-07-31	1830	Italian Food Safari	Italian Food Safari Series 1 Ep 3	Tonight is all about the glorious tomato, with Guy joining tomato grower John Monigatti on Echuca's black soil plains during harvest. Maeve then shares tomato day with a large Calabrese clan - the Cipri family in suburban Sydney who have made fresh tomato sauce every year since the patriarch Severio arrived in Australia 45 years ago.	AUSTRALIA	English-100	RPT	G	Y
2024-07-31	1900	The Cook Up With Adam Liaw	Slice Is Right, The	Sweet or savoury, tonight, the slice is right, as Adam is joined by bakers Grego Montalban Sanchez and Hayley Thorncraft.	AUSTRALIA	English-100			

2024-07-31	1930	Rick Stein's Food Stories	Midlands	Food writer Gurdeep Loyal tours Rick around Leicester's best Indian food, from a hidden gem food truck to Indian high tea. At home Rick cooks our favourite, chicken tikka masala.	UNITED KINGDOM	English-100	PG	a w
2024-07-31	2000	Sachie's Kitchen	Christchurch	Sachie meets Kirsten Fox (an ex-lawyer turned food entrepreneur) at Riverside Kitchen. They wander the market and select key ingredients for the cook. They get on bikes and cycle through the Christchurch Earthquake Red Zone, stopping to forage a few things to go with a dish they are about to cook.	NEW ZEALAND	English-100	G	
2024-07-31	2030	Hugh's Three Good Things	Chicken	Hugh's out to prove that you really can make a winning dish from three key ingredients and he's putting his cooking where his heart is.	UNITED KINGDOM	English-100	G	
2024-07-31	2100	Masters Of Taste With Gary Mehigan	Passionate Cooks Create Magic	Gary heads to Mumbai Irani-Parsi cafe, Sodabottleopenerwala, and meets its eccentric owner, Anaida, who makes him some of their best signature dishes. He then checks out a unique food experience created by amateur cooks from their home, called the Danda Food Project.	INDIA		G	
2024-07-31	2130	Come Dine With Me: The Professionals	Exeter B	Exeter chicken joint, Eat the Bird, begin today's competition with owner Dan and head chef Luke risking it all with their fried chicken fare.	UNITED KINGDOM	English-100		
2024-07-31	2225	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	
2024-07-31	2230	The Cook Up With Adam Liaw	Slice Is Right, The	Sweet or savoury, tonight, the slice is right, as Adam is joined by bakers Grego Montalban Sanchez and Hayley Thorncraft.	AUSTRALIA	English-100		
2024-07-31	2300	The Cook And The Chef	Dinner Party For 6	Maggie Beer and Simon Bryant invite us into the kitchen to share the secrets to having friends for dinner without fuss or failure - but with a little drama and presentation.	AUSTRALIA	English-100	PG	
2024-07-31	2330	Girls Guide:Hunting Fishing Wild Cooking	A Girls Guide to Hunting Fishing Wild Cooking S1 Ep 3	Analiese embarks on new adventures, raising two piglets for meat with her neighbour, confronting her fear of bees for a wild honey harvest, and goes on a solo fly-fishing trip for wild trout at Lake Pedder.	AUSTRALIA	English-100	PG	Y
2024-07-31	2400	Licence To Grill	Road Hockey Tournament	Rob's Road Warriors square off with Andy's Ass-phalt Assassins in a road hockey tournament. In the end, everybody wins though with Rob's post game feast of lamb kabobs, grilled carrot salad, corn on the cob, and chocolate chicken breasts.	CANADA	English-100	G	
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2024-07-31	2725	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		
2024-07-31	2730	The Cook And The Chef	Dinner Party For 6	Maggie Beer and Simon Bryant invite us into the kitchen to share the secrets to having friends for dinner without fuss or failure - but with a little drama and presentation.	AUSTRALIA	English-100	PG		
2024-07-31	2800	Girls Guide:Hunting Fishing Wild Cooking	A Girls Guide to Hunting Fishing Wild Cooking S1 Ep 3	Analise embarks on new adventures, raising two piglets for meat with her neighbour, confronting her fear of bees for a wild honey harvest, and goes on a solo fly-fishing trip for wild trout at Lake Pedder.	AUSTRALIA	English-100	PG		Y
2024-07-31	2830	Licence To Grill	Road Hockey Tournament	Rob's Road Warriors square off with Andy's Ass-phalt Assassins in a road hockey tournament. In the end, everybody wins though with Rob's post game feast of lamb kabobs, grilled carrot salad, corn on the cob, and chocolate chicken breasts.	CANADA	English-100	G		
2024-08-01	0500	Mary Makes It Easy	Throwback Desserts	Mary pays tribute to desserts that stand the test of time and have a nod to nostalgia in every bite, from banoffee pie to icebox cake.	CANADA	English-100	G		
2024-08-01	0530	Field Trip With Curtis Stone	Victoria	Curtis heads to his hometown of Melbourne with his brother Luke to visit old friends and taste new culinary creations.	USA	English-100	PG		I
2024-08-01	0600	Taste Of Diversity	Taste Of Diversity Series 1 Ep 3	Learn the secrets of Japanese cuisine, see how to handle a knife masterfully and discover why all plates on a Japanese table have a different shape. Come into the wonderful world of Japanese cuisine, and taste the diversity.	CANADA	English-100	PG		
2024-08-01	0630	Eating Inn	Db Bistro Part 1	Chef Daniel Boulud is the maestro. His restaurant in New York is one of the world's best and rocks two Michelin Stars. His proteges run first class venues all round the world including DB Bistro.	SINGAPORE	English-100	PG		a w
2024-08-01	0700	Food Unwrapped	Caffine, Prawns, Formed Ham	In this special episode Jimmy Doherty, Matt Tebbutt and Kate Quilton test some of the food techniques they've discovered during the series, to answer viewers' burning questions.	UNITED KINGDOM	English-100	PG		a w Y
2024-08-01	0730	Jamie & Jimmy's Food Fight Club	Romesh Ranganathan	Jamie and Jimmy kick off the new year with their first ever all-vegan menu and joining them for their (mis)adventures in the cafe is the straight man of comedy, Romesh Ranganathan.	UNITED KINGDOM	English-100	PG		
2024-08-01	0825	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y

2024-08-01	0830	Gino's Italian Escape	Bari	Italian chef Gino D'Acampo explores the intriguing region of Puglia where centuries old tradition meets modern day Italy. The region is world-famous for its olive oil and Gino takes a close look at the gnarled olive trees, which have dominated the landscape for thousands of years. In the shade of an old masseria, or farmhouse, Gino dishes up a carpaccio of tender beef fillet, served with a refreshing Italian gremolata dressing and rocket salad. Gino's culinary quest continues in Puglia's capital, Bari, where he samples an innovative olive oil ice cream, however he soon finds something even more fascinating. Tucked away in one of Bari's medieval side streets, Gino discovers a group of local ladies, who spend their day skillfully and rapidly handcrafting orecchiette, or 'little ears' pasta. Gino is keen to learn the ancient technique but is better at cooking the pasta than shaping it! He creates a colourful plate of orecchiette with broccoli, cherry tomatoes and chilli - simple yet exceedingly tasty. As he finishes his time in Bari, Gino heads out to the town's harbour at sunset, to see how the locals spend their evening.	UNITED KINGDOM	English-100		G	
2024-08-01	0900	Everyday Gourmet With Justine Schofield	Ep 23	Today, Justine heads outdoors to show you how to make an easy piccalilli, shares a recipe for a the perfect picnic pie and is joined by Anjum Anand to make some unique tandoori roast salmon tacos.	AUSTRALIA	English-100		G	
2024-08-01	0930	My Market Kitchen	Ep 63	Matt pairs his smoked trout & udon noodle salad with exquisite wines alongside expert Adam Walls. Meanwhile, Mike collaborates with Catherine Velisha for a flavourful vegetarian broccoli and paneer curry.	AUSTRALIA	English-100		G	
2024-08-01	1000	Taste Of Australia With Hayden Quinn	Coffs Harbour	The trawler's just coming in at Coffs and Hayden helps unload the prawns before heading off on a stand-up-paddle board tour with local Indigenous guide Jamie, then Hayden grabs some fresh produce from organic farmer Alice, and heads up the range to Dorriggo to cook up a feast.	AUSTRALIA	English-100		G	
2024-08-01	1030	Italian Food Safari	Italian Food Safari Series 1 Ep 3	Tonight is all about the glorious tomato, with Guy joining tomato grower John Monigatti on Echuca's black soil plains during harvest. Maeve then shares tomato day with a large Calabrese clan - the Cipri family in suburban Sydney who have made fresh tomato sauce every year since the patriarch Severio arrived in Australia 45 years ago.	AUSTRALIA	English-100	RPT	G	Y
2024-08-01	1100	The Cook Up With Adam Liaw	Slice Is Right, The	Sweet or savoury, tonight, the slice is right, as Adam is joined by bakers Grego Montalban Sanchez and Hayley Thorncraft.	AUSTRALIA	English-100			
2024-08-01	1130	Jamie & Jimmy's Food Fight Club	Romesh Ranganathan	Jamie and Jimmy kick off the new year with their first ever all-vegan menu and joining them for their (mis)adventures in the cafe is the straight man of comedy, Romesh Ranganathan.	UNITED KINGDOM	English-100		PG	
2024-08-01	1225	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2024-08-01	1230	Licence To Grill	Scuba Dive Bbq	Rob and his mate Jim are planning a week-long scuba diving trip. The problem is they don't know how to scuba dive. Rob offers a scuba dive instructor lunch in exchange for crash course. He serves up fennel crusted tuna, prawn and scallop stuffed veal, summer melon soup, and some corn and wild rice pancakes.	CANADA	English-100		G	
2024-08-01	1300	Mary Makes It Easy	Relay Smart Cooking	A kitchen relay is Mary's antidote to monotonous meal prep. Mary's double-duty prep tips save future-you on oodles of cooking time.	CANADA	English-100		G	
2024-08-01	1330	Field Trip With Curtis Stone	Maui	Curtis heads to Maui to explore the local cuisine. He starts with a visit to a taro root farm to process their staple food, Poi.	USA	English-100		PG	a I
2024-08-01	1400	Taste Of Diversity	Taste Of Diversity Series 1 Ep 4	Ukrainian cuisine is one of the jewels of Eastern Europe, from dishes like borscht, to Perogies. Olga shares the tradition of passing on cooking techniques and recipes to ensure that Ukrainian cuisine lives on.	CANADA	English-100		G	
2024-08-01	1430	Eating Inn	Db Bistro Part 2	Back at DB Bistro our host joins team Daniel and Jonathan and it's a little bit crazy but a lot of fun. The chemistry between is palpable and our Host Chef Phil tries to orchestrate the mayhem.	SINGAPORE	English-100		PG	

2024-08-01	1500	Food Unwrapped	Beef, Ice Cream, Tinned Grapefruit	Jimmy heads to Brazil to put stock cubes in the spotlight. How can something so small taste so beefy?	UNITED KINGDOM	English-100	PG		Y
2024-08-01	1530	Jamie & Jimmy's Food Fight Club	Jessica Ennis-Hill	Jamie and Jimmy are joined by the golden girl of the 2012 Olympics, Dame Jessica Ennis-Hill, as she puts on her pinny and cooks for the diners at the end of Southend Pier.	UNITED KINGDOM	English-100	PG	a	
2024-08-01	1625	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 4	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2024-08-01	1630	Gino's Italian Escape	Rome	Gino D'Acampo's Italian Escape continues in the country's capital. As a chef, Gino has always been inspired by Rome and its cuisine. His first stop is at one of the city's finest delis, where he is on the hunt for succulent pancetta to make a traditional pasta carbonara. Armed with not only the deli's pancetta, but with the luscious cured meat 'guanciale', Gino decides to cook his pasta at a location he's thrilled to call 'the coolest place ever' - in front of Rome's iconic Colosseum. Keen to explore the outskirts of the city, Gino travels to Ariccia - a town that is passionate about porchetta - slow roasted, moist, boneless pork stuffed with seasoning and rosemary. Naturally, he has to sample this succulent treat, which must traditionally be enjoyed in rustic bread. Gino's final port of call outside the city is a restaurant belonging to Anna Dente, a chef who has been keeping authentic Roman recipes alive for 40 years. In Anna's garden, Gino shows off his Roman-inspired dish of pan-fried lamb in rosemary and honey sauce, with fennel salad.	UNITED KINGDOM	English-100	G		
2024-08-01	1700	Everyday Gourmet With Justine Schofield	Ep 24	Justine makes a sweet and sour pork, ex-Masterchef contestant, Laura Cassai whips up a delicious curly fettuccine with prawns and chef and dessert specialist, Darren Purchase bakes something a little naughty.	AUSTRALIA	English-100	G		
2024-08-01	1730	My Market Kitchen	Ep 64	Matt teams up with wine connoisseur Adam Walls to complement his specialty Lo Mai Gai. Laura and Chef Jack Ingram create a decadent chocolate plum clafoutis at Jolley's Boathouse in Adelaide, while Mike ventures to Taggerty, Victoria, to prepare wood cooked bananas for a local celebrity.	AUSTRALIA	English-100	G		
2024-08-01	1800	Taste Of Australia With Hayden Quinn	Port Macquarie	The Sunrise Swimmers take Hayden out before dawn to get the perfect fresh start for his day, then we're in for a treat as we head out whale watching. Keeping the day going, Hayden samples some local wine before heading to a picture perfect sustainable estate for horse riding, veggies and a sunset BBQ.	AUSTRALIA	English-100	G		
2024-08-01	1830	Italian Food Safari	Italian Food Safari Series 1 Ep 4	Tonight, Guy visits dedicated Melbourne artisan baker Daniel Chirico and tastes bread straight from the oven. Guy then demonstrates a delicious bread-based salad called panzanella. Maeve learns about the Italian passion for veal and meets passionate Western Australian butcher Vince Garreffa. And celebrated Sydney chef Nino Zoccali shows how easy it is to make a beautiful osso buco.	AUSTRALIA	English-100	RPT	G	Y
2024-08-01	1900	The Cook Up With Adam Liaw	Speedy Sweet And Sour	It's a tastebud-pleasing, time-saving night, as chefs Rodney Dunn and Giulia Treuner join Adam to smash out some speedy sweet 'n' sour recipes.	AUSTRALIA	English-100			
2024-08-01	1930	Ainsley's Fantastic Flavours	North America	Ainsley is diving into the tastes and flavours of North America with its big bold BBQs, creamy chowders, and indulgent desserts. Ainsley starts with a classic, the Big Ains, a smash burger with all the trimmings! Ruby Bhogal tries to find out the secret behind the best fried chicken and makes a dessert with the flavours of the sunshine state—a key lime pie. Actress Sheree Murphy takes over the kitchen to show Ainsley her comforting dish, a chicken pot pie, sure to please all the family. Ainsley wraps it up with the flavours of an iconic North American comfort food...with his PB&J brownies!	UNITED KINGDOM	English-100	G		
2024-08-01	2030	Guillaume's French Atlantic	Episode 1	Get ready to tantalise your taste buds and immerse yourself in the picturesque beauty of Normandy as renowned chef Guillaume Brahimi takes you on an unforgettable gastronomic adventure in the premiere episode of Guillaume's French Atlantic.	AUSTRALIA	English-70; French-30	PG		Y Y

2024-08-01	2100	Guillaume's French Atlantic	Episode 2	Join renowned chef Guillaume Brahimi as he unravels the artistic wonders of Normandy. Guillaume's journey begins in the picturesque town of Honfleur, renowned for its allure to renowned artists such as Monet and Boudin.	AUSTRALIA	English-70; French-30	G		Y	Y
2024-08-01	2130	Come Dine With Me: The Professionals	Essex B	In Essex, co-owner and chef of Toulouse, Stefan has engaged his sous chef Billy to help him kick off the week with some restaurant classics. However, the starter comes under fire from a rival couple.	UNITED KINGDOM	English-100				
2024-08-01	2225	A Taste Of Island Dreams	Amalul's Pandan Bubble Tea	Amalul, Alimah's granddaughter, is a self-proclaimed bubble tea connoisseur. She shares her bright bubble tea brew and pays tribute to the vibrant and flavourful pandanus leaf.	AUSTRALIA	English-100	G			
2024-08-01	2230	The Cook Up With Adam Liaw	Speedy Sweet And Sour	It's a tastebud-pleasing, time-saving night, as chefs Rodney Dunn and Giulia Treuner join Adam to smash out some speedy sweet 'n' sour recipes.	AUSTRALIA	English-100				
2024-08-01	2300	The Cook And The Chef	Party For 20	Maggie asks Simon to help prepare for a party for 20 of her friends. She devises a menu that could be easily doubled or tripled depending on the size of the party. Simon adds a dish of his own and also introduces Maggie to everyday catering for large numbers in his restaurants.	AUSTRALIA	English-100	G			
2024-08-01	2330	Girls Guide:Hunting Fishing Wild Cooking	A Girls Guide to Hunting Fishing Wild Cooking S1 Ep 4	Conquering her fear of bees, Analiese gets her first beehive before heading off on an adventure of foraging, fishing and diving with best friend and famous Thai restaurateur, Palisa Anderson.	AUSTRALIA	English-100	PG	a w	Y	
2024-08-01	2400	Licence To Grill	Scuba Dive Bbq	Rob and his mate Jim are planning a week-long scuba diving trip. The problem is they don't know how to scuba dive. Rob offers a scuba dive instructor lunch in exchange for crash course. He serves up fennel crusted tuna, prawn and scallop stuffed veal, summer melon soup, and some corn and wild rice pancakes.	CANADA	English-100	G			
2024-08-01	2430	Ainsley's Fantastic Flavours	North America	Ainsley is diving into the tastes and flavours of North America with its big bold BBQs, creamy chowders, and indulgent desserts. Ainsley starts with a classic, the Big Ains, a smash burger with all the trimmings! Ruby Bhogal tries to find out the secret behind the best fried chicken and makes a dessert with the flavours of the sunshine state—a key lime pie. Actress Sheree Murphy takes over the kitchen to show Ainsley her comforting dish, a chicken pot pie, sure to please all the family. Ainsley wraps it up with the flavours of an iconic North American comfort food...with his PB&J brownies!	UNITED KINGDOM	English-100	G			
2024-08-01	2530	Guillaume's French Atlantic	Episode 1	Get ready to tantalise your taste buds and immerse yourself in the picturesque beauty of Normandy as renowned chef Guillaume Brahimi takes you on an unforgettable gastronomic adventure in the premiere episode of Guillaume's French Atlantic.	AUSTRALIA	English-70; French-30	PG		Y	Y
2024-08-01	2600	Guillaume's French Atlantic	Episode 2	Join renowned chef Guillaume Brahimi as he unravels the artistic wonders of Normandy. Guillaume's journey begins in the picturesque town of Honfleur, renowned for its allure to renowned artists such as Monet and Boudin.	AUSTRALIA	English-70; French-30	G		Y	Y
2024-08-01	2630	Come Dine With Me: The Professionals	Essex B	In Essex, co-owner and chef of Toulouse, Stefan has engaged his sous chef Billy to help him kick off the week with some restaurant classics. However, the starter comes under fire from a rival couple.	UNITED KINGDOM	English-100				

2024-08-01	2725	A Taste Of Island Dreams	Amalul's Pandan Bubble Tea	Amalul, Alimah's granddaughter, is a self-proclaimed bubble tea connoisseur. She shares her bright bubble tea brew and pays tribute to the vibrant and flavourful pandanus leaf.	AUSTRALIA	English-100	G		
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2024-08-01	2800	Girls Guide:Hunting Fishing Wild Cooking	A Girls Guide to Hunting Fishing Wild Cooking S1 Ep 4	Conquering her fear of bees, Analiese gets her first beehive before heading off on an adventure of foraging, fishing and diving with best friend and famous Thai restaurateur, Palisa Anderson.	AUSTRALIA	English-100	PG	a w	Y
2024-08-01	2830	Licence To Grill	Scuba Dive Bbq	Rob and his mate Jim are planning a week-long scuba diving trip. The problem is they don't know how to scuba dive. Rob offers a scuba dive instructor lunch in exchange for crash course. He serves up fennel crusted tuna, prawn and scallop stuffed veal, summer melon soup, and some corn and wild rice pancakes.	CANADA	English-100	G		
2024-08-02	0500	Mary Makes It Easy	Relay Smart Cooking	A kitchen relay is Mary's antidote to monotonous meal prep. Mary's double-duty prep tips save future-you on oodles of cooking time.	CANADA	English-100	G		
2024-08-02	0530	Field Trip With Curtis Stone	Maui	Curtis heads to Maui to explore the local cuisine. He starts with a visit to a taro root farm to process their staple food, Poi.	USA	English-100	PG	a l	
2024-08-02	0600	Taste Of Diversity	Taste Of Diversity Series 1 Ep 4	Ukrainian cuisine is one of the jewels of Eastern Europe, from dishes like borscht, to Perogies. Olga shares the tradition of passing on cooking techniques and recipes to ensure that Ukrainian cuisine lives on.	CANADA	English-100	G		
2024-08-02	0630	Eating Inn	Db Bistro Part 2	Back at DB Bistro our host joins team Daniel and Jonathan and it's a little bit crazy but a lot of fun. The chemistry between is palpable and our Host Chef Phil tries to orchestrate the mayhem.	SINGAPORE	English-100	PG		
2024-08-02	0700	Food Unwrapped	Beef, Ice Cream, Tinned Grapefruit	Jimmy heads to Brazil to put stock cubes in the spotlight. How can something so small taste so beefy?	UNITED KINGDOM	English-100	PG		Y
2024-08-02	0730	Jamie & Jimmy's Food Fight Club	Jessica Ennis-Hill	Jamie and Jimmy are joined by the golden girl of the 2012 Olympics, Dame Jessica Ennis-Hill, as she puts on her pinny and cooks for the diners at the end of Southend Pier.	UNITED KINGDOM	English-100	PG	a	
2024-08-02	0825	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 4	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2024-08-02	0830	Gino's Italian Escape	Rome	Gino D'Acampo's Italian Escape continues in the country's capital. As a chef, Gino has always been inspired by Rome and its cuisine. His first stop is at one of the city's finest delis, where he is on the hunt for succulent pancetta to make a traditional pasta carbonara. Armed with not only the deli's pancetta, but with the luscious cured meat 'guanciale', Gino decides to cook his pasta at a location he's thrilled to call 'the coolest place ever' - in front of Rome's iconic Colosseum. Keen to explore the outskirts of the city, Gino travels to Ariccia - a town that is passionate about porchetta - slow roasted, moist, boneless pork stuffed with seasoning and rosemary. Naturally, he has to sample this succulent treat, which must traditionally be enjoyed in rustic bread. Gino's final port of call outside the city is a restaurant belonging to Anna Dente, a chef who has been keeping authentic Roman recipes alive for 40 years. In Anna's garden, Gino shows off his Roman-inspired dish of pan-fried lamb in rosemary and honey sauce, with fennel salad.	UNITED KINGDOM	English-100	G		
2024-08-02	0900	Everyday Gourmet With Justine Schofield	Ep 24	Justine makes a sweet and sour pork, ex-Masterchef contestant, Laura Cassai whips up a delicious curly fettuccine with prawns and chef and dessert specialist, Darren Purchase bakes something a little naughty.	AUSTRALIA	English-100	G		

2024-08-02	0930	My Market Kitchen	Ep 64	Matt teams up with wine connoisseur Adam Walls to complement his specialty Lo Mai Gai. Laura and Chef Jack Ingram create a decadent chocolate plum clafoutis at Jolley's Boathouse in Adelaide, while Mike ventures to Taggerty, Victoria, to prepare wood cooked bananas for a local celebrity.	AUSTRALIA	English-100		G		
2024-08-02	1000	Taste Of Australia With Hayden Quinn	Port Macquarie	The Sunrise Swimmers take Hayden out before dawn to get the perfect fresh start for his day, then we're in for a treat as we head out whale watching. Keeping the day going, Hayden samples some local wine before heading to a picture perfect sustainable estate for horse riding, veggies and a sunset BBQ.	AUSTRALIA	English-100		G		
2024-08-02	1030	Italian Food Safari	Italian Food Safari Series 1 Ep 4	Tonight, Guy visits dedicated Melbourne artisan baker Daniel Chirico and tastes bread straight from the oven. Guy then demonstrates a delicious bread-based salad called panzanella. Maeve learns about the Italian passion for veal and meets passionate Western Australian butcher Vince Garreffa. And celebrated Sydney chef Nino Zoccali shows how easy it is to make a beautiful osso buco.	AUSTRALIA	English-100	RPT	G		Y
2024-08-02	1100	The Cook Up With Adam Liaw	Speedy Sweet And Sour	It's a tastebud-pleasing, time-saving night, as chefs Rodney Dunn and Giulia Treuner join Adam to smash out some speedy sweet 'n' sour recipes.	AUSTRALIA	English-100				
2024-08-02	1130	Jamie & Jimmy's Food Fight Club	Jessica Ennis-Hill	Jamie and Jimmy are joined by the golden girl of the 2012 Olympics, Dame Jessica Ennis-Hill, as she puts on her pinny and cooks for the diners at the end of Southend Pier.	UNITED KINGDOM	English-100		PG		a
2024-08-02	1225	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 4	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-08-02	1230	Licence To Grill	Friday Night Bbq	It's Friday night and Rob is having a party! Grilled rib steak, barbequed balsamic chicken, scallops with roasted red capsicum sauce, grilled potatoes and carrots, and a fresh rocket salad get the weekend off to a great start.	CANADA	English-100		G		
2024-08-02	1300	Mary Makes It Easy	Braising The Stakes	Mary's tender braising recipes feel like kitchen magic, like braised blade steak and butter beans, or braised cabbage with crispy topping.	CANADA	English-100		G		
2024-08-02	1330	Field Trip With Curtis Stone	Lost Scenes, The	We revisit the countries where Curtis journeyed this season revealing the food and adventures never seen. While in New South Wales, Curtis discovers Caribbean rum made from Australian sugar cane.	USA	English-100		PG		a w
2024-08-02	1400	Taste Of Diversity	Taste Of Diversity Series 1 Ep 5	Sahar welcomes us into her home and shares some of the secrets of Persian cuisine, starting with the Persian classic Zerehshk Polo Ba Morgh, a very popular barley soup.	CANADA	English-100		G		
2024-08-02	1430	Eating Inn	Spago Part 1	The first of two episodes that bring us into a lively one on one with the man himself...Chef Wolfgang Puck and then Host Chef Phil Davenport guides us through the wonderful world of Spago.	SINGAPORE	English-100		PG		s
2024-08-02	1500	Food Unwrapped	Vanilla, Rice, Cheese	Matt meets with a team of researchers to examine why reheating rice can make people ill and discovers what makes the precooked rice stocked in supermarkets safe to eat.	UNITED KINGDOM	English-100		G		Y
2024-08-02	1530	Jamie & Jimmy's Food Fight Club	Stephen Fry	Jamie and Jimmy welcome a national treasure to the cafe, as Stephen Fry joins them for a cooking lesson that takes him down memory lane. He's inspired by his memories of his childhood nanny who made the most incredible apple pies and taught him how to make a rose out of pastry for the top.	UNITED KINGDOM	English-100		PG		
2024-08-02	1625	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 5	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y

2024-08-02	1630	Gino's Italian Escape	Gragnano	Gino D'Acampo returns to his native Campania - the Italian region where he grew up and where his family still live. As a chef, he is eager to visit the town of Gragnano, which is world-famous for its pasta. Gino tours this unique place, where a combination of natural elements - sea breezes, hot sunshine and mountain water - has contributed to producing outstanding pasta. Our chef visits one of the town's historic pasta factories, where local ladies teach him the traditional skill of hand-rolling long fusilli. Pasta isn't the only food Gragnano is renowned for. High up in the surrounding mountains is a picturesque orchard, where Gino comes across the reddest cherries he's ever seen. He can't resist climbing into the trees to pick these sweet fruits to use in a dessert. In a corner of the orchard, Gino conjures up a contemporary tiramisu using whole cherries, creamy vanilla mascarpone and cherry liqueur. Before he leaves Gragnano, Gino calls in on his Italian relatives and - for the first time in his life - decides to cook for them. He nervously dishes up a delectable dinner for his family, Gragnano's legendary pasta in a spicy arrabbiata and salmon sauce.	UNITED KINGDOM	English-100	G		
2024-08-02	1700	Everyday Gourmet With Justine Schofield	Ep 25	Justine shows you how to create a delicious starter with ricotta and prosciutto, chef, Josh Niland shares a delicious recipe for roast beef and Trish McKenzie makes some decadent chocolate hazelnut hotcakes.	AUSTRALIA	English-100	G		
2024-08-02	1730	My Market Kitchen	Ep 65	Matt cooks up a Filipino-inspired Pork Adobo, Laura savours cold soba noodles with Japanese Chef Kinsan, and Mike indulges with poached salmon and watercress salad. Plus, Matt shares his family's secret midweek ingredient pizza dough recipe.	AUSTRALIA	English-100	G		
2024-08-02	1800	Taste Of Australia With Hayden Quinn	Mornington Peninsula	Hayden is on the Mornington Peninsula in Victoria where he catches up with his good friend Dani Venn for some local tips and adventure. Things start on the water with mussel farmer Harry, then it's off for some tree surfing.	AUSTRALIA	English-100	PG	I	
2024-08-02	1830	Italian Food Safari	Italian Food Safari Series 1 Ep 5	Tonight, Maeve visits the crayfishermen off Geraldton and tastes just how good a 'cray on the barbie' can be. Guy drops in on Melbourne chef Maurizio Esposito to learn the secrets of his delicious crayfish gnocchi recipe. Maeve then seeks out the best pizza and Guy discovers artichokes. Also, Sicilian-born gelato-makers explain why Italian gelato is so good.	AUSTRALIA	English-100	RPT	G	Y
2024-08-02	1900	The Cook Up With Adam Liaw	Sustainable Soiree, The	It's Easy Entertaining, and Adam and his guests, End Food Waste Campaign Director Mandy Hall and Doju Head Chef Mika Chae are here to fight food waste with a fancy dinner party.	AUSTRALIA	English-100			
2024-08-02	1930	Restaurants At The End Of The World	Brazil's Floating Feast	Kristen Kish travels to the Brazilian coast, where chef Gisela runs a world class restaurant on her 50-foot trawler, the Sem Pressa. Creating experimental menus from unique local ingredients is Gisela's signature, but pulling it off is quite the challenge.	USA		PG		
2024-08-02	2030	Eat Me: Or Try Not To	Marketing, The	Today, we're familiar with so many food brands that we no longer need to be convinced to buy many of them. But at one point, each and every one of them had to come up with a plan to get us to try them. Today, the food and drink marketing industry is worth about \$900 billion - and growing.	CANADA	English-100	G		
2024-08-02	2130	Come Dine With Me: The Professionals	Sheffield B	In Sheffield, Sicilian restaurant Bella Donna kick off the competition with head chef Monica and front of house manager Katrina cooking up some serious seafood and breaded beef.	UNITED KINGDOM	English-100			
2024-08-02	2225	A Taste Of Island Dreams	Island Dreams No-Rice Rice" Pudding"	This pudding is a family favourite and represents how resourceful the people of the Cocos Islands are. Alimah Bilda shares a recipe passed down from her mother.	AUSTRALIA		G		
2024-08-02	2230	The Cook Up With Adam Liaw	Sustainable Soiree, The	It's Easy Entertaining, and Adam and his guests, End Food Waste Campaign Director Mandy Hall and Doju Head Chef Mika Chae are here to fight food waste with a fancy dinner party.	AUSTRALIA	English-100			
2024-08-02	2300	The Cook And The Chef	Luscious Lunch, A	The season is on the change and Maggie and Simon prepare for an early autumn lunch. As Maggie lives in the Barossa, on Saturdays she shops at the Barossa Market to buy the fresh cheese and vegetables she requires. Simon also heads north to Gawler River to find the source of the Quail, and arrives at Maggie's kitchen with fresh quail and oysters.	AUSTRALIA	English-100	PG		a l w

2024-08-02	2330	Girls Guide:Hunting Fishing Wild Cooking	A Girls Guide to Hunting Fishing Wild Cooking S1 Ep 5	Analise tackles the ups-and-downs of her new life, going on her first wallaby hunt with friend and wallaby-hunter, Richard, and dealing with the wild rabbits that are decimating her garden, resulting in a delicious braised rabbit stew.	AUSTRALIA	English-100	PG	a w	Y
2024-08-02	2400	Licence To Grill	Friday Night Bbq	It's Friday night and Rob is having a party! Grilled rib steak, barbequed balsamic chicken, scallops with roasted red capsicum sauce, grilled potatoes and carrots, and a fresh rocket salad get the weekend off to a great start.	CANADA	English-100	G		
2024-08-02	2430	Restaurants At The End Of The World	Brazil's Floating Feast	Kristen Kish travels to the Brazilian coast, where chef Gisela runs a world class restaurant on her 50-foot trawler, the Sem Pressa. Creating experimental menus from unique local ingredients is Gisela's signature, but pulling it off is quite the challenge.	USA		PG		
2024-08-02	2530	Eat Me: Or Try Not To	Marketing, The	Today, we're familiar with so many food brands that we no longer need to be convinced to buy many of them. But at one point, each and every one of them had to come up with a plan to get us to try them. Today, the food and drink marketing industry is worth about \$900 billion - and growing.	CANADA	English-100	G		
2024-08-02	2630	Come Dine With Me: The Professionals	Sheffield B	In Sheffield, Sicilian restaurant Bella Donna kick off the competition with head chef Monica and front of house manager Katrina cooking up some serious seafood and breaded beef.	UNITED KINGDOM	English-100			
2024-08-02	2725	A Taste Of Island Dreams	Island Dreams No-Rice" Rice" Pudding"	This pudding is a family favourite and represents how resourceful the people of the Cocos Islands are. Alimah Bilda shares a recipe passed down from her mother.	AUSTRALIA		G		
2024-08-02	2730	The Cook And The Chef	Luscious Lunch, A	The season is on the change and Maggie and Simon prepare for an early autumn lunch. As Maggie lives in the Barossa, on Saturdays she shops at the Barossa Market to buy the fresh cheese and vegetables she requires. Simon also heads north to Gawler River to find the source of the Quail, and arrives at Maggie's kitchen with fresh quail and oysters.	AUSTRALIA	English-100	PG	a l w	
2024-08-02	2800	Girls Guide:Hunting Fishing Wild Cooking	A Girls Guide to Hunting Fishing Wild Cooking S1 Ep 5	Analise tackles the ups-and-downs of her new life, going on her first wallaby hunt with friend and wallaby-hunter, Richard, and dealing with the wild rabbits that are decimating her garden, resulting in a delicious braised rabbit stew.	AUSTRALIA	English-100	PG	a w	Y
2024-08-02	2830	Licence To Grill	Friday Night Bbq	It's Friday night and Rob is having a party! Grilled rib steak, barbequed balsamic chicken, scallops with roasted red capsicum sauce, grilled potatoes and carrots, and a fresh rocket salad get the weekend off to a great start.	CANADA	English-100	G		
2024-08-03	0500	Mary Makes It Easy	Braising The Stakes	Mary's tender braising recipes feel like kitchen magic, like braised blade steak and butter beans, or braised cabbage with crispy topping.	CANADA	English-100	G		
2024-08-03	0530	Field Trip With Curtis Stone	Lost Scenes, The	We revisit the countries where Curtis journeyed this season revealing the food and adventures never seen. While in New South Wales, Curtis discovers Caribbean rum made from Australian sugar cane.	USA	English-100	PG	a w	
2024-08-03	0600	Taste Of Diversity	Taste Of Diversity Series 1 Ep 5	Sahar welcomes us into her home and shares some of the secrets of Persian cuisine, starting with the Persian classic Zerehkh Polo Ba Morgh, a very popular barley soup.	CANADA	English-100	G		
2024-08-03	0630	Eating Inn	Spago Part 1	The first of two episodes that bring us into a lively one on one with the man himself...Chef Wolfgang Puck and then Host Chef Phil Davenport guides us through the wonderful world of Spago.	SINGAPORE	English-100	PG	s	
2024-08-03	0700	Food Unwrapped	Vanilla, Rice, Cheese	Matt meets with a team of researchers to examine why reheating rice can make people ill and discovers what makes the precooked rice stocked in supermarkets safe to eat.	UNITED KINGDOM	English-100	G		Y

2024-08-03	0730	Jamie & Jimmy's Food Fight Club	Stephen Fry	Jamie and Jimmy welcome a national treasure to the cafe, as Stephen Fry joins them for a cooking lesson that takes him down memory lane. He's inspired by his memories of his childhood nanny who made the most incredible apple pies and taught him how to make a rose out of pastry for the top.	UNITED KINGDOM	English-100		PG	
2024-08-03	0825	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 5	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2024-08-03	0830	Gino's Italian Escape	Gragnano	Gino D'Acampo returns to his native Campania - the Italian region where he grew up and where his family still live. As a chef, he is eager to visit the town of Gragnano, which is world-famous for its pasta. Gino tours this unique place, where a combination of natural elements - sea breezes, hot sunshine and mountain water - has contributed to producing outstanding pasta. Our chef visits one of the town's historic pasta factories, where local ladies teach him the traditional skill of hand-rolling long fusilli. Pasta isn't the only food Gragnano is renowned for. High up in the surrounding mountains is a picturesque orchard, where Gino comes across the reddest cherries he's ever seen. He can't resist climbing into the trees to pick these sweet fruits to use in a dessert. In a corner of the orchard, Gino conjures up a contemporary tiramisu using whole cherries, creamy vanilla mascarpone and cherry liqueur. Before he leaves Gragnano, Gino calls in on his Italian relatives and - for the first time in his life - decides to cook for them. He nervously dishes up a delectable dinner for his family, Gragnano's legendary pasta in a spicy arrabbiata and salmon sauce.	UNITED KINGDOM	English-100		G	
2024-08-03	0900	Everyday Gourmet With Justine Schofield	Ep 25	Justine shows you how to create a delicious starter with ricotta and prosciutto, chef, Josh Niland shares a delicious recipe for roast beef and Trish McKenzie makes some decadent chocolate hazelnut hotcakes.	AUSTRALIA	English-100		G	
2024-08-03	0930	My Market Kitchen	Ep 65	Matt cooks up a Filipino-inspired Pork Adobo, Laura savours cold soba noodles with Japanese Chef Kinsan, and Mike indulges with poached salmon and watercress salad. Plus, Matt shares his family's secret midweek ingredient pizza dough recipe.	AUSTRALIA	English-100		G	
2024-08-03	1000	Taste Of Australia With Hayden Quinn	Mornington Peninsula	Hayden is on the Mornington Peninsula in Victoria where he catches up with his good friend Dani Venn for some local tips and adventure. Things start on the water with mussel farmer Harry, then it's off for some tree surfing.	AUSTRALIA	English-100		PG	I
2024-08-03	1030	Italian Food Safari	Italian Food Safari Series 1 Ep 5	Tonight, Maeve visits the crayfishermen off Geraldton and tastes just how good a 'cray on the barbie' can be. Guy drops in on Melbourne chef Maurizio Esposito to learn the secrets of his delicious crayfish gnocchi recipe. Maeve then seeks out the best pizza and Guy discovers artichokes. Also, Sicilian-born gelato-makers explain why Italian gelato is so good.	AUSTRALIA	English-100	RPT	G	Y
2024-08-03	1100	The Cook Up With Adam Liaw	Sustainable Soiree, The	It's Easy Entertaining, and Adam and his guests, End Food Waste Campaign Director Mandy Hall and Doju Head Chef Mika Chae are here to fight food waste with a fancy dinner party.	AUSTRALIA	English-100			
2024-08-03	1130	Jamie & Jimmy's Food Fight Club	Stephen Fry	Jamie and Jimmy welcome a national treasure to the cafe, as Stephen Fry joins them for a cooking lesson that takes him down memory lane. He's inspired by his memories of his childhood nanny who made the most incredible apple pies and taught him how to make a rose out of pastry for the top.	UNITED KINGDOM	English-100		PG	
2024-08-03	1225	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 5	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2024-08-03	1230	Mary Makes It Easy	Braising The Stakes	Mary's tender braising recipes feel like kitchen magic, like braised blade steak and butter beans, or braised cabbage with crispy topping.	CANADA	English-100		G	
2024-08-03	1300	Field Trip With Curtis Stone	Lost Scenes, The	We revisit the countries where Curtis journeyed this season revealing the food and adventures never seen. While in New South Wales, Curtis discovers Caribbean rum made from Australian sugar cane.	USA	English-100		PG	a w

2024-08-03	1330	Taste Of Diversity	Taste Of Diversity Series 1 Ep 5	Sahar welcomes us into her home and shares some of the secrets of Persian cuisine, starting with the Persian classic Zerehkh Polo Ba Morgh, a very popular barley soup.	CANADA	English-100	G	
2024-08-03	1400	Eating Inn	Spago Part 1	The first of two episodes that bring us into a lively one on one with the man himself...Chef Wolfgang Puck and then Host Chef Phil Davenport guides us through the wonderful world of Spago.	SINGAPORE	English-100	PG	s
2024-08-03	1430	John Torode's Korean Food Tour	Summer	In summer, temperatures soar in Seoul and Koreans start to eat differently to combat the heat. One of the most common summer dishes is iced noodles, or naengmyeon - ice cold broth with freshly made buckwheat and sweet potato noodles. John prepares his own version of Korean ginseng chicken soup and iced noodles.	UNITED KINGDOM	English-100	G	
2024-08-03	1525	A Taste Of Island Dreams	Island Dreams No-Rice "Rice" Pudding"	This pudding is a family favourite and represents how resourceful the people of the Cocos Islands are. Alimah Bilda shares a recipe passed down from her mother.	AUSTRALIA		G	
2024-08-03	1530	John Torode's Korean Food Tour	Veg And Tofu	John visits Gwanjang, the biggest food market in Seoul and samples its most famous food stall making bindaetteok, ground mung bean pancakes. Koreans never eat without drinking, and John is introduced to fermented rice wine makgeolli, the perfect partner for his pancakes.	UNITED KINGDOM	English-100	G	
2024-08-03	1625	TasteThe Philippines With Yasmin Newman	Mini Ube Pavlovas With Rejoice Thompson	Rejoice Thomson, pastry chef and owner of Brisbane's Dovetail on Overend makes a classic Australian dessert with a Filipino twist: miini ube pavlovas with passion fruit curd.	AUSTRALIA	English-100	G	
2024-08-03	1630	India Unplated	Punjab	Punjabi cuisine is notably one of the most popular cuisines around the world. In this episode, our hosts will introduce you to some delicious recipes starting with Dhaba style butter chicken by Adam. We then move to a popular Ma ki Dal (lentils) by Helly. Finally, Sandeep shares his recipe for a lacha paratha (bread) and carrot raita that goes perfectly with the previous dishes to make it a wholesome Indian Punjabi meal.	AUSTRALIA	English-100	G	Y
2024-08-03	1700	Adam & Poh's Malaysia In Australia	Ep 5	Adam and Poh head to Tasmania to meet Joe and Hawa Hartley, agricultural scientists with an interesting hobby. Joe is trying to grow rice from Hawa's homeland of Malaysia, in Tasmania. Hawa and Poh make rabbit masak kicap from rabbits caught on their farm.	AUSTRALIA	English-100	G	Y
2024-08-03	1730	Luca's Key Ingredient	Episode 5	Salumi is quintessential to Italian cooking, and Luca highlights three of his favourites today with recipes including pancetta, prosciutto cotto and guanciale in three epic Italian dishes.	AUSTRALIA		PG	
2024-08-03	1800	Food Affair With Mark Wiens	Ep 5	Inspired by his love of South Asian cuisine, Mark travels to Singapore's Little India, where traditional vegetarian eatery Komala Vilas has managed to stay relevant amid rapid modernisation. Then, Mark shifts his focus to more modernist flavors at Cloudstreet, helmed by Sri Lankan-born, Michelin-starred chef Rishi Naleendra.	USA	English-100		
2024-08-03	1830	Escape To River Cottage	Ep 3	It is summer at River Cottage. The livestock and vegetables are thriving and Michael Michaud comes over to check Hugh's vegetable garden's progress, and also admire his promised ham. He is especially pleased with Hugh's exotic tomatillo and the two enjoy a sunny lunch of home-made mayonnaise and vegetable crudité straight from the garden.	UNITED KINGDOM	English-100	PG	a s w
2024-08-03	1900	Escape To River Cottage	Ep 4	Hugh's garden pest problems are now being rivalled inside the Cottage, with an infestation of mice! Things are getting out of control and Hugh's attempts to curb the creatures are unsuccessful. Desperate measures call for unusual powers of persuasion and Hugh calls in vegan mouse charmers, Sue and Steve Smith, who prefer meditation to mutilation. But will their crystals and vocal encouragement persuade the pesky pests to relocate?	UNITED KINGDOM	English-100	PG	a w
2024-08-03	1930	Hairy Bikers Go North	Tyne And Wear/ Newcastle	After weeks travelling across the stunning northern countryside, the bikers are having an urban adventure. Si takes Dave around his beloved home turf to introduce him to some of the best local food, chefs and artisan producers that he knows.	UNITED KINGDOM	English-100	G	
2024-08-03	2030	Rick Stein's Long Weekends	Thessaloniki	Rick's off to the North-eastern Greek city of Thessaloniki, nestling on the northern shores of the Aegean Sea. The city is revered as the gourmet capital of Greece.	UNITED KINGDOM	English-100	PG	a w

2024-08-03	2140	Anthony Bourdain: A Cook's Tour	Portugal: Cod Crazy	Tony travels to Porto, home of the famous Port wine, where he is immediately exposed to the codfish and the almost mythical place it holds in Portuguese cuisine and culture.	USA	English-100	PG	a	w		
2024-08-03	2205	Anthony Bourdain: A Cook's Tour	San Sebastian: A Food Lover's Town	Tony explores the food-crazed Basque culture. Tony's guide, Chef Luis Irizar, takes Tony into the underworld of Basque gastronomic societies. Later, Tony explores the city's tapas bars.	USA	English-100	PG				
2024-08-03	2230	Gourmet Farmer Afloat	Thar She Blows!	Spirits are high on board Solquest as Matthew, Ross and Nick sail toward Maria Island, following in the wake of Baudin's French expedition in the early 1800s. The boys enjoy meals of oysters, abalone and a bouillabaisse on the shore of Wineglass Bay.	AUSTRALIA	English-100	RPT	G	q	Y	Y
2024-08-03	2330	India Unplated	Punjab	Punjabi cuisine is notably one of the most popular cuisines around the world. In this episode, our hosts will introduce you to some delicious recipes starting with Dhaba style butter chicken by Adam. We then move to a popular Ma ki Dal (lentils) by Helly. Finally, Sandeep shares his recipe for a lacha paratha (bread) and carrot raita that goes perfectly with the previous dishes to make it a wholesome Indian Punjabi meal.	AUSTRALIA	English-100		G		Y	
2024-08-03	2400	Adam & Poh's Malaysia In Australia	Ep 5	Adam and Poh head to Tasmania to meet Joe and Hawa Hartley, agricultural scientists with an interesting hobby. Joe is trying to grow rice from Hawa's homeland of Malaysia, in Tasmania. Hawa and Poh make rabbit masak kicap from rabbits caught on their farm.	AUSTRALIA	English-100		G		Y	
2024-08-03	2430	Luca's Key Ingredient	Episode 5	Salumi is quintessential to Italian cooking, and Luca highlights three of his favourites today with recipes including pancetta, prosciutto cotto and guanciale in three epic Italian dishes.	AUSTRALIA			PG			
2024-08-03	2500	Food Affair With Mark Wiens	Ep 5	Inspired by his love of South Asian cuisine, Mark travels to Singapore's Little India, where traditional vegetarian eatery Komala Vilas has managed to stay relevant amid rapid modernisation. Then, Mark shifts his focus to more modernist flavors at Cloudstreet, helmed by Sri Lankan-born, Michelin-starred chef Rishi Naleendra.	USA	English-100					
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2024-08-03	2625	A Taste Of Island Dreams	Island Dreams No-Rice "Rice" Pudding"	This pudding is a family favourite and represents how resourceful the people of the Cocos Islands are. Alimah Bilda shares a recipe passed down from her mother.	AUSTRALIA			G			
2024-08-03	2630	John Torode's Korean Food Tour	Veg And Tofu	John visits Gwanjang, the biggest food market in Seoul and samples its most famous food stall making bindaetteok, ground mung bean pancakes. Koreans never eat without drinking, and John is introduced to fermented rice wine makgeolli, the perfect partner for his pancakes.	UNITED KINGDOM	English-100		G			
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2024-08-03	2830	Anthony Bourdain: A Cook's Tour	Portugal: Cod Crazy	Tony travels to Porto, home of the famous Port wine, where he is immediately exposed to the codfish and the almost mythical place it holds in Portuguese cuisine and culture.	USA	English-100		PG		a	w