



WEEK 32 Sunday, 4 August 2024 Saturday, 10 August 2024

ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
4/08/2024	500	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	
4/08/2024	530	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			
4/08/2024	600	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 modernization. Then, Mark shifts his focus to more modernist flavors at Cloudstreet, helmed by Sri Lankan-born, Michelin-starred chef Rishi Naleendra.	USA	English-100		G			
4/08/2024	630	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			
4/08/2024	725	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			
4/08/2024	730	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			
4/08/2024	825	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			
4/08/2024	830	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 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		
4/08/2024	900	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		
4/08/2024	930	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			
4/08/2024	1025	Please Eat Slowly Bitesize	Mango Pancakes	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100		G			

4/08/2024	1030	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 and birthplace to possibly the greatest warrior general that ever lived, Alexander.	UNITED KINGDOM	English-100		PG	a w		
4/08/2024	1135	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. If France had been a little quicker in their exploration of Tasmania, we might all be speaking French and eating baguettes for breakfast. In honour of Baudin and Freycinet, the boys enjoy meals of oysters, abalone and a bouillabaisse on the shore of Wineglass Bay.	AUSTRALIA	English-100	RPT	G	q	Y	Y
4/08/2024	1235	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	
4/08/2024	1300	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			
4/08/2024	1330	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 modernization. Then, Mark shifts his focus to more modernist flavors at Cloudstreet, helmed by Sri Lankan-born, Michelin-starred chef Rishi Naleendra.	USA	English-100		G			
4/08/2024	1400	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	RPT	G		Y	
4/08/2024	1430	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	RPT	G		Y	
4/08/2024	1500	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	RPT			Y	
4/08/2024	1530	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	RPT	G			
4/08/2024	1600	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		G			
4/08/2024	1630	India Unplated	Diwali	This episode celebrates Diwali - a festival of lights and one of the major festivals celebrated in India, and no celebration in India is complete without food. Adam kicks off this episode with his version of carrot halwa, followed by Helly's kalakand and Sandeep's quick and easy rasmalai.	AUSTRALIA	English-100		G		Y	
4/08/2024	1700	Adam & Poh's Malaysia In Australia	Ep 6	Poh heads to Sydney to meet Junda Khoo, a restaurateur bringing the flavours of his grandma's Malaysian kitchen to Australia. Adam heads to Chinta Ria Buddha Love to meet one of his favourite actors, Remy Hii. Remy and Adam try one of Remy's favourite dishes, chilli crab.	AUSTRALIA	English-100		PG	a w	Y	
4/08/2024	1730	Eating Plants	Mexico	20% of Mexicans identify themselves as vegetarian or vegan. Celebrated Mexican actor Sofia Sisniega discovers the history of plant-based Mexican food right back to the Aztecs and follows this tradition through to the modern-day vegan food treats. Sofia visits food trucks and local markets that are veganising cultural recipes and learns more about Mexico's beloved vegan churros and cacao.	AUSTRALIA	English-100		G			

4/08/2024	1805	A New Zealand Food Story	Franklin District / Waikato	Ben experiences the art of cheese making. He meets a capsicum producer and learns about the provenance of the onion.	NEW ZEALAND	English-100		G	
4/08/2024	1830	Simply Raymond Blanc	Raymonds Travels	Raymond Blanc shares his love of travel and embracing the influence of other cultures into his cuisine. An enrichment of his own French culture and cuisine, he cooks a sensationally fresh flash-fried squid with a fennel and rocket salad, and later a miso and harissa aubergine with cous cous. Chef and good friend José Pizarro visits and indulges Raymond with an alfresco worthy dish, pan fried salted cod with chickpeas, white beans and spinach stew.	ENGLAND	English-100		G	
4/08/2024	1930	Be My Guest With Ina Garten	Stanley Tucci	Ina's having a blast at the barn when Stanley Tucci, the amazing award-winning actor, director, TV presenter and author shares his remarkable life story and recipes.	USA	English-100		PG	a
4/08/2024	2030	Rick Stein's Cornwall	Ep 5	Rick Stein meets his good friend Barry Humphries, who fell in love with Cornwall in the 1960s when he escaped London to develop his now famous character, Dame Edna Everage. Barry talks about his friendship with Britain's favourite poet, John Betjeman, and asks Rick to review his homemade fishcakes. Rick also goes fishing for crab, then cooks a simple yet delicious crab omelette. And he takes a dip in the chilly north Atlantic with an eccentric group of wild water swimmers.	UNITED KINGDOM	English-100		PG	a w
4/08/2024	2100	Rick Stein's Cornwall	Ep 6	Rick journeys inland from the majestic Camel Estuary to one of Britain's finest vineyards, and later fires up the BBQ to cook his latest fish catch using a recipe inspired from a trip to Goa.	UNITED KINGDOM	English-100		PG	a w
4/08/2024	2130	Anthony Bourdain: A Cook's Tour	Portugal To France: Stuffed Like A Pig	Portugal & Southwest France: Visiting his boss's family farm, Tony helps slaughter and feast on a pig the family has been fattening all year. Then, Tony heads to France to experience the rich delights of a foie gras farm.	USA	English-100		M	a w
4/08/2024	2200	Anthony Bourdain: A Cook's Tour	Highland Grub	Beginning in Glasgow, Tony experiences the heart-clogging glory of deep-fried pizza, deep-fried mars bars, and deep-fried pickled eggs!	USA	English-100		PG	a w
4/08/2024	2230	Gourmet Farmer Afloat	On The Straight And Marrow	Matthew, Nick and Ross follow the route taken by Englishman Tobias Furneaux as he charted the east coast of Tasmania in 1793, having embarrassingly lost sight of his commanding officer James Cook. Sailing skills are put to the test as Solquest attempts a treacherous bar crossing at St Helens - the route taken by thousands of Chinese immigrants in search of gold in the 1800s.	AUSTRALIA	English-100	RPT	PG	a q Y
4/08/2024	2330	India Unplated	Diwali	This episode celebrates Diwali - a festival of lights and one of the major festivals celebrated in India, and no celebration in India is complete without food. Adam kicks off this episode with his version of carrot halwa, followed by Helly's kalakand and Sandeep's quick and easy rasmalai.	AUSTRALIA	English-100		G	Y
4/08/2024	2400	Adam & Poh's Malaysia In Australia	Ep 6	Poh heads to Sydney to meet Junda Khoo, a restaurateur bringing the flavours of his grandma's Malaysian kitchen to Australia. Adam heads to Chinta Ria Buddha Love to meet one of his favourite actors, Remy Hii. Remy and Adam try one of Remy's favourite dishes, chilli crab.	AUSTRALIA	English-100		PG	a w Y
4/08/2024	2430	Eating Plants	Mexico	Episode 1. MEXICO 20% of Mexicans identify themselves as vegetarian or vegan. Celebrated Mexican actor Sofia Sisniega discovers the history of plant-based Mexican food right back to the Aztecs and follows this tradition through to the modern-day vegan food treats. Sofia visits food trucks and local markets that are veganising cultural recipes and learns more about Mexico's beloved vegan churros and cacao.	AUSTRALIA	English-100		G	
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4/08/2024	2630	Be My Guest With Ina Garten	Stanley Tucci	Ina's having a blast at the barn when Stanley Tucci, the amazing award-winning actor, director, TV presenter and author shares his amazing life story and recipes.	USA	English-100		PG	a
4/08/2024	2730	Rick Stein's Cornwall	Ep 5	Rick Stein meets his good friend Barry Humphries, who fell in love with Cornwall in the 1960s when he escaped London to develop his now famous character, Dame Edna Everage. Barry talks about his friendship with Britain's favourite poet, John Betjeman, and asks Rick to review his homemade fishcakes. Rick also goes fishing for crab, then cooks a simple yet delicious crab omelette. And he takes a dip in the chilly north Atlantic with an eccentric group of wild water swimmers called the Perranporth Blue Tits.	UNITED KINGDOM	English-100		PG	a w
4/08/2024	2800	Rick Stein's Cornwall	Ep 6	Rick journeys inland from the majestic Camel Estuary to one of Britain's finest vineyards, and later fires up the BBQ cook his latest fish catch using a recipe inspired from a trip to Goa.	UNITED KINGDOM	English-100		PG	a w
4/08/2024	2830	Anthony Bourdain: A Cook's Tour	Portugal To France: Stuffed Like A Pig	Portugal & Southwest France: Visiting his boss's family farm, Tony helps slaughter and feast on a pig the family has been fattening all year. Then, Tony heads to France to experience the rich delights of a foie gras farm.	USA	English-100		M	a w
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5/08/2024	530	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	RPT	G	Y
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5/08/2024	630	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	RPT	G	
5/08/2024	700	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		G	
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5/08/2024	800	Adam & Poh's Malaysia In Australia	Ep 6	Poh heads to Sydney to meet Junda Khoo, a restaurateur bringing the flavours of his grandma's Malaysian kitchen to Australia. Adam heads to Chinta Ria Buddha Love to meet one of his favourite actors, Remy Hii. Remy and Adam try one of Remy's favourite dishes, chilli crab.	AUSTRALIA	English-100		PG	a w Y
5/08/2024	830	Eating Plants	Mexico	Episode 1. MEXICO 20% of Mexicans identify themselves as vegetarian or vegan. Celebrated Mexican actor Sofia Sisniega discovers the history of plant-based Mexican food right back to the Aztecs and follows this tradition through to the modern-day vegan food treats. Sofia visits food trucks and local markets that are veganising cultural recipes and learns more about Mexico's beloved vegan churros and cacao.	AUSTRALIA	English-100		G	
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5/08/2024	1030	Be My Guest With Ina Garten	Stanley Tucci	Ina's having a blast at the barn when Stanley Tucci, the amazing award-winning actor, director, TV presenter and author shares his amazing life story and recipes.	USA	English-100	PG	a	
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5/08/2024	1200	Rick Stein's Cornwall	Ep 6	Rick journeys inland from the majestic Camel Estuary to one of Britain's finest vineyards, and later fires up the BBQ cook his latest fish catch using a recipe inspired from a trip to Goa.	UNITED KINGDOM	English-100	PG	a w	
5/08/2024	1230	Licence To Grill	Big Bbq Brunch	Rob gives his friends a wake-up call with a big BBQ brunch. Smoked back bacon, breakfast frittatas, smoked salmon, a morning cocktail and asparagus with bacon and egg puff pastries give them all a fresh start to the day.	CANADA	English-100	G		
5/08/2024	1300	Mary Makes It Easy	Good Ba(King) Wenceslas	The holiday season is the best time for baking, so Mary's sharing her fam's fave bakes for a festive feast.	CANADA	English-100	G		
5/08/2024	1330	Curtis Stone's Travel, Cook, Repeat	Western Australia	Chef Curtis Stone travels to remote Western Australia where he goes mud crabbing on the beach and spends a little time on a cattle ranch. Back home in his kitchen, he's grilling the perfect steak and making a crab and mango salad.	USA	English-100	PG	a w	Y
5/08/2024	1400	Taste Of Diversity	Canada	Canada is one of the most multicultural countries in the world, and therefore has a lot to offer when it comes to food. Follow chef Eoin as he makes the most delicious traditional buttermilk pancakes, a farm burger, and the crown jewel of Canadian cuisine - poutine.	CANADA	English-100	G		
5/08/2024	1430	Eating Inn	Spago Part 2	Chef Wolfgang gives us the very surprising answer to the question posed in episode Spago Part 1. Our host chef Phil and chef Wolfgang have a heart to heart about Spago's life, history and philosophy.	SINGAPORE	English-100	PG	l s	
5/08/2024	1500	Food Unwrapped	Cod, Bananas, Popcorn	Jimmy finds out if people should be eating cod and asks whether or not there are enough cod in the sea to go around. He takes a trip to Iceland to discover why supermarkets in the UK stock Iceland's cod instead of British cod. Kate investigates why most British supermarkets only stock one variety of banana, unlike other fruit varieties, and heads to Malaysia to learn about a disease that could mean the end of the country's favorite fruit. And Matt discovers the methods used to make popcorn and why eating buckets of it can sometimes still not satisfy one's appetite.	UNITED KINGDOM	English-100	PG		Y
5/08/2024	1530	Jamie & Jimmy's Food Fight Club	Jessica Chastain	Jamie and Jimmy are joined by Oscar-winning actress Jessica Chastain, as she dons her pinny and cooks for the diners at Southend Pier. In honour of their Hollywood leading lady, the boys pull out all the stops and create an all-vegan menu that is set to impress. They track down the chef who created one of the best vegan meals that Jessica ever had; a cauliflower tempura summer roll whilst filming in Texas with Brad Pitt.	UNITED KINGDOM	English-100	G		
5/08/2024	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
5/08/2024	1630	Gino's Italian Escape	Matera	Gino D'Acampo's final leg of his Italian Escape starts on the 'heel' of Italy's boot, in Puglia. As a chef, Gino is always on the lookout for amazing food and is rewarded in the town of Altamura - a place that is world-famous for its historic bread.	UNITED KINGDOM	English-100	G		

5/08/2024	1700	Everyday Gourmet With Justine Schofield	Ep 26	Kathy Tsaples joins Justine to whip up a delicious Greek patsara and then Justine shares her recipe for caramelised carrots and a tasty duck and capsicum bake.	AUSTRALIA	English-100		G		
5/08/2024	1730	My Market Kitchen	Ep 66	Matt kicks off at Noosa Farmers Market with a dish celebrating local produce, tomato and burrata Salad. Laura joins her mum, Anita, at Mt Lofty House to demonstrate pickled gherkins. Mike crafts a simple yet delicious breaded squid with lemon mayonnaise. To cap it off, Matt cooks up fast and flavourful chicken and chorizo meatballs in Pomona, Queensland.	AUSTRALIA	English-100		G		
5/08/2024	1800	Taste Of Australia With Hayden Quinn	Yarra Valley	Still in Victoria, Hayden is off to the Yarra Valley to find juicy apples from Montagues before heading up the range to try his hand at trout fishing, and of course we'll be dropping into a Yarra Valley winery and looking for a place to cook something special for his friends!	AUSTRALIA	English-100		PG	a w	
5/08/2024	1830	Italian Food Safari	Italian Food Safari Series 1 Ep 6	Guy discovers a huge family vegetable and herb garden in Melbourne's suburbs which provides meals and even the wine to drink with it. Maeve finds prosciutto in Adelaide, and is cooked pasta and beans by Armando Percuoco in his country estate. In Melbourne, cheesemaker Giorgio Linguanti takes Guy back to his childhood, while Loretta Sartori cooks a spectacular ricotta cake.	AUSTRALIA	English-100	RPT	G		Y
5/08/2024	1900	The Cook Up With Adam Liaw	Meatballs	Chef Dom Wilton, comedian Mel Buttle and Adam have a ball as they share their favourite meatball recipes.	AUSTRALIA	English-100				
5/08/2024	1930	Nigellissima	Ep 2	Nigella Lawson's mission to show how easy it is to bring the spirit of Italy into the kitchen continues as she shares the secrets of her celebratory, yet simple, Italian roast chicken, served alongside a sunny saffron orzotto. Dessert comes courtesy of Nigella's surprisingly easy coffee ice cream, inspired by lazy days spent in the ice cream parlours of Florence, and an extra treat is presented in the form of a chocolate olive oil cake.	UNITED KINGDOM		RPT	G		Y
5/08/2024	2000	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.	AUSTRALIA	English-100	RPT	G		Y Y
5/08/2024	2030	Gordon Ramsay: Uncharted	Holy Mole Mexico	Gordon explores Mexico's culinary capital, a city steeped in history and tradition. His mission is to unlock the secrets and the key ingredients of Mole. Gordon scales cliffs on the hunt for edible insects, chops down agave in the sweltering heat and learns how to make mole with a master.	UNITED KINGDOM	English-100		PG	a l w	Y
5/08/2024	2125	Destination Flavour Japan Bitesize	Ishikawa	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
5/08/2024	2130	Come Dine With Me: The Professionals	Edinburgh B	Today's Come Dine With Me: The Professionals travels to Edinburgh and kicking off the competition is owner James and self-proclaimed best chef in Edinburgh, Ed. They're confident their fresh, foraged produce and flower garnishes will bag them the grand.	UNITED KINGDOM	English-100		PG		
5/08/2024	2225	A Taste Of Island Dreams	Lemon Chilli Chicken With Turmeric Rice	Learn to cook 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		
5/08/2024	2230	The Cook Up With Adam Liaw	Meatballs	Chef Dom Wilton, comedian Mel Buttle and Adam have a ball as they share their favourite meatball recipes.	AUSTRALIA	English-100				
5/08/2024	2300	The Cook And The Chef	Pizzas	Not many of us are lucky enough to have a wood oven in the back yard. But all is not lost. If you want to make brilliant home cooked pizzas and have only a conventional oven, in this program Maggie and Simon share their secrets. They start with making the dough, create their favourite toppings and give the answer to getting that crisp base using a conventional oven- the secret is a pizza stone.	AUSTRALIA	English-100		PG		

5/08/2024	2330	Girls Guide:Hunting Fishing Wild Cooking	A Girls Guide to Hunting Fishing Wild Cooking S1 Ep 6	Analiase faces her biggest challenge yet, slaughtering the two pigs she's reared for meat, and is visited by old friends from the mainland, including chef Adam Liaw, who reaffirm her commitment to her new life.	AUSTRALIA	English-100		PG	a w	Y
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5/08/2024	2625	Destination Flavour Japan Bitesize	Ishikawa	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
5/08/2024	2630	Come Dine With Me: The Professionals	Edinburgh B	Today's Come Dine With Me: The Professionals travels to Edinburgh and kicking off the competition is owner James and self-proclaimed best chef in Edinburgh. Ed who are confident their fresh, foraged produce and flower garnishes will bag them the grand.	UNITED KINGDOM	English-100		PG		
5/08/2024	2725	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		
5/08/2024	2730	Licence To Grill	Big Bbq Brunch	Rob gives his friends a wake-up call with a big BBQ brunch. Smoked back bacon, breakfast frittatas, smoked salmon, a morning cocktail and asparagus with bacon and egg puff pastries give them all a fresh start to the day.	CANADA	English-100		G		
5/08/2024	2800	Mary Makes It Easy	Good Ba(King) Wenceslas	The holiday season is the best time for baking, so Mary's sharing her fam's fave bakes for a festive feast.	CANADA	English-100		G		
5/08/2024	2830	Curtis Stone's Travel, Cook, Repeat	Western Australia	Chef Curtis Stone travels to remote Western Australia where he goes mud crabbing on the beach and spends a little time on a cattle ranch. Back home in his kitchen, he's grilling the perfect steak and making a crab and mango salad.	USA	English-100		PG	a w	Y
6/08/2024	500	Taste Of Diversity	Canada	Canada is one of the most multicultural countries in the world, and therefore has a lot to offer when it comes to food. Follow chef Eoin as he makes the most delicious traditional buttermilk pancakes, a farm burger, and the crown jewel of Canadian cuisine - poutine.	CANADA	English-100		G		

6/08/2024	530	Eating Inn	Spago Part 2	Chef Wolfgang gives us the very surprising answer to the question posed in episode Spago Part 1. Our host chef Phil and chef Wolfgang have a heart to heart about Spago's life, history and philosophy.	SINGAPORE	English-100		PG	l s	
6/08/2024	600	Food Unwrapped	Cod, Bananas, Popcorn	Jimmy finds out if people should be eating cod and asks whether or not there are enough cod in the sea to go around. He takes a trip to Iceland to discover why supermarkets in the UK stock Iceland's cod instead of British cod. Kate investigates why most British supermarkets only stock one variety of banana, unlike other fruit varieties, and heads to Malaysia to learn about a disease that could mean the end of the country's favorite fruit. And Matt discovers the methods used to make popcorn and why eating buckets of it can sometimes still not satisfy one's appetite.	UNITED KINGDOM	English-100		PG		Y
6/08/2024	630	Jamie & Jimmy's Food Fight Club	Jessica Chastain	Jamie and Jimmy are joined by Oscar-winning actress Jessica Chastain, as she dons her pinny and cooks for the diners at Southend Pier. In honour of their Hollywood leading lady, the boys pull out all the stops and create an all-vegan menu that is set to impress. They track down the chef who created one of the best vegan meals that Jessica ever had; a cauliflower tempura summer roll whilst filming in Texas with Brad Pitt.	UNITED KINGDOM	English-100		G		
6/08/2024	725	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
6/08/2024	730	Gino's Italian Escape	Matera	Gino D'Acampo's final leg of his Italian Escape starts on the 'heel' of Italy's boot, in Puglia. As a chef, Gino is always on the lookout for amazing food and is rewarded in the town of Altamura - a place that is world-famous for its historic bread.	UNITED KINGDOM	English-100		G		
6/08/2024	800	Everyday Gourmet With Justine Schofield	Ep 26	Kathy Tsaples joins Justine to whip up a delicious Greek patsara and then Justine shares her recipe for caramelised carrots and a tasty duck and capsicum bake.	AUSTRALIA	English-100		G		
6/08/2024	830	My Market Kitchen	Ep 66	Matt kicks off at Noosa Farmers Market with a dish celebrating local produce, tomato and burrata Salad. Laura joins her mum, Anita, at Mt Lofty House to demonstrate pickled gherkins. Mike crafts a simple yet delicious breaded squid with lemon mayonnaise. To cap it off, Matt cooks up fast and flavourful chicken and chorizo meatballs in Pomona, Queensland.	AUSTRALIA	English-100		G		
6/08/2024	900	Taste Of Australia With Hayden Quinn	Yarra Valley	Still in Victoria, Hayden is off to the Yarra Valley to find juicy apples from Montagues before heading up the range to try his hand at trout fishing, and of course we'll be dropping into a Yarra Valley winery and looking for a place to cook something special for his friends!	AUSTRALIA	English-100		PG	a w	
6/08/2024	930	Nigellissima	Ep 2	Nigella Lawson's mission to show how easy it is to bring the spirit of Italy into the kitchen continues as she shares the secrets of her celebratory, yet simple, Italian roast chicken, served alongside a sunny saffron orzotto. Dessert comes courtesy of Nigella's surprisingly easy coffee ice cream, inspired by lazy days spent in the ice cream parlours of Florence, and an extra treat is presented in the form of a chocolate olive oil cake.	UNITED KINGDOM		RPT	G		Y
6/08/2024	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.	AUSTRALIA	English-100	RPT	G		Y Y
6/08/2024	1030	Italian Food Safari	Italian Food Safari Series 1 Ep 6	Guy discovers a huge family vegetable and herb garden in Melbourne's suburbs which provides meals and even the wine to drink with it. Maeve finds prosciutto in Adelaide, and is cooked pasta and beans by Armando Percuoco in his country estate. In Melbourne, cheesemaker Giorgio Linguanti takes Guy back to his childhood, while Loretta Sartori cooks a spectacular ricotta cake.	AUSTRALIA	English-100	RPT	G		Y
6/08/2024	1100	The Cook Up With Adam Liaw	Meatballs	Chef Dom Wilton, comedian Mel Buttle and Adam have a ball as they share their favourite meatball recipes.	AUSTRALIA	English-100				
6/08/2024	1130	Gordon Ramsay: Uncharted	Holy Mole Mexico	Gordon explores Mexico's culinary capital, a city steeped in history and tradition. His mission is to unlock the secrets and the key ingredients of Mole. Gordon scales cliffs on the hunt for edible insects, chops down agave in the sweltering heat and learns how to make mole with a master.	UNITED KINGDOM	English-100		PG	a l w	Y

6/08/2024	1225	Please Eat Slowly Bitesize	Hand-Pulled Noodles	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100		G	
6/08/2024	1230	Licence To Grill	Cannon Ball Party	Rob throws his annual cannonball and belly flop competition. He creates quite a splash with the contestants by grilling up Tex-Mex pork ribs, Korean beef ribs, spinach salad with grilled red onions, stuffed grilled tomatoes and chocolate banana burritos.	CANADA	English-100		G	
6/08/2024	1300	Mary Makes It Easy	An Unexpected Party	Last minute guests equals no time to freak out and cancel, and Mary's minimal effort menu will impress in a flash.	CANADA	English-100		G	
6/08/2024	1330	Curtis Stone's Travel, Cook, Repeat	Rioja, Spain	Chef Curtis Stone travels to Rioja, Spain, to pick some mountain mushrooms and make some goat cheese. Back home in his kitchen, he's grilling mushrooms, making croquettes, carving some Spanish ham, and putting together a port poached pear and goat cheese salad.	USA	English-100		G	Y
6/08/2024	1400	Taste Of Diversity	Philippines	Why does the preparation of one of the most popular Philippine dishes called Sisi look like a horror movie? And what is the secret ingredient for the most delicious Philippine dessert? Learn it all in this delicious episode!	CANADA	English-100		PG	
6/08/2024	1430	Eating Inn	Justin And Chinoiserie	Chef Justin Quek at 'Justin' & 'Chinoiserie' is another Singapore Chef that's larger than life...even though he's only 5'4 tall. This little dynamo is maybe Singapore's favourite culinary son.	SINGAPORE	English-100		PG	a w
6/08/2024	1500	Food Unwrapped	Venison, Red Wine, Milk	Kate's in France, finding out whether a glass of red wine a day really does keep the doctor away. Venison, traditionally the meat of kings, this lean healthy meat has become hugely popular over the last decade, Jimmy investigates why we seem to be importing so much of it from New Zealand and discovers how to keep UK venison on our supermarket shelves. Plus Matt's lifting the lid on skimmed milk. Whole, semi skimmed, skimmed - we can pick and choose the milk that's right for us but how do dairy farmers get exactly the right amount of fat in every pint of milk?	UNITED KINGDOM	English-100		PG	Y
6/08/2024	1530	Jamie & Jimmy's Food Fight Club	Patrick Stewart	Jamie and Jimmy are joined by Sir Patrick Stewart, as he swaps the Starship Enterprise for the little cafe on the end of Southend Pier. The boys bring back fond food memories for Patrick, tracking down the restaurant in which he first fell in love with Mexican food 30 years ago.	UNITED KINGDOM	English-100		G	
6/08/2024	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
6/08/2024	1630	Gino's Italian Escape	Gino's Italian Escape Series 2 Ep 1	Chef Gino D'Acampo begins his second Italian Escape in beautiful Florence. He's on a mission to examine the food that has shaped this Renaissance city. His journey begins as he tackles the famous 'bistecca alla Fiorentina' - the finest, thickest, juiciest steak in Tuscany.	UNITED KINGDOM	English-100		G	
6/08/2024	1700	Everyday Gourmet With Justine Schofield	Ep 27	Justine ventures to the Murray River to make her pork chops with sweet fennel relish, Laura Cassai shares her recipe for curly lasagne and Justine bakes a delicious ginger crunch.	AUSTRALIA	English-100		G	
6/08/2024	1730	My Market Kitchen	Ep 67	Matt explores Noosa Farmers Market with a vegan recipe, silken tofu with chilli and spring onion. Mike hits the road with Mann About Town, David Mann, whipping up pork cutlets, nashi pear, and Kohlrabi slaw. Pastry Chef Kay-Lene Tan and Executive Chef Adam D'Sylva engage in a sweet versus savory battle. Laura closes with BBQ lamb cutlets with smokey gremolata.	AUSTRALIA	English-100		G	
6/08/2024	1800	Taste Of Australia With Hayden Quinn	Cobden	Hayden is heading to the heart of Australia's dairy country to see a dairy farm and butter factory in action, but first, we're at the iconic 12 Apostles for a start to the day we'll never forget. As we head towards Cobden we drop into Gorge Chocolates to grab some chocolate to go with Hayden's recipe today!	AUSTRALIA	English-100		G	

6/08/2024	1830	Italian Food Safari	Italian Food Safari Series 1 Ep 7	Tonight, we join professional rock fisherman at dawn to learn why so many Italians are drawn to the sea to fish for dinner. Chef Robert Castellani shows Guy an ingenious way of baking snapper and explains why Sicilians put a coin in the mouth of the fish. Luciana Sampogna demonstrates taralli, while Fred Pizzini shares his recipe for duck ragu, which the whole family enjoys alfresco with some of the family's wines.	AUSTRALIA	English-100	RPT	G		Y
6/08/2024	1900	The Cook Up With Adam Liaw	Salt And Vinegar	Your favourite chip flavour is about to become your favourite dinner inspiration, as chef Nelly Robinson and entertainer Reuben Kaye join Adam to celebrate all things salt and vinegar.	AUSTRALIA	English-100				
6/08/2024	1930	Prue Leith's Cotswold Kitchen	Yolanda Brown	In this episode Prue rustles up a classic French stew and is joined in the kitchen by award winning musician and upcoming restaurateur, Yolanda Brown. Yolanda cooks her daughters' smoked salmon pasta for Prue while they chat about music and Yolanda's new restaurant venture.	UNITED KINGDOM	English-100		G		
6/08/2024	2030	James Martin's French Adventure	Jura	Matthew Tissot shows James around his orchard and teaches him about the region's remarkable apples and pears. James barbeques duck accompanied by a spicy apple and pear chutney.	UNITED KINGDOM	English-100		G		
6/08/2024	2125	Destination Flavour Japan Bitesize	Mie And Aichi	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
6/08/2024	2130	Come Dine With Me: The Professionals	Swansea A	Today's competition is in Swansea, where first to host are head chef Calum and director Lucy of the Secret Bar and Kitchen. The guests they're hoping to impress are Nick and Rich of The Plough.	UNITED KINGDOM	English-100		PG		
6/08/2024	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		
6/08/2024	2230	The Cook Up With Adam Liaw	Salt And Vinegar	Your favourite chip flavour is about to become your favourite dinner inspiration, as chef Nelly Robinson and entertainer Reuben Kaye join Adam to celebrate all things salt and vinegar.	AUSTRALIA	English-100				
6/08/2024	2300	The Cook And The Chef	Easter In Cooking	It's Easter and Simon surprises Maggie with a chilli Easter Egg whipped up at work under the expert eyes of his pastry chefs. Maggie's no fan of chilli but Simon's determined to win her over. Simon's chocolate work extends to Maggie's kitchen while Maggie makes a delicious Russian Easter dessert. Maggie also heads out into the suburbs of Adelaide to source her favourite home grown tomato.	AUSTRALIA	English-100		G		
6/08/2024	2330	Girls Guide:Hunting Fishing Wild Cooking	A Girls Guide to Hunting Fishing Wild Cooking S1 Ep 7	Enjoying the bounty of Autumn, Analiese harvests blackberries and spins the first of her honey from the beehive. She has also got her gun licence, and goes on her first hunt for venison, and later takes her mentor, Peter Gilmore, foraging for wild mushrooms.	AUSTRALIA	English-100		PG	a l w	Y
6/08/2024	2400	Everyday Gourmet With Justine Schofield	Ep 27	Justine ventures to the Murray River to make her pork chops with sweet fennel relish, Laura Cassai shares her recipe for curly lasagne and Justine bakes a delicious ginger crunch.	AUSTRALIA	English-100		G		
6/08/2024	2430	Prue Leith's Cotswold Kitchen	Yolanda Brown	In this episode Prue rustles up a classic French stew and is joined in the kitchen by award winning musician and upcoming restaurateur, Yolanda Brown. Yolanda cooks her daughters' smoked salmon pasta for Prue while they chat about music and Yolanda's new restaurant venture.	UNITED KINGDOM	English-100		G		
6/08/2024	2530	James Martin's French Adventure	Jura	Matthew Tissot shows James around his orchard and teaches him about the region's remarkable apples and pears. James barbeques duck accompanied by a spicy apple and pear chutney.	UNITED KINGDOM	English-100		G		

6/08/2024	2625	Destination Flavour Japan Bitesize	Mie And Aichi	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
6/08/2024	2630	Come Dine With Me: The Professionals	Swansea A	Today's competition is in Swansea where first to host are head chef, Calum and director, Lucy of The Secret Bar and Kitchen. The guests they're hoping to impress are Nick and Rich of The Plough.	UNITED KINGDOM	English-100		PG			
6/08/2024	2725	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			
6/08/2024	2730	Licence To Grill	Cannon Ball Party	Rob throws his annual cannonball and belly flop competition. He creates quite a splash with the contestants by grilling up Tex-Mex pork ribs, Korean beef ribs, spinach salad with grilled red onions, stuffed grilled tomatoes and chocolate banana burritos.	CANADA	English-100		G			
6/08/2024	2800	Mary Makes It Easy	An Unexpected Party	Last minute guests equals no time to freak out and cancel, and Mary's minimal effort menu will impress in a flash.	CANADA	English-100		G			
6/08/2024	2830	Curtis Stone's Travel, Cook, Repeat	Rioja, Spain	Chef Curtis Stone travels to Rioja, Spain, to pick some mountain mushrooms and make some goat cheese. Back home in his kitchen, he's grilling mushrooms, making croquettas, carving some Spanish ham, and putting together a port poached pear and goat cheese salad.	USA	English-100		G			Y
7/08/2024	500	Taste Of Diversity	Philippines	Why does the preparation of one of the most popular Philippine dishes called Sisi look like a horror movie? And what is the secret ingredient for the most delicious Philippine dessert? Learn it all in this delicious episode!	CANADA	English-100		PG			
7/08/2024	530	Eating Inn	Justin And Chinoiserie	Chef Justin Quek at 'Justin' & 'Chinoiserie' is another Singapore Chef that's larger than life...even though he's only 5'4 tall. This little dynamo is maybe Singapore's favourite culinary son.	SINGAPORE	English-100		PG	a w		
7/08/2024	600	Food Unwrapped	Venison, Red Wine, Milk	Kate's in France, finding out whether a glass of red wine a day really does keep the doctor away. Venison, traditionally the meat of kings, this lean healthy meat has become hugely popular over the last decade, Jimmy investigates why we seem to be importing so much of it from New Zealand and discovers how to keep UK venison on our supermarket shelves. Plus Matt's lifting the lid on skimmed milk. Whole, semi skimmed, skimmed - we can pick and choose the milk that's right for us but how do dairy farmers get exactly the right amount of fat in every pint of milk?	UNITED KINGDOM	English-100		PG			Y
7/08/2024	630	Jamie & Jimmy's Food Fight Club	Patrick Stewart	Jamie and Jimmy are joined by Sir Patrick Stewart, as he swaps the Starship Enterprise for the little cafe on the end of Southend Pier. The boys bring back fond food memories for Patrick, tracking down the restaurant in which he first fell in love with Mexican food 30 years ago.	UNITED KINGDOM	English-100		G			
7/08/2024	725	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	
7/08/2024	730	Gino's Italian Escape	Gino's Italian Escape Series 2 Ep 1	Chef Gino D'Acampo begins his second Italian Escape in beautiful Florence. He's on a mission to examine the food that has shaped this Renaissance city. His journey begins as he tackles the famous 'bistecca alla Fiorentina' - the finest, thickest, juiciest steak in Tuscany.	UNITED KINGDOM	English-100		G			
7/08/2024	800	Everyday Gourmet With Justine Schofield	Ep 27	Justine ventures to the Murray River to make her pork chops with sweet fennel relish, Laura Cassai shares her recipe for curly lasagne and Justine bakes a delicious ginger crunch.	AUSTRALIA	English-100		G			

7/08/2024	830	My Market Kitchen	Ep 67	Matt explores Noosa Farmers Market with a vegan recipe, silken tofu with chilli and spring onion. Mike hits the road with Mann About Town, David Mann, whipping up pork cutlets, nashi pear, and Kohlrabi slaw. Pastry Chef Kay-Lene Tan and Executive Chef Adam D'Sylva engage in a sweet versus savory battle. Laura closes with BBQ lamb cutlets with smokey gremolata.	AUSTRALIA	English-100		G	
7/08/2024	900	Taste Of Australia With Hayden Quinn	Cobden	Hayden is heading to the heart of Australia's dairy country to see a dairy farm and butter factory in action, but first, we're at the iconic 12 Apostles for a start to the day we'll never forget. As we head towards Cobden we drop into Gorge Chocolates to grab some chocolate to go with Hayden's recipe today!	AUSTRALIA	English-100		G	
7/08/2024	930	Prue Leith's Cotswold Kitchen	Yolanda Brown	In this episode Prue rustles up a classic French stew and is joined in the kitchen by award winning musician and upcoming restaurateur, Yolanda Brown. Yolanda cooks her daughters' smoked salmon pasta for Prue while they chat about music and Yolanda's new restaurant venture.	UNITED KINGDOM	English-100		G	
7/08/2024	1030	Italian Food Safari	Italian Food Safari Series 1 Ep 7	Tonight, we join professional rock fisherman at dawn to learn why so many Italians are drawn to the sea to fish for dinner. Chef Robert Castellani shows Guy an ingenious way of baking snapper and explains why Sicilians put a coin in the mouth of the fish. Luciana Sampogna demonstrates taralli, while Fred Pizzini shares his recipe for duck ragu, which the whole family enjoys alfresco with some of the family's wines.	AUSTRALIA	English-100	RPT	G	Y
7/08/2024	1100	The Cook Up With Adam Liaw	Salt And Vinegar	Your favourite chip flavour is about to become your favourite dinner inspiration, as chef Nelly Robinson and entertainer Reuben Kaye join Adam to celebrate all things salt and vinegar.	AUSTRALIA	English-100		G	
7/08/2024	1130	James Martin's French Adventure	Jura	Matthew Tissot shows James around his orchard and teaches him about the region's remarkable apples and pears. James barbeques duck accompanied by a spicy apple and pear chutney.	UNITED KINGDOM	English-100		G	
7/08/2024	1225	Please Eat Slowly Bitesize	Steamed Whole Fish	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100		G	
7/08/2024	1230	Licence To Grill	United Way Bbq	Rob has auctioned off his barbeque talents to the United Way and the charitable people who bought his dinner have a feast awaiting them. Rob grills up tandoori prawns, charred yellow tomato soup, radicchio salad, and a succulent prime rib roast.	CANADA	English-100		G	
7/08/2024	1300	Mary Makes It Easy	Life Is A Fryway	Mary is road trip ready with recipes that are snackable, packable, and won't make a mess of your car or clothing.	CANADA	English-100		G	
7/08/2024	1330	Curtis Stone's Travel, Cook, Repeat	Rome, Italy	Chef Curtis Stone travels to Rome, Italy, for some authentic cacio e pepe and a visit with a unique butcher. Back home in his kitchen, Curtis is cooking up cacio e pepe risotto balls and perfectly roasted lamb with crispy potatoes.	USA	English-100		G	Y
7/08/2024	1400	Taste Of Diversity	Egypt	Amr prepares a one-thousand-year-old Egyptian sandwich called Ta'ameya, and a popular family homecooked dish named Besarrah.	CANADA	English-100		G	
7/08/2024	1430	Eating Inn	Bread Street Part 1	BSK is Gordon's idea of what a great modern English pub should be and our host, Chef Phil goes about finding out if Gordon's ambition lives up to his exulted reputation.	SINGAPORE	English-100		G	
7/08/2024	1500	Food Unwrapped	Caviar, Whiskey, Honey	Jimmy investigates whether Manuka honey has any medicinal properties. Caviar is associated with luxury and wealth, but Kate discovers how some varieties of the delicacy are sold with a relatively low price tag. Meanwhile, Matt heads to a Scottish distillery to find out the surprising truth about what gives whisky its distinctive flavour.	UNITED KINGDOM	English-100		PG	

7/08/2024	1530	Jamie & Jimmy's Food Fight Club	Davina McCall	Jamie and Jimmy welcome the wonderful Davina to the cafe at the end of the pier. They take her on a trip down memory lane, reuniting her with long-lost family through the power of food by recreating the slow cooked rabbit casserole and deliciously indulgent pomme puree that she remembers from her teenage years in Paris.	UNITED KINGDOM	English-100		G	
7/08/2024	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
7/08/2024	1630	Gino's Italian Escape	Gino's Italian Escape Series 2 Ep 2	Chef Gino D'Acampo continues his Italian Escape in breathtaking Venice. His adventure begins when he is summoned for an appointment with a Venetian Countess. Gino has never met a 'Contessa' before and although the two of them share a love of food, he remains slightly nervous about the encounter.	UNITED KINGDOM	English-100		G	
7/08/2024	1700	Everyday Gourmet With Justine Schofield	Ep 28	Ex-Masterchef contestant Byron Finnerly visits the kitchen to share his recipe for the ultimate roasted vegetable winter soup with barley.	AUSTRALIA	English-100		G	
7/08/2024	1730	My Market Kitchen	Ep 68	Matt serves up a dish steeped in Polish and Croatian heritage, Sarma-Style Soup. Mike teams up with Farmer Catherine Velisha for more green greatness with fillet steak and Iceberg salad. Matt heads to the iconic Noosa Lifesavers Club for BBQ snapper with almond cream.	AUSTRALIA	English-100		G	
7/08/2024	1800	Taste Of Australia With Hayden Quinn	Port Douglas	From rural Victoria to Tropical North Queensland - it doesn't get much better! Hayden heads back to Queensland for the Taste Port Douglas food festival, where he tries a spot of river rafting through the Daintree Rainforest.	AUSTRALIA	English-100		G	
7/08/2024	1830	Italian Food Safari	Italian Food Safari Series 1 Ep 8	Tonight, chef Stefano Di Pieri shows Guy how he uses blood oranges to make a kingfish carpaccio with shaved fennel. In Adelaide, butcher Tony Marino from the Central Market invites us to join his family for an Abruzzese banquet with porchetta on a spit and the most unusual way of serving polenta. And pastry chef Alexandra Rispoli shows how to mix and cook fragrant pistachio biscotti.	AUSTRALIA	English-100	RPT	G	Y
7/08/2024	1900	The Cook Up With Adam Liaw	Mix And Bake	If you want a cake, but you only have time to mix n bake, Adam and his guests, baker Natalie Paull and writer Hannah Diviney, have got you covered.	AUSTRALIA	English-100			
7/08/2024	1930	Rick Stein's Food Stories	West Country	In the West Country, Rick meets an organic food pioneer, our most famous female cheesemaker and the master of simple British food, chef Mark Hix. Then, cooks his own veggie dishes.	UNITED KINGDOM	English-100		PG	a w
7/08/2024	2000	Sachie's Kitchen	Auckland	Henry Onesemo, head chef at Tala restaurant, grew up in Samoa. His passion for food started when he was young. The Samoan word tala means story or tale. For Henry, Tala is where he tells his tales of Samoa through familiar ingredients presented with a fresh twist.	NEW ZEALAND	English-100		G	
7/08/2024	2030	Hugh's Three Good Things	Venison	It's the penultimate day of meat week and the chefs are taking on a wonderful but less popular butcher's option - venison, a meat that's deer to Hugh's heart!	UNITED KINGDOM	English-100		G	
7/08/2024	2100	Masters Of Taste With Gary Mehigan	East Meets West	Gary meets a Canadian-Chinese chef making it big in India. Chef Kelvin shows Gary his signature snapper dish in his restaurant, Bastian. Back in Delhi, Gary decides to meet the chef of Pluck restaurant who shows him his popular dish, Khandvi Khakra.	INDIA			G	
7/08/2024	2130	Come Dine With Me: The Professionals	Wolverhampton / Birmingham A	Today we're in and around Birmingham, kicking off at Island Lounge, where married chefs Marlon and Dania are showcasing their Caribbean cuisine. It's not long before our hosts realise they've got their work cut out trying to impress foodies Mustapha and Jamie, from Jungle Street Kitchen.	UNITED KINGDOM	English-100			

7/08/2024	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	
7/08/2024	2230	The Cook Up With Adam Liaw	Mix And Bake	If you want a cake, but you only have time to mix n bake, Adam and his guests, baker Natalie Paull and writer Hannah Diviney, have got you covered.	AUSTRALIA	English-100		
7/08/2024	2300	The Cook And The Chef	Cooking With Kids	School Holidays mean finding things for the kids to do and Maggie and Simon get some kids busy looking for mushrooms and picking plums. Simon also visits a Mussel farm in Port Lincoln and asks if mussels are a kid friendly food.	AUSTRALIA	English-100	G	
7/08/2024	2330	Girls Guide:Hunting Fishing Wild Cooking	A Girls Guide to Hunting Fishing Wild Cooking S1 Ep 8	Analise settles in for winter and makes a big decision about her future, as she appreciates everything she's learnt. She puts together a winter meal for her new friends and community, kayaks to an oyster farm, and prepares a feast to celebrate a year of adventures.	AUSTRALIA	English-100	PG	Y
7/08/2024	2400	Everyday Gourmet With Justine Schofield	Ep 28	Ex-Masterchef contestant, Byron Finnerty visits the kitchen to share his recipe for the ultimate roasted vegetable winter soup with barley,	AUSTRALIA	English-100	G	
7/08/2024	2430	Rick Stein's Food Stories	West Country	In the West Country, Rick meets an organic food pioneer, our most famous female cheesemaker and the master of simple British food, chef Mark Hix. Then, cooks his own veggie dishes.	UNITED KINGDOM	English-100	PG	a w
7/08/2024	2500	Sachie's Kitchen	Auckland	Henry Onesemo, head chef at Tala restaurant, grew up in Samoa. His passion for food started when he was young. The Samoan word tala means story or tale. For Henry, Tala is where he tells his tales of Samoa through familiar ingredients presented with a fresh twist.	NEW ZEALAND	English-100	G	
7/08/2024	2530	Hugh's Three Good Things	Venison	It's the penultimate day of meat week and the chefs are taking on a wonderful but less popular butcher's option - venison, a meat that's deer to Hugh's heart!	UNITED KINGDOM	English-100	G	
7/08/2024	2600	Masters Of Taste With Gary Mehigan	East Meets West	Gary meets a Canadian-Chinese chef making it big in India. Chef Kelvin shows Gary his signature snapper dish in his restaurant, Bastian. Back in Delhi, Gary decides to meet the chef of Pluck restaurant who shows him his popular dish, Khandvi Khakra.	INDIA		G	
7/08/2024	2630	Come Dine With Me: The Professionals	Wolverhampton / Birmingham A	Today were in and around Birmingham, kicking off at Island Lounge, where married chefs Marlon and Dania, are showcasing their Caribbean cuisine. Its not long before our hosts realise they've got their work cut out firstly, trying to impress foodies Mustapha and Jamie, from Jungle Street Kitchen and then getting their voices heard over garrulous double act, Matt and Matt, from The Loft. As the evening unfolds, one duo displays their dubious dance moves and another diner demonstrates some very dodgy DJing.	UNITED KINGDOM	English-100		
7/08/2024	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	
7/08/2024	2730	Licence To Grill	United Way Bbq	Rob has auctioned off his barbeque talents to the United Way and the charitable people who bought his dinner have a feast awaiting them. Rob grills up tandoori prawns, charred yellow tomato soup, radicchio salad, and a succulent prime rib roast.	CANADA	English-100	G	
7/08/2024	2800	Mary Makes It Easy	Life Is A Fryway	Mary is road trip ready with recipes that are snackable, packable, and won't make a mess of your car or clothing.	CANADA	English-100	G	

7/08/2024	2830	Curtis Stone's Travel, Cook, Repeat	Rome, Italy	Chef Curtis Stone travels to Rome, Italy, for some authentic cacio e pepe and a visit with a unique butcher. Back home in his kitchen, Curtis is cooking up cacio e pepe risotto balls and perfectly roasted lamb with crispy potatoes.	USA	English-100	G		Y
8/08/2024	500	Taste Of Diversity	Egypt	Amr prepares a one-thousand-year-old Egyptian sandwich called Ta'ameya, and a popular family homecooked dish named Besarrah.	CANADA	English-100	G		
8/08/2024	530	Eating Inn	Bread Street Part 1	BSK is Gordon's idea of what a great modern English pub should be and our host, Chef Phil goes about finding out if Gordon's ambition lives up to his exulted reputation.	SINGAPORE	English-100	G		
8/08/2024	600	Food Unwrapped	Caviar, Whiskey, Honey	Jimmy investigates whether Manuka honey has any medicinal properties. Caviar is associated with luxury and wealth, but Kate discovers how some varieties of the delicacy are sold with a relatively low price tag. Meanwhile, Matt heads to a Scottish distillery to find out the surprising truth about what gives whisky its distinctive flavour.	UNITED KINGDOM	English-100	PG		
8/08/2024	630	Jamie & Jimmy's Food Fight Club	Davina McCall	Jamie and Jimmy welcome the wonderful Davina to the cafe at the end of the pier. They take her on a trip down memory lane, reuniting her with long-lost family through the power of food by recreating the slow cooked rabbit casserole and deliciously indulgent pomme puree that she remembers from her teenage years in Paris.	UNITED KINGDOM	English-100	G		
8/08/2024	725	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
8/08/2024	730	Gino's Italian Escape	Gino's Italian Escape Series 2 Ep 2	Chef Gino D'Acampo continues his Italian Escape in breathtaking Venice. His adventure begins when he is summoned for an appointment with a Venetian Countess. Gino has never met a 'Contessa' before and although the two of them share a love of food, he remains slightly nervous about the encounter.	UNITED KINGDOM	English-100	G		
8/08/2024	800	Everyday Gourmet With Justine Schofield	Ep 28	Ex-Masterchef contestant, Byron Finnerty visits the kitchen to share his recipe for the ultimate roasted vegetable winter soup with barley,	AUSTRALIA	English-100	G		
8/08/2024	830	My Market Kitchen	Ep 68	Matt serves up a dish steeped in Polish and Croatian heritage, Sarma-Style Soup. Mike teams up with Farmer Catherine Velisha for more green greatness with fillet steak and Iceberg salad. Matt heads to the iconic Noosa Lifesavers Club for BBQ snapper with almond cream.	AUSTRALIA	English-100	G		
8/08/2024	900	Taste Of Australia With Hayden Quinn	Port Douglas	From rural Victoria to Tropical North Queensland - it doesn't get much better! Hayden heads back to Queensland for the Taste Port Douglas food festival, where he tries a spot of river rafting through the Daintree Rainforest.	AUSTRALIA	English-100	G		
8/08/2024	930	Rick Stein's Food Stories	West Country	In the West Country, Rick meets an organic food pioneer, our most famous female cheesemaker and the master of simple British food, chef Mark Hix. Then, cooks his own veggie dishes.	UNITED KINGDOM	English-100	PG	a w	
8/08/2024	1000	Sachie's Kitchen	Auckland	Henry Onesemo, head chef at Tala restaurant, grew up in Samoa. His passion for food started when he was young. The Samoan word tala means story or tale. For Henry, Tala is where he tells his tales of Samoa through familiar ingredients presented with a fresh twist.	NEW ZEALAND	English-100	G		
8/08/2024	1030	Italian Food Safari	Italian Food Safari Series 1 Ep 8	Tonight, chef Stefano Di Pieri shows Guy how he uses blood oranges to make a kingfish carpaccio with shaved fennel. In Adelaide, butcher Tony Marino from the Central Market invites us to join his family for an Abruzzese banquet with porchetta on a spit and the most unusual way of serving polenta. And pastry chef Alexandra Rispoli shows how to mix and cook fragrant pistachio biscotti.	AUSTRALIA	English-100	RPT	G	Y

8/08/2024	1100	The Cook Up With Adam Liaw	Mix And Bake	If you want a cake, but you only have time to mix n bake, Adam and his guests, baker Natalie Paull and writer Hannah Diviney, have got you covered.	AUSTRALIA	English-100				
8/08/2024	1130	Hugh's Three Good Things	Venison	It's the penultimate day of meat week and the chefs are taking on a wonderful but less popular butcher's option - venison, a meat that's dear to Hugh's heart!	UNITED KINGDOM	English-100			G	
8/08/2024	1200	Masters Of Taste With Gary Mehigan	East Meets West	Gary meets a Canadian-Chinese chef making it big in India. Chef Kelvin shows Gary his signature snapper dish in his restaurant, Bastian. Back in Delhi, Gary decides to meet the chef of Pluck restaurant who shows him his popular dish, Khandvi Khakra.	INDIA				G	
8/08/2024	1230	Licence To Grill	Chinese Food Bbq	Rob creates his own version of Chinese takeaway on the barbeque with Chinese-style ribs, five-spice beef skewers, chicken in black bean sauce, scallops with bok choy, and noodle salad.	CANADA	English-100			G	
8/08/2024	1300	Mary Makes It Easy	Casserole With It	Nothing says comfort food like casserole, and Mary's got a variation for any time of the day, even breakfast and dessert!	CANADA	English-100			G	
8/08/2024	1330	Curtis Stone's Travel, Cook, Repeat	Sonoma, California, U.S.A.	Chef Curtis Stone travels to Northern California to explore wine country and to try his hand at salmon fishing. Back home in his kitchen, Curtis is cooking up roast chicken and grapes and a pan-seared salmon with fennel and salsa verde.	USA	English-100			G	Y
8/08/2024	1400	Taste Of Diversity	Caribbean Islands	Chef Douglas Ling shows us how to make classic jerk chicken with a special sauce. Then, we'll visit Karlene and Nadine, two home cooks who prepare a mackerel run down with Jamaican carrot juice.	CANADA	English-100			PG	
8/08/2024	1430	Eating Inn	Bread Street Part 2	The surprises keep coming at Breadstreet Kitchen. Gordon explains his love for Singapore and hails its cuisine as one of the best in the world.	SINGAPORE	English-100			G	
8/08/2024	1500	Food Unwrapped	Wasabi, Asparagus, Fresh Fish	Jimmy gives our supermarket fish a sniff to discover how fresh the stock in the superstores really is. How can asparagus be grown all year round in one of the driest places on earth - The Ica Valley in Peru? Kate's heads there to find out. Plus Matt travels to a secret location to track down the only wasabi plants grown in the UK, and stings his nostrils in the process!	UNITED KINGDOM	English-100			PG	Y
8/08/2024	1530	Jamie & Jimmy's Food Fight Club	Stephen Mangan	Jamie and Jimmy are joined by comic writer and actor, Stephen Mangan, as he puts on his pinny and cooks for the diners at the end of Southend Pier. The boys taken Stephen down memory lane by recreating one of the best dishes he has ever had whilst following the English Cricket team around the world.	UNITED KINGDOM	English-100			G	
8/08/2024	1625	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 6	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT		G	Y
8/08/2024	1630	Gino's Italian Escape	Gino's Italian Escape Series 2 Ep 3	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.	UNITED KINGDOM	English-100			G	
8/08/2024	1700	Everyday Gourmet With Justine Schofield	Ep 29	Justine makes an easy mushroom and lentil potage and a delicious strawberry granita. Chef Frank Camorra also drops in to share his recipe for a chilled bread and tomato soup.	AUSTRALIA	English-100			G	

8/08/2024	1730	My Market Kitchen	Ep 69	Mike learns creamy tarragon chicken from author and food stylist Jacob Leung. Chef Tobie cooks BBQ quail with pancetta while Adam Walls pairs it with amazing Aussie wines. Matt serves up lemongrass beef in betel leaves with Southeast Asian flavours. Mike and David Mann camp and cook barramundi tail with chicken sauce.	AUSTRALIA	English-100		G		
8/08/2024	1800	Taste Of Australia With Hayden Quinn	Townsville	Just off Townsville is the famous Magnetic Island which is Hayden's destination, but first he heads out to meet a young sweet potato farmer, and pick up some pineapples. Then it's over to Maggie for a sea kayak tour before it's time to cook.	AUSTRALIA	English-100		G		
8/08/2024	1830	Italian Food Safari	Italian Food Safari Series 1 Ep 9	This episode celebrates the tradition of preserving the best in season. Maeve meets Pietro Demaio whose book 'Preserving the Italian Way' has been a bestseller. In Adelaide, Pat D'Onofrio and Lina Verrilli grow and cure their own olives; and Claudio Ferraro shows how to make pastry sfogliatelle with fine layers of pastry filled with ricotta. Later, Guy spends a few winter days with the Momesso family making salami.	AUSTRALIA	English-100	RPT	G		Y
8/08/2024	1900	The Cook Up With Adam Liaw	Makin' Bacon	Chef Sharon Winsor, social media sensation Outback Tom Forrest and Adam are makin' bacon tonight!	AUSTRALIA	English-100				
8/08/2024	1930	Ainsley's Fantastic Flavours	Mediterranean	Ainsley is drawing inspirations from the flavours of the Mediterranean, starting with pillowy spinach and ricotta gnudi with cherry tomatoes and pine nuts. Shivi Ramoutar is taking in all the tastes of the Med as she strolls through Maltby Street Market. Inspired by what she finds, Shivi then cooks a Spanish-style rice, an impressive one-pot dish perfect for entertaining. Ainsley is joined by broadcaster Nicki Chapman who cooks up a delicious fish dish inspired by her holidays. Ainsley completes his journey through Mediterranean flavours with a sweet treat—his fig, hazelnut, and orange cake.	UNITED KINGDOM	English-100		G		
8/08/2024	2030	Guillaume's French Atlantic	Episode 3	Join Guillaume Brahimi on this exciting journey through the windswept landscapes and gastronomic wonders of Brittany and uncover the deep-rooted traditions and flavours that have shaped his culinary heritage.	AUSTRALIA	English-70; French-30		G		Y Y
8/08/2024	2100	Duff: Ace Of Taste	Johnna's Favourite Things!	Marrying Johnna was about the best thing Duff has ever done, so why not make her completely happy? Duff takes on everything Johnna loves to eat, including his great grandmother's chocolate babka and a savory babka creation filled with spinach artichoke dip.	USA	English-100		G		
8/08/2024	2130	Come Dine With Me: The Professionals	Brighton A	In Sussex, business partners Will and Jack are kicking off the week with some decidedly risky fare from their restaurant MED. Head chef Will doesn't like to waste any part of the animal when it comes to his food so is including the hearts of the duck for his BBQ duck main.	UNITED KINGDOM	English-100				
8/08/2024	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		
8/08/2024	2230	The Cook Up With Adam Liaw	Makin' Bacon	Chef Sharon Winsor, social media sensation Outback Tom Forrest and Adam are makin' bacon tonight!	AUSTRALIA	English-100				
8/08/2024	2300	The Cook And The Chef	Cooking With Grapes	Raise a toast to the glorious grape as Simon and Maggie celebrate with the fruit of the vine. In Maggie's Barossa kitchen, they showcase a range of savoury and sweet dishes cooked with whole grapes, dried grapes, wine and vine leaves. These delicious ingredients are teamed beautifully with some other 'liquid' treasures.	AUSTRALIA	English-100		G		
8/08/2024	2330	Barefoot Contessa: Back To Basics	Store Bought Is Fine	Store-bought ingredients pass the test for Ina Garten as she makes sweets, treats and more. Ready-made shortcuts wow in her raspberry baked Alaska with fresh raspberry sauce, and she takes turkey sandwiches with brussels sprouts slaw to the next level.	USA	English-100		G		

8/08/2024	2400	Everyday Gourmet With Justine Schofield	Ep 29	Justine makes an easy mushroom and lentil potage and a delicious strawberry granita. Chef, Frank Camorra also drops in to share his recipe for a chilled bread and tomato soup.	AUSTRALIA	English-100	G		
8/08/2024	2430	Ainsley's Fantastic Flavours	Mediterranean	Ainsley is drawing inspirations from the flavours of the Mediterranean, starting with pillow spinach and ricotta gnudi with cherry tomatoes and pine nuts. Shivi Ramoutar is taking in all the tastes of the Med as she strolls through Maltby Street Market. Inspired by what she finds, Shivi then cooks a Spanish-style rice, an impressive one-pot dish perfect for entertaining. Ainsley is joined by broadcaster Nicki Chapman who cooks up a delicious fish dish inspired by her holidays. Ainsley completes his journey through Mediterranean flavours with a sweet treat—his fig, hazelnut, and orange Cake.	UNITED KINGDOM	English-100	G		
8/08/2024	2530	Guillaume's French Atlantic	Episode 3	Join Guillaume Brahimi on this exciting journey through the windswept landscapes and gastronomic wonders of Brittany and uncover the deep-rooted traditions and flavours that have shaped his culinary heritage.	AUSTRALIA	English-70; French-30	G	Y	Y
8/08/2024	2600	Duff: Ace Of Taste	Johnna's Favourite Things!	Marrying Johnna was about the best thing Duff has ever done, so why not make her completely happy? Duff takes on everything Johnna loves to eat, including his great grandmother's chocolate babka and a savory babka creation filled with spinach artichoke dip.	USA	English-100	G		
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8/08/2024	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		
8/08/2024	2730	Licence To Grill	Chinese Food Bbq	Rob creates his own version of Chinese takeaway on the barbeque with Chinese-style ribs, five-spice beef skewers, chicken in black bean sauce, scallops with bok choy, and noodle salad.	CANADA	English-100	G		
8/08/2024	2800	Mary Makes It Easy	Casserole With It	Nothing says comfort food like casserole, and Mary's got a variation for any time of the day, even breakfast and dessert!	CANADA	English-100	G		
8/08/2024	2830	Curtis Stone's Travel, Cook, Repeat	Sonoma, California, U.S.A.	Chef Curtis Stone travels to Northern California to explore wine country and to try his hand at salmon fishing. Back home in his kitchen, Curtis is cooking up roast chicken and grapes and a pan-seared salmon with fennel and salsa verde.	USA	English-100	G		Y
9/08/2024	500	Taste Of Diversity	Caribbean Islands	Chef Douglas Ling shows us how to make classic jerk chicken with a special sauce. Then, we'll visit Karlene and Nadine, two home cooks who prepare a mackerel run down with Jamaican carrot juice.	CANADA	English-100	PG		
9/08/2024	530	Eating Inn	Bread Street Part 2	The surprises keep coming at Breadstreet Kitchen. Gordon explains his love for Singapore and hails its cuisine as one of the best in the world.	SINGAPORE	English-100	G		
9/08/2024	600	Food Unwrapped	Wasabi, Asparagus, Fresh Fish	Jimmy gives our supermarket fish a sniff to discover how fresh the stock in the superstores really is. How can asparagus be grown all year round in one of the driest places on earth - The Ica Valley in Peru? Kate's heads there to find out. Plus Matt travels to a secret location to track down the only wasabi plants grown in the UK, and stings his nostrils in the process!	UNITED KINGDOM	English-100	PG		Y
9/08/2024	630	Jamie & Jimmy's Food Fight Club	Stephen Mangan	Jamie and Jimmy are joined by comic writer and actor, Stephen Mangan, as he puts on his pinny and cooks for the diners at the end of Southend Pier. The boys taken Stephen down memory lane by recreating one of the best dishes he has ever had whilst following the English Cricket team around the world.	UNITED KINGDOM	English-100	G		

9/08/2024	725	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 6	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
9/08/2024	730	Gino's Italian Escape	Gino's Italian Escape Series 2 Ep 3	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.	UNITED KINGDOM	English-100		G	
9/08/2024	800	Everyday Gourmet With Justine Schofield	Ep 29	Justine makes an easy mushroom and lentil potage and a delicious strawberry granita. Chef, Frank Camorra also drops in to share his recipe for a chilled bread and tomato soup.	AUSTRALIA	English-100		G	
9/08/2024	830	My Market Kitchen	Ep 69	Mike learns creamy tarragon chicken from author and food stylist Jacob Leung. Chef Tobie cooks BBQ quail with pancetta while Adam Walls pairs it with amazing Aussie wines. Matt serves up lemongrass beef in betel leaves with Southeast Asian flavours. Mike and David Mann camp and cook barramundi tail with chicken sauce.	AUSTRALIA	English-100		G	
9/08/2024	900	Taste Of Australia With Hayden Quinn	Townsville	Just off Townsville is the famous Magnetic Island which is Hayden's destination, but first he heads out to meet a young sweet potato farmer, and pick up some pineapples. Then it's over to Maggie for a sea kayak tour before it's time to cook.	AUSTRALIA	English-100		G	
9/08/2024	930	Ainsley's Fantastic Flavours	Mediterranean	Ainsley is drawing inspirations from the flavours of the Mediterranean, starting with pillow spinach and ricotta gnudi with cherry tomatoes and pine nuts. Shivi Ramoutar is taking in all the tastes of the Med as she strolls through Maltby Street Market. Inspired by what she finds, Shivi then cooks a Spanish-style rice, an impressive one-pot dish perfect for entertaining. Ainsley is joined by broadcaster Nicki Chapman who cooks up a delicious fish dish inspired by her holidays. Ainsley completes his journey through Mediterranean flavours with a sweet treat—his fig, hazelnut, and orange Cake.	UNITED KINGDOM	English-100		G	
9/08/2024	1030	Italian Food Safari	Italian Food Safari Series 1 Ep 9	This episode celebrates the tradition of preserving the best in season. Maeve meets Pietro Demaio whose book 'Preserving the Italian Way' has been a bestseller. In Adelaide, Pat D'Onofrio and Lina Verrilli grow and cure their own olives; and Claudio Ferraro shows how to make pastry sfogliatelle with fine layers of pastry filled with ricotta. Later, Guy spends a few winter days with the Momesso family making salami.	AUSTRALIA	English-100	RPT	G	Y
9/08/2024	1100	The Cook Up With Adam Liaw	Makin' Bacon	Chef Sharon Winsor, social media sensation Outback Tom Forrest and Adam are makin' bacon tonight!	AUSTRALIA	English-100			
9/08/2024	1130	Guillaume's French Atlantic	Episode 3	Join Guillaume Brahimi on this exciting journey through the windswept landscapes and gastronomic wonders of Brittany and uncover the deep-rooted traditions and flavours that have shaped his culinary heritage.	AUSTRALIA	English-70; French-30		G	Y Y
9/08/2024	1200	Duff: Ace Of Taste	Johnna's Favourite Things!	Marrying Johnna was about the best thing Duff has ever done, so why not make her completely happy? Duff takes on everything Johnna loves to eat, including his great grandmother's chocolate babka and a savory babka creation filled with spinach artichoke dip.	USA	English-100		G	
9/08/2024	1230	Licence To Grill	Beach Party	Rob takes the party to the beach with pulled pork sandwiches, grilled chicken drumsticks, pasta salad with grilled corn and jalapenos, and grilled lemongrass prawns.	CANADA	English-100		G	
9/08/2024	1300	Mary Makes It Easy	Soup's On!	Mary. Loves. Soup. Join the soup obsession with recipes that vary from cozy to chill, smooth or chunky, plus an ample dose of cheese, duh.	CANADA	English-100		G	
9/08/2024	1330	Curtis Stone's Travel, Cook, Repeat	New South Wales, Australia	Chef Curtis Stone travels to New South Wales for a closer look at Indigenous cooking methods and then goes lobster fishing at night. Back home in his kitchen, he's making shrimp scallop curry and a fish cooked in vinegar dish called numus.	USA	English-100		PG	a w

9/08/2024	1400	Taste Of Diversity	Garlic	Learn garlic's many secrets in this special episode. Garlic can be used to make hundreds of dishes, including beer and... garlic ice cream. Would you dare to try it?	CANADA	English-100		PG	a
9/08/2024	1430	Eating Inn	Viceroy Part 1, The	Set in the highlands of Bali the story of the Viceroy and its Aperitif restaurant epitomise the intent of the Eating Inn Series.	SINGAPORE	English-100		PG	a w
9/08/2024	1500	Food Unwrapped	Bacon, Mozzarella, Snails	Jimmy Doherty wants to know why so much of the bacon you find in supermarkets originates in Denmark. He heads over to the Nordic kingdom to visit one of the largest pork abattoirs in Europe, which operates 24 hours a day. Intrepid traveller and top taster Kate Qulton is in Italy meeting the makers of mozzarella. What is the liquid that mozzarella balls are bobbing in? In Italy's Campania region, she learns the ancient techniques used to produce the cheese. They're served as a delicacy in French restaurants, but Matt Tebbutt asks can you snack on the snails in your garden? Matt finds out how our common garden snails can go from potentially poisonous pests to delicious delicacies.	UNITED KINGDOM	English-100		PG	a w Y
9/08/2024	1530	Jamie & Jimmy's Food Fight Club	Russell Howard	Jamie and Jimmy welcome comedian Russell Howard to their cafe on the end of Southend Pier. Russell's favourite meal in all the world was an unusual Thai-fusion curry he tasted in Sydney.	UNITED KINGDOM	English-100		G	
9/08/2024	1625	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 7	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
9/08/2024	1630	Gino's Italian Escape	Gino's Italian Escape Series 2 Ep 4	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.	UNITED KINGDOM	English-100		G	
9/08/2024	1700	Everyday Gourmet With Justine Schofield	Ep 30	Justine whips up her smoked salmon mousse crostini, Sarah Todd makes a fragrant chicken and soba noodle broth and Trish McKenzie bakes her naughty milk chocolate shortbread hearts.	AUSTRALIA	English-100		G	
9/08/2024	1730	My Market Kitchen	Ep 70	Matt collaborates with his restaurant's cocktail barman for Vietnamese spring rolls with a kaffir south side. Laura shares her mother's recipe for pork meatballs in white wine and sage. Mike grills pumpkin with miso puree at the Market. Matt wraps up the series with steak with pepper sauce on Makepeace Island.	AUSTRALIA	English-100		G	
9/08/2024	1800	Taste Of Australia With Hayden Quinn	Cudgen	It's our season finale this week, and Hayden is back in the NSW Northern Rivers to check out a paddock to plate farm where he stocks up on some super fresh organic produce, before heading to Casino to catch up with friends Dave and Bianca.	AUSTRALIA	English-100		PG	
9/08/2024	1830	Italian Food Safari	Italian Food Safari Series 1 Ep 10	In a beautiful house in the Adelaide Hills, chef Salvatore Pepe cooks perfect bistecca served with white beans. Guy shares his recipe for fresh pasta and Andrew Cibej makes a spinach, ricotta and potato-filled ravioli. Maeve is surrounded by almond blossom in South Australia, visiting Munno Parra Downs, and Guy joins Melbourne sweets queen Marianna Di Bartolo as she folds fresh almonds into her luscious soft nougat.	AUSTRALIA	English-100	RPT	G	Y
9/08/2024	1900	The Cook Up With Adam Liaw	Bring A Plate Night, The	It's an easy as Easy Entertaining, because Adam's getting his guests, relationship expert Chantelle Otten and comedian Lizzy Hoo to bring a plate.	AUSTRALIA	English-100			
9/08/2024	1930	Hidden Restaurants With Michel Roux Jr	South West	For the first of Michel's research trips around the country, to immerse himself in the world of Hidden Restaurants, Michel takes to the river, the woods and a landscaped sculpture garden in search of unlikely eateries and inspiration for a three course menu for dinner at his own summer long hidden restaurant, the Oast House.	UNITED KINGDOM				
9/08/2024	2030	Eat Me: Or Try Not To	Supply Chain, The	With every single bite or sip that we take, we are participating in the oldest and one of the most complex and sophisticated journeys around the world ever taken. The global food supply chain is part of an 8 trillion-dollar network that produces over 4 billion tons of food each year.	CANADA	English-100		G	

9/08/2024	2130	Come Dine With Me: The Professionals	Belfast B	Today's Come Dine With Me: The Professionals travels to Northern Ireland and kicking off the competition are head Chef Ian and Front of House Eva of Mourne Seafood Bar in Belfast. They proudly boast of being the original blueprint when it comes to seafood in the city and have no concerns about the competition this week.	UNITED KINGDOM	English-100	
9/08/2024	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
9/08/2024	2230	The Cook Up With Adam Liaw	Bring A Plate Night, The	It's as easy as Easy Entertaining, because Adam's getting his guests, relationship expert Chantelle Otten and comedian Lizzy Hoo to bring a plate.	AUSTRALIA	English-100	
9/08/2024	2300	The Cook And The Chef	Bbq's	Maggie and Simon celebrate the BBQ and show viewers how to get the most from it – be it for starters, main courses and even desserts. After a corporate BBQ for 12-hundred people, Simon joins Maggie for some smaller-scale cooking on a deck overlooking her picturesque Barossa dam.	AUSTRALIA	English-100	PG
9/08/2024	2330	Barefoot Contessa: Back To Basics	Italian	This week Ina is sharing all her secrets and pro tips for Italian dishes. She starts with a fabulous twofer, tomato eggplant soup, and the leftovers become baked pasta with tomatoes and eggplant. Ina then makes flounder Milanese topped with arugula salad and lemon vinaigrette for a modern twist on a classic.	USA	English-100	G
9/08/2024	2400	Everyday Gourmet With Justine Schofield	Ep 30	Justine whips up her smoked salmon mousse crostini, Sarah Todd makes a fragrant chicken and soba noodle broth and Trish McKenzie bakes her naughty milk chocolate shortbread hearts.	AUSTRALIA	English-100	G
9/08/2024	2430	Hidden Restaurants With Michel Roux Jr	South West	The South West On the first of Michels research trips around the country, to immerse himself in the world of Hidden Restaurants, Michel takes to the river, the woods and a landscaped sculpture garden in search of unlikely eateries and inspiration for a three course menu for dinner at his own summer long hidden restaurant, the Oast House. His first stop is to the River Exe Café, a suitably named establishment as it literally floats in the middle of the River Exe and is only reachable by boat.	UNITED KINGDOM		
9/08/2024	2530	Eat Me: Or Try Not To	Supply Chain, The	With every single bite or sip that we take, we are participating in the oldest and one of the most complex and sophisticated journeys around the world ever taken. The global food supply chain is part of an 8 trillion-dollar network that produces over 4 billion tons of food each year.	CANADA	English-100	G
9/08/2024	2630	Come Dine With Me: The Professionals	Belfast B	Today's Come Dine With Me: The Professionals travels to Northern Ireland and kicking off the competition are head Chef Ian and Front of House Eva of Mourne Seafood Bar in Belfast. They proudly boast of being the original blueprint when it comes to seafood in the city and have no concerns about the competition this week.	UNITED KINGDOM	English-100	
9/08/2024	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
9/08/2024	2730	Licence To Grill	Beach Party	Rob takes the party to the beach with pulled pork sandwiches, grilled chicken drumsticks, pasta salad with grilled corn and jalapenos, and grilled lemongrass prawns.	CANADA	English-100	G
9/08/2024	2800	Mary Makes It Easy	Soup's On!	Mary. Loves. Soup. Join the soup obsession with recipes that vary from cozy to chill, smooth or chunky, plus an ample dose of cheese, duh.	CANADA	English-100	G
9/08/2024	2830	Curtis Stone's Travel, Cook, Repeat	New South Wales, Australia	Chef Curtis Stone travels to New South Wales for a closer look at Indigenous cooking methods and then goes lobster fishing at night. Back home in his kitchen, he's making shrimp scallop curry and a fish cooked in vinegar dish called numus.	USA	English-100	PG a w

10/08/2024	500	Taste Of Diversity	Garlic	Learn garlic's many secrets in this special episode. Garlic can be used to make hundreds of dishes, including beer and... garlic ice cream. Would you dare to try it?	CANADA	English-100	PG	a	
10/08/2024	530	Eating Inn	Viceroy Part 1, The	Set in the highlands of Bali, the story of the Viceroy and its Aperitif restaurant epitomise the intent of the Eating Inn Series.	SINGAPORE	English-100	PG	a w	
10/08/2024	600	Food Unwrapped	Bacon, Mozzarella, Snails	Jimmy Doherty wants to know why so much of the bacon you find in supermarkets originates in Denmark. He heads over to the Nordic kingdom to visit one of the largest pork abattoirs in Europe, which operates 24 hours a day. Intrepid traveller and top taster Kate Quilton is in Italy meeting the makers of mozzarella. What is the liquid that mozzarella balls are bobbing in? In Italy's Campania region, she learns the ancient techniques used to produce the cheese. They're served as a delicacy in French restaurants, but Matt Tebbutt asks can you snack on the snails in your garden? Matt finds out how our common garden snails can go from potentially poisonous pests to delicious delicacies.	UNITED KINGDOM	English-100	PG	a w	Y
10/08/2024	630	Jamie & Jimmy's Food Fight Club	Russell Howard	Jamie and Jimmy welcome comedian Russell Howard to their cafe on the end of Southend Pier. Russell's favourite meal in all the world was an unusual Thai-fusion curry he tasted in Sydney.	UNITED KINGDOM	English-100	G		
10/08/2024	725	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 7	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
10/08/2024	730	Gino's Italian Escape	Gino's Italian Escape Series 2 Ep 4	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.	UNITED KINGDOM	English-100	G		
10/08/2024	800	Everyday Gourmet With Justine Schofield	Ep 30	Justine whips up her smoked salmon mousse crostini, Sarah Todd makes a fragrant chicken and soba noodle broth and Trish McKenzie bakes her naughty milk chocolate shortbread hearts.	AUSTRALIA	English-100	G		
10/08/2024	830	My Market Kitchen	Ep 70	Matt collaborates with his restaurant's cocktail barman for Vietnamese spring rolls with a kaffir south side. Laura shares her mother's recipe for pork meatballs in white wine and sage. Mike grills pumpkin with miso puree at the Market. Matt wraps up the series with steak with pepper sauce on Makepeace Island.	AUSTRALIA	English-100	G		
10/08/2024	900	Taste Of Australia With Hayden Quinn	Cudgen	It's our season finale this week, and Hayden is back in the NSW Northern Rivers to check out a paddock to plate farm where he stocks up on some super fresh organic produce, before heading to Casino to catch up with friends Dave and Bianca.	AUSTRALIA	English-100	PG		
10/08/2024	930	Hidden Restaurants With Michel Roux Jr	South West	In the South West on the first of Michel's research trips around the country, to immerse himself in the world of Hidden Restaurants, Michel takes to the river, the woods and a landscaped sculpture garden in search of unlikely eateries and inspiration for a three course menu for dinner at his own summer long hidden restaurant, the Oast House. His first stop is to the River Exe Café, a suitably named establishment as it literally floats in the middle of the River Exe and is only reachable by boat. In a beautiful house in the Adelaide Hills, chef Salvatore Pepe cooks perfect bistecca served with white beans. Guy shares his recipe for fresh pasta and Andrew Cibej makes a spinach, ricotta and potato-filled ravioli. Maeve is surrounded by almond blossom in South Australia, visiting Munno Parra Downs, and Guy joins Melbourne sweets queen Marianna Di Bartolo as she folds fresh almonds into her luscious soft nougat.	UNITED KINGDOM				
10/08/2024	1030	Italian Food Safari	Italian Food Safari Series 1 Ep 10	In a beautiful house in the Adelaide Hills, chef Salvatore Pepe cooks perfect bistecca served with white beans. Guy shares his recipe for fresh pasta and Andrew Cibej makes a spinach, ricotta and potato-filled ravioli. Maeve is surrounded by almond blossom in South Australia, visiting Munno Parra Downs, and Guy joins Melbourne sweets queen Marianna Di Bartolo as she folds fresh almonds into her luscious soft nougat.	AUSTRALIA	English-100	RPT	G	Y
10/08/2024	1100	The Cook Up With Adam Liaw	Bring A Plate Night, The	It's as easy as Easy Entertaining, because Adam/s getting his guests, relationship expert Chantelle Otten and comedian Lizzy Hoo to bring a plate.	AUSTRALIA	English-100			
10/08/2024	1130	Eat Me: Or Try Not To	Supply Chain, The	With every single bite or sip that we take, we are participating in the oldest and one of the most complex and sophisticated journeys around the world ever taken. The global food supply chain is part of an 8 trillion-dollar network that produces over 4 billion tons of food each year.	CANADA	English-100	G		

10/08/2024	1230	Taste Of Diversity	Garlic	Learn garlic's many secrets in this special episode. Garlic can be used to make hundreds of dishes, including beer and... garlic ice cream. Would you dare to try it?	CANADA	English-100		PG	a	
10/08/2024	1300	Eating Inn	Viceroy Part 1, The	Set in the highlands of Bali the story of the Viceroy and its Aperitif restaurant epitomise the intent of the Eating Inn Series.	SINGAPORE	English-100		PG	a w	
10/08/2024	1330	Curtis Stone's Travel, Cook, Repeat	Umbria, Italy	Chef Curtis Stone travels to Umbria, Italy, where he befriends some pigs and forages for truffles. Back home in his kitchen, he's roasting a crispy pork belly and whipping up some polenta with a mushroom ragout.	USA	English-100		G		Y
10/08/2024	1400	Gino's Italian Escape	Gino's Italian Escape Series 2 Ep 4	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.	UNITED KINGDOM	English-100		G		
10/08/2024	1430	John Torode's Korean Food Tour	Royal	John explores the regal beginnings of Korean cuisine. Along with food writer Daniel Gray, John visits the UNESCO heritage city of Jeonju, the place where Korea's most famous dish, Royal Bibimpap, hails from. In his Seoul kitchen, John cooks a version of bibimpap, and also a succulent galbi burger, which he adapts from an ancient royal recipe.	UNITED KINGDOM	English-100		G		Y
10/08/2024	1525	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	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
10/08/2024	1530	John Torode's Korean Food Tour	Fish And Sea	John travels south to Busan, a lively beach city on the South coast, which has Korea's best and biggest seafood market. At Jagaichi market, he samples the mackerel for breakfast, and tries some of the stranger offerings. Up at his campsite base in the mountains, John steams sea bass stuffed with aromats on the barbie. In his Seoul kitchen, he makes his own version of seafood pancake and a delicious prawn gimbap.	UNITED KINGDOM	English-100		PG	a w	
10/08/2024	1625	Destination Flavour Singapore Bitesize	Fruit Stall	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		Y
10/08/2024	1630	India Unplated	Rajasthan	Known for its palaces, deserts, music, and people, Rajasthan is one of India's most popular tourist destinations. Adam, Helly, and Sandeep explore some of the best recipes from Rajasthan, starting with Adam's paneer pakoras, a delicious crunchy snack that goes well with a nice hot cup of chai.	AUSTRALIA	English-100		G		Y
10/08/2024	1700	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
10/08/2024	1730	Luca's Key Ingredient	Episode 6	Olive lovers rejoice. Luca has sourced a selection of some of the best olives to showcase in his recipes. On the menu, a sublime pasta, a fluffy home-made focaccia and stuffed olives.	AUSTRALIA			PG		
10/08/2024	1800	Food Affair With Mark Wiens	Ep 6	Mark visits legendary yakitori grill Kazu Sumiyaki, where Chef Kazushi demonstrates the transformative powers of cooking over an open flame. Burning for more, Mark travels to Dempsey Hill, where Michelin-starred chef Dave Pynt cooks with the same fiery passion that has landed his Australian-style barbecue joint among the world's best restaurants.	USA	English-100				
10/08/2024	1830	Escape To River Cottage	Ep 5	Hugh puts the river running past his cottage to good use. It's eel migration season and Hugh meets up with local basket maker Malcolm Seal, to try his hand at creating an eel trap.	UNITED KINGDOM	English-100		PG	a w	

10/08/2024	1900	Escape To River Cottage	Ep 6	It's six months since Hugh arrived at River Cottage. His pigs are now ready for slaughter and Hugh intends to have a pork party to pay his new neighbours back for their friendship and invaluable help.	UNITED KINGDOM	English-100		PG	a w	
10/08/2024	1930	Hairy Bikers Go West	Bute	The Hairy Bikers head to the Isle of Bute, a place that holds special memories for them both. They discover how locals are embracing change while keeping important traditions alive.	UNITED KINGDOM	English-100		PG		
10/08/2024	2030	Rick Stein's Long Weekends	Palermo	Rick Stein visits the fascinating city of Palermo in northern Sicily. Like a vibrant carpet, the city is patterned with echoes of Arab, North African, French, Spanish, and Italian influence - making its cuisine unique and irresistible. Pine nuts, raisins, almonds, and golden breadcrumbs are combined with flavours of local sun-ripened tomatoes, lemons, and the finest olive oil to create unforgettable dishes that just have to be replicated at back home. Palermo is a grand city with rough edges synonymous with Garibaldi and the setting for one of Rick's favourite novels of all time - The Leopard. He arrives just in time to see locals celebrating a festival in honour of Palermo's patron saint, Rosalia.	UNITED KINGDOM	English-100		PG		
10/08/2024	2140	Anthony Bourdain: The Layover	New York	Tony takes on his hometown of NYC. Having lived and explored the city for years, Tony's better equipped than anybody to show even the most novice traveler, how to explore this diverse and fast paced city.	USA	English-100		PG	a s	Y
10/08/2024	2235	Gourmet Farmer Afloat	Island Time	After 8000 years of isolation, Tasmania was once again joined to mainland Australia when a telephone cable was installed across Bass Strait. Matthew, Ross and Nick travel westward across the north coast, heading for the port of Stanley. Here, they want to re-create the historic menu from the 1936 inauguration of the cable, at a dinner for 50 people.	AUSTRALIA	English-100	RPT	G		Y
10/08/2024	2335	John Torode's Korean Food Tour	Royal	John explores the regal beginnings of Korean cuisine. Along with food writer Daniel Gray, John visits the UNESCO heritage city of Jeonju, the place where Korea's most famous dish, Royal Bibimpap, hails from. In his Seoul kitchen, John cooks a version of bibimpap, and also a succulent galbi burger, which he adapts from an ancient royal recipe.	UNITED KINGDOM	English-100		G		Y
10/08/2024	2430	John Torode's Korean Food Tour	Fish And Sea	John travels south to Busan, a lively beach city on the South coast, which has Korea's best and biggest seafood market. At Jagaichi market, he samples the mackerel for breakfast, and tries some of the stranger offerings. Up at his campsite base in the mountains, John steams sea bass stuffed with aromats on the barbie. In his Seoul kitchen, he makes his own version of seafood pancake and a delicious prawn gimbap.	UNITED KINGDOM	English-100		PG	a w	
10/08/2024	2525	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	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
10/08/2024	2530	India Unplated	Rajasthan	Known for its palaces, deserts, music, and people, Rajasthan is one of India's most popular tourist destinations. Adam, Helly, and Sandeep explore some of the best recipes from Rajasthan, starting with Adam's paneer pakoras, a delicious crunchy snack that goes well with a nice hot cup of chai.	AUSTRALIA	English-100		G		Y
10/08/2024	2600	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
10/08/2024	2630	Luca's Key Ingredient	Episode 6	Olive lovers rejoice. Luca has sourced a selection of some of the best olives to showcase in his recipes. On the menu, a sublime pasta, a fluffy home-made focaccia and stuffed olives.	AUSTRALIA			PG		
10/08/2024	2700	Food Affair With Mark Wiens	Ep 6	Mark visits legendary yakitori grill Kazu Sumiyaki, where Chef Kazushi demonstrates the transformative powers of cooking over an open flame. Burning for more, Mark travels to Dempsey Hill, where Michelin-starred chef Dave Pym cooks with the same fiery passion that has landed his Australian-style barbecue joint among the world's best restaurants.	USA	English-100				
10/08/2024	2730	Hairy Bikers Go West	Bute	The Hairy Bikers head to the Isle of Bute, a place that holds special memories for them both. They discover how locals are embracing change while keeping important traditions alive.	UNITED KINGDOM	English-100		PG		

10/08/2024

2830

Escape To River Cottage

Ep 5

Hugh puts the river running past his cottage to good use. It's eel migration season and Hugh meets up with local basket maker Malcolm Seal, to try his hand at creating an eel trap.

UNITED KINGDOM

English-100

PG

a w