



WEEK 33 Sunday, 11 August 2024 Saturday, 17 August 2024 **ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Egg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
11/08/2024	500	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		
11/08/2024	530	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	
11/08/2024	630	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
11/08/2024	725	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	
11/08/2024	730	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 Jagalchi 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		
11/08/2024	825	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	
11/08/2024	830	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-80; Japanese-15; Mandarin-5		G			Y
11/08/2024	900	Girls Guide:Hunting Fishing Wild Cooking	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	
11/08/2024	930	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			
11/08/2024	1000	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	

11/08/2024	1030	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	
11/08/2024	1100	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	
11/08/2024	1130	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		
11/08/2024	1230	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		
11/08/2024	1335	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-80; Japanese-15; Mandarin-5	G		Y
11/08/2024	1400	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	RPT	G	Y
11/08/2024	1430	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	RPT	PG	Y
11/08/2024	1500	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	RPT	G	Y
11/08/2024	1530	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	RPT	PG	Y
11/08/2024	1600	The Cook Up With Adam Liaw	Bring A Plate Night, The	It's easy with Easy Entertaining, because Adam's getting his guests, relationship expert Chantelle Otten and comedian Lizzy Hoo to bring a plate.	AUSTRALIA	English-100		PG	Y
11/08/2024	1630	India Unplated	Madhya Pradesh	Today we make our way to central India. Not very well known as compared to the other regions of India, cuisine from central India is distinct and unique and influenced by the hot weather and produce. In this episode, Adam shares his famous Bhopali Lamb Korma followed by Sandeep's Bhutte ki Kees, a delicious corn porridge that is full of nutrition and flavour. The final recipe is Indrahara by Helly, a popular snack made with five different types of lentils.	AUSTRALIA	English-100		G	
11/08/2024	1700	Girls Guide:Hunting Fishing Wild Cooking	Ep 2	Analise makes the most of a busy spring as she starts to build her pantry and kitchen garden, before going diving for wild scallops at a friend's secret diving spot.	AUSTRALIA	English-100		G	Y
11/08/2024	1730	Eating Plants	New Zealand	From his ancestral Maori roots NZ actor Sonam Hoani embraces local stories of plant-based food and medicines, leaps into the stunning ravines and enjoys vegan cheese and wine platters.	AUSTRALIA	English-100		G	

11/08/2024	1800	Food Rescue Kitchen	Ep 1	Naomi Toilalo is on a food rescue mission. Join her in Maketu as she challenges top chefs Kasey and Karena Bird to make a 3 course meal out of rescued food.	NEW ZEALAND	English-100		G		
11/08/2024	1830	Simply Raymond Blanc	Seasons	Raymond shares his love of garden-fresh produce and explains why we should all embrace seasonality. From his Oxfordshire kitchen, he cooks pan-fried salmon with spinach and chive butter sauce.	ENGLAND	English-100		G		
11/08/2024	1930	Be My Guest With Ina Garten	Laura Linney	The incredible award-winning stage and screen actress Laura Linney is joining Ina for a perfect day of cooking and conversation at the barn. Ina is a massive fan and is baking blueberry ricotta breakfast cake to welcome her guest.	USA	English-100		G		
11/08/2024	2030	Rick Stein's Cornwall	Ep 7	Rick explores one of Cornwall's hidden secrets, the secluded and stunning Fowey Estuary, joining his friend on a boat trip to learn about the history of the area and getting a unique view of the beautiful buildings along the river bank. Downstream, after a meal of crab scotch eggs at a fashionable new restaurant, Rick discovers that the historic town of Fowey was once a hotbed of piracy.	UNITED KINGDOM	English-100		PG	a	w
11/08/2024	2100	Rick Stein's Cornwall	Ep 8	On the wild north Atlantic coast, Rick heads out to sea to go fishing for lobsters with his old friend and celebrity chef Nathan Outlaw, and learns about a revolutionary new conservation program which is making lobster fishing a sustainable enterprise. In the historic and pretty harbour town of Port Isaac, Rick and Nathan cook up a fabulous Lobster risotto. At Tresillian House, near Newquay, Rick meets with head gardener John Harris, to find out more about his Victorian walled garden, an oasis of calm, where Rick discovers how harvesting by the phases of the moon means better tasting veg. Rick cooks a Cornish Briam, a tasty slow-cooked dish of fresh vegetables.	UNITED KINGDOM	English-100		PG	a	w
11/08/2024	2130	Anthony Bourdain: The Layover	Singapore	Tony finds himself on a layover in one of his favourite cities in the world - Singapore. He goes on a journey through Singapore's melting pot of cultures and ethnicities and explores their national obsession, food.	USA	English-100		PG	a	Y
11/08/2024	2225	Taste The Philippines With Yasmin Newman	Longanisa Sausage Roll With John Rivera	John Rivera, Chef de partie and founder of Melbourne's Filipino ice cream chain Kariton Sorbetes, who shares his recipe for Filipino-inspired sausage rolls with banana ketchup.	AUSTRALIA	English-100		G		
11/08/2024	2230	Gourmet Farmer Afloat	Earning Their Stripes	The trip is about to get serious as Matthew, Ross and Nick attempt to sail down the dangerous and isolated south-western coast of Tasmania. As they pass through Hells Gate into the Southern Ocean, they have prepared themselves by stocking up on salt pork and hard tack - good insurance if they don't catch any fish.	AUSTRALIA	English-100	RPT	G	q	Y
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11/08/2024	2430	Eating Plants	New Zealand	From his ancestral Maori roots NZ actor Sonam Hoani embraces local stories of plant-based food and medicines, leaps into the stunning ravines and enjoys vegan cheese and wine platters.	AUSTRALIA	English-100		G		
11/08/2024	2500	Food Rescue Kitchen	Ep 1	Naomi Toilalo is on a food rescue mission. Join her in Maketu as she challenges top chefs Kasey and Karena Bird to make a 3 course meal out of rescued food.	NEW ZEALAND	English-100		G		
11/08/2024	2530	Simply Raymond Blanc	Seasons	Raymond shares his love of garden-fresh produce and explains why we should all embrace seasonality. From his Oxfordshire kitchen, he cooks pan-fried salmon with spinach and chive butter sauce.	ENGLAND	English-100		G		

11/08/2024	2625	Taste The Philippines With Yasmin Newman	Longanisa Sausage Roll With John Rivera	John Rivera, Chef de partie and founder of Melbourne's Filipino ice cream chain Kariton Sorbetes, who shares his recipe for Filipino-inspired sausage rolls with banana ketchup.	AUSTRALIA	English-100		G		
11/08/2024	2630	Be My Guest With Ina Garten	Laura Linney	The incredible award-winning stage and screen actress Laura Linney is joining Ina for a perfect day of cooking and conversation at the barn. Ina is a massive fan and is baking blueberry ricotta breakfast cake to welcome her guest.	USA	English-100		G		
11/08/2024	2730	Gourmet Farmer Afloat	Earning Their Stripes	The trip is about to get serious as Matthew, Ross and Nick attempt to sail down the dangerous and isolated south-western coast of Tasmania. As they pass through Hells Gate into the Southern Ocean, they have prepared themselves by stocking up on salt pork and hard tack - good insurance if they don't catch any fish.	AUSTRALIA	English-100	RPT	G	q	Y
11/08/2024	2830	India Unplated	Madhya Pradesh	Today we make our way to central India. Not very well known as compared to the other regions of India, cuisine from central India is distinct and unique and influenced by the hot weather and produce. In this episode, Adam shares his famous Bhopali Lamb Korma followed by Sandeep's Bhutte ki Kees, a delicious corn porridge that is full of nutrition and flavour. The final recipe is Indrahār by Helly, a popular snack made with five different types of lentils.	AUSTRALIA	English-100		G		
12/08/2024	500	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	RPT	G		Y
12/08/2024	530	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	RPT	PG		Y
12/08/2024	600	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 Paul and writer Hannah Diviney, have got you covered.	AUSTRALIA	English-100	RPT	G		Y
12/08/2024	630	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	RPT	PG		Y
12/08/2024	700	The Cook Up With Adam Liaw	Bring A Plate Night, The	It's easy with Easy Entertaining, because Adam's getting his guests, relationship expert Chantelle Otten and comedian Lizzy Hoo to bring a plate.	AUSTRALIA	English-100		PG		Y
12/08/2024	730	Eating Plants	New Zealand	From his ancestral Maori roots NZ actor Sonam Hoani embraces local stories of plant-based food and medicines, leaps into the stunning ravines and enjoys vegan cheese and wine platters.	AUSTRALIA	English-100		G		
12/08/2024	800	Food Rescue Kitchen	Ep 1	Naomi Toillalo is on a food rescue mission. Join her in Maketu as she challenges top chefs Kasey and Karena Bird to make a 3 course meal out of rescued food.	NEW ZEALAND	English-100		G		
12/08/2024	830	Simply Raymond Blanc	Seasons	Raymond shares his love of garden-fresh produce and explains why we should all embrace seasonality. From his Oxfordshire kitchen, he cooks pan-fried salmon with spinach and chive butter sauce.	ENGLAND	English-100		G		
12/08/2024	925	Taste The Philippines With Yasmin Newman	Longanisa Sausage Roll With John Rivera	John Rivera, Chef de partie and founder of Melbourne's Filipino ice cream chain Kariton Sorbetes, who shares his recipe for Filipino-inspired sausage rolls with banana ketchup.	AUSTRALIA	English-100		G		

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12/08/2024	1200	Food Rescue Kitchen	Ep 1	Naomi Tollalo is on a food rescue mission. Join her in Maketu as she challenges top chefs Kasey and Karena Bird to make a 3 course meal out of rescued food.	NEW ZEALAND	English-100		G		
12/08/2024	1230	Licence To Grill	Dragon Boat Races	Rob and his friends row to the finish line and celebrate the dragon boat races with a barbecue feast including amb burgers, grilled daikon salad, Thai-spiced trout, smoked duck, and grilled rice cakes.	CANADA	English-100		G		
12/08/2024	1300	Mary Makes It Easy	When You Fish Upon A Star	Mary helps you master the catch of the day with recipes focused around fish, including zesty tuna tartare and curried salmon en papillote.	CANADA	English-100		G		
12/08/2024	1330	Curtis Stone's Travel, Cook, Repeat	Victoria, Australia	Chef Curtis Stone travels back to his hometown of Melbourne in Victoria, Australia where he meets up with his brother, Luke, to meet a former Formula One engineer turned baker and attends a party thrown by his Greek mates. Back home in his kitchen, he's makings a rotisserie spiced chicken souva with pita and tzatziki and croissant and hazelnut bread pudding. Opa!	USA	English-100		PG	I	
12/08/2024	1400	India Unplated	Gujarat	Celebrate the diversity of Indian cuisine as acclaimed Indian-Australian chefs, Helly Raichura, Adam D'Sylva and Sandeep Pandit present their enticing food series, India Unplated. From the far north to the southern tip and all the regions in-between, the series highlights the complexity and diversity of Indian food from right across the subcontinent.	AUSTRALIA	English-100		G		Y
12/08/2024	1430	Eating Inn	Viceroy Part 2, The	We get blown away by how many uses the humble pumpkin can be prepared and how it transforms from the lowly vegetable we love and are so familiar with to something magical and even more delicious than ever imaginable	SINGAPORE	English-100		G		
12/08/2024	1500	Food Unwrapped	Mushrooms, Liquorice, Bean Sprouts	Kate wants to know where liquorice comes from. Shes not a fan but will she be converted once shes seen the experts in Calabria Italy turn bitter-tasting liquorice roots into sweet treats? The mushrooms available in shops come in many shapes and varieties but Jimmy wants to know what makes them grow. He finds that some of our favourite fungi dont come from woodlands or even outdoors.	UNITED KINGDOM	English-100		G		
12/08/2024	1530	River Cottage Australia	Ep 1	Fifteen years ago, Englishman Hugh Fearnley-Whittingstall embarked on an experiment in sustainability and self-sufficiency. He moved to a cottage on a small land-holding in Dorset and set about learning how to grow his own produce, raise livestock and become part of a community where sharing not only knowledge, but the fruits of farm labour were an important part of life. Now, Hugh is ready to take that experiment in downshifting and the message of sustainability Down Under. In River Cottage Australia, Hugh hands the River Cottage baton to Australian counterpart and Tasmanian chef, Paul West, who faces new challenges as he attempts to set up his own farm near the historic and picturesque village of Central Tilba on the New South Wales Far South Coast.	UNITED KINGDOM	English-100	RPT	PG		Y
12/08/2024	1630	Gino's Italian Escape	Siena	Gino travels through the spectacular landscape of Tuscany. He is eager to experience the glorious, timeless city of Siena. Gino is drawn to this unique place, especially its famous sloping Piazza del Campo and its magnificent gothic cathedral, whose beauty leaves Gino mesmerised. Siena is renowned for its 'panforte' - a rich, spiced fruit and nut cake that originated in the area during the 13th century. He is invited to taste this ancient Christmas cake and although initially apprehensive, Gino is inspired by its exciting flavour combinations. He decides to create his own chocolate version of panforte, on a terrace overlooking the striking cathedral.	UNITED KINGDOM	English-100		G		

12/08/2024	1700	Everyday Gourmet With Justine Schofield	Ep 31	Today, Justine shows you how to get crispy dumplings, shares an easy recipe for slow cooked cherry tomatoes and Darren Purchase makes a delicious dessert with pears.	AUSTRALIA	English-100		G			
12/08/2024	1730	My Market Kitchen	Ep 1	Laura kicks off the show by cooking a delicious Kids Pizza for Mike followed by traditional Anzac Biscuits with John the Fruiterers approval. To round off the show Mike changes stall-holder Joanne.	AUSTRALIA	English-100		G			
12/08/2024	1800	Patti's Mexican Table	Nectar Of The Mayan Gods, The	Pati is in the magic town of Mani to learn about something sacred to the Mayans-bees and honey. A cooperative of women who protect the endangered Melipona, a stingless bee native to Yucatan, invites her to join in a Mayan energy cleansing ritual and make sweet lime roasted chicken with broccolini.	USA	English-100		G			
12/08/2024	1830	Italian Food Safari	Ep 11	Guy hunts rabbit with chef Daniel Airo-Farula, while Maeve visits Stefano Manfredi on the Central Coast where he has planted a vegetable garden full of Italian produce ready for a classic minestrone. In Melbourne, Adelina Pulford shows Guy how to make the silkiest creamy panna cotta with prosecco, while Italian expatriate Aldo Cozzi and his coffee roaster Geroge Sabados explain the rules of enjoying good Italian coffee.	AUSTRALIA	English-100	RPT	G		Y	
12/08/2024	1900	The Cook Up With Adam Liaw	Fuss Free & Delicious	It's a night of fuss free deliciousness as Adam is joined by gluten-free guru Helen Tzouganatos and entertainer Rob Mills.	AUSTRALIA	English-100		G		Y	
12/08/2024	1930	Nigellissima	Ep 3	Nigella shares the secrets of delicious Italian-inspired food. She treats her friends to an Italian-style supper of pork loin stuffed with parma ham and oregano, served alongside her speedy mock mash and lazy person's vignarola - a recipe based on the traditional Roman spring stew of broad beans, peas and artichokes.	UNITED KINGDOM		RPT	G		Y	
12/08/2024	2000	Luke Nguyen's Vietnam	Saigon	Acclaimed Sydney chef Luke Nguyen returns to the country of his heritage to take a culinary journey through the southern regions of Vietnam. Along the way he prepares dishes in locations that represent the real Vietnam, in all its chaotic vibrancy. In the first episode, Luke explores the food and culture of Vietnam's largest city, Ho Chi Minh City.	AUSTRALIA	English-100	RPT	G		Y	Y
12/08/2024	2030	Gordon Ramsay: Uncharted	Michigan's Yooper Cuisine	Chef Ramsay travels the Upper Peninsula of Michigan, where he uncovers the culinary gems that originated from the miners. Gordon dives into Lake Superior in search of burbot amongst shipwrecks, navigates the forest to hunt woodcock, and helps a monk build a fence for his thimbleberry jam.	UNITED KINGDOM	English-100		PG	a l w	Y	
12/08/2024	2125	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 6	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y	
12/08/2024	2130	Come Dine With Me: The Professionals	Oxfordshire A	First to compete tonight are Owner Baz and his South African Head Chef Anthony from The White Hart. They are pitting their Alfresco Asardo BBQ cooking against their fellow pros.	UNITED KINGDOM	English-100		PG			
12/08/2024	2225	Destination Flavour Japan Bitesize	Hokkaido	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y	Y

12/08/2024	2230	The Cook Up With Adam Liaw	Fuss Free & Delicious	It's a night of fuss free deliciousness as Adam is joined by gluten-free guru Helen Tzouganatos and entertainer Rob Mills.	AUSTRALIA	English-100	G		Y		
12/08/2024	2300	The Cook And The Chef	An Autumn Party	Maggie introduces Simon to her outdoor wood-fired oven, and he uses it to make some pottery with a very special meal inside. Autumn is Maggie's favourite season: the best fruits are ripening, it's still warm enough to eat outside with friends, and it's a great opportunity to cook with her wood-oven.	AUSTRALIA	English-100	G				
12/08/2024	2330	Barefoot Contessa: Back To Basics	Turn Up The Volume	Ina is turning up the volume on flavour, starting with the creamy hummus she pairs with her chunky Israeli vegetable salad. Plus, her chicken marbella is a dinner party classic made over.	USA	English-100	G				
12/08/2024	2400	Licence To Grill	Dragon Boat Races	Rob and his friends row to the finish line and celebrate the dragon boat races with a barbeque feast including amb burgers, grilled daikon salad, Thai-spiced trout, smoked duck, and grilled rice cakes.	CANADA	English-100	G				
12/08/2024	2430	Nigellissima	Ep 3	Nigella shares the secrets of delicious Italian-inspired food. She treats her friends to an Italian-style supper of pork loin stuffed with parma ham and oregano, served alongside her speedy mock mash and lazy person's vignarola - a recipe based on the traditional Roman spring stew of broad beans, peas and artichokes.	UNITED KINGDOM		RPT	G		Y	
12/08/2024	2500	Luke Nguyen's Vietnam	Saigon	Acclaimed Sydney chef Luke Nguyen returns to the country of his heritage to take a culinary journey through the southern regions of Vietnam. Along the way he prepares dishes in locations that represent the real Vietnam, in all its chaotic vibrancy. In the first episode, Luke explores the food and culture of Vietnam's largest city, Ho Chi Minh City.	AUSTRALIA	English-100	RPT	G		Y	Y
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12/08/2024	2830	Licence To Grill	Dragon Boat Races	Rob and his friends row to the finish line and celebrate the dragon boat races with a barbeque feast including amb burgers, grilled daikon salad, Thai-spiced trout, smoked duck, and grilled rice cakes.	CANADA	English-100		G	
13/08/2024	500	Mary Makes It Easy	When You Fish Upon A Star	Mary helps you master the catch of the day with recipes focused around fish, including zesty tuna tartare and curried salmon en papillote.	CANADA	English-100		G	
13/08/2024	530	Curtis Stone's Travel, Cook, Repeat	Victoria, Australia	Chef Curtis Stone travels back to his hometown of Melbourne in Victoria, Australia where he meets up with his brother, Luke, to meet a former Formula One engineer turned baker and attends a party thrown by his Greek mates. Back home in his kitchen, he's makings a rotisserie spiced chicken souva with pita and tzatziki and croissant and hazelnut bread pudding. Opa!	USA	English-100		PG	I
13/08/2024	600	India Unplated	Gujarat	Celebrate the diversity of Indian cuisine as acclaimed Indian-Australian chefs, Helly Raichura, Adam D'Sylva and Sandeep Pandit present their enticing food series, India Unplated. From the far north to the southern tip and all the regions in-between, the series highlights the complexity and diversity of Indian food from right across the subcontinent.	AUSTRALIA	English-100		G	Y
13/08/2024	630	Eating Inn	Viceroy Part 2, The	We get blown away by how many uses the humble pumpkin can be prepared and how it transforms from the lowly vegetable we love and are so familiar with to something magical and even more delicious than ever imaginable	SINGAPORE	English-100		G	
13/08/2024	700	Food Unwrapped	Mushrooms, Liquorice, Bean Sprouts	Kate wants to know where liquorice comes from. Shes not a fan but will she be converted once shes seen the experts in Calabria Italy turn bitter-tasting liquorice roots into sweet treats? The mushrooms available in shops come in many shapes and varieties but Jimmy wants to know what makes them grow. He finds that some of our favourite fungi dont come from woodlands or even outdoors.	UNITED KINGDOM	English-100		G	
13/08/2024	730	River Cottage Australia	Ep 1	Fifteen years ago, Englishman Hugh Fearnley-Whittingstall embarked on an experiment in sustainability and self-sufficiency. He moved to a cottage on a small land-holding in Dorset and set about learning how to grow his own produce, raise livestock and become part of a community where sharing not only knowledge, but the fruits of farm labour were an important part of life. Now, Hugh is ready to take that experiment in downshifting and the message of sustainability Down Under. In River Cottage Australia, Hugh hands the River Cottage baton to Australian counterpart and Tasmanian chef, Paul West, who faces new challenges as he attempts to set up his own farm near the historic and picturesque village of Central Tilba on the New South Wales Far South Coast.	UNITED KINGDOM	English-100	RPT	PG	Y
13/08/2024	830	Gino's Italian Escape	Siena	Gino travels through the spectacular landscape of Tuscany. He is eager to experience the glorious, timeless city of Siena. Gino is drawn to this unique place, especially its famous sloping Piazza del Campo and its magnificent gothic cathedral, whose beauty leaves Gino mesmerised. Siena is renowned for its 'panforte' - a rich, spiced fruit and nut cake that originated in the area during the 13th century. He is invited to taste this ancient Christmas cake and although initially apprehensive, Gino is inspired by its exciting flavour combinations. He decides to create his own chocolate version of panforte, on a terrace overlooking the striking cathedral.	UNITED KINGDOM	English-100		G	
13/08/2024	900	Everyday Gourmet With Justine Schofield	Ep 31	Today, Justine shows you how to get crispy dumplings, shares an easy recipe for slow cooked cherry tomatoes and Darren Purchase makes a delicious dessert with pears.	AUSTRALIA	English-100		G	
13/08/2024	930	My Market Kitchen	Ep 1	Laura kicks off the show by cooking a delicious Kids Pizza for Mike followed by traditional Anzac Biscuits with John the Fruiterers approval. To round off the show Mike changes stall-holder Joanne.	AUSTRALIA	English-100		G	
13/08/2024	1000	Patti's Mexican Table	Nectar Of The Mayan Gods, The	Pati is in the magic town of Mani to learn about something sacred to the Mayans-bees and honey. A cooperative of women who protect the endangered Melipona, a stingless bee native to Yucatan, invites her to join in a Mayan energy cleansing ritual and make sweet lime roasted chicken with broccolini.	USA	English-100		G	

13/08/2024	1030	Italian Food Safari	Ep 11	Guy hunts rabbit with chef Daniel Airo-Farula, while Maeve visits Stefano Manfredi on the Central Coast where he has planted a vegetable garden full of Italian produce ready for a classic minestrone. In Melbourne, Adelina Pulford shows Guy how to make the silkiest creamy panna cotta with prosecco, while Italian expatriate Aldo Cozzi and his coffee roaster Geroge Sabados explain the rules of enjoying good Italian coffee.	AUSTRALIA	English-100	RPT	G		Y	
13/08/2024	1100	The Cook Up With Adam Liaw	Fuss Free & Delicious	It's a night of fuss free deliciousness as Adam is joined by gluten-free guru Helen Tzouganatos and entertainer Rob Mills.	AUSTRALIA	English-100		G		Y	
13/08/2024	1130	Nigellissima	Ep 3	Nigella shares the secrets of delicious Italian-inspired food. She treats her friends to an Italian-style supper of pork loin stuffed with parma ham and oregano, served alongside her speedy mock mash and lazy person's vignarola - a recipe based on the traditional Roman spring stew of broad beans, peas and artichokes.	UNITED KINGDOM		RPT	G		Y	
13/08/2024	1200	Luke Nguyen's Vietnam	Saigon	Acclaimed Sydney chef Luke Nguyen returns to the country of his heritage to take a culinary journey through the southern regions of Vietnam. Along the way he prepares dishes in locations that represent the real Vietnam, in all its chaotic vibrancy. In the first episode, Luke explores the food and culture of Vietnam's largest city, Ho Chi Minh City.	AUSTRALIA	English-100	RPT	G		Y	Y
13/08/2024	1230	Licence To Grill	Fight Night	The heavyweight title is on the line and Rob and his friends are getting ready to rumble with strawberry jalapeno ribs, smoked turkey quesadillas, grilled chicken wings, grilled corn wheels, and sauces that are bound to knock you out!	CANADA	English-100		G			
13/08/2024	1300	Mary Makes It Easy	Steakhouse Sides	Mary prepares indulgent side dishes that stand out next to a steak, like shrimp scampi stuffed potato, or stuffed mushrooms two ways.	CANADA	English-100		G			
13/08/2024	1330	Curtis Stone's Travel, Cook, Repeat	Big Island, Hawaii, USA	Chef Curtis Stone has flown over the Big Island of Hawaii countless times on his way to Australia. This time he lands to go fishing with a competitive spearfisher before visiting with his brother who raises Berkshire pigs. The brothers invite them to a backyard feast where he meets their award-winning poke-making uncle. Back home in his kitchen, he's making Tinono-style grilled pork ribeyes and rainbow Hawaiian-style poke rice bowls.	USA	English-100		PG	a w		
13/08/2024	1400	India Unplated	Assam	In this episode, we visit the north-east of India. The cuisine from this region has influences from its neighbouring countries of Nepal, Burma and China. The program includes Adam's duck and bamboo shoot curry as bamboo shoots are used abundantly in this region. Then it's a delicious teatime snack by Helly called Kardoi, that is served with the famous Assamese tea, and finally Boot Baja (mixed stir fry lentils) with Aloo pitika by Sandeep.	AUSTRALIA	English-100		G		Y	
13/08/2024	1430	Eating Inn	Black Tap	Black Tap is a true enigma. A New York born and bred concept its not only known for its seriously frivolous crazy shake deserts, its also renowned for its range of craft beers and burgers.	SINGAPORE	English-100		PG			
13/08/2024	1500	Food Unwrapped	Rock, Black Pudding, Watermelons	One of Jimmy's old favourites is black pudding. He learns about the amazing properties of blood and discovers how it's becoming trendy in gastronomy. Could desserts like pavlova be made from no-egg blood meringues? Meanwhile, Kate investigates how it's possible to grow juicy watermelons in one of the driest parts of Europe. She visits an enormous city of greenhouses in the Andalusian dessert where millions of melons are grown.	UNITED KINGDOM	English-100		PG		Y	
13/08/2024	1530	River Cottage Australia	Ep 2	With Hugh back in the UK, Paul finds himself alone at River Cottage Australia - but not for long. He's about to welcome a new best friend to the farm, Digger the Border Collie pup. With his new mate nipping at his heels, Paul sets about getting his winter vegetable crop fed, and that involves an organic fertiliser recipe that makes use of some of the farm's most unwanted products. It's Festival time in the local village of Central Tilba, and Paul's keen to make an impression with his cooking skills. But will his home-made relish cut it with the locals? Further afield with the help of local hunters, Paul discovers how a notorious pest can be turned into a delicious meal, and he welcomes his first dairy cow to River Cottage. But will he ever learn how to milk it?	UNITED KINGDOM	English-100	RPT	PG	a w	Y	

13/08/2024	1630	Gino's Italian Escape	Bologna	Gino D'Acampo's final leg of his Italian escape takes place in the fascinating city of Bologna - the city seen as Italy's gastronomic capital. Gino is always on the lookout for incredible dishes, so he can't come to the city of Bologna without investigating its world-famous sauce - Bolognese. He makes his way to an unassuming trattoria to find a formidable Italian chef, who has been honing her Bolognese sauce recipe for almost thirty years. After Gino devours her stunning sauce mixed with hand-made tagliatelle, he heads up to the rooftops of Bologna to get cooking. With the splendid towers of the city as a backdrop, Gino makes his grandfather's recipe of tagliatelle alla Bolognese, and lets us into some of the D'Acampo family's secret sauce tips.	UNITED KINGDOM	English-100		G	
13/08/2024	1700	Everyday Gourmet With Justine Schofield	Ep 32	Justine makes her Japanese chicken salad; Greek chef Kathy Tsaples shares her recipe for a sweet sesame treat and Joshua Niland serves up burrata cheese with raw savoy cabbage and balsamic.	AUSTRALIA	English-100		G	
13/08/2024	1730	My Market Kitchen	Ep 2	Third-generation farmer Catherine Velisha joins Mike in the market kitchen as he prepares a healthy pearl couscous salad for her. Next Mike explains the history behind his old-school cottage pie dish.	AUSTRALIA	English-100		G	
13/08/2024	1800	Patti's Mexican Table	Guayabera World	In Tekit, or The Capital of the Guayabera, Pati encounters a tale of sons going against their father's wishes to follow their own path. Pati meets Eliodoro Xicum, a farmer's son who went against his father to build a family business making the iconic Guayabera shirts. Then she meets his son, Elio, who chose to become a chef and created a dish that resembles a Guayabera in honor of his father.	USA	English-100		PG	Y
13/08/2024	1830	Italian Food Safari	Ep 12	Maeve joins Claude Basile for black ink pasta, and restaurateur Beppi Polese shows how his famous baccala mantecato is made. In Melbourne, specialist butcher Roger Ongarat explains what makes pork and fennel sausages such a favourite in Italian households. Chef Alessandro Pavoni demonstrates how to make the perfect risotto, and rising star Vanessa Martin shows Maeve how easy and delicious crostoli are to make.	AUSTRALIA	English-100	RPT	G	Y
13/08/2024	1900	The Cook Up With Adam Liaw	Quick Chicken	Quick chicken's the answer to all your dinner dramas tonight, as Adam is joined by journalist Ray Martin and chef Kane Pollard.	AUSTRALIA	English-100		PG	Y
13/08/2024	1930	Prue Leith's Cotswold Kitchen	Laura Jackson	Prue Leith is joined in her Cotswold Kitchen by broadcaster Laura Jackson, who reveals her family's favourite dish. Plus a handy hack to stop your sugar going hard.	UNITED KINGDOM	English-100		PG	
13/08/2024	2030	James Martin's French Adventure	Bresse	James heads to Bresse, home to one of France's most famous ingredients: the Bresse chicken. After a trip to Louhans market, James cooks a sumptuous Chicken Blanquette.	UNITED KINGDOM	English-100		PG	a w
13/08/2024	2130	Come Dine With Me: The Professionals	Middlesbrough B	In Middlesbrough, steak and seafood restaurant Lost Property kick start the competition with head chef Joe and manager Maria whipping up some serious surf and turf sharing boards.	UNITED KINGDOM	English-100		PG	
13/08/2024	2225	Destination Flavour Japan Bitesize	Tohoku	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y
13/08/2024	2230	The Cook Up With Adam Liaw	Quick Chicken	Quick chicken's the answer to all your dinner dramas tonight, as Adam is joined by journalist Ray Martin and chef Kane Pollard.	AUSTRALIA	English-100		PG	Y
13/08/2024	2300	The Cook And The Chef	Autumn Fruit And Nuts	Its Autumn and the new seasons array of Fruit and Nuts sees Maggie and Simon whip up a collection of captivating flavours. For Maggie, Autumn means Vintage in the Barossa. She visits a winery where everything is done using time honoured methods and uses the by-product of the winemaking process to put a new spin on the good old Sausage.	AUSTRALIA	English-100		G	

13/08/2024	2330	Barefoot Contessa: Back To Basics	Thanksgiving New Ideas	Ina is giving traditional Thanksgiving dinner dishes a modern twist. To start, it's out with the big bird and in with Tuscan turkey roulade, which is easy to make and carve. For side dishes, Ina is preparing chipotle smashed sweet potatoes and one-pan roasted vegetables. Finally, her dazzling holiday dessert is pumpkin flan with maple caramel.	USA	English-100		G	
13/08/2024	2400	Licence To Grill	Fight Night	The heavyweight title is on the line and Rob and his friends are getting ready to rumble with strawberry jalapeno ribs, smoked turkey quesadillas, grilled chicken wings, grilled corn wheels, and sauces that are bound to knock you out!	CANADA	English-100		G	
13/08/2024	2430	Prue Leith's Cotswold Kitchen	Laura Jackson	Prue Leith is joined in her Cotswold Kitchen by broadcaster Laura Jackson, who reveals her family's favourite dish. Plus a handy hack to stop your sugar going hard.	UNITED KINGDOM	English-100		PG	
13/08/2024	2530	James Martin's French Adventure	Bresse	James heads to Bresse, home to one of France's most famous ingredients: the Bresse chicken. After a trip to Louhans market, James cooks a sumptuous Chicken Blanquette.	UNITED KINGDOM	English-100		PG	a w
13/08/2024	2625	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
13/08/2024	2630	Come Dine With Me: The Professionals	Middlesbrough B	In Middlesbrough, steak and seafood restaurant Lost Property kick start the competition with head chef Joe and manager Maria whipping up some serious surf and turf sharing boards.	UNITED KINGDOM	English-100		PG	
13/08/2024	2725	Destination Flavour Japan Bitesize	Tohoku	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y
13/08/2024	2730	The Cook And The Chef	Autumn Fruit And Nuts	Its Autumn and the new seasons array of Fruit and Nuts sees Maggie and Simon whip up a collection of captivating flavours. For Maggie, Autumn means Vintage in the Barossa. She visits a winery where everything is done using time honoured methods and uses the by-product of the winemaking process to put a new spin on the good old Sausage.	AUSTRALIA	English-100		G	
13/08/2024	2800	Barefoot Contessa: Back To Basics	Thanksgiving New Ideas	Ina is giving traditional Thanksgiving dinner dishes a modern twist. To start, it's out with the big bird and in with Tuscan turkey roulade, which is easy to make and carve. For side dishes, Ina is preparing chipotle smashed sweet potatoes and one-pan roasted vegetables. Finally, her dazzling holiday dessert is pumpkin flan with maple caramel.	USA	English-100		G	
13/08/2024	2830	Licence To Grill	Fight Night	The heavyweight title is on the line and Rob and his friends are getting ready to rumble with strawberry jalapeno ribs, smoked turkey quesadillas, grilled chicken wings, grilled corn wheels, and sauces that are bound to knock you out!	CANADA	English-100		G	
14/08/2024	500	Mary Makes It Easy	Steakhouse Sides	Mary prepares indulgent side dishes that stand out next to a steak, like shrimp scampi stuffed potato, or stuffed mushrooms two ways.	CANADA	English-100		G	
14/08/2024	530	Curtis Stone's Travel, Cook, Repeat	Big Island, Hawaii, USA	Chef Curtis Stone has flown over the Big Island of Hawaii countless times on his way to Australia. This time he lands to go fishing with a competitive spearfisher before visiting with his brother who raises Berkshire pigs. The brothers invite them to a backyard feast where he meets their award-winning poke-making uncle. Back home in his kitchen, he's making Tinono-style grilled pork ribeyes and rainbow Hawaiian-style poke rice bowls.	USA	English-100		PG	a w

14/08/2024	600	India Unplated	Assam	In this episode, we visit the north-east of India. The cuisine from this region has influences from its neighbouring countries of Nepal, Burma and China. The program includes Adam's duck and bamboo shoot curry as bamboo shoots are used abundantly in this region. Then it's a delicious teatime snack by Helly called Kardol, that is served with the famous Assamese tea, and finally Boot Baja (mixed stir fry lentils) with Aloo pitika by Sandeep.	AUSTRALIA	English-100	G			Y
14/08/2024	630	Eating Inn	Black Tap	Black Tap is a true enigma. A New York born and bred concept its not only known for its seriously frivolous crazy shake deserts, its also renowned for its range of craft beers and burgers.	SINGAPORE	English-100	PG			
14/08/2024	700	Food Unwrapped	Rock, Black Pudding, Watermelons	One of Jimmy's old favourites is black pudding. He learns about the amazing properties of blood and discovers how it's becoming trendy in gastronomy. Could desserts like pavlova be made from no-egg blood meringues? Meanwhile, Kate investigates how it's possible to grow juicy watermelons in one of the driest parts of Europe. She visits an enormous city of greenhouses in the Andalusian desert where millions of melons are grown.	UNITED KINGDOM	English-100	PG			Y
14/08/2024	730	River Cottage Australia	Ep 2	With Hugh back in the UK, Paul finds himself alone at River Cottage Australia - but not for long. He's about to welcome a new best friend to the farm, Digger the Border Collie pup. With his new mate nipping at his heels, Paul sets about getting his winter vegetable crop fed, and that involves an organic fertiliser recipe that makes use of some of the farm's most unwanted products. It's Festival time in the local village of Central Tilba, and Paul's keen to make an impression with his cooking skills. But will his home-made relish cut it with the locals? Further afield with the help of local hunters, Paul discovers how a notorious pest can be turned into a delicious meal, and he welcomes his first dairy cow to River Cottage. But will he ever learn how to milk it?	UNITED KINGDOM	English-100	RPT	PG	a w	Y
14/08/2024	830	Gino's Italian Escape	Bologna	Gino U'Acampo's final leg of his Italian escape takes place in the rascinating city of Bologna - the city seen as Italy's gastronomic capital. Gino is always on the lookout for incredible dishes, so he can't come to the city of Bologna without investigating its world-famous sauce - Bolognese. He makes his way to an unassuming trattoria to find a formidable Italian chef, who has been honing her Bolognese sauce recipe for almost thirty years. After Gino devours her stunning sauce mixed with hand-made tagliatelle, he heads up to the rooftop of Bologna to get cooking. With the splendid towers of the city as a backdrop,	UNITED KINGDOM	English-100	G			
14/08/2024	900	Everyday Gourmet With Justine Schofield	Ep 32	Justine makes her Japanese chicken salad; Greek chef Kathy Tsaples shares her recipe for a sweet sesame treat and Joshua Niland serves up burrata cheese with raw savoy cabbage and balsamic.	AUSTRALIA	English-100	G			
14/08/2024	930	My Market Kitchen	Ep 2	Third-generation farmer Catherine Velisha joins Mike in the market kitchen as he prepares a healthy pearl couscous salad for her. Next Mike explains the history behind his old-school cottage pie dish.	AUSTRALIA	English-100	G			
14/08/2024	1000	Patti's Mexican Table	Guayabera World	In Tekit, or The Capital of the Guayabera, Pati encounters a tale of sons going against their father's wishes to follow their own path. Pati meets Eliodoro Xicum, a farmer's son who went against his father to build a family business making the iconic Guayabera shirts. Then she meets his son, Elio, who chose to become a chef and created a dish that resembles a Guayabera in honor of his father.	USA	English-100	PG			Y
14/08/2024	1030	Italian Food Safari	Ep 12	Maeve joins Claude Basile for black ink pasta, and restaurateur Beppi Polese shows how his famous baccala mantecato is made. In Melbourne, specialist butcher Roger Ongarat explains what makes pork and fennel sausages such a favourite in Italian households. Chef Alessandro Pavoni demonstrates how to make the perfect risotto, and rising star Vanessa Martin shows Maeve how easy and delicious crostoli are to make.	AUSTRALIA	English-100	RPT	G		Y
14/08/2024	1100	The Cook Up With Adam Liaw	Quick Chicken	Quick chicken's the answer to all your dinner dramas tonight, as Adam is joined by journalist Ray Martin and chef Kane Pollard.	AUSTRALIA	English-100	PG			Y
14/08/2024	1130	Prue Leith's Cotswold Kitchen	Laura Jackson	Prue Leith is joined in her Cotswold Kitchen by broadcaster Laura Jackson, who reveals her family's favourite dish. Plus a handy hack to stop your sugar going hard.	UNITED KINGDOM	English-100	PG			
14/08/2024	1230	Licence To Grill	Cd Release Party	Rob celebrates his friends first CD release with a superstar BBQ including smoked turkey breast with a spicy apricot glaze, grilled onions, sesame soy glazed back cod, grilled bok choy and a grilled antipasto salad.	CANADA	English-100	PG			

14/08/2024	1300	Mary Makes It Easy	Sneak Attack	Give yourself a nutritional sneak attack with Mary's recipes that cram in the good stuff without skimping on flavour.	CANADA	English-100	G			Y
14/08/2024	1330	Curtis Stone's Travel, Cook, Repeat	Central Coast, California, USA	Chef Curtis Stone travels to the Central Coast of California to explore wine country where he visits a goat creamery and oyster farm. He whips up a smoked salmon omelet with goat cheese, beet relish and craveable Pacific Oysters Kilpatrick.	USA	English-100	PG			
14/08/2024	1400	India Unplated	Bengal	West Bengal is known for its delicious desserts and seafood and Bengali cuisine prides itself on its flavours and regional produce. Fish and rice are staples and no Bengali meal is complete without a traditional fish curry and in this episode, Sandeep prepares a prawn curry called chingri malai. This curry brings together the classic prawns and coconut cream but with an Indian twist of mustard oil and spices. We also have Helly's kosha mangsho, a traditional slow cooked goat curry that is served with lentils and rice and is made on special occasions. The episode ends with Adam's take on the traditional Bengali Fish Curry that is tangy and loaded with flavours.	AUSTRALIA	English-100	G			Y
14/08/2024	1430	Bizarre Foods: Delicious Destinations	Hamptons, The	Andrew dives into the seafood masterworks of the Hamptons. From delectable surf and turf to buttery lobster rolls, clam chowder to smoked bluefish pate, the Hamptons' dinner scene is sizzling.	USA	English-100	RPT	PG	a w	
14/08/2024	1500	Food Unwrapped	Salt, Jellied Eels, Tonic Water	Most people want to eat less salt, but how does a person make something low-salt? Jimmy finds out how some food producers are using seaweed to reduce their salt content. Nationwide sales of that traditional East London favourite, jellied eels, are booming. Meanwhile, Kate learns about the extraordinary journey that eels make across the Atlantic Ocean to end up in our rivers before being jellied. And Matt puts on his lab coat to find out why tonic water glows under ultraviolet light. What gives a gin and tonic its bizarre luminescence?	UNITED KINGDOM	English-100	PG	a w		Y
14/08/2024	1530	River Cottage Australia	Ep 3	With his cows, chooks and veges thriving, Paul decides it's time to explore the nearby coastline and discovers an abundant source of seafood delicacies. He meets a local lobster expert, and together they catch a crayfish brunch. Paul introduces him to a deliciously different way of eating them. Back on the farm, Paul's busy building a pig pen, before taking delivery of a small herd that will hopefully one day feed him. Before that, he prepares a pork dish using one of the tastiest and most under-used parts of the animal. Then, it's off to the local harvest festival bake-off. With the help of a country cooking champion, Paul enters his pumpkin scones into the hard-fought contest. But will his entries rise to the occasion?	UNITED KINGDOM	English-100	RPT	PG	a	Y
14/08/2024	1630	Gino's Italian Escape	Northern Sardinia	Having made Sardinia his home from home for the past three years, Gino is keen to explore this beautiful island through its food, people and unique landscape. He learns about the national iconic dish, roasted suckling pig, and hosts a traditional Italian festa for his closest island friends. Then he sets off across the North of the island, and visits Alghero, a medieval walled town on the North West coast. Influenced by the Spanish, he experiences its architecture and of course, the food. He ends his visit by catching a boat to a cave network 20 minutes across the bay for a truly spectacular end to his first few days exploring this island.	UNITED KINGDOM	English-100	PG	a w		
14/08/2024	1700	Everyday Gourmet With Justine Schofield	Ep 33	Laura Cassai visits the Everyday Gourmet kitchen to show you how to make an easy dish with wholemeal pasta, Kirsten Tibballs shares her recipe for a delicious strawberry jam and Justine whips up some refreshing peach, apple and mint balls.	AUSTRALIA	English-100	PG			
14/08/2024	1730	My Market Kitchen	Ep 3	Wine expert Adam Walls pairs wines with Laura's Mediterranean roast lamb. Mike then takes us back to England with his traditional swiss roll, wrapping up the show with his 20-minute mango sorbet.	AUSTRALIA	English-100	G			
14/08/2024	1800	Patti's Mexican Table	Flavours Of Merida	Pati explores the vibrant streets of Yucatan's capital, Merida, in search of its flavours. She tries the best tacos in Merida at Wayne. The aroma of freshly made cookies lures her to Donde Fabric, where their globitos and bizcochitos are an important part of Mérida's mornings.	USA	English-100	PG			Y

14/08/2024	1830	Italian Food Safari	Ep 13	Guy learns how buffalo mozzarella is made and finds the secret of its taste and texture. He then shares his recipe for Caprese salad with mozzarella, tomatoes, and basil. Suckling lamb is a dish of celebration in Italy, and restaurateur Robert Marchetti shows how it's prepared. Next, a Calabrese lunch hosted by Perth butcher Vince Garreffa, with a delicious veal shoulder on the spit, served with homemade pasta.	AUSTRALIA	English-100	RPT	G		Y
14/08/2024	1900	The Cook Up With Adam Liaw	Winter Salad	Salads when its cold outside?! Chef Wesley Cooper Jones, fitness guru Michelle Bridges and Adam will show you how to score some wins with winter salad.	AUSTRALIA	English-100		G		Y
14/08/2024	1930	Marcus Wareing: Simply Provence	Tomatoes	When you think of French food, certain things spring to mind: wine, cheese, frogs legs. But often its a super simple ingredient that is at the centre of great food in Provence. Whether you consider it a fruit or a vegetable, there's no denying that here, the tomato is king.	UNITED KINGDOM			G		Y
14/08/2024	2000	Sachie's Kitchen	Taranaki	Sachie spends the day at the internationally famous Roebuck Farm, where she is put to work on the farm while learning about its sustainable practices. They finish the day cooking some of the farm's lamb in their immaculate farm kitchen.	NEW ZEALAND	English-100		PG	a w	
14/08/2024	2030	Hugh's Three Good Things	Beef	It's the final day of meat week and some might argue we've saved the best till last: beef! Guest chef Lisa Allen of Northcote Manor is showing her Michelin starred skills by not even cooking her beef!	UNITED KINGDOM	English-100		G		
14/08/2024	2100	Masters Of Taste With Gary Mehigan	Olive, Beer & Agnolotti	Gary lands up in Olive, the restaurant that started it all in Bandra, and meets AD Singh and chef Rishim to taste their signature dish. He then heads to Mumbai's hottest brewery, and samples their variety of brews!	INDIA			G		
14/08/2024	2130	Come Dine With Me: The Professionals	Exeter A	Today's Come Dine With Me Professionals heads to Devon and first up are Step Mum and Stepson Zoe and Don from Honky Tonk who offer up their unique brand of wine and dine.	UNITED KINGDOM	English-100		PG	I	
14/08/2024	2225	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
14/08/2024	2230	The Cook Up With Adam Liaw	Winter Salad	Salads when its cold outside?! Chef Wesley Cooper Jones, fitness guru Michelle Bridges and Adam will show you how to score some wins with winter salad.	AUSTRALIA	English-100		G		Y
14/08/2024	2300	The Cook And The Chef	Autumn Fruit And Veg	Simon takes some new seasons vegetables and shows us how to pickle ginger and daikon while Maggie uses ginger to make an eggplant salad. After travelling to Port Lincoln to jump into a Tuna pen to 'swim with the fishes', Simon brings back some blue fin tuna. He uses it to create sushi, while Maggie fuses it with the flavours of persimmon and fennel.	AUSTRALIA	English-100		PG		
14/08/2024	2330	Barefoot Contessa: Back To Basics	Spicy	Some like it hot, so Ina serves up some of her favourite spicy dishes. She starts with a lamb and chickpea curry made with a fragrant mix of spices, and her lobster corn fritters are paired with creamy sriracha sauce. Ina also makes sweet potato empanadas with chipotle chilli for kick, and her sauteed shishito peppers are both fiery and fast.	USA	English-100		G		
14/08/2024	2400	Licence To Grill	Cd Release Party	Rob celebrates his friends first CD release with a superstar BBQ including smoked turkey breast with a spicy apricot glaze, grilled onions, sesame soy glazed back cod, grilled bok choy and a grilled antipasto salad.	CANADA	English-100		PG		
14/08/2024	2430	Marcus Wareing: Simply Provence	Tomatoes	When you think of French food, certain things spring to mind: wine, cheese, frogs legs. But often its a super simple ingredient that is at the centre of great food in Provence. Whether you consider it a fruit or a vegetable, there's no denying that here, the tomato is king.	UNITED KINGDOM			G		Y

14/08/2024	2500	Sachie's Kitchen	Taranaki	Sachie spends the day at the internationally famous Roebuck Farm, where she is put to work on the farm while learning about its sustainable practices. They finish the day cooking some of the farm's lamb in their immaculate farm kitchen.	NEW ZEALAND	English-100		PG	a w		
14/08/2024	2530	Hugh's Three Good Things	Beef	It's the final day of meat week and some might argue we've saved the best till last: beef! Guest chef Lisa Allen of Northcote Manor is showing her Michelin starred skills by not even cooking her beef!	UNITED KINGDOM	English-100		G			
14/08/2024	2600	Masters Of Taste With Gary Mehigan	Olive, Beer & Agnolotti	Gary lands up in Olive, the restaurant that started it all in Bandra, and meets AD Singh and chef Rishim to taste their signature dish. He then heads to Mumbai's hottest brewery, and samples their variety of brews!	INDIA			G			
14/08/2024	2630	Come Dine With Me: The Professionals	Exeter A	Today's Come Dine With Me Professionals heads to Devon and first up are Step Mum and Stepson Zoe and Don from Honky Tonk who offer up their unique brand of wine and dine.	UNITED KINGDOM	English-100		PG	I		
14/08/2024	2725	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
14/08/2024	2730	The Cook And The Chef	Autumn Fruit And Veg	Simon takes some new seasons vegetables and shows us how to pickle ginger and daikon while Maggie uses ginger to make an eggplant salad. After travelling to Port Lincoln to jump into a Tuna pen to 'swim with the fishes', Simon brings back some blue fin tuna. He uses it to create sushi, while Maggie fuses it with the flavours of persimmon and fennel.	AUSTRALIA	English-100		PG			
14/08/2024	2800	Barefoot Contessa: Back To Basics	Spicy	Some like it hot, so Ina serves up some of her favourite spicy dishes. She starts with a lamb and chickpea curry made with a fragrant mix of spices, and her lobster corn fritters are paired with creamy sriracha sauce. Ina also makes sweet potato empanadas with chipotle chilli for kick, and her sauteed shishito peppers are both fiery and fast.	USA	English-100		G			
14/08/2024	2830	Licence To Grill	Cd Release Party	Rob celebrates his friends first CD release with a superstar BBQ including smoked turkey breast with a spicy apricot glaze, grilled onions, sesame soy glazed back cod, grilled bok choy and a grilled antipasto salad.	CANADA	English-100		PG			
15/08/2024	500	Mary Makes It Easy	Sneak Attack	Give yourself a nutritional sneak attack with Mary's recipes that cram in the good stuff without skimping on flavour.	CANADA	English-100		G			Y
15/08/2024	530	Curtis Stone's Travel, Cook, Repeat	Central Coast, California, USA	Chef Curtis Stone travels to the Central Coast of California to explore wine country where he visits a goat creamery and oyster farm. He whips up a smoked salmon omelet with goat cheese, beet relish and craveable Pacific Oysters Kilpatrick.	USA	English-100		PG			
15/08/2024	600	India Unplated	Bengal	West Bengal is known for its delicious desserts and seafood and Bengali cuisine prides itself on its flavours and regional produce. Fish and rice are staples and no Bengali meal is complete without a traditional fish curry and in this episode, Sandeep prepares a prawn curry called chingri malai. This curry brings together the classic prawns and coconut cream but with an Indian twist of mustard oil and spices. We also have Helly's kosha mangsho, a traditional slow cooked goat curry that is served with lentils and rice and is made on special occasions. The episode ends with Adam's take on the traditional	AUSTRALIA	English-100		G		Y	
15/08/2024	630	Bizarre Foods: Delicious Destinations	Hamptons, The	Andrew dives into the seafood masterworks of the Hamptons. From delectable surf and turf to buttery lobster rolls, clam chowder to smoked bluefish pate, the Hamptons' dinner scene is sizzling.	USA	English-100	RPT	PG	a w		
15/08/2024	700	Food Unwrapped	Salt, Jellied Eels, Tonic Water	Most people want to eat less salt, but how does a person make something low-salt? Jimmy finds out how some food producers are using seaweed to reduce their salt content. Nationwide sales of that traditional East London favourite, jellied eels, are booming. Meanwhile, Kate learns about the extraordinary journey that eels make across the Atlantic Ocean to end up in our rivers before being jellied. And Matt puts on his lab coat to find out why tonic water glows under ultraviolet light. What gives a gin and tonic its bizarre luminescence?	UNITED KINGDOM	English-100		PG	a w		Y

15/08/2024	730	River Cottage Australia	Ep 3	With his cows, chooks and veges thriving, Paul decides it's time to explore the nearby coastline and discovers an abundant source of seafood delicacies. He meets a local lobster expert, and together they catch a crayfish brunch. Paul introduces him to a deliciously different way of eating them. Back on the farm, Paul's busy building a pig pen, before taking delivery of a small herd that will hopefully one day feed him. Before that, he prepares a pork dish using one of the tastiest and most under-used parts of the animal. Then, it's off to the local harvest festival bake-off. With the help of a country cooking champion, Paul enters his pumpkin scones into the hard-fought contest. But will his entries rise to the occasion?	UNITED KINGDOM	English-100	RPT	PG	a	Y
15/08/2024	830	Gino's Italian Escape	Northern Sardinia	Having made Sardinia his home from home for the past three years, Gino is keen to explore this beautiful island through its food, people and unique landscape. He learns about the national iconic dish, roasted suckling pig, and hosts a traditional Italian festa for his closest island friends. Then he sets off across the North of the island, and visits Alghero, a medieval walled town on the North West coast. Influenced by the Spanish, he experiences its architecture and of course, the food. He ends his visit by catching a boat to a cave network 20 minutes across the bay for a truly spectacular end to his first few days exploring this island.	UNITED KINGDOM	English-100		PG	a w	
15/08/2024	900	Everyday Gourmet With Justine Schofield	Ep 33	Laura Cassai visits the Everyday Gourmet kitchen to show you how to make an easy dish with wholemeal pasta, Kirsten Tibballs shares her recipe for a delicious strawberry jam and Justine whips up some refreshing peach, apple and mint balls.	AUSTRALIA	English-100		PG		
15/08/2024	930	My Market Kitchen	Ep 3	Wine expert Adam Walls pairs wines with Laura's Mediterranean roast lamb. Mike then takes us back to England with his traditional swiss roll, wrapping up the show with his 20-minute mango sorbet.	AUSTRALIA	English-100		G		
15/08/2024	1000	Patti's Mexican Table	Flavours Of Merida	Pati explores the vibrant streets of Yucatan's capital, Merida, in search of its flavours. She tries the best tacos in Merida at Wayane. The aroma of freshly made cookies lures her to Donde Fabric, where their globitos and bizcochitos are an important part of Merida's mornings.	USA	English-100		PG		Y
15/08/2024	1030	Italian Food Safari	Ep 13	Guy learns how buffalo mozzarella is made and finds the secret of its taste and texture. He then shares his recipe for Caprese salad with mozzarella, tomatoes, and basil. Suckling lamb is a dish of celebration in Italy, and restaurateur Robert Marchetti shows how it's prepared. Next, a Calabrese lunch hosted by Perth butcher Vince Garreffa, with a delicious veal shoulder on the spit, served with homemade pasta.	AUSTRALIA	English-100	RPT	G		Y
15/08/2024	1100	The Cook Up With Adam Liaw	Winter Salad	Salads when it's cold outside?! Chef Wesley Cooper Jones, fitness guru Michelle Bridges and Adam will show you how to score some wins with winter salad.	AUSTRALIA	English-100		G		Y
15/08/2024	1130	Marcus Wareing: Simply Provence	Tomatoes	When you think of French food, certain things spring to mind: wine, cheese, frogs legs. But often it's a super simple ingredient that is at the centre of great food in Provence. Whether you consider it a fruit or a vegetable, there's no denying that here, the tomato is king.	UNITED KINGDOM			G		Y
15/08/2024	1200	Sachie's Kitchen	Taranaki	Sachie spends the day at the internationally famous Roebuck Farm, where she is put to work on the farm while learning about its sustainable practices. They finish the day cooking some of the farm's lamb in their immaculate farm kitchen.	NEW ZEALAND	English-100		PG	a w	
15/08/2024	1230	Licence To Grill	Doc's Celebration	Rob's friend has graduated from medical school and Rob throws a celebration BBQ in her honour. They feast on smoked lemon and herb leg of lamb, roasted carrot soup, smoked pork bell, and a light pasta salad.	CANADA	English-100		G		
15/08/2024	1300	Mary Makes It Easy	Doughn't Go Bakin' My Heart	Mary's straightforward bread recipes are all you knead: biscuits, buns, thick focaccia pizza, and a classic loaf.	CANADA	English-100		G		
15/08/2024	1330	Curtis Stone's Travel, Cook, Repeat	Margaret River, Australia	Chef Curtis Stone visits a cattle ranch in Margaret River, Australia and catches marron with Chef Tony Howell before being challenged by his son to a motorbike race.	USA	English-100		PG	a w	

15/08/2024	1400	India Unplated	Kerala	Known for its scenic backwaters and rich heritage, cuisine from Kerala is the perfect example of coastal cuisine highlighting the produce from this region. Adam kicks things off with the famous winter ishtu (stew), made with coconut milk. The best way to eat the stew is with appam, a traditional bread from Kerala and Sandeep shares his favourite appam, made with rice and coconut milk that can be eaten at breakfast with chutney or with your favourite curry. Helly prepares Kadala curry, a traditional vegetarian dish full of coastal flavours using curry leaves and native ingredients.	AUSTRALIA	English-100		G		Y
15/08/2024	1430	Bizarre Foods: Delicious Destinations	Queens	Andrew visits NYC specifically to scope out Queens' multicultural gastronomy. From hand-ripped noodles to spicy Thai stir-fries, grilled Greek octopus to icons like pastrami on rye, Queens is an abundance of edible diversity.	USA	English-100	RPT	G		Y
15/08/2024	1500	Food Unwrapped	Onions, Steak, Stuffed Olives	Matt wants to know how it's possible for British onions to be sold in supermarkets all year long. The answer lies not only in our soil but in a disused aircraft hangar. Is pricey aged steak worth the wait? Jimmy visits a top butcher to find out how aged beef is produced and whether it's possible to age steaks at home. And Kate is intrigued about what goes into a stuffed olive.	UNITED KINGDOM	English-100		G		Y
15/08/2024	1530	River Cottage Australia	Ep 4	With a malfunctioning water tank and no dams to rely on, Paul is suddenly faced with a farmer's worst fear: a critical shortage of water. His cows, pigs and veggies all depend on a steady supply, so Paul enlists the help of a local farmer to see if they can tap on old spring on the property. Meanwhile, as Paul settles into his new rural community, he discovers one of the joys of country life - the local food swap. Armed with seafood he's foraged nearby, Paul scores a boxful of unusual fruits, vegetables and wild game, which he uses to create a hearty winter meal.	UNITED KINGDOM	English-100	RPT	PG	a	Y
15/08/2024	1630	Gino's Italian Escape	Secrets Of Sardinia	Gino leaves the coast behind and heads deep into the mountains, to unlock the secrets to Sardinia. The island is home to more 100 year olds than any other, and it's all down to its landscape and diet. He visits the town of Orgosolo, made famous by the abundance of murals on the walls, depicting its proud history. Gino whips up a hearty rustic pasta dish, using traditional but simple ingredients, and serves it to his new found friends.	UNITED KINGDOM	English-100		G		
15/08/2024	1700	Everyday Gourmet With Justine Schofield	Ep 34	On today's show, Justine makes a delicious ginger prawn and snow pea stir-fry and an amazing ricotta cheesecake. Guest chef, Philippa Sibley drops by to share her recipe for a carrot and chervil soup.	AUSTRALIA	English-100		G		
15/08/2024	1730	My Market Kitchen	Ep 4	Laura starts the show with her \$20 meal challenge, preparing spaghetti bolognese. Mike follows with his delicious salmon en papillote and is then joined by author and stylist Jacob Leung, who makes his 'cheffy' version of bread-and-butter pudding: white chocolate and raspberry croissant pudding.	AUSTRALIA	English-100		G		
15/08/2024	1800	Patti's Mexican Table	Family Affair, A	Pati visits Chef Wilson Alonzo in his hometown of Halacho to prepare a traditional Cochinita Pibil in an underground pit. They begin at the local market to source ingredients. Then Pati helps Wilson prepare the achote marinade, along with his grandmother who taught him traditional cooking and isn't shy to correct him. The final product is a meal that captures Yucatán's history in every bite.	USA	English-100		G		Y
15/08/2024	1830	Food Safari Fire	Cooking With Fire	Food Safari returns in a blaze of glory to explore how diverse cultures across the world cook with fire. Hosted by Maeve O'Meara, Food Safari Fire is an inspired ten-part series that is a feast for the senses and a must-see for barbecue-lovers, devotees of the wood-fired oven, spit roasters, smokers and those keen to learn new techniques from the gurus of the flame. Each episode follows a different cooking style and reveals secrets for preparing food for the fire.	AUSTRALIA	English-100	RPT	G		Y
15/08/2024	1900	The Cook Up With Adam Liaw	Slam Dunk Dumplings	Tonight, you'll be rapt as Adam, chef Hamish Ingham and musician Elly-May Barnes make slam dunk dumplings.	AUSTRALIA	English-100		PG		Y
15/08/2024	1930	Ainsley's Fantastic Flavours	North Africa	Today's culinary journey takes Ainsley to North Africa, where he is inspired by the memory of bustling souks and spices that awaken the senses. His first dish is a classic-lamb, orange, and prune tagine.	UNITED KINGDOM	English-100		PG		

15/08/2024	2030	Guillaume's French Atlantic	Episode 4	Join Chef Guillaume Brahimi on this captivating maritime journey, immersing yourself in the profound Celtic heritage and extraordinary seafood of Brittany, as he continues to uncover the region's culinary treasures and cultural wonders.	AUSTRALIA	English-70; French-30		G		Y	Y
15/08/2024	2100	Duff: Ace Of Taste	Sunset Hike	Being outside in the late afternoon with Johnna is exactly what Duff loves to do, so their sunset hike has become something of a tradition. To prepare, Duff bakes up a satisfying picnic lunch with homemade pretzels and cheese fondue.	USA	English-100		G			
15/08/2024	2130	Come Dine With Me: The Professionals	Essex A	Starting tonight's competition is chef and owner Billy and his manager Sam, who are confident their original vegan BBQ menu will bag them the grand. Chef Jim and his partner Samantha from rival vegan restaurant The Oak Tree are relishing the prospect of an all plant based competition.	UNITED KINGDOM	English-100		PG			
15/08/2024	2225	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
15/08/2024	2230	The Cook Up With Adam Liaw	Slam Dunk Dumplings	Tonight, you'll be rapt as Adam, chef Hamish Ingham and musician Elly-May Barnes make slam dunk dumplings.	AUSTRALIA	English-100		PG		Y	
15/08/2024	2300	The Cook And The Chef	Favourite Things	Maggie takes us crabbing with her grandchildren and shows us from sea to pot why these blue crabs are a favourite. Simon's favourite is chilli which he sources with the help of two Malaysian chefs and combines with crabs in a Tom Yum. Maggie and Simon then reveal their favourite food and beverage combinations.	AUSTRALIA	English-100		G			
15/08/2024	2330	Barefoot Contessa: Back To Basics	Make Ahead Entertaining	Ina is entertaining, and she's taking the pressure off with all make-ahead dishes. She starts with two easy appetisers - mustard and gruyere batons and warm dates with blue cheese and prosciutto. Her main course is Moroccan lamb tagine with steamed couscous, and she whips up a decadent chocolate cake for dessert. Ina also shakes up a classic cocktail with the Dukes Cosmopolitan.	USA	English-100		G			
15/08/2024	2400	Licence To Grill	Doc's Celebration	Rob's friend has graduated from medical school and Rob throws a celebration BBQ in her honour. They feast on smoked lemon and herb leg of lamb, roasted carrot soup, smoked pork bell, and a light pasta salad.	CANADA	English-100		G			
15/08/2024	2430	Ainsley's Fantastic Flavours	North Africa	Today's culinary journey takes Ainsley to North Africa, where he is inspired by the memory of bustling souks and spices that awaken the senses. His first dish is a classic-lamb, orange, and prune tagine.	UNITED KINGDOM	English-100		PG			
15/08/2024	2530	Guillaume's French Atlantic	Episode 4	Join Chef Guillaume Brahimi on this captivating maritime journey, immersing yourself in the profound Celtic heritage and extraordinary seafood of Brittany, as he continues to uncover the region's culinary treasures and cultural wonders.	AUSTRALIA	English-70; French-30		G		Y	Y
15/08/2024	2600	Duff: Ace Of Taste	Sunset Hike	Being outside in the late afternoon with Johnna is exactly what Duff loves to do, so their sunset hike has become something of a tradition. To prepare, Duff bakes up a satisfying picnic lunch with homemade pretzels and cheese fondue.	USA	English-100		G			
15/08/2024	2630	Come Dine With Me: The Professionals	Essex A	Starting tonight's competition is chef and owner Billy and his manager Sam, who are confident their original vegan BBQ menu will bag them the grand. Chef Jim and his partner Samantha from rival vegan restaurant The Oak Tree are relishing the prospect of an all plant based competition.	UNITED KINGDOM	English-100		PG			

15/08/2024	2725	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
15/08/2024	2730	The Cook And The Chef	Favourite Things	Maggie takes us crabbing with her grandchildren and shows us from sea to pot why these blue crabs are a favourite. Simon's favourite is chilli which he sources with the help of two Malaysian chefs and combines with crabs in a Tom Yum. Maggie and Simon then reveal their favourite food and beverage combinations.	AUSTRALIA	English-100		G			
15/08/2024	2800	Barefoot Contessa: Back To Basics	Make Ahead Entertaining	Ina is entertaining, and she's taking the pressure off with all make-ahead dishes. She starts with two easy appetisers - mustard and gruyere batons and warm dates with blue cheese and prosciutto. Her main course is Moroccan lamb tagine with steamed couscous, and she whips up a decadent chocolate cake for dessert. Ina also shakes up a classic cocktail with the Dukes Cosmopolitan.	USA	English-100		G			
15/08/2024	2830	Licence To Grill	Doc's Celebration	Rob's friend has graduated from medical school and Rob throws a celebration BBQ in her honour. They feast on smoked lemon and herb leg of lamb, roasted carrot soup, smoked pork bell, and a light pasta salad.	CANADA	English-100		G			
16/08/2024	500	Mary Makes It Easy	Doughn't Go Bakin' My Heart	Mary's straightforward bread recipes are all you knead: biscuits, buns, thick focaccia pizza, and a classic loaf.	CANADA	English-100		G			
16/08/2024	530	Curtis Stone's Travel, Cook, Repeat	Margaret River, Australia	Chef Curtis Stone visits a cattle ranch in Margaret River, Australia and catches marron with Chef Tony Howell before being challenged by his son to a motorbike race.	USA	English-100		PG	a w		
16/08/2024	600	India Unplated	Kerala	Known for its scenic backwaters and rich heritage, cuisine from Kerala is the perfect example of coastal cuisine highlighting the produce from this region. Adam kicks things off with the famous winter ishtu (stew), made with coconut milk. The best way to eat the stew is with appam, a traditional bread from Kerala and Sandeep shares his favourite appam, made with rice and coconut milk that can be eaten at breakfast with chutney or with your favourite curry. Helly prepares Kadala curry, a traditional vegetarian dish full of coastal flavours using curry leaves and native ingredients.	AUSTRALIA	English-100		G		Y	
16/08/2024	630	Bizarre Foods: Delicious Destinations	Queens	Andrew visits NYC specifically to scope out Queens' multicultural gastronomy. From hand-ripped noodles to spicy Thai stir-fries, grilled Greek octopus to icons like pastrami on rye, Queens is an abundance of edible diversity.	USA	English-100	RPT	G			Y
16/08/2024	700	Food Unwrapped	Onions, Steak, Stuffed Olives	Matt wants to know how it's possible for British onions to be sold in supermarkets all year long. The answer lies not only in our soil but in a disused aircraft hangar. Is pricey aged steak worth the wait? Jimmy visits a top butcher to find out how aged beef is produced and whether it's possible to age steaks at home. And Kate is intrigued about what goes into a stuffed olive.	UNITED KINGDOM	English-100		G			Y
16/08/2024	730	River Cottage Australia	Ep 4	With a malfunctioning water tank and no dams to rely on, Paul is suddenly faced with a farmer's worst fear: a critical shortage of water. His cows, pigs and veggies all depend on a steady supply, so Paul enlists the help of a local farmer to see if they can tap on old spring on the property. Meanwhile, as Paul settles into his new rural community, he discovers one of the joys of country life - the local food swap. Armed with seafood he's foraged nearby, Paul scores a boxful of unusual fruits, vegetables and wild game, which he uses to create a hearty winter meal.	UNITED KINGDOM	English-100	RPT	PG	a	Y	
16/08/2024	830	Gino's Italian Escape	Secrets Of Sardinia	Gino leaves the coast behind and heads deep into the mountains, to unlock the secrets to Sardinia. The island is home to more 100 year olds than any other, and it's all down to its landscape and diet. He visits the town of Orgosolo, made famous by the abundance of murals on the walls, depicting its proud history. Gino whips up a hearty rustic pasta dish, using traditional but simple ingredients, and serves it to his new found friends.	UNITED KINGDOM	English-100		G			

16/08/2024	900	Everyday Gourmet With Justine Schofield	Ep 34	On today's show, Justine makes a delicious ginger prawn and snow pea stir-fry and an amazing ricotta cheesecake. Guest chef, Philippa Sibley drops by to share her recipe for a carrot and chervil soup.	AUSTRALIA	English-100		G	
16/08/2024	930	My Market Kitchen	Ep 4	Laura starts the show with her \$20 meal challenge, preparing Spaghetti Bolognese. Mike follows with his delicious Salmon En Papillote and is then joined by author and stylist Jacob Leung, who makes his 'cheffy' version of Bread-and-Butter Pudding: White Chocolate & Raspberry Croissant Pudding.	AUSTRALIA	English-100		G	
16/08/2024	1000	Patti's Mexican Table	Family Affair, A	Pati visits Chef Wilson Alonzo in his hometown of Halacho to prepare a traditional Cochinita Pibil in an underground pit. They begin at the local market to source ingredients. Then Pati helps Wilson prepare the achiote marinade, along with his grandmother who taught him traditional cooking and isn't shy to correct him. The final product is a meal that captures Yucatán's history in every bite.	USA	English-100		G	Y
16/08/2024	1030	Food Safari Fire	Cooking With Fire	Food Safari returns in a blaze of glory to explore how diverse cultures across the world cook with fire. Hosted by Maeve O'Meara, Food Safari Fire is an inspired ten-part series that is a feast for the senses and a must-see for barbecue-lovers, devotees of the wood-fired oven, spit roasters, smokers and those keen to learn new techniques from the gurus of the flame. Each episode follows a different cooking style and reveals secrets for preparing food for the fire.	AUSTRALIA	English-100	RPT	G	Y
16/08/2024	1100	The Cook Up With Adam Liaw	Slam Dunk Dumplings	Tonight, you'll be rapt as Adam, chef Hamish Ingham and musician Elly-May Barnes make slam dunk dumplings.	AUSTRALIA	English-100		PG	Y
16/08/2024	1130	Ainsley's Fantastic Flavours	North Africa	Today's culinary journey takes Ainsley to North Africa, where he is inspired by the memory of bustling souks and spices that awaken the senses. His first dish is a classic-lamb, orange, and prune tagine.	UNITED KINGDOM	English-100		PG	
16/08/2024	1230	Licence To Grill	Greek Feast	It's all Greek at Robby's when he grills up smoked dill and shallot trout, leg of lamb, port marinated fig, stuffed peppers and lemon anchovy flavoured potatoes.	CANADA	English-100		G	
16/08/2024	1300	Mary Makes It Easy	Whatever Ails Ya	Mary showcases her go-to recipes for when you're not feeling 100 percent, from tummy-to heart-aches, or whatever else ails ya.	CANADA	English-100		PG	
16/08/2024	1330	Curtis Stone's Travel, Cook, Repeat	Lombardy, Italy	Chef Curtis Stone travels to Lombardy with longtime mate, Richie, where they toss pizza dough and visit a cheese cave. Back home in his kitchen, he makes a simple pizza using salumi from his Hollywood butcher shop.	USA	English-100		G	
16/08/2024	1400	India Unplated	Kashmir	In this episode, we visit the beautiful Kashmir valley also proudly known as 'heaven on earth' in India. Not only is the place beautiful and scenic, its cuisine is distinct thanks to its topography and full of flavour. Rice and meat are staples along with vegetarian dishes made to cater to the cold climate of this region.	AUSTRALIA	English-100		G	Y
16/08/2024	1430	Bizarre Foods: Delicious Destinations	Chicago: A Second Bite	Andrew takes a bite of Chicago's humble, hearty, and world-renowned food scene. From juicy rib tips to zesty Polish sausages to experimental and edible works of art, Chicago's eats stay true to its roots.	USA	English-100	RPT	G	
16/08/2024	1500	Food Unwrapped	Stout, Watercress, Mustard	Jimmy wants to know what gives stout its smooth texture. In Dublin he learns that the key ingredient is nitrogen. But how does a gas make something creamy? Kates on the trail of the ultimate superfood. Everyone wants to make healthy choices but when it comes to fruit and vegetables do we really know what the pick of the bunch is? One of these nutritional stars is watercress.	UNITED KINGDOM	English-100		G	

16/08/2024	1530	River Cottage Australia	Ep 5	Paul's dream is to one day make River Cottage Australia self-sufficient, and he's well on the way. With his own herbs, vegetables, eggs and cream from Bessie the cow, he whips up his first ever 'all from the farm' meal. But not all is going so well. Flies are a constant issue, especially in Paul's country kitchen. She meets a local sustainable farmer who introduces him to an ingenious all-natural solution. Down by the coast, it's Oyster Festival time. Paul tries his hand at the oyster shucking contest and then creates a traditional coastal favourite, a delicious oyster pie.	UNITED KINGDOM	English-100	RPT	PG		Y	
16/08/2024	1630	Gino's Italian Escape	Southern Sardinia	Gino is back on the road again, leaving the mountains and heading south to the coast and the capital of Sardinia. On his way he takes a fishing trip and learns how fishing in the deep blue waters runs a close run, second to farming on this island. He then visits the bustling capital city of Cagliari, where he is introduced to the unique textures that the locals use to enhance their fish dishes. After a whistle stop shop at Europe's largest covered market, he makes his way to the magical ancient site of Nora, where he cooks a succulent tuna dish, as the sun sets over the ruins.	UNITED KINGDOM	English-100		PG	a w		
16/08/2024	1700	Everyday Gourmet With Justine Schofield	Ep 35	Justine shows you how to steam up some delicious dishes and makes a lentil borek. Trish McKenzie drops by to make her easy chocolate peanut butter cheesecake in a glass.	AUSTRALIA	English-100		G			
16/08/2024	1730	My Market Kitchen	Ep 5	In today's Market Kitchen, Mike helps Laura make grilled chicken with flat bread, an ideal entertaining dish. Laura then prepares scrumptious chocolate chunk cookies.	AUSTRALIA	English-100		G			
16/08/2024	1800	Patti's Mexican Table	Ode To The Egg	Pati arrives in Motul, a town in the history books for Yucatan's once thriving henequen industry and for the egg dish Huevos Motulenos. Pati meets Dona Evelia, who put Motul back on the map with her world-famous recipe. She also experiences the legacy of henequen at Hacienda Tamchen and encounters another egg dish in the kitchen, where chef Julio Dominguez makes Abuela's Buttoned Eggs.	USA	English-100		G		Y	
16/08/2024	1830	Food Safari Fire	Street Food	This episode explores the best char-grilled street food from around the world including Greek pork souvlaki, Abruzzese arrosticini, Malaysian satay, Vietnamese beef in betel leaves and Mexican fish tacos. Maeve meets Thomas Deliopoulos who runs Kalimera Souvlaki Art in the Melbourne suburb of Oakleigh, which has many Greek restaurants and shops. For Italians, especially those from the region of Abruzzo, char-grilling meat on a stick means arrosticini and Tony Nicoloni explains more about this simple but delicious afternoon snack.	AUSTRALIA	English-100	RPT	G		Y	
16/08/2024	1900	The Cook Up With Adam Liaw	Supper Club, The	It's Easy Entertaining with cosy but expertly curated food, as Adam starts a supper club with his guests, Wok Boi Aldwin Hidajat and The Lucky Dragon Supper Clubs Stephanie Feher.	AUSTRALIA	English-100		G		Y	
16/08/2024	1930	Hidden Restaurants With Michel Roux Jr	North East	Michel visits beach shacks, tree houses and an urban farm for inspiration for a three course menu for dinner at his own summer-long hidden restaurant, the Oast House.	UNITED KINGDOM			PG			
16/08/2024	2030	Eat Me: Or Try Not To	Impact, The	Food brands have travelled around the world for as long as humans have. But they don't just visit. They stick around and change the place. And once that food is adopted, it becomes part of local culture and tradition.	CANADA	English-100		G			
16/08/2024	2130	Come Dine With Me: The Professionals	Edinburgh A	The competition has headed to Edinburgh where first to host are front of house Matthew and chef Yaw from Bundits. They are hoping to impress their guests Buumba and Mario of Riverlife and Frazer and Jon of Piper's Rest with a variety of colourful Asian street food.	UNITED KINGDOM	English-100		PG			
16/08/2024	2225	Destination Flavour Japan Bitesize	Tokyo Part 1	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

16/08/2024	2230	The Cook Up With Adam Liaw	Supper Club, The	It's Easy Entertaining with cosy but expertly curated food, as Adam starts a supper club with his guests, Wok Boi Aldwin Hidajat and The Lucky Dragon Supper Clubs Stephanie Feher.	AUSTRALIA	English-100		G		Y
16/08/2024	2300	The Cook And The Chef	Rubbish Fish	Cape Jervis fisherman, Alan Robertson supplies our Cook and Chef with Gummy shark and Eagle Ray, the catch you might have once thrown back, and Maggie and Simon show us why these cheaper fillets are worth a second look. Maggie then takes on a bigger challenge as she tries to convince Simon that Carp, a fish still fighting for a wider market, makes a great feed.	AUSTRALIA	English-100		PG	a w	
16/08/2024	2330	Barefoot Contessa: Back To Basics	Holiday Brunch	Ina Garten is sharing recipes and pro tips for putting together a gorgeous seasonal brunch. She starts with shakshuka with feta, the perfect way to serve eggs to a crowd, and bakes a batch of make-ahead morning glory muffins. Smoked salmon tartines with gravlax sauce turn the volume up on a brunch staple, and Ina shares her secrets to the perfect fresh fruit platter before toasting the holidays with a spicy Bloody Mary.	USA	English-100		G		
16/08/2024	2400	Licence To Grill	Greek Feast	It's all Greek at Robby's when he grills up smoked dill and shallot trout, leg of lamb, port marinated fig, stuffed peppers and lemon anchovy flavoured potatoes.	CANADA	English-100		G		
16/08/2024	2430	Hidden Restaurants With Michel Roux Jr	North East	Michel visits beach shacks, tree houses and an urban farm for inspiration for a three course menu for dinner at his own summer-long hidden restaurant, the Oast House.	UNITED KINGDOM			PG		
16/08/2024	2530	Eat Me: Or Try Not To	Impact, The	Food brands have travelled around the world for as long as humans have. But they don't just visit. They stick around and change the place. And once that food is adopted, it becomes part of local culture and tradition.	CANADA	English-100		G		
16/08/2024	2630	Come Dine With Me: The Professionals	Edinburgh A	The competition has headed to Edinburgh where first to host are front of house Matthew and chef Yaw from Bundits. They are hoping to impress their guests Buumba and Mario of Riverlife and Frazer and Jon of Piper's Rest with a variety of colourful Asian street food.	UNITED KINGDOM	English-100		PG		
16/08/2024	2725	Destination Flavour Japan Bitesize	Tokyo Part 1	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
16/08/2024	2730	The Cook And The Chef	Rubbish Fish	Cape Jervis fisherman, Alan Robertson supplies our Cook and Chef with Gummy shark and Eagle Ray, the catch you might have once thrown back, and Maggie and Simon show us why these cheaper fillets are worth a second look. Maggie then takes on a bigger challenge as she tries to convince Simon that Carp, a fish still fighting for a wider market, makes a great feed.	AUSTRALIA	English-100		PG	a w	
16/08/2024	2800	Barefoot Contessa: Back To Basics	Holiday Brunch	Ina Garten is sharing recipes and pro tips for putting together a gorgeous seasonal brunch. She starts with shakshuka with feta, the perfect way to serve eggs to a crowd, and bakes a batch of make-ahead morning glory muffins. Smoked salmon tartines with gravlax sauce turn the volume up on a brunch staple, and Ina shares her secrets to the perfect fresh fruit platter before toasting the holidays with a spicy Bloody Mary.	USA	English-100		G		
16/08/2024	2830	Licence To Grill	Greek Feast	It's all Greek at Robby's when he grills up smoked dill and shallot trout, leg of lamb, port marinated fig, stuffed peppers and lemon anchovy flavoured potatoes.	CANADA	English-100		G		
17/08/2024	500	Mary Makes It Easy	Whatever Ails Ya	Mary showcases her go-to recipes for when you're not feeling 100 percent, from tummy-to heart-aches, or whatever else ails ya.	CANADA	English-100		PG		

17/08/2024	530	Curtis Stone's Travel, Cook, Repeat	Lombardy, Italy	Chef Curtis Stone travels to Lombardy with longtime mate, Richie, where they toss pizza dough and visit a cheese cave. Back home in his kitchen, he makes a simple pizza using satumi from his Hollywood butcher shop.	USA	English-100		G	
17/08/2024	600	India Unplated	Kashmir	In this episode, we visit the beautiful Kashmir valley also proudly known as 'heaven on earth' in India. Not only is the place beautiful and scenic, its cuisine is distinct thanks to its topography and full of flavour. Rice and meat are staples along with vegetarian dishes made to cater to the cold climate of this region.	AUSTRALIA	English-100		G	Y
17/08/2024	630	Bizarre Foods: Delicious Destinations	Chicago: A Second Bite	Andrew takes a bite of Chicago's humble, hearty, and world-renowned food scene. From juicy rib tips to zesty Polish sausages to experimental and edible works of art, Chicago's eats stay true to its roots.	USA	English-100	RPT	G	
17/08/2024	700	Food Unwrapped	Stout, Watercress, Mustard	Jimmy wants to know what gives stout its smooth texture. In Dublin he learns that the key ingredient is nitrogen. But how does a gas make something creamy? Kates on the trail of the ultimate superfood. Everyone wants to make healthy choices but when it comes to fruit and vegetables do we really know what the pick of the bunch is? One of these nutritional stars is watercress.	UNITED KINGDOM	English-100		G	
17/08/2024	730	River Cottage Australia	Ep 5	Paul's dream is to one day make River Cottage Australia self-sufficient, and he's well on the way. With his own herbs, vegetables, eggs and cream from Bessie the cow, he whips up his first ever 'all from the farm' meal. But not all is going so well. Flies are a constant issue, especially in Paul's country kitchen. She meets a local sustainable farmer who introduces him to an ingenious all-natural solution. Down by the coast, it's Oyster Festival time. Paul tries his hand at the oyster shucking contest and then creates a traditional coastal favourite, a delicious oyster pie.	UNITED KINGDOM	English-100	RPT	PG	Y
17/08/2024	830	Gino's Italian Escape	Southern Sardinia	Gino is back on the road again, leaving the mountains and heading south to the coast and the capital of Sardinia. On his way he takes a fishing trip and learns how fishing in the deep blue waters runs a close run, second to farming on this island. He then visits the bustling capital city of Cagliari, where he is introduced to the unique textures that the locals use to enhance their fish dishes. After a whistle stop shop at Europe's largest covered market, he makes his way to the magical ancient site of Nora, where he cooks a succulent tuna dish, as the sun sets over the ruins.	UNITED KINGDOM	English-100		PG	a w
17/08/2024	900	Everyday Gourmet With Justine Schofield	Ep 35	Justine shows you how to steam up some delicious dishes and makes a lentil borek. Trish McKenzie drops by to make her easy chocolate peanut butter cheesecake in a glass.	AUSTRALIA	English-100		G	
17/08/2024	930	My Market Kitchen	Ep 5	In today's Market Kitchen, Mike helps Laura make grilled chicken with flat bread, an ideal entertaining dish. Laura then prepares scrumptious chocolate chunk cookies.	AUSTRALIA	English-100		G	
17/08/2024	1000	Patti's Mexican Table	Ode To The Egg	Pati arrives in Motul, a town in the history books for Yucatan's once thriving henequen industry and for the egg dish Huevos Motulenos. Pati meets Dona Evelia, who put Motul back on the map with her world-famous recipe. She also experiences the legacy of henequen at Hacienda Tamchen and encounters another egg dish in the kitchen, where chef Julio Dominguez makes Abuela's Buttoned Eggs.	USA	English-100		G	Y
17/08/2024	1030	Food Safari Fire	Street Food	This episode explores the best char-grilled street food from around the world including Greek pork souvlaki, Abruzzese arrosticini, Malaysian satay, Vietnamese beef in betel leaves and Mexican fish tacos. Maeve meets Thomas Delioopoulos who runs Kalimera Souvlaki Art in the Melbourne suburb of Oakleigh, which has many Greek restaurants and shops. For Italians, especially those from the region of Abruzzo, char-grilling meat on a stick means arrosticini and Tony Nicoloni explains more about this simple but delicious afternoon snack.	AUSTRALIA	English-100	RPT	G	Y
17/08/2024	1100	The Cook Up With Adam Liaw	Supper Club, The	It's Easy Entertaining with cosy but expertly curated food, as Adam starts a supper club with his guests, Wok Boi Aldwin Hidajat and The Lucky Dragon Supper Clubs Stephanie Feher.	AUSTRALIA	English-100		G	Y

17/08/2024	1130	Hidden Restaurants With Michel Roux Jr	North East	Michel visits beach shacks, tree houses and an urban farm for inspiration for a three course menu for dinner at his own summer-long hidden restaurant, the Oast House.	UNITED KINGDOM				PG	
17/08/2024	1230	River Cottage Australia	Ep 5	Paul's dream is to one day make River Cottage Australia self-sufficient, and he's well on the way. With his own herbs, vegetables, eggs and cream from Bessie the cow, he whips up his first ever 'all from the farm' meal. But not all is going so well. Flies are a constant issue, especially in Paul's country kitchen. She meets a local sustainable farmer who introduces him to an ingenious all-natural solution. Down by the coast, it's Oyster Festival time. Paul tries his hand at the oyster shucking contest and then creates a traditional coastal favourite, a delicious oyster pie.	UNITED KINGDOM	English-100	RPT		PG	Y
17/08/2024	1330	Everyday Gourmet With Justine Schofield	Ep 35	Justine shows you how to steam up some delicious dishes and makes a lentil borek. Trish McKenzie drops by to make her easy chocolate peanut butter cheesecake in a glass.	AUSTRALIA	English-100			G	
17/08/2024	1400	My Market Kitchen	Ep 5	In today's Market Kitchen, Mike helps Laura make grilled chicken with flat bread, an ideal entertaining dish. Laura then prepares scrumptious chocolate chunk cookies.	AUSTRALIA	English-100			G	
17/08/2024	1430	John Torode's Korean Food Tour	Harvest	Autumn brings both the rice harvest and Chuseok, Korean harvest festival, the most important festival of the year. In his Gangnam kitchen, John makes japchae - Korean glass noodles, and at his campsite base in the hills he rustles up BBQ duck wrapped in lettuce with a tangy ssamjang sauce.	UNITED KINGDOM	English-100			G	Y
17/08/2024	1525	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	
17/08/2024	1530	John Torode's Korean Food Tour	Kimchi	Kimchi is one of the world's superfoods. Every family has a recipe and no meal is eaten in Korea without kimchi. The most well-known kimchi is cabbage, but in Mangwon Market in Seoul, John visits the stalls selling hundreds of different styles of kimchi.	UNITED KINGDOM	English-100			G	
17/08/2024	1625	Destination Flavour Japan Bitesize	Tohoku	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT		G	Y
17/08/2024	1630	India Unplated	Andhara Pradesh / Telangana	This episode starts with Adam's famous Hyderabad Dum Biryani, followed by Sandeep's Pesarattu - eaten with curries and Helly's Dum Batair.	AUSTRALIA	English-100			G	Y
17/08/2024	1700	Girls Guide:Hunting Fishing Wild Cooking	Ep 3	Analise embarks on new adventures, raising two piglets for meat with her neighbour, confronting her fear of bees for a wild honey harvest, and goes on a solo fly-fishing trip for wild trout at Lake Pedder.	AUSTRALIA	English-100			PG	Y
17/08/2024	1730	Luca's Key Ingredient	Episode 7	It's a gorgonzola kind of day in the kitchen with Luca Ciano. Featuring elegant Italian dishes such as figs with gorgonzola, mini polentine and a refined gnocchi dish worthy of any restaurant.	AUSTRALIA				G	
17/08/2024	1800	David Rocco's Italia	Lost Venice	The old Venice is no more. The rising sea-level, overabundance of tourists and high cost of living has caused most of the Venetians to flee the once grand city. But for those Venetians who have stayed behind, there is now a struggle to hold on to their heritage, culture and way of life.	CANADA	English-100			PG	Y
17/08/2024	1830	Return To River Cottage	Return To River Cottage Series 1 Ep 1	It's a year since Hugh arrived at River Cottage and he's expanding his operation. He's rented the field over the river and sets off to buy some livestock.	UNITED KINGDOM	English-100			PG	a l w

17/08/2024	1900	Return To River Cottage	Return To River Cottage Series 1 Ep 2	Two of Fearnley-Whittingstall's chickens aren't acclimating to their coop, so he sells them at the annual poultry auction and buys three new birds.	UNITED KINGDOM	English-100		PG	a l n w	
17/08/2024	1930	Hairy Bikers Go West	Dumfries	For their next adventure Out West, the Hairy Bikers are back in Scotland, hoping to unearth some hidden gems amongst the wonderful food producing region of Dumfries and Galloway.	UNITED KINGDOM	English-100		PG	a w	
17/08/2024	2030	Gordon, Gino And Fred's Road Trip	Italian Job, The	Gordon Gino and Fred start their road trip in Ginos homeland of Italy, where Gino needs help to pull off an event that is close to his heart. His best friend's vow renewal ceremony is taking place in front of 50 guests, in just four days time.	UNITED KINGDOM	English-100		PG	a l n	
17/08/2024	2130	Anthony Bourdain: The Layover	Hong Kong	Tony finds himself on a layover in the fast paced, fascinating city of Hong Kong in the middle of summer. Sweltering heat, oppressive smog, and intermittent rain, add some sardonic twists to Tony's travels.	USA	English-100		PG	a w	Y
17/08/2024	2225	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		
17/08/2024	2230	Gourmet Farmer Afloat	Abandon Ship	After months at sea, the journey is nearly at an end for Matthew, Ross and Nick as they round Australia's most southerly point. At Recherche Bay they discover the remains of a 200-year-old French garden created to supply future expeditions with fresh fruit and vegetables. A final swing around Bruny Island brings them to Hobart, where they boys swap their life jackets for aprons in preparation for a formal dinner with His Excellency, The Governor of Tasmania.	AUSTRALIA	English-100	RPT	G	q	Y
17/08/2024	2330	John Torode's Korean Food Tour	Harvest	Autumn brings both the rice harvest and Chuseok, Korean harvest festival, the most important festival of the year. In his Gangnam kitchen, John makes japchae - Korean glass noodles, and at his campsite base in the hills he rustles up BBQ duck wrapped in lettuce with a tangy ssamjang sauce.	UNITED KINGDOM	English-100		G		Y
17/08/2024	2425	Destination Flavour Japan Bitesize	Tohoku	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y
17/08/2024	2430	John Torode's Korean Food Tour	Kimchi	Kimchi is one of the world's superfoods. Every family has a recipe and no meal is eaten in Korea without kimchi. The most well-known kimchi is cabbage, but in Mangwon Market in Seoul, John visits the stalls selling hundreds of different styles of kimchi.	UNITED KINGDOM	English-100		G		
17/08/2024	2525	Destination Flavour Singapore Bitesize	Hainanese Chicken	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		Y
17/08/2024	2530	India Unplated	Andhara Pradesh / Telangana	This episode starts with Adam's famous Hyderabadi Dum Biryani, followed by Sandeep's Pesarattu - eaten with curries and Helly's Dum Batair.	AUSTRALIA	English-100		G		Y
17/08/2024	2600	Girls Guide:Hunting Fishing Wild Cooking	Ep 3	Analise embarks on new adventures, raising two piglets for meat with her neighbour, confronting her fear of bees for a wild honey harvest, and goes on a solo fly-fishing trip for wild trout at Lake Pedder.	AUSTRALIA	English-100		PG		Y
17/08/2024	2630	Luca's Key Ingredient	Episode 7	It's a gorgonzola kind of day in the kitchen with Luca Ciano. Featuring elegant Italian dishes such as figs with gorgonzola, mini polentine and a refined gnocchi dish worthy of any restaurant.	AUSTRALIA			G		

17/08/2024	2700	David Rocco's Italia	Lost Venice	The old venice is no more. The rising sea-level, overabundance of tourists and high cost of living has caused most of the Venetians to flee the once grand city. But for those Venetians who have stayed behind, there is now a struggle to hold on to their heritage, culture and way of life. Featured Dishes: bigoli in anchovy sauce, cod fritters, polenta crostini	CANADA	English-100	PG		Y
17/08/2024	2730	Hairy Bikers Go West	Dumfries	For their next adventure Out West, the Hairy Bikers are back in Scotland, hoping to unearth some hidden gems amongst the wonderful food producing region of Dumfries and Galloway.	UNITED KINGDOM	English-100	PG	a w	
17/08/2024	2830	Return To River Cottage	Return To River Cottage Series 1 Ep 1	It's a year since Hugh arrived at River Cottage and he's expanding his operation. He's rented the field over the river and sets off to buy some livestock.	UNITED KINGDOM	English-100	PG	a l w	