



**WEEK 34**      **Sunday, 18 August 2024** **Saturday, 24 August 2024**      **ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Egg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
18/08/2024	500	<b>Return To River Cottage</b>	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		
18/08/2024	530	<b>India Unplated</b>	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	
18/08/2024	600	<b>Girls Guide:Hunting Fishing Wild Cooking</b>	Ep 3	Analiese embarks on new adventures, raising two piglets for meat with her neighbour, confronting her fear of bees for a wild honey harvest, and goes on a solo fly-fishing trip for wild trout at Lake Pedder.	AUSTRALIA	English-100		PG		Y	
18/08/2024	630	<b>Gourmet Farmer Afloat</b>	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	
18/08/2024	730	<b>John Torode's Korean Food Tour</b>	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
18/08/2024	825	<b>Please Eat Slowly Bitesize</b>	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			
18/08/2024	830	<b>John Torode's Korean Food Tour</b>	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			
18/08/2024	925	<b>Destination Flavour Japan Bitesize</b>	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	
18/08/2024	930	<b>David Rocco's Italia</b>	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
18/08/2024	1000	<b>Girls Guide:Hunting Fishing Wild Cooking</b>	Ep 3	Analiese embarks on new adventures, raising two piglets for meat with her neighbour, confronting her fear of bees for a wild honey harvest, and goes on a solo fly-fishing trip for wild trout at Lake Pedder.	AUSTRALIA	English-100		PG		Y	
18/08/2024	1030	<b>Luca's Key Ingredient</b>	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			

18/08/2024	1100	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	
18/08/2024	1130	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		
18/08/2024	1230	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
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18/08/2024	1400	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	RPT	G		Y
18/08/2024	1430	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	RPT	PG		Y
18/08/2024	1500	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	RPT	G		Y
18/08/2024	1530	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	RPT	PG		Y
18/08/2024	1600	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 Club's Stephanie Feher.	AUSTRALIA	English-100	G		Y	
18/08/2024	1630	Curtis Stone's Travel, Cook, Repeat	Western Australia	Chef Curtis Stone travels to remote Western Australia where he goes mud crabbing on the beach and spends a little time on a cattle ranch. Back home in his kitchen, he's grilling the perfect steak and making a crab and mango salad.	USA	English-100	PG	a w	Y	
18/08/2024	1700	Girls Guide:Hunting Fishing Wild Cooking	Ep 4	Conquering her fear of bees, Analiese gets her first beehive before heading off on an adventure of foraging, fishing and diving with best friend and famous Thai restaurateur, Palisa Anderson.	AUSTRALIA	English-100	PG	a w	Y	
18/08/2024	1730	Eating Plants	Sweden	While a lot of traditional Swedish food is heavy on meat and fish, vegans are now well catered for. Local host Cajsa Wessberg visits Stockholm's Smakamera who use rapeseed oil and pea protein as the main ingredients for delicious vegan mayonnaise and visits Hooked Foods to trial the plant-based salmon flakes.	AUSTRALIA	English-100	PG	l		
18/08/2024	1805	Food Rescue Kitchen	Ep 2	Naomi Toilalo is on a food rescue mission. Join her in Napier as she challenges NZ's Best Regional Chef Sam Clark to make a 3 course meal out of rescued food.	NEW ZEALAND	English-100	G			
18/08/2024	1830	Simply Raymond Blanc	My Favourite Brasserie Dishes	Raymond Blanc shares his archive of recipes and introduces the nation to his favourite dishes which have featured on the menus across his restaurants. He shares the secret to a sensational morteau sausage salad, to an elegant culinary centrepiece, gravadlax with cucumber, cauliflower and horseradish crème fraiche.	ENGLAND	English-100	G			

18/08/2024	1925	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
18/08/2024	1930	Be My Guest With Ina Garten	Norah Jones	Ina has loved and listened to multi-Grammy winning singer, songwriter & musician Norah Jones for years and today she is finally getting to meet her in person. Norah loves pie so Ina is welcoming her with a decadent bourbon chocolate pecan pie with a great store-bought shortcut.	USA	English-100		G		
18/08/2024	2030	Rick Stein's Cornwall	Ep 9	At Golitha Falls, where the River Fowey tumbles down to the sea, Rick meets Dawn French, Britain's queen of comedy who has made Cornwall her home. In the shadow of Devonport Dockyard, he boards the world's busiest chain ferry to cross the wide River Tamar, the ancient watery boundary between the counties of Devon and Cornwall, where he discovers an unusual event involving an elephant from the circus. And in a small pocket of the county is a man who thinks he's discovered the next superfood, which Rick uses to cook up a delicious duck dish.	UNITED KINGDOM	English-100		PG	a w	
18/08/2024	2100	Rick Stein's Cornwall	Ep 10	After a wild swim at one of Cornwall's picturesque hidden coves, Rick cooks a simple sea bass recipe, telling us all how to make the perfect homemade mayonnaise. In the far west of the county, on the Lands End peninsula, Rick introduces us to his niece, a modern artist, who explains her deep spiritual connection to Cornwall.	UNITED KINGDOM	English-100		PG	a w	
18/08/2024	2130	Anthony Bourdain: The Layover	Montreal	A layover in Montreal for Tony means calling up good local friends like Martin Picard and exploring the city's hot spots that can't be found in a guidebook. Along the way Tony sees first hand how intrinsic the local environment is to Montrealer's food and fun.	USA	English-100		PG	a l	Y
18/08/2024	2225	Please Eat Slowly Bitesize	Yee Sang	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100		G		
18/08/2024	2230	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
18/08/2024	2330	Eating Plants	Sweden	While a lot of traditional Swedish food is heavy on meat and fish, vegans are now well catered for. Local host Cajsja Wessberg visits Stockholm's Smakamera who use rapeseed oil and pea protein as the main ingredients for delicious vegan mayonnaise and visits Hooked Foods to trial the plant-based salmon flakes.	AUSTRALIA	English-100		PG	I	
18/08/2024	2405	Food Rescue Kitchen	Ep 2	Naomi Tollalo is on a food rescue mission. Join her in Napier as she challenges NZ's Best Regional Chef Sam Clark to make a 3 course meal out of rescued food.	NEW ZEALAND	English-100		G		
18/08/2024	2430	Simply Raymond Blanc	My Favourite Brasserie Dishes	Raymond Blanc shares his archive of recipes and introduces the nation to his favourite dishes which have featured on the menus across his restaurants. He shares the secret to a sensational morteau sausage salad, to an elegant culinary centrepiece, gravadlax with cucumber, cauliflower and horseradish crème fraîche.	ENGLAND	English-100		G		
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18/08/2024	2630	Rick Stein's Cornwall	Ep 9	At Golitha Falls, where the River Fowey tumbles down to the sea, Rick meets Dawn French, Britain's queen of comedy who has made Cornwall her home. In the shadow of Devonport Dockyard, he boards the world's busiest chain ferry to cross the wide River Tamar, the ancient watery boundary between the counties of Devon and Cornwall, where he discovers an unusual event involving an elephant from the circus. And in a small pocket of the county is a man who thinks he's discovered the next superfood, which Rick uses to cook up a delicious duck dish.	UNITED KINGDOM	English-100		PG	a w	

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18/08/2024	2830	<b>Curtis Stone's Travel, Cook, Repeat</b>	Western Australia	Chef Curtis Stone travels to remote Western Australia where he goes mud crabbing on the beach and spends a little time on a cattle ranch. Back home in his kitchen, he's grilling the perfect steak and making a crab and mango salad.	USA	English-100		PG	a w	Y
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19/08/2024	1230	<b>Licence To Grill</b>	Texas Hold'em Party	Rob feeds a full house of his poker buddies with smoked beef ribs, brisket, smoked trout, potato skins, grilled shrimp and a curried slaw. It's a sure bet the boys left with a full stomach!	CANADA	English-100		G	
19/08/2024	1300	<b>Mary Makes It Easy</b>	Toot, Toot, We're Going To Beantown!	When it comes to versatility, beans slap! Board the bean train with recipes like black bean brownies or linguini with white bean cream sauce.	CANADA	English-100		PG	I
19/08/2024	1330	<b>Curtis Stone's Travel, Cook, Repeat</b>	South Australia	Chef Curtis Stone travels to South Australia where he makes pheasant and marmalade with legendary cook Maggie Beer and tries his hand at sheepshearing. Back home in his kitchen, he prepares scones with verjus-soaked currants.	USA	English-100		G	
19/08/2024	1405	<b>India Unplated</b>	Punjab	Punjabi cuisine is notably one of the most popular cuisines around the world. In this episode, our hosts will introduce you to some delicious recipes starting with Dhaba style butter chicken by Adam. We then move to a popular Ma ki Dal (lentils) by Helly. Finally, Sandeep shares his recipe for a lacha paratha (bread) and carrot raita that goes perfectly with the previous dishes to make it a wholesome Indian Punjabi meal.	AUSTRALIA	English-100		G	Y
19/08/2024	1430	<b>Bizarre Foods: Delicious Destinations</b>	Door County	Andrew Zimmern scopes out the down-to-earth culinary traditions of scenic Door County, Wisconsin. Fresh fish from Lake Michigan and local produce defines the Nordic-influenced cuisine.	USA	English-100	RPT	G	
19/08/2024	1500	<b>Food Unwrapped</b>	Kids' Teeth, Red Wine, Garlic	Jimmy Doherty puts so-called healthy snacks under the spotlight as he learns the impact they can have on kids' teeth. In Romania finding out what makes cheap red wine taste so good, Kate Qulton asks the question, when it comes to price, can we really tell the difference? Meanwhile, Matt Tebbutt is on the Isle of Wight to discover why good garlic gives us bad breath.	UNITED KINGDOM	English-100		PG	
19/08/2024	1530	<b>River Cottage Australia</b>	Ep 6	River Cottage Australia land-holder Paul West is keen to restore the gully that acts as a natural watercourse on his farm but it's almost totally overgrown with blackberries. Paul learns he can hire a herd of hefty eaters to deal with the problem, but will they have the appetite for such a massive job? Meanwhile, Paul hatches a plan to create new life at River Cottage with the help of Ron, his brand new rooster. At the same time, he has a tough task to perform. Big Boy the pig is ready for the butcher, but is Paul?	UNITED KINGDOM	English-100	RPT	PG	a w Y
19/08/2024	1630	<b>Gino's Italian Escape</b>	Sicily Street Food	Gino says arrivederci to Sardinia and arrives in the capital city of Sicily - Palermo. Sicily is somewhere Gino has never visited, so this is a real journey of discovery for him. Home of the mafia, a vibrant street food culture and rich history, this portside city stops Gino in his tracks. He has an unexpected encounter at the street food market, meets the man who stood up to the mafia, and ends up wine tasting in Marsala, finishing up his day in the vineyard cooking a beautiful chicken in marsala sauce.	UNITED KINGDOM	English-100		PG	
19/08/2024	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 36	Today, Justine has two Masterchef alumni with her in the kitchen. Laura Cassai whips up Seared Tuna with Gluten Free Couscous and Sarah Todd makes an amazing Iced Nougat.	AUSTRALIA	English-100		PG	
19/08/2024	1730	<b>My Market Kitchen</b>	Ep 6	Laura is joined by new market café owners Sal & Sam, who taste test her delicious Tagliatelle Verdi. Mike then cooks his favourite Cranberry Rice Pilaf, closing the show with his unique Sticky Lamb Ribs recipe.	AUSTRALIA	English-100		G	
19/08/2024	1800	<b>Patti's Mexican Table</b>	Yucatan Meats	Temozóon is the birthplace of Yucatan's signature smoked meat Carne Ahumada and everyone in town claims to have a relative who invented it. Pati strolls around town to try different versions of Carne Ahumada. She also returns to Hacienda Tamchen for another traditional dish prepared by chef Julio Dominguez called Huidzi Bii Wai, which means united tortilla.	USA	English-100		G	Y

19/08/2024	1830	Food Safari Fire	Woodfired Oven, The	Food Safari Fire host Maeve O'Meara explores the versatility and culinary delights of the Wood fired oven. One of the all-time classic dishes of the wood fired oven is the original Neapolitan Pizza. Melbourne pizzaiolo Johnny di Francesco hit the world stage winning the best pizza in the world in 2014 among 600 competitors. Johnny shares his recipe and techniques for a classic Neapolitan Pizza. Maeve visits Adelaide-base chef Salvatore Pepe who burns olive wood in his oven for a marvellous Calabrese baked goat with eggplant. Then Maeve meets with baker Joost Hilkemeyer who opened Berry Woodfired Sourdough Bakery on the NSW south coast.	AUSTRALIA	English-100	RPT	G		Y
19/08/2024	1900	The Cook Up With Adam Liaw	Perfect Potatoes	No spud's a dud as Adam and his guests, Alone contestant Tamika Simpson and chef Jean Paul El Tom make perfect potatoes.	AUSTRALIA	English-100		G		Y
19/08/2024	1930	Nigellissima	Ep 4	Nigella shares her culinary talent as she presents delicious Italian-inspired food. In this episode, Nigella reveals a secret passion for one of the tastes of Italy with her dark and deviant liquorice pudding, before introducing us to the joys of fregola - the Sardinian sun-dried and toasted couscous - in a light, tomato-hued recipe of couscous with clams.	UNITED KINGDOM		RPT	G		Y
19/08/2024	2000	Luke Nguyen's Vietnam	Outskirts Of Ho Chi Minh City	Tonight, acclaimed Sydney chef Luke Nguyen spends time cooking with his extended family in Ho Chi Minh City. In a tiny local café he creates a popular chargrilled pork dish. In the house that his father grew up in he whips up a favourite salad, as his grandmother looks on. Luke then visits his auntie's corn business and prepares her special sweet corn pudding.	AUSTRALIA	English-100	RPT	G	Y	Y
19/08/2024	2030	Gordon Ramsay: Uncharted	Finland's Midnight Sun	Chef Ramsay explores the land of the midnight sun and the sprawling wetlands of Lapland in Northern Finland, at the height of summer to learn its culinary secrets. He plays swamp football, navigates fierce rapids in a raft, fishes for white fish and cooks in a sauna.	UNITED KINGDOM	English-100		PG	a l	
19/08/2024	2130	Come Dine With Me UK	Bristol: Ellie	Solicitor Ellie is hoping her mysterious plant-based menu will wow her guests and win her the money! But will her guests embrace her adventurous menu or is serving stinging nettle soup and fake raw eggs a step too far?	UNITED KINGDOM	English-100		PG	a	
19/08/2024	2200	Come Dine With Me UK	Bristol: George	Music lover George is hoping a night of fun filled festivities can bag him the bucks. His festival vibes and culinary creations will certainly be a night to remember.	UNITED KINGDOM	English-100		PG	a d	
19/08/2024	2230	The Cook Up With Adam Liaw	Perfect Potatoes	No spud's a dud as Adam and his guests, Alone contestant Tamika Simpson and chef Jean Paul El Tom make perfect potatoes.	AUSTRALIA	English-100		G		Y
19/08/2024	2300	The Cook And The Chef	Oils Aint Oils	As an oil producer Maggie has control over her favourite product from the farm to the table and you won't be able to resist her infectious delight as she samples the first of her new season's Oil. For Simon, oils, lots of them and lots of different types, keep his kitchens running.	AUSTRALIA	English-100		G		
19/08/2024	2330	Barefoot Contessa: Back To Basics	Pork	Ina is sharing new ways to cook with pork - and she's putting bacon, sausage, kielbasa and tenderloins in the spotlight. She begins by making sausage and mushroom strudels for appetisers and follows them with hearty lentil and kielbasa salad. Baked farro and butternut squash works as a main dish or side with Ina's quick herbed pork tenderloins.	USA	English-100		G		
19/08/2024	2400	Licence To Grill	Texas Hold'em Party	Rob feeds a full house of his poker buddies with smoked beef ribs, brisket, smoked trout, potato skins, grilled shrimp and a curried slaw. It's a sure bet the boys left with a full stomach!	CANADA	English-100		G		
19/08/2024	2430	Nigellissima	Ep 4	Nigella shares her culinary talent as she presents delicious Italian-inspired food. In this episode, Nigella reveals a secret passion for one of the tastes of Italy with her dark and deviant liquorice pudding, before introducing us to the joys of fregola - the Sardinian sun-dried and toasted couscous - in a light, tomato-hued recipe of couscous with clams.	UNITED KINGDOM		RPT	G		Y
19/08/2024	2500	Luke Nguyen's Vietnam	Outskirts Of Ho Chi Minh City	Tonight, acclaimed Sydney chef Luke Nguyen spends time cooking with his extended family in Ho Chi Minh City. In a tiny local café he creates a popular chargrilled pork dish. In the house that his father grew up in he whips up a favourite salad, as his grandmother looks on. Luke then visits his auntie's corn business and prepares her special sweet corn pudding.	AUSTRALIA	English-100	RPT	G	Y	Y

19/08/2024	2530	<b>Gordon Ramsay: Uncharted</b>	Finland's Midnight Sun	Chef Ramsay explores the land of the midnight sun and the sprawling wetlands of Lapland in Northern Finland, at the height of summer to learn its culinary secrets. He plays swamp football, navigates fierce rapids in a raft, fishes for white fish and cooks in a sauna.	UNITED KINGDOM	English-100	PG	a l		
19/08/2024	2630	<b>Come Dine With Me UK</b>	Bristol: Ellie	Solicitor Ellie is hoping her mysterious plant-based menu will wow her guests and win her the money! But will her guests embrace her adventurous menu or is serving stinging nettle soup and fake raw eggs a step too far?	UNITED KINGDOM	English-100	PG	a		
19/08/2024	2700	<b>Come Dine With Me UK</b>	Bristol: George	Music lover George is hoping a night of fun filled festivities can bag him the bucks. His festival vibes and culinary creations will certainly be a night to remember.	UNITED KINGDOM	English-100	PG	a d		
19/08/2024	2730	<b>Patti's Mexican Table</b>	Yucatan Meats	Temozóon is the birthplace of Yucatan's signature smoked meat Carne Ahumada and everyone in town claims to have a relative who invented it. Pati strolls around town to try different versions of Carne Ahumada. She also returns to Hacienda Tamchen for another traditional dish prepared by chef Julio Dominguez called Huidzi Bii Wai, which means united tortilla.	USA	English-100	G		Y	
19/08/2024	2800	<b>Food Safari Fire</b>	Woodfired Oven, The	Food Safari Fire host Maeve O'Meara explores the versatility and culinary delights of the Wood fired oven. One of the all-time classic dishes of the wood fired oven is the original Neapolitan Pizza. Melbourne pizzaiolo Johnny di Francesco hit the world stage winning the best pizza in the world in 2014 among 600 competitors. Johnny shares his recipe and techniques for a classic Neapolitan Pizza. Maeve visits Adelaide-base chef Salvatore Pepe who burns olive wood in his oven for a marvellous Calabrese baked goat with eggplant. Then Maeve meets with baker Joost Hilkemeyer who opened <i>River Woodfired Sourdough Bakery on the NSW south coast</i>	AUSTRALIA	English-100	RPT	G	Y	
19/08/2024	2830	<b>Everyday Gourmet With Justine Schofield</b>	Ep 36	Today, Justine has two Masterchef alumni with her in the kitchen. Laura Cassai whips up Seared Tuna with Gluten Free Couscous and Sarah Todd makes an amazing Iced Nougat.	AUSTRALIA	English-100	PG			
20/08/2024	500	<b>Mary Makes It Easy</b>	Toot, Toot, We're Going To Beantown!	When it comes to versatility, beans slap! Board the bean train with recipes like black bean brownies or linguini with white bean cream sauce.	CANADA	English-100	PG	l		
20/08/2024	530	<b>Curtis Stone's Travel, Cook, Repeat</b>	South Australia	Chef Curtis Stone travels to South Australia where he makes pheasant and marmalade with legendary cook Maggie Beer and tries his hand at sheepshearing. Back home in his kitchen, he prepares scones with verjus-soaked currants.	USA	English-100	G			
20/08/2024	605	<b>India Unplated</b>	Punjab	Punjabi cuisine is notably one of the most popular cuisines around the world. In this episode, our hosts will introduce you to some delicious recipes starting with Dhaba style butter chicken by Adam. We then move to a popular Ma ki Dal (lentils) by Helly. Finally, Sandeep shares his recipe for a lacha paratha (bread) and carrot raita that goes perfectly with the previous dishes to make it a wholesome Indian Punjabi meal.	AUSTRALIA	English-100	G		Y	
20/08/2024	630	<b>Bizarre Foods: Delicious Destinations</b>	Door County	Andrew Zimmern scopes out the down-to-earth culinary traditions of scenic Door County, Wisconsin. Fresh fish from Lake Michigan and local produce defines the Nordic-influenced cuisine.	USA	English-100	RPT	G		
20/08/2024	700	<b>Food Unwrapped</b>	Kids' Teeth, Red Wine, Garlic	Jimmy Doherty puts so-called healthy snacks under the spotlight as he learns the impact they can have on kids' teeth. In Romania finding out what makes cheap red wine taste so good, Kate Qulton asks the question, when it comes to price, can we really tell the difference? Meanwhile, Matt Tebbutt is on the Isle of Wight to discover why good garlic gives us bad breath.	UNITED KINGDOM	English-100	PG			
20/08/2024	730	<b>River Cottage Australia</b>	Ep 6	River Cottage Australia land-holder Paul West is keen to restore the gully that acts as a natural watercourse on his farm but it's almost totally overgrown with blackberries. Paul learns he can hire a herd of hefty eaters to deal with the problem, but will they have the appetite for such a massive job? Meanwhile, Paul hatches a plan to create new life at River Cottage with the help of Ron, his brand new rooster. At the same time, he has a tough task to perform. Big Boy the pig is ready for the butcher, but is Paul?	UNITED KINGDOM	English-100	RPT	PG	a w	Y
20/08/2024	830	<b>Gino's Italian Escape</b>	Sicily Street Food	Gino says arrivederci to Sardinia and arrives in the capital city of Sicily - Palermo. Sicily is somewhere Gino has never visited, so this is a real journey of discovery for him. Home of the mafia, a vibrant street food culture and rich history, this portside city stops Gino in his tracks. He has an unexpected encounter at the street food market, meets the man who stood up to the mafia, and ends up wine tasting in Marsala, finishing up his day in the vineyard cooking a beautiful chicken in marsala sauce.	UNITED KINGDOM	English-100	PG			

20/08/2024	900	Everyday Gourmet With Justine Schofield	Ep 36	Today, Justine has two Masterchef alumni with her in the kitchen. Laura Cassai whips up Seared Tuna with Gluten Free Couscous and Sarah Todd makes an amazing Iced Nougat.	AUSTRALIA	English-100		PG			
20/08/2024	930	My Market Kitchen	Ep 6	Laura is joined by new market café owners Sal & Sam, who taste test her delicious Tagliatelle Verdi. Mike then cooks his favourite Cranberry Rice Pilaf, closing the show with his unique Sticky Lamb Ribs recipe.	AUSTRALIA	English-100		G			
20/08/2024	1000	Patti's Mexican Table	Yucatan Meats	Temozóón is the birthplace of Yucatan's signature smoked meat Carne Ahumada and everyone in town claims to have a relative who invented it. Pati strolls around town to try different versions of Carne Ahumada. She also returns to Hacienda Tamchen for another traditional dish prepared by chef Julio Dominguez called Huidzi Bii Wai, which means united tortilla.	USA	English-100		G		Y	
20/08/2024	1030	Food Safari Fire	Woodfired Oven, The	Food Safari Fire host Maeve O'Meara explores the versatility and culinary delights of the wood fired oven. One of the all-time classic dishes of the wood fired oven is the original Neapolitan Pizza. Melbourne pizzaiolo Johnny di Francesco hit the world stage winning the best pizza in the world in 2014 among 600 competitors. Johnny shares his recipe and techniques for a classic Neapolitan Pizza. Maeve visits Adelaide-based chef Salvatore Pepe who burns olive wood in his oven for a marvellous Calabrese baked pest with eggplant. Then Maeve meets with baker best friend Willemijn who opened	AUSTRALIA	English-100	RPT	G		Y	
20/08/2024	1100	The Cook Up With Adam Liaw	Perfect Potatoes	No spud's a dud as Adam and his guests, Alone contestant Tamika Simpson and chef Jean Paul El Tom make perfect potatoes.	AUSTRALIA	English-100		G		Y	
20/08/2024	1130	Gordon Ramsay: Uncharted	Finland's Midnight Sun	Chef Ramsay explores the land of the midnight sun and the sprawling wetlands of Lapland in Northern Finland, at the height of summer to learn its culinary secrets. He plays swamp football, navigates fierce rapids in a raft, fishes for white fish and cooks in a sauna.	UNITED KINGDOM	English-100		PG		a l	
20/08/2024	1230	Licence To Grill	3 On 3 Bbq	Rob and the boys train for the big 3 on 3 ball tournament and feast on grilled tandoori chicken, salmon cakes, pork satay, grilled potato chips and a roasted red pepper salad.	CANADA	English-100		G			
20/08/2024	1300	Mary Makes It Easy	Sandwich Bored	Never get bored again with Mary's stacked recipe lineup of sandwich possibilities, like classic muffledetta or turkey patty melts.	CANADA	English-100		G			
20/08/2024	1330	Adam & Poh's Malaysia In Australia	Ep 1	Starting their journey in Tasmania, Adam and Poh head out to find some of the best seafood in the world. Adam goes diving for abalone and sea urchin. Back on deck, Poh makes the most decadent seafood Loh Mein you've ever seen. From there Adam heads to Bendigo, Australia's newly UNESCO-designated city of gastronomy. He meets Pamela and Bob Yam, the couple responsible for the award-winning Malayan Orchid and Adam makes Malaysia's national dish, nasi lemak. Back in the kitchen Adam and Poh continue their exploration of Australia's excellent seafood using West Australian rock lobster to make lobster sambal, and lobster otak-otak.	AUSTRALIA	English-100		PG		a w	Y
20/08/2024	1400	India Unplated	Diwali	This episode celebrates Diwali - a festival of lights and one of the major festivals celebrated in India, and no celebration in India is complete without food. Adam kicks off this episode with his version of carrot halwa, followed by Helly's kalakand and Sandeep's quick and easy rasmalai.	AUSTRALIA	English-100		G		Y	
20/08/2024	1430	Bizarre Foods: Delicious Destinations	Washington, Dc	Andrew looks at the diverse eats that define Washington, DC. Full of vibrant communities, DC boasts gastronomy that includes local oysters, Ethiopian chicken stew, spicy Chinese stir-fry and chili-smothered sausages	USA	English-100	RPT	G		Y	
20/08/2024	1500	Food Unwrapped	Halloumi, Sourdough, Apple Pips	This episode, Jimmy Doherty walks into a cheese war while in Cyprus looking into halloumi. Kate Quilton investigates claims of a lethal poison lurking in the humble apple core, while Matt Tebbutt delves into the secret world of baker's yeast to find out what actually gives sourdough bread its twang.	UNITED KINGDOM	English-100		G		Y	
20/08/2024	1530	River Cottage Australia	Ep 7	The local CWA ladies have a big job for Paul and there might be a sweet reward in return. If he can help them paint their headquarters, they've offered to share some of their cake-making secrets with him. How will his Hazelnut Loaf cake stand up against some of the finest in the district? Back on the farm, Paul's been collecting old chook feathers, but what on earth for? Could there be something fishy going on? And as we head to the coast nearby, Paul learns that there's more to seaweed than meets the eye. Not only is it good for the garden, he has an idea for a crispy new recipe.	UNITED KINGDOM	English-100	RPT	PG		Y	



20/08/2024	1630	<b>Gino's Italian Escape</b>	Sicily Foodies Paradise	Crossing the island of Sicily, and taking in the beautiful baroque towns of Noto and Modica, Gino learns about chocolate and cassada. Past the temples of Agrigento, he makes his way up to the foothills of mighty Mount Etna, to Sicily's lemon riviera.	UNITED KINGDOM	English-100		G	
20/08/2024	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 37	On today's episode Justine makes her Mountain Pepper Lamb Sandwich and Crispy Duck with Braised Beans and English spinach. Justine teams up with healthy eating food coach, Judie Davie to show you how to make a Haloumi, Quinoa and Pomegranate Salad.	AUSTRALIA	English-100		G	
20/08/2024	1730	<b>My Market Kitchen</b>	Ep 7	Farmer Catherine Velisha joins Laura in the Market Kitchen to make Eggplant Parmigiana. Mike then prepares a simple yet delicious Fish Finger Sandwich, followed by Laura's number one lunchbox treat, Raspberry and White Chocolate Muffins.	AUSTRALIA	English-100		G	
20/08/2024	1800	<b>Patti's Mexican Table</b>	Recados	Pati returns to Merida to meet sisters, Delia and Maria Elide, who love to cook and laugh and are famous for recados-pastes of spices and aromatic herbs that season Yucatecan foods. In Uxmal, she learns about ingredients only found in Yucatan that make recados unique, touring citrus, habanero, and chaya fields at an hacienda. Then traditional cook Rosa makes a Relleno Negro using a recado negro.	USA	English-100		G	Y
20/08/2024	1830	<b>Food Safari Fire</b>	Grilling	Maeve O'Meara explores how fire and coals create some of the world's classic recipes – traditional Turkish kebabs, Portuguese sardines, meltingly tender marinated Chilean pork belly and a spicy masterpiece - South African braais. Having honed his taste buds in Istanbul and along the Aegean coast, Somer Sivrioglu (Efendy) is the perfect guide to the many varieties of Kebab from regional Turkey and shares his prized recipe for exceptional Adana Kebab, which he makes with a huge curved knife to mince the meat to perfection.	AUSTRALIA	English-100	RPT	G	Y
20/08/2024	1900	<b>The Cook Up With Adam Liaw</b>	One Pan Favourites	One pan, three favourite recipes, Adam and his guests, grilling guru Jess Pryles and actor Gary Sweet, make dinner a breeze and washing up even easier.	AUSTRALIA	English-100		G	Y
20/08/2024	1930	<b>Prue Leith's Cotswold Kitchen</b>	Sarah Raven	Gardener Sarah Raven cooks up a stunning dish in Prue Leith's Cotswold Kitchen. Plus Prue demonstrates a fool proof hack for making a perfect vinaigrette salad dressing every time.	UNITED KINGDOM	English-100		G	
20/08/2024	2030	<b>James Martin's French Adventure</b>	Burgundy	James continues his adventure in Burgundy; he cooks chicken livers and chanterelles on toast then makes a delicious Beef Bourginon and a classic Coq au Vin.	UNITED KINGDOM	English-100		G	
20/08/2024	2130	<b>Come Dine With Me UK</b>	Bristol: Carla	Sales manager Carla is treating everyone to a vegan foraging feast. Round the dinner table, the guests are impressed with her attention to detail, until a few unexpected guests crawl in - adding a bit more extra protein to her starter!	UNITED KINGDOM	English-100		PG	a
20/08/2024	2200	<b>Come Dine With Me UK</b>	Bristol: Shumin	Shumin creates her authentic vegan Bangladeshi banquet with an added splash of Bollywood. Will Shumin's spicy extravaganza heat up the leaderboard or will it leave her chances going up in smoke?	UNITED KINGDOM	English-100		PG	a
20/08/2024	2230	<b>The Cook Up With Adam Liaw</b>	One Pan Favourites	One pan, three favourite recipes, Adam and his guests, grilling guru Jess Pryles and actor Gary Sweet, make dinner a breeze and washing up even easier.	AUSTRALIA	English-100		G	Y
20/08/2024	2300	<b>The Cook And The Chef</b>	Catering For Different Tastes	Maggie goes to extraordinary lengths to find the perfect gluten free pastry for pies, while Simon makes his own mung bean noodles with a vegetarian stock that makes his meal not only gluten free but 'everything free.'	AUSTRALIA	English-100		G	
20/08/2024	2330	<b>Barefoot Contessa: Back To Basics</b>	Best In Class	Ina shares her best-in-class dishes with the volume turned up. She revamps a breakfast favourite - lemon ricotta pancakes with figs, then combines two winners in Caesar-roasted swordfish.	USA	English-100		G	

20/08/2024	2400	<b>Licence To Grill</b>	3 On 3 Bbq	Rob and the boys train for the big 3 on 3 b-ball tournament and feast on grilled tandoori chicken, salmon cakes, pork satay, grilled potato chips and a roasted red pepper salad.	CANADA	English-100		G		
20/08/2024	2430	<b>Prue Leith's Cotswold Kitchen</b>	Sarah Raven	Gardener Sarah Raven cooks up a stunning dish in Prue Leith's Cotswold Kitchen. Plus Prue demonstrates a fool proof hack for making a perfect vinaigrette salad dressing every time.	UNITED KINGDOM	English-100		G		
20/08/2024	2530	<b>James Martin's French Adventure</b>	Burgundy	James continues his adventure in Burgundy; he cooks chicken livers and chanterelles on toast then makes a delicious Beef Bourginon and a classic Coq au Vin.	UNITED KINGDOM	English-100		G		
20/08/2024	2625	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
20/08/2024	2630	<b>Come Dine With Me UK</b>	Bristol: Carla	Sales manager Carla is treating everyone to a vegan foraging feast. Round the dinner table, the guests are impressed with her attention to detail, until a few unexpected guests crawl in - adding a bit more extra protein to her starter!	UNITED KINGDOM	English-100		PG	a	
20/08/2024	2700	<b>Come Dine With Me UK</b>	Bristol: Shumin	Shumin to creates her authentic vegan Bangladeshi banquet with an added splash of Bollywood. Will Shumin's spicy extravaganza heat up the leaderboard or will it leave her chances going up in smoke?	UNITED KINGDOM	English-100		PG	a	
20/08/2024	2730	<b>Patti's Mexican Table</b>	Recados	Patti returns to Merida to meet sisters, Delia and Maria Elide, who love to cook and laugh and are famous for recados-pastes of spices and aromatic herbs that season Yucatecan foods. In Uxmal, she learns about ingredients only found in Yucatan that make recados unique, touring citrus, habanero, and chaya fields at an hacienda. Then traditional cook Rosa makes a Relleno Negro using a recado negro.	USA	English-100		G		Y
20/08/2024	2800	<b>Food Safari Fire</b>	Grilling	Maeve U'neara explores how fire and coals create some of the world's classic recipes – traditional Turkish kebabs, Portuguese sardines, meltingly tender marinated Chilean pork belly and a spicy masterpiece - South African braais. Having honed his taste buds in Istanbul and along the Aegean coast, Somer Sivrioglu (Efendy) is the perfect guide to the many varieties of Kebab from regional Turkey and shares his prized recipe for exceptional Adana Kebab, which he makes with a huge curved knife to slice the meat to perfection.	AUSTRALIA	English-100	RPT	G		Y
20/08/2024	2830	<b>Everyday Gourmet With Justine Schofield</b>	Ep 37	On today's episode Justine makes her Mountain Pepper Lamb Sandwich and Crispy Duck with Braised Beans and English spinach. Justine teams up with healthy eating food coach, Judie Davie to show you how to make a Haloumi, Quinoa and Pomegranate Salad.	AUSTRALIA	English-100		G		
21/08/2024	500	<b>Mary Makes It Easy</b>	Sandwich Bored	Never get bored again with Mary's stacked recipe lineup of sandwich possibilities, like classic muffuletta or turkey patty melts.	CANADA	English-100		G		
21/08/2024	530	<b>Adam &amp; Poh's Malaysia In Australia</b>	Ep 1	Starting their journey in Tasmania, Adam and Poh head out to find some of the best seafood in the world. Adam goes diving for abalone and sea urchin. Back on deck, Poh makes the most decadent seafood Loh Mein you've ever seen. From there Adam heads to Bendigo, Australia's newly UNESCO-designated city of gastronomy. He meets Pamela and Bob Yam, the couple responsible for the award-winning Malayan Orchid and Adam makes Malaysia's national dish, nasi lemak. Back in the kitchen Adam and Poh continue their exploration of Australia's excellent seafood using West Australian rock lobster to make lobster sambal, and lobster otak-otak.	AUSTRALIA	English-100		PG	a w	Y
21/08/2024	600	<b>India Unplated</b>	Diwali	This episode celebrates Diwali - a festival of lights and one of the major festivals celebrated in India, and no celebration in India is complete without food. Adam kicks off this episode with his version of carrot halwa, followed by Helly's kalakand and Sandeep's quick and easy rasmalai.	AUSTRALIA	English-100		G		Y
21/08/2024	630	<b>Bizarre Foods: Delicious Destinations</b>	Washington, Dc	Andrew looks at the diverse eats that define Washington, DC. Full of vibrant communities, DC boasts gastronomy that includes local oysters, Ethiopian chicken stew, spicy Chinese stir-fry and chili-smothered sausages	USA	English-100	RPT	G		Y

21/08/2024	700	<b>Food Unwrapped</b>	Halloumi, Sourdough, Apple Pips	This episode, Jimmy Doherty walks into a cheese war while in Cyprus looking into halloumi. Kate Quilton investigates claims of a lethal poison lurking in the humble apple core, while Matt Tebbutt delves into the secret world of baker's yeast to find out what actually gives sourdough bread its twang.	UNITED KINGDOM	English-100	G		Y
21/08/2024	730	<b>River Cottage Australia</b>	Ep 7	The local CWA ladies have a big job for Paul and there might be a sweet reward in return. If he can help them paint their headquarters, they've offered to share some of their cake-making secrets with him. How will his Hazelnut Loaf cake stand up against some of the finest in the district? Back on the farm, Paul's been collecting old chook feathers, but what on earth for? Could there be something fishy going on? And as we head to the coast nearby, Paul learns that there's more to seaweed than meets the eye. Not only is it good for the garden, he has an idea for a crispy new recipe.	UNITED KINGDOM	English-100	RPT	PG	Y
21/08/2024	830	<b>Gino's Italian Escape</b>	Sicily Foodies Paradise	Crossing the island of Sicily, and taking in the beautiful baroque towns of Noto and Modica, Gino learns about chocolate and cassada. Past the temples of Agrigento, he makes his way up to the foothills of mighty Mount Etna, to Sicily's lemon riviera.	UNITED KINGDOM	English-100	G		
21/08/2024	900	<b>Everyday Gourmet With Justine Schofield</b>	Ep 37	On today's episode Justine makes her Mountain Pepper Lamb Sandwich and Crispy Duck with Braised Beans and English spinach. Justine teams up with healthy eating food coach, Judie Davie to show you how to make a Haloumi, Quinoa and Pomegranate Salad.	AUSTRALIA	English-100	G		
21/08/2024	930	<b>My Market Kitchen</b>	Ep 7	Farmer Catherine Velisha joins Laura in the Market Kitchen to make Eggplant Parmigiana. Mike then prepares a simple yet delicious Fish Finger Sandwich, followed by Laura's number one lunchbox treat, Raspberry and White Chocolate Muffins.	AUSTRALIA	English-100	G		
21/08/2024	1000	<b>Pati's Mexican Table</b>	Recados	Pati returns to Merida to meet sisters, Delia and Maria Elide, who love to cook and laugh and are famous for recados-pastes of spices and aromatic herbs that season Yucatecan foods. In Uxmal, she learns about ingredients only found in Yucatan that make recados unique, touring citrus, habanero, and chaya fields at an hacienda. Then traditional cook Rosa makes a Relleno Negro using a recado negro.	USA	English-100	G		Y
21/08/2024	1030	<b>Food Safari Fire</b>	Grilling	Maeve O'Meara explores how fire and coals create some of the world's classic recipes – traditional Turkish kebabs, Portuguese sardines, meltingly tender marinated Chilean pork belly and a spicy masterpiece - South African braais. Having honed his taste buds in Istanbul and along the Aegean coast, Somer Sivrioglu (Efendy) is the perfect guide to the many varieties of Kebab from regional Turkey and shares his prized recipe for exceptional Adana Kebab, which he makes with a huge curved knife to mince the meat to perfection.	AUSTRALIA	English-100	RPT	G	Y
21/08/2024	1100	<b>The Cook Up With Adam Liaw</b>	One Pan Favourites	One pan, three favourite recipes, Adam and his guests, grilling guru Jess Pryles and actor Gary Sweet, make dinner a breeze and washing up even easier.	AUSTRALIA	English-100	G		Y
21/08/2024	1130	<b>James Martin's French Adventure</b>	Burgundy	James continues his adventure in Burgundy; he cooks chicken livers and chanterelles on toast then makes a delicious Beef Bourignon and a classic Coq au Vin.	UNITED KINGDOM	English-100	G		
21/08/2024	1230	<b>Licence To Grill</b>	Just Another Pool Party	While his friends frolic poolside, Rob grills up some rum and mint grilled chicken wings, grilled seafood paella, two kinds of smoked pork and some smoked salmon and crab rolls.	CANADA	English-100	G		
21/08/2024	1300	<b>Mary Makes It Easy</b>	Pub Crawlers	Mary makes her favourite bar bites at home like antojitos, beer battered cheese curds, and crispy baked chicken wings.	CANADA	English-100	G		
21/08/2024	1330	<b>Adam &amp; Poh's Malaysia In Australia</b>	Ep 2	Poh is in the wheat belt, visiting the regional WA town of Katanning, while Adam heads to Merimbula with his friend, Malaysian Australian poet and rapper Omar Musa. They go prawning and with their catch, Adam makes a dish from Omar's father's hometown - a Sarawak-style prawn umai. Back in the kitchen, it's duelling laksas as Adam and Poh make two different versions of Australia's favourite Malaysian dish - laksa.	AUSTRALIA	English-100	PG	a w	Y
21/08/2024	1400	<b>India Unplated</b>	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

21/08/2024	1430	<b>Bizarre Foods: Delicious Destinations</b>	Chesapeake Bay	Andrew highlights the rustic eats of the Chesapeake Bay area, from steamed shellfish doused in J.O. spice to tender Virginia ham. Regional classics include creamy peanut soup, bacon-wrapped oysters and fried soft-shell crab.	USA	English-100	RPT	PG	a w	Y
21/08/2024	1500	<b>Food Unwrapped</b>	Figs, Hidden Sugar, Ostrich	Jimmy Doherty, Kate Quilton and Matt Tebbutt continue their global quest to answer those nagging questions about the food we eat. In this episode, they discover if the myth about there being wasps inside fresh figs is true. They also question how ostrich meat can be red if it's from a bird. Also, Kate's mission to give up added sugar reveals some shocking truths.	UNITED KINGDOM	English-100		G		Y
21/08/2024	1530	<b>River Cottage Australia</b>	Ep 8	It's been nearly four months since Hugh returned to River Cottage in the UK to let Paul do it alone. But now he's back, and he's amazed at what he finds. Where there used to be rundown enclosures and sheds, there are now homes for chickens, ducks, pigs and a dairy cow. The vegetable beds they laid out together are now a mass of leafy winter greens, and the citrus grove is thriving. They decide to harvest what they can as starting point for a huge community cook-up they've got planned. But they'll need more food to feed the hungry throng. At the beach, Paul instructs Hugh in the fine art of beach-worm catching. Will they be able to catch the bait, let alone enough fish for a feed?	UNITED KINGDOM	English-100	RPT	PG	a w	Y
21/08/2024	1630	<b>Gino's Italian Escape</b>	Eastern Sicily	Gino learns how to make the Sicilian sweet treat cannoli in the pretty town of Taormina. He climbs the craters of Mount Etna and then makes his personal pilgrimage to the town of Savoca, the setting of Corleone in the Godfather films - his favourite film of all time. Here he meets the owners, shares a world famous granita and then ends his magical journey by cooking on the terrace of this world famous bar.	UNITED KINGDOM	English-100		G		
21/08/2024	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 38	Justine is joined by world class chef Jacques Reymond who shares his quick fish curry. She takes us over to the sweater side with a Porridge Trifle and Blackberry Eton Mess.	AUSTRALIA	English-100		PG		
21/08/2024	1730	<b>My Market Kitchen</b>	Ep 8	Mike is joined by his beautiful daughter Abigail to make Buttermilk Pancakes. Laura and guest Chef Karen Chan then cook a delightful Malaysian Satay Pork. Mike returns to the Market Kitchen to prepare a quick and simple Sun-Blushed Tomato and Basil Pesto.	AUSTRALIA	English-100		G		
21/08/2024	1800	<b>Patti's Mexican Table</b>	Maya Today	Today no trip to Yucatan is complete without seeing a beautiful cenote, natural freshwater pools in caves. But Mayans saw them as the gateway to the underworld. To learn more about Mayan communities, Pati visits Cenote Xocempich with activist and lawyer Zoila Cen, who has dedicated her career to helping Mayan people. The next day, Zoila invites Pati to her niece's birthday celebration.	USA	English-100		G		Y
21/08/2024	1830	<b>Food Safari Fire</b>	Tandoor, The	For over 5000 years the basic design of the tandoor oven has not changed, making it one of the oldest cooking devices on earth. Maeve O'Meara seeks out delicious recipes from across the subcontinent to Armenia - tandoori chicken, prawns, naan, lamb kebabs and an elaborate roast pumpkin and discovers tandoor ovens are made in Australia by a potter on NSW's south coast.	AUSTRALIA	English-100	RPT	G		Y
21/08/2024	1900	<b>The Cook Up With Adam Liaw</b>	Long Or The Short Of It: Noodles Or Rice, The	Noodles or rice. That's the long or the short of it, as Adam and his guests, chefs Trisha Greentree and Jae Bang, must make their choice.	AUSTRALIA	English-100		G		Y
21/08/2024	1930	<b>Marcus Wareing: Simply Provence</b>	Lamb	There is one beautiful thing that we Brits and the French have in common and that's the pride we take in our local dishes. Marcus was born and bred in Lancashire where they know a thing or two about good food, and there is a particular dish that they gifted to the British cannon, Lancashire hot pot. Simple, delicious and economical, but can the French persuade Marcus that there's a local lamb dish to rival his beloved hotpot, and can Provençal lamb top what we get back home in the UK?	UNITED KINGDOM			G		Y
21/08/2024	2000	<b>Sachie's Kitchen</b>	Mackenzie	Sachie meets Kiwi entertainer and personality Lynda Topp. The two go to High Country Salmon for the catch a fish experience and to learn how the salmon is produced. They cook salmon on the banks of the lake.	NEW ZEALAND	English-100				
21/08/2024	2030	<b>Hugh's Three Good Things</b>	Apples	The River Cottage Head Chef Gill Meller is back to take on Hugh again in the food fight with flair - as three chefs come together to cook meals based around three key ingredients. This week it is all about fruit.	UNITED KINGDOM	English-100		G		

21/08/2024	2100	<b>Masters Of Taste With Gary Mehigan</b>	Star Studded Dish, A	Gary visits Salt Water Cafe in Bandra, and goes into the kitchen to meet its quirky head chef, Gresham. Gresham shows Gary his Japanese inspired techniques, and his signature dish, simple and scrumptious.	INDIA		G	
21/08/2024	2130	<b>Come Dine With Me UK</b>	Bristol: Chris	It's the fifth and final day of this week's culinary competition in Bristol. Today it's the turn of meat alternative research consultant Chris, who is hoping his meaty meat free meals will delight his guests.	UNITED KINGDOM	English-100	PG	a
21/08/2024	2200	<b>Come Dine With Me UK</b>	Leeds: Jill	The first to host is proud dog mum, Jill, who's hoping her simple vegan fare will fair well with her guests, and what's more, she's throwing in some rather naughty entertainment. The guests she's gunning to impress are entrepreneur Will, marketing manager Satty and I.T consultant Mark but will they go for Jill's vegan offerings and saucy slice of entertainment or will the guests be left red faced with rumbling tums?	UNITED KINGDOM	English-100	PG	s
21/08/2024	2230	<b>The Cook Up With Adam Liaw</b>	Long Or The Short Of It: Noodles Or Rice, The	Noodles or rice. That's the long or the short of it, as Adam and his guests, chefs Trisha Greentree and Jae Bang, must make their choice.	AUSTRALIA	English-100	G	Y
21/08/2024	2300	<b>The Cook And The Chef</b>	Planning	Preparing for Christmas in June is not the norm for most of us, but for Maggie and Simon it's the ideal time to plan ahead and 'put down' some ingredients to mature nicely for the festive season. Maggie discovers a few plum pudding secrets and shows us how to make the fruit filling for her deliciously rich 'mini' mince pies. At this time of year Simon's into pickling, starting with an old favourite the pickled onion.	AUSTRALIA	English-100	G	
21/08/2024	2330	<b>Barefoot Contessa: Back To Basics</b>	Tomatoes All Ways	Tomatoes are one of Ina's favourite ingredients, and they star in her Easy Provençal Lamb that has a real wow factor, as well as her over-the-top good Penne Arrabiata, the spiciest pasta in town. Ina uses canned and crushed in her updated Stewed Lentils and Tomatoes, and beautiful heirloom tomatoes speak for themselves in Tomatoes and Burrata with Garlic Toast.	USA	English-100	G	
21/08/2024	2400	<b>Licence To Grill</b>	Just Another Pool Party	While his friends frolic poolside, Rob grills up some rum and mint grilled chicken wings, grilled seafood paella, two kinds of smoked pork and some smoked salmon and crab rolls.	CANADA	English-100	G	
21/08/2024	2430	<b>Marcus Wareing: Simply Provence</b>	Lamb	There is one beautiful thing that we Brits and the French have in common and that's the pride we take in our local dishes. Marcus was born and bred in Lancashire where they know a thing or two about good food, and there is a particular dish that they gifted to the British cannon, Lancashire hot pot. Simple, delicious and economical, but can the French persuade Marcus that there's a local lamb dish to rival his beloved hotpot, and can Provençal lamb top what we get back home in the UK?	UNITED KINGDOM		G	Y
21/08/2024	2500	<b>Sachie's Kitchen</b>	Mackenzie	Sachie meets Kiwi entertainer and personality Lynda Topp. The two go to High Country Salmon for the catch a fish experience and to learn how the salmon is produced. They cook salmon on the banks of the lake.	NEW ZEALAND	English-100		
21/08/2024	2530	<b>Hugh's Three Good Things</b>	Apples	The River Cottage Head Chef Gill Meller is back to take on Hugh again in the food fight with flair - as three chefs come together to cook meals based around three key ingredients. This week it is all about fruit	UNITED KINGDOM	English-100	G	
21/08/2024	2600	<b>Masters Of Taste With Gary Mehigan</b>	Star Studded Dish, A	Gary visits Salt Water Cafe in Bandra, and goes into the kitchen to meet its quirky head chef, Gresham. Gresham shows Gary his Japanese inspired techniques, and his signature dish, simple and scrumptious.	INDIA		G	
21/08/2024	2630	<b>Come Dine With Me UK</b>	Bristol: Chris	It's the fifth and final day of this week's culinary competition in Bristol. Today it's the turn of meat alternative research consultant Chris, who is hoping his meaty meat free meals will delight his guests.	UNITED KINGDOM	English-100	PG	a
21/08/2024	2700	<b>Come Dine With Me UK</b>	Leeds: Jill	The first to host is proud dog mum, Jill, who's hoping her simple vegan fare will fair well with her guests, and what's more, she's throwing in some rather naughty entertainment. The guests she's gunning to impress are entrepreneur Will, marketing manager Satty and I.T consultant Mark but will they go for Jill's vegan offerings and saucy slice of entertainment or will the guests be left red faced with rumbling tums?	UNITED KINGDOM	English-100	PG	s

21/08/2024	2730	<b>Patti's Mexican Table</b>	Maya Today	Today no trip to Yucatan is complete without seeing a beautiful cenote, natural freshwater pools in caves. But Mayans saw them as the gateway to the underworld. To learn more about Mayan communities, Pati visits Cenote Xocempich with activist and lawyer Zoila Cen, who has dedicated her career to helping Mayan people. The next day, Zoila invites Pati to her niece's birthday celebration.	USA	English-100	G			Y
21/08/2024	2800	<b>Food Safari Fire</b>	Tandoor, The	For over 5000 years the basic design of the tandoor oven has not changed, making it one of the oldest cooking devices on earth. Maeve O'Meara seeks out delicious recipes from across the subcontinent to Armenia - tandoori chicken, prawns, naan, lamb kebabs and an elaborate roast pumpkin and discovers tandoor ovens are made in Australia by a potter on NSW's south coast.	AUSTRALIA	English-100	RPT	G		Y
21/08/2024	2830	<b>Everyday Gourmet With Justine Schofield</b>	Ep 38	Justine is joined by world class chef Jacques Reymond who shares his quick fish curry. She takes us over to the sweater side with a Porridge Trifle and Blackberry Eton Mess.	AUSTRALIA	English-100		PG		
22/08/2024	500	<b>Mary Makes It Easy</b>	Pub Crawlers	Mary makes her favourite bar bites at home like antojitos, beer battered cheese curds, and crispy baked chicken wings.	CANADA	English-100		G		
22/08/2024	530	<b>Adam &amp; Poh's Malaysia In Australia</b>	Ep 2	Poh is in the wheat belt, visiting the regional WA town of Katanning, while Adam heads to Merimbula with his friend, Malaysian Australian poet and rapper Omar Musa. They go prawning and with their catch, Adam makes a dish from Omar's father's hometown - a Sarawak-style prawn umai. Back in the kitchen, it's duelling laksas as Adam and Poh make two different versions of Australia's favourite Malaysian dish - laksa.	AUSTRALIA	English-100		PG	a w	Y
22/08/2024	600	<b>India Unplated</b>	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
22/08/2024	630	<b>Bizarre Foods: Delicious Destinations</b>	Chesapeake Bay	Andrew highlights the rustic eats of the Chesapeake Bay area, from steamed shellfish doused in J.O. spice to tender Virginia ham. Regional classics include creamy peanut soup, bacon-wrapped oysters and fried soft-shell crab.	USA	English-100	RPT	PG	a w	Y
22/08/2024	700	<b>Food Unwrapped</b>	Figs, Hidden Sugar, Ostrich	Jimmy Doherty, Kate Quilton and Matt Tebbutt continue their global quest to answer those nagging questions about the food we eat. In this episode, they discover if the myth about there being wasps inside fresh figs is true. They also question how ostrich meat can be red if it's from a bird. Also, Kate's mission to give up added sugar reveals some shocking truths.	UNITED KINGDOM	English-100		G		Y
22/08/2024	730	<b>River Cottage Australia</b>	Ep 8	It's been nearly four months since Hugh returned to River Cottage in the UK to let Paul do it alone. But now he's back, and he's amazed at what he finds. Where there used to be rundown enclosures and sheds, there are now homes for chickens, ducks, pigs and a dairy cow. The vegetable beds they laid out together are now a mass of leafy winter greens, and the citrus grove is thriving. They decide to harvest what they can as starting point for a huge community cook-up they've got planned. But they'll need more food to feed the hungry hordes. At the house, Paul instructs Hugh in the finer art of home cooking. Gino learns how to make the Sicilian sweet treat cannoli in the pretty town of Taormina. He climbs the craters of Mount Etna and then makes his personal pilgrimage to the town of Savoca, the setting of Corleone in the Godfather films - his favourite film of all time. Here he meets the owners, shares a world famous granita and then ends his magical journey by cooking on the terrace of this world famous bar.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
22/08/2024	830	<b>Gino's Italian Escape</b>	Eastern Sicily		UNITED KINGDOM	English-100		G		
22/08/2024	900	<b>Everyday Gourmet With Justine Schofield</b>	Ep 38	Justine is joined by world class chef Jacques Reymond who shares his quick fish curry. She takes us over to the sweater side with a Porridge Trifle and Blackberry Eton Mess.	AUSTRALIA	English-100		PG		
22/08/2024	930	<b>My Market Kitchen</b>	Ep 8	Mike is joined by his beautiful daughter Abigail to make Buttermilk Pancakes. Laura and guest Chef Karen Chan then cook a delightful Malaysian Satay Pork. Mike returns to the Market Kitchen to prepare a quick and simple Sun-Blushed Tomato and Basil Pesto.	AUSTRALIA	English-100		G		
22/08/2024	1000	<b>Patti's Mexican Table</b>	Maya Today	Today no trip to Yucatan is complete without seeing a beautiful cenote, natural freshwater pools in caves. But Mayans saw them as the gateway to the underworld. To learn more about Mayan communities, Pati visits Cenote Xocempich with activist and lawyer Zoila Cen, who has dedicated her career to helping Mayan people. The next day, Zoila invites Pati to her niece's birthday celebration.	USA	English-100		G		Y
22/08/2024	1030	<b>Food Safari Fire</b>	Tandoor, The	For over 5000 years the basic design of the tandoor oven has not changed, making it one of the oldest cooking devices on earth. Maeve O'Meara seeks out delicious recipes from across the subcontinent to Armenia - tandoori chicken, prawns, naan, lamb kebabs and an elaborate roast pumpkin and discovers tandoor ovens are made in Australia by a potter on NSW's south coast.	AUSTRALIA	English-100	RPT	G		Y

22/08/2024	1100	<b>The Cook Up With Adam Liaw</b>	Long Or The Short Of It: Noodles Or Rice, The	Noodles or rice.That's the long or the short of it, as Adam and his guests, chefs Trisha Greentree and Jae Bang, must make their choice.	AUSTRALIA	English-100	G		Y
22/08/2024	1130	<b>Hugh's Three Good Things</b>	Apples	The River Cottage Head Chef Gill Meller is back to take on Hugh again in the food fight with flair - as three chefs come together to cook meals based around three key ingredients. This week it is all about fruit	UNITED KINGDOM	English-100	G		
22/08/2024	1200	<b>Masters Of Taste With Gary Mehigan</b>	Star Studded Dish, A	Gary visits Salt Water Cafe in Bandra, and goes into the kitchen to meet its quirky head chef, Gresham. Gresham shows Gary his Japanese inspired techniques, and his signature dish, simple and scrumptious.	INDIA		G		
22/08/2024	1230	<b>Licence To Grill</b>	Fishboy's Birthday	Fishboy is having a birthday and Rob's keeping the party a secret. Rob prepares nothing but the best including cedar smoked arctic char, lobster tails with champagne sauce, sweet potatoes in a cinnamon butter, and roasted artichokes with lemon-saffron mayo.	CANADA	English-100	G		
22/08/2024	1300	<b>Mary Makes It Easy</b>	Veggin' Out On The Grill	Mary is living the grill life veg-first with enticing vegetarian recipes like her pulled mushroom sandwich or grilled halloumi salad.	CANADA	English-100	G		
22/08/2024	1330	<b>Adam &amp; Poh's Malaysia In Australia</b>	Ep 3	Adam starts his journey in the NSW Central West visiting a new breed of sheep some are calling the wagyu of lamb. There he makes a Malaysian lamb barbecue, whole roast lamb percik. Then Adam and Poh are back in Tasmania at the famed Agrarian Kitchen. Poh collects vegetables from their extraordinary garden and Adam joins chef Rodney Dunn in the kitchen to make a Malaysian vegetable curry.	AUSTRALIA	English-100	G		Y
22/08/2024	1400	<b>India Unplated</b>	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		Y
22/08/2024	1430	<b>Bizarre Foods: Delicious Destinations</b>	Boston: A Second Bite	Andrew Zimmern highlights the harbor-influenced eats of Boston, including squid ink black pasta, Irish fish and chips and a cool take on a classic roast beef sandwich.	USA	English-100	RPT	G	
22/08/2024	1500	<b>Food Unwrapped</b>	Tomatoes, Gelatin. Probiotics	Jimmy Doherty, Kate Quilton and Matt Tebbutt answer these questions: Is there any goodness left in canned tomatoes, or should people stick with fresh product? What part of the pig makes chewy sweets so chewy? Also, how do probiotics work in our gut?	UNITED KINGDOM	English-100	PG		Y
22/08/2024	1530	<b>River Cottage Australia</b>	Ep 1	Time has passed and the seasons have changed at River Cottage Australia. Paul West is about to experience his first summer on the land. Will he have enough water, food and produce to keep the farm thriving throughout the dryer months?	UNITED KINGDOM	English-100	RPT	PG	a w Y
22/08/2024	1630	<b>Gino's Italian Escape: Hidden Italy</b>	Abruzzo	Starting in the coastal town of Pescara, Gino first starts his food odyssey learning about the Abruzzo region's unique contribution to the culinary landscape - chitarra pasta.	UNITED KINGDOM	English-100	PG		
22/08/2024	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 39	Learn how to make some easy crowd pleasers with Justine's Prosciutto Wrapped Prawns and Microwave Chocolate Cake. Justine shows us how to create an amazing Prawn Ceviche with Corn Chips, Lemon and Lime Curd as well as a cheeky Vanilla Butter Cake with Whipped White Chocolate Ganache and Raspberries.	AUSTRALIA	English-100	G		
22/08/2024	1730	<b>My Market Kitchen</b>	Ep 9	Mike starts his day shopping for parmesan cheese for his Leftover Chicken Risotto. Laura shops for fish for her Beer Battered King George Whiting, a perfect summer entertaining dish. Laura then cooks her Pork Belly Bao Bun dish.	AUSTRALIA	English-100	G		

22/08/2024	1800	Patti's Mexican Table	Pink	An ingredient Pati constantly uses is salt and Yucatan has one of the most unique salts. The Las Coloradas salt, which means blush red, gets its distinctive color from red algae. Engineer Felipe Perez takes Pati to the pink lakes where the salt is produced. Down the road in Rio Lagartos, conservationist Diego Nunez takes her to see another pink wonder, Mexico's highest concentration of flamingos.	USA	English-100		G		Y	
22/08/2024	1830	Food Safari Fire	Spit Roasting	Maeve explores Argentinian a la cruz style cooking, Brazilian churrasco, Sardinian suckling pig, Portuguese piri piri chicken and a crowd-pleasing Greek Easter lamb. Maeve joins chef Nicolas Arriola, who demonstrates the dramatic asado a la cruz with a whole lamb butterflied and fixed to a cross-like structure over the fire. Then it's a feast of a Brazilian Churrasco with Brazilian expat and restaurateur, Patricia Nunes, who demonstrates how to make a delicious salt-encrusted picanha.	AUSTRALIA	English-100	RPT	G		Y	
22/08/2024	1900	The Cook Up With Adam Liaw	Weeknight Winners	Put your dinner on the leaderboard with weeknight winners from Adam and his guests, chef Mindy Woods and comedian Sean Choolburra.	AUSTRALIA	English-100		G		Y	
22/08/2024	1930	Ainsley's Fantastic Flavours	West Africa	Ainsley is journeying through the wonderful, vibrant, and diverse cuisine of West Africa. He starts off with a spicy West African chicken and peanut stew, comforting and warming. Ruby Bhogal is in Brixton to find out about jollof rice before cooking up her own West African dish, a roadside snack of Ghanaian kelewele, fried Plantain.	UNITED KINGDOM	English-100		G			
22/08/2024	2030	Guillaume's French Atlantic	Episode 5	Immerse yourself in the aquatic treasures of the Pays de la Loire alongside Guillaume Brahim as he uncovers the region's rich flavours, traditions, and remarkable ingredients, including Guerande sea asparagus.	AUSTRALIA	English-70; French-30		PG		Y	Y
22/08/2024	2100	Barossa Gourmet With Justine Schofield	Ep 1	Justine tastes some delicious local wines, then ventures into traditional French cooking with vino cotto French shallot tarte tatin, followed by braised zucchini with lemon and garlic.	AUSTRALIA	English-100		G			
22/08/2024	2130	Come Dine With Me UK	Leeds: Sophia	This week's competition is in Leeds, where second to host is acting lecturer, Sophia, who's hoping her homage to her Mediterranean heritage will win over her guests. There are poetry performances, beatboxing and impromptu acting but will Sophia's skills in the kitchen be enough for her to claim her this week's cash?	UNITED KINGDOM	English-100		PG			
22/08/2024	2200	Come Dine With Me UK	Leeds: Will	This week's competition is in Leeds, where third to host this week is chilli paste entrepreneur Will, who is hoping his Malaysian menu and his homemade sauces will impress his guests. It's a musical night, with dodgy dancing and unusual instruments, but will this be enough to win Will the 1000 pound cash prize?	UNITED KINGDOM	English-100		PG			
22/08/2024	2230	The Cook Up With Adam Liaw	Weeknight Winners	Put your dinner on the leaderboard with weeknight winners from Adam and his guests, chef Mindy Woods and comedian Sean Choolburra.	AUSTRALIA	English-100		G		Y	
22/08/2024	2300	The Cook And The Chef	German Influence, A	Maggie Beer is passionate about the Barossa Valley and its German Heritage. She's a proud spokesperson for the area and its many and varied food producers. Her enthusiasm with all things Barossa is absolute. Simon gets into the spirit of the Barossa's German heritage by making Gluhwein - a warming winter drink, while Maggie whips up a dessert delight with a personal twist - Golden Syrup Dumplings.	AUSTRALIA	English-100		G			
22/08/2024	2330	Barefoot Contessa: Back To Basics	Jeffreys Faves	Ina Garten celebrates Jeffrey's favourite foods, starting with fried chicken sandwiches, perfect for kick-starting the weekend, and an incredible canape of salmon cured with dill and pernod.	USA	English-100		G			
22/08/2024	2400	Licence To Grill	Fishboy's Birthday	Fishboy is having a birthday and Rob's keeping the party a secret. Rob prepares nothing but the best including cedar smoked artic char, lobster tails with champagne sauce, sweet potatoes in a cinnamon butter, and roasted artichokes with lemon-saffron mayo.	CANADA	English-100		G			
22/08/2024	2430	Ainsley's Fantastic Flavours	West Africa	Ainsley is journeying through the wonderful, vibrant, and diverse cuisine of West Africa. He starts off with a spicy West African chicken and peanut stew, comforting and warming. Ruby Bhogal is in Brixton to find out about jollof rice before cooking up her own West African dish, a roadside snack of Ghanaian kelewele, fried Plantain.	UNITED KINGDOM	English-100		G			



22/08/2024	2530	Guillaume's French Atlantic	Episode 5	Immerse yourself in the aquatic treasures of the Pays de la Loire alongside Guillaume Brahimi as he uncovers the region's rich flavours, traditions, and remarkable ingredients, including Guerende sea asparagus.	AUSTRALIA	English-70; French-30	PG		Y	Y
22/08/2024	2600	Barossa Gourmet With Justine Schofield	Ep 1	Justine tastes some delicious local wines, then ventures into traditional French cooking with vino cotto French shallot tarte tatin, followed by braised zucchini with lemon and garlic.	AUSTRALIA	English-100	G			
22/08/2024	2630	Come Dine With Me UK	Leeds: Sophia	This week's competition is in Leeds, where second to host is acting lecturer, Sophia, who's hoping her homage to her Mediterranean heritage will win over her guests. There are poetry performances, beatboxing and impromptu acting but will Sophia's skills in the kitchen be enough for her to claim her this week's cash?	UNITED KINGDOM	English-100	PG			
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22/08/2024	2730	Patti's Mexican Table	Pink	An ingredient Patti constantly uses is salt and Yucatan has one of the most unique salts. The Las Coloradas salt, which means blush red, gets its distinctive color from red algae. Engineer Felipe Perez takes Patti to the pink lakes where the salt is produced. Down the road in Rio Lagartos, conservationist Diego Nunez takes her to see another pink wonder, Mexico's highest concentration of flamingos.	USA	English-100	G			Y
22/08/2024	2800	Food Safari Fire	Spit Roasting	Maeve explores Argentinian a la cruz style cooking, Brazilian churrasco, Sardinian suckling pig, Portuguese piri piri chicken and a crowd-pleasing Greek Easter lamb. Maeve joins chef Nicolas Arriola, who demonstrates the dramatic asado a la cruz with a whole lamb butterflied and fixed to a cross-like structure over the fire. Then it's a feast of a Brazilian Churrasco with Brazilian expat and restaurateur, Patricia Nunes, who demonstrates how to make a delicious salt-encrusted picanha.	AUSTRALIA	English-100	RPT	G		Y
22/08/2024	2830	Everyday Gourmet With Justine Schofield	Ep 39	Learn how to make some easy crowd pleasers with Justine's Prosciutto Wrapped Prawns and Microwave Chocolate Cake. Justine shows us how to create an amazing Prawn Ceviche with Corn Chips, Lemon and Lime Curd as well as a cheeky Vanilla Butter Cake with Whipped White Chocolate Ganache and Raspberries.	AUSTRALIA	English-100	G			
23/08/2024	500	Mary Makes It Easy	Veggin' Out On The Grill	Mary is living the grill life veg-first with enticing vegetarian recipes like her pulled mushroom sandwich or grilled halloumi salad.	CANADA	English-100	G			
23/08/2024	530	Adam & Poh's Malaysia In Australia	Ep 3	Adam starts his journey in the NSW Central West visiting a new breed of sheep some are calling the wagu of lamb. There he makes a Malaysian lamb barbecue, whole roast lamb percik. Then Adam and Poh are back in Tasmania at the famed Agrarian Kitchen. Poh collects vegetables from their extraordinary garden and Adam joins chef Rodney Dunn in the kitchen to make a Malaysian vegetable curry.	AUSTRALIA	English-100	G			Y
23/08/2024	600	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 Indrahah by Helly, a popular snack made with five different types of lentils.	AUSTRALIA	English-100	G			Y
23/08/2024	630	Bizarre Foods: Delicious Destinations	Boston: A Second Bite	Andrew Zimmern highlights the harbor-influenced eats of Boston, including squid ink black pasta, Irish fish and chips and a cool take on a classic roast beef sandwich.	USA	English-100	RPT	G		
23/08/2024	700	Food Unwrapped	Tomatoes, Gelatin, Probiotics	Jimmy Doherty, Kate Quilton and Matt Tebbutt answer these questions: Is there any goodness left in canned tomatoes, or should people stick with fresh product? What part of the pig makes chewy sweets so chewy? Also, how do probiotics work in our gut?	UNITED KINGDOM	English-100	PG			Y
23/08/2024	730	River Cottage Australia	Ep 1	Time has passed and the seasons have changed at River Cottage Australia. Paul West is about to experience his first summer on the land. Will he have enough water, food and produce to keep the farm thriving throughout the dryer months?	UNITED KINGDOM	English-100	RPT	PG	a w	Y

23/08/2024	830	<b>Gino's Italian Escape: Hidden Italy</b>	Abruzzo	Starting in the coastal town of Pescara, Gino first starts his food odyssey learning about the Abruzzo region's unique contribution to the culinary landscape - chitarra pasta.	UNITED KINGDOM	English-100		PG			
23/08/2024	900	<b>Everyday Gourmet With Justine Schofield</b>	Ep 39	Learn how to make some easy crowd pleasers with Justine's Prosciutto Wrapped Prawns and Microwave Chocolate Cake. Justine shows us how to create an amazing Prawn Ceviche with Corn Chips, Lemon and Lime Curd as well as a cheeky Vanilla Butter Cake with Whipped White Chocolate Ganache and Raspberries.	AUSTRALIA	English-100		G			
23/08/2024	930	<b>My Market Kitchen</b>	Ep 9	Mike starts his day shopping for parmesan cheese for his Leftover Chicken Risotto. Laura shops for fish for her Beer Battered King George Whiting, a perfect summer entertaining dish. Laura then cooks her Pork Belly Bao Bun dish.	AUSTRALIA	English-100		G			
23/08/2024	1000	<b>Patti's Mexican Table</b>	Pink	An ingredient Pati constantly uses is salt and Yucatan has one of the most unique salts. The Las Coloradas salt, which means blush red, gets its distinctive color from red algae. Engineer Felipe Perez takes Pati to the pink lakes where the salt is produced. Down the road in Rio Lagartos, conservationist Diego Nunez takes her to see another pink wonder, Mexico's highest concentration of flamingos.	USA	English-100		G		Y	
23/08/2024	1030	<b>Food Safari Fire</b>	Spit Roasting	Maeve explores Argentinian a la cruz style cooking, Brazilian churrasco, Sardinian suckling pig, Portuguese piri piri chicken and a crowd-pleasing Greek Easter lamb. Maeve joins chef Nicolas Arriola, who demonstrates the dramatic asado a la cruz with a whole lamb butterflied and fixed to a cross-like structure over the fire. Then it's a feast of a Brazilian Churrasco with Brazilian expat and restaurateur, Patricia Nunes, who demonstrates how to make a delicious salt-encrusted picanha.	AUSTRALIA	English-100	RPT	G		Y	
23/08/2024	1100	<b>The Cook Up With Adam Liaw</b>	Weeknight Winners	Put your dinner on the leaderboard with weeknight winners from Adam and his guests, chef Mindy Woods and comedian Sean Choolburra.	AUSTRALIA	English-100		G		Y	
23/08/2024	1130	<b>Guillaume's French Atlantic</b>	Episode 5	Immerse yourself in the aquatic treasures of the Pays de la Loire alongside Guillaume Brahimi as he uncovers the region's rich flavours, traditions, and remarkable ingredients, including Guerande sea asparagus.	AUSTRALIA	English-70; French-30		PG		Y	Y
23/08/2024	1200	<b>Barossa Gourmet With Justine Schofield</b>	Ep 1	Justine tastes some delicious local wines, then ventures into traditional French cooking with vino cotto French shallot tarte tatin, followed by braised zucchini with lemon and garlic.	AUSTRALIA	English-100		G			
23/08/2024	1230	<b>Licence To Grill</b>	Off To The Academy Party	Rob's friend is off to the Police Academy so he cooks him a bon voyage meal with grilled sausage stuffed cabbage, charcoal rotisserie chicken, smoked veal roast, broccoli salad and baked potatoes.	CANADA	English-100		G			
23/08/2024	1300	<b>Mary Makes It Easy</b>	Movie Night	Make your next movie night a feature presentation with Mary's array of snacks, from sweet and salty to savoury apps, and of course, popcorn!	CANADA	English-100		G			
23/08/2024	1330	<b>Adam &amp; Poh's Malaysia In Australia</b>	Ep 4	Adam and Poh are on Bruny Island - one of the best food destinations in Australia. They try local beers with cheesemaker and brewer Nick Haddow, before they take the beautiful local oysters in two different directions. Adam makes a Bruny oyster kerabu and Poh prepares a family favourite, oysters with kecap dressing. Back in the kitchen, Adam and Poh cook chicken satay with Nyonya peanut sauce.	AUSTRALIA	English-100		G		Y	
23/08/2024	1400	<b>India Unplated</b>	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	
23/08/2024	1430	<b>Bizarre Foods: Delicious Destinations</b>	Cape Cod	Andrew Zimmern explores the treasures of Cape Cod's coastal cuisine. From fried clams to fresh-caught cod, clambakes to cranberry bog ice cream, the Massachusetts peninsula's culinary scene is cause for summertime celebration.	USA	English-100	RPT	PG		a w	
23/08/2024	1500	<b>Food Unwrapped</b>	Rose Oil, Pink Pork, Oven Bags	The investigation into the food we eat continues. Jimmy Doherty is in Bulgaria to find out why rose oil is considered liquid gold. Kate Quilton seeks the truth about why you can't eat your pork pink, while Matt Tebbutt examines whether food cooked in plastic oven bags is safe to eat.	UNITED KINGDOM	English-100		PG			

23/08/2024	1530	River Cottage Australia	Ep 2	Paul has learnt how to be a dairy farmer the hard way. It's time for Paul to make another tough lesson. How will he cope saying goodbye to another farm favourite?	UNITED KINGDOM	English-100	RPT	PG		Y
23/08/2024	1630	Gino's Italian Escape: Hidden Italy	Trentino Alto-Adige	To uncover the secrets of Trentino Alto-Adige, Gino rolls up his sleeves and gets stuck into two local products - cheese, and speck. Starting in Valfloriana, where dairy and meat farmers still follow ancient methods of producing food, he meets dairy farmer Graziano, who shows Gino how to make the local soft cheese, Zighera Della Valfloria, and then uses it as his star ingredient when he whips up a quick and easy pasta dish.	UNITED KINGDOM	English-100		G		
23/08/2024	1700	Everyday Gourmet With Justine Schofield	Ep 40	Former Masterchef contestant Sam Gant joins Justine in the kitchen today to whip up Pancetta Scallops. Later Trish McKenzie shows us her Choc Apple Pops & Layered Strawberry OREO Biscuit Cups.	AUSTRALIA	English-100		G		
23/08/2024	1730	My Market Kitchen	Ep 10	Mike joins Laura as she makes her delicious mid-week family favourite, Sicilian Cauliflower Pasta. Mike then prepares a cost-saving White Peach, Raspberry, and Apple Jam. Wine expert Adam Walls concludes the show by pairing wines with Laura's Italian Cabbage and Sausage Soup.	AUSTRALIA	English-100		G		
23/08/2024	1800	Pati's Mexican Table	Mayan League Of Their Own, A	Pati discovers Yucatan's league of their own. She joins the Amazonas, a softball team of Indigenous women, for their morning practice. As they built a name for themselves, they overcame the mindset that women belong in the kitchen. After teaching Pati the ins and outs of the game, Dona Enedina invites her over for Brazo de Reina, a tamal with hardboiled eggs and ground pepitas.	USA	English-100		PG		Y
23/08/2024	1830	Food Safari Fire	Pots And Pans	Maeve learns about a unique range of pots and pans, including, the Spanish perol, Croatian peka, Chinese claypot, Moroccan tajine and Lebanese saj. First up, Maeve catches up with chef Frank Camorra and his family as they cook traditional Spanish dishes, including a show-stopping seafood, meat and rice dish cooked in a perol, or a deep dish paella pan. Maeve then shares a classic octopus peka with Sydney-based Croatian cook Frank Roncevic, before trying a claypot chicken rice with Malaysian born chef Cheong Liew.	AUSTRALIA	English-100	RPT	G		Y
23/08/2024	1900	The Cook Up With Adam Liaw	Dinner Of Champions, The	It's BYO medals for an Easy Entertaining dinner of champions, and both of Adam's guests, Paralympic swimmers Ellie Cole and Col Pearse, have stacks of silverware.	AUSTRALIA	English-100		PG		Y
23/08/2024	1930	Hidden Restaurants With Michel Roux Jr	West And Wales	On the third of Michel Roux's research trips through the UK to learn from the world of Hidden Restaurants, he visits a garden shed, a staff canteen and a secret restaurant in an old Victorian walled kitchen garden to inspire his own three course menu for dinner at his summer long hidden restaurant.	UNITED KINGDOM	English-100		PG	a w	
23/08/2024	2030	Eat Me: Or Try Not To	Future, The	It's an interesting time to be in the food business. Climate change, a global pandemic, a booming population - It's also a time ripe with opportunity, not unlike the first wave of the industrial food revolution that gave us the first globally mass-produced and processed foods.	CANADA	English-100		PG		
23/08/2024	2130	Come Dine With Me UK	Leeds: Mark	IT consultant and cycling enthusiast Mark, is looking to charm his guests with his Italian themed menu. After feeling the love from his guests, will Mark be at the front of the race come the end of the week and claim the 1000 pound prize?	UNITED KINGDOM	English-100		PG		
23/08/2024	2200	Come Dine With Me UK	Leeds: Satty	Marketing manager, Satty, is hoping to bowl her guests over with a Bollywood bonanza. There's a cutting comparison over the starter, some fiery back and forth over the main and some dubious dance moves but can Satty serve up a storm to claim her this week's cash?	UNITED KINGDOM	English-100		PG		
23/08/2024	2230	The Cook Up With Adam Liaw	Dinner Of Champions, The	It's BYO medals for an Easy Entertaining dinner of champions, and both of Adam's guests, Paralympic swimmers Ellie Cole and Col Pearse, have stacks of silverware.	AUSTRALIA	English-100		PG		Y
23/08/2024	2300	The Cook And The Chef	Winter And Chocolate	The weather's cooler, the ugg boots are on, and the fires are roaring. Before the Winter Blues' hit, why not cheer up with some chocolate. And the good news is, Maggie and Simon show you how to use chocolate in ways that aren't all that bad for you and believe it or not, Simon teams it with rabbit. And what's better to start a program about chocolate than dessert, especially when they're desserts like Simon's Chocolate Espresso Pots and Maggie's Chocolate, Almond and Prune Slab.	AUSTRALIA	English-100		G		

23/08/2024	2330	<b>Barefoot Contessa: Back To Basics</b>	French To Make At Home	Ina has all the tricks for cooking French at home, with secrets to a showstopping summer filet of beef with bearnaise mayonnaise, an endive, orange and roquefort salad that tastes as good as it looks and an elegant, easy bistro-style prune armagnac clafouti.	USA	English-100	G		
23/08/2024	2400	<b>Licence To Grill</b>	Off To The Academy Party	Rob's friend is off to the Police Academy so he cooks him a bon voyage meal with grilled sausage stuffed cabbage, charcoal rotisserie chicken, smoked veal roast, broccoli salad and baked potatoes.	CANADA	English-100	G		
23/08/2024	2430	<b>Hidden Restaurants With Michel Roux Jr</b>	West And Wales	On the third of Michel Roux's research trips through the UK to learn from the world of Hidden Restaurants, he visits a garden shed, a staff canteen and a secret restaurant in an old Victorian walled kitchen garden to inspire his own three course menu for dinner at his summer long hidden restaurant.	UNITED KINGDOM	English-100	PG	a w	
23/08/2024	2530	<b>Eat Me: Or Try Not To</b>	Future, The	It's an interesting time to be in the food business. Climate change, a global pandemic, a booming population - It's also a time ripe with opportunity, not unlike the first wave of the industrial food revolution that gave us the first globally mass-produced and processed foods.	CANADA	English-100	PG		
23/08/2024	2630	<b>Come Dine With Me UK</b>	Leeds: Mark	IT consultant and cycling enthusiast Mark, is looking to charm his guests with his Italian themed menu. After feeling the love from his guests, will Mark be at the front of the race come the end of the week and claim the 1000 pound prize?	UNITED KINGDOM	English-100	PG		
23/08/2024	2700	<b>Come Dine With Me UK</b>	Leeds: Satty	Marketing manager, Satty, is hoping to bowl her guests over with a Bollywood bonanza. There's a cutting comparison over the starter, some fiery back and forth over the main and some dubious dance moves but can Satty serve up a storm to claim her this week's cash?	UNITED KINGDOM	English-100	PG		
23/08/2024	2730	<b>Patti's Mexican Table</b>	Mayan League Of Their Own, A	Pati discovers Yucatan's league of their own. She joins the Amazonas, a softball team of indigenous women, for their morning practice. As they built a name for themselves, they overcame the mindset that women belong in the kitchen. After teaching Pati the ins and outs of the game, Dona Enedina invites her over for Brazo de Reina, a tamal with hardboiled eggs and ground pepitas.	USA	English-100	PG	Y	
23/08/2024	2800	<b>Food Safari Fire</b>	Pots And Pans	Maeve learns about a unique range of pots and pans, including, the Spanish perol, Croatian peka, Chinese claypot, Moroccan tajine and Lebanese saj. First up, Maeve catches up with chef Frank Camorra and his family as they cook traditional Spanish dishes, including a show-stopping seafood, meat and rice dish cooked in a perol, or a deep dish paella pan. Maeve then shares a classic octopus peka with Sydney-based Croatian cook Frank Roncovic, before trying a claypot chicken rice with <del>Mustard</del> <del>honey</del> <del>chef</del> <del>Chong</del> <del>Hieu</del> .	AUSTRALIA	English-100	RPT	G	Y
23/08/2024	2830	<b>Everyday Gourmet With Justine Schofield</b>	Ep 40	Former Masterchef contestant Sam Gant joins Justine in the kitchen today to whip up Pancetta Scallops. Later Trish McKenzie shows us her Choc Apple Pops & Layered Strawberry OREO Biscuit Cups.	AUSTRALIA	English-100	G		
24/08/2024	500	<b>Mary Makes It Easy</b>	Movie Night	Make your next movie night a feature presentation with Mary's array of snacks, from sweet and salty to savoury apps, and of course, popcorn!	CANADA	English-100	G		
24/08/2024	530	<b>Adam &amp; Poh's Malaysia In Australia</b>	Ep 4	Adam and Poh are on Bruny Island - one of the best food destinations in Australia. They try local beers with cheesemaker and brewer Nick Haddow, before they take the beautiful local oysters in two different directions. Adam makes a Bruny oyster kerabu and Poh prepares a family favourite, oysters with kecap dressing. Back in the kitchen, Adam and Poh cook chicken satay with Nyonya peanut sauce.	AUSTRALIA	English-100	G	Y	
24/08/2024	600	<b>India Unplated</b>	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	
24/08/2024	630	<b>Bizarre Foods: Delicious Destinations</b>	Cape Cod	Andrew Zimmern explores the treasures of Cape Cod's coastal cuisine. From fried clams to fresh-caught cod, clambakes to cranberry bog ice cream, the Massachusetts peninsula's culinary scene is cause for summertime celebration.	USA	English-100	RPT	PG	a w
24/08/2024	700	<b>Food Unwrapped</b>	Rose Oil, Pink Pork, Oven Bags	The investigation into the food we eat continues. Jimmy Doherty is in Bulgaria to find out why rose oil is considered liquid gold. Kate Quilton seeks the truth about why you can't eat your pork pink, while Matt Tebbutt examines whether food cooked in plastic oven bags is safe to eat.	UNITED KINGDOM	English-100	PG		

24/08/2024	730	River Cottage Australia	Ep 2	Paul has learnt how to be a dairy farmer the hard way. It's time for Paul to make another tough lesson. How will he cope saying goodbye to another farm favourite?	UNITED KINGDOM	English-100	RPT	PG	Y
24/08/2024	830	Gino's Italian Escape: Hidden Italy	Trentino Alto-Adige	To uncover the secrets of Trentino Alto-Adige, Gino rolls up his sleeves and gets stuck into two local products - cheese, and speck. Starting in Valfloriana, where dairy and meat farmers still follow ancient methods of producing food, he meets dairy farmer Graziano, who shows Gino how to make the local soft cheese, Zighera Della Valfloria, and then uses it as his star ingredient when he whips up a quick and easy pasta dish.	UNITED KINGDOM	English-100		G	
24/08/2024	900	Everyday Gourmet With Justine Schofield	Ep 40	Former Masterchef contestant Sam Gant joins Justine in the kitchen today to whip up Pancetta Scallops. Later Trish McKenzie shows us her Choc Apple Pops & Layered Strawberry OREO Biscuit Cups.	AUSTRALIA	English-100		G	
24/08/2024	930	My Market Kitchen	Ep 10	Mike joins Laura as she makes her delicious mid-week family favourite, Sicilian Cauliflower Pasta. Mike then prepares a cost-saving White Peach, Raspberry, and Apple Jam. Wine expert Adam Walls concludes the show by pairing wines with Laura's Italian Cabbage and Sausage Soup.	AUSTRALIA	English-100		G	
24/08/2024	1000	Patti's Mexican Table	Mayan League Of Their Own, A	Pati discovers Yucatan's league of their own. She joins the Amazonas, a softball team of Indigenous women, for their morning practice. As they built a name for themselves, they overcame the mindset that women belong in the kitchen. After teaching Pati the ins and outs of the game, Dona Enedina invites her over for Brazo de Reina, a tamal with hardboiled eggs and ground pepitas.	USA	English-100		PG	Y
24/08/2024	1030	Food Safari Fire	Pots And Pans	Maeve learns about a unique range of pots and pans, including, the Spanish perol, Croatian peka, Chinese claypot, Moroccan tajine and Lebanese saj. First up, Maeve catches up with chef Frank Camorra and his family as they cook traditional Spanish dishes, including a show-stopping seafood, meat and rice dish cooked in a perol, or a deep dish paella pan. Maeve then shares a classic octopus peka with Sydney-based Croatian cook Frank Roncevic, before trying a claypot chicken rice with Malaysian head chef Cheong Hiew.	AUSTRALIA	English-100	RPT	G	Y
24/08/2024	1100	The Cook Up With Adam Liaw	Dinner Of Champions, The	It's BYO medals for an Easy Entertaining dinner of champions, and both of Adam's guests, Paralympic swimmers Ellie Cole and Col Pearce, have stacks of silverware.	AUSTRALIA	English-100		PG	Y
24/08/2024	1130	Eat Me: Or Try Not To	Future, The	It's an interesting time to be in the food business. Climate change, a global pandemic, a booming population - It's also a time ripe with opportunity, not unlike the first wave of the industrial food revolution that gave us the first globally mass-produced and processed foods.	CANADA	English-100		PG	
24/08/2024	1230	River Cottage Australia	Ep 2	Paul has learnt how to be a dairy farmer the hard way. It's time for Paul to make another tough lesson. How will he cope saying goodbye to another farm favourite?	UNITED KINGDOM	English-100	RPT	PG	Y
24/08/2024	1330	My Market Kitchen	Ep 10	Mike joins Laura as she makes her delicious mid-week family favourite, Sicilian Cauliflower Pasta. Mike then prepares a cost-saving White Peach, Raspberry, and Apple Jam. Wine expert Adam Walls concludes the show by pairing wines with Laura's Italian Cabbage and Sausage Soup.	AUSTRALIA	English-100		G	
24/08/2024	1400	Patti's Mexican Table	Mayan League Of Their Own, A	Pati discovers Yucatan's league of their own. She joins the Amazonas, a softball team of Indigenous women, for their morning practice. As they built a name for themselves, they overcame the mindset that women belong in the kitchen. After teaching Pati the ins and outs of the game, Dona Enedina invites her over for Brazo de Reina, a tamal with hardboiled eggs and ground pepitas.	USA	English-100		PG	Y
24/08/2024	1430	John Torode's Korean Food Tour	Bbq	John joins the official Ambassador for Hanwoo beef for a tour of Majang meat market, the largest meat market in East Asia.	UNITED KINGDOM	English-100		PG	a w
24/08/2024	1525	Taste The Philippines With Yasmin Newman	Kinamatisang Manok With Kim Cudia-Prieto	Chef and owner of Canberra's Lolo and Lola's, Kim Cudia-Prieto cooks a specialty dish called Kinamatisang Manok using classic ingredients that are local to her hometown.	AUSTRALIA	English-100		G	
24/08/2024	1530	John Torode's Korean Food Tour	Soups And Stews	John meets up with broadcaster and chef Matthew Chung who takes him to his favourite soup kitchen. Soups are eaten at every meal and a good soup is the mainstay of breakfast, lunch and dinner. Then heading up in the mountains, John goes hiking and meets presenter and food truck owner Eunice Yim, who later takes him out for BBQ duck and duck stew. Later in his kitchen, John prepares the meaty classic beef stew, bulgogi-jingol.	UNITED KINGDOM	English-100		PG	a w

24/08/2024	1625	<b>Destination Flavour Scandinavia Bitesize</b>	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
24/08/2024	1630	<b>Curtis Stone's Travel, Cook, Repeat</b>	Rioja, Spain	Chef Curtis Stone travels to Rioja, Spain, to pick some mountain mushrooms and make some goat cheese. Back home in his kitchen, he's grilling mushrooms, making croquettas, carving some Spanish ham, and putting together a port poached pear and goat cheese salad.	USA	English-100		G		Y
24/08/2024	1700	<b>Girls Guide:Hunting Fishing Wild Cooking</b>	Ep 5	Analiase tackles the ups-and-downs of her new life, going on her first wallaby hunt with friend and wallaby-hunter, Richard, and dealing with the wild rabbits that are decimating her garden, resulting in a delicious braised rabbit stew.	AUSTRALIA	English-100		PG	a w	Y
24/08/2024	1730	<b>Lorraine Pascale: Baking Made Easy</b>	So Easy	Lorraine Pascale is a brand new talent in the kitchen and she's shaking up baking in this first episode of her new series, Baking Made Easy. The show kicks off with a feat of baking engineering: parmesan and poppy seed lollipops that are actually one of the simplest and fastest things you can bake.	UNITED KINGDOM	English-100		G		
24/08/2024	1800	<b>David Rocco's Italia</b>	Old Venice On The Water	David sets out with his family to get the true Venice tourist experience and meets a charming gondolier and his wife, who teach them all about the history and pride of the age-old tradition of the gondolas in Venice. They explore local hotspots and venture off the beaten path to a beautiful Venetian winery, sampling gourmet cicchetti along the way. David then spends time with Emanuel, a local fisherman,	CANADA	English-100		PG	a w	
24/08/2024	1830	<b>Return To River Cottage</b>	Ep 3	Hugh's landlord, Antony Hichens, is holding a Medieval Fair to raise funds for charity and Hugh has offered to donate one of his pigs. Antony and his wife Sczerina come down to the pig-pen to see which one should end up on the spit.	UNITED KINGDOM	English-100		PG	a w	
24/08/2024	1900	<b>Return To River Cottage</b>	Ep 4	It's late summer at River Cottage but the weather is far from seasonal. Torrential rain washes out Hugh's entire hay harvest and his polytunnel full of tomatoes is beset with blight. Radical plant-surgery saves the tomatoes but the hay is lost.	UNITED KINGDOM	English-100		PG	a w	
24/08/2024	1930	<b>Hairy Bikers Go West</b>	Lancashire	For their next adventure Out West, the Hairy Bikers are taking an emotional trip down memory lane as they explore Dave's home county of Lancashire.	UNITED KINGDOM	English-100		G		
24/08/2024	2030	<b>Gordon, Gino And Fred's Road Trip</b>	French Connection	Three big egos, one small van. Gordon, Gino and Fred pack up their camper van once again and head off on a European adventure, but this time it's personal as each episode takes us on a tour of their cherished homelands, each of them with a special feast to prepare for. With three countries, three weeks and three coqs au vin in close confinement what could possibly go wrong?	UNITED KINGDOM	English-100		PG	l n	
24/08/2024	2130	<b>Anthony Bourdain: The Layover</b>	Miami	A layover in Montreal for Tony means calling up good local friends like Martin Picard and exploring the city's hot spots that can't be found in a guidebook. Along the way Tony sees first hand how intrinsic the local environment is to Montrealer's food and fun.	USA	English-100		PG	a	
24/08/2024	2225	<b>Taste The Philippines With Yasmin Newman</b>	Kinamatsang Manok With Kim Cudia-Prieto	Chef and owner of Canberra's Lolo and Lola's, Kim Cudia-Prieto cooks a speciality dish called Kinamatsang Manok using classic ingredients that are local to her hometown.	AUSTRALIA	English-100		G		
24/08/2024	2230	<b>River Cottage Australia</b>	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
24/08/2024	2330	<b>John Torode's Korean Food Tour</b>	Bbq	John joins the official Ambassador for Hanwoo beef for a tour of Majang meat market, the largest meat market in East Asia.	UNITED KINGDOM	English-100		PG	a w	

24/08/2024	2425	<b>Destination Flavour Scandinavia Bitesize</b>	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
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24/08/2024	2525	<b>Destination Flavour Japan Bitesize</b>	Kyoto	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
24/08/2024	2530	<b>Curtis Stone's Travel, Cook, Repeat</b>	Rioja, Spain	Chef Curtis Stone travels to Rioja, Spain, to pick some mountain mushrooms and make some goat cheese. Back home in his kitchen, he's grilling mushrooms, making croquetas, carving some Spanish ham, and putting together a port poached pear and goat cheese salad.	USA	English-100		G		Y
24/08/2024	2600	<b>Girls Guide:Hunting Fishing Wild Cooking</b>	Ep 5	Anaiese tackles the ups-and-downs of her new life, going on her first wallaby hunt with friend and wallaby-hunter, Richard, and dealing with the wild rabbits that are decimating her garden, resulting in a delicious braised rabbit stew.	AUSTRALIA	English-100		PG	a w	Y
24/08/2024	2630	<b>Lorraine Pascale: Baking Made Easy</b>	So Easy	Lorraine Pascale is a brand new talent in the kitchen and she's shaking up baking in this first episode of her new series, Baking Made Easy. The show kicks off with a feat of baking engineering: parmesan and poppy seed lollipops that are actually one of the simplest and fastest things you can bake.	UNITED KINGDOM	English-100		G		
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24/08/2024	2730	<b>Hairy Bikers Go West</b>	Lancashire	For their next adventure Out West, the Hairy Bikers are taking an emotional trip down memory lane as they explore Dave's home county of Lancashire.	UNITED KINGDOM	English-100		G		
24/08/2024	2830	<b>Return To River Cottage</b>	Ep 3	Hugh's landlord, Antony Hitchens, is holding a Medieval Fair to raise funds for charity and Hugh has offered to donate one of his pigs. Antony and his wife Sczerina come down to the pig-pen to see which one should end up on the spit.	UNITED KINGDOM	English-100		PG	a w	