



WEEK 35 **Sunday, 25 August 2024** **Saturday, 31 August 2024** **ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Egg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
25/08/2024	500	Return To River Cottage	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		
25/08/2024	530	Gordon, Gino And Fred's Road Trip	French Connection	Three big eggs, 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		
25/08/2024	630	River Cottage Australia	Ep 2	With Hugh back in the UK, Paul finds himself alone at River Cottage Australia - but not for long. He's about to welcome a new best friend to the farm, Digger the Border Collie pup. With his new mate nipping at his heels, Paul sets about getting his winter vegetable crop fed, and that involves an organic fertiliser recipe that makes use of some of the farm's most unwanted products. It's Festival time in the local village of Central Tiba, 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	
25/08/2024	730	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		
25/08/2024	825	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			
25/08/2024	830	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		
25/08/2024	925	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 7	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y	
25/08/2024	930	Curtis Stone's Travel, Cook, Repeat	Rioja, Spain	Chef Curtis Stone travels to Rioja, Spain, to pick some mountain mushrooms and make some goat cheese. Back home in his kitchen, he's grilling mushrooms, making croquettes, carving some Spanish ham, and putting together a port poached pear and goat cheese salad.	USA	English-100		G			Y
25/08/2024	1000	Girls Guide:Hunting Fishing Wild Cooking	Ep 5	Analise tackles the ups-and-downs of her new life, going on her first wallaby hunt with friend and wallaby-hunter, Richard, and dealing with the wild rabbits that are decimating her garden, resulting in a delicious braised rabbit stew.	AUSTRALIA	English-100		PG	a w	Y	
25/08/2024	1030	Return To River Cottage	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		

25/08/2024	1100	David Rocco's Italia	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	
25/08/2024	1130	Hairy Bikers Go West	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		
25/08/2024	1230	Gordon, Gino And Fred's Road Trip	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	I n	
25/08/2024	1330	Lorraine Pascale: Baking Made Easy	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		
25/08/2024	1400	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	RPT	G	Y
25/08/2024	1430	The Cook Up With Adam Liaw	One Pan Favourites	One pan, three favourite recipes, Adam and his guests, grilling guru Jess Pyles and actor Gary Sweet, make dinner a breeze and washing up even easier.	AUSTRALIA	English-100	RPT	G	Y
25/08/2024	1500	The Cook Up With Adam Liaw	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	RPT	G	Y
25/08/2024	1530	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	RPT	G	Y
25/08/2024	1600	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
25/08/2024	1630	Curtis Stone's Travel, Cook, Repeat	Rome, Italy	Chef Curtis Stone travels to Rome, Italy, for some authentic cacio e pepe and a visit with a unique butcher. Back home in his kitchen, Curtis is cooking up cacio e pepe risotto balls and perfectly roasted lamb with crispy potatoes.	USA	English-100	G		Y
25/08/2024	1700	Girls Guide:Hunting Fishing Wild Cooking	Ep 6	Anaiese faces her biggest challenge yet, slaughtering the two pigs she's reared for meat, and is visited by old friends from the mainland, including chef Adam Liaw, who reaffirm her commitment to her new life.	AUSTRALIA	English-100	PG	a w	Y
25/08/2024	1730	Eating Plants	Thailand	A vegan revolution is storming up in Thailand. Local actor Richie Kul visits the research lab of Meat Avatar creating plant-based crispy pork bites and learns from chef Sarita the basics of a roast chili paste. Richie learns how to cook some infamous Thai dishes at a local cooking school and eats out with popular vegan youtuber Wan, who is introducing a vegan diet to millions of her Thai followers.	AUSTRALIA	English-100	G		
25/08/2024	1800	Food Rescue Kitchen	Ep 3	Naomi Tollalo is on a food rescue mission. Join her in Auckland as she challenges much loved chef Mike Van de Elzen to make a 3 course meal out of rescued food.	NEW ZEALAND	English-100	G		
25/08/2024	1830	Simply Raymond Blanc	Just The Two Of Us	Raymond shares his favourite romantic meals to treat the nation's couples. He starts with a special dish cooked for him by his partner; broad beans with parmesan and pan-fried sole, and then ends with a sumptuous dessert - a fruit panna cotta. Chef and good friend Paul Ainsworth cooks a special dish for Raymond - lamb hotpot for two!	ENGLAND	English-100	PG		

25/08/2024	1930	Be My Guest With Ina Garten	Jennifer Garner	Its a perfect day for Ina when the incredible actress, producer, businesswoman and self-confessed foodie Jennifer Garner is joining her for a fantastic day of cooking and conversation at the barn. Jennifer loves Cornbread but has trouble nailing her Grandma's recipe, so Ina is going to trouble shoot and serve her incredible Brown Butter Cornbread to welcome her guest.	USA	English-100	G			
25/08/2024	2000	Tom Kerridge Cooks Britain	Kent And Cambridgeshire - Apples And Beetroot	Tom Kerridge heads to Kent and Cambridgeshire in his 1950s food truck to discover what it takes to produce the food on our plate and to cook with the British ingredients he finds along the way. His journey starts in the Fens in Cambridgeshire where he's in search of Beetroot.	UNITED KINGDOM		G			
25/08/2024	2030	Rick Stein's Cornwall	Ep 11	Rick explores the beating heart of the post-war British modern art movement in the seaside town of St Ives, the home for leading artists such as Barbara Hepworth and Terry Frost. At the Lizard Peninsula, known locally as the graveyard of all shipping, Rick heads out to sea to fish for a delicious seasonal visitor - the red mullet. And on the wild coast at Lands End, Rick discovers that Cornwall has a rather unusual animal as its national emblem.	UNITED KINGDOM	English-100	PG	a w		
25/08/2024	2100	Rick Stein's Cornwall	Ep 12	Rick is on the beautiful Roseland Peninsula. At one of the county's oldest butchers, Rick looks into the ancient practice and benefits of ageing meat, before demonstrating how to properly cook a steak and make the perfect Bearnaise sauce. And in the attractive harbourside village of Mousehole, Rick meets a potter who finds inspiration from the Cornish landscape.	UNITED KINGDOM	English-100	PG	a w		
25/08/2024	2130	Anthony Bourdain: The Layover	London	London - city of the royal family, high tea, and bad food, right? Wrong. Tony sets out to show that there's more to the most popular tourist city in the world than footballers and fish and chips. Favorite dish? Tikka masala. Pubs? Great. Posh? Not as much as you might expect. Tony starts off his adventure by checking into the St. John Hotel, run by his good friend, Fergus Henderson.	USA	English-100	PG	a		
									Y	
25/08/2024	2225	Taste The Philippines With Yasmin Newman	Adobo Lobster Roll With Regina Meehan	Regina Meehan from Melbourne's Hoy Pinoy demonstrates how to make a lobster roll with Filipino adobo sauce.	AUSTRALIA	English-100	G			
25/08/2024	2230	River Cottage Australia	Ep 3	With his cows, chooks and veges thriving. Paul decides it's time to explore the nearby coastline and discovers an abundant source of seafood delicacies. He meets a local lobster expert, and together they catch a crayfish brunch. Paul introduces him to a deliciously different way of eating them. Back on the farm, Paul's busy building a pig pen, before taking delivery of a small herd that will hopefully one day feed him. Before that, he prepares a pork dish using one of the tastiest and most under-used parts of the animal. Then, it's off to the local harvest festival bake-off. With the help of a country cooking champion, Paul enters his pumpkin scones into the hard-fought contest. But will his entries rise to the occasion?	UNITED KINGDOM	English-100	RPT	PG	a	Y
25/08/2024	2325	A Taste Of Island Dreams	Island Dreams No-Rice Rice" Pudding"	This pudding is a family favourite and represents how resourceful the people of the Cocos Islands are. Alimah Bilda shares a recipe passed down from her mother.	AUSTRALIA		G			
25/08/2024	2330	Curtis Stone's Travel, Cook, Repeat	Rome, Italy	Chef Curtis Stone travels to Rome, Italy, for some authentic cacio e pepe and a visit with a unique butcher. Back home in his kitchen, Curtis is cooking up cacio e pepe risotto balls and perfectly roasted lamb with crispy potatoes.	USA	English-100	G			
									Y	
25/08/2024	2400	Girls Guide:Hunting Fishing Wild Cooking	Ep 6	Anaiese faces her biggest challenge yet, slaughtering the two pigs she's reared for meat, and is visited by old friends from the mainland, including chef Adam Liaw, who reaffirm her commitment to her new life.	AUSTRALIA	English-100	PG	a w	Y	
25/08/2024	2430	Eating Plants	Thailand	A vegan revolution is storming up in Thailand. Local actor Richie Kul visits the research lab of Meat Avatar creating plant-based crispy pork bites and learns from chef Sarita the basics of a roast chili paste. Richie learns how to cook some infamous Thai dishes at a local cooking school and eats out with popular vegan youtuber Wan, who is introducing a vegan diet to millions of her Thai followers.	AUSTRALIA	English-100	G			
25/08/2024	2500	Food Rescue Kitchen	Ep 3	Naomi Toilalo is on a food rescue mission. Join her in Auckland as she challenges much loved chef Mike Van de Elzen to make a 3 course meal out of rescued food.	NEW ZEALAND	English-100	G			
25/08/2024	2530	Simply Raymond Blanc	Just The Two Of Us	Raymond shares his favourite romantic meals to treat the nation's couples. He starts with a special dish cooked for him by his partner; broad beans with parmesan and pan-fried sole, and then ends with a sumptuous dessert - a fruit panna cotta. Chef and good friend Paul Ainsworth cooks a special dish for Raymond - lamb hotpot for two!	ENGLAND	English-100	PG			
25/08/2024	2625	Taste The Philippines With Yasmin Newman	Adobo Lobster Roll With Regina Meehan	Regina Meehan from Melbourne's Hoy Pinoy demonstrates how to make a lobster roll with Filipino adobo sauce.	AUSTRALIA	English-100	G			

25/08/2024	2630	Be My Guest With Ina Garten	Jennifer Garner	Its a perfect day for Ina when the incredible actress, producer, businesswoman and self-confessed foodie Jennifer Garner is joining her for a fantastic day of cooking and conversation at the barn. Jennifer loves Cornbread but has trouble nailing her Grandma's recipe, so Ina is going to trouble shoot and serve her incredible Brown Butter Cornbread to welcome her guest.	USA	English-100	G		
25/08/2024	2700	Tom Kerridge Cooks Britain	Kent And Cambridgeshire - Apples And Beetroot	Tom Kerridge heads to Kent and Cambridgeshire in his 1950s food truck to discover what it takes to produce the food on our plate and to cook with the British ingredients he finds along the way. His journey starts in the Fens in Cambridgeshire where he's in search of Beetroot.	UNITED KINGDOM		G		
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25/08/2024	2825	A Taste Of Island Dreams	Island Dreams No-Rice Rice" Pudding"	This pudding is a family favourite and represents how resourceful the people of the Cocos Islands are. Alimah Bilda shares a recipe passed down from her mother.	AUSTRALIA		G		
25/08/2024	2830	Rick Stein's Cornwall	Ep 11	Rick explores the beating heart of the post-war British modern art movement in the seaside town of St Ives, the home for leading artists such as Barbara Hepworth and Terry Frost. At the Lizard Peninsula, known locally as the graveyard of all shipping, Rick heads out to sea to fish for a delicious seasonal visitor - the red mullet. And on the wild coast at Lands End, Rick discovers that Cornwall has a rather unusual animal as its national emblem.	UNITED KINGDOM	English-100	PG	a w	
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26/08/2024	530	The Cook Up With Adam Liaw	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	RPT	G	Y
26/08/2024	600	The Cook Up With Adam Liaw	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	RPT	G	Y
26/08/2024	630	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	RPT	G	Y
26/08/2024	700	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
26/08/2024	730	Curtis Stone's Travel, Cook, Repeat	Rome, Italy	Chef Curtis Stone travels to Rome, Italy, for some authentic cacio e pepe and a visit with a unique butcher. Back home in his kitchen, Curtis is cooking up cacio e pepe risotto balls and perfectly roasted lamb with crispy potatoes.	USA	English-100	G		Y
26/08/2024	800	Girls Guide:Hunting Fishing Wild Cooking	Ep 6	Anaiise faces her biggest challenge yet, slaughtering the two pigs she's reared for meat, and is visited by old friends from the mainland, including chef Adam Liaw, who reaffirm her commitment to her new life.	AUSTRALIA	English-100	PG	a w	Y
26/08/2024	830	Eating Plants	Thailand	A vegan revolution is storming up in Thailand. Local actor Richie Kul visits the research lab of Meat Avatar creating plant-based crispy pork bites and learns from chef Sarita the basics of a roast chili paste. Richie learns how to cook some infamous Thai dishes at a local cooking school and eats out with popular vegan youtuber Wan, who is introducing a vegan diet to millions of her Thai followers.	AUSTRALIA	English-100	G		
26/08/2024	900	Food Rescue Kitchen	Ep 3	Naomi Toialo is on a food rescue mission. Join her in Auckland as she challenges much loved chef Mike Van de Elzen to make a 3 course meal out of rescued food.	NEW ZEALAND	English-100	G		

26/08/2024	930	Simply Raymond Blanc	Just The Two Of Us	Raymond shares his favourite romantic meals to treat the nation's couples. He starts with a special dish cooked for him by his partner; broad beans with parmesan and pan-fried sole, and then ends with a sumptuous dessert - a fruit panna cotta. Chef and good friend Paul Ainsworth cooks a special dish for Raymond - lamb hotpot for two!	ENGLAND	English-100	PG		
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26/08/2024	1130	Rick Stein's Cornwall	Ep 11	Rick explores the beating heart of the post-war British modern art movement in the seaside town of St Ives, the home for leading artists such as Barbara Hepworth and Terry Frost. At the Lizard Peninsula, known locally as the graveyard of all shipping, Rick heads out to sea to fish for a delicious seasonal visitor - the red mullet. And on the wild coast at Lands End, Rick discovers that Cornwall has a rather unusual animal as its national emblem.	UNITED KINGDOM	English-100	PG	a w	
26/08/2024	1200	Rick Stein's Cornwall	Ep 12	Rick is on the beautiful Roseland Peninsula. At one of the county's oldest butchers, Rick looks into the ancient practice and benefits of ageing meat, before demonstrating how to properly cook a steak and make the perfect Bearnaise sauce. And in the attractive harbourside village of Mousehole, Rick meets a potter who finds inspiration from the Cornish landscape.	UNITED KINGDOM	English-100	PG	a w	
26/08/2024	1230	Licence To Grill	Brick Breaking Bash	Rob's friend bets him the cost of a BBQed dinner that he can break ten boards with his head. To keep it interesting he grills up a dinner of champions - grilled five spice flavoured quail, hickory smoked veal and spinach stuffed beef roast, grilled mushrooms and a grilled beet salad.	CANADA	English-100	G		
26/08/2024	1300	Cook Like A Chef	Eggs	Eggs are a perfect beginning for so many recipes and meals, and chef-host Katie Ardington is happy to 'whisk' us along through a few of her favourites.	CANADA	English-100	G		
26/08/2024	1330	Adam & Poh's Malaysia In Australia	Ep 5	Adam and Poh head to Tasmania to meet Joe and Hawa Hartley, agricultural scientists with an interesting hobby. Joe is trying to grow rice from Hawa's homeland of Malaysia, in Tasmania. Hawa and Poh make rabbit masak kicap from rabbits caught on their farm.	AUSTRALIA	English-100	G	Y	
26/08/2024	1400	Long Weekend In... With Rory O'Connell	Palma De Mallorca	Rory visits a beautiful art nouveau bakery where the traditional ensaimada pastries are made by one of the island's most respected bakers. Back home in his Ballycotton kitchen, Rory bakes a delicious orange and almond cake.	IRELAND	English-100	G		
26/08/2024	1430	Bizarre Foods: Delicious Destinations	Jersey Shore	Andrew uncovers the boardwalk indulgences of the Jersey Shore. From sticky-sweet saltwater taffy, to slices of tomato pie and Italian subs, the Jersey Shore's culinary scene is a carnival for the taste buds.	USA	English-100	RPT	G	
26/08/2024	1500	Food Unwrapped	Whitebait, Corn-Fed Vs. Grass-Fed Cows, Dog Chocolate	Uncovers the truth about the food we eat. Jimmy Doherty finds out what pub-grub favourite whitebait actually is. Then he goes to Latvia to learn why we can't get it in supermarkets. Kate Quilton is in America at a gigantic cattle feed lot to see whether it makes a difference what our meat eats. And Matt Tebbutt learns which confectionary treat can be deadly to man's best friend.	UNITED KINGDOM	English-100	G		
26/08/2024	1530	River Cottage Australia	Ep 3	Paul gets some goats but the going gets gruff when he tries to milk them for the first time. His cheese making skills get challenged by local friend Erica when they enter into the secret world of cheese making. The big event of the month is the Bega Show is just around the corner and Paul is relying on his friend Tabitha to give him some tips for his showgirl hens but are they going to be up to scratch? And could Ron the Rooster be a suitable replacement?	UNITED KINGDOM	English-100	RPT	PG	Y
26/08/2024	1630	Gino's Italian Escape: Hidden Italy	Lombardia	Gino is in one of Italy's largest northern regions - Lombardia - home to Italy's lake district and Lago di Como, it is known for its breathtaking mountains and picturesque towns. Gino hitches a ride on George Clooney's boat to take a tour of an Italian villa, and against the stunning backdrop of the lake, he reveals the secret ingredient of the Bellini plus some simple appetizers.	UNITED KINGDOM	English-100	PG	a w	

26/08/2024	1700	Everyday Gourmet With Justine Schofield	Ep 41	On today's show Justine cooks up an incredible Grilled Skirt Steak with a Smoked BBQ Glaze, Curly Lasagne with Creamy Mushrooms and her special Tandoori Chicken with fresh Mango Salad.	AUSTRALIA	English-100		G		
26/08/2024	1730	My Market Kitchen	Ep 11	Laura is joined in the Market Kitchen by Italian cheesemaker Giorgio Linguanti. First, Laura helps Giorgio with his handmade Burrata, then she makes the perfect accompaniment.	AUSTRALIA	English-100		G		Y
26/08/2024	1800	Pati's Mexican Table	One Day In Oaxaca	Pati shows viewers how to get the most out of one day in the city of Oaxaca. In 24 hours, she takes in the top sights, meets up with a local guide, goes to the market for lunch, and gives viewers a taste of the vibrant restaurant scene in one of the top culinary destinations in all of Mexico. In her kitchen, she recreates some of the things she had at the market and gives them some new uses.	USA	English-100		G		Y
26/08/2024	1830	Food Safari Fire	Asian Barbecue	Maeve celebrates classic Asian recipes and culinary techniques all designed to cook over coals including Vietnamese bun cha, Korean beef ribs, Xinjiang lamb skewers, Japanese kushiyaki and Thai gal yang.	AUSTRALIA	English-100	RPT	G		Y
26/08/2024	1900	The Cook Up With Adam Liaw	Serve With Bread	Sporting great Lisa Curry and French food great Damien Pignolet join Adam in the kitchen to make food that's best served with bread.	AUSTRALIA	English-100		G		Y
26/08/2024	1930	Nigellissima	Ep 5	Nigella Lawson continues to share her passion for creating mouth-watering Italian food. Inspired by a scribbled note she once found in an old Italian kitchen, Nigella starts with her take on the classic light and sunny yoghurt pot cake.	UNITED KINGDOM	English-100	RPT	G		Y
26/08/2024	2000	Luke Nguyen's Vietnam	Mekong River	Luke's journey continues along the mighty Mekong River, the lifeblood for locals who rely on it for transport, trade, and most of all as a source of food. The floating markets are a colourful and fascinating way of life in Can Tho, where farmers sell their produce from ancient boats. Luke visits his relatives who live on a tributary of the Mekong. In his honour they prepare a feast of snake, eel, and elephant fish, all prepared in the traditional way.	AUSTRALIA	English-100	RPT	PG	a w	Y
26/08/2024	2030	Gordon Ramsay Uncharted	Untamed Tasmania	Chef Ramsay discovers the purity of local ingredients on the far-flung island of Tasmania.	UNITED KINGDOM	English-100		PG	a l w	Y
26/08/2024	2125	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 6	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
26/08/2024	2130	Come Dine With Me UK	Huddersfield: Dannica	Travel loving credit controller Dannica is treating her guest to a culinary round the world tour, from Italy to Mexico. She's embarking on an ambitious menu. What could possibly go wrong?	UNITED KINGDOM	English-100		PG		
26/08/2024	2200	Come Dine With Me UK	Huddersfield: Ann-Marie	Ann-marie serves up 50s glamour, crazy concoctions and posh Italian nosh. Will her fine taste be enough to win the 1000 pound prize?	UNITED KINGDOM	English-100		PG	a	
26/08/2024	2230	The Cook Up With Adam Liaw	Serve With Bread	Sporting great Lisa Curry and French food great Damien Pignolet join Adam in the kitchen to make food that's best served with bread.	AUSTRALIA	English-100		G		Y
26/08/2024	2300	The Cook And The Chef	In The Hills	When Simon returned to Adelaide, after studying to be a chef, he had a whole new appreciation for the Adelaide Hills. As a youngster he'd tear around the hills on his motorbike, as a chef he marvelled at the quality and range of produce to be found just 10 minutes from the city. In this episode he catches up with a Hills Bee farmer to source a special honey for a crème brulee. Maggie's journey into the hills takes her to a property called Nirvana. Yes, it's heavenly, and so are the chestnuts she collects to make a delicious and surprisingly simple ravioli.	AUSTRALIA	English-100		G		

26/08/2024	2330	Barefoot Contessa: Back To Basics	Incredible Vegetables	Ina turns ordinary vegetables into extraordinary dishes. She transforms everyday cauliflower into amazing cauliflower toasts, the perfect anytime bite. Then Ina elevates humble zucchini and frozen spinach into fabulous baked spinach and zucchini, and eggplant steps into the limelight in wonderful spiced lamb-stuffed eggplants that are classy enough for company.	USA	English-100	G			
26/08/2024	2400	Licence To Grill	Brick Breaking Bash	Rob's friend bets him the cost of a BBQed dinner that he can break ten boards with his head. To keep it interesting he grills up a dinner of champions - grilled five spice flavoured quail, hickory smoked veal and spinach stuffed beef roast, grilled mushrooms and a grilled beet salad.	CANADA	English-100	G			
26/08/2024	2430	Nigellissima	Ep 5	Nigella Lawson continues to share her passion for creating mouth-watering Italian food. Inspired by a scribbled note she once found in an old Italian kitchen, Nigella starts with her take on the classic light and sunny yoghurt pot cake.	UNITED KINGDOM	English-100	RPT	G		Y
26/08/2024	2500	Luke Nguyen's Vietnam	Mekong River	Luke's journey continues along the mighty Mekong River, the lifeblood for locals who rely on it for transport, trade, and most of all as a source of food. The floating markets are a colourful and fascinating way of life in Can Tho, where farmers sell their produce from ancient boats. Luke visits his relatives who live on a tributary of the Mekong. In his honour they prepare a feast of snake, eel, and elephant fish, all prepared in the traditional way.	AUSTRALIA	English-100	RPT	PG	a w	Y
26/08/2024	2530	Gordon Ramsay Uncharted	Untamed Tasmania	Chef Ramsay discovers the purity of local ingredients on the far-flung island of Tasmania.	UNITED KINGDOM	English-100	PG	a l w		Y
26/08/2024	2625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 6	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
26/08/2024	2630	Come Dine With Me UK	Huddersfield: Dannica	Travel loving credit controller Dannica is treating her guest to a culinary round the world tour, from Italy to Mexico. She's embarking on an ambitious menu. What could possibly go wrong?	UNITED KINGDOM	English-100	PG			
26/08/2024	2700	Come Dine With Me UK	Huddersfield: Ann-Marie	Ann-Marie serves up 50s glamour, crazy concoctions and posh Italian nosh. Will her fine taste be enough to win the 1000 pound prize?	UNITED KINGDOM	English-100	PG	a		
26/08/2024	2730	The Cook And The Chef	In The Hills	When Simon returned to Adelaide, after studying to be a chef, he had a whole new appreciation for the Adelaide Hills. As a youngster he'd tear around the hills on his motorbike, as a chef he marvelled at the quality and range of produce to be found just 10 minutes from the city. In this episode he catches up with a Hills Bee farmer to source a special honey for a crême brulee. Maggie's journey into the hills takes her to a property called Nirvana. Yes, it's heavenly, and so are the chestnuts she collects to make a delicious and surprisingly simple ravioli.	AUSTRALIA	English-100	G			
26/08/2024	2800	Barefoot Contessa: Back To Basics	Incredible Vegetables	Ina turns ordinary vegetables into extraordinary dishes. She transforms everyday cauliflower into amazing cauliflower toasts, the perfect anytime bite. Then Ina elevates humble zucchini and frozen spinach into fabulous baked spinach and zucchini, and eggplant steps into the limelight in wonderful spiced lamb-stuffed eggplants that are classy enough for company.	USA	English-100	G			
26/08/2024	2830	Cook Like A Chef	Eggs	Eggs are a perfect beginning for so many recipes and meals, and chef-host Katie Ardington is happy to 'whisk' us along through a few of her favourites.	CANADA	English-100	G			
27/08/2024	500	Long Weekend In... With Rory O'Connell	Palma De Mallorca	Rory visits a beautiful art nouveau bakery where the traditional ensaimada pastries are made by one of the island's most respected bakers. Back home in his Ballycotton kitchen, Rory bakes a delicious orange and almond cake.	IRELAND	English-100	G			
27/08/2024	530	Bizarre Foods: Delicious Destinations	Jersey Shore	Andrew uncovers the boardwalk indulgences of the Jersey Shore. From sticky-sweet saltwater taffy, to slices of tomato pie and Italian subs, the Jersey Shore's culinary scene is a carnival for the taste buds.	USA	English-100	RPT	G		

27/08/2024	600	Food Unwrapped	Whitebait, Corn-Fed Vs. Grass-Fed Cows, Dog Chocolate	Uncovers the truth about the food we eat. Jimmy Doherty finds out what pub-grub favourite whitebait actually is. Then he goes to Latvia to learn why we can't get it in supermarkets. Kate Quilton is in America at a gigantic cattle feed lot to see whether it makes a difference what our meat eats. And Matt Tebbutt learns which confectionary treat can be deadly to man's best friend.	UNITED KINGDOM	English-100		G		
27/08/2024	630	River Cottage Australia	Ep 3	Paul gets some goats but the going gets gruff when he tries to milk them for the first time. His cheese making skills get challenged by local friend Erica when they enter into the secret world of cheese making. The big event of the month is the Bega Show is just around the corner and Paul is relying on his friend Tabitha to give him some tips for his showgirl hens but are they going to be up to scratch? And could Ron the Rooster be a suitable replacement?	UNITED KINGDOM	English-100	RPT	PG		Y
27/08/2024	730	Gino's Italian Escape: Hidden Italy	Lombardia	Gino is in one of Italy's largest northern regions - Lombardia - home to Italy's lake district and Lago di Como, it is known for its breathtaking mountains and picturesque towns. Gino hitches a ride on George Clooney's boat to take a tour of an Italian villa, and against the stunning backdrop of the lake, he reveals the secret ingredient of the Bellini plus some simple appetizers.	UNITED KINGDOM	English-100		PG	a w	
27/08/2024	800	Everyday Gourmet With Justine Schofield	Ep 41	On today's show Justine cooks up an incredible Grilled Skirt Steak with a Smoked BBQ Glaze, Curly Lasagne with Creamy Mushrooms and her special Tandoori Chicken with fresh Mango Salad.	AUSTRALIA	English-100		G		
27/08/2024	830	My Market Kitchen	Ep 11	Laura is joined in the Market Kitchen by Italian cheesemaker Giorgio Linguanti. First, Laura helps Giorgio with his handmade Burrata, then she makes the perfect accompaniment.	AUSTRALIA	English-100		G		Y
27/08/2024	900	Pati's Mexican Table	One Day In Oaxaca	Pati shows viewers how to get the most out of one day in the city of Oaxaca. In 24 hours, she takes in the top sights, meets up with a local guide, goes to the market for lunch, and gives viewers a taste of the vibrant restaurant scene in one of the top culinary destinations in all of Mexico. In her kitchen, she recreates some of the things she had at the market and gives them some new uses.	USA	English-100		G		Y
27/08/2024	930	Food Safari Fire	Asian Barbecue	Maeve celebrates classic Asian recipes and culinary techniques all designed to cook over coals including Vietnamese bun cha, Korean beef ribs, Xinjiang lamb skewers, Japanese kushiyaki and Thai gai yang.	AUSTRALIA	English-100	RPT	G		Y
27/08/2024	1000	Come Dine With Me UK	Huddersfield: Dannica	Travel loving credit controller Dannica is treating her guest to a culinary round the world tour, from Italy to Mexico. She's embarking on an ambitious menu. What could possibly go wrong?	UNITED KINGDOM	English-100		PG		
27/08/2024	1030	Come Dine With Me UK	Huddersfield: Ann-Marie	Ann-marie serves up 50s glamour, crazy concoctions and posh Italian nosh. Will her fine taste be enough to win the 1000 pound prize?	UNITED KINGDOM	English-100		PG	a	
27/08/2024	1100	The Cook Up With Adam Liaw	Serve With Bread	Sporting great Lisa Curry and French food great Damien Pignolet join Adam in the kitchen to make food that's best served with bread.	AUSTRALIA	English-100		G		Y
27/08/2024	1130	Nigellissima	Ep 5	Nigella Lawson continues to share her passion for creating mouth-watering Italian food. Inspired by a scribbled note she once found in an old Italian kitchen, Nigella starts with her take on the classic light and sunny yoghurt pot cake.	UNITED KINGDOM	English-100	RPT	G		Y
27/08/2024	1200	Luke Nguyen's Vietnam	Mekong River	Luke's journey continues along the mighty Mekong River, the lifeblood for locals who rely on it for transport, trade, and most of all as a source of food. The floating markets are a colourful and fascinating way of life in Can Tho, where farmers sell their produce from ancient boats. Luke visits his relatives who live on a tributary of the Mekong. In his honour they prepare a feast of snake, eel, and elephant fish, all prepared in the traditional way. (Commissioned by SBS) (Food Series) (Part 3 of 10) (Rpt) PG CC WS	AUSTRALIA	English-100	RPT	PG	a w	Y
27/08/2024	1230	Licence To Grill	Summertime Jazz	Rob and his friends enjoy a barbecued dinner of grilled brie and port soaked cranberries, stuffed chicken breasts, rotisserie baby back pork ribs and roasted stuffed pears before heading off to the outdoor jazz festival.	CANADA	English-100		G		
27/08/2024	1300	Cook Like A Chef	Tomatoes	Join our host, chef Natalia Machado as she introduces us to her favourite techniques for using a wide variety of versatile, savoury tomatoes.	CANADA	English-100		G		

27/08/2024	1330	Adam & Poh's Malaysia In Australia	Ep 6	Poh heads to Sydney to meet Junda Khoo, a restaurateur bringing the flavours of his grandma's Malaysian kitchen to Australia. Adam heads to Chinta Ria Buddha Love to meet one of his favourite actors, Remy Hii. Remy and Adam try one of Remy's favourite dishes, chilli crab.	AUSTRALIA	English-100	PG	a w	Y	
27/08/2024	1400	Long Weekend In... With Rory O'Connell	Vienna	Rory O'Connell takes a long weekend in Vienna, Austria, to explore the city's celebrated cuisine and cultural attractions. Rory tries Sachertorte, a type of chocolate cake which is one of Vienna's culinary specialities. Later, Rory visits a typical 'Gasthaus', or tavern, where he enjoys a smoked trout dish.	IRELAND	English-100	G			
27/08/2024	1430	Bizarre Foods: Delicious Destinations	New Jersey	Andrew Zimmern checks out the inventive and international eats of New Jersey. From all-you-can-eat Brazilian meat to rich seafood stew, potato-loaded hot dogs to Dominican marinated pork, the Garden State's cuisine is diverse.	USA	English-100	RPT	PG	a w	
27/08/2024	1500	Food Unwrapped	Greek Yogurt, Saffron, Kidney Beans	Jimmy Doherty is in Greece, where he learns that Greek yogurt production creates a troublesome by-product. Kate Quilton heads out to the Atlas Mountains in Morocco to uncover the secrets of saffron fraud. And Matt Tebbutt finds out why you can't eat kidney beans raw.	UNITED KINGDOM	English-100	G			
27/08/2024	1530	River Cottage Australia	Ep 4	Paul has always known that farm life isn't easy, but when he's faced with a tough task his experiences from last season prove to be useful. The CWA ladies seek Paul's skills with an important charity event, and Paul's got to come up with the goods for a catering challenge.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
27/08/2024	1630	Gino's Italian Escape: Hidden Italy	Umbria	Gino is in one of Italy's largest northern regions - Lombardia - home to Italy's lake district and Lago di Como, it is known for its breathtaking mountains and picturesque towns.	UNITED KINGDOM	English-100	PG			
27/08/2024	1700	Everyday Gourmet With Justine Schofield	Ep 42	Justine shows you how to make a yummy seafood Tom Yum and a Pistachio and Coconut Smoothie. Byron Finnerty drops in to share his Caribbean Chicken.	AUSTRALIA	English-100	G			
27/08/2024	1730	My Market Kitchen	Ep 12	In this fun-filled episode, Mike is joined in the Market Kitchen by third-generation farmer Catherine Velisha to cook a delicious Cannon of Lamb. Next, Laura makes a decadent, once-in-a-blue-moon Spag Bol Toastie.	AUSTRALIA	English-100	G			
27/08/2024	1800	Pati's Mexican Table	History Of Oaxaca Cuisine	Pati takes viewers on a deep dive into the history of Oaxaca cuisine from pre-Hispanic origins, to the introduction of Spanish techniques, and finally modern day movements. She starts by tasting ancestral recipes at the local market. Then, she meets up with a friend and historian who takes her to a restaurant, where they eat traditional Oaxaca recipes with a modern twist. She's going on a culinary adventure through time all in one day. Back in her kitchen, inspired by the tastes from that day, she shares new dishes that happen to be vegetarian with her friend and food editor, Joe Yonan.	USA	English-100	PG			
27/08/2024	1830	Food Safari Fire	Smoking	Maeve O'Meara explores the ancient art of smoking in cuisines around the world, tasting hot smoked salmon and kingfish, West African condiments, flavoursome smoked lamb, Irish cold smoked bacon, and Kansas City style ribs. In search of the flavour and texture that smoking provides, Maeve heads to the far NSW south coast where master smoker Stan Soroka shares a recipe for a delicious and surprisingly easy hot-smoked kingfish.	AUSTRALIA	English-100	RPT	G	Y	
27/08/2024	1900	The Cook Up With Adam Liaw	Pan Fried Perfection	Adam is joined by chef Clayton Wells and footy star turned radio host Moana Hope for a night of pan friend perfection.	AUSTRALIA	English-100	G		Y	
27/08/2024	1930	Prue Leith's Cotswold Kitchen	Ruth Davidson	Prue is joined in her kitchen by former Scottish conservative leader Ruth Davidson who cooks a childhood classic dessert.	UNITED KINGDOM	English-100	PG			
27/08/2024	2030	James Martin's French Adventure	St Tropez	James's journey through France leads him to the glamour of St. Tropez. He starts by exploring the fantastic seafood market, then cooks sole goujons with tartare sauce.	UNITED KINGDOM	English-100	PG	a w		
27/08/2024	2130	Come Dine With Me UK	Huddersfield: Irum	School admin assistant, Irum, is trying to woo her guests with an evening of classic Pakistani home cooking. Will she get the right level of heat for her guest in these authentic dishes?	UNITED KINGDOM	English-100	PG		Y	

27/08/2024	2200	Come Dine With Me UK	Huddersfield: Brilliance	Trainee nurse, Brilliance, is bringing a taste of Zimbabwe to Huddersfield. She plans on serving up chicken parts that her guests have never experienced before. Will it be too much?	UNITED KINGDOM	English-100		PG	
27/08/2024	2230	The Cook Up With Adam Liaw	Pan Fried Perfection	Adam is joined by chef Clayton Wells and footy star turned radio host Moana Hope for a night of pan friend perfection.	AUSTRALIA	English-100		G	Y
27/08/2024	2300	The Cook And The Chef	Old Favourites	Maggie and Simon bring back some Old Favourites and, of course, reveal secrets that take your cooking to another level. Inspired by tradition and a gift of a pot from his Mum, Simon makes a French Cassoulet which features an old favourite, mutton. Maggie tempts us with mouth watering roasted parsnips and makes her own version of baked beans. Luscious and rich you'll swear you can smell these dishes cooking.	AUSTRALIA	English-100		G	
27/08/2024	2330	Barefoot Contessa: Back To Basics	Liquor Store Secrets	Ina Garten unlocks her liquor secrets and easy techniques that take red wine-braised short ribs, fennel soup gratin and an awesome fresh apple spice cake to the next level. Plus, she shares some incredible tips for wines and liqueurs, and it is cocktail hour at the barn as Ina puts the fizz into mimosas, kir and raspberry royale cocktails and mixes up a stunning Champagne VSOP.	USA	English-100		G	
27/08/2024	2400	Licence To Grill	Summertime Jazz	Rob and his friends enjoy a barbequed dinner of grilled brie and port soaked cranberries, stuffed chicken breasts, rotisserie baby back pork ribs and roasted stuffed pears before heading off to the outdoor jazz festival.	CANADA	English-100		G	
27/08/2024	2430	Prue Leith's Cotswold Kitchen	Ruth Davidson	Prue is joined in her kitchen by former Scottish conservative leader Ruth Davidson who cooks a childhood classic dessert.	UNITED KINGDOM	English-100		PG	
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27/08/2024	2625	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
27/08/2024	2630	Come Dine With Me UK	Huddersfield: Irum	School admin assistant, Irum, is trying to woo her guests with an evening of classic Pakistani home cooking. Will she get the right level of heat for her guest in these authentic dishes?	UNITED KINGDOM	English-100		PG	
27/08/2024	2700	Come Dine With Me UK	Huddersfield: Brilliance	Trainee nurse, Brilliance, is bringing a taste of Zimbabwe to Huddersfield. She plans on serving up chicken parts that her guests have never experienced before. Will it be too much?	UNITED KINGDOM	English-100		PG	
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27/08/2024	2830	Cook Like A Chef	Tomatoes	Join our host, chef Natalia Machado as she introduces us to her favourite techniques for using a wide variety of versatile, savoury tomatoes.	CANADA	English-100		G	
28/08/2024	500	Long Weekend In... With Rory O'Connell	Vienna	Rory O'Connell takes a long weekend in Vienna, Austria, to explore the city's celebrated cuisine and cultural attractions. Rory tries Sachertorte, a type of chocolate cake which is one of Vienna's culinary specialities. Later, Rory visits a typical 'Gasthaus', or tavern, where he enjoys a smoked trout dish.	IRELAND	English-100		G	

28/08/2024	530	Bizarre Foods: Delicious Destinations	New Jersey	Andrew Zimmern checks out the inventive and international eats of New Jersey. From all-you-can-eat Brazilian meat to rich seafood stew, potato-loaded hot dogs to Dominican marinated pork, the Garden State's cuisine is diverse.	USA	English-100	RPT	PG	a w	
28/08/2024	600	Food Unwrapped	Greek Yogurt, Saffron, Kidney Beans	Jimmy Doherty is in Greece, where he learns that Greek yogurt production creates a troublesome by-product. Kate Quilton heads out to the Atlas Mountains in Morocco to uncover the secrets of saffron fraud. And Matt Tebbutt finds out why you can't eat kidney beans raw.	UNITED KINGDOM	English-100		G		Y
28/08/2024	630	River Cottage Australia	Ep 4	Paul has always known that farm life isn't easy, but when he's faced with a tough task his experiences from last season prove to be useful. The CWA ladies seek Paul's skills with an important charity event, and Paul's got to come up with the goods for a catering challenge.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
28/08/2024	730	Gino's Italian Escape: Hidden Italy	Umbria	Gino is in one of Italy's largest northern regions - Lombardia - home to Italy's lake district and Lago di Como, it is known for its breathtaking mountains and picturesque towns.	UNITED KINGDOM	English-100		PG		
28/08/2024	800	Everyday Gourmet With Justine Schofield	Ep 42	Justine shows you how to make a yummy seafood Tom Yum and a Pistachio and Coconut Smoothie. Byron Finnerty drops in to share his Caribbean Chicken.	AUSTRALIA	English-100		G		
28/08/2024	830	My Market Kitchen	Ep 12	In this fun-filled episode, Mike is joined in the Market Kitchen by third-generation farmer Catherine Velisha to cook a delicious Cannon of Lamb. Next, Laura makes a decadent, once-in-a-blue-moon Spag Bol Toastie.	AUSTRALIA	English-100		G		
28/08/2024	900	Pat's Mexican Table	History Of Oaxaca Cuisine	Pat takes viewers on a deep dive into the history of Oaxaca cuisine from pre-Hispanic origins, to the introduction of Spanish techniques, and finally modern day movements. She starts by tasting ancestral recipes at the local market. Then, she meets up with a friend and historian who takes her to a restaurant, where they eat traditional Oaxaca recipes with a modern twist. She's going on a culinary adventure through time all in one day. Back in her kitchen, inspired by the tastes from that day, she shares new dishes that happen to be vegetarian with her friend and food editor, Joe Yonan.	USA	English-100		PG		Y
28/08/2024	930	Food Safari Fire	Smoking	Maeve O'Meara explores the ancient art of smoking in cuisines around the world, tasting hot smoked salmon and kingfish, West African condiments, flavoursome smoked lamb, Irish cold smoked bacon, and Kansas City style ribs. In search of the flavour and texture that smoking provides, Maeve heads to the far NSW south coast where master smoker Stan Soroka shares a recipe for a delicious and surprisingly easy hot-smoked kingfish.	AUSTRALIA	English-100	RPT	G		Y
28/08/2024	1000	Come Dine With Me UK	Huddersfield: Irum	School admin assistant, Irum, is trying to woo her guests with an evening of classic Pakistani home cooking. Will she get the right level of heat for her guest in these authentic dishes?	UNITED KINGDOM	English-100		PG		
28/08/2024	1030	Come Dine With Me UK	Huddersfield: Brilliance	Trainee nurse, Brilliance, is bringing a taste of Zimbabwe to Huddersfield. She plans on serving up chicken parts that her guests have never experienced before. Will it be too much?	UNITED KINGDOM	English-100		PG		
28/08/2024	1100	The Cook Up With Adam Liaw	Pan Fried Perfection	Adam is joined by chef Clayton Wells and footy star turned radio host Moana Hope for a night of pan friend perfection.	AUSTRALIA	English-100		G		Y
28/08/2024	1130	Prue Leith's Cotswold Kitchen	Ruth Davidson	Prue is joined in her kitchen by former Scottish conservative leader Ruth Davidson who cooks a childhood classic dessert.	UNITED KINGDOM	English-100		PG		
28/08/2024	1230	Licence To Grill	Golf Clinic Bbq	Rob and his friends need to brush up on their golf game so they set up a clinic. Rob then fires up the grill and prepares prosciutto wrapped shrimp, stuffed grilled snapper, slow smoked stuffed veal roast, grilled cornmeal cakes and a couple of great salads.	CANADA	English-100		G		
28/08/2024	1300	Cook Like A Chef	Duck	Chef-host Craig Wong is our duck guide in this well-travelled episode of Cook Like a Chef. First stop? Peking Duck!	CANADA	English-100		G		

28/08/2024	1330	Girls Guide:Hunting Fishing Wild Cooking	Ep 1	Analeise starts her first Tasmanian Spring with a 'Welcome to Country' ceremony. She learns to shoot and goes on an overnight fishing adventure before laying down roots in her new native garden.	AUSTRALIA	English-100		PG	a l w	Y
28/08/2024	1400	Long Weekend In... With Rory O'Connell	Lisbon	This week Rory visits the Portuguese capital city and starts his weekend with a picnic overlooking Lisbon. His first stop is Manteigaria Silva, an acclaimed delicatessen established in 1890, and a treasure trove of traditional Portuguese food. Rory is in his element, and stocks up on local bread, cheese, cured meats and olives.	IRELAND	English-100		G		
28/08/2024	1430	Bizarre Foods: Delicious Destinations	Kansas City	Andrew Zimmern visits Kansas City, where he finds a thriving arts and industrial hub with a small town vibe serving up treasured dishes. Barbecue is still king, but locals are also devoted to a few other sweet specialties.	USA	English-100	RPT	G		
28/08/2024	1500	Food Unwrapped	Omega 3, Iberico Ham, White Chocolate	Jimmy Doherty discovers that everyone's favourite supplement, Omega 3, could have an uncertain future. Kate Quilton travels to piggy paradise in Spain to look into why Iberico ham is so expensive. And Matt Tebbutt investigates how white chocolate can be made from a brown cocoa bean.	UNITED KINGDOM	English-100		PG		Y
28/08/2024	1530	River Cottage Australia	Ep 5	Paul's pasture poultry have all grown up and it's processing time. Chris Franks is back to share his knowledge and wisdom. Another River Cottage favourite returns; Iain Hamilton gives Paul a hand building a special barbecue grill. He takes the grill to the annual Bermagui Seaside Fair and hosts his second stall, and it's full of surprises. Paul joins a brotherhood of brewing buddies in Candelo for a night of homebrew and beats. Before retiring to his homemade hot tub bearing all against the backdrop of the bush.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
28/08/2024	1630	Gino's Italian Escape: Hidden Italy	Liguria	Gino is in Liguria where he learns the secret of Italian gelato. Liguria is famous for its seafood and pesto, but Gino is interested in the one ingredient that is the backbone to all Italian cookery - olive oil. He visits a grove high above the coastline and finds out for himself how the humble olive is turned into this liquid gold, before he cooks up a dish that takes its inspiration from the region.	UNITED KINGDOM	English-100		G		
28/08/2024	1700	Everyday Gourmet With Justine Schofield	Ep 43	MoVida Chef & Owner Frank Camorra joins Justine in making his special Chargrilled Moorish Lamb Skewers. Justine shows us her Duck with Pomegranate, Red Wine Sauce and tops it all off with a mouth watering Apple & Blueberry Tart.	AUSTRALIA	English-100		G		
28/08/2024	1730	My Market Kitchen	Ep 13	Mike is joined by top pastry chef Darren Purchase, who demonstrates how to cook the perfect Basque Burnt Cheesecake.	AUSTRALIA	English-100		G		
28/08/2024	1800	Pati's Mexican Table	Queen In The Land Of Gods, A	Pati travels to the small town of Teotitlan de Valle to meet with one of the best cooks in Oaxaca, Abigail Mendoza. Abigail is opening her home to show Pati her dedication to preserving the pre-Hispanic techniques and recipes of her Zapotec ancestors. Back in Pati's kitchen, her experience with Abigail inspires recipes that feature few ingredients used in rustic Oaxacan ways, including chicken with oregano and garlic, grilled corn salad, and burnt milk ice cream.	USA	English-100		G		Y
28/08/2024	1830	Food Safari Fire	Barbecue Safari	In the series finale, Maeve embraces the ingenuity of the home-made barbecue, exploring the remarkably adaptable 44 gallon drum used in the Kimberley as a smoker for barramundi and in Jamaica to cook jerk chicken and pork, as well as various parts of fridges, wheelie bins and lawnmowers welded into cooking devices. There's even a car boot BBQ, a homemade Cypriot klefotiko oven and a Samoan umu feast.	AUSTRALIA	English-100	RPT	G		Y
28/08/2024	1900	The Cook Up With Adam Liaw	Savoury Tarts	The task is savoury tarts, and Adam and his guests, chefs Noora Heiska and Louis Tikaram are more than up for the challenge.	AUSTRALIA	English-100		G		Y
28/08/2024	1930	Marcus Wareing: Simply Provence	Cheese	There is one thing in France which seems even more important than food, a sporting spirit-be it football, tennis, or even petanque. Well, Marcus is going to be combining both of these French passions, food and sport, in a match with the locals. Petanque, and a dish to win them over? He has got his work cut out.	UNITED KINGDOM	English-100		G		Y
28/08/2024	2000	Nadiya's Time To Eat	Recipes In A Rush	Nadiya Hussain kicks off this series with her top time-saving recipes, featuring a cracking omelette wrap bursting with sun-dried tomato paste, olives and mushrooms for the perfect quick lunch!	UNITED KINGDOM	English-100		G		
28/08/2024	2030	Hugh's Three Good Things	Pears	It's pear time in Hugh's Three Good Things. All week, the River Cottage Head Chef Gill Meller and by Sophie Wright, a chef who's cooked for the likes of Leonardo DiCaprio, Roman Abramovich and Avril Lavigne, join Hugh for some cooking pear-fection!	UNITED KINGDOM	English-100		G		

28/08/2024	2100	Masters Of Taste With Gary Mehigan	Kebab By The Docks	Gary is invited by an old friend, and one of India's most popular chefs, Ranveer Brar to an iconic location called Mukhesh Mills in Mumbai for a chefs' day out. What follows is a seafood bonfire and an age-old kebab recipe with 32 spices.	INDIA	English-100	G	
28/08/2024	2130	Come Dine With Me UK	Huddersfield: Adam	NHS staff, Adam, is hoping to win his guests over with a menu inspired by his favourite Chinese buffet in Spain. He plans to woo his diners with deep fried and greasy grub.	UNITED KINGDOM	English-100	PG	
28/08/2024	2200	Come Dine With Me UK	Royal Leamington Spa: Debs	Glam and boujee attire at the ready as recruitment manager Debs kickstarts Royal Leamington Spa's hottest culinary competition. Will her champagne jelly set and how will she cope with her rowdy guest?	UNITED KINGDOM	English-100	PG	a
28/08/2024	2230	The Cook Up With Adam Liaw	Savoury Tarts	The task is savoury tarts, and Adam and his guests, chefs Noora Heiska and Louis Tikaram are more than up for the challenge.	AUSTRALIA	English-100	G	Y
28/08/2024	2300	The Cook And The Chef	Winter Comfort Food	It's time to shake off the winter blues with a serve of piping hot comfort food. This mid-winter episode dishes up some warming, homely treats - and reveals why Simon still bears the mental scars of his childhood brush with rhubarb.	AUSTRALIA	English-100	G	
28/08/2024	2330	Barefoot Contessa: Back To Basics	Only Oranges	It's all about oranges as Ina Garten shares some favourite recipes with this magic ingredient. They unleash the flavour in her amazing roast duck breast with dried cherries and port, and make dainty orange French lace cookies super special. Oranges add another dimension to wild rice salad, and the citrus in fig and goat cheese bruschetta takes everything to the next level.	USA	English-100	G	
28/08/2024	2400	Licence To Grill	Golf Clinic Bbq	Rob and his friends need to brush up on their golf game so they set up a clinic. Rob then fires up the grill and prepares prosciutto wrapped shrimp, stuffed grilled snapper, slow smoked stuffed veal roast, grilled cornmeal cakes and a couple of great salads.	CANADA	English-100	G	
28/08/2024	2430	Marcus Wareing: Simply Provence	Cheese	There is one thing in France which seems even more important than food, a sporting spirit-be it football, tennis, or even petanque. Well, Marcus is going to be combining both of these French passions, food and sport, in a match with the locals. Petanque, and a dish to win them over? He has got his work cut out.	UNITED KINGDOM	English-100	G	Y
28/08/2024	2500	Nadiya's Time To Eat	Recipes In A Rush	Nadiya Hussain kicks off this new series with her top time-saving recipes, featuring a cracking omelette wrap bursting with sun-dried tomato paste, olives and mushrooms for the perfect quick lunch!	UNITED KINGDOM	English-100	G	
28/08/2024	2530	Hugh's Three Good Things	Pears	It's pear time in Hugh's Three Good Things. All week, the River Cottage Head Chef Gill Meller and by Sophie Wright, a chef who's cooked for the likes of Leonardo DiCaprio, Roman Abramovich and Avril Lavigne, join Hugh for some cooking pearfection!	UNITED KINGDOM	English-100	G	
28/08/2024	2600	Masters Of Taste With Gary Mehigan	Kebab By The Docks	Gary is invited by an old friend, and one of India's most popular chefs, Ranveer Brar to an iconic location called Mukhesh Mills in Mumbai for a chefs' day out. What follows is a seafood bonfire and an age-old kebab recipe with 32 spices.	INDIA	English-100	G	
28/08/2024	2630	Come Dine With Me UK	Huddersfield: Adam	NHS staff, Adam, is hoping to win his guests over with a menu inspired by his favourite Chinese buffet in Spain. He plans to woo his diners with deep fried and greasy grub.	UNITED KINGDOM	English-100	PG	
28/08/2024	2700	Come Dine With Me UK	Royal Leamington Spa: Debs	Glam and boujee attire at the ready as recruitment manager Debs kickstarts Royal Leamington Spa's hottest culinary competition. Will her champagne jelly set and how will she cope with her rowdy guest?	UNITED KINGDOM	English-100	PG	a

28/08/2024	2730	The Cook And The Chef	Winter Comfort Food	It's time to shake off the winter blues with a serve of piping hot comfort food. This mid-winter episode dishes up some warming, homely treats - and reveals why Simon still bears the mental scars of his childhood brush with rhubarb.	AUSTRALIA	English-100		G	
28/08/2024	2800	Barefoot Contessa: Back To Basics	Only Oranges	It's all about oranges as Ina Garten shares some favourite recipes with this magic ingredient. They unleash the flavour in her amazing roast duck breast with dried cherries and port, and make dainty orange French lace cookies super special. Oranges add another dimension to wild rice salad, and the citrus in fig and goat cheese bruschetta takes everything to the next level.	USA	English-100		G	
28/08/2024	2830	Cook Like A Chef	Duck	Chef-host Craig Wong is our duck guide in this well-travelled episode of Cook Like a Chef. First stop? Peking Duck!	CANADA	English-100		G	
29/08/2024	500	Long Weekend In... With Rory O'Connell	Lisbon	This week Rory visits the Portuguese capital city and starts his weekend with a picnic overlooking Lisbon. His first stop is Manteigaria Silva, an acclaimed delicatessen established in 1890, and a treasure trove of traditional Portuguese food. Rory is in his element, and stocks up on local bread, cheese, cured meats and olives.	IRELAND	English-100		G	
29/08/2024	530	Bizarre Foods: Delicious Destinations	Kansas City	Andrew Zimmern visits Kansas City, where he finds a thriving arts and industrial hub with a small town vibe serving up treasured dishes. Barbecue is still king, but locals are also devoted to a few other sweet specialities.	USA	English-100	RPT	G	
29/08/2024	600	Food Unwrapped	Omega 3, Iberico Ham, White Chocolate	Jimmy Doherty discovers that everyone's favourite supplement, Omega 3, could have an uncertain future. Kate Quilton travels to piggy paradise in Spain to look into why Iberico ham is so expensive. And Matt Tebbutt investigates how white chocolate can be made from a brown cocoa bean.	UNITED KINGDOM	English-100		PG	
29/08/2024	630	River Cottage Australia	Ep 5	Paul's pasture poultry have all grown up and it's processing time. Chris Franks is back to share his knowledge and wisdom. Another River Cottage favourite returns; Iain Hamilton gives Paul a hand building a special barbecue grill. He takes the grill to the annual Bermagui Seaside Fair and hosts his second stall, and it's full of surprises. Paul joins a brotherhood of brewing buddies in Candelo for a night of homebrew and beats. Before retiring to his homemade hot tub bearing all against the backdrop of the bush.	UNITED KINGDOM	English-100	RPT	PG	a w Y
29/08/2024	730	Gino's Italian Escape: Hidden Italy	Liguria	Gino is in Liguria where he learns the secret of Italian gelato. Liguria is famous for its seafood and pesto, but Gino is interested in the one ingredient that is the backbone to all Italian cookery - olive oil. He visits a grove high above the coastline and finds out for himself how the humble olive is turned into this liquid gold, before he cooks up a dish that takes its inspiration from the region.	UNITED KINGDOM	English-100		G	
29/08/2024	800	Everyday Gourmet With Justine Schofield	Ep 43	MoVida Chef & Owner Frank Camorra joins Justine in making his special Chargrilled Moorish Lamb Skewers. Justine shows us her Duck with Pomegranate, Red Wine Sauce and tops it all off with a mouth watering Apple & Blueberry Tart.	AUSTRALIA	English-100		G	
29/08/2024	830	My Market Kitchen	Ep 13	Mike is joined by top pastry chef Darren Purchase, who demonstrates how to cook the perfect Basque Burnt Cheesecake	AUSTRALIA	English-100		G	
29/08/2024	900	Pati's Mexican Table	Queen In The Land Of Gods, A	Pati travels to the small town of Teotitlan de Valle to meet with one of the best cooks in Oaxaca, Abigail Mendoza. Abigail is opening her home to show Pati her dedication to preserving the pre-Hispanic techniques and recipes of her Zapotec ancestors. Back in Pati's kitchen, her experience with Abigail inspires recipes that feature few ingredients used in rustic Oaxacan ways, including chicken with oregano and garlic, grilled corn salad, and burnt milk ice cream.	USA	English-100		G	
29/08/2024	930	Food Safari Fire	Barbecue Safari	In the series finale, Maeve embraces the ingenuity of the home-made barbecue, exploring the remarkably adaptable 44 gallon drum used in the Kimberley as a smoker for barramundi and in Jamaica to cook jerk chicken and pork, as well as various parts of fridges, wheelie bins and lawnmowers welded into cooking devices. There's even a car boot BBQ, a homemade Cypriot kleftiko oven and a Samoan umu feast.	AUSTRALIA	English-100	RPT	G	Y
29/08/2024	1000	Come Dine With Me UK	Huddersfield: Adam	NHS staff, Adam, is hoping to win his guests over with a menu inspired by his favourite Chinese buffet in Spain. He plans to woo his diners with deep fried and greasy grub.	UNITED KINGDOM	English-100		PG	
29/08/2024	1030	Come Dine With Me UK	Royal Leamington Spa: Debs	Glam and boujee attire at the ready as recruitment manager Debs kickstarts Royal Leamington Spa's hottest culinary competition. Will her champagne jelly set and how will she cope with her rowdy guest?	UNITED KINGDOM	English-100		PG	a

29/08/2024	1100	The Cook Up With Adam Liaw	Savoury Tarts	The task is savoury tarts, and Adam and his guests, chefs Noora Heiska and Louis Tikaram are more than up for the challenge.	AUSTRALIA	English-100	G		Y	
29/08/2024	1130	Marcus Wareing: Simply Provence	Cheese	There is one thing in France which seems even more important than food, a sporting spirit-be it football, tennis, or even petanque. Well, Marcus is going to be combining both of these French passions, food and sport, in a match with the locals. Petanque, and a dish to win them over? He has got his work cut out.	UNITED KINGDOM	English-100	G		Y	
29/08/2024	1200	Nadiya's Time To Eat	Recipes In A Rush	Nadiya Hussain kicks off this new series with her top time-saving recipes, featuring a cracking omelette wrap bursting with sun-dried tomato paste, olives and mushrooms for the perfect quick lunch!	UNITED KINGDOM	English-100	G			
29/08/2024	1230	Licence To Grill	Scavenger Hunt Bbq	The scavenger hunt is on and Rob cooks up apple and herb stuffed pork chops, grilled clams, stuffed zucchinis, and twice grilled spuds.	CANADA	English-100	G			
29/08/2024	1300	Cook Like A Chef	Potatoes	Chef Derek Dammann demonstrates talent and skills in demystifying the potato - using tons of terrific techniques.	CANADA	English-100	G			
29/08/2024	1330	Girls Guide:Hunting Fishing Wild Cooking	Ep 2	Anaiese makes the most of a busy spring as she starts to build her pantry and kitchen garden, before going diving for wild scallops at a friend's secret diving spot.	AUSTRALIA	English-100	G		Y	
29/08/2024	1400	Long Weekend In... With Rory O'Connell	Madrid	Rory creates Octopus salad with red and green peppers inspired by his long weekend in Madrid.	IRELAND	English-100	G			
29/08/2024	1430	Bizarre Foods: Delicious Destinations	Denver	Andrew explores the frontier fare of Denver, Colorado. From classic game meats to the signature green chili sauce of Den-Mex cuisine, Denver has become the region's cultural hub with an abundance of top shelf food.	USA	English-100	RPT	G		
29/08/2024	1500	Food Unwrapped	Water, Rapeseed, Cellulose	Jimmy Doherty wonders what we're paying for in mineral water and investigates tap water. Kate finds out what the vegetable is in your vegetable oil and learns the truth about how it's manufactured. And Matt Tebbutt discovers that the reason why shop-bought pies don't spill out their gravy.	UNITED KINGDOM	English-100	G			
29/08/2024	1530	River Cottage Australia	Ep 6	Paul welcomes home his jersey cow Bessie but it's not the homecoming he was hoping for - Bessie could be barren. Tomato season has sprung and Paul needs to make the most of his troubled crop. He welcomes two new friends to the farm, with expert Passata knowledge passed down by generations. He learns there's more to mushrooms than meets the eye, and takes advantage of the autumn rain by dropping into mates Darcy's to dunk some traps into his dam.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
29/08/2024	1630	Gino's Italian Escape: Hidden Italy	Tuscany	Affectionately known as Chiantishire, Gino is going to unearth the secrets of the Chianti Classico wine in the beautiful region of Tuscany by making his own in the Baroli vineyard, the place where Chianti was invented. He then joins the vintage bike riders of the Eroica, riding on the symbolic white gravel roads through the Tuscan countryside	UNITED KINGDOM	English-100	PG			
29/08/2024	1700	Everyday Gourmet With Justine Schofield	Ep 44	Today Justine shares her insight on how to create a Salt-free Crispy Chicken Skin. Healthy Indian food chef Anjum Anand shares her secret with Justine on how to make the perfect Pomegranate Soules with Rose and Raspberry Cream. Kathy Tsaples drops by to share her special Fasoulakia.	AUSTRALIA	English-100	G			
29/08/2024	1730	My Market Kitchen	Ep 14	Laura starts the show with award-winning chef Mark Normoyle, who makes the Japanese dish Takoyaki. Staying in the Market Kitchen, Laura then prepares a 'grown-up' Qukes and Gin Cake. To round off the show, Mike visits John the Fruiterer to get fresh pumpkin for his Spiced Pumpkin Soup.	AUSTRALIA	English-100	G			
29/08/2024	1800	Pati's Mexican Table	Mezcal Trail, The	Pati takes a drive to a region in Oaxaca known for producing some of the best mezcal in all of Mexico. She meets the producer of a small family-run operation and learns how mezcal is made, from field to bottle. Back home, she has a mezcal-inspired get together with a few close friends and serves a bountiful Mexican steak salad and Oaxacan sours made with mezcal.	USA	English-100	G		Y	

29/08/2024	1830	Food Safari Earth	New Green, The	Maeve O'Meara returns with Food Safari Earth, exploring how multicultural Australia cooks with the delicious variety of fresh vegetables, fruits, herbs, grains, pulses and flowers cultivated by Mother Nature. Maeve meets Sydney chef Peter Gilmore, Thai chef Amy Chanta, Middle Eastern chef Joseph Abboud, and one of Australia's most acclaimed chefs, Martin Benn as they celebrate the awesome power of the humble vegetable across the world's cuisines.	AUSTRALIA	English-100	RPT	G	Y
29/08/2024	1900	The Cook Up With Adam Liaw	Crispy Snacks	What's better than snacks? Crispy snacks! Chef Mika Chae and food writer Mandy Hall join Adam for crunch time.	AUSTRALIA	English-100		G	Y
29/08/2024	1930	Ainsley's Fantastic Flavours	Nordic	Ainsley's inspiration comes from the beautiful, clean flavours of Nordic cuisine. His first dish is a traditional Laxpudding, a comforting, savoury pudding perfect for a family meal. Lisa Snowdon heads to a popular bakery to learn about their cardamon buns before cooking her own dish inspired by her visit, a beetroot gravlax salmon.	UNITED KINGDOM	English-100		G	
29/08/2024	2030	Guillaume's French Atlantic	Episode 6	Chef Guillaume Brahimi takes viewers on an extraordinary expedition through the captivating land between the Loire and Dordogne rivers for an unforgettable exploration of the region's castles, culture, and cuisine, including the world's most expensive potato.	AUSTRALIA	English-70; French-30		G	Y
29/08/2024	2100	Barossa Gourmet With Justine Schofield	Ep 2	Justine and her chef friend Cullum create beetroot risotto with feta and hazelnuts, and tomato bruschetta. Justine then heads back to the spectacular Barossa Valley Wine Company to make crumbed lamb cutlets.	AUSTRALIA	English-100		G	Y
29/08/2024	2130	Come Dine With Me UK	Royal Leamington Spa: Charlie	Hair and make up student, Charlie, aims to spice up the night with a 90s girl band dress code, even if his union jack outfit might be a few sizes too small these days.	UNITED KINGDOM	English-100		PG	a s
29/08/2024	2200	Come Dine With Me UK	Royal Leamington Spa: Barry	Recruitment director, Barry, flexes his hosting prowess on a bid to win. He's hoping to elevate his evening by taking his guests on a retro inspired night down the pub, elevating pub classics.	UNITED KINGDOM	English-100		PG	
29/08/2024	2230	The Cook Up With Adam Liaw	Crispy Snacks	What's better than snacks? Crispy snacks! Chef Mika Chae and food writer Mandy Hall join Adam for crunch time.	AUSTRALIA	English-100		G	Y
29/08/2024	2300	The Cook And The Chef	Citrus	Citrus is often considered a basic ingredient, but Simon and Maggie are convinced that it deserves more of a starring role in our kitchens so this week they give it its place in the sun.	AUSTRALIA	English-100		PG	
29/08/2024	2330	Barefoot Contessa: Back To Basics	Just Desserts	Ina Garten showcases incredible desserts, and there's something for everyone. For chocolate lovers, a decadent and glamorous chocolate cake with mocha frosting has a real wow factor. On the fruit front, there's sophisticated, French-inspired prunes in Armagnac. Finally, a crazy-delicious salted caramel Sundae with peanut-caramel popcorn and rich chocolate sauce is an American classic with the volume turned up.	USA	English-100		G	
29/08/2024	2400	Licence To Grill	Scavenger Hunt Bbq	The scavenger hunt is on and Rob cooks up apple and herb stuffed pork chops, grilled clams, stuffed zucchinis, and twice grilled spuds.	CANADA	English-100		G	
29/08/2024	2430	Ainsley's Fantastic Flavours	Nordic	Ainsley's inspiration comes from the beautiful, clean flavours of Nordic cuisine. His first dish is a traditional Laxpudding, a comforting, savoury pudding perfect for a family meal. Lisa Snowdon heads to a popular bakery to learn about their cardamon buns before cooking her own dish inspired by her visit, a beetroot gravlax salmon.	UNITED KINGDOM	English-100		G	
29/08/2024	2530	Guillaume's French Atlantic	Episode 6	Chef Guillaume Brahimi takes viewers on an extraordinary expedition through the captivating land between the Loire and Dordogne rivers for an unforgettable exploration of the region's castles, culture, and cuisine, including the worlds most expensive potato.	AUSTRALIA	English-70; French-30		G	Y

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29/08/2024	2600	Barossa Gourmet With Justine Schofield	Ep 2	Justine and her chef friend Cullum create beetroot risotto with fetta and hazelnuts, and tomato bruschetta. Justine then heads back to the spectacular Barossa Valley Wine Company to make crumbed lamb cutlets.	AUSTRALIA	English-100		G	
29/08/2024	2630	Come Dine With Me UK	Royal Leamington Spa: Charlie	Hair and make up student, Charlie, aims to spice up the night with a 90s girl band dress code, even if his union jack outfit might be a few sizes too small these days.	UNITED KINGDOM	English-100		PG	a s
29/08/2024	2700	Come Dine With Me UK	Royal Leamington Spa: Barry	Recruitment director, Barry, flexes his hosting prowess on a bid to win. He's hoping to elevate his evening by taking his guests on a retro inspired night down the pub, elevating pub classics.	UNITED KINGDOM	English-100		PG	
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29/08/2024	2830	Cook Like A Chef	Potatoes	Chef Derek Dammann demonstrates talent and skills in demystifying the potato - using tons of terrific techniques.	CANADA	English-100		G	
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30/08/2024	600	Food Unwrapped	Water, Rapeseed, Cellulose	Jimmy Doherty wonders what we're paying for in mineral water and investigates tap water. Kate finds out what the vegetable is in your vegetable oil and learns the truth about how it's manufactured. And Matt Tebbutt discovers that the reason why shop-bought pies don't spill out their gravy.	UNITED KINGDOM	English-100		G	
30/08/2024	630	River Cottage Australia	Ep 6	Paul welcomes home his jersey cow Bessie but it's not the homecoming he was hoping for - Bessie could be barren. Tomato season has sprung and Paul needs to make the most of his troubled crop. He welcomes two new friends to the farm, with expert Passata knowledge passed down by generations. He learns there's more to mushrooms than meets the eye, and takes advantage of the autumn rain by dropping into mates Darcy's to dunk some traps into his dam.	UNITED KINGDOM	English-100	RPT	PG	a w Y
30/08/2024	730	Gino's Italian Escape: Hidden Italy	Tuscany	Affectionately known as Chiantishire, Gino is going to unearth the secrets of the Chianti Classico wine in the beautiful region of Tuscany by making his own in the Baroli vineyard, the place where Chianti was invented. He then joins the vintage bike riders of the Eroica, riding on the symbolic white gravel roads through the Tuscan countryside	UNITED KINGDOM	English-100		PG	
30/08/2024	800	Everyday Gourmet With Justine Schofield	Ep 44	Today Justine shares her insight on how to create a Salt-free Crispy Chicken Skin. Healthy Indian food chef Anjum Anand shares her secret with Justine on how to make the perfect Pomegranate Soules with Rose and Raspberry Cream. Kathy Tsaples drops by to share her special Fasoulakia.	AUSTRALIA	English-100		G	
30/08/2024	830	My Market Kitchen	Ep 14	Laura starts the show with award-winning chef Mark Normoyle, who makes the Japanese dish Takoyaki. Staying in the Market Kitchen, Laura then prepares a 'grown-up' Qukes and Gin Cake. To round off the show, Mike visits John the Fruiterer to get fresh pumpkin for his Spiced Pumpkin Soup.	AUSTRALIA	English-100		G	

30/08/2024	1700	Everyday Gourmet With Justine Schofield	Ep 45	Justine gives us a quick Soft Cheese Tutorial. Brent Owens shares his flavoursome recipe for Spanish Baked Eggs. Justine makes her Easy Coconut Scented Broth with Seared Barramundi and Strawberry Picnic Cake.	AUSTRALIA	English-100		G	
30/08/2024	1730	My Market Kitchen	Ep 15	Mike heads to the egg man, Apostle, for farm-fresh eggs to make his breakfast recipe, Baked Eggs. Laura then cooks Asian with Lemongrass Chicken Skewers. To round off the show, Mike prepares his secret recipe, Buttermilk Fried Chicken.	AUSTRALIA	English-100		G	
30/08/2024	1800	Pati's Mexican Table	From Pueblo To City	Pati spends a day with one of Oaxaca's best-known chefs and owner of Casa Oaxaca, Alex Ruiz. Alex takes Pati on a personal journey through his favorite market and family farm, showing her the Oaxaca that he knows and loves. In her kitchen, Pati creates some family friendly recipes inspired by her day with Alex and serves them to her son Juju.	USA	English-100		G	
30/08/2024	1830	Food Safari Earth	Staples	Maeve seeks out the deeply satisfying carbohydrate staples at the heart of many of the great dishes of the world. In this episode, Indian, Italian, Lebanese, and Cuban recipes are the stars.	AUSTRALIA	English-100	RPT	G	Y
30/08/2024	1900	The Cook Up With Adam Liaw	Thrifty Dinner Club, The	It's Easy Entertaining and easy on the budget, too, as cookbook author Chelsea Goodwin and Olympic diver Sam Fricker join Adam's thrifty dinner club.	AUSTRALIA	English-100		G	Y
30/08/2024	1930	Hidden Restaurants With Michel Roux Jr	South East	On the final research trip of Michel Roux's culinary tour of the UK, to discover the world of Hidden Restaurants, he visits a concrete fort into the middle of the sea, a restaurant made of scaffolding and plastic sheeting and a place that is a step back in time to an Edwardian high street shop.	UNITED KINGDOM	English-100		PG	
30/08/2024	2030	How Do They Really Do It?	How Do They Really Do It?: Kfc	KFC is one of the biggest fast-food chains on the planet. Go inside the kitchens and behind the scenes of this fried chicken empire, see how the food is cooked and explore how they really do it.	UNITED KINGDOM	English-100		PG	
30/08/2024	2125	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 6	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
30/08/2024	2130	Come Dine With Me UK	Royal Leamington Spa: Sis	Pub landlady, Sis, is donning her hosting hat with a sports inspired evening in her bid to be top of the league and wow her guests with some home cooked favourites.	UNITED KINGDOM	English-100		PG	
30/08/2024	2200	Come Dine With Me UK	Royal Leamington Spa: Nikki	Final host of the week is lively admin assistant Nikki. She's hoping her musically themed menu will see her singing her way to the thousand pounds. Who will take home the thousand pounds?	UNITED KINGDOM	English-100		PG	
30/08/2024	2230	The Cook Up With Adam Liaw	Thrifty Dinner Club, The	It's Easy Entertaining and easy on the budget, too, as cookbook author Chelsea Goodwin and Olympic diver Sam Fricker join Adam's thrifty dinner club.	AUSTRALIA	English-100		G	Y
30/08/2024	2300	The Cook And The Chef	English Theme	Simon's on a mission to get back to his English 'food roots' with classic ingredients like Stilton cheese and pork sausages. And with such classics on hand, Simon joins Maggie to prove one of her favourite catchphrases 'fat is flavour' and makes a 'toad in the hole' while Maggie makes roast Berkshire pork belly.	AUSTRALIA	English-100		G	
30/08/2024	2330	Gourmet Farmer	Goats Milk Ice Cream	This series follows Matthew Evans, former editor of the SMH Good Food Guide, as he pursues a culinary and personal sea change in Tasmania. In this first episode, the transformation from big city living begins as Matthew, a novice yet determined farmer, settles into his rural haven. His visit to local Swiss goat cheese producers inspires him to make goats' milk ice cream for the upcoming Taste of Tasmania. It's a sell-out success and he's encouraged to start his own line of artisan foods.	AUSTRALIA	English-100	RPT	G	Y
30/08/2024	2400	Licence To Grill	Slo Pitch Bbq, The	It's the annual slow pitch game and Rob treats everyone to a home run BBQ with rostisserie game hens, barbequed ham with a nectarine chutney, grilled corn relish, and a carrot and cranberry casserole.	CANADA	English-100		G	

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30/08/2024	2430	Hidden Restaurants With Michel Roux Jr	South East	On the final research trip of Michel Roux's culinary tour of the UK, to discover the world of Hidden Restaurants, he visits a concrete fort into the middle of the sea, a restaurant made of scaffolding and plastic sheeting and a place that is a step back in time to an Edwardian high street shop.	UNITED KINGDOM	English-100		PG		
30/08/2024	2530	How Do They Really Do It?	How Do They Really Do It?: Kfc	KFC is one of the biggest fast-food chains on the planet. Go inside the kitchens and behind the scenes of this fried chicken empire, see how the food is cooked and explore how they really do it.	UNITED KINGDOM	English-100		PG		
30/08/2024	2625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 6	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
30/08/2024	2630	Come Dine With Me UK	Royal Leamington Spa: Sis	Pub landlady, Sis, is donning her hosting hat with a sports inspired evening in her bid to be top of the league and wow her guests with some home cooked favourites.	UNITED KINGDOM	English-100		PG		
30/08/2024	2700	Come Dine With Me UK	Royal Leamington Spa: Nikki	Final host of the week is lively admin assistant Nikki. She's hoping her musically themed menu will see her singing her way to the thousand pounds. Who will take home the thousand pounds?	UNITED KINGDOM	English-100		PG		
30/08/2024	2730	The Cook And The Chef	English Theme	Simon's on a mission to get back to his English 'food roots' with classic ingredients like Stilton cheese and pork sausages. And with such classics on hand, Simon joins Maggie to prove one of her favourite catchphrases 'fat is flavour' and makes a 'toad in the hole' while Maggie makes roast Berkshire pork belly.	AUSTRALIA	English-100		G		
30/08/2024	2800	Gourmet Farmer	Goats Milk Ice Cream	This series follows Matthew Evans, former editor of the SMH Good Food Guide, as he pursues a culinary and personal sea change in Tasmania. In this first episode, the transformation from big city living begins as Matthew, a novice yet determined farmer, settles into his rural haven. His visit to local Swiss goat cheese producers inspires him to make goats' milk ice cream for the upcoming Taste of Tasmania. It's a sell-out success and he's encouraged to start his own line of artisan foods.	AUSTRALIA	English-100	RPT	G		Y
30/08/2024	2830	Cook Like A Chef	White Fish	Skilled chef Katie Ardington is excited to introduce her favourite fish, striped sea bass, in this fabulous voyage through the seven seas of seafood cookery.	CANADA	English-100		G		
31/08/2024	500	Long Weekend In... With Rory O'Connell	Copenhagen	Rory creates a recipe inspired by his trip to gorgeous Copenhagen - Fish Cakes with wild garlic, tartare sauce and foraged wild greens, a seafood variation on traditional Danish Frikadeller meatballs.	IRELAND	English-100		G		
31/08/2024	530	Bizarre Foods: Delicious Destinations	London: A Second Bite	Andrew highlights the iconic British dishes and ethnically diverse foods that have put London on the culinary map, from humble shepherd's pie and posh beef Wellington to sizzling seekh kebabs and smoky Jamaican jerk chicken.	USA	English-100	RPT	G		
31/08/2024	600	Food Unwrapped	Insects, Milk, Truffle Oil	Jimmy Doherty travels to Holland, where insects are being farmed for human consumption, and discovers some tasty facts about our six-legged friends. Kate Quilton explores the myth that drinking a cup of warm milk before bed helps you sleep. And Matt Tebbutt uncovers the surprising truth about just how much truffle is in our truffle oil.	UNITED KINGDOM	English-100		PG		
31/08/2024	630	River Cottage Australia	Ep 7	Living so close to the coast has many advantages, like learning how to forage for seaside food. As a valuable member of the community, Paul is put to task when he helps out the largest fire service in the world, the RFS. Paul welcomes a special lady on the farm; his mum Cath West comes to River Cottage and lends her green thumb in a working bee for cute kindergarten kids.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
31/08/2024	730	Gino's Italian Escape: Hidden Italy	Piedmont	The Northern region of Piedmont borders France and Switzerland and sits at the foot of the Alps. It's known for sophisticated cuisine and wines such as Barolo. But it's also home to the biggest truffle festival in the town of Alba too. Gino meets one man whose job is to hunt for truffles with his truly four legged friend.	UNITED KINGDOM	English-100		PG		
31/08/2024	800	Everyday Gourmet With Justine Schofield	Ep 45	Justine gives us a quick Soft Cheese Tutorial. Brent Owens shares his flavoursome recipe for Spanish Baked Eggs. Justine makes her Easy Coconut Scented Broth with Seared Barramundi and Strawberry Picnic Cake.	AUSTRALIA	English-100		G		

31/08/2024	1625	Taste The Philippines With Yasmin Newman	Melon Cocktail With Kylie Javier Ashton	Kylie Javier Ashton, Sydney multi-award-winning restaurant manager, makes a refreshing cocktail based on a childhood favourite called Melon.	AUSTRALIA	English-100	G				
31/08/2024	1630	Curtis Stone's Travel, Cook, Repeat	Sonoma, California, U.S.A.	Chef Curtis Stone travels to Northern California to explore wine country and to try his hand at salmon fishing. Back home in his kitchen, Curtis is cooking up roast chicken and grapes and a pan-seared salmon with fennel and salsa verde.	USA	English-100	G			Y	
31/08/2024	1700	Girls Guide:Hunting Fishing Wild Cooking	Ep 7	Enjoying the bounty of Autumn, Analiese harvests blackberries and spins the first of her honey from the beehive. She has also got her gun licence, and goes on her first hunt for venison, and later takes her mentor, Peter Gilmore, foraging for wild mushrooms.	AUSTRALIA	English-100	PG	a l w		Y	
31/08/2024	1730	Lorraine Pascale: Baking Made Easy	Speed Baking	Lorraine Pascale is back in the kitchen and this time it's all about speed baking. First up: two super fast canapes, Totally Lazy Mini Sausage Rolls and Sun-dried Tomato and Rosemary Palmiers, and here's the secret, they're both made with shop-bought puff pastry with absolutely no guilt.	UNITED KINGDOM	English-100	G				
31/08/2024	1800	David Rocco's Italia	Verona: City Of Love	David travels to beautiful Verona, a town known for food, wine and love. It was the setting of Shakespeare's most famous romance, Romeo & Juliet, and a city of people known to open their hearts to strangers.	CANADA	English-100	PG	a			
31/08/2024	1830	Return To River Cottage	Ep 5	Hugh is embarking on the big financial venture of the summer. He's harvesting his entire tomato crop to sell at the local farmers' market.	UNITED KINGDOM	English-100	PG	a s w			
31/08/2024	1900	Return To River Cottage	Ep 6	Autumn is nearly over and Hugh is concerned about the winter ahead. He's slaughtered his steer and his old mutton but he's short of firewood and, after his disastrous hay harvest, still hasn't any feed for his animals.	UNITED KINGDOM	English-100	PG				
31/08/2024	1930	Hairy Bikers Go West	Merseyside	For their next adventure out West, Dave and Si explore Merseyside, an area renowned for its unbeatable musical heritage and cultural identity, with a food scene to match.	UNITED KINGDOM	English-100	G				
31/08/2024	2030	Gordon, Gino And Fred's Road Trip	Highland Fling	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.	UNITED KINGDOM	English-100				Y	
31/08/2024	2130	Anthony Bourdain: The Layover	Rome	What better city to get stuck in than one of the food capitals of the world, Rome? Tony indulges in an array of delectable Italian treats, from cappuccinos to pizza to his favourite, the nasty bits.	USA	English-100	PG	a		Y	
31/08/2024	2225	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y	
31/08/2024	2230	River Cottage Australia	Ep 4	With a malfunctioning water tank and no dams to rely on, Paul is suddenly faced with a farmer's worst fear: a critical shortage of water. His cows, pigs and veggies all depend on a steady supply, so Paul enlists the help of a local farmer to see if they can tap on old spring on the property. Meanwhile, as Paul settles into his new rural community, he discovers one of the joys of country life - the local food swap. Armed with seafood he's foraged nearby, Paul scores a boxful of unusual fruits, vegetables and wild game, which he uses to create a hearty winter meal.	UNITED KINGDOM	English-100	RPT	PG	a		Y
31/08/2024	2325	Taste The Philippines With Yasmin Newman	Melon Cocktail With Kylie Javier Ashton	Kylie Javier Ashton, Sydney multi-award-winning restaurant manager, makes a refreshing cocktail based on a childhood favourite called Melon.	AUSTRALIA	English-100	G				
31/08/2024	2330	John Torode's Korean Food Tour	Pantry	John heads into the Korean countryside amongst thousands of clay pots, still used to make and store South Korea's main store cupboard ingredients of soy, gochuchang, chilli paste and the soybean paste known as doenjang. Chef Seri Myung Hyun-ji shows him how the pastes are made and matured in their classic onggi pots.	UNITED KINGDOM	English-100	G			Y	

31/08/2024	2425	Destination Flavour Fillers	Episode 4	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y
31/08/2024	2430	John Torode's Korean Food Tour	Modern Urban	The Korean spirit soju is the most popular drink in the world - a surprise to John - but beer is becoming more accepted in Seoul as craft beers are on the increase. It's the drink of choice to accompany the most favoured classic modern Korean dish, Korean fried chicken. In his Seoul kitchen, John's spicy rice cakes are on the menu, as well as the ultimate Korean fried chicken.	UNITED KINGDOM	English-100		PG	a w	Y
31/08/2024	2525	Destination Flavour Japan Bitesize	Shikoku And Kyushu	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
31/08/2024	2530	Curtis Stone's Travel, Cook, Repeat	Sonoma, California, U.S.A.	Chef Curtis Stone travels to Northern California to explore wine country and to try his hand at salmon fishing. Back home in his kitchen, Curtis is cooking up roast chicken and grapes and a pan-seared salmon with fennel and salsa verde.	USA	English-100		G		Y
31/08/2024	2600	Girls Guide:Hunting Fishing Wild Cooking	Ep 7	Enjoying the bounty of Autumn, Analiese harvests blackberries and spins the first of her honey from the beehive. She has also got her gun licence, and goes on her first hunt for venison, and later takes her mentor, Peter Gilmore, foraging for wild mushrooms.	AUSTRALIA	English-100		PG	a l w	Y
31/08/2024	2630	Lorraine Pascale: Baking Made Easy	Speed Baking	Lorraine Pascale is back in the kitchen and this time it's all about speed baking. First up: two super fast canapes, Totally Lazy Mini Sausage Rolls and Sun-dried Tomato and Rosemary Palmiers, and here's the secret, they're both made with shop-bought puff pastry with absolutely no guilt.	UNITED KINGDOM	English-100		G		
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31/08/2024	2730	Gordon, Gino And Fred's Road Trip	Highland Fling	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.	UNITED KINGDOM	English-100				Y
31/08/2024	2830	Return To River Cottage	Ep 5	Hugh is embarking on the big financial venture of the summer. He's harvesting his entire tomato crop to sell at the local Farmers' Market.	UNITED KINGDOM	English-100		PG	a s w	