



**WEEK 36**      **Sunday, 1 September 2024 Saturday, 7 September 2024**      **ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-09-01	0500	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			
2024-09-01	0530	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			
2024-09-01	0630	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
2024-09-01	0725	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	
2024-09-01	0730	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
2024-09-01	0825	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			
2024-09-01	0830	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
2024-09-01	0900	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	
2024-09-01	0930	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	
2024-09-01	1025	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	Y

2024-09-01	1030	<b>Return To River Cottage</b>	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	
2024-09-01	1100	<b>David Rocco's Italia</b>	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	
2024-09-01	1130	<b>Hairy Bikers Go West</b>	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		
2024-09-01	1230	<b>Curtis Stone's Travel, Cook, Repeat</b>	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
2024-09-01	1300	<b>Girls Guide:Hunting Fishing Wild Cooking</b>	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
2024-09-01	1330	<b>Lorraine Pascale: Baking Made Easy</b>	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		
2024-09-01	1400	<b>The Cook Up With Adam Liaw</b>	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	RPT	G	Y
2024-09-01	1430	<b>The Cook Up With Adam Liaw</b>	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	RPT	G	Y
2024-09-01	1500	<b>The Cook Up With Adam Liaw</b>	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	RPT	G	Y
2024-09-01	1530	<b>The Cook Up With Adam Liaw</b>	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	RPT	G	Y
2024-09-01	1600	<b>The Cook Up With Adam Liaw</b>	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
2024-09-01	1630	<b>Curtis Stone's Travel, Cook, Repeat</b>	New South Wales, Australia	Chef Curtis Stone travels to New South Wales for a closer look at Indigenous cooking and then goes lobster fishing at night. Back home in his kitchen, he's making shrimp scallop curry and a fish cooked in vinegar dish called numus.	USA	English-100	PG	a w	
2024-09-01	1700	<b>Girls Guide:Hunting Fishing Wild Cooking</b>	Ep 8	Analiese settles in for winter and makes a big decision about her future, as she appreciates everything she's learnt. She puts together a winter meal for her new friends and community, kayaks to an oyster farm, and prepares a feast to celebrate a year of adventures.	AUSTRALIA	English-100	PG		Y
2024-09-01	1730	<b>Eating Plants</b>	Canada	Toronto is one of the best places in the world to be vegan. Renowned chef and host Amy Symington learns about Canada's organic maple syrup and visits the community gardens supplying the ingredients for Toronto's vegans.	AUSTRALIA	English-100	G		

2024-09-01	1800	Food Rescue Kitchen	Ep 4	Naomi Toilalo is on a food rescue mission. Join her as she challenges London's Michelin green starred chef Chantelle Nicholson to make a 3 course meal out of rescued food.	NEW ZEALAND	English-100	G			
2024-09-01	1830	Simply Raymond Blanc	Breakfast & Brunch	The art of a perfect breakfast/brunch is in easy reach, especially when Raymond Blanc invites you to his breakfast bar! Gone are the days of smashed avocado (sorry Nigella), and there's no need to reach for those breakfast cereals.	UNITED KINGDOM	English-100	G			
2024-09-01	1930	Be My Guest With Ina Garten	Nicole Mann	The incredible astronaut Nicole Mann, who has commanded a space station and walked in space twice, is joining Ina at the barn to cook and she is over the moon!	USA	English-100	G			
2024-09-01	2000	Tom Kerridge Cooks Britain	Pennines - Beef And Tomatoes	Tom Kerridge heads to the Pennines 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.	UNITED KINGDOM	English-100	PG			
2024-09-01	2030	Rick Stein's Cornwall	Ep 13	Rick is at Tintagel, Cornwall's most mythical place, where he discovers this was an important trading port with Europe and the birthplace of perhaps Britain's greatest legend, the tale of King Arthur. At Camborne, once the richest mining area in the world, Rick explores how the Methodist religious movement was so important to Cornwall, and how Methodists would cook a rather unusual bun during special feast days.	UNITED KINGDOM	English-100	PG	a	w	
2024-09-01	2100	Rick Stein's Cornwall	Ep 14	West Penwith is as far west as it possible to go on mainland Britain. Here Rick explores its rich and diverse history, from Lamorna Cove to the UNESCO protected tin and copper mining area of Botallack, where Rick talks with a mining explorer. And from the safety of his kitchen, Rick tells us how, as a young lad on the Lizard Peninsula, he tasted his first French fish stew, known as a bouillabaisse.	UNITED KINGDOM	English-100	PG	a	w	
2024-09-01	2130	Anthony Bourdain: The Layover	Amsterdam	Tony returns to the capital of the Netherlands after 40 years with very little knowledge of the city, and only 36 hours to explore Amsterdam - otherwise known as the 'Venice of the North'.	USA	English-100	PG	a	d	Y
2024-09-01	2225	Please Eat Slowly Bitesize	Mango Pancakes	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100	G			
2024-09-01	2230	River Cottage Australia	Ep 5	Paul's dream is to one day make River Cottage Australia self-sufficient, and he's well on the way. With his own herbs, vegetables, eggs and cream from Bessie the cow, he whips up his first ever 'all from the farm' meal. But not all is going so well. Flies are a constant issue, especially in Paul's country kitchen. She meets a local sustainable farmer who introduces him to an ingenious all-natural solution. Down by the coast, it's Oyster Festival time. Paul tries his hand at the oyster shucking contest and then creates a traditional coastal favourite, a delicious oyster pie.	UNITED KINGDOM	English-100	RPT	PG		Y
2024-09-01	2330	Curtis Stone's Travel, Cook, Repeat	New South Wales, Australia	Chef Curtis Stone travels to New South Wales for a closer look at Indigenous cooking and then goes lobster fishing at night. Back home in his kitchen, he's making shrimp scallop curry and a fish cooked in vinegar dish called numus.	USA	English-100	PG	a	w	
2024-09-01	2400	Girls Guide:Hunting Fishing Wild Cooking	Ep 8	Analise settles in for winter and makes a big decision about her future, as she appreciates everything she's learnt. She puts together a winter meal for her new friends and community, kayaks to an oyster farm, and prepares a feast to celebrate a year of adventures.	AUSTRALIA	English-100	PG		Y	
2024-09-01	2430	Eating Plants	Canada	Toronto is one of the best places in the world to be vegan. Renowned chef and host Amy Symington learns about Canada's organic maple syrup and visits the community gardens supplying the ingredients for Toronto's vegans.	AUSTRALIA	English-100	G			
2024-09-01	2500	Food Rescue Kitchen	Ep 4	Naomi Toilalo is on a food rescue mission. Join her as she challenges London's Michelin green starred chef Chantelle Nicholson to make a 3 course meal out of rescued food.	NEW ZEALAND	English-100	G			

2024-09-01	2530	Simply Raymond Blanc	Breakfast & Brunch	The art of a perfect breakfast/brunch is in easy reach, especially when Raymond Blanc invites you to his breakfast bar! Gone are the days of smashed avocado (sorry Nigella), and there's no need to reach for those breakfast cereals.	UNITED KINGDOM	English-100		G	
2024-09-01	2625	Please Eat Slowly Bitesize	Mango Pancakes	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100		G	
2024-09-01	2630	Be My Guest With Ina Garten	Nicole Mann	The incredible astronaut Nicole Mann, who has commanded a space station and walked in space twice, is joining Ina at the barn to cook and she is over the moon!	USA	English-100		G	
2024-09-01	2700	Tom Kerridge Cooks Britain	Pennines - Beef And Tomatoes	Tom Kerridge heads to the Pennines 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.	UNITED KINGDOM	English-100		PG	
2024-09-01	2730	Rick Stein's Cornwall	Ep 13	Rick is at Tintagel, Cornwall's most mythical place, where he discovers this was an important trading port with Europe and the birthplace of perhaps Britain's greatest legend, the tale of King Arthur. At Camborne, once the richest mining area in the world, Rick explores how the Methodist religious movement was so important to Cornwall, and how Methodists would cook a rather unusual bun during special feast days.	UNITED KINGDOM	English-100		PG	a w
2024-09-01	2800	Rick Stein's Cornwall	Ep 14	West Penwith is as far west as it possible to go on mainland Britain. Here Rick explores its rich and diverse history, from Lamorna Cove to the UNESCO protected tin and copper mining area of Botallack, where Rick talks with a mining explorer. And from the safety of his kitchen, Rick tells us how, as a young lad on the Lizard Peninsula, he tasted his first French fish stew, known as a bouillabaisse.	UNITED KINGDOM	English-100		PG	a w
2024-09-01	2830	Curtis Stone's Travel, Cook, Repeat	New South Wales, Australia	Chef Curtis Stone travels to New South Wales for a closer look at Indigenous cooking and then goes lobster fishing at night. Back home in his kitchen, he's making shrimp scallop curry and a fish cooked in vinegar dish called numus.	USA	English-100		PG	a w
2024-09-02	0500	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	RPT	G	Y
2024-09-02	0530	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	RPT	G	Y
2024-09-02	0600	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	RPT	G	Y
2024-09-02	0630	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	RPT	G	Y
2024-09-02	0700	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
2024-09-02	0730	Girls Guide:Hunting Fishing Wild Cooking	Ep 8	Analise settles in for winter and makes a big decision about her future, as she appreciates everything she's learnt. She puts together a winter meal for her new friends and community, kayaks to an oyster farm, and prepares a feast to celebrate a year of adventures.	AUSTRALIA	English-100		PG	Y

2024-09-02	0800	<b>Eating Plants</b>	Canada	Toronto is one of the best places in the world to be vegan. Renowned chef and host Amy Symington learns about Canada's organic maple syrup and visits the community gardens supplying the ingredients for Toronto's vegans.	AUSTRALIA	English-100	G			
2024-09-02	0830	<b>Simply Raymond Blanc</b>	Breakfast & Brunch	The art of a perfect breakfast/brunch is in easy reach, especially when Raymond Blanc invites you to his breakfast bar! Gone are the days of smashed avocado (sorry Nigella), and there's no need to reach for those breakfast cereals.	UNITED KINGDOM	English-100	G			
2024-09-02	0925	<b>Please Eat Slowly Bitesize</b>	Mango Pancakes	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100	G			
2024-09-02	0930	<b>Rick Stein's Cornwall</b>	Ep 13	Rick is at Tintagel, Cornwall's most mythical place, where he discovers this was an important trading port with Europe and the birthplace of perhaps Britain's greatest legend, the tale of King Arthur. At Camborne, once the richest mining area in the world, Rick explores how the Methodist religious movement was so important to Cornwall, and how Methodists would cook a rather unusual bun during special feast days.	UNITED KINGDOM	English-100	PG	a	w	
2024-09-02	1000	<b>Rick Stein's Cornwall</b>	Ep 14	West Penwith is as far west as it possible to go on mainland Britain. Here Rick explores its rich and diverse history, from Lamorna Cove to the UNESCO protected tin and copper mining area of Botallack, where Rick talks with a mining explorer. And from the safety of his kitchen, Rick tells us how, as a young lad on the Lizard Peninsula, he tasted his first French fish stew, known as a bouillabaisse.	UNITED KINGDOM	English-100	PG	a	w	
2024-09-02	1030	<b>Be My Guest With Ina Garten</b>	Nicole Mann	The incredible astronaut Nicole Mann, who has commanded a space station and walked in space twice, is joining Ina at the barn to cook and she is over the moon!	USA	English-100	G			
2024-09-02	1100	<b>Tom Kerridge Cooks Britain</b>	Pennines - Beef And Tomatoes	Tom Kerridge heads to the Pennines 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.	UNITED KINGDOM	English-100	PG			
2024-09-02	1130	<b>Food Rescue Kitchen</b>	Ep 4	Naomi Toilalo is on a food rescue mission. Join her as she challenges London's Michelin green starred chef Chantelle Nicholson to make a 3 course meal out of rescued food.	NEW ZEALAND	English-100	G			
2024-09-02	1200	<b>Eating Plants</b>	Canada	Toronto is one of the best places in the world to be vegan. Renowned chef and host Amy Symington learns about Canada's organic maple syrup and visits the community gardens supplying the ingredients for Toronto's vegans.	AUSTRALIA	English-100	G			
2024-09-02	1230	<b>Frankie's World Series</b>	Polenta Party With A Twist	Join Frankie as he explores the history of polenta and makes an incredible short rib ragu. And are pretzels one of the most dangerous things you can cook in the kitchen? Let's find out.	USA	English-100	PG		Y	
2024-09-02	1300	<b>Cook Like A Chef</b>	Chicken	Chef-host Natalia Machado loves chicken, and who doesn't? Chicken is enjoyed around the world for good reason; it is versatile and reliably delicious!	CANADA	English-100	G			
2024-09-02	1330	<b>Girls Guide:Hunting Fishing Wild Cooking</b>	Ep 4	Conquering her fear of bees, Analiese gets her first beehive before heading off on an adventure of foraging, fishing and diving with best friend and famous Thai restaurateur, Palisa Anderson.	AUSTRALIA	English-100	PG	a	w	Y
2024-09-02	1400	<b>Long Weekend In... With Rory O'Connell</b>	Nantes	Rory creates a recipe to remind him of a magnificent weekend in Nantes - Baked Turbot with Sauce Beurre Blanc.	IRELAND	English-100	G			

2024-09-02	1430	<b>Bizarre Foods: Delicious Destinations</b>	Scottish Highlands	Andrew explores the bountiful larder of the Scottish Highlands from lean, flavorful Highland beef and sweet, buttery shellfish to handheld meat pies and smoked salmon.	USA	English-100	RPT	PG	a w	Y
2024-09-02	1500	<b>Food Unwrapped</b>	Pine Nuts, Annatto, Glacier Cherries	Jimmy Doherty is in Italy to discover what makes pine nuts so expensive. Kate Qulton journeys to the depths of the Amazon rain forest in Brazil to find out what gives the humble red Leicester cheese its colour. And Matt Tebbutt is in Spain, where he explores how glacier cherries are made - and it takes his breath away.	UNITED KINGDOM	English-100		G		Y
2024-09-02	1530	<b>River Cottage Australia</b>	Ep 8	It's Paul's first summer on the farm and he eagerly waits for his sows Dolly and Pinky to give birth. Paul sets himself a challenge to create a long lunch menu only using produce sourced within sight of Mount Gulaga: his Gulaga Gathering - a luscious celebration of the best seasonal produce Paul can forage, harvest, and gather.	UNITED KINGDOM	English-100	RPT	PG	a	Y
2024-09-02	1630	<b>Gino's Italian Coastal Escape</b>	Amalfi	Gino kicks his Italian escape off on the famous Amalfi coast where he prepares a classic Caprese salad and ricotta dumplings called dunderi.	UNITED KINGDOM	English-100		PG	a s w	
2024-09-02	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 46	Today Justine shares her Salami Mushroom Pizza and her Roasted Tomato, Salami Salad with Kale Pesto. Later Justine is joined by Greek Chef Kathy Tsaples who shares her Galatopita with us.	AUSTRALIA	English-100		G		
2024-09-02	1730	<b>My Market Kitchen</b>	Ep 16	Mike starts the show making Burrata with Mix-A-Mato Sugo Salad. Is it a salad or a starter? Wine expert Adam Walls provides wine matching tips before Laura makes her flavour-packed Grilled Radicchio & Cranberry Salad. Mike wraps up with his take on the popular English dessert, Sticky Date Pudding.	AUSTRALIA	English-100		G		
2024-09-02	1800	<b>Pati's Mexican Table</b>	Women Of Oaxaca	Pati meets with women chefs, business owners and leaders of society, exploring the role of women in Oaxaca and their influence on the customs and cuisine. In her kitchen, she cooks recipes that she learned from Oaxacan women including coloradito chicken and a mashed potato cazuela. She finishes with a favorite of the women in her family, a milky and luscious almond and chocolate leche cake.	USA	English-100		G		Y
2024-09-02	1830	<b>Food Safari Earth</b>	Spring	Italian food legend, Stefano Manfredi (Pizzaperta) harvests the freshest produce of the season for a Roman Vignarola - a dish that is the very essence of spring. Zimbabwean-born home cook Dorothy Johnson shares her recipe for Muboora Une Dovi using the new tender leaves of the pumpkin vine and served with a rich peanut sauce.	AUSTRALIA	English-100	RPT	G		Y
2024-09-02	1900	<b>The Cook Up With Adam Liaw</b>	Cabbage & Friends	It's time to make friends with cabbage. Adam and his guests, chef Kane Pollard and comedian Jenny Tian have a ball with brassicas.	AUSTRALIA	English-100		G		Y
2024-09-02	1930	<b>Nigellissima</b>	Ep 6	Nigella Lawson treats her supper guests to a sumptuous feast of lamb chops with mint, chilli and golden potatoes, served alongside roasted red onions with fennel and basil. Dessert is a true Anglo-Italian affair with a ruby red plum and amaretto crumble. There is also Nigella's easy no-stir farro risotto with mushrooms, and chocolate pasta with a dark butterscotch sauce - a perfect supper for those nights when you can't decide if you're in the mood for savoury or sweet.	UNITED KINGDOM	English-100	RPT	G		Y
2024-09-02	2000	<b>Luke Nguyen's Vietnam</b>	Phu Quoc	Phu Quoc, an island off the south east coast of Vietnam, is well known for its production of fish sauce, and its many peppercorn plantations. It's an idyllic location and a relaxing change of pace for Luke as he cooks a dish of chicken and fresh peppercorns amongst the peppercorn trees, catches and cooks fresh calamari off a local squid boat, and grills prawns on a secluded beach.	AUSTRALIA	English-100	RPT	G		Y
2024-09-02	2030	<b>Gordon Ramsay Uncharted</b>	Wilds Of South Africa, The	Chef Ramsay gets up close with rhinos, giraffes, zebras and hippos in the dramatic wilderness of KwaZulu-Natal, South Africa, as he learns the secrets of the traditional cuisine of Zulu warriors and masters using a local 'braai'.	UNITED KINGDOM	English-100		PG	a l w	Y
2024-09-02	2125	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 9	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y

2024-09-02	2130	Come Dine With Me UK	West Midlands: Kuda	Entrepreneur and social media star, Kuda, is hoping to take his guests on an African adventure with a Zimbabwean and world influenced African A La Carte menu. Will it be enough to win the cash prize?	UNITED KINGDOM	English-100		PG	
2024-09-02	2200	Come Dine With Me UK	West Midlands: Rich	Construction recruitment consultant, Rich, is hoping to wow his guests with his Italian menu and themed night. Tune in to see if he has what it takes to seal the 1000 pound prize.	UNITED KINGDOM	English-100		PG	
2024-09-02	2230	The Cook Up With Adam Liaw	Cabbage & Friends	It's time to make friends with cabbage. Adam and his guests, chef Kane Pollard and comedian Jenny Tian have a ball with brassicas.	AUSTRALIA	English-100		G	Y
2024-09-02	2300	The Cook And The Chef	Kangaroo Island	Around fourteen kilometres off the coast of South Australia lies a beautiful and unspoilt piece of land. Kangaroo Island is five hundred and nine kilometres of stunning and dramatic coastline. It features beautiful beaches, is teeming with wildlife, and, as we discover, has become a source of delicious and innovative food produce. Simon visits a sheep dairy to source a favourite cheese and then roams the coast in search of Samphire, a native herb. Maggie introduces us to an Island farmer who farms Marron, a freshwater crayfish, and together Maggie and Simon show us how quality produce demands minimum fuss.	AUSTRALIA	English-100		PG	a
2024-09-02	2330	Gourmet Farmer	Pigs Prosciutto And Offal	Former Sydney Morning Herald food editor, Matthew Evans, transforms from Australia's most feared critic to small landholder in Tasmania. Tonight, Matthew feels inspired to make prosciutto and sources two piglets from Jen, a local farmer and former vegetarian. It will be months until they are fully grown, so in the interim he buys a leg of pork from Jen for his own prosciutto. Matthew also learns a traditional way to prepare offal from a Serbian friend, and enjoys full Serbian hospitality, if not the offal itself.	AUSTRALIA	English-100	RPT	G	Y
2024-09-02	2400	Frankie's World Series	Polenta Party With A Twist	Join Frankie as he explores the history of polenta and makes an incredible short rib ragu. And are pretzels one of the most dangerous things you can cook in the kitchen? Let's find out.	USA	English-100		PG	Y
2024-09-02	2430	Nigellissima	Ep 6	Nigella Lawson treats her supper guests to a sumptuous feast of lamb chops with mint, chilli and golden potatoes, served alongside roasted red onions with fennel and basil. Dessert is a true Anglo-Italian affair with a ruby red plum and amaretto crumble. There is also Nigella's easy no-stir farro risotto with mushrooms, and chocolate pasta with a dark butterscotch sauce - a perfect supper for those nights when you can't decide if you're in the mood for savoury or sweet.	UNITED KINGDOM	English-100	RPT	G	Y
2024-09-02	2500	Luke Nguyen's Vietnam	Phu Quoc	Phu Quoc, an island off the south east coast of Vietnam, is well known for its production of fish sauce, and its many peppercorn plantations. It's an idyllic location and a relaxing change of pace for Luke as he cooks a dish of chicken and fresh peppercorns amongst the peppercorn trees, catches and cooks fresh calamari off a local squid boat, and grills prawns on a secluded beach.	AUSTRALIA	English-100	RPT	G	Y
2024-09-02	2530	Gordon Ramsay Uncharted	Wilds Of South Africa, The	Chef Ramsay gets up close with rhinos, giraffes, zebras and hippos in the dramatic wilderness of KwaZulu-Natal, South Africa, as he learns the secrets of the traditional cuisine of Zulu warriors and masters using a local 'braai'.	UNITED KINGDOM	English-100		PG	a l w Y
2024-09-02	2625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 9	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2024-09-02	2630	Come Dine With Me UK	West Midlands: Kuda	Entrepreneur and social media star, Kuda, is hoping to take his guests on an African adventure with a Zimbabwean and world influenced African A La Carte menu. Will it be enough to win the cash prize?	UNITED KINGDOM	English-100		PG	
2024-09-02	2700	Come Dine With Me UK	West Midlands: Rich	Construction recruitment consultant, Rich, is hoping to wow his guests with his Italian menu and themed night. Tune in to see if he has what it takes to seal the 1000 pound prize.	UNITED KINGDOM	English-100		PG	

2024-09-02	2730	<b>The Cook And The Chef</b>	Kangaroo Island	Around fourteen kilometres off the coast of South Australia lies a beautiful and unspoilt piece of land. Kangaroo Island is five hundred and nine kilometres of stunning and dramatic coastline. It features beautiful beaches, is teeming with wildlife, and, as we discover, has become a source of delicious and innovative food produce. Simon visits a sheep dairy to source a favourite cheese and then roams the coast in search of Samphire, a native herb. Maggie introduces us to an Island farmer who farms Marron, a freshwater crayfish, and together Maggie and Simon show us how quality produce demands minimum fuss.	AUSTRALIA	English-100	PG	a		
2024-09-02	2800	<b>Gourmet Farmer</b>	Pigs Prosciutto And Offal	Former Sydney Morning Herald food editor, Matthew Evans, transforms from Australia's most feared critic to small landholder in Tasmania. Tonight, Matthew feels inspired to make prosciutto and sources two piglets from Jen, a local farmer and former vegetarian. It will be months until they are fully grown, so in the interim he buys a leg of pork from Jen for his own prosciutto. Matthew also learns a traditional way to prepare offal from a Serbian friend, and enjoys full Serbian hospitality, if not the offal itself.	AUSTRALIA	English-100	RPT	G		Y
2024-09-02	2830	<b>Cook Like A Chef</b>	Chicken	Chef-host Natalia Machado loves chicken, and who doesn't? Chicken is enjoyed around the world for good reason; it is versatile and reliably delicious!	CANADA	English-100		G		
2024-09-03	0500	<b>Long Weekend In... With Rory O'Connell</b>	Nantes	Rory creates a recipe to remind him of a magnificent weekend in Nantes - Baked Turbot with Sauce Beurre Blanc.	IRELAND	English-100		G		
2024-09-03	0530	<b>Bizarre Foods: Delicious Destinations</b>	Scottish Highlands	Andrew explores the bountiful larder of the Scottish Highlands from lean, flavorful Highland beef and sweet, buttery shellfish to handheld meat pies and smoked salmon.	USA	English-100	RPT	PG	a w	Y
2024-09-03	0600	<b>Food Unwrapped</b>	Pine Nuts, Annatto, Glacier Cherries	Jimmy Doherty is in Italy to discover what makes pine nuts so expensive. Kate Qilton journeys to the depths of the Amazon rain forest in Brazil to find out what gives the humble red Leicester cheese its colour. And Matt Tebbutt is in Spain, where he explores how glacier cherries are made - and it takes his breath away.	UNITED KINGDOM	English-100		G		Y
2024-09-03	0630	<b>River Cottage Australia</b>	Ep 8	It's Paul's first summer on the farm and he eagerly waits for his sows Dolly and Pinky to give birth. Paul sets himself a challenge to create a long lunch menu only using produce sourced within sight of Mount Gulaga: his Gulaga Gathering - a luscious celebration of the best seasonal produce Paul can forage, harvest, and gather.	UNITED KINGDOM	English-100	RPT	PG	a	Y
2024-09-03	0730	<b>Gino's Italian Coastal Escape</b>	Amalfi	Gino kicks his Italian escape off on the famous Amalfi coast where he prepares a classic Caprese salad and ricotta dumplings called dunderi.	UNITED KINGDOM	English-100		PG	a s w	
2024-09-03	0800	<b>Everyday Gourmet With Justine Schofield</b>	Ep 46	Today Justine shares her Salami Mushroom Pizza and her Roasted Tomato, Salami Salad with Kale Pesto. Later Justine is joined by Greek Chef Kathy Tsaples who shares her Galatopita with us.	AUSTRALIA	English-100		G		
2024-09-03	0830	<b>Girls Guide:Hunting Fishing Wild Cooking</b>	Ep 4	Conquering her fear of bees, Analiese gets her first beehive before heading off on an adventure of foraging, fishing and diving with best friend and famous Thai restaurateur, Palisa Anderson.	AUSTRALIA	English-100		PG	a w	Y
2024-09-03	0900	<b>Pati's Mexican Table</b>	Women Of Oaxaca	Pati meets with women chefs, business owners and leaders of society, exploring the role of women in Oaxaca and their influence on the customs and cuisine. In her kitchen, she cooks recipes that she learned from Oaxacan women including coloradito chicken and a mashed potato cazuela. She finishes with a favorite of the women in her family, a milky and luscious almond and chocolate leche cake.	USA	English-100		G		Y
2024-09-03	0930	<b>My Market Kitchen</b>	Ep 16	Mike starts the show making Burrata with Mix-A-Mato Sugo Salad. Is it a salad or a starter? Wine expert Adam Walls provides wine matching tips before Laura makes her flavour-packed Grilled Radicchio & Cranberry Salad. Mike wraps up with his take on the popular English dessert, Sticky Date Pudding.	AUSTRALIA	English-100		G		



2024-09-03	1000	Food Safari Earth	Spring	Italian food legend, Stefano Manfredi (Pizzaperta) harvests the freshest produce of the season for a Roman Vignarola - a dish that is the very essence of spring. Zimbabwean-born home cook Dorothy Johnson shares her recipe for Mubooru Une Dovi using the new tender leaves of the pumpkin vine and served with a rich peanut sauce.	AUSTRALIA	English-100	RPT	G		Y
2024-09-03	1030	Food Unwrapped	Pine Nuts, Annatto, Glacier Cherries	Jimmy Doherty is in Italy to discover what makes pine nuts so expensive. Kate Qulton journeys to the depths of the Amazon rain forest in Brazil to find out what gives the humble red Leicester cheese its colour. And Matt Tebbutt is in Spain, where he explores how glacier cherries are made - and it takes his breath away.	UNITED KINGDOM	English-100		G		Y
2024-09-03	1100	The Cook Up With Adam Liaw	Cabbage & Friends	It's time to make friends with cabbage. Adam and his guests, chef Kane Pollard and comedian Jenny Tian have a ball with brassicas.	AUSTRALIA	English-100		G		Y
2024-09-03	1130	Nigellissima	Ep 6	Nigella Lawson treats her supper guests to a sumptuous feast of lamb chops with mint, chilli and golden potatoes, served alongside roasted red onions with fennel and basil. Dessert is a true Anglo-Italian affair with a ruby red plum and amaretto crumble. There is also Nigella's easy no-stir farro risotto with mushrooms, and chocolate pasta with a dark butterscotch sauce - a perfect supper for those nights when you can't decide if you're in the mood for savoury or sweet.	UNITED KINGDOM	English-100	RPT	G		Y
2024-09-03	1200	Luke Nguyen's Vietnam	Phu Quoc	Phu Quoc, an island off the south east coast of Vietnam, is well known for its production of fish sauce, and its many peppercorn plantations. It's an idyllic location and a relaxing change of pace for Luke as he cooks a dish of chicken and fresh peppercorns amongst the peppercorn trees, catches and cooks fresh calamari off a local squid boat, and grills prawns on a secluded beach.	AUSTRALIA	English-100	RPT	G		Y
2024-09-03	1230	Frankie's World Series	Puttanesca Carbonara	Frankie uncovers a secret ingredient you never knew you loved, along with the strange history of 'the prostitute's pasta.' While nobody is certain of how carbonara came to be, this combo of bacon, eggs and pasta is glorious.	USA	English-100		PG	a l	Y
2024-09-03	1300	Cook Like A Chef	Salad	Salad is a wonderful addition to any meal, and sometimes even a meal on its own. Today, the talented Chef Craig Wong shares several of his superior salad ideas.	CANADA	English-100		G		
2024-09-03	1330	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
2024-09-03	1400	Long Weekend In... With Rory O'Connell	Edinburgh	Rory creates a new recipe inspired by his trip to Edinburgh: black pudding with glazed apples and grainy mustard sauce.	IRELAND	English-100		G		
2024-09-03	1430	Bizarre Foods: Delicious Destinations	Nova Scotia	Andrew Zimmern explores iconic dishes of picturesque Nova Scotia, Canada, where the proximity to the sea, it's never more than 42 miles away, influences the local cuisine.	USA	English-100	RPT	PG	a w	Y
2024-09-03	1500	Food Unwrapped	Fresh Fish, Stuffed Olives, Dietary Fat	Jimmy gives our supermarket fish a sniff to discover how fresh the stock in the superstores really is. Kate is intrigued about what goes into a stuffed olive. In Greece, she discovers that the filling in pimento olives is not just red pepper. It contains another, surprising ingredient: seaweed. Matt's lifting the lid on skimmed milk - whole, semi skimmed, and skimmed.	UNITED KINGDOM	English-100		G		
2024-09-03	1530	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 1	In over a year, Paul's farm has grown from a hobby farm into a serious small holder, but without proper infrastructure, he needs to plan for the future.	UNITED KINGDOM	English-100	RPT	PG		Y
2024-09-03	1630	Gino's Italian Coastal Escape	Sorrento And Capri	Continuing his culinary odyssey along the Mediterranean coast, Gino sails to beautiful Capri to sample la dolce vita. While there, he also unearths the origins of Italy's most famous digestivo. Back on the mainland, Gino goes in search of a unique little ingredient that packs a punch in the culinary world, and creates two showstopping dishes along the way.	UNITED KINGDOM	English-100		G		

2024-09-03	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 47	Justine serves up some mouth watering Lamb Burgers with Haloumi and Olive Tapenade and teaches us how to make a taste tingling Chinese Style Braised Noodles with Snake Beans. Justine puts a twist on a classic and whips up Banana Fritters with Coconut Sorbet and Rum Caramel.	AUSTRALIA	English-100	G			
2024-09-03	1730	<b>My Market Kitchen</b>	Ep 17	Mike shops for ingredients for his next French dish, Croque Madame, then prepares a Caribbean favourite, Caribbean Oxtail Curry. Laura wraps up the show with the perfect school lunchbox treat, Zucchini & Ricotta Muffins.	AUSTRALIA	English-100	G			
2024-09-03	1800	<b>Pati's Mexican Table</b>	Art Of Mole, The	Pati goes on an in-depth exploration of all things mole. Oaxaca is known as the land of moles, and there are too many varieties to name. Through instruction in her kitchen and exploration while in Oaxaca, Pati explains the basics of mole, some of its history and importance, and a few of her personal favourite recipes including mole verde with pork and white beans and chicken almendrado.	USA	English-100	G			Y
2024-09-03	1830	<b>Food Safari Earth</b>	Legumes	Maeve O'Meara pays tribute to the power of pulses and legumes in dishes from around the world. Protein-rich beans have always been the heavy lifters of the vegetable world. Maeve discovers the secrets of a classic falafel with founder of a Middle Eastern food empire Faysal El-Abd (Al Aseel) and tastes a falafel roll made with fresh herbs, pickles and tarator sauce.	AUSTRALIA	English-100	RPT	G		Y
2024-09-03	1900	<b>The Cook Up With Adam Liaw</b>	Speed Date Dinners	Tonight, you'll fall in love with Adam's, comedian Lizzy Hoo's and relationship expert Chantelle Otten's speed date dinners.	AUSTRALIA	English-100	PG	s		Y
2024-09-03	1930	<b>Cook Clever Waste Less With Prue &amp; Rupy</b>	Parshall Family, The	In this new series, culinary legend and queen of leftovers Prue Leith teams up with food expert Dr Rupy Aujla to help British families tackle food waste and save money. Every year in the UK almost 14 billion pounds worth of food goes into the bin – it's bad for the planet and disastrous for our wallets. But with creative meal-planning, genius food hacks and mouth-watering recipes-Prue and Rupy are going to teach our families to Cook Clever and Waste Less.	UNITED KINGDOM	English-100	G			
2024-09-03	2000	<b>Mary Berry Everyday</b>	Ep 1	Mary travels to Scotland to enjoy the best of their everyday larder. She discovers wonderful shellfish in Ullapool, shares the joys of BBQ with chef Tom Kitchin and whips up a whisky cream.	UNITED KINGDOM	English-100	PG		a w	
2024-09-03	2030	<b>James Martin's French Adventure</b>	Marseille	James visits Marseille's oldest bakery, famous for the Navette biscuit. Then James cooks scallops the St Jacques way, as well as wreck fish with buckwheat.	UNITED KINGDOM	English-100	PG		a w	Y
2024-09-03	2130	<b>Come Dine With Me UK</b>	West Midlands: Amy	Pharmacy technician Amy is hoping to impress everyone with her Asian curry extravaganza. But will it be too discerning for her guests?	UNITED KINGDOM	English-100	PG			
2024-09-03	2200	<b>Come Dine With Me UK</b>	West Midlands: Sophie	It's make-up artist and "Glam Goth" Sophie's turn to host. Will she throw in the towel before the night is out, leaving her guests to fend for themselves, or will she give one last throw of the dice?	UNITED KINGDOM	English-100	PG			
2024-09-03	2230	<b>The Cook Up With Adam Liaw</b>	Speed Date Dinners	Tonight, you'll fall in love with Adam's, comedian Lizzy Hoo's and relationship expert Chantelle Otten's speed date dinners.	AUSTRALIA	English-100	PG	s		Y
2024-09-03	2300	<b>The Cook And The Chef</b>	Sunday Roast, A	Packed full of tradition and memories, Sunday lunch is a very special part of Maggie's life, whether it be with friends or family, everyone is encouraged to get involved and be part of the whole experience. Maggie is treating her friends to a roast. For Maggie the best time of year for a good roast is spring when the lamb is at its peak and is served with baked vegetables, caramelised to almost burning, just like her Mother used to do.	AUSTRALIA	English-100	PG			
2024-09-03	2330	<b>Gourmet Farmer</b>	Passata And Fishing	Food critic Matthew Evans has thrown in his city life for small farm living in Tasmania. Swapping land for sea, Matthew and his mates embark on a fishing adventure where they brave the elements to catch squid, lobster and tuna out at sea. On his return, Matthew visits Greek market gardener George to source buckets of ripe tomatoes to make passata which he bottles with a group of friends.		English-100	RPT	G		Y

2024-09-03	2400	Frankie's World Series	Puttanesca Carbonara	Frankie uncovers a secret ingredient you never knew you loved, along with the strange history of 'the prostitute's pasta.' While nobody is certain of how carbonara came to be, this combo of bacon, eggs and pasta is glorious.	USA	English-100	PG	a l	Y	
2024-09-03	2430	Cook Clever Waste Less With Prue & Rupy	Parshall Family, The	In this new series, culinary legend and queen of leftovers Prue Leith teams up with food expert Dr Rupy Aujla to help British families tackle food waste and save money. Every year in the UK almost 14 billion pounds worth of food goes into the bin – it's bad for the planet and disastrous for our wallets. But with creative meal-planning, genius food hacks and mouth-watering recipes-Prue and Rupy are going to teach our families to Cook Clever and Waste Less.	UNITED KINGDOM	English-100	G			
2024-09-03	2500	Mary Berry Everyday	Ep 1	Mary travels to Scotland to enjoy the best of their everyday larder. She discovers wonderful shellfish in Ullapool, shares the joys of BBQ with chef Tom Kitchin and whips up a whisky cream.	UNITED KINGDOM	English-100	PG	a w		
2024-09-03	2530	James Martin's French Adventure	Marseille	James visits Marseille's oldest bakery, famous for the Navette biscuit. Then James cooks scallops the St Jacques way, as well as wreck fish with buckwheat.	UNITED KINGDOM	English-100	PG	a w	Y	
2024-09-03	2625	Please Eat Slowly Bitesize	Hand-Pulled Noodles	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100	G			
2024-09-03	2630	Come Dine With Me UK	West Midlands: Amy	Pharmacy technician Amy is hoping to impress everyone with her Asian curry extravaganza. But will it be too discerning for her guests?	UNITED KINGDOM	English-100	PG			
2024-09-03	2700	Come Dine With Me UK	West Midlands: Sophie	It's make-up artist and "Glam Goth" Sophie's turn to host. Will she throw in the towel before the night is out, leaving her guests to fend for themselves, or will she give one last throw of the dice?	UNITED KINGDOM	English-100	PG			
2024-09-03	2730	The Cook And The Chef	Sunday Roast, A	Packed full of tradition and memories, Sunday lunch is a very special part of Maggie's life, whether it be with friends or family, everyone is encouraged to get involved and be part of the whole experience. Maggie is treating her friends to a roast. For Maggie the best time of year for a good roast is spring when the lamb is at its peak and is served with baked vegetables, caramelised to almost burning, just like her Mother used to do.	AUSTRALIA	English-100	PG			
2024-09-03	2800	Gourmet Farmer	Passata And Fishing	Food critic Matthew Evans has thrown in his city life for small farm living in Tasmania. Swapping land for sea, Matthew and his mates embark on a fishing adventure where they brave the elements to catch squid, lobster and tuna out at sea. On his return, Matthew visits Greek market gardener George to source buckets of ripe tomatoes to make passata which he bottles with a group of friends.		English-100	RPT	G	Y	
2024-09-03	2830	Cook Like A Chef	Salad	Salad is a wonderful addition to any meal, and sometimes even a meal on its own. Today, the talented Chef Craig Wong shares several of his superior salad ideas.	CANADA	English-100	G			
2024-09-04	0500	Long Weekend In... With Rory O'Connell	Edinburgh	Rory creates a new recipe inspired by his trip to Edinburgh: black pudding with glazed apples and grainy mustard sauce.	IRELAND	English-100	G			
2024-09-04	0530	Bizarre Foods: Delicious Destinations	Nova Scotia	Andrew Zimmern explores iconic dishes of picturesque Nova Scotia, Canada, where the proximity to the sea, it's never more than 42 miles away, influences the local cuisine.	USA	English-100	RPT	PG	a w	Y
2024-09-04	0600	Food Unwrapped	Fresh Fish, Stuffed Olives, Dietary Fat	Jimmy gives our supermarket fish a sniff to discover how fresh the stock in the superstores really is. Kate is intrigued about what goes into a stuffed olive. In Greece, she discovers that the filling in pimento olives is not just red pepper. It contains another, surprising ingredient: seaweed. Matt's lifting the lid on skimmed milk - whole, semi skimmed, and skimmed.	UNITED KINGDOM	English-100	G			

2024-09-04	0630	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 1	In over a year, Paul's farm has grown from a hobby farm into a serious small holder, but without proper infrastructure, he needs to plan for the future.	UNITED KINGDOM	English-100	RPT	PG		Y
2024-09-04	0730	Gino's Italian Coastal Escape	Sorrento And Capri	Continuing his culinary odyssey along the Mediterranean coast, Gino sails to beautiful Capri to sample la dolce vita. While there, he also unearths the origins of Italy's most famous digestivo. Back on the mainland, Gino goes in search of a unique little ingredient that packs a punch in the culinary world, and creates two showstopping dishes along the way.	UNITED KINGDOM	English-100		G		
2024-09-04	0800	Everyday Gourmet With Justine Schofield	Ep 47	Justine serves up some mouth watering Lamb Burgers with Haloumi and Olive Tapenade and teaches us how to make a taste tingling Chinese Style Braised Noodles with Snake Beans. Justine puts a twist on a classic and whips up Banana Fritters with Coconut Sorbet and Rum Caramel.	AUSTRALIA	English-100		G		
2024-09-04	0830	Girls Guide:Hunting Fishing Wild Cooking	Ep 5	Analiase tackles the ups-and-downs of her new life, going on her first wallaby hunt with friend and wallaby-hunter, Richard, and dealing with the wild rabbits that are decimating her garden, resulting in a delicious braised rabbit stew.	AUSTRALIA	English-100		PG	a w	Y
2024-09-04	0900	Pati's Mexican Table	Art Of Mole, The	Pati goes on an in-depth exploration of all things mole. Oaxaca is known as the land of moles, and there are too many varieties to name. Through instruction in her kitchen and exploration while in Oaxaca, Pati explains the basics of mole, some of its history and importance, and a few of her personal favourite recipes including mole verde with pork and white beans and chicken almadrado.	USA	English-100		G		Y
2024-09-04	0930	My Market Kitchen	Ep 17	Mike shops for ingredients for his next French dish, Croque Madame, then prepares a Caribbean favourite, Caribbean Oxtail Curry. Laura wraps up the show with the perfect school lunchbox treat, Zucchini & Ricotta Muffins.	AUSTRALIA	English-100		G		
2024-09-04	1000	Food Safari Earth	Legumes	Maeve O'Meara pays tribute to the power of pulses and legumes in dishes from around the world. Protein-rich beans have always been the heavy lifters of the vegetable world. Maeve discovers the secrets of a classic falafel with founder of a Middle Eastern food empire Faysal El-Abd (Al Aseel) and tastes a falafel roll made with fresh herbs, pickles and tarator sauce.	AUSTRALIA	English-100	RPT	G		Y
2024-09-04	1030	Food Unwrapped	Fresh Fish, Stuffed Olives, Dietary Fat	Jimmy gives our supermarket fish a sniff to discover how fresh the stock in the superstores really is. Kate is intrigued about what goes into a stuffed olive. In Greece, she discovers that the filling in pimento olives is not just red pepper. It contains another, surprising ingredient: seaweed. Matt's lifting the lid on skimmed milk - whole, semi skimmed, and skimmed.	UNITED KINGDOM	English-100		G		
2024-09-04	1100	The Cook Up With Adam Liaw	Speed Date Dinners	Tonight, you'll fall in love with Adam's, comedian Lizzy Hoo's and relationship expert Chantelle Otten's speed date dinners.	AUSTRALIA	English-100		PG	s	Y
2024-09-04	1130	Cook Clever Waste Less With Prue & Rupy	Parshall Family, The	In this new series, culinary legend and queen of leftovers Prue Leith teams up with food expert Dr Rupy Aujla to help British families tackle food waste and save money. Every year in the UK almost 14 billion pounds worth of food goes into the bin – it's bad for the planet and disastrous for our wallets. But with creative meal-planning, genius food hacks and mouth-watering recipes-Prue and Rupy are going to teach our families to Cook Clever and Waste Less.	UNITED KINGDOM	English-100		G		
2024-09-04	1200	Mary Berry Everyday	Ep 1	Mary travels to Scotland to enjoy the best of their everyday larder. She discovers wonderful shellfish in Ullapool, shares the joys of BBQ with chef Tom Kitchin and whips up a whisky cream.	UNITED KINGDOM	English-100		PG	a w	
2024-09-04	1230	Frankie's World Series	Humble Pie	From the 'American' origins of Apple Pie to the bizarre creation myth of modern Ice Cream, Frankie takes a look at the twisted tales behind some of our beloved desserts.	USA	English-100		PG		Y
2024-09-04	1300	Cook Like A Chef	Pork	Snout to tail cooking is Chef Derek Dammann's speciality, in this episode celebrating pork, he cooks everything but the squeal!	CANADA	English-100		G		

2024-09-04	1330	<b>Girls Guide:Hunting Fishing Wild Cooking</b>	Ep 6	Analiase faces her biggest challenge yet, slaughtering the two pigs she's reared for meat, and is visited by old friends from the mainland, including chef Adam Liaw, who reaffirm her commitment to her new life.	AUSTRALIA	English-100	PG	a w	Y
2024-09-04	1400	<b>Long Weekend In... With Rory O'Connell</b>	Bath	After a delicious exploration of Bath, Rory makes the perfect recipe to remind him of his trip, his own version of a Bath Bun.	IRELAND	English-100	G		
2024-09-04	1430	<b>Bizarre Foods: Delicious Destinations</b>	Quebec City	Andrew scopes out the creative and rustic comfort dishes of Quebec City, Canada. Influenced by French and English settlers, the city is full of old world charm, late-night diners, hearty food and plenty of maple syrup.	USA	English-100	RPT	G	
2024-09-04	1500	<b>Food Unwrapped</b>	Venison, Mozzarella, Beansprouts	Jimmy investigates why we seem to be importing so much venison from New Zealand and discovers how to keep UK venison on our supermarket shelves. Kate is in Italy meeting the makers of mozzarella. In Italy's Campania region, she learns the ancient techniques used to produce the cheese. Matt uncovers the nasty bacteria potentially lurking in raw bean sprouts.	UNITED KINGDOM	English-100	PG		Y
2024-09-04	1530	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 2	There's trouble on Paul's farm and his goats go missing. Paul's also questioning Bessie's future and needs to find out if she's pregnant. It's time to turn the winter veggie patch into his first cash crop.	UNITED KINGDOM	English-100	RPT	PG	Y
2024-09-04	1630	<b>Gino's Italian Coastal Escape</b>	Tuscany And Lazio	Forget vineyards and cypress trees, Gino reveals the hidden Tuscany with its beaches and traditional cowboys. Not one to shy away from a challenge, Gino saddles up and joins the cowboys to learn their centuries old traditions, before hosting a beach barbeque blowout. Gino's next stop is in the region of Lazio via an ancient Roman highway before stopping off at the home of every Italian's favourite olive - Gaeta. Here he learns how to make this little town's signature street food before cooking up a feast on the shores of the picturesque town.	UNITED KINGDOM	English-100	PG	a	
2024-09-04	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 48	Learn how to make a brilliant Zucchini Soup with Justine, an Orecchiette pasta with Squid and Broccoli and a devilish Chocolate Gingerbread and Berry cake.	AUSTRALIA	English-100	G		
2024-09-04	1730	<b>My Market Kitchen</b>	Ep 18	Mike kicks off the show with his Breakfast Pot, one of the simplest breakfast recipes you'll ever make. Laura is then joined in the Market Kitchen by Chef Kinsan, who makes Japanese Fried Chicken, Karaage.	AUSTRALIA	English-100	G		
2024-09-04	1800	<b>Pati's Mexican Table</b>	In Search Of La Mixteca	Pati travels to a region in Oaxaca known as La Mixteca, and learns what makes the food and culture so unique. She meets up with Ixchel Ornelas, a chef, restaurant owner, and one of Mixteca's best cooks, who invites her on a personal tour of her city. Then, back in her kitchen, Pati creates new recipes based on that experience - corn soup with queso and pescado agridulce.	USA	English-100	G		Y
2024-09-04	1830	<b>Food Safari Earth</b>	Herbs & Spices	Maeve explores the world of herbs and spices, the plant kingdom's biggest gift to mankind. She spends time in Andrew McConnell's treasured herb garden. He creates roast beetroot salad with pickled rhubarb and nasturtium vinegar. Maeve visits a carefully tended Lebanese home garden where wild thyme known as za'atar is grown, dried and used to make spice mix that is spread on home baked flat bread.	AUSTRALIA	English-100	RPT	G	Y
2024-09-04	1900	<b>The Cook Up With Adam Liaw</b>	Cookies	Shh! Nobody tell the Cookie Monster that Adam and his guests, baker Natalie Paull and ballet star David Hallberg, are making cookies.	AUSTRALIA	English-100	G		Y
2024-09-04	1930	<b>Marcus Wareing: Simply Provence</b>	Olives	In Provence, you don't have to walk far or turn too many corners before you find yourself surrounded by locally grown produce.	UNITED KINGDOM	English-100	G		
2024-09-04	2000	<b>Nadiya's Time To Eat</b>	Baking Made Easy	Nadiya shares her best quick and easy bakes: a delicious banana tarte-tatin, a massive meatloaf wellington, and an effortless fruity soda bread with a zippy homemade butter.	UNITED KINGDOM	English-100	G		

2024-09-04	2030	<b>Hugh's Three Good Things</b>	Dried Fruit	Hugh's gunning to win this flavourful cooking competition, with a fantastically filling partridge, dried pear and spelt dinner as well as a simple, classy pud of tea soaked dried apricots, and mascarpone! But his cooking rivals on dried fruit week have equally cunning culinary creations up their cheffy sleeves.	UNITED KINGDOM	English-100	G		
2024-09-04	2100	<b>Masters Of Taste With Gary Mehigan</b>	Happiness Is A Warm Bun	Gary packs a lot of food in this episode, with visits to the Masala Library, and the Bombay Canteen! At Masala Library he gets the head chef to spill the beans on his popular biryani recipe, and at Bombay Canteen, it's all about their signature dish, the seafood bhel.	INDIA	English-100	PG		
2024-09-04	2130	<b>Come Dine With Me UK</b>	West Midlands: Phil	West Midlands-based club owner, Phil hosts a glitzy 'Awards Show' night, hoping his guests will award him enough cash to walk away with the 1000 pound prize.	UNITED KINGDOM	English-100	PG		
2024-09-04	2200	<b>Come Dine With Me UK</b>	North London: Susie	Estate agent Susie is hoping to wow her guests with an evening dedicated to her heritage. She serves up an array of Persian dishes as well as a risky Irish dessert she's only ever made once.	UNITED KINGDOM	English-100	PG		
2024-09-04	2230	<b>The Cook Up With Adam Liaw</b>	Cookies	Shh! Nobody tell the Cookie Monster that Adam and his guests, baker Natalie Paull and ballet star David Hallberg, are making cookies.	AUSTRALIA	English-100	G	Y	
2024-09-04	2300	<b>The Cook And The Chef</b>	Spring Has Sprung	Maggie gets her hand on the first of the new season's asparagus to make asparagus with soft Boiled egg. She proves you don't need fancy implements to prepare asparagus, and continues the theme of simplicity with the perfect soft boiled egg.	AUSTRALIA	English-100	G		
2024-09-04	2330	<b>Gourmet Farmer</b>	Apples And Cider	It's raining apples in Tasmania, and Matthew Evans is ready to make full use of the abundant harvest. He learns how to make cider and cooks an apple and blackberry shortcake for his visiting mum. All very well, but Matthew sorely needs to find a way of earning a living. With his partner Ross, he prepares a range of pork products to sell at an artisan food stall at Hobart's premium marketplace, Salamanca markets.		English-100	RPT	G	Y
2024-09-04	2400	<b>Frankie's World Series</b>	Humble Pie	From the 'American' origins of Apple Pie to the bizarre creation myth of modern Ice Cream, Frankie takes a look at the twisted tales behind some of our beloved desserts.	USA	English-100	PG	Y	
2024-09-04	2430	<b>Marcus Wareing: Simply Provence</b>	Olives	In Provence, you don't have to walk far or turn too many corners before you find yourself surrounded by locally grown produce.	UNITED KINGDOM	English-100	G		
2024-09-04	2500	<b>Nadiya's Time To Eat</b>	Baking Made Easy	Nadiya shares her best quick and easy bakes: a delicious banana tarte-tatin, a massive meatloaf wellington, and an effortless fruity soda bread with a zippy homemade butter.	UNITED KINGDOM	English-100	G		
2024-09-04	2530	<b>Hugh's Three Good Things</b>	Dried Fruit	Hugh's gunning to win this flavourful cooking competition, with a fantastically filling partridge, dried pear and spelt dinner as well as a simple, classy pud of tea soaked dried apricots, and mascarpone! But his cooking rivals on dried fruit week have equally cunning culinary creations up their cheffy sleeves.	UNITED KINGDOM	English-100	G		
2024-09-04	2600	<b>Masters Of Taste With Gary Mehigan</b>	Happiness Is A Warm Bun	Gary packs a lot of food in this episode, with visits to the Masala Library, and the Bombay Canteen! At Masala Library he gets the head chef to spill the beans on his popular biryani recipe, and at Bombay Canteen, it's all about their signature dish, the seafood bhel.	INDIA	English-100	PG		
2024-09-04	2630	<b>Come Dine With Me UK</b>	West Midlands: Phil	West Midlands-based club owner, Phil hosts a glitzy 'Awards Show' night, hoping his guests will award him enough cash to walk away with the 1000 pound prize.	UNITED KINGDOM	English-100	PG		
2024-09-04	2700	<b>Come Dine With Me UK</b>	North London: Susie	Estate agent Susie is hoping to wow her guests with an evening dedicated to her heritage. She serves up an array of Persian dishes as well as a risky Irish dessert she's only ever made once.	UNITED KINGDOM	English-100	PG		

2024-09-04	2730	<b>The Cook And The Chef</b>	Spring Has Sprung	Maggie gets her hand on the first of the new season's asparagus to make asparagus with soft Boiled egg. She proves you don't need fancy implements to prepare asparagus, and continues the theme of simplicity with the perfect soft boiled egg.	AUSTRALIA	English-100		G		
2024-09-04	2800	<b>Gourmet Farmer</b>	Apples And Cider	It's raining apples in Tasmania, and Matthew Evans is ready to make full use of the abundant harvest. He learns how to make cider and cooks an apple and blackberry shortcake for his visiting mum. All very well, but Matthew sorely needs to find a way of earning a living. With his partner Ross, he prepares a range of pork products to sell at an artisan food stall at Hobart's premium marketplace, Salamanca markets.		English-100	RPT	G		Y
2024-09-04	2830	<b>Cook Like A Chef</b>	Pork	Snout to tail cooking is Chef Derek Dammann's speciality, in this episode celebrating pork, he cooks everything but the squeal!	CANADA	English-100		G		
2024-09-05	0500	<b>Long Weekend In... With Rory O'Connell</b>	Bath	After a delicious exploration of Bath, Rory makes the perfect recipe to remind him of his trip, his own version of a Bath Bun.	IRELAND	English-100		G		
2024-09-05	0530	<b>Bizarre Foods: Delicious Destinations</b>	Quebec City	Andrew scopes out the creative and rustic comfort dishes of Quebec City, Canada. Influenced by French and English settlers, the city is full of old world charm, late-night diners, hearty food and plenty of maple syrup.	USA	English-100	RPT	G		
2024-09-05	0600	<b>Food Unwrapped</b>	Venison, Mozzarella, Beansprouts	Jimmy investigates why we seem to be importing so much venison from New Zealand and discovers how to keep UK venison on our supermarket shelves. Kate is in Italy meeting the makers of mozzarella. In Italy's Campania region, she learns the ancient techniques used to produce the cheese. Matt uncovers the nasty bacteria potentially lurking in raw bean sprouts.	UNITED KINGDOM	English-100		PG		Y
2024-09-05	0630	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 2	There's trouble on Paul's farm and his goats go missing. Paul's also questioning Bessie's future and needs to find out if she's pregnant. It's time to turn the winter veggie patch into his first cash crop.	UNITED KINGDOM	English-100	RPT	PG		Y
2024-09-05	0730	<b>Gino's Italian Coastal Escape</b>	Tuscany And Lazio	Forget vineyards and cypress trees, Gino reveals the hidden Tuscany with its beaches and traditional cowboys. Not one to shy away from a challenge, Gino saddles up and joins the cowboys to learn their centuries old traditions, before hosting a beach barbeque blowout. Gino's next stop is in the region of Lazio via an ancient Roman highway before stopping off at the home of every Italian's favourite olive - Gaeta. Here he learns how to make this little town's signature street food before cooking up a feast on the shores of the picturesque town.	UNITED KINGDOM	English-100		PG	a	
2024-09-05	0800	<b>Everyday Gourmet With Justine Schofield</b>	Ep 48	Learn how to make a brilliant Zucchini Soup with Justine, an Orecchiette pasta with Squid and Broccoli and a devilish Chocolate Gingerbread and Berry cake.	AUSTRALIA	English-100		G		
2024-09-05	0830	<b>Girls Guide:Hunting Fishing Wild Cooking</b>	Ep 6	Analiase faces her biggest challenge yet, slaughtering the two pigs she's reared for meat, and is visited by old friends from the mainland, including chef Adam Liaw, who reaffirm her commitment to her new life.	AUSTRALIA	English-100		PG	a w	Y
2024-09-05	0900	<b>Pati's Mexican Table</b>	In Search Of La Mixteca	Pati travels to a region in Oaxaca known as La Mixteca, and learns what makes the food and culture so unique. She meets up with Ixchel Ornellas, a chef, restaurant owner, and one of Mixteca's best cooks, who invites her on a personal tour of her city. Then, back in her kitchen, Pati creates new recipes based on that experience - corn soup with queso and pescado agridulce.	USA	English-100		G		Y
2024-09-05	0930	<b>My Market Kitchen</b>	Ep 18	Mike kicks off the show with his Breakfast Pot, one of the simplest breakfast recipes you'll ever make. Laura is then joined in the Market Kitchen by Chef Kinsan, who makes Japanese Fried Chicken, Karaage.	AUSTRALIA	English-100		G		
2024-09-05	1000	<b>Food Safari Earth</b>	Herbs & Spices	Maeve explores the world of herbs and spices, the plant kingdom's biggest gift to mankind. She spends time in Andrew McConnell's treasured herb garden. He creates roast beetroot salad with pickled rhubarb and nasturtium vinegar. Maeve visits a carefully tended Lebanese home garden where wild thyme known as za'atar is grown, dried and used to make spice mix that is spread on home baked flat bread.	AUSTRALIA	English-100	RPT	G		Y

2024-09-05	1030	<b>Food Unwrapped</b>	Venison, Mozzarella, Beansprouts	Jimmy investigates why we seem to be importing so much venison from New Zealand and discovers how to keep UK venison on our supermarket shelves. Kate is in Italy meeting the makers of mozzarella. In Italy's Campania region, she learns the ancient techniques used to produce the cheese. Matt uncovers the nasty bacteria potentially lurking in raw bean sprouts.	UNITED KINGDOM	English-100	PG			Y
2024-09-05	1100	<b>The Cook Up With Adam Liaw</b>	Cookies	Shh! Nobody tell the Cookie Monster that Adam and his guests, baker Natalie Paull and ballet star David Hallberg, are making cookies.	AUSTRALIA	English-100	G			Y
2024-09-05	1130	<b>Marcus Wareing: Simply Provence</b>	Olives	In Provence, you don't have to walk far or turn too many corners before you find yourself surrounded by locally grown produce.	UNITED KINGDOM	English-100	G			
2024-09-05	1200	<b>Nadiya's Time To Eat</b>	Baking Made Easy	Nadiya shares her best quick and easy bakes: a delicious banana tarte-tatin, a massive meatloaf wellington, and an effortless fruity soda bread with a zippy homemade butter.	UNITED KINGDOM	English-100	G			
2024-09-05	1230	<b>Frankie's World Series</b>	Chicken Coup	From unloved pantry stalwart to gourmet pub favourite, Frankie demonstrates how mac 'n' cheese continues to reinvent itself. Later, Frankie shares the history of fried chicken and KFC.	USA	English-100	PG	I		Y
2024-09-05	1300	<b>Cook Like A Chef</b>	Mushrooms	Mushrooms grow by the light of the moon. In this episode, our accomplished chef-host Katie Ardington expertly exposes them to the light of day.	CANADA	English-100	G			
2024-09-05	1330	<b>Girls Guide: Hunting Fishing Wild Cooking</b>	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
2024-09-05	1400	<b>Tastes Like Home</b>	Cabinteely / Wellington, New Zealand	Our contributors are Mother and Son, Liz and James. James has been living in Wellington for 14 years now and lives with his wife Ani.	IRELAND	English-100	G			
2024-09-05	1430	<b>Bizarre Foods: Delicious Destinations</b>	Porto	Adam, violinist Satu Vanska and chef Adam D'Sylva are in The Cook Up Kitchen, pouring pure emotion into their food to stimulate the senses and provide the ultimate food experience.	USA	English-100	RPT	G		
2024-09-05	1500	<b>Food Unwrapped</b>	Msg, Brazil Nuts, Elderflower Cordial	Jimmy is in Thailand to ask if food additive MSG is really as bad as the scare-mongering headlines claim? Kate is curious about Brazil nuts, and finds herself deep in the Amazonian rainforest, investigating rumours that the Brazil nuts on UK supermarket shelves are all radioactive. While Matt wants to see how a UK business manages to produce 1.5 million bottles of elderflower cordial - without employing a single flower picker.	UNITED KINGDOM	English-100	PG			Y
2024-09-05	1530	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 3	Tough times are ahead for Paul when he asks home butcher and friend Matt to help him slaughter his first goat, but when Paul helps to rebuild a community garden the goat goes to a good cause.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-09-05	1630	<b>Gino's Italian Coastal Escape</b>	Elba	Gino is on the ancient island of Elba. He meets an octogenarian who is known as the 'bee whisperer' and creates award winning honey, then visits the now disused mines to experience Italy's past. Plus no trip to Elba is complete without a visit to Napoleon's house. Gino's experiences are the inspiration for a melt-in-your-mouth honey chicken dish and an easy risotto cooked on a beach made of iron.	UNITED KINGDOM	English-100	PG	s		
2024-09-05	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 49	Justine shares her special silver beet and ricotta cannelloni, her Mongolian lamb and the art of roasting grapes. Jarrod Hudson drops by to share his asian inspired classic Thai fish cake.	AUSTRALIA	English-100	G			



2024-09-05	1730	<b>My Market Kitchen</b>	Ep 19	Laura starts the show with her Asian-inspired Pork & Prawn Dumplings, followed by market trader Masa, who demonstrates his one-handed chopstick trick.	AUSTRALIA	English-100		G			
2024-09-05	1800	<b>Pati's Mexican Table</b>	Oaxaca Breakfast: Messy And Delicious	Pati visits the town of San Martin Tilcajete to meet Maria and Jacobo at their famous art school. There, she learns the ins and outs of their delicate alebrije making process and tastes an outrageously delicious liver and eggs meal prepared for the artists. In her kitchen, those eggs are an inspiration for a Oaxacan-themed breakfast. And because the art of San Martin is all about attention to detail, she's doing the opposite in her kitchen and preparing a meal for her boys with the theme of 'the messier the better,' including eggs in salsa martajada, Oaxaca-style refried beans and Pan de Yema.	USA	English-100		G		Y	
2024-09-05	1830	<b>Food Safari Earth</b>	Summer	Maeve explores the marvellous abundance of summer vegetables and fruits in dishes from around the world. Tomato Day is the most special day in the Italian food calendar, and Maeve joins three generations of the Baggio Family in suburban Melbourne as they preserve the goodness of summer with a home-made passata. Later, Maeve explores the versatility of eggplant with iconic chef Tetsuya Wakuda.	AUSTRALIA	English-100	RPT	G		Y	
2024-09-05	1900	<b>The Cook Up With Adam Liaw</b>	10 Minute Noodles	Like three minute noodles, but seven minutes tastier! Adam and his guests, musician Elly-May Barnes and chef Hamish Ingham have oodles of fun with 10 minute noodles.	AUSTRALIA	English-100		G		Y	
2024-09-05	1930	<b>Ainsley's Fantastic Flavours</b>	Mexico	This show is filled with the vibrant and fiery tastes of Mexico! Ainsley's first dish is a fiesta of flavours carne asada tacos with chargrilled spring onions and Chiltomate salsa.	UNITED KINGDOM	English-100		PG	s		
2024-09-05	2030	<b>Guillaume's French Atlantic</b>	Episode 7	Join Guillaume Brahimi as he immerses himself in the luxury and refinement of Bordeaux, exploring its regal architecture, indulging in signature dishes, and discovering the allure of Chateau d'Yquem, one of the most exclusive wineries in the world.	AUSTRALIA	English-70; French-30		G		Y	Y
2024-09-05	2100	<b>Barossa Gourmet With Justine Schofield</b>	Ep 3	Justine travels to the beautiful Trevallie Orchard to make a fresh poached peach fool, then meets with head chef Derek Salmon to make gin cured ocean trout with creme fraiche.	AUSTRALIA	English-100		G			
2024-09-05	2130	<b>Come Dine With Me UK</b>	North London: Michael	Animation graduate, Michael, hopes his Italian inspired menu will win over his competitors, but will his entertainment leave a lasting impression and win him the 1000 pound prize?	UNITED KINGDOM	English-100		PG			
2024-09-05	2200	<b>Come Dine With Me UK</b>	North London: Shivz	Events and management company owner, Shivz, hopes her menu of tried and tested favourites will win over her competitors. But will the talk of pelicans, politics, and professions throw a curve ball?	UNITED KINGDOM	English-100		PG			
2024-09-05	2230	<b>The Cook Up With Adam Liaw</b>	10 Minute Noodles	Like three minute noodles, but seven minutes tastier! Adam and his guests, musician Elly-May Barnes and chef Hamish Ingham have oodles of fun with 10 minute noodles.	AUSTRALIA	English-100		G		Y	
2024-09-05	2300	<b>The Cook And The Chef</b>	Just Vegetables	Longer days and a more generous serving of sun; spring has arrived, and it's the perfect time to get into fresh vegies. Maggie and Simon love spring vegies and this week they demonstrate that you can have a delicious and filling meal without meat.	AUSTRALIA	English-100		G			
2024-09-05	2330	<b>Gourmet Farmer</b>	Chicken Dispatching And Abalone Diving	Matthew Evans is settling into the routine of life on the farm and, impulsively, he decides to add turkeys to his menagerie. Later, he and Nick visit Nene on Bruny Island where they go abalone diving and prepare a feast of abalone stir-fry and roast turkey. Back on the farm, another confronting challenge - he has an over-supply of roosters.		English-100	RPT	PG	a w	Y	

2024-09-05	2400	Frankie's World Series	Chicken Coup	From unloved pantry stalwart to gourmet pub favourite, Frankie demonstrates how mac 'n' cheese continues to reinvent itself. Later, Frankie shares the history of fried chicken and KFC.	USA	English-100	PG	I		Y
2024-09-05	2430	Ainsley's Fantastic Flavours	Mexico	This show is filled with the vibrant and fiery tastes of Mexico! Ainsley's first dish is a fiesta of flavours carne asada tacos with chargrilled spring onions and Chiltomate salsa.	UNITED KINGDOM	English-100	PG	S		
2024-09-05	2530	Guillaume's French Atlantic	Episode 7	Join Guillaume Brahimi as he immerses himself in the luxury and refinement of Bordeaux, exploring its regal architecture, indulging in signature dishes, and discovering the allure of Chateau d'Yquem, one of the most exclusive wineries in the world.	AUSTRALIA	English-70; French-30	G		Y	Y
2024-09-05	2600	Barossa Gourmet With Justine Schofield	Ep 3	Justine travels to the beautiful Trevallie Orchard to make a fresh poached peach fool, then meets with head chef Derek Salmon to make gin cured ocean trout with creme fraiche.	AUSTRALIA	English-100	G			
2024-09-05	2630	Come Dine With Me UK	North London: Michael	Animation graduate, Michael, hopes his Italian inspired menu will win over his competitors, but will his entertainment leave a lasting impression and win him the 1000 pound prize?	UNITED KINGDOM	English-100	PG			
2024-09-05	2700	Come Dine With Me UK	North London: Shivz	Events and management company owner, Shivz, hopes her menu of tried and tested favourites will win over her competitors. But will the talk of pelicans, politics, and professions throw a curve ball?	UNITED KINGDOM	English-100	PG			
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2024-09-06	0530	Bizarre Foods: Delicious Destinations	Porto	Adam, violinist Satu Vanska and chef Adam D'Sylva are in The Cook Up Kitchen, pouring pure emotion into their food to stimulate the senses and provide the ultimate food experience.	USA	English-100	RPT	G		
2024-09-06	0600	Food Unwrapped	Msg, Brazil Nuts, Elderflower Cordial	Jimmy is in Thailand to ask if food additive MSG is really as bad as the scare-mongering headlines claim? Kate is curious about Brazil nuts, and finds herself deep in the Amazonian rainforest, investigating rumours that the Brazil nuts on UK supermarket shelves are all radioactive. While Matt wants to see how a UK business manages to produce 1.5 million bottles of elderflower cordial - without employing a single flower picker.	UNITED KINGDOM	English-100	PG			Y
2024-09-06	0630	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 3	Tough times are ahead for Paul when he asks home butcher and friend Matt to help him slaughter his first goat, but when Paul helps to rebuild a community garden the goat goes to a good cause.	UNITED KINGDOM	English-100	RPT	PG	a w	Y

2024-09-06	0730	<b>Gino's Italian Coastal Escape</b>	Elba	Gino is on the ancient island of Elba. He meets an octogenarian who is known as the 'bee whisperer' and creates award winning honey, then visits the now disused mines to experience Italy's past. Plus no trip to Elba is complete without a visit to Napoleon's house. Gino's experiences are the inspiration for a melt-in-your-mouth honey chicken dish and an easy risotto cooked on a beach made of iron.	UNITED KINGDOM	English-100	PG	s	
2024-09-06	0800	<b>Everyday Gourmet With Justine Schofield</b>	Ep 49	Justine shares her special silver beet and ricotta cannelloni, her Mongolian lamb and the art of roasting grapes. Jarrod Hudson drops by to share his asian inspired classic Thai fish cake.	AUSTRALIA	English-100	G		
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2024-09-06	0900	<b>Pati's Mexican Table</b>	Oaxaca Breakfast: Messy And Delicious	Pati visits the town of San Martin Tilcajete to meet Maria and Jacobo at their famous art school. There, she learns the ins and outs of their delicate alebrije making process and tastes an outrageously delicious liver and eggs meal prepared for the artists. In her kitchen, those eggs are an inspiration for a Oaxacan-themed breakfast. And because the art of San Martin is all about attention to detail, she's doing the opposite in her kitchen and preparing a meal for her boys with the theme of 'the messier the better,' including eggs in salsa martajada, Oaxaca-style refried beans and Pan de Yema.	USA	English-100	G		Y
2024-09-06	0930	<b>My Market Kitchen</b>	Ep 19	Laura starts the show with her Asian-inspired Pork & Prawn Dumplings, followed by market trader Masa, who demonstrates his one-handed chopstick trick.	AUSTRALIA	English-100	G		
2024-09-06	1000	<b>Food Safari Earth</b>	Summer	Maeve explores the marvellous abundance of summer vegetables and fruits in dishes from around the world. Tomato Day is the most special day in the Italian food calendar, and Maeve joins three generations of the Baggio Family in suburban Melbourne as they preserve the goodness of summer with a home-made passata. Later, Maeve explores the versatility of eggplant with iconic chef Tetsuya Wakuda.	AUSTRALIA	English-100	RPT	G	Y
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2024-09-06	1100	<b>The Cook Up With Adam Liaw</b>	10 Minute Noodles	Like three minute noodles, but seven minutes tastier! Adam and his guests, musician Elly-May Barnes and chef Hamish Ingham have oodles of fun with 10 minute noodles.	AUSTRALIA	English-100	G		Y
2024-09-06	1130	<b>Ainsley's Fantastic Flavours</b>	Mexico	This show is filled with the vibrant and fiery tastes of Mexico! Ainsley's first dish is a fiesta of flavours carne asada tacos with chargrilled spring onions and Chiltomate salsa.	UNITED KINGDOM	English-100	PG	s	
2024-09-06	1230	<b>Frankie's World Series</b>	Extra Servings	Ramen was created to be a tasty, quick and cheap way to feed Japan... but it became so much more. Check out the history behind the phenomenon and enjoy extra adventures with Frankie!	USA	English-100	PG		Y
2024-09-06	1300	<b>Cook Like A Chef</b>	Salmon	Salmon is one of the few fish worthy of its own Cook Like a Chef episode. Join Chef Natalia Machado as she introduces us to its many virtues.	CANADA	English-100	G		
2024-09-06	1330	<b>Girls Guide:Hunting Fishing Wild Cooking</b>	Ep 8	Analiese settles in for winter and makes a big decision about her future, as she appreciates everything she's learnt. She puts together a winter meal for her new friends and community, kayaks to an oyster farm, and prepares a feast to celebrate a year of adventures.	AUSTRALIA	English-100	PG		Y
2024-09-06	1400	<b>Tastes Like Home</b>	Stockholm, Sweden / Gap Of Dunloe, Killarney	On Tastes Like Home it's a little different this week, as we receive a request from husband and wife Jason and Maire in Kerry - Marie is Swedish but now lives in the Gap of Dunlop and she is about gave birth to twin boys and is keen to learn who to make her dad's Smogsboard with meatballs so she can teach her sons in time.	IRELAND	English-100	G		

2024-09-06	1430	<b>Bizarre Foods: Delicious Destinations</b>	Frankfurt	Andrew takes a look at the hearty, simple and filling dishes of Frankfurt, Germany. Steeped in tradition and down-to-earth ingredients, Frankfurt's gastronomy showcases the city's regal history and lush natural resources.	USA	English-100	RPT	PG		
2024-09-06	1500	<b>Food Unwrapped</b>	Vitamin D, Wagyu Beef And Swiss Cheese	Jimmy investigates the catastrophic effects of not getting enough Vitamin D, while Matt heads to Switzerland to ask why there are holes in Swiss cheese?	UNITED KINGDOM	English-100		PG		Y
2024-09-06	1530	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 4	In an attempt to make a quicker profit, Paul decides to add hens and honey to his farm, and goes on a road trip to find out how. Digger proves he's got the nose for truffle hunting.	UNITED KINGDOM	English-100	RPT	PG		Y
2024-09-06	1630	<b>Gino's Italian Coastal Escape</b>	Paestum	Gino is in Italy's food basket and the home of one of its food heroes - water buffalo mozzarella. Gino has to get his hands dirty before he can claim this world class cheese by massaging the majestic beasts. He also takes a trip to the ancient ruins in Paestum and learns how to make handmade fusilli pasta the traditional way, up in the beautiful mountains that overlook the sea.	UNITED KINGDOM	English-100		G		
2024-09-06	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 50	On today's show Justine shares some crowd favourites: steamed Chinese buns with peaking duck and a Malaysian beef curry. Justine ventures to the festive side with a chocolate baklava.	AUSTRALIA	English-100		G		
2024-09-06	1730	<b>My Market Kitchen</b>	Ep 20	Mike kicks off the show with an English classic, Bangers and Mash. Next Laura makes a waistline-friendly Orange and Polenta Cake. To close the show, Mike is joined by John the Fruiterer to make another English classic Tuna Melt.	AUSTRALIA	English-100		G		
2024-09-06	1800	<b>Pati's Mexican Table</b>	How I Got To Now	People are always asking Pati how she turned a passion for food into a career. Over the years, she's told the story in bits and pieces but she's never told the full story. Throughout this episode, she explains where her passion for food started, what decisions led her to where she is today, and some of the twists and turns she took to get here. She also serves up sopas, caramelised pasilla brisket and tiger pound cake. In Oaxaca, she meets a woman who moved from a small town, without any money or resources, to pursue her own dreams of building a food empire in one of the best culinary destinations in Mexico.	USA	English-100		G		Y
2024-09-06	1830	<b>Food Safari Earth</b>	Flowers	Maeve celebrates the culinary power of flowers across a delicious range of traditional dishes from around the world. She visits pioneering saffron growers in Tasmania, and joins the harvest of the little mauve crocus flower and the careful drying and preserving of saffron. Italian-born chef Alessandro Pavoni, a master of saffron risotto, shares his secrets. And in Darwin she meets Top End food legend, Jimmy Shu.	AUSTRALIA	English-100	RPT	G		Y
2024-09-06	1900	<b>The Cook Up With Adam Liaw</b>	Springtime Feast, The	It's Easy Entertaining and a springtime feast as Adam is joined in the kitchen by fitness legend Michelle Bridges and chef Wesley Cooper Jones.	AUSTRALIA	English-100		G		Y
2024-09-06	1930	<b>World Of Flavor With Big Moe Cason</b>	South Carolina Soul	Big Moe journeys to Charleston, South Carolina to explore the cuisine and its unique connections to Black history and culture. With the help of some local chefs, he learns a new way to make sausage, hunts for oysters, and tries to keep all his fingers while crabbing.	USA	English-100		PG		a l w
2024-09-06	2030	<b>How Do They Really Do It?</b>	How Do They Really Do It?: Nando's	Nando's restaurants have become a common sight on our high streets. Get some insight from former employees and industry experts to find out how it became a popular diner destination in the UK.	UNITED KINGDOM	English-100		G		
2024-09-06	2125	<b>Destination Flavour Japan Bitesize</b>	Mie And Aichi	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y Y
2024-09-06	2130	<b>Come Dine With Me UK</b>	North London: Fraser	Insurance underwriter, Fraser, hopes his Asian-inspired menu will win over his competitors. There's a clash over cruises, stand up surprises, and a sunset singalong but will his cooking be enough?	UNITED KINGDOM	English-100		PG		

2024-09-06	2200	<b>Come Dine With Me UK</b>	North London: Melissa	PR executive, Melissa, hopes her menu of Greek Cypriot classics will win over the others. After a week of bad singing, piano playing, and impressions it's up to her to show that she has what it takes.	UNITED KINGDOM	English-100		PG		
2024-09-06	2230	<b>The Cook Up With Adam Liaw</b>	Springtime Feast, The	It's Easy Entertaining and a springtime feast as Adam is joined in the kitchen by fitness legend Michelle Bridges and chef Wesley Cooper Jones.	AUSTRALIA	English-100		G		Y
2024-09-06	2300	<b>The Cook And The Chef</b>	Fresh Or Frozen	Maggie and Simon set out to prove that some frozen produce not only has its merits but in some cases, has its advantages. It's a seafood fiesta with Simon's Fish Won Tons and Garlic Prawns with Rice Pilaf along with Maggie's Crispy Skin Salmon and Pea Salsa - all frozen of course. And take out that packet of frozen peas, as Maggie shows us how to make a wonderful Frozen Pea Soup.	AUSTRALIA	English-100		G		
2024-09-06	2330	<b>Gourmet Farmer</b>	Cheese And Dairy	Matthew Evan's farm is not yet a land of milk and honey, but in this episode he does his best for the milk component, introducing Maggie the cow and learning how to milk and make cheese. However, Matthew is concerned that he's not providing the right care for his cow and visits an organic dairy farmer, renowned for his healthy cows, which haven't seen a vet for years.		English-100	RPT	G		Y
2024-09-06	2400	<b>Frankie's World Series</b>	Extra Servings	Ramen was created to be a tasty, quick and cheap way to feed Japan... but it became so much more. Check out the history behind the phenomenon and enjoy extra adventures with Frankie!	USA	English-100		PG		Y
2024-09-06	2430	<b>World Of Flavor With Big Moe Cason</b>	South Carolina Soul	Big Moe journeys to Charleston, South Carolina to explore the cuisine and its unique connections to Black history and culture. With the help of some local chefs, he learns a new way to make sausage, hunts for oysters, and tries to keep all his fingers while crabbing.	USA	English-100		PG		a l w
2024-09-06	2530	<b>How Do They Really Do It?</b>	How Do They Really Do It?: Nando's	Nando's restaurants have become a common sight on our high streets. Get some insight from former employees and industry experts to find out how it became a popular diner destination in the UK.	UNITED KINGDOM	English-100		G		
2024-09-06	2625	<b>Destination Flavour Japan Bitesize</b>	Mie And Aichi	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y Y
2024-09-06	2630	<b>Come Dine With Me UK</b>	North London: Fraser	Insurance underwriter, Fraser, hopes his Asian-inspired menu will win over his competitors. There's a clash over cruises, stand up surprises, and a sunset singalong but will his cooking be enough?	UNITED KINGDOM	English-100		PG		
2024-09-06	2700	<b>Come Dine With Me UK</b>	North London: Melissa	PR executive, Melissa, hopes her menu of Greek Cypriot classics will win over the others. After a week of bad singing, piano playing, and impressions it's up to her to show that she has what it takes.	UNITED KINGDOM	English-100		PG		
2024-09-06	2730	<b>The Cook And The Chef</b>	Fresh Or Frozen	Maggie and Simon set out to prove that some frozen produce not only has its merits but in some cases, has its advantages. It's a seafood fiesta with Simon's Fish Won Tons and Garlic Prawns with Rice Pilaf along with Maggie's Crispy Skin Salmon and Pea Salsa - all frozen of course. And take out that packet of frozen peas, as Maggie shows us how to make a wonderful Frozen Pea Soup.	AUSTRALIA	English-100		G		
2024-09-06	2800	<b>Gourmet Farmer</b>	Cheese And Dairy	Matthew Evan's farm is not yet a land of milk and honey, but in this episode he does his best for the milk component, introducing Maggie the cow and learning how to milk and make cheese. However, Matthew is concerned that he's not providing the right care for his cow and visits an organic dairy farmer, renowned for his healthy cows, which haven't seen a vet for years.		English-100	RPT	G		Y
2024-09-06	2830	<b>Cook Like A Chef</b>	Salmon	Salmon is one of the few fish worthy of its own Cook Like a Chef episode. Join Chef Natalia Machado as she introduces us to its many virtues.	CANADA	English-100		G		
2024-09-07	0500	<b>Tastes Like Home</b>	Stockholm, Sweden / Gap Of Dunloe, Killarney	On Tastes Like Home it's a little different this week, as we receive a request from husband and wife Jason and Maire in Kerry - Marie is Swedish but now lives in the Gap of Dunlop and she is about gave birth to twin boys and is keen to learn who to make her dad's Smogsboard with meatballs so she can teach her sons in time.	IRELAND	English-100		G		

2024-09-07	0530	<b>Bizarre Foods: Delicious Destinations</b>	Frankfurt	Andrew takes a look at the hearty, simple and filling dishes of Frankfurt, Germany. Steeped in tradition and down-to-earth ingredients, Frankfurt's gastronomy showcases the city's regal history and lush natural resources.	USA	English-100	RPT	PG	
2024-09-07	0600	<b>Food Unwrapped</b>	Vitamin D, Wagyu Beef And Swiss Cheese	Jimmy investigates the catastrophic effects of not getting enough Vitamin D, while Matt heads to Switzerland to ask why there are holes in Swiss cheese?	UNITED KINGDOM	English-100		PG	Y
2024-09-07	0630	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 4	In an attempt to make a quicker profit, Paul decides to add hens and honey to his farm, and goes on a road trip to find out how. Digger proves he's got the nose for truffle hunting.	UNITED KINGDOM	English-100	RPT	PG	Y
2024-09-07	0730	<b>Gino's Italian Coastal Escape</b>	Paestum	Gino is in Italy's food basket and the home of one of its food heroes - water buffalo mozzarella. Gino has to get his hands dirty before he can claim this world class cheese by massaging the majestic beasts. He also takes a trip to the ancient ruins in Paestum and learns how to make handmade fusilli pasta the traditional way, up in the beautiful mountains that overlook the sea.	UNITED KINGDOM	English-100		G	
2024-09-07	0800	<b>Everyday Gourmet With Justine Schofield</b>	Ep 50	On today's show Justine shares some crowd favourites: steamed Chinese buns with peaking duck and a Malaysian beef curry. Justine ventures to the festive side with a chocolate baklava.	AUSTRALIA	English-100		G	
2024-09-07	0830	<b>Girls Guide:Hunting Fishing Wild Cooking</b>	Ep 8	Analise settles in for winter and makes a big decision about her future, as she appreciates everything she's learnt. She puts together a winter meal for her new friends and community, kayaks to an oyster farm, and prepares a feast to celebrate a year of adventures.	AUSTRALIA	English-100		PG	Y
2024-09-07	0900	<b>Pati's Mexican Table</b>	How I Got To Now	People are always asking Pati how she turned a passion for food into a career. Over the years, she's told the story in bits and pieces but she's never told the full story. Throughout this episode, she explains where her passion for food started, what decisions led her to where she is today, and some of the twists and turns she took to get here. She also serves up sopas, caramelised pasilla brisket and tiger pound cake. In Oaxaca, she meets a woman who moved from a small town, without any money or resources, to pursue her own dreams of building a food empire in one of the best culinary destinations in Mexico.	USA	English-100		G	Y
2024-09-07	0930	<b>My Market Kitchen</b>	Ep 20	Mike kicks off the show with an English classic, Bangers and Mash. Next Laura makes a waistline-friendly Orange and Polenta Cake. To close the show, Mike is joined by John the Fruiterer to make another English classic Tuna Melt.	AUSTRALIA	English-100		G	
2024-09-07	1000	<b>Food Safari Earth</b>	Flowers	Maeve celebrates the culinary power of flowers across a delicious range of traditional dishes from around the world. She visits pioneering saffron growers in Tasmania, and joins the harvest of the little mauve crocus flower and the careful drying and preserving of saffron. Italian-born chef Alessandro Pavoni, a master of saffron risotto, shares his secrets. And in Darwin she meets Top End food legend, Jimmy Shu.	AUSTRALIA	English-100	RPT	G	Y
2024-09-07	1030	<b>Food Unwrapped</b>	Vitamin D, Wagyu Beef And Swiss Cheese	Jimmy investigates the catastrophic effects of not getting enough Vitamin D, while Matt heads to Switzerland to ask why there are holes in Swiss cheese?	UNITED KINGDOM	English-100		PG	Y
2024-09-07	1100	<b>The Cook Up With Adam Liaw</b>	Springtime Feast, The	It's Easy Entertaining and a springtime feast as Adam is joined in the kitchen by fitness legend Michelle Bridges and chef Wesley Cooper Jones.	AUSTRALIA	English-100		G	Y
2024-09-07	1130	<b>World Of Flavor With Big Moe Cason</b>	South Carolina Soul	Big Moe journeys to Charleston, South Carolina to explore the cuisine and its unique connections to Black history and culture. With the help of some local chefs, he learns a new way to make sausage, hunts for oysters, and tries to keep all his fingers while crabbing.	USA	English-100		PG	a l w
2024-09-07	1230	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 4	In an attempt to make a quicker profit, Paul decides to add hens and honey to his farm, and goes on a road trip to find out how. Digger proves he's got the nose for truffle hunting.	UNITED KINGDOM	English-100	RPT	PG	Y

2024-09-07	1330	<b>Gino's Italian Coastal Escape</b>	Paestum	Gino is in Italy's food basket and the home of one of its food heroes - water buffalo mozzarella. Gino has to get his hands dirty before he can claim this world class cheese by massaging the majestic beasts. He also takes a trip to the ancient ruins in Paestum and learns how to make handmade fusilli pasta the traditional way, up in the beautiful mountains that overlook the sea.	UNITED KINGDOM	English-100	G		
2024-09-07	1400	<b>Everyday Gourmet With Justine Schofield</b>	Ep 50	On today's show Justine shares some crowd favourites: steamed Chinese buns with peaking duck and a Malaysian beef curry. Justine ventures to the festive side with a chocolate baklava.	AUSTRALIA	English-100	G		
2024-09-07	1430	<b>Ainsley's Food We Love</b>	Granny Knows Best	Chef Ainsley Harriot returns to prepare tasty recipes and chat with special guests, who reminisce about their favourite meals. In the first program, he recreates a comforting Irish stew made by his friend's granny, and is joined by fellow chef Brian Turner and EastEnders star Jessica Plummer.	UNITED KINGDOM	English-100	G		
2024-09-07	1525	<b>Destination Flavour Down Under Bitesize</b>	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
2024-09-07	1530	<b>Ainsley's Food We Love</b>	Life Of Pie, The	Ainsley is joined by singer Alexandra Burke and prepares a selection of pies, including a tarragon-crust chicken, leek and mushroom one perfect for all the family. Pastry expert Julie Jones shows off some crowd-pleasing decorations on her rhubarb pie, while Olly Smith picks a range of beers.	UNITED KINGDOM	English-100	G		
2024-09-07	1625	<b>Please Eat Slowly Bitesize</b>	Hand-Pulled Noodles	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100	G		
2024-09-07	1630	<b>Curtis Stone's Travel, Cook, Repeat</b>	Umbria, Italy	Chef Curtis Stone travels to Umbria, Italy, where he befriends some pigs and forages for truffles. Back home in his kitchen, he's roasting a crispy pork belly and whipping up some polenta with a mushroom ragout.	USA	English-100	G		Y
2024-09-07	1700	<b>Long Weekend In... With Rory O'Connell</b>	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		
2024-09-07	1730	<b>Lorraine Pascale: Baking Made Easy</b>	Modern Classics	It's time to bring baking up to date as Lorraine Pascale takes on the classics. An old favourite gets a make over: strawberry and mascarpone Swiss roll is more delicious than ever before.	UNITED KINGDOM	English-100	G		
2024-09-07	1800	<b>David Rocco's Italia</b>	Milan, The Fashion City	As the most progressive city in Italy, it's not surprising that Milan attracts world-renowned designers, stylists and architects. David speaks to some of these great artists, spending time with Isaia designer and CEO, Gianluca Isaia, discussing what makes Milano so inspiring.	CANADA	English-100	PG	a	Y
2024-09-07	1830	<b>River Cottage Forever</b>	Ep 1	It's February and while Hugh has survived the winter there's precious little to eat at River Cottage. But thinking of the future he gets busy building a complex of high-rise chicken accommodation to house the poultry for his latest money-making scheme: to breed the ultimate roast chicken. Poultry-guru Richard Hicks calls round with Hugh's breeding stock and over pancakes in the cottage they wager the cost of the birds on their performance in the local pancake race.	UNITED KINGDOM	English-100	G		
2024-09-07	1900	<b>River Cottage Forever</b>	Ep 3	Hugh arranges a meeting with Antony Hichens, his landlord from the big house, to discuss the prospect of Hugh acquiring the rights to fish for the huge grass carp that inhabit the muddy estate lake. Amazed that his carp are in fact edible, Antony challenges Hugh to serve one at his upcoming dinner party. Should his guests find it palatable, Hugh gets the fishing rights, if not, Hugh has to clean out Antony's garden pond.	UNITED KINGDOM	English-100	PG	a w	
2024-09-07	1930	<b>Hairy Bikers Go West</b>	North Wales	The Bikers continue their journey out West, this time in Northwest Wales, and discover a host of inspiring local producers celebrating the area's rich diversity.	UNITED KINGDOM	English-100	G		
2024-09-07	2030	<b>Gordon, Gino And Fred's Road Trip</b>	Three Unwise Men	Gordon, Gino and Fred are reconvening after their European adventures to rediscover the spirit of Christmas in the most unlikely of places. They've arrived in the land of tagine, mint tea, snakes, saffron, sand dunes and camels - Morocco.	UNITED KINGDOM	English-100			Y

2024-09-07	2130	<b>Anthony Bourdain: The Layover</b>	Los Angeles	Tony used to love mocking Los Angelese, but after numerous visits, he has learned that there is much more to it, and he's going to help you find the hidden gems.	USA	English-100	PG	a d s	Y	
2024-09-07	2225	<b>Destination Flavour Down Under Bitesize</b>	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	
2024-09-07	2230	<b>River Cottage Australia</b>	Ep 6	River Cottage Australia land-holder Paul West is keen to restore the gully that acts as a natural watercourse on his farm but it's almost totally overgrown with blackberries. Paul learns he can hire a herd of hefty eaters to deal with the problem, but will they have the appetite for such a massive job? Meanwhile, Paul hatches a plan to create new life at River Cottage with the help of Ron, his brand new rooster. At the same time, he has a tough task to perform. Big Boy the pig is ready for the butcher, but is Paul?	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-09-07	2330	<b>Ainsley's Food We Love</b>	Granny Knows Best	Chef Ainsley Harriot returns to prepare tasty recipes and chat with special guests, who reminisce about their favourite meals. In the first program, he recreates a comforting Irish stew made by his friend's granny, and is joined by fellow chef Brian Turner and EastEnders star Jessica Plummer.	UNITED KINGDOM	English-100	G			
2024-09-07	2425	<b>Please Eat Slowly Bitesize</b>	Hand-Pulled Noodles	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100	G			
2024-09-07	2430	<b>Ainsley's Food We Love</b>	Life Of Pie, The	Ainsley is joined by singer Alexandra Burke and prepares a selection of pies, including a tarragon-crusted chicken, leek and mushroom one perfect for all the family. Pastry expert Julie Jones shows off some crowd-pleasing decorations on her rhubarb pie, while Olly Smith picks a range of beers.	UNITED KINGDOM	English-100	G			
2024-09-07	2525	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 4	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y	
2024-09-07	2530	<b>Curtis Stone's Travel, Cook, Repeat</b>	Umbria, Italy	Chef Curtis Stone travels to Umbria, Italy, where he befriends some pigs and forages for truffles. Back home in his kitchen, he's roasting a crispy pork belly and whipping up some polenta with a mushroom ragout.	USA	English-100	G		Y	
2024-09-07	2600	<b>Long Weekend In... With Rory O'Connell</b>	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			
2024-09-07	2630	<b>Lorraine Pascale: Baking Made Easy</b>	Modern Classics	It's time to bring baking up to date as Lorraine Pascale takes on the classics. An old favourite gets a make over: strawberry and mascarpone Swiss roll is more delicious than ever before.	UNITED KINGDOM	English-100	G			
2024-09-07	2700	<b>David Rocco's Italia</b>	Milan, The Fashion City	As the most progressive city in Italy, it's not surprising that Milan attracts world-renowned designers, stylists and architects. David speaks to some of these great artists, spending time with Isaia designer and CEO, Gianluca Isaia, discussing what makes Milano so inspiring.	CANADA	English-100	PG	a	Y	
2024-09-07	2730	<b>Gordon, Gino And Fred's Road Trip</b>	Three Unwise Men	Gordon, Gino and Fred are reconvening after their European adventures to rediscover the spirit of Christmas in the most unlikely of places. They've arrived in the land of tagine, mint tea, snakes, saffron, sand dunes and camels - Morocco.	UNITED KINGDOM	English-100			Y	
2024-09-07	2830	<b>River Cottage Forever</b>	Ep 1	It's February and while Hugh has survived the winter there's precious little to eat at River Cottage. But thinking of the future he gets busy building a complex of high-rise chicken accommodation to house the poultry for his latest money-making scheme: to breed the ultimate roast chicken. Poultry-guru Richard Hicks calls round with Hugh's breeding stock and over pancakes in the cottage they wager the cost of the birds on their performance in the local pancake race.	UNITED KINGDOM	English-100	G			