



**WEEK 36: Sunday, 3 September - Saturday, 9 September 2023 - ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles	Audio Description
2023-09-03	0500	<b>Taste Of Italy</b>	Sulmona	Nisha Katona uncovers the specialties of Sulmona in Abruzzo, including pasta alla chitarra with tomato sauce and a local coffee that pays homage to the poet Ovid.	UNITED KINGDOM	English-100		G			Y	
2023-09-03	0530	<b>Exploring China: A Culinary Adventure</b>	Exploring China: A Culinary Adventure Series 1 Ep 1	Ken Hom, the godfather of Chinese cuisine, and Ching-He Huang, a leading chef of the contemporary generation, together undertake an epic 4,500-kilometre culinary adventure across China.	UNITED KINGDOM	English-100	RPT	G		Y	Y	
2023-09-03	0635	<b>Luca's Key Ingredient</b>	Luca's Key Ingredient Series 1 Ep 1	Italian-born chef Luca Ciano presents an exciting seven-part cooking series which takes our taste buds on a journey showcasing some exceptional Italian and Australian produce.	AUSTRALIA	English-100		G				
2023-09-03	0705	<b>Barossa Gourmet With Justine Schofield</b>	Beauty Of The Barossa Series 1, The Ep 1	Justine tastes some delicious local wines, then ventures into traditional French cooking with vino cotto French shallot tarte tatin, followed by braised zucchini with lemon and garlic.	AUSTRALIA	English-100		G				
2023-09-03	0735	<b>Masters Of Savours</b>	Masters Of Luxury Teas	Tea is likely to become exceptional when it grows on miraculous soil and is handled by experts who respect the land and the plant. Some unexpected countries stand out, like Malawi and Vietnam.	FRANCE	English-100		G				
2023-09-03	0830	<b>Taste Of Italy</b>	Lucca	In Lucca, Nisha tries a soup that celebrates the olive harvest and tortelli lucchesi, a traditional local recipe similar to ravioli, before making her own easy vegetable soup inspired by her trip.	UNITED KINGDOM	English-100		G			Y	
2023-09-03	0900	<b>Taste Of Italy</b>	Sulmona	Nisha Katona uncovers the specialties of Sulmona in Abruzzo, including pasta alla chitarra with tomato sauce and a local coffee that pays homage to the poet Ovid.	UNITED KINGDOM	English-100		G			Y	
2023-09-03	0930	<b>Exploring China: A Culinary Adventure</b>	Exploring China: A Culinary Adventure Series 1 Ep 1	Ken Hom, the godfather of Chinese cuisine, and Ching-He Huang, a leading chef of the contemporary generation, together undertake an epic 4,500-kilometre culinary adventure across China.	UNITED KINGDOM	English-100	RPT	G		Y	Y	
2023-09-03	1035	<b>Luca's Key Ingredient</b>	Luca's Key Ingredient Series 1 Ep 1	Italian-born chef Luca Ciano presents an exciting seven-part cooking series which takes our taste buds on a journey showcasing some exceptional Italian and Australian produce.	AUSTRALIA	English-100		G				
2023-09-03	1105	<b>Barossa Gourmet With Justine Schofield</b>	Beauty Of The Barossa Series 1, The Ep 1	Justine tastes some delicious local wines, then ventures into traditional French cooking with vino cotto French shallot tarte tatin, followed by braised zucchini with lemon and garlic.	AUSTRALIA	English-100		G				
2023-09-03	1135	<b>Masters Of Savours</b>	Masters Of Luxury Teas	Tea is likely to become exceptional when it grows on miraculous soil and is handled by experts who respect the land and the plant. Some unexpected countries stand out, like Malawi and Vietnam.	FRANCE	English-100		G				
2023-09-03	1230	<b>Taste Of Italy</b>	Lucca	In Lucca, Nisha tries a soup that celebrates the olive harvest and tortelli lucchesi, a traditional local recipe similar to ravioli, before making her own easy vegetable soup inspired by her trip.	UNITED KINGDOM	English-100		G			Y	
2023-09-03	1300	<b>Selena + Chef</b>	Selena + Devonn Francis	Artist, activist, and chef DeVonn Francis guides Selena through his version of an elevated banana-inspired Jamaican meal including a torched banana cake and banana leaf roasted snapper.	USA	English-100		PG				
2023-09-03	1330	<b>Selena + Chef</b>	Selena + Rachel Ray	Emmy Award-winning television icon Rachael Ray helps Selena treat her Nana and Papa to a delicious date night meal of beer battered fish and elote salad, while Gracie steps up for tartar sauce duty.	USA	English-100		PG				
2023-09-03	1400	<b>The Cook Up With Adam Liaw</b>	Showstopping Shortcuts	Asylum Seeker Resource Centre CEO Kon Karapanagiotidis and performer Michelle Law join Adam to share their showstopping shortcuts - minimal effort, big impact, great eating!	AUSTRALIA	English-100	RPT	PG		Y		
2023-09-03	1430	<b>The Cook Up With Adam Liaw</b>	Meals You Can Count On	Number one numbers guy Adam Spencer and number one recipe creator Lucy Tweed join Adam to calculate three meals you can count on.	AUSTRALIA	English-100	RPT	G		Y		

2023-09-03	1500	<b>The Cook Up With Adam Liaw</b>	Potato Potato	Potat-oh what a feeling! Adam says 'potato, potarto' with chef Nagesh Seethiah from Manze and chef Gunjan Aylawadi from Flyover Fritterier.	AUSTRALIA	English-100	RPT	G		Y	
2023-09-03	1530	<b>The Cook Up With Adam Liaw</b>	Stirred With Love	Stirred is the word as two top chefs, Federica Andrisani of FICO Hobart and Warren Mendes of Food Trail: South Africa join Adam to make food stirred with love.	AUSTRALIA	English-100	RPT	PG			
2023-09-03	1600	<b>The Cook Up With Adam Liaw</b>	Be My Guest	Adam's guests, chef Massimo Mele and athlete Isis Holt, lend a hand for easy entertaining, where the message is simple: be my guest!	AUSTRALIA	English-100		PG			
2023-09-03	1630	<b>Exploring China: A Culinary Adventure</b>	Exploring China: A Culinary Adventure Series 1 Ep 2	Ken and Ching explore the effects of modernisation in China's fastest growing city, Chengdu. It is the capital of Sichuan province, where the locals cling on to their identity through food.	UNITED KINGDOM	English-100	RPT	G		Y	Y
2023-09-03	1735	<b>Adam and Poh's Great Australian Bites</b>	Regional Victoria, Ballarat	Adam and Poh travel to Ballarat in regional Victoria hoping to find those three supporting pillars of Aussie culture and cuisine: a pub, a bakery, and a Chinese restaurant.	AUSTRALIA	English-100		G		Y	
2023-09-03	1805	<b>Flat Out Food</b>	Milk	From fresh milk on the farm to raw milk cheese and handcrafted ice cream, Jenn Sharp experiences it all while learning about milk's many uses.	CANADA	English-100		PG			
2023-09-03	1835	<b>John Torode's Korean Food Tour</b>	Summer	In summer, temperatures soar in Seoul and Koreans start to eat differently to combat the heat. John prepares his own version of Korean ginseng chicken soup and iced noodles.	UNITED KINGDOM	English-100		G			
2023-09-03	1930	<b>Hairy Bikers Go Local</b>	Barsham Arms, Norfolk	The Bikers continue their adventure in Norfolk, on the hunt for new, local ingredients for a country pub chef with a creative streak.	UNITED KINGDOM	English-100		G			
2023-09-03	2035	<b>Food Trail South Africa</b>	Cape Coast	Warren's next stop is the township of Khayelitsha, where he meets with inspiring volunteers James and Xolani to learn about the micro-farming projects they are developing to help the community.	AUSTRALIA	English-100		PG			
2023-09-03	2105	<b>Food Trail South Africa</b>	Wine Country	Warren heads to the Cape Winelands, and his first stop is Warwick Wine Estate in Stellenbosch. He's taken through a tasting by cellarmaster JD, during which he samples Pinotage - a signature red wine.	AUSTRALIA	English-100		PG			
2023-09-03	2135	<b>Anthony Bourdain: No Reservations</b>	Burning Questions	Based on the results of our online poll, Tony answers the Top 10 viewer queries in Burning Questions. Prepare to be surprised, terrified, disgusted and thoroughly entertained.	USA	English-100	RPT	PG	a l s		
2023-09-03	2230	<b>Anthony Bourdain: No Reservations</b>	San Francisco	San Francisco is a city of districts and contradictions, each one with its own quirks and flavours. Between Chinatown, Haight-Ashbury and Fisherman's Wharf, Tony really can't go wrong.	USA	English-100	RPT	PG	s		
2023-09-03	2325	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 7	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y	
2023-09-03	2330	<b>Exploring China: A Culinary Adventure</b>	Exploring China: A Culinary Adventure Series 1 Ep 2	Ken and Ching explore the effects of modernisation in China's fastest growing city, Chengdu. It is the capital of Sichuan province, where the locals cling on to their identity through food.	UNITED KINGDOM	English-100	RPT	G		Y	Y
2023-09-03	2435	<b>Food Trail South Africa</b>	Cape Coast	Warren's next stop is the township of Khayelitsha, where he meets with inspiring volunteers James and Xolani to learn about the micro-farming projects they are developing to help the community.	AUSTRALIA	English-100		PG			
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2023-09-03	2530	<b>Adam and Poh's Great Australian Bites</b>	Regional Victoria, Ballarat	Adam and Poh travel to Ballarat in regional Victoria hoping to find those three supporting pillars of Aussie culture and cuisine: a pub, a bakery, and a Chinese restaurant.	AUSTRALIA	English-100		G		Y	
2023-09-03	2600	<b>Flat Out Food</b>	Milk	From fresh milk on the farm to raw milk cheese and handcrafted ice cream, Jenn Sharp experiences it all while learning about milk's many uses.	CANADA	English-100		PG			
2023-09-03	2630	<b>John Torode's Korean Food Tour</b>	Summer	In summer, temperatures soar in Seoul and Koreans start to eat differently to combat the heat. John prepares his own version of Korean ginseng chicken soup and iced noodles.	UNITED KINGDOM	English-100		G			
2023-09-03	2725	<b>Hairy Bikers Go Local</b>	Barsham Arms, Norfolk	The Bikers continue their adventure in Norfolk, on the hunt for new, local ingredients for a country pub chef with a creative streak.	UNITED KINGDOM	English-100		G			

2023-09-03	2830	<b>The Cook Up With Adam Liaw</b>	Showstopping Shortcuts	Asylum Seeker Resource Centre CEO Kon Karapanagiotidis and performer Michelle Law join Adam to share their showstopping shortcuts - minimal effort, big impact, great eating!	AUSTRALIA	English-100	RPT	PG		Y	
2023-09-04	0500	<b>The Cook Up With Adam Liaw</b>	Meals You Can Count On	Number one numbers guy Adam Spencer and number one recipe creator Lucy Tweed join Adam to calculate three meals you can count on.	AUSTRALIA	English-100	RPT	G		Y	
2023-09-04	0530	<b>The Cook Up With Adam Liaw</b>	Potato Portato	Potat-oh what a feeling! Adam says 'potato, potarto' with chef Nagesh Seethiah from Manze and chef Gunjan Aylawadi from Flyover Fritterrie.	AUSTRALIA	English-100	RPT	G		Y	
2023-09-04	0600	<b>The Cook Up With Adam Liaw</b>	Stirred With Love	Stirred is the word as two top chefs, Federica Andrisani of FICO Hobart and Warren Mendes of Food Trail: South Africa join Adam to make food stirred with love.	AUSTRALIA	English-100	RPT	PG			
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2023-09-04	1100	<b>Food Trail South Africa</b>	Wine Country	Warren heads to the Cape Winelands, and his first stop is Warwick Wine Estate in Stellenbosch. He's taken through a tasting by cellarmaster JD, during which he samples Pinotage - a signature red wine.	AUSTRALIA	English-100		PG			
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2023-09-04	1200	<b>Adam and Poh's Great Australian Bites</b>	Regional Victoria, Ballarat	Adam and Poh travel to Ballarat in regional Victoria hoping to find those three supporting pillars of Aussie culture and cuisine: a pub, a bakery, and a Chinese restaurant.	AUSTRALIA	English-100		G		Y	
2023-09-04	1230	<b>The Cook Up With Adam Liaw</b>	Showstopping Shortcuts	Asylum Seeker Resource Centre CEO Kon Karapanagiotidis and performer Michelle Law join Adam to share their showstopping shortcuts - minimal effort, big impact, great eating!	AUSTRALIA	English-100	RPT	PG		Y	
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2023-09-04	1330	<b>David Rocco's Dolce India</b>	Warrior Chef, The	David embarks on a remarkable culinary journey through Rajasthan. The experience is authentically guided by Executive Chef Akshraj Jodha, a descendant of a Rajput royalty.	CANADA	English-100		PG	a w	Y	
2023-09-04	1400	<b>Tom Kerridge's American Feast</b>	Central Valley	Tom Kerridge lands in California's lush Gold Country and Central Valley where organically grown food is the order of the day.	UNITED KINGDOM	English-100		PG			
2023-09-04	1430	<b>Pati's Mexican Table</b>	Blessing And The Benefit, The	Pati experiences important Sonoran culinary traditions. On the coast in Bahia Kino, local fishermen receive 'the blessing' from a woman from the Seri tribe before heading out on the water to fish.	USA	English-100		PG	a w	Y	
2023-09-04	1500	<b>Pati's Mexican Table</b>	Carne Asada With La Familia	Pati spends some time with her boys cooking up a classic Sonoran-style meal. First, she teaches them the basics of a true Sonoran tradition - carne asada.	USA	English-100		G		Y	

2023-09-04	1530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Jessica Chastain	Jamie and Jimmy are joined by Oscar-winning actress Jessica Chastain as she cooks for the diners at Southend Pier. The boys pull out all the stops and create an all-vegan menu that is set to impress.	UNITED KINGDOM	English-100	G		
2023-09-04	1625	<b>Please Eat Slowly Bitesize</b>	Steam Fish	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		
2023-09-04	1630	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 21	Ben shows how to make a stunning honeycomb butter, then pairs it with delectable crumpets! After that, Ben cooks a bowl of macaroni and cheese for a hungry David Mann.	AUSTRALIA	English-100	G		
2023-09-04	1700	<b>Mary Makes It Easy</b>	Cast Away	Mary channels her inner cowboy with a campfire-style vegetarian chilli cobbler with cornbread dumplings, and one-pan breadcrumb chicken thighs with orzo and greens.	CANADA	English-100	G		
2023-09-04	1730	<b>Comfort Food With Spencer Watts</b>	Comfort Food With Spencer Watts Series 2 Ep 1	The bounty of the fall means harvest time and that inspires Spencer to make black bean and kabocha squash soup with braised Swiss chard and chili pesto, pumpkin gnudi smothered in a rich cream sauce,	CANADA	English-100			
2023-09-04	1800	<b>Taste Of Australia With Hayden Quinn</b>	Taste Of Australia With Hayden Quinn Series 2 Ep 1	Hayden starts the day with trout fishing before trying his luck fossicking for sapphires! Then he visits a garlic farm, helps with the muster on a cattle property, and cooks up a campfire meal.	AUSTRALIA	English-100	G		
2023-09-04	1830	<b>Food Unwrapped</b>	Kids' Teeth, Red Wine, Garlic	Jimmy Doherty puts so-called healthy snacks under the spotlight as he learns the impact they can have on kids' teeth. In Romania, Kate QUILTON finds out what makes cheap red wine taste so good.	UNITED KINGDOM	English-100			
2023-09-04	1900	<b>The Cook Up With Adam Liaw</b>	Veggies And Eggs	Netflix's Chef's Table star Asma Khan and Gourmet Traveller editor Joanna Hunkin join Adam to take on two kitchen staples: veggies and eggs.	AUSTRALIA	English-100	PG		
2023-09-04	1930	<b>Come Dine With Me UK</b>	County Durham Day 1	In County Durham, the first host is hairdresser and lad's lass, Julie. Julie is hoping to win over her guests with a no-nonsense menu she can prepare in advance.	UNITED KINGDOM	English-100	PG		
2023-09-04	2000	<b>Cook Like An Italian With Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 1 Ep 10	While Silvia loves tradition in the kitchen, she shares a few new tricks and hacks that Italians have learned to embrace, including a one-pot tuna pasta method.	AUSTRALIA	Enya-100	G	Y	Y
2023-09-04	2030	<b>Rick Stein: From Venice to Istanbul</b>	Venice	Rick begins his journey in Venice and makes his way to the idyllic Greek island of Symi where he cooks some of his favourite Venetian dishes - seafood risotto, Tiramisu, and gnocchi with spider crab.	UNITED KINGDOM	English-100	PG	a w	
2023-09-04	2140	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 3	Paul gets some goats but the going gets gruff when he tries to milk them for the first time. His cheese making skills get challenged by local friend Erica when they enter the cheesemaking world.	UNITED KINGDOM	English-100	RPT	PG	Y
2023-09-04	2235	<b>The Cook Up With Adam Liaw</b>	Veggies And Eggs	Netflix's Chef's Table star Asma Khan and Gourmet Traveller editor Joanna Hunkin join Adam to take on two kitchen staples: veggies and eggs.	AUSTRALIA	English-100	PG		
2023-09-04	2305	<b>Andrew Zimmern's Wild Game Kitchen</b>	Andrew Zimmern's Wild Game Kitchen Series 3 Ep 1	Chef Andrew Zimmern shares a genius technique for butchering and grilling butterflyed turkey legs over an open fire, an easy way to ensure the meat is cooked perfectly without drying it out.	USA	English-100			
2023-09-04	2330	<b>The Cook And The Chef</b>	Eggplant And Bananas	While wondering through Adelaide's Himeji Gardens, Simon recalls an inspirational trip to Japan and the insights he gained about its chefs' discipline and their treatment of fish.	AUSTRALIA	English-100	G		
2023-09-04	2400	<b>Come Dine With Me UK</b>	County Durham Day 1	In County Durham, the first host is hairdresser and lad's lass, Julie. Julie is hoping to win over her guests with a no-nonsense menu she can prepare in advance.	UNITED KINGDOM	English-100	PG		
2023-09-04	2430	<b>James Martin's American Adventure</b>	Los Angeles	James enters LA in style, driving a vintage Porsche on his way to some standout food. James drops in on chef-to-the-stars Wolfgang Puck at his Beverly Hills restaurant CUT for the best steak in town.	UNITED KINGDOM	English-100	G		
2023-09-04	2525	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2023-09-04	2530	<b>Rick Stein: From Venice to Istanbul</b>	Venice	Rick begins his journey in Venice and makes his way to the idyllic Greek island of Symi where he cooks some of his favourite Venetian dishes - seafood risotto, Tiramisu, and gnocchi with spider crab.	UNITED KINGDOM	English-100	PG	a w	

2023-09-04	2640	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 3	Paul gets some goats but the going gets gruff when he tries to milk them for the first time. His cheese making skills get challenged by local friend Erica when they enter the cheesemaking world.	UNITED KINGDOM	English-100	RPT	PG		Y
2023-09-04	2735	<b>David Rocco's Dolce India</b>	Warrior Chef, The	David embarks on a remarkable culinary journey through Rajasthan. The experience is authentically guided by Executive Chef Akshraj Jodha, a descendant of a Rajput royalty.	CANADA	English-100		PG	a w	Y
2023-09-04	2800	<b>Tom Kerridge's American Feast</b>	Central Valley	Tom Kerridge lands in California's lush Gold Country and Central Valley where organically grown food is the order of the day.	UNITED KINGDOM	English-100		PG		
2023-09-04	2830	<b>Pati's Mexican Table</b>	Blessing And The Benefit, The	Pati experiences important Sonoran culinary traditions. On the coast in Bahia Kino, local fishermen receive 'the blessing' from a woman from the Seri tribe before heading out on the water to fish.	USA	English-100		PG	a w	Y
2023-09-05	0500	<b>Pati's Mexican Table</b>	Carne Asada With La Familia	Pati spends some time with her boys cooking up a classic Sonoran-style meal. First, she teaches them the basics of a true Sonoran tradition - carne asada.	USA	English-100		G		Y
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2023-09-05	0625	<b>Please Eat Slowly Bitesize</b>	Steam Fish	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		
2023-09-05	0630	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 21	Ben shows how to make a stunning honeycomb butter, then pairs it with delectable crumpets! After that, Ben cooks a bowl of macaroni and cheese for a hungry David Mann.	AUSTRALIA	English-100		G		
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2023-09-05	0800	<b>Taste Of Australia With Hayden Quinn</b>	Taste Of Australia With Hayden Quinn Series 2 Ep 1	Hayden starts the day with trout fishing before trying his luck fossicking for sapphires! Then he visits a garlic farm, helps with the muster on a cattle property, and cooks up a campfire meal.	AUSTRALIA	English-100		G		
2023-09-05	0830	<b>Food Unwrapped</b>	Kids' Teeth, Red Wine, Garlic	Jimmy Doherty puts so-called healthy snacks under the spotlight as he learns the impact they can have on kids' teeth. In Romania, Kate Qulton finds out what makes cheap red wine taste so good.	UNITED KINGDOM	English-100				
2023-09-05	0900	<b>Come Dine With Me UK</b>	County Durham Day 1	In County Durham, the first host is hairdresser and lad's lass, Julie. Julie is hoping to win over her guests with a no-nonsense menu she can prepare in advance.	UNITED KINGDOM	English-100		PG		
2023-09-05	0930	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 3	Paul gets some goats but the going gets gruff when he tries to milk them for the first time. His cheese making skills get challenged by local friend Erica when they enter the cheesemaking world.	UNITED KINGDOM	English-100	RPT	PG		Y
2023-09-05	1025	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 2, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2023-09-05	1030	<b>Andrew Zimmern's Wild Game Kitchen</b>	Andrew Zimmern's Wild Game Kitchen Series 3 Ep 1	Chef Andrew Zimmern shares a genius technique for butchering and grilling butterflied turkey legs over an open fire, an easy way to ensure the meat is cooked perfectly without drying it out.	USA	English-100				
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2023-09-05	1230	<b>Rick Stein: From Venice to Istanbul</b>	Venice	Rick begins his journey in Venice and makes his way to the idyllic Greek island of Symi where he cooks some of his favourite Venetian dishes - seafood risotto, Tiramisu, and gnocchi with spider crab.	UNITED KINGDOM	English-100	PG	a w		
2023-09-05	1335	<b>David Rocco's Dolce India</b>	Elephant King	David is in Rajasthan exploring the land of the Kings, and who would be a better guide than the direct descendant of a Maharajah himself? David meets up with KV Singh to learn more about Rajasthan.	CANADA	English-100	PG	a d	Y	
2023-09-05	1400	<b>Tom Kerridge's American Feast</b>	Vermont	In this episode, Tom Kerridge travels to Vermont and learns how combining local food tradition with 21st century innovation can have surprisingly tasty results.	UNITED KINGDOM	English-100	G			
2023-09-05	1430	<b>Pati's Mexican Table</b>	Flour Power	Wheat and meat are two staples of Sonoran cuisine, and Pati shows her take on a classic recipe that uses both - a carne con chile burrito.	USA	English-100	G		Y	
2023-09-05	1500	<b>Pati's Mexican Table</b>	Sonora Family Favorites For Sami	Pati spends a day in her kitchen with her son, Sami, cooking some recipes inspired by her travels in Sonora, Mexico. She prepares beef chimis, rice lentils with crispy onions, and a tasty dessert.	USA	English-100	G		Y	
2023-09-05	1530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Patrick Stewart	Jamie and Jimmy are joined by Sir Patrick Stewart, as he swaps the Starship Enterprise for the little cafe on the end of Southend Pier. The boys bring back fond food memories for Patrick.	UNITED KINGDOM	English-100	G			
2023-09-05	1625	<b>Please Eat Slowly Bitesize</b>	Claypot Rice	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor shares his best tips to create your own!	AUSTRALIA	English-100	G			
2023-09-05	1630	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 22	Ben bakes a tart lemon curd slice, then Chef Masa from Wasshoi teaches Ben the secret to making the perfect beef and tofu hamburger.	AUSTRALIA	English-100	G			
2023-09-05	1700	<b>Mary Makes It Easy</b>	Make And Take	Mary shares her most requested potluck dishes: confit-ish tomatoes, homemade crackers, soft pretzel knots with beer cheese, and blueberry cream cheese turnovers.	CANADA	English-100	G			
2023-09-05	1730	<b>Comfort Food With Spencer Watts</b>	Comfort Food With Spencer Watts Series 2 Ep 2	Nothing says comfort like a bowl of steaming hot soup. Spencer makes a spicy spinach and Taleggio cheese wonton soup in a chorizo broth, a jerk rubbed chicken and Raman noodle soup.	CANADA	English-100				
2023-09-05	1800	<b>Taste Of Australia With Hayden Quinn</b>	Taste Of Australia With Hayden Quinn Series 2 Ep 2	Hayden goes on an epic road trip to pick up tomatoes, traditional smallgoods and buffalo cheese to cook up into a delicious dish at sunset.	AUSTRALIA	English-100	G			
2023-09-05	1830	<b>Food Unwrapped</b>	Halloumi, Sourdough, Apple Pips	This episode, Jimmy Doherty walks into a cheese war while in Cyprus looking into halloumi, and Kate Quilton investigates claims of a lethal poison lurking in the humble apple core.	UNITED KINGDOM	English-100			Y	
2023-09-05	1900	<b>The Cook Up With Adam Liaw</b>	Please A Crowd	Adam and guests, chef and author Tom Walton and host with the most Osher Gu?nsberg, make food that is guaranteed to please a crowd.	AUSTRALIA	English-100	PG			
2023-09-05	1930	<b>Come Dine With Me UK</b>	County Durham Day 2	In County Durham beauty teacher Ashleigh is hoping she can land the prize by serving up sophisticated grub with a side order of hearts and love.	UNITED KINGDOM	English-100	PG			
2023-09-05	2000	<b>Adam and Poh's Great Australian Bites</b>	Launceston, Tasmania	Some might say that meat pies are Australia's national dish. So, Adam and Poh are heading to Tasmania on a quest to put together a not-so humble version of a classic Aussie pie.	AUSTRALIA	English-100	PG			
2023-09-05	2030	<b>Jeremy Pang's Asian Kitchen</b>	Quick And Easy	Jeremy shares dishes that are not only tasty but can be made in minutes: chilli oil noodles, steamed aubergine, and Kung Pao chicken.	UNITED KINGDOM	English-100	PG			
2023-09-05	2130	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 4	Paul has always known that farm life isn't easy, but when he's faced with a tough task his experiences from last season prove to be useful.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2023-09-05	2230	<b>The Cook Up With Adam Liaw</b>	Please A Crowd	Adam and guests, chef and author Tom Walton and host with the most Osher Gu?nsberg, make food that is guaranteed to please a crowd.	AUSTRALIA	English-100	PG			
2023-09-05	2300	<b>Andrew Zimmern's Wild Game Kitchen</b>	Andrew Zimmern's Wild Game Kitchen Series 3 Ep 2	Learn to make carne adovada with Andrew Zimmern's easy tips for butchering wild hog shoulder to braise with lots of chiles, vinegar and Mexican oregano in a Dutch oven over an open fire.	USA	English-100				

2023-09-05	2330	<b>The Cook And The Chef</b>	Pheasants And Mushrooms	Maggie Beer, the cook who in so many ways defines regional cuisine, owes her success to what she describes as the 'audacity' to embark on a journey based on nothing more than an instinct to cook.	AUSTRALIA	English-100		G		
2023-09-05	2400	<b>Come Dine With Me UK</b>	County Durham Day 2	In County Durham beauty teacher Ashleigh is hoping she can land the prize by serving up sophisticated grub with a side order of hearts and love.	UNITED KINGDOM	English-100		PG		
2023-09-05	2430	<b>James Martin's American Adventure</b>	San Antonio	James Martin begins the Texan leg of his American Adventure by visiting a place with more than a hint of Mexican spice. San Antonio was once a part of Mexico - and its influence is all around.	UNITED KINGDOM	English-100		PG		
2023-09-05	2525	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 2	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
2023-09-05	2530	<b>Jeremy Pang's Asian Kitchen</b>	Quick And Easy	Jeremy shares dishes that are not only tasty but can be made in minutes: chilli oil noodles, steamed aubergine, and Kung Pao chicken.	UNITED KINGDOM	English-100		PG		
2023-09-05	2625	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 6	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2023-09-05	2630	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 4	Paul has always known that farm life isn't easy, but when he's faced with a tough task his experiences from last season prove to be useful.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2023-09-05	2730	<b>David Rocco's Dolce India</b>	Elephant King	David is in Rajasthan exploring the land of the Kings, and who would be a better guide than the direct descendant of a Maharajah himself? David meets up with KV Singh to learn more about Rajasthan.	CANADA	English-100		PG	a d	Y
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2023-09-06	0500	<b>Pati's Mexican Table</b>	Sonora Family Favorites For Sami	Pati spends a day in her kitchen with her son, Sami, cooking some recipes inspired by her travels in Sonora, Mexico. She prepares beef chimis, rice lentils with crispy onions, and a tasty dessert.	USA	English-100		G		Y
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2023-09-06	0625	<b>Please Eat Slowly Bitesize</b>	Claypot Rice	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor shares his best tips to create your own!	AUSTRALIA	English-100		G		
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2023-09-06	0800	<b>Taste Of Australia With Hayden Quinn</b>	Taste Of Australia With Hayden Quinn Series 2 Ep 2	Hayden goes on an epic road trip to pick up tomatoes, traditional smallgoods and buffalo cheese to cook up into a delicious dish at sunset.	AUSTRALIA	English-100		G		
2023-09-06	0830	<b>Food Unwrapped</b>	Halloumi, Sourdough, Apple Pips	This episode, Jimmy Doherty walks into a cheese war while in Cyprus looking into halloumi, and Kate Quilton investigates claims of a lethal poison lurking in the humble apple core.	UNITED KINGDOM	English-100				Y
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2023-09-06	0930	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 4	Paul has always known that farm life isn't easy, but when he's faced with a tough task his experiences from last season prove to be useful.	UNITED KINGDOM	English-100	RPT	PG	a w	Y

2023-09-06	1030	<b>Andrew Zimmern's Wild Game Kitchen</b>	Andrew Zimmern's Wild Game Kitchen Series 3 Ep 2	Learn to make carne adovada with Andrew Zimmern's easy tips for butchering wild hog shoulder to braise with lots of chiles, vinegar and Mexican oregano in a Dutch oven over an open fire.	USA	English-100			
2023-09-06	1100	<b>The Cook Up With Adam Liaw</b>	Please A Crowd	Adam and guests, chef and author Tom Walton and host with the most Osher Gu?nsberg, make food that is guaranteed to please a crowd.	AUSTRALIA	English-100		PG	
2023-09-06	1130	<b>James Martin's American Adventure</b>	San Antonio	James Martin begins the Texan leg of his American Adventure by visiting a place with more than a hint of Mexican spice. San Antonio was once a part of Mexico - and its influence is all around.	UNITED KINGDOM	English-100		PG	
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2023-09-06	1330	<b>David Rocco's Dolce India</b>	Mumbai Italiano	There's a growing community of Italian ex-pats living in Mumbai, and David goes to meet them. David and his newfound Italian friends bring the dolce vita to Mumbai.	CANADA	English-100		PG	a l v w Y
2023-09-06	1400	<b>Tom Kerridge's American Feast</b>	Washington DC	Tom Kerridge hits America's capital, Washington DC, to hunt down the city's culinary treats. His first stop is Embassy Row where the embassies' chefs get to show off their national dishes to guests.	UNITED KINGDOM	English-100		G	
2023-09-06	1430	<b>Pati's Mexican Table</b>	Legends Of The Sonoran Sea	Pati prepares a couple of recipes inspired by her experiences in Sonora, Mexico: shrimp tacos bravos and a seafood tostadas piled high and layered with salsa negra, and apple chilitipin salsa.	USA	English-100		PG	a w Y
2023-09-06	1500	<b>Pati's Mexican Table</b>	Super Sonoran	Following a trip to the resort town of Puerto Penasco, Pati prepares three unique classic Sonoran recipes - each one a meal in itself: pescado zarandeado, a gallina pinta soup, and rice with clams.	USA	English-100		G	Y
2023-09-06	1530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Davina McCall	Jamie and Jimmy welcome the wonderful Davina to the cafe at the end of the pier. They take her on a trip down memory lane, reuniting her with long-lost family through the power of food.	UNITED KINGDOM	English-100		G	
2023-09-06	1625	<b>Please Eat Slowly Bitesize</b>	Mango Crepe	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100		G	
2023-09-06	1630	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 23	Ben cooks up his simple yet delicious tray bake porkchop with pear and parsnip, and shares his porkchop horror stories.	AUSTRALIA	English-100		G	
2023-09-06	1700	<b>Mary Makes It Easy</b>	Bare Bones Baking	Mary proves that you don't need to break the bank on fancy gadgets to whip up some delicious baked goods. Join her as she creates cake donuts, chocolate cherry galette, and cheesecake ice cream.	CANADA	English-100		G	
2023-09-06	1730	<b>Comfort Food With Spencer Watts</b>	Comfort Food With Spencer Watts Series 2 Ep 3	Spencer makes with a Pork Bolognese stuffed Tortellini with American cheese rose and soffrito; then a quick pillowy soft ricotta gnudi with tomato sauce, and finally a creamy a pasta with gorgonzola.	CANADA	English-100			
2023-09-06	1800	<b>Taste Of Australia With Hayden Quinn</b>	Taste Of Australia With Hayden Quinn Series 2 Ep 3	Hayden wakes up in the Blue Mountains after camping overnight. He heads to the Hawkesbury region to pick up great produce before jumping on a houseboat for a stunning river cruise.	AUSTRALIA	English-100		G	
2023-09-06	1830	<b>Food Unwrapped</b>	Figs, Hidden Sugar, Ostrich	Jimmy, Kate and Matt discover if the myth about there being wasps inside fresh figs is true. They also question how ostrich meat can be red if it's from a bird. Also, Kate plans to give up sugar.	UNITED KINGDOM	English-100			Y
2023-09-06	1900	<b>The Cook Up With Adam Liaw</b>	Splash Of Soy, A	Adam and guests, award-winning cookbook author Lara Lee and social media megastar Andy Hearnden, make a splash in the kitchen with a splash of soy.	AUSTRALIA	English-100		PG	
2023-09-06	1930	<b>Come Dine With Me UK</b>	County Durham Day 3	This week in County Durham, host Stephen hopes to impress his guests with an evening on his farm complete with a drinks reception in the stables and rustic home cooked cuisine.	UNITED KINGDOM	English-100		PG	



2023-09-06	2000	<b>Rick Stein's French Odyssey</b>	Aigues Mort To Marseille	It's the last leg of Rick's culinary cruise through France but the country still has plenty of delicious reasons not to hasten its end. A perfect bouillabaisse is a fitting end to a memorable journey.	UNITED KINGDOM	English-100		PG			
2023-09-06	2030	<b>Ainsley's Fantastic Flavours</b>	Spicy	Ainsley explores how spices can work wonders in our food. He begins with a dish perfect for brunch with his ras el hanout shakshuka, while fellow chef Thuy Pham prepares her dish, chicken pho.	UNITED KINGDOM	English-100					
2023-09-06	2130	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 5	Paul's pasture poultry have all grown up and it's processing time. Chris Franks is back to share his knowledge and wisdom.	UNITED KINGDOM	English-100	RPT	PG	a w	Y	
2023-09-06	2230	<b>The Cook Up With Adam Liaw</b>	Splash Of Soy, A	Adam and guests, award-winning cookbook author Lara Lee and social media megastar Andy Hearnden, make a splash in the kitchen with a splash of soy.	AUSTRALIA	English-100		PG			
2023-09-06	2300	<b>Andrew Zimmern's Wild Game Kitchen</b>	Andrew Zimmern's Wild Game Kitchen Series 3 Ep 3	For pig roast perfection, Andrew marinates a whole young hog in orange juice, vinegar and garlic before roasting it for several hours in a wooden box that cooks the pig with downward convective heat.	USA	English-100					
2023-09-06	2330	<b>The Cook And The Chef</b>	Pumpkins And Hazelnuts	Simon and Maggie celebrate new season pumpkins. As well as advising everyone to use that bit of spare space at home to grow them.	AUSTRALIA	English-100		G			
2023-09-06	2400	<b>Come Dine With Me UK</b>	County Durham Day 3	This week in County Durham, host Stephen hopes to impress his guests with an evening on his farm complete with a drinks reception in the stables and rustic home cooked cuisine.	UNITED KINGDOM	English-100		PG			
2023-09-06	2430	<b>James Martin's American Adventure</b>	Austin	James Martin continues his road trip through Texas, stopping off in Austin. He starts his day with breakfast at the iconic Torchy's Tacos, followed by a cowboy-themed shopping spree at Allen's Boots.	UNITED KINGDOM	English-100		G			
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2023-09-07	0700	<b>Mary Makes It Easy</b>	Bare Bones Baking	Mary proves that you don't need to break the bank on fancy gadgets to whip up some delicious baked goods. Join her as she creates cake donuts, chocolate cherry galette, and cheesecake ice cream.	CANADA	English-100		G			

2023-09-07	0730	<b>Comfort Food With Spencer Watts</b>	Comfort Food With Spencer Watts Series 2 Ep 3	Spencer makes with a Pork Bolognese stuffed Tortellini with American cheese rose and soffritto; then a quick pillowy soft ricotta gnudi with tomato sauce, and finally a creamy a pasta with gorgonzola.	CANADA	English-100					
2023-09-07	0800	<b>Taste Of Australia With Hayden Quinn</b>	Taste Of Australia With Hayden Quinn Series 2 Ep 3	Hayden wakes up in the Blue Mountains after camping overnight. He heads to the Hawkesbury region to pick up great produce before jumping on a houseboat for a stunning river cruise.	AUSTRALIA	English-100		G			
2023-09-07	0830	<b>Food Unwrapped</b>	Figs, Hidden Sugar, Ostrich	Jimmy, Kate and Matt discover if the myth about there being wasps inside fresh figs is true. They also question how ostrich meat can be red if it's from a bird. Also, Kate plans to give up sugar.	UNITED KINGDOM	English-100					Y
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2023-09-07	1330	<b>David Rocco's Dolce India</b>	Chef's Challenge	David is challenged to an Indo-Italian cook off by ITC Maratha's Executive Chef Rajdeep Kapoor. The three round cook off will pit Indian against Italian cuisine using a common star ingredient.	CANADA	English-100		PG		I	
2023-09-07	1400	<b>Tom Kerridge's American Feast</b>	Florida Keys	Tom travels to the Florida Keys, where islanders are combining Caribbean flavours and American-style cooking to create a unique and tropical cuisine.	UNITED KINGDOM	English-100		PG		a w	
2023-09-07	1430	<b>Pati's Mexican Table</b>	Cooking For My Crew In Sonora	As they travel through Mexico's vast state of Sonora, Pati gets inspired and decides to cook a meal for her crew. Pati prepares caldo de queso, grilled asparagus, and chicken covered in pecan sauce.	USA	English-100		G			Y
2023-09-07	1500	<b>Pati's Mexican Table</b>	Sabores Nortenos	Pati is inspired by Sonora, Mexico's 'northern flavours'. In her kitchen, she makes pork chops and corn, chile and cheese tamales. In Sonora, she visits a hacienda and tries tamales and enchiladas.	USA	English-100		G			Y
2023-09-07	1530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Stephen Mangan	Jamie and Jimmy are joined by comic writer and actor, Stephen Mangan, as he puts on his pinny and cooks for the diners at the end of Southend Pier.	UNITED KINGDOM	English-100		G			
2023-09-07	1625	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G			Y
2023-09-07	1630	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 24	Ben is back with Kathy Tsaples who makes a delicious mushroom tart, and Chef Karen Chan who creates sticky BBQ pork.	AUSTRALIA	English-100		G			
2023-09-07	1700	<b>Mary Makes It Easy</b>	Short List, The	Mary takes on the challenge of getting the most flavourful dishes from the fewest number of ingredients, cooking peach bourbon chicken, red pepper roast salmon and zucchini cappelini.	CANADA	English-100		G			
2023-09-07	1730	<b>Comfort Food With Spencer Watts</b>	Comfort Food With Spencer Watts Series 2 Ep 4	Spencer stays fireside and makes an open-faced Montreal smoked meat potato rosti, campfire steaks with a nori butter, and a sweet and creamy chocolate and cherry liqueur fondue with treats.	CANADA	English-100					

2023-09-07	1800	<b>Taste Of Australia With Hayden Quinn</b>	Taste Of Australia With Hayden Quinn Series 2 Ep 4	Hayden dives at sunrise for sea urchins, then he's off to a local farmers' market to buy mushrooms, grab some famous donuts, and cook for his friends on their goat farm.	AUSTRALIA	English-100	G		
2023-09-07	1830	<b>Food Unwrapped</b>	Tomatoes, Gelatin. Probiotics	Jimmy Doherty, Kate Quilton and Matt Tebbutt answer these questions: Is there any goodness left in canned tomatoes, or should people stick with fresh product? Also, how do probiotics work in our gut?	UNITED KINGDOM	English-100			
2023-09-07	1900	<b>The Cook Up With Adam Liaw</b>	Salsa Party	It's salsa party time! Joining Adam is taco aficionado Daniella Guevara Munoz and homewares and hospitality connoisseur Kylie Javier Ashton.	AUSTRALIA	English-100	PG		
2023-09-07	1930	<b>Come Dine With Me UK</b>	County Durham Day 4	In County Durham, prison transport officer Tina plans to win her guests round with a sophisticated French menu that includes salmon crepes, chicken and posh peas and pear dessert.	UNITED KINGDOM	English-100	PG		
2023-09-07	2000	<b>Destination Flavour Singapore</b>	Destination Flavour Singapore Series 1 Ep 6	Adam's in search of Singapore's best vegetable dishes. His journey kicks off with a very Singaporean breakfast at the Singapore Zoo. He demonstrates how to prepare a Hainanese breakfast favourite.	AUSTRALIA	English-100	RPT	G	Y
2023-09-07	2030	<b>Made In Italy With Silvia Colloca</b>	Made In Italy With Silvia Colloca Series 1 Ep 9	Silvia Colloca journeys to the medieval village Roccascalenga, and calls upon the expertise of the local to learn how to make heavenly hand rolled cannelloni with slow braised meat.	AUSTRALIA	English-100	RPT	G	Y
2023-09-07	2100	<b>The Streets With Dan Hong</b>	Streets With Dan Hong Series 1, The Ep 7	Dan kicks things off with an Argentinian Choripan, grilled chorizo slathered in a herby chimichurri sauce and served in a crusty baguette-style bread.	AUSTRALIA	English-100	G		Y
2023-09-07	2130	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 6	Paul welcomes his new jersey cow, Bessie, but it's not the homecoming he was hoping for - Bessie could be barren. Tomato season has sprung and Paul needs to make the most of his troubled crop.	UNITED KINGDOM	English-100	RPT	PG	a w Y
2023-09-07	2230	<b>The Cook Up With Adam Liaw</b>	Salsa Party	It's salsa party time! Joining Adam is taco aficionado Daniella Guevara Munoz and homewares and hospitality connoisseur Kylie Javier Ashton.	AUSTRALIA	English-100	PG		
2023-09-07	2300	<b>Andrew Zimmern's Wild Game Kitchen</b>	Andrew Zimmern's Wild Game Kitchen Series 3 Ep 4	Chef Andrew Zimmern shares a simple trick for getting the most out of your marinade - char the meat first, stick in the marinade for 24 hours, then finish it low and slow over an open fire.	USA	English-100			
2023-09-07	2330	<b>The Cook And The Chef</b>	Year Of The Pig	It's the Chinese Year of the Pig, and Maggie and Simon are celebrating in the best way possible by sharing pork recipes.	AUSTRALIA	English-100	G		
2023-09-07	2400	<b>Come Dine With Me UK</b>	County Durham Day 4	In County Durham, prison transport officer Tina plans to win her guests round with a sophisticated French menu that includes salmon crepes, chicken and posh peas and pear dessert.	UNITED KINGDOM	English-100	PG		
2023-09-07	2430	<b>James Martin's American Adventure</b>	Fort Worth	James gets into full-on cowboy mode in Fort Worth, Texas. Famous for its great open-range cattle drives of the late 19th century, James gets in the spirit and tries his hand at cattle roping.	UNITED KINGDOM	English-100	G		
2023-09-07	2525	<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
2023-09-07	2530	<b>Made In Italy With Silvia Colloca</b>	Made In Italy With Silvia Colloca Series 1 Ep 9	Silvia Colloca journeys to the medieval village Roccascalenga, and calls upon the expertise of the local to learn how to make heavenly hand rolled cannelloni with slow braised meat.	AUSTRALIA	English-100	RPT	G	Y
2023-09-07	2600	<b>The Streets With Dan Hong</b>	Streets With Dan Hong Series 1, The Ep 7	Dan kicks things off with an Argentinian Choripan, grilled chorizo slathered in a herby chimichurri sauce and served in a crusty baguette-style bread.	AUSTRALIA	English-100	G		Y
2023-09-07	2630	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 6	Paul welcomes his new jersey cow, Bessie, but it's not the homecoming he was hoping for - Bessie could be barren. Tomato season has sprung and Paul needs to make the most of his troubled crop.	UNITED KINGDOM	English-100	RPT	PG	a w Y
2023-09-07	2730	<b>David Rocco's Dolce India</b>	Chef's Challenge	David is challenged to an Indo-Italian cook off by ITC Maratha's Executive Chef Rajdeep Kapoor. The three round cook off will pit Indian against Italian cuisine using a common star ingredient.	CANADA	English-100	PG	I	
2023-09-07	2800	<b>Tom Kerridge's American Feast</b>	Florida Keys	Tom travels to the Florida Keys, where islanders are combining Caribbean flavours and American-style cooking to create a unique and tropical cuisine.	UNITED KINGDOM	English-100	PG	a w	

2023-09-07	2830	<b>Pati's Mexican Table</b>	Cooking For My Crew In Sonora	As they travel through Mexico's vast state of Sonora, Pati gets inspired and decides to cook a meal for her crew. Pati prepares caldo de queso, grilled asparagus, and chicken covered in pecan sauce.	USA	English-100	G			Y
2023-09-08	0500	<b>Pati's Mexican Table</b>	Sabores Nortenos	Pati is inspired by Sonora, Mexico's 'northern flavours'. In her kitchen, she makes pork chops and corn, chile and cheese tamales. In Sonora, she visits a hacienda and tries tamales and enchiladas.	USA	English-100	G			Y
2023-09-08	0530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Stephen Mangan	Jamie and Jimmy are joined by comic writer and actor, Stephen Mangan, as he puts on his pinny and cooks for the diners at the end of Southend Pier.	UNITED KINGDOM	English-100	G			
2023-09-08	0625	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
2023-09-08	0630	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 24	Ben is back with Kathy Tsaples who makes a delicious mushroom tart, and Chef Karen Chan who creates sticky BBQ pork.	AUSTRALIA	English-100	G			
2023-09-08	0700	<b>Mary Makes It Easy</b>	Short List, The	Mary takes on the challenge of getting the most flavourful dishes from the fewest number of ingredients, cooking peach bourbon chicken, red pepper roast salmon and zucchini cappelini.	CANADA	English-100	G			
2023-09-08	0730	<b>Comfort Food With Spencer Watts</b>	Comfort Food With Spencer Watts Series 2 Ep 4	Spencer stays fireside and makes an open-faced Montreal smoked meat potato rosti, campfire steaks with a nori butter, and a sweet and creamy chocolate and cherry liqueur fondue with treats.	CANADA	English-100				
2023-09-08	0800	<b>Taste Of Australia With Hayden Quinn</b>	Taste Of Australia With Hayden Quinn Series 2 Ep 4	Hayden dives at sunrise for sea urchins, then he's off to a local farmers' market to buy mushrooms, grab some famous donuts, and cook for his friends on their goat farm.	AUSTRALIA	English-100	G			
2023-09-08	0830	<b>Food Unwrapped</b>	Tomatoes, Gelatin. Probiotics	Jimmy Doherty, Kate Quilton and Matt Tebbutt answer these questions: Is there any goodness left in canned tomatoes, or should people stick with fresh product? Also, how do probiotics work in our gut?	UNITED KINGDOM	English-100				
2023-09-08	0900	<b>Come Dine With Me UK</b>	County Durham Day 4	In County Durham, prison transport officer Tina plans to win her guests round with a sophisticated French menu that includes salmon crepes, chicken and posh peas and pear dessert.	UNITED KINGDOM	English-100	PG			
2023-09-08	0930	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 6	Paul welcomes his new jersey cow, Bessie, but it's not the homecoming he was hoping for - Bessie could be barren. Tomato season has sprung and Paul needs to make the most of his troubled crop.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2023-09-08	1030	<b>Andrew Zimmern's Wild Game Kitchen</b>	Andrew Zimmern's Wild Game Kitchen Series 3 Ep 4	Chef Andrew Zimmern shares a simple trick for getting the most out of your marinade - char the meat first, stick in the marinade for 24 hours, then finish it low and slow over an open fire.	USA	English-100				
2023-09-08	1100	<b>The Cook Up With Adam Liaw</b>	Salsa Party	It's salsa party time! Joining Adam is taco aficionado Daniella Guevara Munoz and homewares and hospitality connoisseur Kylie Javier Ashton.	AUSTRALIA	English-100	PG			
2023-09-08	1130	<b>James Martin's American Adventure</b>	Fort Worth	James gets into full-on cowboy mode in Fort Worth, Texas. Famous for its great open-range cattle drives of the late 19th century, James gets in the spirit and tries his hand at cattle roping.	UNITED KINGDOM	English-100	G			
2023-09-08	1225	<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
2023-09-08	1230	<b>Made In Italy With Silvia Colloca</b>	Made In Italy With Silvia Colloca Series 1 Ep 9	Silvia Colloca journeys to the medieval village Roccascalenga, and calls upon the expertise of the local to learn how to make heavenly hand rolled cannelloni with slow braised meat.	AUSTRALIA	English-100	RPT	G		Y
2023-09-08	1300	<b>The Streets With Dan Hong</b>	Streets With Dan Hong Series 1, The Ep 7	Dan kicks things off with an Argentinian Choripan, grilled chorizo slathered in a herby chimichurri sauce and served in a crusty baguette-style bread.	AUSTRALIA	English-100	G			Y
2023-09-08	1330	<b>David Rocco's Dolce India</b>	Eat, Pray...	David takes a trip to the remote village of Mundota to visit his friends, Vikram and Alka, who will teach him about the spiritual nature of Indian cooking.	CANADA	English-100	G			
2023-09-08	1400	<b>Tom Kerridge's American Feast</b>	Best Of	In this special episode, we see some of the best dishes Tom has eaten on his travels!	UNITED KINGDOM	English-100	PG		a w	
2023-09-08	1430	<b>Pati's Mexican Table</b>	Welcome To Guadalajara	Pati explores the culinary highlights of Jalisco's capital city, Guadalajara. She starts at a legendary street cart for a taste of the city's most iconic sandwich, tortas ahogadas.	USA	English-100	G			Y

2023-09-08	1500	<b>Pati's Mexican Table</b>	Food Meets Art	Pati explores some unique spots where food and art truly connect. At Ceramica Suro, she gets a tour of the ceramics factory that supplies dishware and textiles to some of the finest restaurants.	USA	English-100		G		Y
2023-09-08	1530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Russell Howard	Jamie and Jimmy welcome comedian Russell Howard to their cafe on the end of Southend Pier. Russell's favourite meal in all the world was an unusual Thai-fusion curry he tasted in Sydney.	UNITED KINGDOM	English-100		G		
2023-09-08	1625	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 2	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
2023-09-08	1630	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 25	Ben and wine expert Adam are together again, talking all things Barossa Valley food and wine as Ben prepares a moreish spiced BBQ chicken and tangy tomato relish.	AUSTRALIA	English-100		G		
2023-09-08	1700	<b>Mary Makes It Easy</b>	Livin' On The Veg	Celebrate the veg life with Mary's sweet potato enchiladas, chickpea socca, and veggie pakoras.	CANADA	English-100		G		
2023-09-08	1730	<b>Comfort Food With Spencer Watts</b>	Comfort Food With Spencer Watts Series 2 Ep 5	Spencer cooks up some delicious comfort food with a little heat to tickle our taste buds, including Cajun shrimp cakes with a creole etouffee, and Brazilian moqueca with halibut and shrimp.	CANADA	English-100				
2023-09-08	1800	<b>Taste Of Australia With Hayden Quinn</b>	Taste Of Australia With Hayden Quinn Series 2 Ep 5	Hayden learns about regenerative farming at a cherry farm and a cattle property, with alpacas and a famous winery visit thrown in, and ends the day with a picture-perfect campfire meal.	AUSTRALIA	English-100		G		
2023-09-08	1830	<b>Food Unwrapped</b>	Rose Oil, Pink Pork, Oven Bags	Jimmy is in Bulgaria to find out why rose oil is considered liquid gold. Kate seeks the truth about why you can't eat your pork pink, while Matt asks whether food cooked in plastic oven bags is safe.	UNITED KINGDOM	English-100				
2023-09-08	1900	<b>The Cook Up With Adam Liaw</b>	Chinese Banquet	It's easy entertaining, Chinese banquet style! Celebrated chef Tony Tan and acclaimed comedian Jennifer Wong join Adam for a dinner party feast.	AUSTRALIA	English-100				
2023-09-08	1930	<b>Come Dine With Me UK</b>	County Durham Day 5	In County Durham, IT Manager David is hoping to bag the 1000 pound prize with his French evening. But his main challenge is to keep all the guests on friendly terms.	UNITED KINGDOM	English-100		PG		
2023-09-08	2000	<b>Poh &amp; Co.</b>	Central Markets Are Go	Opening day is fast approaching, so Jono and the lads rush to fit out the Central Market cafe, while Poh creates two brilliant new recipes.	AUSTRALIA	English-100	RPT	G		Y
2023-09-08	2030	<b>James Martin's French Adventure</b>	Canal Du Midi	After cooking up a delicious fish stew on the banks of the canal, James hops aboard a boat and tastes a traditional cuttlefish lunch.	UNITED KINGDOM	English-100		G		Y
2023-09-08	2130	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 7	Living so close to the coast has many advantages, like learning how to forage for seaside food. As a valuable member of the community, Paul helps out the largest fire service in the world, the RFS.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2023-09-08	2230	<b>The Cook Up With Adam Liaw</b>	Chinese Banquet	It's easy entertaining, Chinese banquet style! Celebrated chef Tony Tan and acclaimed comedian Jennifer Wong join Adam for a dinner party feast.	AUSTRALIA	English-100				
2023-09-08	2300	<b>Andrew Zimmern's Wild Game Kitchen</b>	Andrew Zimmern's Wild Game Kitchen Series 3 Ep 5	Andrew demystifies cooking clams, mussels and oysters - all three incredible, sustainable seafood options that are fun to forage. Andrew cooks a pot of creamy clam chowder with a fortified clam broth.	USA	English-100				
2023-09-08	2330	<b>The Cook And The Chef</b>	Middle Eastern Cuisine	Maggie and Simon's culinary worlds meet in the middle, the Middle East. Both our cook and chef have been greatly influenced by the cuisine from this ancient land and are eager to share it with us.	AUSTRALIA	English-100		G		
2023-09-08	2400	<b>Come Dine With Me UK</b>	County Durham Day 5	In County Durham, IT Manager David is hoping to bag the 1000 pound prize with his French evening. But his main challenge is to keep all the guests on friendly terms.	UNITED KINGDOM	English-100		PG		
2023-09-08	2430	<b>James Martin's American Adventure</b>	Dallas	James Martin's American Adventure reaches Dallas, with a trip to Southfork, the ranch made famous in the world-renowned TV series Dallas. James gets a tour before cooking in the grounds of the ranch.	UNITED KINGDOM	English-100		G		
2023-09-08	2525	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 5	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
2023-09-08	2530	<b>James Martin's French Adventure</b>	Canal Du Midi	After cooking up a delicious fish stew on the banks of the canal, James hops aboard a boat and tastes a traditional cuttlefish lunch.	UNITED KINGDOM	English-100		G		Y

2023-09-08	2625	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 4, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2023-09-08	2630	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 7	Living so close to the coast has many advantages, like learning how to forage for seaside food. As a valuable member of the community, Paul helps out the largest fire service in the world, the RFS.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2023-09-08	2730	<b>David Rocco's Dolce India</b>	Eat, Pray...	David takes a trip to the remote village of Mundota to visit his friends, Vikram and Alka, who will teach him about the spiritual nature of Indian cooking.	CANADA	English-100		G		
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2023-09-08	2830	<b>Pati's Mexican Table</b>	Welcome To Guadalajara	Pati explores the culinary highlights of Jalisco's capital city, Guadalajara. She starts at a legendary street cart for a taste of the city's most iconic sandwich, tortas ahogadas.	USA	English-100		G		Y
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2023-09-09	0530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Russell Howard	Jamie and Jimmy welcome comedian Russell Howard to their cafe on the end of Southend Pier. Russell's favourite meal in all the world was an unusual Thai-fusion curry he tasted in Sydney.	UNITED KINGDOM	English-100		G		
2023-09-09	0625	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 2	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
2023-09-09	0630	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 25	Ben and wine expert Adam are together again, talking all things Barossa Valley food and wine as Ben prepares a moreish spiced BBQ chicken and tangy tomato relish.	AUSTRALIA	English-100		G		
2023-09-09	0700	<b>Mary Makes It Easy</b>	Livin' On The Veg	Celebrate the veg life with Mary's sweet potato enchiladas, chickpea socca, and veggie pakoras.	CANADA	English-100		G		
2023-09-09	0730	<b>Comfort Food With Spencer Watts</b>	Comfort Food With Spencer Watts Series 2 Ep 5	Spencer cooks up some delicious comfort food with a little heat to tickle our taste buds, including Cajun shrimp cakes with a creole etouffee, and Brazilian moqueca with halibut and shrimp.	CANADA	English-100				
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2023-09-09	1030	<b>Andrew Zimmern's Wild Game Kitchen</b>	Andrew Zimmern's Wild Game Kitchen Series 3 Ep 5	Andrew demystifies cooking clams, mussels and oysters - all three incredible, sustainable seafood options that are fun to forage. Andrew cooks a pot of creamy clam chowder with a fortified clam broth.	USA	English-100				
2023-09-09	1100	<b>The Cook Up With Adam Liaw</b>	Chinese Banquet	It's easy entertaining, Chinese banquet style! Celebrated chef Tony Tan and acclaimed comedian Jennifer Wong join Adam for a dinner party feast.	AUSTRALIA	English-100				
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2023-09-09	1225	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 5	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
2023-09-09	1230	<b>James Martin's French Adventure</b>	Canal Du Midi	After cooking up a delicious fish stew on the banks of the canal, James hops aboard a boat and tastes a traditional cuttlefish lunch.	UNITED KINGDOM	English-100		G		Y

2023-09-09	1325	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 4, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y	
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2023-09-09	1400	<b>Palisa Anderson's Water Heart Food</b>	Humble Origins	Thailand is home to many incredible food markets that sell an abundance of fresh and seasonal fruit and vegetables, the type of produce Palisa now grows on her farm and supplies to many top-end chefs.	AUSTRALIA	English-100		G		Y	
2023-09-09	1430	<b>Palisa Anderson's Water Heart Food</b>	Third Culture Cooks	Palisa meets up with two old friends - fellow second-generation Thais Ari Walpole and Mahalia Barnes. They visit the Sydney Fish Market, and cook some delicious Thai-inspired recipes.	AUSTRALIA	English-100		G		Y	
2023-09-09	1500	<b>Palisa Anderson's Water Heart Food</b>	On Origins	Palisa meets two well-known Sydney-based chefs - Paul Carmichael and Martin Boetz - to explore how cuisines from different countries can mingle and influence each other.	AUSTRALIA	English-100		G		Y	
2023-09-09	1530	<b>Palisa Anderson's Water Heart Food</b>	Sauce Of It All, The	Palisa visits two well-known Byron-based chefs - Ben Devlin and Jason Saxby - to explore the idea of combining traditional cooking methods with the use of the local ingredients.	AUSTRALIA	English-100		G		Y	
2023-09-09	1600	<b>Palisa Anderson's Water Heart Food</b>	Cooking Country	In Thailand, foraging for wild ingredients and living off what the land provides is a big part of the way people live. In Byron, Indigenous woman Arabella Douglas forages for native ingredients.	AUSTRALIA	English-100		PG	a l w	Y	
2023-09-09	1630	<b>Exploring China: A Culinary Adventure</b>	Exploring China: A Culinary Adventure Series 1 Ep 3	Chefs Ken Hom and Ching-He Huang leave the heaving megacities far behind to embark on an intrepid journey across China's vast western frontier where few travellers dare to venture.	UNITED KINGDOM	English-100	RPT	PG	a w	Y	Y
2023-09-09	1735	<b>Taste Of Italy</b>	Livorno	Host and chef Nisha Katona embarks on a quest across Italy to discover its hidden culinary gems. Today, she explores the city of Livorno and embraces their seafood culture with cacciucco (fish stew).	UNITED KINGDOM	English-100		G			Y
2023-09-09	1800	<b>Taste Of Italy</b>	Campobasso	Nisha Katona explores the historic city of Campobasso to taste ancient recipes, knit cheese and celebrate the love for pigs and paprika by cooking up breaded paprika pork.	UNITED KINGDOM	English-100		G			Y
2023-09-09	1830	<b>Luca's Key Ingredient</b>	Luca's Key Ingredient Series 1 Ep 2	Tonight we learn all about how to cook with the king of Italian cheeses, Parmigiano-Reggiano. Luca makes a special gnocchetti pasta, parmigiano bites with veal buttata and ends with a cheesy souffle.	AUSTRALIA	English-100		PG			
2023-09-09	1900	<b>Barossa Gourmet With Justine Schofield</b>	Beauty Of The Barossa Series 1, The Ep 2	Justine and her chef friend Cullum create beetroot risotto with fetta and hazelnuts, and tomato bruschetta. Justine then heads back to the Barossa Valley Wine Company to make crumbed lamb cutlets.	AUSTRALIA	English-100		G			
2023-09-09	1930	<b>Selena + Chef</b>	Selena + Nick DiGiovanni	Social media cooking star Nick DiGiovanni challenges Selena with one of her most difficult recipes yet: homemade pesto pasta served inside a cheese wheel, with a side of burrata peach salad.	USA	English-100		PG			
2023-09-09	2000	<b>Selena + Chef</b>	Selena + Adrienna Cheatham	It's brunch time in the kitchen as prestigious New York chef Adrienne Cheatham guides Selena through an ambitious menu of poached salmon and grits topped with fresh hollandaise sauce.	USA	English-100		PG			
2023-09-09	2030	<b>Britain's Poshest Farm Shops</b>	Britain's Poshest Farm Shops Series 1 Ep 1	While much of the High Street has faltered in recent years, with the nostalgic appeal of a traditional countryside corner shop, these often expansive but charming rural delis are a retailing success.	UNITED KINGDOM	English-100		G			
2023-09-09	2130	<b>Anthony Bourdain: No Reservations</b>	Obsessed	As he explores the nature of obsession, Anthony Bourdain meets food-obsessed individuals encapsulating the beautiful and often eccentric results devotion has on one's life.	USA	English-100	RPT	PG		Y	
2023-09-09	2225	<b>Please Eat Slowly Bitesize</b>	Mango Crepe	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100		G			
2023-09-09	2230	<b>Anthony Bourdain: No Reservations</b>	Sardinia	Tony visits the breathtaking Italian island of Sardinia and gets a lesson in what it means to be Sardinian while learning about their longevity inducing Mediterranean diet.	USA	English-100	RPT	PG			
2023-09-09	2325	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 9, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG		Y	

2023-09-09	2330	<b>Exploring China: A Culinary Adventure</b>	Exploring China: A Culinary Adventure Series 1 Ep 3	Chefs Ken Hom and Ching-He Huang leave the heaving megacities far behind to embark on an intrepid journey across China's vast western frontier where few travellers dare to venture.	UNITED KINGDOM	English-100	RPT	PG	a w	Y	Y
2023-09-09	2435	<b>Palisa Anderson's Water Heart Food</b>	Humble Origins	Thailand is home to many incredible food markets that sell an abundance of fresh and seasonal fruit and vegetables, the type of produce Palisa now grows on her farm and supplies to many top-end chefs.	AUSTRALIA	English-100		G		Y	
2023-09-09	2505	<b>Palisa Anderson's Water Heart Food</b>	Third Culture Cooks	Palisa meets up with two old friends - fellow second-generation Thais Ari Walpole and Mahalia Barnes. They visit the Sydney Fish Market, and cook some delicious Thai-inspired recipes.	AUSTRALIA	English-100		G		Y	
2023-09-09	2530	<b>Taste Of Italy</b>	Livorno	Host and chef Nisha Katona embarks on a quest across Italy to discover its hidden culinary gems. Today, she explores the city of Livorno and embraces their seafood culture with cacciucco (fish stew).	UNITED KINGDOM	English-100		G			Y
2023-09-09	2600	<b>Taste Of Italy</b>	Campobasso	Nisha Katona explores the historic city of Campobasso to taste ancient recipes, knit cheese and celebrate the love for pigs and paprika by cooking up breaded paprika pork.	UNITED KINGDOM	English-100		G			Y
2023-09-09	2630	<b>Luca's Key Ingredient</b>	Luca's Key Ingredient Series 1 Ep 2	Tonight we learn all about how to cook with the king of Italian cheeses, Parmigiano-Reggiano. Luca makes a special gnocchetti pasta, parmigiano bites with veal buttuta and ends with a cheesy souffle.	AUSTRALIA	English-100		PG			
2023-09-09	2700	<b>Barossa Gourmet With Justine Schofield</b>	Beauty Of The Barossa Series 1, The Ep 2	Justine and her chef friend Cullum create beetroot risotto with fetta and hazelnuts, and tomato bruschetta. Justine then heads back to the Barossa Valley Wine Company to make crumbed lamb cutlets.	AUSTRALIA	English-100		G			
2023-09-09	2730	<b>Selena + Chef</b>	Selena + Nick Digiovanni	Social media cooking star Nick DiGiovanni challenges Selena with one of her most difficult recipes yet: homemade pesto pasta served inside a cheese wheel, with a side of burrata peach salad.	USA	English-100		PG			
2023-09-09	2800	<b>Selena + Chef</b>	Selena + Adrienna Cheatham	It's brunch time in the kitchen as prestigious New York chef Adrienne Cheatham guides Selena through an ambitious menu of poached salmon and grits topped with fresh hollandaise sauce.	USA	English-100		PG			
2023-09-09	2830	<b>Palisa Anderson's Water Heart Food</b>	Humble Origins	Thailand is home to many incredible food markets that sell an abundance of fresh and seasonal fruit and vegetables, the type of produce Palisa now grows on her farm and supplies to many top-end chefs.	AUSTRALIA	English-100		G		Y	