



WEEK 37 **Sunday, 8 September 2024** **Saturday, 14 September 2024** **ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-09-08	0500	River Cottage Forever	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		
2024-09-08	0530	Hairy Bikers Go West	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			
2024-09-08	0630	Ainsley's Food We Love	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			
2024-09-08	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	
2024-09-08	0730	Ainsley's Food We Love	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			
2024-09-08	0825	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			
2024-09-08	0830	Curtis Stone's Travel, Cook, Repeat	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
2024-09-08	0900	Long Weekend In... With Rory O'Connell	Palma De Mallorca	Rory visits a beautiful art nouveau bakery where the traditional ensaimada pastries are made by one of the island's most respected bakers. Back home in his Ballycotton kitchen, Rory bakes a delicious orange and almond cake.	IRELAND	English-100		G			
2024-09-08	0930	Lorraine Pascale: Baking Made Easy	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			
2024-09-08	1000	David Rocco's Italia	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

2024-09-08	1030	River Cottage Forever	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		
2024-09-08	1100	River Cottage Forever	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
2024-09-08	1130	Hairy Bikers Go West	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		
2024-09-08	1230	Ainsley's Good Mood Food	Coffee And Chocolate	In his kitchen, Ainsley has some delicious dishes made even more special with a dash of coffee or chocolate. Starting with an Italian classic, a caponata served with fennel and cacao rubbed pork.	UNITED KINGDOM	English-100		G		
2024-09-08	1325	Destination Flavour China Bitesize	Bai-Style Grilled Pork	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-09-08	1330	Lorraine Pascale: Baking Made Easy	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		
2024-09-08	1400	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	RPT	G		Y
2024-09-08	1430	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	RPT	PG	s	Y
2024-09-08	1500	The Cook Up With Adam Liaw	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	RPT	G		Y
2024-09-08	1530	The Cook Up With Adam Liaw	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	RPT	G		Y
2024-09-08	1600	The Cook Up With Adam Liaw	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
2024-09-08	1630	Curtis Stone's Travel, Cook, Repeat	Victoria, Australia	Chef Curtis Stone travels back to his hometown of Melbourne in Victoria, Australia where he meets up with his brother, Luke, to meet a former Formula One engineer turned baker and attends a party thrown by his Greek mates. Back home in his kitchen, he's making a rotisserie spiced chicken souva with pita and tzatziki and croissant and hazelnut bread pudding. Opa!	USA	English-100		PG		l
2024-09-08	1700	Long Weekend In... With Rory O'Connell	Vienna	Rory O'Connell takes a long weekend in Vienna, Austria, to explore the city's celebrated cuisine and cultural attractions. Rory tries Sachertorte, a type of chocolate cake which is one of Vienna's culinary specialities. Later, Rory visits a typical 'Gasthaus', or tavern, where he enjoys a smoked trout dish.	IRELAND	English-100		G		

2024-09-08	1730	Eating Plants	Australia	Australia is the third fastest growing vegan country. This episode, popular host Martin Dingle Wall showcases some of the Aussie entrepreneurs leading the world with mushrooms.	AUSTRALIA	English-100	G			
2024-09-08	1805	Food Rescue Kitchen	Ep 5	Naomi Toilalo is on a food rescue mission. Join her as she challenges legendary Chef Peter Gordon to cook a 3 course meal out of rescued food at Papatuanuku Kokiri marae.	NEW ZEALAND	English-100	G			
2024-09-08	1830	Simply Raymond Blanc	Rb Basics	With little prep, little attention, and little skill, Raymond promises these recipes will deliver big on flavour and will be a sure favourite on your dinner table. From simple and delectable Chocolate Truffles to a delicious Onion Soup – a secret recipe handed down from his Maman Blanc, there's something for every palette.	UNITED KINGDOM	English-100	G			
2024-09-08	1930	Be My Guest With Ina Garten	Danny Meyer	Ina's dear friend, culinary entrepreneur, pioneering restaurateur and author Danny Meyer is joining her at the barn for good food and great conversation.	USA	English-100	G			
2024-09-08	2000	Tom Kerridge Cooks Britain	Cornwall - Sardines And Milk	Tom's journey starts in Newlyn, the largest fishing port in England, where he's searching for sardines. Then he cooks up a tasty take on sardines on toast for the crew.	UNITED KINGDOM	English-100	G			
2024-09-08	2030	Rick Stein's Cornwall	Ep 15	As Rick's Cornish odyssey comes to an end he takes a city break in Truro, where he discovers an unusual ghost story and tours the magnificent cathedral. Deep in the Cornish countryside is a family passionate about offal who prepare Rick a delicious meal of pickled ox tongue and beef heart tacos.	UNITED KINGDOM	English-100	PG	a	w	
2024-09-08	2100	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 1	Rick Stein launches this series about his home county of Cornwall with a trip back in time to his early days running a nightclub in Padstow.	UNITED KINGDOM	English-100	PG	a		
2024-09-08	2130	Anthony Bourdain: The Layover	San Francisco	San Francisco is known for vegetarians, hippies, and locavores. But Tony visits the Bay Area to discover a long history of mid-range, meaty goodness and enjoy plenty of drinks.	USA	English-100	PG	a	Y	
2024-09-08	2225	Stories Of Power: Chef Aheda	Chef Aheda	Aheda Amro, a Palestinian chef, shares how she preserves and promotes her culture through incredible Palestinian dishes.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-09-08	2230	River Cottage Australia	Ep 7	The local CWA ladies have a big job for Paul and there might be a sweet reward in return. If he can help them paint their headquarters, they've offered to share some of their cake-making secrets with him. How will his Hazelnut Loaf cake stand up against some of the finest in the district? Back on the farm, Paul's been collecting old chook feathers, but what on earth for? Could there be something fishy going on? And as we head to the coast nearby, Paul learns that there's more to seaweed than meets the eye. Not only is it good for the garden, he has an idea for a crispy new recipe.	UNITED KINGDOM	English-100	RPT	PG		Y
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2024-09-09	1230	Shelfie With Dan Hong	Shelfie With Dan Hong Series 1 Ep 1	After spying a bottle of his favourite liquid seasoning and a packet of corn chips in a #shelfie posted by Tiff, Dang Hong's creativity is put to the test, and the result is one of the most unique fish and chips you'll ever see.	AUSTRALIA	English-100	PG			
2024-09-09	1300	Cook Like A Chef	Lamb	Chef Craig Wong loves cooking lamb, and with his expert advice, you will too!	CANADA	English-100	G			

2024-09-09	1330	Spencer's Big 30	Southern Barbeque Night	Who doesn't love a good Southern-style barbeque while on a budget? Host Spencer Watts whips up a smoky homemade barbeque sauce to coat his spicy Oven Barbeque Chicken.	CANADA	English-100		G		
2024-09-09	1400	Tastes Like Home	Lusk / Sydney, Nsw, Australia	Our contributors are Mother and Daughter, Kate and Sarah Swetman. Sarah has been living in Sydney for 2 years now with her partner Aaron. We meet parents Noel and Kate in Lusk at the round tower.	IRELAND	English-100		PG		
2024-09-09	1430	Bizarre Foods: Delicious Destinations	Tuscany	Andrew explores Tuscany, Italy, which is rooted in the tradition of simple, local ingredients. He highlights specialties like spicy fish stew served over crusty bread.	USA	English-100	RPT	G		Y
2024-09-09	1500	Food Unwrapped	Tuna, Ice Cream, Frozen Peas	Jimmy travels to Spain to meet an entrepreneur on farming critically endangered blue fin tuna. Kate investigates why ice creams can sometimes go gritty way ahead of the Best Before date.	UNITED KINGDOM	English-100		PG	a w	Y
2024-09-09	1530	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 5	Paul welcomes visitors to the farm. His Dad arrives for the first time and they go on a camping trip to hunt feral deer. And the Latimer sisters, who grew up at the farm, come home for morning tea and give Paul a history lesson.	UNITED KINGDOM	English-100	RPT	PG	a	Y
2024-09-09	1630	Gino's Italian Coastal Escape	Naples	Gino returns to the area he grew up in - the bay of Naples. Home of the pizza, street food, and fantastic seafood, this is foodie paradise. First Gino shows us how to make a Neapolitan breakfast, then for lunch he goes up on the roof to make a classic fish dish, and then after a flying visit to the foothills of the mighty mount Vesuvius, Gino's back on the coast to whip up a romantic dinner for two.	UNITED KINGDOM	English-100		PG	a s w	
2024-09-09	1700	Everyday Gourmet With Justine Schofield	Ep 51	Justine teaches us how to create the perfect Goats Cheese Tartlets with Spiced Grape Relish, Chargrilled Seafood in Sauce Vierge and a gorgeous Hazelnut Meringue Coee Cream Layer Cake.	AUSTRALIA	English-100		G		
2024-09-09	1730	My Market Kitchen	Ep 21	Laura's \$20 Feed a Family challenge features her quick and delicious Spanakopita dish. Mike is then joined in the Market Kitchen by farmer Catherine Velisha for an Asian-influenced dish, Aged Kingfish with Spring Onion Dressing. To wrap this episode, Mike makes a classic French dish, Ratatouille.	AUSTRALIA	English-100		G		
2024-09-09	1800	Pati's Mexican Table	Juju's Chocolate-Covered Life	Pati spends the day with her youngest son, Juju. Juju is known for his obsession with chocolate. In this episode, they spend the day in the kitchen coming up with three delicious chocolate-loaded recipes - chocolate chocolate chunk banana bread, chocolate crepe tower, and an overloaded Mexican chocolate milkshake.	USA	English-100		G		
2024-09-09	1830	Food Safari Earth	Stuffed, Wrapped And Rolled	Maeve O'Meara explores the concept of vegetable parcels - the delights of stuffing, wrapping, and rolling vegetables for taste, texture, and presentation. Exploring the amazing versatility of cuisines, simple ingredients are used to create incredibly delicious results using the technique of stuffing vegetables.	AUSTRALIA	English-100	RPT	G		Y
2024-09-09	1900	The Cook Up With Adam Liaw	Mediterranean Made Easy	Forget booking a flight, head to the Med with these recipes from Adam, gluten-free cookbook author Helen Tzouganatos and showman Rob Mills instead!	AUSTRALIA	English-100		G		Y
2024-09-09	1930	Jamie At Home	Tomatoes	Jamie Oliver cooks tomato salad, fusilli with salsa rossa cruda, oven-baked sausage ragu, pale pink tomato and vodka consomme top and tails.	UNITED KINGDOM	English-100		G		

2024-09-09	2000	Luke Nguyen's Vietnam	Phan Thiet	Tonight, Luke reaches the beautiful beaches of the east coast of Vietnam, stopping in to visit relatives in Phan Thiet. At his family's noodle store at a busy market, Luke and his parents prepare a traditional local dish. Then on the waterfront at Mui Ne, he wanders through the chaos of the early morning fish market, then creates a delectable razor clam salad right on the beach. Finally, he prepares traditional rice paper rolls using the freshest of ingredients.	AUSTRALIA	English-100	RPT	G		Y
2024-09-09	2030	Gordon Ramsay Uncharted	Louisiana Bayou Cuisine	Chef Ramsay journeys to Louisiana to learn the secrets of Cajun cooking. He meets Eric Cook - ex-Marine turned celebrated chef - who sends him off to get lost in the marsh and see what he comes back with.	UNITED KINGDOM	English-100		PG	a l w	Y
2024-09-09	2125	Destination Flavour China Bitesize	Li Hongzhang's Chop Suey	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G		Y Y
2024-09-09	2130	Come Dine With Me UK	North Essex: Kelly	Mother of two, Kelly, takes her guests on a Mexican adventure with plans to make 'fun' the forefront of her evening. Will there be enough good times to get Kelly on track for 1000 pounds?	UNITED KINGDOM	English-100		PG		
2024-09-09	2200	Come Dine With Me UK	North Essex: Sohan	Smooth supporting artiste, Sohan brings an international flavour to his colourful party inspired by his Punjabi and Kenyan heritage, while also teaching his guests some Swahili! Will it be enough?	UNITED KINGDOM	English-100		PG		
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2024-09-09	2300	The Cook And The Chef	Blondes Have More Fun	Chefs love working with colour and contrast, but Maggie and Simon love a challenge so this week they're going blonde. White asparagus, light coloured meats, garlic, white chocolate, coconut and meringue all make the 'blonde food' menu, and with the use of simple sauces and balancing of flavours the cook and the chef prove that blonde doesn't mean bland. It's a program packed with blonde tips and worth watching just to see how the theme goes to Simon's head.	AUSTRALIA	English-100		G		
2024-09-09	2330	Gourmet Farmer	Highland Deer	It's the deep heart of winter and Matthew, along with his mates Nick and Ross, go deer hunting. Not knowing how to butcher their game, they decide to visit a deer farmer in the central highlands. On the way they forage for aromatic black truffles, dig for peat with a whiskey distiller and then defrost themselves with a drink or two. The following day, they head off for a spot of trout fishing on a nearby lake.		English-100	RPT	PG		Y
2024-09-09	2400	Shelfie With Dan Hong	Shelfie With Dan Hong Series 1 Ep 1	After spying a bottle of his favourite liquid seasoning and a packet of corn chips in a #shelfie posted by Tiff, Dang Hong's creativity is put to the test, and the result is one of the most unique fish and chips you'll ever see.	AUSTRALIA	English-100		PG		
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2024-09-09	2700	Come Dine With Me UK	North Essex: Sohan	Smooth supporting artiste, Sohan brings an international flavour to his colourful party inspired by his Punjabi and Kenyan heritage, while also teaching his guests some Swahili! Will it be enough?	UNITED KINGDOM	English-100		PG		
2024-09-09	2730	Cook Like A Chef	Lamb	Chef Craig Wong loves cooking lamb, and with his expert advice, you will too!	CANADA	English-100		G		
2024-09-09	2800	Tastes Like Home	Lusk / Sydney, Nsw, Australia	Our contributors are Mother and Daughter, Kate and Sarah Swetman. Sarah has been living in Sydney for 2 years now with her partner Aaron. We meet parents Noel and Kate in Lusk at the round tower.	IRELAND	English-100		PG		
2024-09-09	2830	Bizarre Foods: Delicious Destinations	Tuscany	Andrew explores Tuscany, Italy, which is rooted in the tradition of simple, local ingredients. He highlights specialties like spicy fish stew served over crusty bread.	USA	English-100	RPT	G		Y
2024-09-10	0500	Food Unwrapped	Tuna, Ice Cream, Frozen Peas	Jimmy travels to Spain to meet an entrepreneur on farming critically endangered blue fin tuna. Kate investigates why ice creams can sometimes go gritty way ahead of the Best Before date.	UNITED KINGDOM	English-100		PG	a w	Y
2024-09-10	0530	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 5	Paul welcomes visitors to the farm. His Dad arrives for the first time and they go on a camping trip to hunt feral deer. And the Latimer sisters, who grew up at the farm, come home for morning tea and give Paul a history lesson.	UNITED KINGDOM	English-100	RPT	PG	a	Y
2024-09-10	0630	Gino's Italian Coastal Escape	Naples	Gino returns to the area he grew up in - the bay of Naples. Home of the pizza, street food, and fantastic seafood, this is foodie paradise. First Gino shows us how to make a Neapolitan breakfast, then for lunch he goes up on the roof to make a classic fish dish, and then after a flying visit to the foothills of the mighty mount Vesuvius, Gino's back on the coast to whip up a romantic dinner for two.	UNITED KINGDOM	English-100		PG	a s w	
2024-09-10	0700	Everyday Gourmet With Justine Schofield	Ep 51	Justine teaches us how to create the perfect Goats Cheese Tartlets with Spiced Grape Relish, Chargrilled Seafood in Sauce Vierge and a gorgeous Hazelnut Meringue Coee Cream Layer Cake.	AUSTRALIA	English-100		G		
2024-09-10	0730	My Market Kitchen	Ep 21	Laura's \$20 Feed a Family challenge features her quick and delicious Spanakopita dish. Mike is then joined in the Market Kitchen by farmer Catherine Velisha for an Asian-influenced dish, Aged Kingfish with Spring Onion Dressing. To wrap this episode, Mike makes a classic French dish, Ratatouille.	AUSTRALIA	English-100		G		
2024-09-10	0800	Pati's Mexican Table	Juju's Chocolate-Covered Life	Pati spends the day with her youngest son, Juju. Juju is known for his obsession with chocolate. In this episode, they spend the day in the kitchen coming up with three delicious chocolate-loaded recipes - chocolate chocolate chunk banana bread, chocolate crepe tower, and an overloaded Mexican chocolate milkshake.	USA	English-100		G		

2024-09-10	0830	Food Safari Earth	Stuffed, Wrapped And Rolled	Maeve O'Meara explores the concept of vegetable parcels - the delights of stuffing, wrapping, and rolling vegetables for taste, texture, and presentation. Exploring the amazing versatility of cuisines, simple ingredients are used to create incredibly delicious results using the technique of stuffing vegetables.	AUSTRALIA	English-100	RPT	G		Y	
2024-09-10	0900	Gourmet Farmer	Highland Deer	It's the deep heart of winter and Matthew, along with his mates Nick and Ross, go deer hunting. Not knowing how to butcher their game, they decide to visit a deer farmer in the central highlands. On the way they forage for aromatic black truffles, dig for peat with a whiskey distiller and then defrost themselves with a drink or two. The following day, they head off for a spot of trout fishing on a nearby lake.		English-100	RPT	PG		Y	
2024-09-10	0930	Jamie At Home	Tomatoes	Jamie Oliver cooks tomato salad, fusilli with salsa rossa cruda, oven-baked sausage ragu, pale pink tomato and vodka consomme top and tails.	UNITED KINGDOM	English-100		G			
2024-09-10	1000	Luke Nguyen's Vietnam	Phan Thiet	Tonight, Luke reaches the beautiful beaches of the east coast of Vietnam, stopping in to visit relatives in Phan Thiet. At his family's noodle store at a busy market, Luke and his parents prepare a traditional local dish. Then on the waterfront at Mui Ne, he wanders through the chaos of the early morning fish market, then creates a delectable razor clam salad right on the beach. Finally, he prepares traditional rice paper rolls using the freshest of ingredients.	AUSTRALIA	English-100	RPT	G		Y	
2024-09-10	1030	Food Unwrapped	Tuna, Ice Cream, Frozen Peas	Jimmy travels to Spain to meet an entrepreneur on farming critically endangered blue fin tuna. Kate investigates why ice creams can sometimes go gritty way ahead of the Best Before date.	UNITED KINGDOM	English-100		PG	a w	Y	
2024-09-10	1100	The Cook Up With Adam Liaw	Mediterranean Made Easy	Forget booking a flight, head to the Med with these recipes from Adam, gluten-free cookbook author Helen Tzouganatos and showman Rob Mills instead!	AUSTRALIA	English-100		G		Y	
2024-09-10	1130	Gordon Ramsay Uncharted	Louisiana Bayou Cuisine	Chef Ramsay journeys to Louisiana to learn the secrets of Cajun cooking. He meets Eric Cook - ex-Marine turned celebrated chef - who sends him off to get lost in the marsh and see what he comes back with.	UNITED KINGDOM	English-100		PG	a l w	Y	
2024-09-10	1225	Destination Flavour China Bitesize	Li Hongzhang's Chop Suey	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-09-10	1230	Shelfie With Dan Hong	Shelfie With Dan Hong Series 1 Ep 2	What do you do if you are a pregnant foodie, who has lost the energy to be creative in the kitchen? Post a #shelfie like Sheryl did, and Dan Hong may arrive on your doorstep to cook up a Lemongrass pork vermicelli salad, using all the ingredients in your cupboard and fridge.	AUSTRALIA	English-100		PG	l		
2024-09-10	1300	Cook Like A Chef	Game	Game meats are on the menu for chef Derek Dammann in this protein-packed episode of Cook Like a Chef.	CANADA	English-100		G			
2024-09-10	1330	Spencer's Big 30	Greek Night	There is nothing better than the classic flavours of Mediterranean ingredients, but sometimes dinner can get a little expensive! Host Spencer Watts shatters this stigma with a quick and affordable Greek meal for four.	CANADA	English-100		G			
2024-09-10	1400	Tastes Like Home	Wicklow (Bray) / Anfi Tauro, Gran Canaria	On Tastes Like Home our contributors are sisters Nikki and Jill. Jill has been living abroad since she was 18 and now lives in Gran Canaria with her daughter Carolina.	IRELAND	English-100		G			
2024-09-10	1430	Bizarre Foods: Delicious Destinations	Genoa	Andrew explores the inventive eats of Genoa, Italy. A stunning location bursting with vibrant herbs and ancient technique, Genoa is home to favorites like peasant-created seafood salad, pesto with pasta and crispy flatbread.	USA	English-100	RPT	G		Y	

2024-09-10	1500	Food Unwrapped	Instant Coffee, Vodka And Wensleydale Cheese	Kate journeys to the mountains of southern Peru, home to some of the world's finest coffee. Matt gets up close and personal with a flock of dairy sheep as he investigates Wensleydale cheese.	UNITED KINGDOM	English-100		PG			Y
2024-09-10	1530	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 6	Paul goes on a wild bee hunt and builds a hive for the farm. He faces the hard task of taking his first pigs born and raised on the farm to the abattoir.	UNITED KINGDOM	English-100	RPT	PG	a w		Y
2024-09-10	1630	Gino's Italian Coastal Escape	Calabria	Gino reveals the rugged and wild region that is Calabria. Its landscape is as breathtaking as the powerhouse ingredients it produces. It's about fire and spice, with eye watering chillies, a new wonder salami, and then an Italian ingredient that is as English as they come. Join Gino as he explores this vast region by train, taking in the coast and the mountains, and creates two dishes in honour of this wild region.	UNITED KINGDOM	English-100		G			
2024-09-10	1700	Everyday Gourmet With Justine Schofield	Ep 52	Learn how to make the tastiest Mustard Herb Crusted Beef and Cheddar Scones and Onion Jam with Justine. Jackie M joins Justine for some Malaysian inspiration with her Sambul Prawns.	AUSTRALIA	English-100		G			
2024-09-10	1730	My Market Kitchen	Ep 22	Mike cooks his 15 minute Jalapeno Glazed Chicken Ribs for Laura. Then he treats Bill, the market manager, to a super indulgent Chocolate Tres Leches. To wrap up the show, Mike is joined by wine expert Adam Walls, who perfectly pairs wine with a delectable cheeseboard.	AUSTRALIA	English-100		G			
2024-09-10	1800	Pati's Mexican Table	Cheesy	Pati cooks three mouthwatering cheesy recipes - one for each of her boys. Later in Oaxaca, Pati and her three sons visit a cheese producer to see how the famous Oaxacan cheese is made.	USA	English-100		G			Y
2024-09-10	1830	Food Safari Earth	Tropic And Exotic	Maeve O'Meara explores the delicious world of tropical fruits and vegetables with recipes from Asia, the Pacific and South America. She explores Australia's enduring love for Asian flavours with a visit to the master of Thai cuisine, David Thompson, who shares his recipe for the most delicious, all-vegetarian Pad See Ew. Then Colombian-born chef, Oscar Espinosa showcases the power of the power of the plantain, transforming them into crunchy chips, served with a guacamole.	AUSTRALIA	English-100	RPT	G			Y
2024-09-10	1900	The Cook Up With Adam Liaw	Ultimate Family Chicken	Adam is joined by chef Ruben Lopez Mesa and radio host Megan Burslem. Their mission? Ultimate family chicken!	AUSTRALIA	English-100		G			Y
2024-09-10	1930	Cook Clever Waste Less With Prue & Rupy	Webster-Holmes 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.	UNITED KINGDOM	English-100		G			
2024-09-10	2000	Mary Berry Everyday	Ep 2	Mary shares everyday dishes full of wholesome goodness from her secret tip for a rich bolognese to a heart-warming soup. She dons a white suit and tries her hand at bee keeping, and collecting honey.	UNITED KINGDOM	English-100		G			
2024-09-10	2030	James Martin's French Adventure	Camargue	James uses the fabulous Fleur de sel in his own kitchen to make Pissaladiere (a salted anchovy and onion tart) and - inspired by his visit to the paddy fields - makes squid ink risotto.	UNITED KINGDOM	English-100		PG	a w		Y
2024-09-10	2130	Come Dine With Me UK	North Essex: Paula	Podiatrist Paula loves all things retro and treats her guests to a nostalgic night with old school foodie classics and some seventies songs. Despite the awkwardness, has she done enough to win?	UNITED KINGDOM	English-100		PG			

2024-09-10	2200	Come Dine With Me UK	North Essex: Marta	Straight talking accountant, Marta, lays on a Polish wedding for her guests and with bickering, some dodgy food and singing it turns out to be a classic wedding! Will it be good enough to win?	UNITED KINGDOM	English-100		PG			Y
2024-09-10	2230	The Cook Up With Adam Liaw	Ultimate Family Chicken	Adam is joined by chef Ruben Lopez Mesa and radio host Megan Burslem. Their mission? Ultimate family chicken!	AUSTRALIA	English-100		G			Y
2024-09-10	2300	The Cook And The Chef	Offal	When 'offal' is mentioned most of us think of the internal organs of animals, but the word also refers to anything that is considered worthless or thrown away. This week Maggie and Simon demonstrate that some ingredients which are considered 'junk food' can be tasty if they're prepared with love and attention.	AUSTRALIA	English-100		G			
2024-09-10	2330	Gourmet Farmer	Illegal Dinner	Hosting a Bastille Day lunch to showcase a range of delicacies to loyal stall patrons seems like a good idea to Matthew - but it's illegal without a licence. An alternative is to host a free dinner party where he can serve his own or locally sourced produce to favourite customers. But for now, more practical matters need his attention: a sheep's escaped and possums are decimating his vegetable garden.		English-100	RPT	PG	a w		Y
2024-09-10	2400	Shelfie With Dan Hong	Shelfie With Dan Hong Series 1 Ep 2	What do you do if you are a pregnant foodie, who has lost the energy to be creative in the kitchen? Post a #shelfie like Sheryl did, and Dan Hong may arrive on your doorstep to cook up a Lemongrass pork vermicelli salad, using all the ingredients in your cupboard and fridge.	AUSTRALIA	English-100		PG	I		
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2024-09-10	2500	Mary Berry Everyday	Ep 2	Mary shares everyday dishes full of wholesome goodness from her secret tip for a rich bolognaise to a heart-warming soup. She dons a white suit and tries her hand at bee keeping, and collecting honey.	UNITED KINGDOM	English-100		G			
2024-09-10	2530	James Martin's French Adventure	Camargue	James uses the fabulous Fleur de sel in his own kitchen to make Pissaladiere (a salted anchovy and onion tart) and - inspired by his visit to the paddy fields - makes squid ink risotto.	UNITED KINGDOM	English-100		PG	a w		Y
2024-09-10	2625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G			Y
2024-09-10	2630	Come Dine With Me UK	North Essex: Paula	Podiatrist Paula loves all things retro and treats her guests to a nostalgic night with old school foodie classics and some seventies songs. Despite the awkwardness, has she done enough to win?	UNITED KINGDOM	English-100		PG			
2024-09-10	2700	Come Dine With Me UK	North Essex: Marta	Straight talking accountant, Marta, lays on a Polish wedding for her guests and with bickering, some dodgy food and singing it turns out to be a classic wedding! Will it be good enough to win?	UNITED KINGDOM	English-100		PG			Y
2024-09-10	2730	Cook Like A Chef	Game	Game meats are on the menu for chef Derek Dammann in this protein-packed episode of Cook Like a Chef.	CANADA	English-100		G			
2024-09-10	2800	Tastes Like Home	Wicklow (Bray) / Anfi Tauro, Gran Canaria	On Tastes Like Home our contributors are sisters Nikki and Jill. Jill has been living abroad since she was 18 and now lives in Gran Canaria with her daughter Carolina.	IRELAND	English-100		G			

2024-09-10	2830	Bizarre Foods: Delicious Destinations	Genoa	Andrew explores the inventive eats of Genoa, Italy. A stunning location bursting with vibrant herbs and ancient technique, Genoa is home to favorites like peasant-created seafood salad, pesto with pasta and crispy flatbread.	USA	English-100	RPT	G			Y
2024-09-11	0500	Food Unwrapped	Instant Coffee, Vodka And Wensleydale Cheese	Kate journeys to the mountains of southern Peru, home to some of the world's finest coffee. Matt gets up close and personal with a flock of dairy sheep as he investigates Wensleydale cheese.	UNITED KINGDOM	English-100		PG			Y
2024-09-11	0530	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 6	Paul goes on a wild bee hunt and builds a hive for the farm. He faces the hard task of taking his first pigs born and raised on the farm to the abattoir.	UNITED KINGDOM	English-100	RPT	PG	a w	Y	
2024-09-11	0630	Gino's Italian Coastal Escape	Calabria	Gino reveals the rugged and wild region that is Calabria. Its landscape is as breathtaking as the powerhouse ingredients it produces. It's about fire and spice, with eye watering chillies, a new wonder salami, and then an Italian ingredient that is as English as they come. Join Gino as he explores this vast region by train, taking in the coast and the mountains, and creates two dishes in honour of this wild region.	UNITED KINGDOM	English-100		G			
2024-09-11	0700	Everyday Gourmet With Justine Schofield	Ep 52	Learn how to make the tastiest Mustard Herb Crusted Beef and Cheddar Scones and Onion Jam with Justine. Jackie M joins Justine for some Malaysian inspiration with her Sambul Prawns.	AUSTRALIA	English-100		G			
2024-09-11	0730	My Market Kitchen	Ep 22	Mike cooks his 15 minute Jalapeno Glazed Chicken Ribs for Laura. Then he treats Bill, the market manager, to a super indulgent Chocolate Tres Leches. To wrap up the show, Mike is joined by wine expert Adam Walls, who perfectly pairs wine with a delectable cheeseboard.	AUSTRALIA	English-100		G			
2024-09-11	0800	Pati's Mexican Table	Cheesy	Pati cooks three mouthwatering cheesy recipes - one for each of her boys. Later in Oaxaca, Pati and her three sons visit a cheese producer to see how the famous Oaxacan cheese is made.	USA	English-100		G			Y
2024-09-11	0830	Food Safari Earth	Tropic And Exotic	Maeve O'Meara explores the delicious world of tropical fruits and vegetables with recipes from Asia, the Pacific and South America. She explores Australia's enduring love for Asian flavours with a visit to the master of Thai cuisine, David Thompson, who shares his recipe for the most delicious, all-vegetarian Pad See Ew. Then Colombian-born chef, Oscar Espinosa showcases the power of the power of the plantain, transforming them into crunchy chips, served with a guacamole.	AUSTRALIA	English-100	RPT	G			Y
2024-09-11	0900	Gourmet Farmer	Illegal Dinner	Hosting a Bastille Day lunch to showcase a range of delicacies to loyal stall patrons seems like a good idea to Matthew - but it's illegal without a licence. An alternative is to host a free dinner party where he can serve his own or locally sourced produce to favourite customers. But for now, more practical matters need his attention: a sheep's escaped and possums are decimating his vegetable garden.		English-100	RPT	PG	a w	Y	
2024-09-11	0930	Cook Clever Waste Less With Prue & Rupy	Webster-Holmes 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.	UNITED KINGDOM	English-100		G			
2024-09-11	1000	Mary Berry Everyday	Ep 2	Mary shares everyday dishes full of wholesome goodness from her secret tip for a rich bolognaise to a heart-warming soup. She dons a white suit and tries her hand at bee keeping, and collecting honey.	UNITED KINGDOM	English-100		G			
2024-09-11	1030	Food Unwrapped	Instant Coffee, Vodka And Wensleydale Cheese	Kate journeys to the mountains of southern Peru, home to some of the world's finest coffee. Matt gets up close and personal with a flock of dairy sheep as he investigates Wensleydale cheese.	UNITED KINGDOM	English-100		PG			Y

2024-09-11	1100	The Cook Up With Adam Liaw	Ultimate Family Chicken	Adam is joined by chef Ruben Lopez Mesa and radio host Megan Burslem. Their mission? Ultimate family chicken!	AUSTRALIA	English-100	G		Y	
2024-09-11	1130	James Martin's French Adventure	Camargue	James uses the fabulous Fleur de sel in his own kitchen to make Pissaladiere (a salted anchovy and onion tart) and - inspired by his visit to the paddy fields - makes squid ink risotto.	UNITED KINGDOM	English-100	PG	a w	Y	
2024-09-11	1225	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y	
2024-09-11	1230	Shelfie With Dan Hong	Shelfie With Dan Hong Series 1 Ep 3	Prepare to witness the creation of the most epic chicken sandwich of all time after Dan Hong receives a #shelfie from Rebecca, and her culinary-challenged partner, Ari.	AUSTRALIA	English-100	PG	I		
2024-09-11	1300	Cook Like A Chef	Tenderloin	Beef tenderloin is prized for its exceptional quality. Chef Katie Ardington is a talented teacher for showcasing its many virtues.	CANADA	English-100	G			
2024-09-11	1330	Spencer's Big 30	Gourmet Soup And Sammies	Spencer makes a simple, yet deliciously Creamy Tomato Bisque. While his soup simmers, Spencer combines ginger, mustard, apple cider vinegar, and honey for a sweet and tangy dressing to add to his Citrus Ginger Frisée Salad.	CANADA	English-100	G			
2024-09-11	1400	Tastes Like Home	Mayo (Castlebar) / Larnaka, Cyprus	In this Tastes Like Home episode, our contributors are Parents and Daughter, Lorcan, Betty and Colleen. Colleen has been living in Larnaka for 4 years now. She lives there with her husband Julian and their twin daughters, we first meet Betty and her husband Lorcan cycling on the Greenway route to find out who is the family member living away from home.	IRELAND	English-100	G			
2024-09-11	1430	Bizarre Foods: Delicious Destinations	Emilia-Romagna	Andrew explores the region of Emilia-Romagna, Italy, and discovers ancient recipes and culinary classics including mortadella sausage, parmigiano reggiano and tortellini in broth.	USA	English-100	RPT	G	Y	
2024-09-11	1500	Food Unwrapped	Pistachios, Prosecco And Porridge	Kate is in California to ask why there are so many closed pistachios in our packs. Jimmy heads to Ireland to investigate whether traditional rolled oats are better for us than quick-cook porridge.	UNITED KINGDOM	English-100	G		Y	
2024-09-11	1530	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 7	Paul learns about catching eels from Indigenous local chef Noel Butler and sells his first eggs and veggie boxes into Tilba. Months of hard work pay off when Paul turns his own pigs into profit at the Eden Whale festival, but it's not all smooth-sailing.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-09-11	1630	Gino's Italian Coastal Escape	Aeolian Islands	Gino heads to the Aeolian Islands - the final destination on his epic coastal journey. He visits the two contrasting islands of Salina and Panarea to find out what they contribute the the Italian kitchen.	UNITED KINGDOM	English-100	PG	a w		
2024-09-11	1700	Everyday Gourmet With Justine Schofield	Ep 53	Justine shares her quirky recipe of Grilled Baby Snapper with Pineapple Cucumber Salsa and Quinoa, Zucchini and Corn Flourless Muius. Joe Grcac drops by to teach us his White Choc and Rum Panacotta.	AUSTRALIA	English-100	G			
2024-09-11	1730	My Market Kitchen	Ep 23	Mike starts with a recipe he learned in London, Salt Baked Bream. Laura follows with Asian-inspired Satay Chicken Wing Skewers. Mike then returns with his rich and decadent Banoffee Pie Sundae.	AUSTRALIA	English-100	G			
2024-09-11	1800	Pati's Mexican Table	More Than Just A Meal	Pati makes a few family staples with recipes that have many different uses. Perfect for busy families on the go, these recipes can be set aside or kept in the fridge to use later in a variety of delicious meals. They're more than just a meal, they'll keep your family satisfied all week.	USA	English-100	G			

2024-09-11	1830	Food Safari Earth	Autumn	It's the season of mellow fruitfulness and Maeve is on the road to Victoria's High Country in search of a wild mushroom bounty. Maeve joins her friend, homecook Franca Norris and her father, Angelo Bonacci, on a mushroom hunt amongst the pine trees before discovering the secrets of perfect gnocchi with mushroom sauce. Preserving guru Pietro Demaio then demonstrates how easy it is to bottle your own olives, while acclaimed chef Peter Conistis makes magnificent olive and tomato keftedes with a green olive sauce.	AUSTRALIA	English-100	RPT	G		Y	
2024-09-11	1900	The Cook Up With Adam Liaw	Fish & Fire	What could be more fantastic than fish and fire? Adam and his guests, Khanh Nguyen and the Bush Tukka Woman Samantha Martin, fire away with their fiery faves.	AUSTRALIA	English-100		G		Y	
2024-09-11	1930	Marcus Wareing: Simply Provence	Pork	Marcus is visiting a local farmers market where each week a local French chef impresses the crowds with a live cooking demo. However, he has been told a British chef is cooking tonight - him!	UNITED KINGDOM	English-100		G		Y	
2024-09-11	2000	Nadiya's Time To Eat	Easy End Of Days	Nadiya shares her favourite time-saving recipes to ensure an easy end to a hectic day, starting with a bright and zingy beetroot pasta, cooked in under fifteen minutes!	UNITED KINGDOM	English-100		PG	a w		
2024-09-11	2030	Hugh's Three Good Things	Citrus Fruit	It's time to add zest to your cooking life, with Hugh's captivating cooking competition. He goes head to head with two other chefs to see who can make the best dish using three main ingredients. Today, one of those main ingredients is citrus fruit.	UNITED KINGDOM	English-100		G			
2024-09-11	2100	Masters Of Taste With Gary Mehigan	Two Divas & A Rock-Star	Gary visits Kode and meets up with the gorgeous Ileana D'Cruz, and together they plate a Baked Alaska and light it on fire at a diner's table! Afterwards, Gary invites rock-and-roller Vishal Dadlani to his kitchen and gets him to be his uber cool sous chef for the day!	INDIA	English-100		PG			
2024-09-11	2130	Come Dine With Me UK	North Essex: Brad	Parkour instructor, Brad, has been outspoken all week and now it's time for him to put his money where his mouth is and impress his fellow contestants. Will he bite off more than he can chew?	UNITED KINGDOM	English-100		PG			
2024-09-11	2200	Come Dine With Me UK	Cardiff: Tracey	Mental health support worker and budding singer, Tracey, brings in a Caribbean carnival, but will her Jamaican scotch bonnet be too much for her guests?	UNITED KINGDOM	English-100		PG	a	Y	
2024-09-11	2230	The Cook Up With Adam Liaw	Fish & Fire	What could be more fantastic than fish and fire? Adam and his guests, Khanh Nguyen and the Bush Tukka Woman Samantha Martin, fire away with their fiery faves.	AUSTRALIA	English-100		G		Y	
2024-09-11	2300	The Cook And The Chef	Moveable Feast, A	It's the middle of spring and the sunshine and longer days are a great excuse for people to get together and enjoy good company and good food. In this program Maggie and Simon whip up dishes that'll not only impress the crowd but are easy to transport to any get-together. Maggie's 'moveable feast' is a creamy asparagus and leek tart, a whole meal encased in a sour cream pastry and ready to go. Simon shows us how to make a beautifully textured goat cheese lasagne that can be transported using a gourmet 'must have', the cardboard box.	AUSTRALIA	English-100		PG			
2024-09-11	2330	Gourmet Farmer	Bread	After nearly a year on the farm, Matthew now grows and makes most of what he needs - except for bread. He has sourced Tasmanian milled flour and locally grown olive oil and catches up with an artisan sourdough breadmaker for tips. On an outdoor wood fire, they test making bread using local flour and imported flour. Matthew also discovers that Tasmanian flour is low in gluten, and better for making cakes.		English-100	RPT	G		Y	Y
2024-09-11	2400	Shelfie With Dan Hong	Shelfie With Dan Hong Series 1 Ep 3	Prepare to witness the creation of the most epic chicken sandwich of all time after Dan Hong receives a #shelfie from Rebecca, and her culinary-challenged partner, Ari.	AUSTRALIA	English-100		PG	I		

2024-09-11	2430	Marcus Wareing: Simply Provence	Pork	Marcus is visiting a local farmers market where each week a local French chef impresses the crowds with a live cooking demo. However, he has been told a British chef is cooking tonight - him!	UNITED KINGDOM	English-100	G			Y
2024-09-11	2500	Nadiya's Time To Eat	Easy End Of Days	Nadiya shares her favourite time-saving recipes to ensure an easy end to a hectic day, starting with a bright and zingy beetroot pasta, cooked in under fifteen minutes!	UNITED KINGDOM	English-100	PG	a w		
2024-09-11	2530	Hugh's Three Good Things	Citrus Fruit	It's time to add zest to your cooking life, with Hugh's captivating cooking competition. He goes head to head with two other chefs to see who can make the best dish using three main ingredients. Today, one of those main ingredients is citrus fruit.	UNITED KINGDOM	English-100	G			
2024-09-11	2600	Masters Of Taste With Gary Mehigan	Two Divas & A Rock-Star	Gary visits Kode and meets up with the gorgeous Ileana D'Cruz, and together they plate a Baked Alaska and light it on fire at a diner's table! Afterwards, Gary invites rock-and-roller Vishal Dadlani to his kitchen and gets him to be his uber cool sous chef for the day!	INDIA	English-100	PG			
2024-09-11	2630	Come Dine With Me UK	North Essex: Brad	Parkour instructor, Brad, has been outspoken all week and now it's time for him to put his money where his mouth is and impress his fellow contestants. Will he bite off more than he can chew?	UNITED KINGDOM	English-100	PG			
2024-09-11	2700	Come Dine With Me UK	Cardiff: Tracey	Mental health support worker and budding singer, Tracey, brings in a Caribbean carnival, but will her Jamaican scotch bonnet be too much for her guests?	UNITED KINGDOM	English-100	PG	a		Y
2024-09-11	2730	Cook Like A Chef	Tenderloin	Beef tenderloin is prized for its exceptional quality. Chef Katie Ardington is a talented teacher for showcasing its many virtues.	CANADA	English-100	G			
2024-09-11	2800	Tastes Like Home	Mayo (Castlebar) / Larnaka, Cyprus	In this Tastes Like Home episode, our contributors are Parents and Daughter, Lorcan, Betty and Colleen. Colleen has been living in Larnaka for 4 years now. She lives there with her husband Julian and their twin daughters, we first meet Betty and her husband Lorcan cycling on the Greenway route to find out who is the family member living away from home.	IRELAND	English-100	G			
2024-09-11	2830	Bizarre Foods: Delicious Destinations	Emilia-Romagna	Andrew explores the region of Emilia-Romagna, Italy, and discovers ancient recipes and culinary classics including mortadella sausage, parmigiano reggiano and tortellini in broth.	USA	English-100	RPT	G		Y
2024-09-12	0500	Food Unwrapped	Pistachios, Prosecco And Porridge	Kate is in California to ask why there are so many closed pistachios in our packs. Jimmy heads to Ireland to investigate whether traditional rolled oats are better for us than quick-cook porridge.	UNITED KINGDOM	English-100	G			Y
2024-09-12	0530	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 7	Paul learns about catching eels from Indigenous local chef Noel Butler and sells his first eggs and veggie boxes into Tilba. Months of hard work pay off when Paul turns his own pigs into profit at the Eden Whale festival, but it's not all smooth-sailing.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-09-12	0630	Gino's Italian Coastal Escape	Aeolian Islands	Gino heads to the Aeolian Islands - the final destination on his epic coastal Journey. He visits the two contrasting islands of Salina and Panarea to find out what they contribute the the Italian kitchen.	UNITED KINGDOM	English-100	PG	a w		
2024-09-12	0700	Everyday Gourmet With Justine Schofield	Ep 53	Justine shares her quirky recipe of Grilled Baby Snapper with Pineapple Cucumber Salsa and Quinoa, Zucchini and Corn Flourless Muius. Joe Grbac drops by to teach us his White Choc and Rum Panacotta.	AUSTRALIA	English-100	G			

2024-09-12	0730	My Market Kitchen	Ep 23	Mike starts with a recipe he learned in London, Salt Baked Bream. Laura follows with Asian-inspired Satay Chicken Wing Skewers. Mike then returns with his rich and decadent Banoffee Pie Sundae.	AUSTRALIA	English-100	G			
2024-09-12	0800	Pati's Mexican Table	More Than Just A Meal	Pati makes a few family staples with recipes that have many different uses. Perfect for busy families on the go, these recipes can be set aside or kept in the fridge to use later in a variety of delicious meals. They're more than just a meal, they'll keep your family satisfied all week.	USA	English-100	G			
2024-09-12	0830	Food Safari Earth	Autumn	It's the season of mellow fruitfulness and Maeve is on the road to Victoria's High Country in search of a wild mushroom bounty. Maeve joins her friend, homecook Franca Norris and her father, Angelo Bonacci, on a mushroom hunt amongst the pine trees before discovering the secrets of perfect gnocchi with mushroom sauce. Preserving guru Pietro Demaio then demonstrates how easy it is to bottle your own olives, while acclaimed chef Peter Conistis makes magnificent olive and tomato keftedes with a green olive sauce.	AUSTRALIA	English-100	RPT	G	Y	
2024-09-12	0900	Gourmet Farmer	Bread	After nearly a year on the farm, Matthew now grows and makes most of what he needs - except for bread. He has sourced Tasmanian milled flour and locally grown olive oil and catches up with an artisan sourdough breadmaker for tips. On an outdoor wood fire, they test making bread using local flour and imported flour. Matthew also discovers that Tasmanian flour is low in gluten, and better for making cakes.		English-100	RPT	G	Y	Y
2024-09-12	0930	Marcus Wareing: Simply Provence	Pork	Marcus is visiting a local farmers market where each week a local French chef impresses the crowds with a live cooking demo. However, he has been told a British chef is cooking tonight - him!	UNITED KINGDOM	English-100	G			Y
2024-09-12	1000	Nadiya's Time To Eat	Easy End Of Days	Nadiya shares her favourite time-saving recipes to ensure an easy end to a hectic day, starting with a bright and zingy beetroot pasta, cooked in under fifteen minutes!	UNITED KINGDOM	English-100	PG		a w	
2024-09-12	1030	Food Unwrapped	Pistachios, Prosecco And Porridge	Kate is in California to ask why there are so many closed pistachios in our packs. Jimmy heads to Ireland to investigate whether traditional rolled oats are better for us than quick-cook porridge.	UNITED KINGDOM	English-100	G			Y
2024-09-12	1100	The Cook Up With Adam Liaw	Fish & Fire	What could be more fantastic than fish and fire? Adam and his guests, Khanh Nguyen and the Bush Tukka Woman Samantha Martin, fire away with their fiery faves.	AUSTRALIA	English-100	G			Y
2024-09-12	1130	Hugh's Three Good Things	Citrus Fruit	It's time to add zest to your cooking life, with Hugh's captivating cooking competition. He goes head to head with two other chefs to see who can make the best dish using three main ingredients. Today, one of those main ingredients is citrus fruit.	UNITED KINGDOM	English-100	G			
2024-09-12	1200	Masters Of Taste With Gary Mehigan	Two Divas & A Rock-Star	Gary visits Kode and meets up with the gorgeous Ileana D'Cruz, and together they plate a Baked Alaska and light it on fire at a diner's table! Afterwards, Gary invites rock-and-roller Vishal Dadlani to his kitchen and gets him to be his uber cool sous chef for the day!	INDIA	English-100	PG			
2024-09-12	1230	Shelfie With Dan Hong	Shelfie With Dan Hong Series 1 Ep 4	It's Dan Hong to the rescue when Jess posts a #shelfie full of pasta and snacks. This next level epic Cheeseburger Pasta Bake may just be Australia's new national dish.	AUSTRALIA	English-100	PG			
2024-09-12	1300	Cook Like A Chef	Dairy	Chef-host Natalia Machado brings the dairy front and centre in this episode, pulling back the curtain on a multitude of creamy creations.	CANADA	English-100	G			
2024-09-12	1330	Spencer's Big 30	Spring Fusion	Spencer whips up sweet and salty Pork Lettuce Wraps. Crispy lettuce perfectly counters the tangy pork in every bite.	CANADA	English-100	G			

2024-09-12	1400	Tastes Like Home	Cavan (Drumelis) / Melbourne, Australia	On Tastes Like Home our contributors are Mother and Son, Felicity and Eoin. Eoin has been living in Melbourne for 10 years now and lives with his fiance Julz.	IRELAND	English-100		G		
2024-09-12	1430	Bizarre Foods: Delicious Destinations	Paris: A Second Bite	Andrew returns to the European epicenter of fashion, art and food. Paris is home to masterful cuisine, and Andrew finds the best places to get everything from traditional pot au feu topped with bone marrow to steak tartare.	USA	English-100	RPT	PG	s	
2024-09-12	1500	Food Unwrapped	Perfect Veg, Strong Wine And Biscuit Dunking	Jimmy investigates the supermarkets' stringent criteria for the perfect vegetable. Matt takes on the ultimate tea-break challenge to end the age old dispute of which biscuit is best for dunking?	UNITED KINGDOM	English-100		G		Y
2024-09-12	1530	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 8	After months of training it's time for Digger to shine at a local dog competition. To welcome the start of summer Paul hosts a cricket match at RCA to celebrate the start of summer and share his produce with his friends. And his beloved cow Bessie finally gives birth.	UNITED KINGDOM	English-100	RPT	PG		Y
2024-09-12	1630	Gino's Italian Coastal Escape	Venice And Burano	Gino is back in his home country of Italy to reveal one of its best kept secrets: its stunning Adriatic Coast! He begins his epic journey in the magical city of Venice, where he takes a tour around its labyrinth of waterways, before cooking up a classic Venetian lunch of cicchetti.	UNITED KINGDOM	English-100		G		
2024-09-12	1700	Everyday Gourmet With Justine Schofield	Ep 54	Justine shows us how to make Son In Law Eggs, and the Ultimate Hot Smoked Salmon Salad, followed by a quick Rockmelon Sorbet and a fuss free Berry Trifle.	AUSTRALIA	English-100		G		
2024-09-12	1730	My Market Kitchen	Ep 24	Laura cooks a show-stopping entertaining dish, Fried Prawn Tacos, with Mike assisting with the guacamole. Next, Laura makes an Aussie treat Craisin Rocky Road. To wrap this episode, Laura prepares a simple Salt and Pepper Squid dish, perfect for when friends come around.	AUSTRALIA	English-100		G		
2024-09-12	1800	Pati's Mexican Table	Tijuana's Culinary Revolution	One of the most up and coming food destinations in all of Mexico, Tijuana is full of young, fresh talent across the culinary scene. Some of the best chefs in the world are coming from all over and setting up shop to take part in Baja's most exciting culinary movement. Pati spends the day meeting up with the hottest new chefs in town, like Miguel Angel Guerrero, founder of Baja Med cuisine. She roams the hot new food truck scene at Telefonica Gastropark, eats with Ruffo Ibara, a rising star and chef at Oryx Capital, and more.	USA	English-100		G		Y
2024-09-12	1830	Food Safari Earth	Sweet And Sour	Maeve explores the sweet power of onions with Spanish chef, Pablo Tordesillas Garcia and discovers the delights of a Catalanian favourite - char-grilled baby leeks with romesco sauce. Sicilian-Australian chef, Rosa Mitchell recalls a symphony of recipes from her heritage in her Melbourne restaurant, Rosa's Canteen - and shares her version of caponata - a sweet-sour vegetable dish that epitomises what the Italians refer to as 'agrodolce'.	AUSTRALIA	English-100	RPT	G		Y
2024-09-12	1900	The Cook Up With Adam Liaw	Fast Flavour	What's better than a quick dinner? One that's full of fast flavour. Adam and his guests, chefs Jean-Paul El Tom and Myra Karakelle have got you covered tonight.	AUSTRALIA	English-100		G		Y
2024-09-12	1930	Ainsley's Fantastic Flavours	South Asia	Ainsley is exploring the rich and aromatic flavours of South Asia, known for its colourful and exciting cuisine. His first dish is a speciality from Mumbai, a spicy fluffy potato patty that's battered and fried.	UNITED KINGDOM	English-100		G		
2024-09-12	2030	Guillaume's French Atlantic	Episode 8	Experience an unforgettable journey through the lavish wonders of Bordeaux as Guillaume Brahimi uncovers the secrets of the region's finest caviar, indulges in the succulent lobster of Cap Ferret, and basks in the sheer opulence of a wellness centre in a vineyard.	AUSTRALIA	English-70; French-30		G		Y Y
2024-09-12	2100	Barossa Gourmet With Justine Schofield	Ep 4	Justine starts with grilled nectarine and halloumi, then cooks shaved beef cheeseburgers, followed by a wine tasting with goat curd ravioli.	AUSTRALIA	English-100		G		

2024-09-12	2130	Come Dine With Me UK	Cardiff: Nathanael	Business owner Nathanael is hoping his sports themed menu will impress his guests and help bag him the 1000 pound prize. Will he have the right tactics for a home win?	UNITED KINGDOM	English-100	PG	a	
2024-09-12	2200	Come Dine With Me UK	Cardiff: Alice	Alice's wanderings in wonderland have inspired her to deliver an unusual menu involving cooking preparation with power tools and steaming her main with beer. But will the food be too crazy?	UNITED KINGDOM	English-100	PG		
2024-09-12	2230	The Cook Up With Adam Liaw	Fast Flavour	What's better than a quick dinner? One that's full of fast flavour. Adam and his guests, chefs Jean-Paul El Tom and Myra Karakelle have got you covered tonight.	AUSTRALIA	English-100	G		Y
2024-09-12	2300	The Cook And The Chef	Shellfish	What do you do with sea urchin? How do you prepare abalone? Maggie and Simon answer all the questions and show us some tricks of the trade as Maggie tries to convince Simon he can't live without sea urchins with her scallop and sea urchin butter. Simon opts for clean, bold flavours with his half shell scallops with dukkah.	AUSTRALIA	English-100	G		
2024-09-12	2330	Gourmet Farmer	Paddock Final Lunch	Matthew Evans is nearing the end of his first year on the farm and it's time to reflect on what's happened. His stall is breaking even, his vegetable garden is pathetic and he's not sure that he can call his new life a resounding success. But Matthew wants to celebrate the connections he's made during his journey. So for a finale, he cooks up a feast for old mates and new friends.		English-100	RPT	PG	Y
2024-09-12	2400	Shelfie With Dan Hong	Shelfie With Dan Hong Series 1 Ep 4	It's Dan Hong to the rescue when Jess posts a #shelfie full of pasta and snacks. This next level epic Cheeseburger Pasta Bake may just be Australia's new national dish.	AUSTRALIA	English-100	PG		
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2024-09-12	2600	Barossa Gourmet With Justine Schofield	Ep 4	Justine starts with grilled nectarine and halloumi, then cooks shaved beef cheeseburgers, followed by a wine tasting with goat curd ravioli.	AUSTRALIA	English-100	G		
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2024-09-12	2830	Bizarre Foods: Delicious Destinations	Paris: A Second Bite	Andrew returns to the European epicenter of fashion, art and food. Paris is home to masterful cuisine, and Andrew finds the best places to get everything from traditional pot au feu topped with bone marrow to steak tartare.	USA	English-100	RPT	PG	s		
2024-09-13	0500	Food Unwrapped	Perfect Veg, Strong Wine And Biscuit Dunking	Jimmy investigates the supermarkets' stringent criteria for the perfect vegetable. Matt takes on the ultimate tea-break challenge to end the age old dispute of which biscuit is best for dunking?	UNITED KINGDOM	English-100		G		Y	
2024-09-13	0530	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 8	After months of training it's time for Digger to shine at a local dog competition. To welcome the start of summer Paul hosts a cricket match at RCA to celebrate the start of summer and share his produce with his friends. And his beloved cow Bessie finally gives birth.	UNITED KINGDOM	English-100	RPT	PG		Y	
2024-09-13	0630	Gino's Italian Coastal Escape	Venice And Burano	Gino is back in his home country of Italy to reveal one of its best kept secrets: its stunning Adriatic Coast! He begins his epic journey in the magical city of Venice, where he takes a tour around its labyrinth of waterways, before cooking up a classic Venetian lunch of cicchetti.	UNITED KINGDOM	English-100		G			
2024-09-13	0700	Everyday Gourmet With Justine Schofield	Ep 54	Justine shows us how to make Son In Law Eggs, and the Ultimate Hot Smoked Salmon Salad, followed by a quick Rockmelon Sorbet and a fuss free Berry Trifle.	AUSTRALIA	English-100		G			
2024-09-13	0730	My Market Kitchen	Ep 24	Laura cooks a show-stopping entertaining dish, Fried Prawn Tacos, with Mike assisting with the guacamole. Next, Laura makes an Aussie treat Craisin Rocky Road. To wrap this episode, Laura prepares a simple Salt and Pepper Squid dish, perfect for when friends come around.	AUSTRALIA	English-100		G			
2024-09-13	0800	Pati's Mexican Table	Tijuana's Culinary Revolution	One of the most up and coming food destinations in all of Mexico, Tijuana is full of young, fresh talent across the culinary scene. Some of the best chefs in the world are coming from all over and setting up shop to take part in Baja's most exciting culinary movement. Pati spends the day meeting up with the hottest new chefs in town, like Miguel Angel Guerrero, founder of Baja Med cuisine. She roams the hot new food truck scene at Telefonica Gastropark, eats with Ruffo Ibara, a rising star and chef at Oryx Capital, and more.	USA	English-100		G		Y	
2024-09-13	0830	Food Safari Earth	Sweet And Sour	Maeve explores the sweet power of onions with Spanish chef, Pablo Tordesillas Garcia and discovers the delights of a Catalanian favourite - char-grilled baby leeks with romesco sauce. Sicilian-Australian chef, Rosa Mitchell recalls a symphony of recipes from her heritage in her Melbourne restaurant, Rosa's Canteen - and shares her version of caponata - a sweet-sour vegetable dish that epitomises what the Italians refer to as 'agrodolce'.	AUSTRALIA	English-100	RPT	G		Y	
2024-09-13	0900	Gourmet Farmer	Paddock Final Lunch	Matthew Evans is nearing the end of his first year on the farm and it's time to reflect on what's happened. His stall is breaking even, his vegetable garden is pathetic and he's not sure that he can call his new life a resounding success. But Matthew wants to celebrate the connections he's made during his journey. So for a finale, he cooks up a feast for old mates and new friends.		English-100	RPT	PG		Y	
2024-09-13	0930	Ainsley's Fantastic Flavours	South Asia	Ainsley is exploring the rich and aromatic flavours of South Asia, known for its colourful and exciting cuisine. His first dish is a speciality from Mumbai, a spicy fluffy potato patty that's battered and fried.	UNITED KINGDOM	English-100		G			
2024-09-13	1030	Food Unwrapped	Perfect Veg, Strong Wine And Biscuit Dunking	Jimmy investigates the supermarkets' stringent criteria for the perfect vegetable. Matt takes on the ultimate tea-break challenge to end the age old dispute of which biscuit is best for dunking?	UNITED KINGDOM	English-100		G		Y	
2024-09-13	1100	The Cook Up With Adam Liaw	Fast Flavour	What's better than a quick dinner? One that's full of fast flavour. Adam and his guests, chefs Jean-Paul El Tom and Myra Karakelle have got you covered tonight.	AUSTRALIA	English-100		G		Y	
2024-09-13	1130	Guillaume's French Atlantic	Episode 8	Experience an unforgettable journey through the lavish wonders of Bordeaux as Guillaume Brahimi uncovers the secrets of the region's finest caviar, indulges in the succulent lobster of Cap Ferret, and basks in the sheer opulence of a wellness centre in a vineyard.	AUSTRALIA	English-70; French-30		G		Y	Y

2024-09-13	1200	Barossa Gourmet With Justine Schofield	Ep 4	Justine starts with grilled nectarine and halloumi, then cooks shaved beef cheeseburgers, followed by a wine tasting with goat curd ravioli.	AUSTRALIA	English-100		G	
2024-09-13	1230	Shelfie With Dan Hong	Shelfie With Dan Hong Series 1 Ep 5	Did you know that vegemite can be a great umami-rich substitute for soy sauce? Neither did Katie until Dan Hong chose her #shelfie to make faux fried rice using steak and pasta!	AUSTRALIA	English-100		G	
2024-09-13	1300	Cook Like A Chef	Soup	Join chef Craig Wong as he teaches us his tricks for building beautiful bowls full of broth and flavour in his celebration of soup.	CANADA	English-100		G	
2024-09-13	1330	Spencer's Big 30	Comfort Food	Chef Spencer Watts shows us that cooking comfort food doesn't require a full day in the kitchen – it can be done in 30 minutes.	CANADA	English-100		G	
2024-09-13	1400	Tastes Like Home	Drimnagh/paris	Chef Catherine Fulvio meets Rosemary Wilson at Drimnagh Castle where they discuss how Rosemary's daughter Una lives in Paris. Rosemary teaches Catherine how to make her daughter Una's favourite dish, stout soused herrings.	IRELAND	English-100		G	
2024-09-13	1430	Bizarre Foods: Delicious Destinations	Lyon	Andrew explores the legendary and timeless cuisine of Lyon, France. The flavors of pike fish dumplings, breaded beef tripe and pink pralines have all helped Lyon earn the title World Capital of Gastronomy.	USA	English-100	RPT	G	
2024-09-13	1500	Food Unwrapped	Pineapple, Bubbly Chocolate And Mussels	Kate travels to Ghana and discovers that pineapples contain an enzyme that destroys the dead skin cells in your mouth. Jimmy uncovers how they put the bubbles in some of our chocolate bars.	UNITED KINGDOM	English-100		PG	Y
2024-09-13	1530	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 1	In the last year Paul's family has grown, so he employs a local, Harrison, as his part-time farm hand. With the fencing an on-going issue, he finds a way to change the face and shape of the farm. Paul has grand plans to take his food message on the road with a retrofitted Food Van, but has he bitten off more than he can chew?	UNITED KINGDOM	English-100	RPT	PG	Y
2024-09-13	1630	Gino's Italian Coastal Escape	Ravenna And San Marino	Tonight, Gino heads south along the Adriatic to visit two UNESCO sites. First the beautiful town of Ravenna - famed for its byzantine mosaics - where Gino meets the artists who restore these ancient works. Outside the oldest restaurant in the city, he makes a classic Piadina flatbread - explaining how to make the very best homemade pesto.	UNITED KINGDOM	English-100		PG	
2024-09-13	1700	Everyday Gourmet With Justine Schofield	Ep 55	Justine serves up a stunning Tuna & Tomato Pasta, Duck Red Cabbage Salsa with Corn Chips and heavenly Cherry Ripe Chocolate Truffles.	AUSTRALIA	English-100		G	
2024-09-13	1730	My Market Kitchen	Ep 25	Laura is joined in the Market Kitchen by vegetable farmer Catherine Velisha as they pickle celery, probably the most underrated pickle. Mike then cooks a beautiful vegetarian dish, Fried Tofu with Bang Bang Sauce, an ideal mid-week meal. To wrap the show, Laura makes and shares her popular Sausage Rolls.	AUSTRALIA	English-100		G	
2024-09-13	1800	Pati's Mexican Table	Tijuana: Stories From The Border	Life on the border is a melting pot of cultures and cuisines that creates a unique culinary scene like no other. As a Mexican immigrant who lives in America, Pati spent her life combining cuisines, and she will explore how this fusion of cultures affects the food in Tijuana.	USA	English-100		G	Y
2024-09-13	1830	Food Safari Earth	Preserving And Fermenting	Maeve delves into the intricate and specialised realm of preserved and fermented vegetables and fruit from around the world. She meets preserving supremo Pietro Demaio on his Mornington Peninsula farm to learn the key rules of preserving eggplant. Then, it's a visit to the Blue Mountains where apple cider vinegar is distilled by German-born Claudia Kindler - and used by chef Martin Boetz in his recipe for a crunchy, creamy 'gurkensalat'.	AUSTRALIA	English-100	RPT	G	Y

2024-09-13	1900	The Cook Up With Adam Liaw	Casual Lunch, The	Forget airs and graces, this Easy Entertaining is all about keeping it casual, and Adam is joined by two casually cool guests, Olympic water polo player Tilly Kearns and chef Claudette Zepeda.	AUSTRALIA	English-100	G		Y	
2024-09-13	1930	World Of Flavor With Big Moe Cason	Cowboys And 'cue In Colombia	Big Moe travels all the way to Colombia to discover one of the world's oldest methods of cooking meat over an open fire. Along the way he visits a street vendor to snack on insects and braves piranha.	USA	English-100	PG	a w	Y	
2024-09-13	2030	How Do They Really Do It?	How Do They Really Do It?: Domino's	Domino's is the biggest name in the UK when it comes to the highly competitive pizza delivery business. Go inside the kitchens of this pizza empire to meet those involved first-hand.	UNITED KINGDOM	English-100	PG			
2024-09-13	2130	Come Dine With Me UK	Cardiff: Ashley	Ashley's aim is to deliver a night of nostalgia from his childhood. His creative menu touches on 70s classics, but will the theatre in his food pack a punch to the taste buds?	UNITED KINGDOM	English-100	PG	a		
2024-09-13	2200	Come Dine With Me UK	Cardiff: Giulio	Steel Worker Giulio is hoping to let his guests experience an authentic Italian night. After all the comments across the week, he has left himself open to criticism for tonight.	UNITED KINGDOM	English-100	PG			
2024-09-13	2230	The Cook Up With Adam Liaw	Casual Lunch, The	Forget airs and graces, this Easy Entertaining is all about keeping it casual, and Adam is joined by two casually cool guests, Olympic water polo player Tilly Kearns and chef Claudette Zepeda.	AUSTRALIA	English-100	G		Y	
2024-09-13	2300	The Cook And The Chef	Cooking With Friends	Maggie and Simon visit a couple of cooking mates and mentors, who have played a part in their professional and personal lives. Simon catches up with internationally acclaimed Chef Cheong Liew and Maggie visits another icon in the Australian culinary world, Stephanie Alexander at her Kitchen garden project in Melbourne.	AUSTRALIA	English-100	PG			
2024-09-13	2330	Gourmet Farmer	Gourmet Farmer Series 2 Ep 1	Leading food critic Matthew Evans swapped city life for small farm living in Tasmania. Matthew now has his own young family, and it's time to get serious with a family to feed and a pig business to grow. To do this, he needs to build infrastructure on the farm for extra pigs, and find new ways to sell his increasing supply of pork products. A new such opportunity arrives when Matthew and friend Ross are approached at their Salamanca markets stall to make a specialty Czech sausage for the upcoming Czech festival.	AUSTRALIA	English-100	RPT	PG	Y	Y
2024-09-13	2400	Shelfie With Dan Hong	Shelfie With Dan Hong Series 1 Ep 5	Did you know that vegemite can be a great umami-rich substitute for soy sauce? Neither did Katie until Dan Hong chose her #shelfie to make faux fried rice using steak and pasta!	AUSTRALIA	English-100	G			
2024-09-13	2430	World Of Flavor With Big Moe Cason	Cowboys And 'cue In Colombia	Big Moe travels all the way to Colombia to discover one of the world's oldest methods of cooking meat over an open fire. Along the way he visits a street vendor to snack on insects and braves piranha.	USA	English-100	PG	a w	Y	
2024-09-13	2530	How Do They Really Do It?	How Do They Really Do It?: Domino's	Domino's is the biggest name in the UK when it comes to the highly competitive pizza delivery business. Go inside the kitchens of this pizza empire to meet those involved first-hand.	UNITED KINGDOM	English-100	PG			
2024-09-13	2625	Destination Flavour Japan Bitesize	Tokyo Part 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-09-13	2630	Come Dine With Me UK	Cardiff: Ashley	Ashley's aim is to deliver a night of nostalgia from his childhood. His creative menu touches on 70s classics, but will the theatre in his food pack a punch to the taste buds?	UNITED KINGDOM	English-100	PG	a		

2024-09-13	2700	Come Dine With Me UK	Cardiff: Giulio	Steel Worker Giulio, is hoping to let his guests experience an authentic Italian night. After all the comments across the week, he has left himself open to criticism for tonight.	UNITED KINGDOM	English-100		PG			
2024-09-13	2730	Cook Like A Chef	Soup	Join chef Craig Wong as he teaches us his tricks for building beautiful bowls full of broth and flavour in his celebration of soup.	CANADA	English-100		G			
2024-09-13	2800	Tastes Like Home	Drimnagh/paris	Chef Catherine Fulvio meets Rosemary Wilson at Drimnagh Castle where they discuss how Rosemary's daughter Una lives in Paris. Rosemary teaches Catherine how to make her daughter Una's favourite dish, stout soused herrings.	IRELAND	English-100		G			
2024-09-13	2830	Bizarre Foods: Delicious Destinations	Lyon	Andrew explores the legendary and timeless cuisine of Lyon, France. The flavors of pike fish dumplings, breaded beef tripe and pink pralines have all helped Lyon earn the title World Capital of Gastronomy.	USA	English-100	RPT	G			
2024-09-14	0500	Food Unwrapped	Pineapple, Bubbly Chocolate And Mussels	Kate travels to Ghana and discovers that pineapples contain an enzyme that destroys the dead skin cells in your mouth. Jimmy uncovers how they put the bubbles in some of our chocolate bars.	UNITED KINGDOM	English-100		PG		Y	
2024-09-14	0530	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 1	In the last year Paul's family has grown, so he employs a local, Harrison, as his part-time farm hand. With the fencing an on-going issue, he finds a way to change the face and shape of the farm. Paul has grand plans to take his food message on the road with a retrofitted Food Van, but has he bitten off more than he can chew?	UNITED KINGDOM	English-100	RPT	PG		Y	
2024-09-14	0630	Gino's Italian Coastal Escape	Ravenna And San Marino	Tonight, Gino heads south along the Adriatic to visit two UNESCO sites. First the beautiful town of Ravenna - famed for its byzantine mosaics - where Gino meets the artists who restore these ancient works. Outside the oldest restaurant in the city, he makes a classic Piadina flatbread - explaining how to make the very best homemade pesto.	UNITED KINGDOM	English-100		PG			
2024-09-14	0700	Everyday Gourmet With Justine Schofield	Ep 55	Justine serves up a stunning Tuna & Tomato Pasta, Duck Red Cabbage Salsa with Corn Chips and heavenly Cherry Ripe Chocolate Truffles.	AUSTRALIA	English-100		G			
2024-09-14	0730	My Market Kitchen	Ep 25	Laura is joined in the Market Kitchen by vegetable farmer Catherine Velisha as they pickle celery, probably the most underrated pickle. Mike then cooks a beautiful vegetarian dish, Fried Tofu with Bang Bang Sauce, an ideal mid-week meal. To wrap the show, Laura makes and shares her popular Sausage Rolls.	AUSTRALIA	English-100		G			
2024-09-14	0800	Pati's Mexican Table	Tijuana: Stories From The Border	Life on the border is a melting pot of cultures and cuisines that creates a unique culinary scene like no other. As a Mexican immigrant who lives in America, Pati spent her life combining cuisines, and she will explore how this fusion of cultures affects the food in Tijuana.	USA	English-100		G		Y	
2024-09-14	0830	Food Safari Earth	Preserving And Fermenting	Maeve delves into the intricate and specialised realm of preserved and fermented vegetables and fruit from around the world. She meets preserving supremo Pietro Demaio on his Mornington Peninsula farm to learn the key rules of preserving eggplant. Then, it's a visit to the Blue Mountains where apple cider vinegar is distilled by German-born Claudia Kindler - and used by chef Martin Boetz in his recipe for a crunchy, creamy 'gurkensalat'.	AUSTRALIA	English-100	RPT	G		Y	
2024-09-14	0900	Gourmet Farmer	Gourmet Farmer Series 2 Ep 1	Leading food critic Matthew Evans swapped city life for small farm living in Tasmania. Matthew now has his own young family, and it's time to get serious with a family to feed and a pig business to grow. To do this, he needs to build infrastructure on the farm for extra pigs, and find new ways to sell his increasing supply of pork products. A new such opportunity arrives when Matthew and friend Ross are approached at their Salamanca markets stall to make a speciality Czech sausage for the upcoming Czech festival.	AUSTRALIA	English-100	RPT	PG		Y	Y
2024-09-14	0930	World Of Flavor With Big Moe Cason	Cowboys And 'cue In Colombia	Big Moe travels all the way to Colombia to discover one of the world's oldest methods of cooking meat over an open fire. Along the way he visits a street vendor to snack on insects and braves piranha.	USA	English-100		PG	a w	Y	

2024-09-14	1030	Food Unwrapped	Pineapple, Bubbly Chocolate And Mussels	Kate travels to Ghana and discovers that pineapples contain an enzyme that destroys the dead skin cells in your mouth. Jimmy uncovers how they put the bubbles in some of our chocolate bars.	UNITED KINGDOM	English-100	PG			Y	
2024-09-14	1100	The Cook Up With Adam Liaw	Casual Lunch, The	Forget airs and graces, this Easy Entertaining is all about keeping it casual, and Adam is joined by two casually cool guests, Olympic water polo player Tilly Kearns and chef Claudette Zepeda.	AUSTRALIA	English-100	G			Y	
2024-09-14	1130	How Do They Really Do It?	How Do They Really Do It?: Domino's	Domino's is the biggest name in the UK when it comes to the highly competitive pizza delivery business. Go inside the kitchens of this pizza empire to meet those involved first-hand.	UNITED KINGDOM	English-100	PG				
2024-09-14	1225	Destination Flavour Japan Bitesize	Tokyo Part 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-09-14	1230	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 1	In the last year Paul's family has grown, so he employs a local, Harrison, as his part-time farm hand. With the fencing an on-going issue, he finds a way to change the face and shape of the farm. Paul has grand plans to take his food message on the road with a retrofitted Food Van, but has he bitten off more than he can chew?	UNITED KINGDOM	English-100	RPT	PG		Y	
2024-09-14	1330	Gino's Italian Coastal Escape	Ravenna And San Marino	Tonight, Gino heads south along the Adriatic to visit two UNESCO sites. First the beautiful town of Ravenna - famed for its byzantine mosaics - where Gino meets the artists who restore these ancient works. Outside the oldest restaurant in the city, he makes a classic Piadina flatbread - explaining how to make the very best homemade pesto.	UNITED KINGDOM	English-100		PG			
2024-09-14	1400	Everyday Gourmet With Justine Schofield	Ep 55	Justine serves up a stunning Tuna & Tomato Pasta, Duck Red Cabbage Salsa with Corn Chips and heavenly Cherry Ripe Chocolate Truffles.	AUSTRALIA	English-100		G			
2024-09-14	1430	Ainsley's Food We Love	Sweets And Treats	Ainsley is joined by actor and entertainer John Barrowman and prepares a selection of sweets and treats, starting with his cheesy soufflé Welsh rarebit muffins. Former Great British Bake-Off semi-finalist Briony May Williams makes a miso caramel and pear chocolate layer cake, while Olly Smith picks a range of drinks that are perfect for an indulgent moment.	UNITED KINGDOM	English-100		G			
2024-09-14	1525	Please Eat Slowly Bitesize	Yee Sang	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100		G			
2024-09-14	1530	Ainsley's Food We Love	Al Fresco Dining	Ainsley prepares a selection of dishes perfect for al fresco dining, including Cypriot lamb chops, cherry tomato skewers and potato salad. Supper Club host Joseph Denison Carey serves up a tagliatelle, and Ainsley shows guest Dev Griffin how to make sesame and ginger sea bass with an Asian noodles salad. Olly Smith has canned drinks perfect for the great outdoors.	UNITED KINGDOM	English-100		G			
2024-09-14	1625	Destination Flavour Scandinavia Bitesize	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	
2024-09-14	1630	Curtis Stone's Travel, Cook, Repeat	Big Island, Hawaii, USA	Chef Curtis Stone has flown over the Big Island of Hawaii countless times on his way to Australia. This time he lands to go fishing with a competitive spearfisher before visiting with his brother who raises Berkshire pigs. The brothers invite them to a backyard feast where he meets their award-winning poke-making uncle. Back home in his kitchen, he's making Tinono-style grilled pork ribeyes and rainbow Hawaiian-style poke rice bowls.	USA	English-100		PG		a w	
2024-09-14	1700	Long Weekend In... With Rory O'Connell	Lisbon	This week Rory visits the Portuguese capital city and starts his weekend with a picnic overlooking Lisbon. His first stop is Manteigaria Silva, an acclaimed delicatessen established in 1890, and a treasure trove of traditional Portuguese food. Rory is in his element, and stocks up on local bread, cheese, cured meats and olives.	IRELAND	English-100		G			

2024-09-14	1730	Lorraine Pascale: Baking Made Easy	Very Entertaining	Want stress-free and easy ideas for entertaining? Lorraine's got the answer. Take her Whiskey and Chilli Tiger Prawns, they're baked in the oven and ready in less than 30 minutes. Lorraine's top 3 flavour enhancers are revealed, these are a chef's secret to fabulous baking.	UNITED KINGDOM	English-100	G			
2024-09-14	1800	David Rocco's Italia	Rock 'n Roll Underground Milan	Heading to the less crowded, more trendy areas of Milan, David meets locals and foreign transplants alike who show him their favourite spots.	CANADA	English-100	PG	I	Y	
2024-09-14	1830	River Cottage Forever	Ep 3	It's late May, the vet calls and it's bad news: Marge the cow is not as pregnant as Hugh once thought, there'll be no more lambs and the first batch of eggs are all addled. But his spirits are raised by the news that huge shoals of cuttlefish are massing off the Dorset coast. Scenting a free meal, Hugh sets about designing a honey trap - a lobster pot fitted with a dummy female cuttlefish to lure in the eager males.	UNITED KINGDOM	English-100	PG	a w		
2024-09-14	1900	River Cottage Forever	Ep 4	It's mid-June and it's time to make hay. After last year's disaster, Hugh is determined to get it right and calls in local farmer Paddy Rudd to advise. Good weather makes good hay and Paddy reckons that the next five days will give them the window they require to finish the job. To pay for the hire of the haymaking kit, Hugh clears his polytunnel of his peas and beans to sell them at the Bridport Farmers' Market.	UNITED KINGDOM	English-100	PG			
2024-09-14	1930	Hairy Bikers Go West	Bristol	The Hairy Bikers westward journey continues, bringing Dave and Si to the 220-mile River Severn, an area steeped in history and natural beauty and famous for its fusion of flavours.	UNITED KINGDOM	English-100	G			
2024-09-14	2030	Gordon, Gino And Fred's Road Trip	Three Amigos, The	Having been to Mexico before filming An Italian In Mexico, Gino thinks he can show off some culinary nous to Gordon and Fred. On a mission to taste the world's best breakfast, the boys are up to their old tricks when Fred is nearly floored by a ten-gallon jar of tequila filled with snakes. Then, a hot chilli eating competition concludes with Gino dashing to the toilet, before they hit the coast road south to go spear fishing for lunch.	UNITED KINGDOM	English-100	M	I	Y	
2024-09-14	2130	Anthony Bourdain: The Layover	Chicago	Grandiose architecture, Italian Beef Cubs versus White Sox, taverns galore, the best meat in tube form in all of America, and even medical torture devices find their way into Tony's 43 hour layover in the wondrous city of Chicago.	USA	English-100	PG	a l s	Y	
2024-09-14	2225	Taste The Philippines With Yasmin Newman	Smoked Bicol Express With Luisa Brimble	Renowned cookbook photographer Louisa Brimble shares her smoky version of bicol express, a classic dish from her hometown in the Philippines.	AUSTRALIA	English-100	G			
2024-09-14	2230	River Cottage Australia	Ep 8	It's been nearly four months since Hugh returned to River Cottage in the UK to let Paul do it alone. But now he's back, and he's amazed at what he finds. Where there used to be rundown enclosures and sheds, there are now homes for chickens, ducks, pigs and a dairy cow. The vegetable beds they laid out together are now a mass of leafy winter greens, and the citrus grove is thriving. They decide to harvest what they can as starting point for a huge community cook-up they've got planned. But they'll need more food to feed the hungry throng. At the beach, Paul instructs Hugh in the fine art of beach-worm catching. Will they be able to catch the bait, let alone enough fish for a feed?	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-09-14	2330	Ainsley's Food We Love	Sweets And Treats	Ainsley is joined by actor and entertainer John Barrowman and prepares a selection of sweets and treats, starting with his cheesy soufflé Welsh rarebit muffins. Former Great British Bake-Off semi-finalist Briony May Williams makes a miso caramel and pear chocolate layer cake, while Olly Smith picks a range of drinks that are perfect for an indulgent moment.	UNITED KINGDOM	English-100	G			
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2024-09-14	2830	River Cottage Forever	Ep 3	It's late May, the vet calls and it's bad news: Marge the cow is not as pregnant as Hugh once thought, there'll be no more lambs and the first batch of eggs are all addled. But his spirits are raised by the news that huge shoals of cuttlefish are massing off the Dorset coast. Scenting a free meal, Hugh sets about designing a honey trap - a lobster pot fitted with a dummy female cuttlefish to lure in the eager males.	UNITED KINGDOM	English-100		PG	a w	