



WEEK 38 Sunday, 15 September 2024 Saturday, 21 September 2024

ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-09-15	0500	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			
2024-09-15	0530	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			
2024-09-15	0630	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	
2024-09-15	0730	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			
2024-09-15	0825	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			
2024-09-15	0830	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			
2024-09-15	0925	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	
2024-09-15	0930	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		
2024-09-15	1000	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			
2024-09-15	1030	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			
2024-09-15	1130	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		
2024-09-15	1200	Lorraine Pascale: Baking Made Easy	Very Entertaining	Want stress-free and easy ideas for entertaining? Lorraine's got the answer. Take her Whiskey and Chill 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			

2024-09-15	1230	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
2024-09-15	1330	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
2024-09-15	1400	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	RPT	G		Y
2024-09-15	1430	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	RPT	G		Y
2024-09-15	1500	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	RPT	G		Y
2024-09-15	1530	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	RPT	G		Y
2024-09-15	1600	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
2024-09-15	1630	Curtis Stone's Travel, Cook, Repeat	Central Coast, California, USA	Chef Curtis Stone travels to the Central Coast of California to explore wine country where he visits a goat creamery and oyster farm. He whips up a smoked salmon omelet with goat cheese, beet relish and craveable Pacific Oysters Kilpatrick.	USA	English-100		PG		
2024-09-15	1700	Long Weekend In... With Rory O'Connell	Madrid	Rory creates Octopus salad with red and green peppers inspired by his long weekend in Madrid.	IRELAND	English-100		G		
2024-09-15	1730	Hungry For More: Spain	Hungry For More	Tom Anlezark and Georgia Maher explore the country's deep relationship with food and how it influences the Spanish way of life. This series takes viewers from Barcelona to Costa Brava.	AUSTRALIA	English-90; Catalan-10	RPT	PG		Y Y
2024-09-15	1800	Food Rescue Kitchen	Ep 6	Naomi Tollalo is on a food rescue mission. Join her as she challenges Park Hyatt Executive Chef Brent Martin to cook a 3 course meal out of rescued food.	NEW ZEALAND	English-100		G		
2024-09-15	1830	Simply Raymond Blanc	Rb Favourites	What could be nicer than using the freshest and tastiest ingredients and creating something truly delicious for your nearest and dearest? Raymond has chosen his favourite dishes to share his secrets to simple, beautiful cooking.	UNITED KINGDOM	English-100		G		
2024-09-15	1930	Be My Guest With Ina Garten	Frank Bruni	Ina's having a blast at the barn when Frank Bruni, the amazing award-winning journalist, restaurant critic, author and Professor shares his amazing life story and killer cocktail recipe.	USA	English-100		G		
2024-09-15	2000	Tom Kerridge Cooks Britain	Scotland - Mussels And Strawberries	Tom Kerridge heads to Scotland in his food truck to discover what it takes to produce the food on our plate and to cook with the British ingredients he finds along the way. This episode - mussels and strawberries!	UNITED KINGDOM	English-100		PG		
2024-09-15	2030	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 2	Rick Stein travels to St Ives to tell us about one of Britain's little-known artists, Alfred Wallis. In the shadow of Bodmin Moor Rick visits a very rare collection of Medieval stained-glass windows in the church of St Neot.	UNITED KINGDOM	English-100		PG	a	

2024-09-15	2100	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 2 Ep 3	Rick meets Springwatch presenter and biologist Gillian Burke who takes Rick on a walk through a rare habitat called an Atlantic Temperate Rainforest, on the banks of the Helford River.	UNITED KINGDOM	English-100	PG	a		
2024-09-15	2130	<b>Anthony Bourdain: The Layover</b>	Paris	Tony visits one of his favorite cities in the world, Paris. It's hard to do too much of anything when your cup's being constantly refilled with amazing wine and there's a cheese plate to turn to.	USA	English-100	PG	l s		Y
2024-09-15	2225	<b>Taste The Philippines With Yasmin Newman</b>	Kinilaw With Yasmin Newman	Rejoice Thomson, pastry chef and owner of Brisbane's Dovetail on Overend makes a classic Australian dessert with a Filipino twist: mini ube pavlovas with passion fruit curd.	AUSTRALIA	English-100	G			
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2024-09-15	2425	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural Journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
2024-09-15	2430	<b>Curtis Stone's Travel, Cook, Repeat</b>	Central Coast, California, USA	Chef Curtis Stone travels to the Central Coast of California to explore wine country where he visits a goat creamery and oyster farm. He whips up a smoked salmon omelet with goat cheese, beet relish and craveable Pacific Oysters Kilpatrick.	USA	English-100	PG			
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2024-09-16	1100	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 2 Ep 3	Rick meets Springwatch presenter and biologist Gillian Burke who takes Rick on a walk through a rare habitat called an Atlantic Temperate Rainforest, on the banks of the Helford River.	UNITED KINGDOM	English-100		PG		a
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2024-09-16	1230	<b>Come Dine With Me</b>	Sussex 1	This week's competition is in sunny Sussex, where the first to host is travel manager and part-time comedian Rod and he's putting his extensive dinner party experience to the test by cooking a comprehensive and complicated menu.	UNITED KINGDOM	English-100		PG		s

2024-09-16	1300	<b>Cook Like A Chef</b>	Allium	Alliums include staples like onions, garlic, leeks, and chives - you'll love chef Derek Dammann's skillful tips and tricks for using them all.	CANADA	English-100		PG		
2024-09-16	1330	<b>Spencer's Big 30</b>	That's Amore	It'll only take you around 30 minutes to impress your loved ones with chef Spencer Watts's budget-friendly Italian feast. Spencer starts his meal by preparing an ooey goeey Cannelloni dish. Creamy ricotta with fresh spinach for a rich filling.	CANADA	English-100		G		
2024-09-16	1400	<b>Tastes Like Home</b>	Outlart/boston	Chef Catherine Fulvio travels to Boston and visits the iconic Cheers Pub on Beacon Hill, previously known as the Bull and Finch Pub, she gets to experience Oyster Happy Hour in Boston's Marliave Restaurant, as well as walking the famous grounds of the prestigious Harvard University where Sarah-Jo worked.	IRELAND	English-100		G		
2024-09-16	1430	<b>Bizarre Foods: Delicious Destinations</b>	Alsace	Andrew Zimmern discovers the French and German cuisine of Alsace, France and its rustic flavors made from farm-fresh local ingredients.	USA	English-100	RPT	G		
2024-09-16	1500	<b>Food Unwrapped</b>	Prunes, Cherry Tomatoes And Sea Water Veg	Jimmy wants to know if prunes can help the Food CIA team stay regular. Matt travels to The Netherlands to meet a Dutch pioneer who may have unlocked the secret to growing vegetables using seawater.	UNITED KINGDOM	English-100		PG		Y
2024-09-16	1530	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 2	Paul's spent the last few years planting and growing produce without a long term plan so he gets important advice on how to transform the farm's future. Digger is reunited with someone very special and Paul bravely takes his food truck for it's first test run at the local farmers markets - but he's a little unprepared.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-09-16	1630	<b>Gino's Italian Coastal Escape</b>	Conero Riviera	Gino visits an ancient vineyard where he makes a sumptuous sweet treat to go with their famous red wine. After visiting the medieval hilltop town of Castelfidardo, he cooks the classic Italian version of Macaroni cheese.	UNITED KINGDOM	English-100		G		
2024-09-16	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 56	Former Masterchef contestant Sarah Todd joins Justine in the kitchen to create an unforgettable Chicken Quinoa Biryani. Justine shows us a tasty Barramundi with Santorini Couscous Salad.	AUSTRALIA	English-100		G		
2024-09-16	1730	<b>My Market Kitchen</b>	Ep 26	Laura is joined in the Market Kitchen by wine expert Adam Walls, who matches wines to her unusual but delicious Potato Pizza. Laura then makes the healthiest Cherry Ripe Slice you will ever eat.	AUSTRALIA	English-100		G		
2024-09-16	1800	<b>Pati's Mexican Table</b>	Ensenada's Epic Seafood	The port town of Ensenada is a seafood mecca. Fresh fish is everywhere you look, and this hub for seafood exportation is also the gateway to Mexican wine country.	USA	English-100		PG	a w	Y
2024-09-16	1830	<b>Food Safari Earth</b>	Winter	Maeve O'Meara celebrates the surprisingly abundant produce of winter across the most heart-warming recipes from around the world. She explores a spicy Singaporean white carrot cake made from daikon radish, known as chai tow kway. Kale is hailed as a superfood, but the Portuguese have been eating it for centuries as part of a delicious warm salad using finely sliced kale, toasted cornbread crumbs and pine nuts.	AUSTRALIA	English-100	RPT	G		Y
2024-09-16	1900	<b>The Cook Up With Adam Liaw</b>	Something Saucy	Something saucy is on the menu tonight, as Adam and his guests, entertainer Reuben Kaye and chef Nelly Robinson, stir up three moreish recipes.	AUSTRALIA	English-100		PG		Y
2024-09-16	1930	<b>Jamie At Home</b>	Courgettes	There's a bumper crop of courgettes in Jamie's garden and he shows us how to utilise them whilst they are in season. Not only do they come in all shapes, sizes and colours but the delicate flowers are edible too.	UNITED KINGDOM	English-100		G		
2024-09-16	2000	<b>Luke Nguyen's Vietnam</b>	Da Lat	Luke visits the town of Dalat in the beautiful central highlands of Vietnam. He enjoys the cooler climate and the abundance of fresh produce on offer. He also takes advantage of the abundant flowers on offer by deep frying pumpkin flowers stuffed with prawns and dill in front of the famous 'Da Lat Palace'.	AUSTRALIA	English-100	RPT	G		Y
2024-09-16	2030	<b>Gordon Ramsay's Uncharted</b>	Sumatra's Stunning Highlands	Chef Gordon Ramsay's quest to master the world's most fascinating cuisines lands him on the Indonesian island of Sumatra where he risks his safety and his pride to acquire the ingredients he needs.	UNITED KINGDOM	English-100		PG	a l w	Y

2024-09-16	2125	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
2024-09-16	2130	Come Dine With Me UK	Swansea: Rachel	44-year-old post woman and yoga enthusiast Rachel is hoping to wow her guests with an evening dedicated to healthy home cooking, inspired by her weight loss journey. Will it be enough to win?	UNITED KINGDOM	English-100		PG		
2024-09-16	2200	Come Dine With Me UK	Swansea: Luke	Civil servant Luke is hoping to blow his guests' minds with his risky, all spicy menu, in a bid to land the 1,000 pound prize. But will the fun and frolics make up for the mouth-burning meal?	UNITED KINGDOM	English-100		PG		
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2024-09-16	2300	The Cook And The Chef	Bush Tucker	Simon kicks the show off by sharing his thoughts about the experience of moving out to Australia from England as a youngster, looking out at the harsh Australian landscape. These days Simon is a convert to the delights of Australian bush food, but to find out more he travels to Reedy Creek in South Australia's South East, where Mike and Gayle Quarmby have been working hard to help foster the growing bush food industry.	AUSTRALIA	English-100		G		
2024-09-16	2330	Gourmet Farmer	Gourmet Farmer Series 2 Ep 2	While on the North West coast of Tasmania, herding cattle across the ocean at low tide to Robbins Island, Matthew has a new business idea. The Wagyu beef that he samples here - at Hammond farm, is the best he's ever eaten. Sadly, only foreigners get to taste it. With friends Nick and Ross, Matthew brainstorms an idea for Long Table Lunches, where the three of them will create multiple course menus from produce sourced exclusively from the local area.	AUSTRALIA	English-100	RPT	G	Y	
2024-09-16	2400	Come Dine With Me	Sussex 1	This week's competition is in sunny Sussex, where the first to host is travel manager and part-time comedian Rod and he's putting his extensive dinner party experience to the test by cooking a comprehensive and complicated menu.	UNITED KINGDOM	English-100		PG	s	
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2024-09-16	2800	<b>Spencer's Big 30</b>	That's Amore	It'll only take you around 30 minutes to impress your loved ones with chef Spencer Watts's budget-friendly Italian feast. Spencer starts his meal by preparing an ooey gooey Cannelloni dish. Creamy ricotta with fresh spinach for a rich filling.	CANADA	English-100		G		
2024-09-16	2830	<b>Tastes Like Home</b>	Outlart/boston	Chef Catherine Fulvio travels to Boston and visits the iconic Cheers Pub on Beacon Hill, previously known as the Bull and Finch Pub, she gets to experience Oyster Happy Hour in Boston's Marlviave Restaurant, as well as walking the famous grounds of the prestigious Harvard University where Sarah-Jo worked.	IRELAND	English-100		G		
2024-09-17	0500	<b>Bizarre Foods: Delicious Destinations</b>	Alsace	Andrew Zimmern discovers the French and German cuisine of Alsace, France and its rustic flavors made from farm-fresh local ingredients.	USA	English-100	RPT	G		
2024-09-17	0530	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 2	Paul's spent the last few years planting and growing produce without a long term plan so he gets important advice on how to transform the farm's future. Digger is reunited with someone very special and Paul bravely takes his Food truck for it's first test run at the local farmers markets - but he's a little unprepared.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-09-17	0630	<b>Gino's Italian Coastal Escape</b>	Conero Riviera	Gino visits an ancient vineyard where he makes a sumptuous sweet treat to go with their famous red wine. After visiting the medieval hilltop town of Castelfidardo, he cooks the classic Italian version of Macaroni cheese.	UNITED KINGDOM	English-100		G		
2024-09-17	0700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 56	Former Masterchef contestant Sarah Todd joins Justine in the kitchen to create an unforgettable Chicken Quinoa Biryani. Justine shows us a tasty Barramundi with Santorini Couscous Salad.	AUSTRALIA	English-100		G		
2024-09-17	0730	<b>My Market Kitchen</b>	Ep 26	Laura is joined in the Market Kitchen by wine expert Adam Walls, who matches wines to her unusual but delicious Potato Pizza. Laura then makes the healthiest Cherry Ripe Slice you will ever eat.	AUSTRALIA	English-100		G		
2024-09-17	0800	<b>Pati's Mexican Table</b>	Ensenada's Epic Seafood	The port town of Ensenada is a seafood mecca. Fresh fish is everywhere you look, and this hub for seafood exportation is also the gateway to Mexican wine country.	USA	English-100		PG	a w	Y
2024-09-17	0830	<b>Food Safari Earth</b>	Winter	Maeve O'Meara celebrates the surprisingly abundant produce of winter across the most heart-warming recipes from around the world. She explores a spicy Singaporean white carrot cake made from daikon radish, known as chai tow kway. Kale is hailed as a superfood, but the Portuguese have been eating it for centuries as part of a delicious warm salad using finely sliced kale, toasted cornbread crumbs and pine nuts.	AUSTRALIA	English-100	RPT	G		Y
2024-09-17	0900	<b>Gourmet Farmer</b>	Gourmet Farmer Series 2 Ep 2	While on the North West coast of Tasmania, herding cattle across the ocean at low tide to Robbins Island, Matthew has a new business idea. The Wagyu beef that he samples here - at Hammond farm, is the best he's ever eaten. Sadly, only foreigners get to taste it. With friends Nick and Ross, Matthew brainstorms an idea for Long Table Lunches, where the three of them will create multiple course menus from produce sourced exclusively from the local area.	AUSTRALIA	English-100	RPT	G		Y
2024-09-17	0930	<b>Jamie At Home</b>	Courgettes	There's a bumper crop of courgettes in Jamie's garden and he shows us how to utilise them whilst they are in season. Not only do they come in all shapes, sizes and colours but the delicate flowers are edible too.	UNITED KINGDOM	English-100		G		
2024-09-17	1000	<b>Luke Nguyen's Vietnam</b>	Da Lat	Luke visits the town of Dalat in the beautiful central highlands of Vietnam. He enjoys the cooler climate and the abundance of fresh produce on offer. He also takes advantage of the abundant flowers on offer by deep frying pumpkin flowers stuffed with prawns and dill in front of the famous 'Da Lat Palace'.	AUSTRALIA	English-100	RPT	G		Y Y
2024-09-17	1030	<b>Food Unwrapped</b>	Prunes, Cherry Tomatoes And Sea Water Veg	Jimmy wants to know if prunes can help the Food CIA team stay regular. Matt travels to The Netherlands to meet a Dutch pioneer who may have unlocked the secret to growing vegetables using seawater.	UNITED KINGDOM	English-100		PG		Y
2024-09-17	1100	<b>The Cook Up With Adam Liaw</b>	Something Saucy	Something saucy is on the menu tonight, as Adam and his guests, entertainer Reuben Kaye and chef Nelly Robinson, stir up three moreish recipes.	AUSTRALIA	English-100		PG		Y
2024-09-17	1130	<b>Gordon Ramsay's Uncharted</b>	Sumatra's Stunning Highlands	Chef Gordon Ramsay's quest to master the world's most fascinating cuisines lands him on the Indonesian island of Sumatra where he risks his safety and his pride to acquire the ingredients he needs.	UNITED KINGDOM	English-100		PG	a l w	Y

2024-09-17	1225	<b>Destination Flavour China Bitesize</b>	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
2024-09-17	1230	<b>Come Dine With Me</b>	Sussex 2	Hoping to finish the week a grand better off is mystic and animal communicator Josie, who is aided by her best friend and confidante, Mimi the cat but will her evening of spiritual shenanigans delight or have her diners running scared?	UNITED KINGDOM	English-100		PG	I		
2024-09-17	1300	<b>Cook Like A Chef</b>	Chocolate	Masterful chef-host Katie Ardington loves chocolate, don't we all? Watch as she shares her chocolate handling knowledge and skill in this episode.	CANADA	English-100		G			
2024-09-17	1330	<b>Spencer's Big 30</b>	Night At The Pub	Everyone loves a classic pub meal, but don't always have the time to make it! Stay in with celebrity chef Spencer Watts as he prepares traditional pub dishes in under 30 minutes, for around 30 dollars. Spencer makes a sizzling Quick Pub Steak featuring a fragrant rub of peppercorns, pickling spice, and pickling salt to intensify the flavour of the meat.	CANADA	English-100		G			
2024-09-17	1400	<b>Tastes Like Home</b>	Faro/windy Arbor	Chef Catherine Fulvio travel to Faro, Portugal to meet Joao and Teresa to find out who is living away from home, Joao and his friend Tiago first made friends on a Portuguese beach aged three years and have been friends ever since, but now that friendship has extended to their wives and kids.	IRELAND	English-100		PG			
2024-09-17	1430	<b>Bizarre Foods: Delicious Destinations</b>	Montevideo	Andrew digs into the culinary treasures of Uruguay's capital city, Montevideo. He explores this meaty mecca by highlighting their slow-cooked Asado meats.	USA	English-100		G			
2024-09-17	1500	<b>Food Unwrapped</b>	Seafood, Eat Your Greens And Gummy Sweets	Jimmy wants to know if there are any easier ways to get the meat out of a fiddly crustacean, and discovers a new technology in Ireland which could revolutionise the food industry. Kate asks is there anything we can do to get kids to eat their greens, and finds out why toddlers are hardwired to avoid unfamiliar foods. While Matt is in Germany finding out how gummy sweets are made. But be careful of the sugar alarm!	UNITED KINGDOM	English-100		PG	a w		Y
2024-09-17	1530	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 3	After ironing out some of the food van fumbles, Paul decides to drive it over the mountains and into the 'big smoke'. Not before stopping off for a spot of trout fishing and learning they're tough to tackle. In Canberra, he's overwhelmed by the urban growers he meets along the way and challenges the food van to it's ultimate test - the taste buds of city slickers!	UNITED KINGDOM	English-100	RPT	PG		Y	
2024-09-17	1630	<b>Gino's Italian Coastal Escape</b>	Tremiti Islands	Tonight Gino leaves the mainland of Italy behind and takes to the skies to visit the remote Islands of Tremiti. Using local herbs he cooks up his own twist on a classic Italian steak dinner.	UNITED KINGDOM	English-100		PG			
2024-09-17	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 57	Today Justine whips up a mouth watering Prawn Toast and a Seared Barramundi with Red Curry Paste. British Pastry Chef, Darren Purchase joins Justine in the kitchen and shows us how to make an irresistible Nougat Parfait.	AUSTRALIA	English-100		G			
2024-09-17	1730	<b>My Market Kitchen</b>	Ep 27	Laura is joined in the Market Kitchen by Chef Lillie, who makes the famous Vietnamese recipe Banh Mi. Mike changes the pace by cooking Grilled Raddicchio.	AUSTRALIA	English-100		G			
2024-09-17	1800	<b>Pati's Mexican Table</b>	Baja Breakfast	While in Valle De Guadalupe, Pati visits one of the most legendary cooks in the area, Doña Esthela, who makes the best breakfast as far as the eye can see.	USA	English-100		G			Y
2024-09-17	1830	<b>Food Safari Water</b>	From The Water	Maeve O'Meara journeys into the Top End of Australia to seek out wild barramundi with local fisherman Billy Boustead and his chef friend, legendary Darwin and Alice Springs restaurateur Jimmy Shu (Hanuman), who moved from Melbourne when he tasted magnificent 'barra' over 25 years ago.	AUSTRALIA	English-100	RPT	PG		Y	
2024-09-17	1900	<b>The Cook Up With Adam Liaw</b>	Curried Away	Spice! Sauce! Rice! Adam and his guests, chef Mindy Woods and comedian Sean Choolburra get carried away in the kitchen.	AUSTRALIA	English-100		G		Y	
2024-09-17	1930	<b>Cook Clever Waste Less With Prue &amp; Rupy</b>	Thompson Family, The	Culinary legend and queen of leftovers Prue Leith teams up with food expert Dr Rupy Aujla to help the Thompson family tackle food waste and save money.	UNITED KINGDOM	English-100		G			



2024-09-17	2000	Mary Berry Everyday	Ep 3	Mary opens her garden to host a village fete and shares her flair for turning easy dishes into spectacular crowd pleasers. She's visited by two brothers for a lesson in authentic Italian pizza making.	UNITED KINGDOM	English-100	G		
2024-09-17	2030	James Martin's French Adventure	Arles	James heads to an olive grove to cook pan fried lamb chops with baby aubergines, before taking artistic inspiration from one of Arles's famous residents - Vincent Van Gogh.	UNITED KINGDOM	English-100	PG	a w	Y
2024-09-17	2130	Come Dine With Me UK	Swansea: Anamika	27-year-old business analyst Anamika is putting on a night inspired by her hometown in India. Will her efforts be enough to clinch the prize in the end?	UNITED KINGDOM	English-100	PG		
2024-09-17	2200	Come Dine With Me UK	Swansea: Chris	Viking enthusiast Chris hopes to impress his guests with a fancy sounding menu made up of locally sourced ingredients. Tune in to see if his feast will be enough to conquer the competition.	UNITED KINGDOM	English-100	PG		
2024-09-17	2230	The Cook Up With Adam Liaw	Curried Away	Spice! Sauce! Rice! Adam and his guests, chef Mindy Woods and comedian Sean Choolburra get carried away in the kitchen.	AUSTRALIA	English-100	G		Y
2024-09-17	2300	The Cook And The Chef	Bbq Party	The warm spring days in the Barossa Valley are perfect for a barbecue and this week Maggie and Simon make the most of the weather to turn on the gas and start sizzling some of their favourite ingredients. They begin with two very different 'Devils on horseback', followed by Maggie's mouth watering barbecue Quail and Simons Wagyu Yakiniku.	AUSTRALIA	English-100	G		
2024-09-17	2330	Gourmet Farmer	Gourmet Farmer Series 2 Ep 3	Matthew starts to get hardcore with his locavore philosophy when he decides to learn how to make his own brew. Unfortunately, his lesson is interrupted when he finds out his beloved cow Daisy has fallen ill after giving birth to a calf. After a rough patch, Matthew picks himself up and goes out in search of wheat substitutes for his bread making and tries out some spelt.	AUSTRALIA	English-100	RPT	G	Y
2024-09-17	2400	Come Dine With Me	Sussex 2	Hoping to finish the week a grand better off is mystic and animal communicator Josie, who is aided by her best friend and confidante, Mimi the cat but will her evening of spiritual shenanigans delight or have her diners running scared?	UNITED KINGDOM	English-100	PG	I	
2024-09-17	2430	Cook Clever Waste Less With Prue & Rupy	Thompson Family, The	Culinary legend and queen of leftovers Prue Leith teams up with food expert Dr Rupy Aujla to help the Thompson family tackle food waste and save money.	UNITED KINGDOM	English-100	G		
2024-09-17	2500	Mary Berry Everyday	Ep 3	Mary opens her garden to host a village fete and shares her flair for turning easy dishes into spectacular crowd pleasers. She's visited by two brothers for a lesson in authentic Italian pizza making.	UNITED KINGDOM	English-100	G		
2024-09-17	2530	James Martin's French Adventure	Arles	James heads to an olive grove to cook pan fried lamb chops with baby aubergines, before taking artistic inspiration from one of Arles's famous residents - Vincent Van Gogh.	UNITED KINGDOM	English-100	PG	a w	Y
2024-09-17	2625	Please Eat Slowly Bitesize	Dumplings	There are a few tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right. Victor shares his secrets to create delicious, foolproof dumplings!	AUSTRALIA	English-100	G		
2024-09-17	2630	Come Dine With Me UK	Swansea: Anamika	27-year-old business analyst Anamika is putting on a night inspired by her hometown in India. Will her efforts be enough to clinch the prize in the end?	UNITED KINGDOM	English-100	PG		
2024-09-17	2700	Come Dine With Me UK	Swansea: Chris	Viking enthusiast Chris hopes to impress his guests with a fancy sounding menu made up of locally sourced ingredients. Tune in to see if his feast will be enough to conquer the competition.	UNITED KINGDOM	English-100	PG		
2024-09-17	2730	Cook Like A Chef	Chocolate	Masterful chef-host Katie Ardington loves chocolate, don't we all? Watch as she shares her chocolate handling knowledge and skill in this episode.	CANADA	English-100	G		

2024-09-17	2800	<b>Spencer's Big 30</b>	Night At The Pub	Everyone loves a classic pub meal, but don't always have the time to make it! Stay in with celebrity chef Spencer Watts as he prepares traditional pub dishes in under 30 minutes, for around 30 dollars. Spencer makes a sizzling Quick Pub Steak featuring a fragrant rub of peppercorns, pickling spice, and pickling salt to intensify the flavour of the meat.	CANADA	English-100		G	
2024-09-17	2830	<b>Tastes Like Home</b>	Faro/windy Arbor	Chef Catherine Fulvio travel to Faro, Portugal to meet Joao and Teresa to find out who is living away from home, Joao and his friend Tiago first made friends on a Portuguese beach aged three years and have been friends ever since, but now that friendship has extended to their wives and kids.	IRELAND	English-100		PG	
2024-09-18	0500	<b>Bizarre Foods: Delicious Destinations</b>	Montevideo	Andrew digs into the culinary treasures of Uruguay's capital city, Montevideo. He explores this meaty mecca by highlighting their slow-cooked Asado meats.	USA	English-100		G	
2024-09-18	0530	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 3	After ironing out some of the food van fumbles, Paul decides to drive it over the mountains and into the 'big smoke'. Not before stopping off for a spot of trout fishing and learning they're tough to tackle. In Canberra, he's overwhelmed by the urban growers he meets along the way and challenges the food van to it's ultimate test - the taste buds of city slickers!	UNITED KINGDOM	English-100	RPT	PG	Y
2024-09-18	0630	<b>Gino's Italian Coastal Escape</b>	Tremiti Islands	Tonight Gino leaves the mainland of Italy behind and takes to the skies to visit the remote Islands of Tremiti. Using local herbs he cooks up his own twist on a classic Italian steak dinner.	UNITED KINGDOM	English-100		PG	
2024-09-18	0700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 57	Today Justine whips up a mouth watering Prawn Toast and a Seared Barramundi with Red Curry Paste. British Pastry Chef, Darren Purchase joins Justine in the kitchen and shows us how to make an irresistible Nougat Parfait.	AUSTRALIA	English-100		G	
2024-09-18	0730	<b>My Market Kitchen</b>	Ep 27	Laura is joined in the Market Kitchen by Chef Lillie, who makes the famous Vietnamese recipe Banh Mi. Mike changes the pace by cooking Grilled Raddicchio.	AUSTRALIA	English-100		G	
2024-09-18	0800	<b>Pati's Mexican Table</b>	Baja Breakfast	While in Valle De Guadalupe, Pati visits one of the most legendary cooks in the area, Doña Esthela, who makes the best breakfast as far as the eye can see.	USA	English-100		G	Y
2024-09-18	0830	<b>Food Safari Water</b>	From The Water	Maeve O'Meara journeys into the Top End of Australia to seek out wild barramundi with local fisherman Billy Boustead and his chef friend, legendary Darwin and Alice Springs restaurateur Jimmy Shu (Hanuman), who moved from Melbourne when he tasted magnificent 'barra' over 25 years ago.	AUSTRALIA	English-100	RPT	PG	Y
2024-09-18	0900	<b>Gourmet Farmer</b>	Gourmet Farmer Series 2 Ep 3	Matthew starts to get hardcore with his locavore philosophy when he decides to learn how to make his own brew. Unfortunately, his lesson is interrupted when he finds out his beloved cow Daisy has fallen ill after giving birth to a calf. After a rough patch, Matthew picks himself up and goes out in search of wheat substitutes for his bread making and tries out some spelt.	AUSTRALIA	English-100	RPT	G	Y
2024-09-18	0930	<b>Cook Clever Waste Less With Prue &amp; Rupy</b>	Thompson Family, The	Culinary legend and queen of leftovers Prue Leith teams up with food expert Dr Rupy Aujla to help the Thompson family tackle food waste and save money.	UNITED KINGDOM	English-100		G	
2024-09-18	1000	<b>Mary Berry Everyday</b>	Ep 3	Mary opens her garden to host a village fete and shares her flair for turning easy dishes into spectacular crowd pleasers. She's visited by two brothers for a lesson in authentic Italian pizza making.	UNITED KINGDOM	English-100		G	
2024-09-18	1030	<b>Food Unwrapped</b>	Seafood, Eat Your Greens And Gummy Sweets	Jimmy wants to know if there are any easier ways to get the meat out of a fiddly crustacean, and discovers a new technology in Ireland which could revolutionise the food industry. Kate asks is there anything we can do to get kids to eat their greens, and finds out why toddlers are hardwired to avoid unfamiliar foods. While Matt is in Germany finding out how gummy sweets are made. But be careful of the sugar alarm!	UNITED KINGDOM	English-100		PG	a w Y
2024-09-18	1100	<b>The Cook Up With Adam Liaw</b>	Curried Away	Spice! Sauce! Rice! Adam and his guests, chef Mindy Woods and comedian Sean Choolburra get curried away in the kitchen.	AUSTRALIA	English-100		G	Y
2024-09-18	1130	<b>James Martin's French Adventure</b>	Arlès	James heads to an olive grove to cook pan fried lamb chops with baby aubergines, before taking artistic inspiration from one of Arlès's famous residents - Vincent Van Gogh.	UNITED KINGDOM	English-100		PG	a w Y

2024-09-18	1225	<b>Please Eat Slowly Bitesize</b>	Dumplings	There are a few tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right. Victor shares his secrets to create delicious, foolproof dumplings!	AUSTRALIA	English-100		G		
2024-09-18	1230	<b>Come Dine With Me</b>	Sussex 3	It's the third night of the competition in Sussex and the turn of Food hub charity director Paula to host and she's taking inspiration for her menu from her job by using ingredients that have passed their "best before date", and otherwise would be heading to landfill.	UNITED KINGDOM	English-100		PG		
2024-09-18	1300	<b>Cook Like A Chef</b>	Beef	Beef cookery is precious to Argentinian chef-host Natalia Machado - a world-class chef who combines modern technique with her deep cultural tradition.	CANADA	English-100		G		
2024-09-18	1330	<b>Spencer's Big 30</b>	French-Canadian	Chef Spencer Watts explores rich, hearty, and mouth-watering French-Canadian cuisine with four recipes that'll have you saying merci! Starting with an iconic French-Canadian dish, Spencer cooks up flaky and golden Tourtiere Pots filled with sweet and spicy ground beef.	CANADA	English-100		PG		
2024-09-18	1400	<b>Tastes Like Home</b>	Fethard-On-Sea/newfoundland	Chef Catherine Fulvio travels to Newfoundland and goes whale watching in search for Humpbacks and Minke whales, she visits Quidi Vidi village and Cape Spear Lighthouse and 'The Rooms Museum' which houses an exhibit showing when and where the Irish arrived and settled in Newfoundland.	IRELAND	English-100		G		
2024-09-18	1430	<b>Bizarre Foods: Delicious Destinations</b>	Guayaquil	Andrew introduces the tropical and frenetic coastal cuisine of Guayaquil, Ecuador. Bright flavors and local ingredients define Guayaquil's gastronomy.	USA	English-100		PG		Y
2024-09-18	1500	<b>Food Unwrapped</b>	Rocksalt, Free Range Eggs And Haggis	Jimmy heads to Sicily, where he's surprised to find his final destination isn't the sea, but the high mountains of the interior. Kate's looking at free range hens, and is surprised to learn most chicks on British hen farms have their beaks trimmed at birth. And Matt's in Scotland, investigating Haggis. He makes a surprising discovery about the dish's true origins.	UNITED KINGDOM	English-100		PG	a w	Y
2024-09-18	1530	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 4	While Paul is away, Harrison is left to manage the farm, and it's not all plain sailing. There's a sweet surprise ready for harvest that's been brewing for over a year, and Paul rises to the challenge at a community event that makes him sweat for his supper. Does he have what it takes to make the local footy team?	UNITED KINGDOM	English-100	RPT	G		Y
2024-09-18	1630	<b>Gino's Italian Coastal Escape</b>	Gargano And Pollignano A Mare	This week Gino explores the magnificent mountain range of Gargano National Park and prepares a classic parmigiana di melanzane for locals.	UNITED KINGDOM	English-100		PG		
2024-09-18	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 58	Justine shares her mess free special Cornbread in a Pan and Chai Tea Cupcakes in a Mug. She shows us how to make a succulent Pot Roasted Duck with Port and Grapes.	AUSTRALIA	English-100		G		
2024-09-18	1730	<b>My Market Kitchen</b>	Ep 28	It's off to the Victorian wine region of Yarra Valley for our first recipe. Laura is joined by Man About Town David Mann and footy legend Dougie Hawkins for her French Toast dish.	AUSTRALIA	English-100		G		
2024-09-18	1800	<b>Pat's Mexican Table</b>	Mexican Wine Country	With over 100 wineries, Valle de Guadalupe has become the hottest new destination, with people traveling from all over to discover this new and exciting region.	USA	English-100		G		Y
2024-09-18	1830	<b>Food Safari Water</b>	Sea Treasures	Some of the more unusual treasures of the water include the adored gastropod mollusc abalone which fetches up to \$1300 a kilo and is a status present in the Chinese world. Diver James Palanowski works in 8-degree water off Tasmania's east coast to harvest abalone, which is then used by acclaimed Chinese chef Frank Shek (China Doll) who teaches a home sous-vide (water bath) method to achieve a tender delicious spiced seafood which he incorporates into a spectacular omelette.	AUSTRALIA	English-100	RPT	G		Y
2024-09-18	1900	<b>The Cook Up With Adam Liaw</b>	Zucchini	Chefs Noora Heiska and Louis Tikaram join Adam in the kitchen to help zucchini level up from sidekick to hero.	AUSTRALIA	English-100		G		Y
2024-09-18	1930	<b>Marcus Wareing: Simply Provence</b>	Bread	There's one essential in France that simply can't be ignored. It's cheap as chips, eaten daily with every meal and is in almost every household: the French baguette.	UNITED KINGDOM	English-100		G		

2024-09-18	2000	Nadiya's Time To Eat	Impress In An Instant	Nadiya shares her favourite time-saving recipes to take the stress out of impressing guests, from luxurious raspberry cheesecake croissants to a speedy satay chicken tray bake.	UNITED KINGDOM	English-100		G	
2024-09-18	2030	Hugh's Three Good Things	Sweet Apple	It's the final day of Fruit week competition and it's all to play for as the three chefs return to Monday's key ingredient: apples.	UNITED KINGDOM	English-100		G	
2024-09-18	2100	Masters Of Taste With Gary Mehigan	Art & Science Of Cooking, The	Gary meets ups with Canadian-Chinese chef Kelvin Cheung in his restaurant, Bastian, and gets a peek into his signature dish, a mouth-watering Indonesian snapper. He then heads to his kitchen to cook some delicious dumplings.	INDIA	English-100		G	
2024-09-18	2130	Come Dine With Me UK	Swansea: Bethan	Travel agent, Bethan, tries her hand in the kitchen. Her plan is to give her guests a memorable meal with an out of this world twist. But will the simplicity of her menu be enough?	UNITED KINGDOM	English-100		G	
2024-09-18	2200	Come Dine With Me UK	Sheffield: Sam	40-year-old studio manager and blogger, Sam, hopes to wow her guests with an evening dedicated to Mizoram cooking, inspired by her late Nan. What more can she possibly do to win her guests over?	UNITED KINGDOM	English-100		PG	
2024-09-18	2230	The Cook Up With Adam Liaw	Zucchini	Chefs Noora Heiska and Louis Tikaram join Adam in the kitchen to help zucchini level up from sidekick to hero.	AUSTRALIA	English-100		G	Y
2024-09-18	2300	The Cook And The Chef	Just Cheese	If you buy your cheese processed and packaged from the supermarket shelf, then be prepared for a steep learning curve. It's the difference between 'off the rack' and 'couture' as Maggie and Simon cook with some 'designer' cheeses.	AUSTRALIA	English-100		G	
2024-09-18	2330	Gourmet Farmer	Gourmet Farmer Series 2 Ep 4	Matthew reckons he's earned a break from the farm, and heads off on a kayaking adventure with Ross. They're resolute in insisting on packing nothing but two minute noodles, as the Picton River is sure to supply a bounty of fish. Alas, they prove to be less than naturals on the water, and the fish prove to be totally absent. Resisting the temptation to head into a fast food outlet as their kayaks approach a small town, the boys call up a sushi maker.	AUSTRALIA	English-100	RPT	PG	Y
2024-09-18	2400	Come Dine With Me	Sussex 3	It's the third night of the competition in Sussex and the turn of Food hub charity director Paula to host and she's taking inspiration for her menu from her job by using ingredients that have passed their 'best before date', and otherwise would be heading to landfill.	UNITED KINGDOM	English-100		PG	
2024-09-18	2430	Marcus Wareing: Simply Provence	Bread	There's one essential in France that simply can't be ignored. It's cheap as chips, eaten daily with every meal and is in almost every household: the French baguette.	UNITED KINGDOM	English-100		G	
2024-09-18	2500	Nadiya's Time To Eat	Impress In An Instant	Nadiya shares her favourite time-saving recipes to take the stress out of impressing guests, from luxurious raspberry cheesecake croissants to a speedy satay chicken tray bake.	UNITED KINGDOM	English-100		G	
2024-09-18	2530	Hugh's Three Good Things	Sweet Apple	It's the final day of Fruit week competition and it's all to play for as the three chefs return to Monday's key ingredient: apples.	UNITED KINGDOM	English-100		G	
2024-09-18	2600	Masters Of Taste With Gary Mehigan	Art & Science Of Cooking, The	Gary meets ups with Canadian-Chinese chef Kelvin Cheung in his restaurant, Bastian, and gets a peek into his signature dish, a mouth-watering Indonesian snapper. He then heads to his kitchen to cook some delicious dumplings.	INDIA	English-100		G	
2024-09-18	2630	Come Dine With Me UK	Swansea: Bethan	Travel agent, Bethan, tries her hand in the kitchen. Her plan is to give her guests a memorable meal with an out of this world twist. But will the simplicity of her menu be enough?	UNITED KINGDOM	English-100		G	
2024-09-18	2700	Come Dine With Me UK	Sheffield: Sam	40-year-old studio manager and blogger, Sam, hopes to wow her guests with an evening dedicated to Mizoram cooking, inspired by her late Nan. What more can she possibly do to win her guests over?	UNITED KINGDOM	English-100		PG	

2024-09-18	2730	<b>Cook Like A Chef</b>	Beef	Beef cookery is precious to Argentinian chef-host Natalia Machado - a world-class chef who combines modern technique with her deep cultural tradition.	CANADA	English-100		G		
2024-09-18	2800	<b>Spencer's Big 30</b>	French-Canadian	Chef Spencer Watts explores rich, hearty, and mouth-watering French-Canadian cuisine with four recipes that'll have you saying merci! Starting with an iconic French-Canadian dish, Spencer cooks up flaky and golden Tourtiere Pots filled with sweet and spicy ground beef.	CANADA	English-100		PG		
2024-09-18	2830	<b>Tastes Like Home</b>	Fethard-On-Sea/newfoundland	Chef Catherine Fulvio travels to Newfoundland and goes whale watching in search for Humpbacks and Minke whales, she visits Quidi Vidi village and Cape Spear Lighthouse and 'The Rooms Museum' which houses an exhibit showing when and where the Irish arrived and settled in Newfoundland.	IRELAND	English-100		G		
2024-09-19	0500	<b>Bizarre Foods: Delicious Destinations</b>	Guayaquil	Andrew introduces the tropical and frenetic coastal cuisine of Guayaquil, Ecuador. Bright flavors and local ingredients define Guayaquil's gastronomy.	USA	English-100		PG		Y
2024-09-19	0530	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 4	While Paul is away, Harrison is left to manage the farm, and it's not all plain sailing. There's a sweet surprise ready for harvest that's been brewing for over a year, and Paul rises to the challenge at a community event that makes him sweat for his supper. Does he have what it takes to make the local footy team?	UNITED KINGDOM	English-100	RPT	G		Y
2024-09-19	0630	<b>Gino's Italian Coastal Escape</b>	Gargano And Pollignano A Mare	This week Gino explores the magnificent mountain range of Gargano National Park and prepares a classic parmigiana di melanzane for locals.	UNITED KINGDOM	English-100		PG		
2024-09-19	0700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 58	Justine shares her mess free special Cornbread in a Pan and Chai Tea Cupcakes in a Mug. She shows us how to make a succulent Pot Roasted Duck with Port and Grapes.	AUSTRALIA	English-100		G		
2024-09-19	0730	<b>My Market Kitchen</b>	Ep 28	It's off to the Victorian wine region of Yarra Valley for our first recipe. Laura is joined by Man About Town David Mann and footy legend Dougie Hawkins for her French Toast dish.	AUSTRALIA	English-100		G		
2024-09-19	0800	<b>Pati's Mexican Table</b>	Mexican Wine Country	With over 100 wineries, Valle de Guadalupe has become the hottest new destination, with people traveling from all over to discover this new and exciting region.	USA	English-100		G		Y
2024-09-19	0830	<b>Food Safari Water</b>	Sea Treasures	Some of the more unusual treasures of the water include the adored gastropod mollusc abalone which fetches up to \$1300 a kilo and is a status present in the Chinese world. Diver James Palanowski works in 8-degree water off Tasmania's east coast to harvest abalone, which is then used by acclaimed Chinese chef Frank Shek (China Doll) who teaches a home sous-vide (water bath) method to achieve a tender delicious spiced seafood which he incorporates into a spectacular omelette.	AUSTRALIA	English-100	RPT	G		Y
2024-09-19	0900	<b>Gourmet Farmer</b>	Gourmet Farmer Series 2 Ep 4	Matthew reckons he's earned a break from the farm, and heads off on a kayaking adventure with Ross. They're resolute in insisting on packing nothing but two minute noodles, as the Picton River is sure to supply a bounty of fish. Alas, they prove to be less than naturals on the water, and the fish prove to be totally absent. Resisting the temptation to head into a fast food outlet as their kayaks approach a small town, the boys call up a sushi maker.	AUSTRALIA	English-100	RPT	PG		Y
2024-09-19	0930	<b>Marcus Wareing: Simply Provence</b>	Bread	There's one essential in France that simply can't be ignored. It's cheap as chips, eaten daily with every meal and is in almost every household: the French baguette.	UNITED KINGDOM	English-100		G		
2024-09-19	1000	<b>Nadiya's Time To Eat</b>	Impress In An Instant	Nadiya shares her favourite time-saving recipes to take the stress out of impressing guests, from luxurious raspberry cheesecake croissants to a speedy satay chicken tray bake.	UNITED KINGDOM	English-100		G		
2024-09-19	1030	<b>Food Unwrapped</b>	Rocksalt, Free Range Eggs And Haggis	Jimmy heads to Sicily, where he's surprised to find his final destination isn't the sea, but the high mountains of the interior. Kate's looking at free range hens, and is surprised to learn most chicks on British hen farms have their beaks trimmed at birth. And Matt's in Scotland, investigating Haggis. He makes a surprising discovery about the dish's true origins.	UNITED KINGDOM	English-100		PG	a w	Y
2024-09-19	1100	<b>The Cook Up With Adam Liaw</b>	Zucchini	Chefs Noora Heiska and Louis Tikaram join Adam in the kitchen to help zucchini level up from sidekick to hero.	AUSTRALIA	English-100		G		Y

2024-09-19	1130	<b>Hugh's Three Good Things</b>	Sweet Apple	It's the final day of Fruit week competition and it's all to play for as the three chefs return to Monday's key ingredient: apples.	UNITED KINGDOM	English-100		G	
2024-09-19	1200	<b>Masters Of Taste With Gary Mehigan</b>	Art & Science Of Cooking, The	Gary meets ups with Canadian-Chinese chef Kelvin Cheung in his restaurant, Bastian, and gets a peek into his signature dish, a mouth-watering Indonesian snapper. He then heads to his kitchen to cook some delicious dumplings.	INDIA	English-100		G	
2024-09-19	1230	<b>Come Dine With Me</b>	Sussex 4	It's the fourth night of the competition in Sussex and the turn of vegan solicitor Hassan to host and he's incorporating his love of Asian food into his menu.	UNITED KINGDOM	English-100		PG	s
2024-09-19	1300	<b>Cook Like A Chef</b>	Gelatin	Chef Craig Wong demystifies gelatin, an essential chef's staple ingredient, in this unique and fascinating episode.	CANADA	English-100		G	
2024-09-19	1330	<b>Spencer's Big 30</b>	Fajita Night	It's Fajita Night in host Spencer Watts' kitchen as he cooks up Mexican recipes in around 30 minutes, for around 30 dollars. Spencer inspires with healthy and delicious Blackened Salmon Fajitas.	CANADA	English-100		PG	
2024-09-19	1400	<b>Tastes Like Home</b>	Osijek/clondalkin	Chef Catherine Fulvio gets a guided tour of Old Town of Tvrdá and the Old City Walls, she visits a regional wine cellar in the Old Town and tastes wine from the Danube region made by wine producers from Osijek. Catherine also listens to some traditional music on a mandolin like instrument called a tamburica.	IRELAND	English-100		G	
2024-09-19	1430	<b>Bizarre Foods: Delicious Destinations</b>	Bermuda	Andrew Zimmern explores the landscape and cuisine of the island of Bermuda. He finds native dishes ranging from fish chowder and jerk chicken to spiny lobster.	USA	English-100		PG	
2024-09-19	1500	<b>Food Unwrapped</b>	Tofu, Portion Distortion, Milk	Kate heads to Japan on the trail of tofu, wondering how they turn green soy beans into something so white and creamy. Jimmy is investigating reports that supermarket ready meals have nearly doubled in size since the 1950s. He tracks down the ready meals of his childhood from one of the UK's quirkiest, most remarkable museums. And Matt's in Wales, looking into a new kind of milk, which claims to be easier to digest.	UNITED KINGDOM	English-100		PG	Y
2024-09-19	1530	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 5	Using his experience in Canberra, Paul goes back on the road. His first stop is a tiny town of 20 called Morundah who've turned a local pest into a palatable bar snack. Paul heads to Griffith and Narrandera and meets up with inspirational farmers who've reinvented themselves to survive. Can the knowledge he's gained apply to his own patch of paradise in Tilba?	UNITED KINGDOM	English-100	RPT	PG	a w Y
2024-09-19	1630	<b>Gino's Italian Coastal Escape</b>	Masseria And Ostuni	Gino samples oils amongst the ancient olive groves and makes a dish where the oil is king: spaghetti al peperoncino. With just five ingredients, this is the ultimate plate of pasta.	UNITED KINGDOM	English-100		G	
2024-09-19	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 59	Justine shows us how to make some easy Chocolate Frangipanes and quick but flavoursome Stued Bullhorn Peppers. Adam D'Sylca joins Justine to show us a Vietnamese inspired Pannacotta.	AUSTRALIA	English-100		PG	
2024-09-19	1730	<b>My Market Kitchen</b>	Ep 29	In the Market Kitchen today, Mike kicks things off with a breakfast staple, Nut Granola. Next, Laura cooks her delicious Asian Fish Cakes.	AUSTRALIA	English-100		G	
2024-09-19	1800	<b>Pati's Mexican Table</b>	Loreto Baja's Hidden Gem	One of Baja's most well kept secrets has Pati on a mission to explore this town bite-by-bite. Loreto is a small town on the Gulf of California with big excitement and a rich history.	USA	English-100		G	Y
2024-09-19	1830	<b>Food Safari Water</b>	Whole Fish	Eating whole fish has been a way of life in Australia for over 40,000 years, and for many other cultures around the planet, it's simply the best and most sustainable way to eat. Food Safari Water reveals the secrets and benefits of cooking whole fish, featuring fried Thai style snapper, Malaysian fish head curry, and French rouget 'en papillote'.	AUSTRALIA	English-100	RPT	PG	Y
2024-09-19	1900	<b>The Cook Up With Adam Liaw</b>	Go-To Bbq	Chef John Ralley and Paralympic swimmer Col Pearse join Adam for a night of go to BBQ.	AUSTRALIA	English-100		G	Y

2024-09-19	1930	Ainsley's Fantastic Flavours	East Asia	Ainsley's culinary adventures see him discovering the exciting flavours of East Asia. He makes a spicy start to the show with his Korean chicken wings served with pickled radish. Shivi Ramoutar meets Amir from Gyoza Guys who lets her in on the secret to their tasty gyoza.	UNITED KINGDOM	English-100	G		
2024-09-19	2030	Guillaume's French Atlantic	Episode 9	Join Guillaume Brahimi in the captivating world of the Pays Basque, from the luxurious charm and innovative gastronomy of Biarritz, to the exhilarating passion of Basque rugby and the spiritual pilgrimage of Saint-Jean-Pied-de-Port, this episode showcases the essence of this remarkable region.	AUSTRALIA	English-70; French-30	G	Y	Y
2024-09-19	2100	Barossa Gourmet With Justine Schofield	Ep 5	Justine makes pizzettas with pear, prosciutto and rocket to pair with Gravel Track Shiraz, followed by stir fry noodles with pink oyster mushrooms, and everyone's favourite, duck and mushroom tagliatelle ragu.	AUSTRALIA	English-100	G		
2024-09-19	2130	Come Dine With Me UK	Sheffield: Nathan	35-year-old, motorbike enthusiast, Nathan, hopes to impress his guests with a modz and rockers themed dinner party, complete with a hair-raising drive-by show of 30 biker mad mates.	UNITED KINGDOM	English-100	PG		
2024-09-19	2200	Come Dine With Me UK	Sheffield: Ali	32-year-old family man, Ali, plans to stun his guests with his international fusion menu, involving unconventional combos that mystify his guests. Can he pull things back and win?	UNITED KINGDOM	English-100	PG	a	
2024-09-19	2230	The Cook Up With Adam Liaw	Go-To Bbq	Chef John Ralley and Paralympic swimmer Col Pearce join Adam for a night of go to BBQ.	AUSTRALIA	English-100	G		Y
2024-09-19	2300	The Cook And The Chef	Picnic Holiday	Summer's just around the corner and soon the days in the Barossa Valley will be hot and the risk of snakes too high to roam far, so Maggie is making the most of the last mild weather. She and husband, Colin, take the grandchildren on a picnic and, in Spring, it's all about yabbing. In the kitchen Maggie and Simon approach the sweet and delicate yabby in two very different ways. Maggie serves her yabbies 'au Naturel' while Simon makes creamy bisque. In his second dish Simon captures summer, using every part of the corn to make central American Tamales, while Maggie turns a piece of traditionally smoked ham into a dramatic work of art. Simon and Maggie then compliment their savoury fare with the season's first flush of raspberries.	AUSTRALIA	English-100	G		
2024-09-19	2330	Gourmet Farmer	Gourmet Farmer Series 2 Ep 5	Matthew and Ross receive a request for suckling pig from John Jovanovic, a Serbian man, while manning their Salamanca stall. The pig is to be served at a Sino-Serbian New Year's Feast. Matthew is intrigued and offers up a piglet in exchange for a seat at the table. He discovers that his customer is married to a Chinese woman, Janette, and that after less than satisfying Chinese New Year meals at restaurants, they now host their own celebration meal.	AUSTRALIA	English-100	RPT	G	Y
2024-09-19	2400	Come Dine With Me	Sussex 4	It's the fourth night of the competition in Sussex and the turn of vegan solicitor Hassan to host and he's incorporating his love of Asian food into his menu.	UNITED KINGDOM	English-100	PG	s	
2024-09-19	2430	Ainsley's Fantastic Flavours	East Asia	Ainsley's culinary adventures see him discovering the exciting flavours of East Asia. He makes a spicy start to the show with his Korean chicken wings served with pickled radish. Shivi Ramoutar meets Amir from Gyoza Guys who lets her in on the secret to their tasty gyoza.	UNITED KINGDOM	English-100	G		
2024-09-19	2530	Guillaume's French Atlantic	Episode 9	Join Guillaume Brahimi in the captivating world of the Pays Basque, from the luxurious charm and innovative gastronomy of Biarritz, to the exhilarating passion of Basque rugby and the spiritual pilgrimage of Saint-Jean-Pied-de-Port, this episode showcases the essence of this remarkable region.	AUSTRALIA	English-70; French-30	G	Y	Y
2024-09-19	2600	Barossa Gourmet With Justine Schofield	Ep 5	Justine makes pizzettas with pear, prosciutto and rocket to pair with Gravel Track Shiraz, followed by stir fry noodles with pink oyster mushrooms, and everyone's favourite, duck and mushroom tagliatelle ragu.	AUSTRALIA	English-100	G		
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2024-09-20	0500	<b>Bizarre Foods: Delicious Destinations</b>	Bermuda	Andrew Zimmern explores the landscape and cuisine of the island of Bermuda. He finds native dishes ranging from fish chowder and jerk chicken to spiny lobster.	USA	English-100	PG		
2024-09-20	0530	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 5	Using his experience in Canberra, Paul goes back on the road. His first stop is a tiny town of 20 called Morundah who've turned a local pest into a palatable bar snack. Paul heads to Griffith and Narrandera and meets up with inspirational farmers who've reinvented themselves to survive. Can the knowledge he's gained apply to his own patch of paradise in Tilba?	UNITED KINGDOM	English-100	RPT	PG	a w Y
2024-09-20	0630	<b>Gino's Italian Coastal Escape</b>	Masseria And Ostuni	Gino samples oils amongst the ancient olive groves and makes a dish where the oil is king: spaghetti al peperoncino. With just five ingredients, this is the ultimate plate of pasta.	UNITED KINGDOM	English-100	G		
2024-09-20	0700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 59	Justine shows us how to make some easy Chocolate Frangipanes and quick but flavoursome Stued Bullhorn Peppers. Adam D'Sylca joins Justine to show us a Vietnamese inspired Pannacotta.	AUSTRALIA	English-100	PG		
2024-09-20	0730	<b>My Market Kitchen</b>	Ep 29	In the Market Kitchen today, Mike kicks things off with a breakfast staple, Nut Granola. Next, Laura cooks her delicious Asian Fish Cakes.	AUSTRALIA	English-100	G		
2024-09-20	0800	<b>Pati's Mexican Table</b>	Loreto Baja's Hidden Gem	One of Baja's most well kept secrets has Pati on a mission to explore this town bite-by-bite. Loreto is a small town on the Gulf of California with big excitement and a rich history.	USA	English-100	G		Y
2024-09-20	0830	<b>Food Safari Water</b>	Whole Fish	Eating whole fish has been a way of life in Australia for over 40,000 years, and for many other cultures around the planet, it's simply the best and most sustainable way to eat. Food Safari Water reveals the secrets and benefits of cooking whole fish, featuring fried Thai style snapper, Malaysian fish head curry, and French rouget 'en papillote'.	AUSTRALIA	English-100	RPT	PG	Y
2024-09-20	0900	<b>Gourmet Farmer</b>	Gourmet Farmer Series 2 Ep 5	Matthew and Ross receive a request for suckling pig from John Jovanovic, a Serbian man, while manning their Salamanca stall. The pig is to be served at a Sino-Serbian New Year's Feast. Matthew is intrigued and offers up a piglet in exchange for a seat at the table. He discovers that his customer is married to a Chinese woman, Janette, and that after less than satisfying Chinese New Year meals at restaurants, they now host their own celebration meal.	AUSTRALIA	English-100	RPT	G	Y
2024-09-20	0930	<b>Ainsley's Fantastic Flavours</b>	East Asia	Ainsley's culinary adventures see him discovering the exciting flavours of East Asia. He makes a spicy start to the show with his Korean chicken wings served with pickled radish. Shivi Ramoutar meets Amir from Gyoza Guys who lets her in on the secret to their tasty gyoza.	UNITED KINGDOM	English-100	G		
2024-09-20	1030	<b>Food Unwrapped</b>	Tofu, Portion Distortion, Milk	Kate heads to Japan on the trail of tofu, wondering how they turn green soy beans into something so white and creamy. Jimmy is investigating reports that supermarket ready meals have nearly doubled in size since the 1950s. He tracks down the ready meals of his childhood from one of the UK's quirkiest, most remarkable museums. And Matt's in Wales, looking into a new kind of milk, which claims to be easier to digest.	UNITED KINGDOM	English-100	PG		Y
2024-09-20	1100	<b>The Cook Up With Adam Liaw</b>	Go-To BBQ	Chef John Ralley and Paralympic swimmer Col Pearse join Adam for a night of go to BBQ.	AUSTRALIA	English-100	G		Y



2024-09-20	1130	<b>Guillaume's French Atlantic</b>	Episode 9	Join Guillaume Brahimi in the captivating world of the Pays Basque, from the luxurious charm and innovative gastronomy of Biarritz, to the exhilarating passion of Basque rugby and the spiritual pilgrimage of Saint-Jean-Pied-de-Port, this episode showcases the essence of this remarkable region.	AUSTRALIA	English-70; French-30	G		Y	Y
2024-09-20	1200	<b>Barossa Gourmet With Justine Schofield</b>	Ep 5	Justine makes pizzettas with pear, prosciutto and rocket to pair with Gravel Track Shiraz, followed by stir fry noodles with pink oyster mushrooms, and everyone's favourite, duck and mushroom tagliatelle ragu.	AUSTRALIA	English-100	G			
2024-09-20	1230	<b>Come Dine With Me</b>	Sussex 5	Serving up the last meal of the week is Jewellery Entrepreneur Sarah who hopes to scoop the grand with an evening of simple and healthy food - but will it tickle taste buds or leave a nasty taste in the mouth?	UNITED KINGDOM	English-100	PG			
2024-09-20	1300	<b>Cook Like A Chef</b>	Stone Fruit	Chef Derek Dammann loves and loves cooking with all sorts of fruit, but especially stone fruit - including peaches, mangoes, plums, cherries and... almonds?	CANADA	English-100	PG	I		
2024-09-20	1330	<b>Spencer's Big 30</b>	Meatballs & Shakshuka	Moroccan cuisine typically combines a million flavours and host Spencer Watts shows us how to bring that intensity home in a few simple steps. Spencer starts his meal by preparing a delectable Pearl Couscous Salad.	CANADA	English-100	PG			
2024-09-20	1400	<b>Tastes Like Home</b>	Lifford/maine & New Hampshire	Chef Catherine Fulvio travels to Donegal to meet Ann to find out who is living away from home. Later Ann rustles up the dishes that remind James and Monica of home in Donegal - snowballs and an apple pie. Catherine then travels to the US in hope to replicate Ann's dishes and bring a taste like home over to James and Monica.	IRELAND	English-100	PG			
2024-09-20	1430	<b>Bizarre Foods: Delicious Destinations</b>	North Carolina's Triangle	Andrew digs into Raleigh, Durham and Chapel Hill - three tasty cities that make up North Carolina's Triangle and are home to blossoming food scenes.	USA	English-100	G			Y
2024-09-20	1500	<b>Food Unwrapped</b>	Banana, Plant Meat, Green Crisps	Jimmy goes to Ecuador to investigate the remarkable claims that bananas could one day be used to fight against viruses. Kate is in search a meat substitute that actually tastes like meat.	UNITED KINGDOM	English-100	PG			Y
2024-09-20	1530	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 6	Still in the Riverina, Paul visits a wheat-farming mate who has changed the future of his town with Beer. He gets roped into a local footy match and random mascot race. And at the Wagga Wagga 'eat local' farmers markets Paul uses the produce he's gathered to create an afternoon tea that delights the shoppers.	UNITED KINGDOM	English-100	RPT	PG		Y
2024-09-20	1630	<b>Gino's Italian Coastal Escape</b>	Alberobello And Lecce	Gino gets a lesson in making the local pasta orecchiette from a Nona in her back garden. Using the pasta, he creates his own version of the Puglian dish of orecchiette cime di rapa, but will it live up to her expectations?	UNITED KINGDOM	English-100	G			
2024-09-20	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 60	Young and talented Josh Niland drops by and shares his special Burnt Vanilla Salt Crust Ocean Trout. Justine whips up a scrumptious Warm Chipotle Prawn Salad and a childhood favourite Biscuit.	AUSTRALIA	English-100	G			
2024-09-20	1730	<b>My Market Kitchen</b>	Ep 30	Vegetable farmer Catherine Velisha joins Laura in the Market Kitchen to make Charred Corn with Chipotle. Next, Mike creates the perfect Sunday morning breakfast with his take on Posh Baked Beans.	AUSTRALIA	English-100	G			
2024-09-20	1800	<b>Pati's Mexican Table</b>	La Paz The Heart Of Baja Sur	Pati will explore the beauty and wonder of La Paz, the capital of Baja Sur. This breathtaking Baja destination has drawn her to visit its waters, and below the surface, the Sea of Cortez is filled with some of the most unbelievable sea life in the world.	USA	English-100	G			Y
2024-09-20	1830	<b>Food Safari Water</b>	Raw	The pure clean taste of the ocean is celebrated in this episode. Maeve explores the natural briny flavour of the three main types of oysters with Clyde River 'oyster affineur' Steve Feletti (Moonlight Flat Oysters) and Lee and Suzanne Macefield (Get Shucked) on Bruny Island, exploring Pacific, Angazi, and Sydney Rock varieties.	AUSTRALIA	English-100	RPT	PG		Y
2024-09-20	1900	<b>The Cook Up With Adam Liaw</b>	Family Dinner, The	Welcome to the family! Adam, chef Dom Wilton and comedian Mel Bittle host an Easy Entertaining that's a crowd-pleaser for all ages.	AUSTRALIA	English-100	G			Y

2024-09-20	1930	<b>World Of Flavor With Big Moe Cason</b>	Gumbo, Gator And Grillin'	Big Moe journeys deep into the Louisiana bayou to discover the soulful flavors of Creole and Cajun food. He hunts gators, uses a bow to catch redfish, welds his own grill, and learns from the best chefs and farmers how to make authentic gumbo and boudin sausage.	USA	English-100	PG	a w	Y
2024-09-20	2030	<b>Air Fryers: Are They Worth It?</b>	Air Fryers: Are They Worth It? Series 1	A revealing look at the latest must-have gadget. It's said they can cook, bake and even fry food three times cheaper, 20% faster and with 80% less oil. No wonder sales of air fryers have rocketed by 3000% over the last two years-it's the biggest revolution to hit our kitchens since the microwave!	UNITED KINGDOM	English-100	PG		
2024-09-20	2130	<b>Come Dine With Me UK</b>	Sheffield: Adam	42 year-old financial advisor Adam, is keen to impress his guests with his Sheffield themed menu. Will his hearty grub and karaoke duets bond the group and land him the prize?	UNITED KINGDOM	English-100	PG		
2024-09-20	2200	<b>Come Dine With Me UK</b>	Sheffield: Mizzy	Zimbabwean operations manager, Mizzy, hopes to scoop the grand with an evening of traditional Afro-Caribbean food. Can her hosting skills and traditional food get her the thousand-pound prize?	UNITED KINGDOM	English-100	PG		
2024-09-20	2230	<b>The Cook Up With Adam Liaw</b>	Family Dinner, The	Welcome to the family! Adam, chef Dom Wilton and comedian Mel Buttler host an Easy Entertaining that's a crowd-pleaser for all ages.	AUSTRALIA	English-100	G		Y
2024-09-20	2300	<b>The Cook And The Chef</b>	Christmas	Christmas is fast approaching, but for some of us that brings the annual stress of working out how to feed a big group. Maggie and Simon demonstrate that cooking a Christmas lunch or dinner doesn't have to be stressful, as they share some great tips on presenting simple but delicious Christmas fare, using turkey as the centre dish.	AUSTRALIA	English-100	PG		
2024-09-20	2330	<b>Gourmet Farmer</b>	Gourmet Farmer Series 2 Ep 6	Matthew and Ross have a stall at a new farmer's market where you can only sell what you grow or source from providers who don't have the means to sell their own product. They see this as an opportunity to expand and try out a few new products. First is B'stilla, a Moroccan pigeon pie that they source from Phil Newton. Next, they go hunting for wallaby and rabbit - produce which is growing in plague proportions and which they can acquire at little cost. While Ross prepares wallaby pie, Matthew goes in search of a rabbit recipe from opera singer, Maria Lungai.	AUSTRALIA	English-100	RPT	PG	Y
2024-09-20	2400	<b>Come Dine With Me</b>	Sussex 5	Serving up the last meal of the week is Jewellery Entrepreneur Sarah who hopes to scoop the grand with an evening of simple and healthy food - but will it tickle taste buds or leave a nasty taste in the mouth?	UNITED KINGDOM	English-100	PG		
2024-09-20	2430	<b>World Of Flavor With Big Moe Cason</b>	Gumbo, Gator And Grillin'	Big Moe journeys deep into the Louisiana bayou to discover the soulful flavors of Creole and Cajun food. He hunts gators, uses a bow to catch redfish, welds his own grill, and learns from the best chefs and farmers how to make authentic gumbo and boudin sausage.	USA	English-100	PG	a w	Y
2024-09-20	2530	<b>Air Fryers: Are They Worth It?</b>	Air Fryers: Are They Worth It? Series 1	A revealing look at the latest must-have gadget. It's said they can cook, bake and even fry food three times cheaper, 20% faster and with 80% less oil. No wonder sales of air fryers have rocketed by 3000% over the last two years-it's the biggest revolution to hit our kitchens since the microwave!	UNITED KINGDOM	English-100	PG		
2024-09-20	2630	<b>Come Dine With Me UK</b>	Sheffield: Adam	42 year-old financial advisor Adam, is keen to impress his guests with his Sheffield themed menu. Will his hearty grub and karaoke duets bond the group and land him the prize?	UNITED KINGDOM	English-100	PG		
2024-09-20	2700	<b>Come Dine With Me UK</b>	Sheffield: Mizzy	Zimbabwean operations manager, Mizzy, hopes to scoop the grand with an evening of traditional Afro-Caribbean food. Can her hosting skills and traditional food get her the thousand-pound prize?	UNITED KINGDOM	English-100	PG		
2024-09-20	2730	<b>Cook Like A Chef</b>	Stone Fruit	Chef Derek Dammann loves and loves cooking with all sorts of fruit, but especially stone fruit - including peaches, mangoes, plums, cherries and... almonds?	CANADA	English-100	PG	I	
2024-09-20	2800	<b>Spencer's Big 30</b>	Meatballs & Shakshuka	Moroccan cuisine typically combines a million flavours and host Spencer Watts shows us how to bring that intensity home in a few simple steps. Spencer starts his meal by preparing a delectable Pearl Couscous Salad.	CANADA	English-100	PG		
2024-09-20	2830	<b>Tastes Like Home</b>	Lifford/maine & New Hampshire	Chef Catherine Fulvio travels to Donegal to meet Ann to find out who is living away from home. Later Ann rustles up the dishes that remind James and Monica of home in Donegal - snowballs and an apple pie. Catherine then travels to the US in hope to replicate Ann's dishes and bring a taste like home over to James and Monica.	IRELAND	English-100	PG		

2024-09-21	0500	<b>Bizarre Foods: Delicious Destinations</b>	North Carolina's Triangle	Andrew digs into Raleigh, Durham and Chapel Hill - three tasty cities that make up North Carolina's Triangle and are home to blossoming food scenes.	USA	English-100		G		Y
2024-09-21	0530	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 6	Still in the Riverina, Paul visits a wheat-farming mate who has changed the future of his town with Beer. He gets roped into a local footy match and random mascot race. And at the Wagga Wagga 'eat local' farmers markets Paul uses the produce he's gathered to create an afternoon tea that delights the shoppers.	UNITED KINGDOM	English-100	RPT	PG		Y
2024-09-21	0630	<b>Gino's Italian Coastal Escape</b>	Alberobello And Lecce	Gino gets a lesson in making the local pasta orecchiette from a Nona in her back garden. Using the pasta, he creates his own version of the Puglian dish of orecchiette cime di rapa, but will it live up to her expectations?	UNITED KINGDOM	English-100		G		
2024-09-21	0700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 60	Young and talented Josh Niland drops by and shares his special Burnt Vanilla Salt Crust Ocean Trout. Justine whips up a scrumptious Warm Chipotle Prawn Salad and a childhood favourite Biscuit.	AUSTRALIA	English-100		G		
2024-09-21	0730	<b>My Market Kitchen</b>	Ep 30	Vegetable farmer Catherine Velisha joins Laura in the Market Kitchen to make Charred Corn with Chipotle. Next, Mike creates the perfect Sunday morning breakfast with his take on Posh Baked Beans.	AUSTRALIA	English-100		G		
2024-09-21	0800	<b>Pati's Mexican Table</b>	La Paz The Heart Of Baja Sur	Pati will explore the beauty and wonder of La Paz, the capital of Baja Sur. This breathtaking Baja destination has drawn her to visit its waters, and below the surface, the Sea of Cortez is filled with some of the most unbelievable sea life in the world.	USA	English-100		G		Y
2024-09-21	0830	<b>Food Safari Water</b>	Raw	The pure clean taste of the ocean is celebrated in this episode. Maeve explores the natural briny flavour of the three main types of oysters with Clyde River 'oyster affineur' Steve Feletti (Moonlight Flat Oysters) and Lee and Suzanne Macefield (Get Shucked) on Bruny Island, exploring Pacific, Angazi, and Sydney Rock varieties.	AUSTRALIA	English-100	RPT	PG		Y
2024-09-21	0900	<b>Gourmet Farmer</b>	Gourmet Farmer Series 2 Ep 6	Matthew and Ross have a stall at a new farmer's market where you can only sell what you grow or source from providores who don't have the means to sell their own product. They see this as an opportunity to expand and try out a few new products. First is B'stilla, a Moroccan pigeon pie that they source from Phil Newton. Next, they go hunting for wallaby and rabbit - produce which is growing in plague proportions and which they can acquire at little cost. While Ross prepares wallaby pie, Matthew goes in search of a rabbit recipe from opera singer, Maria Lungai.	AUSTRALIA	English-100	RPT	PG		Y
2024-09-21	0930	<b>World Of Flavor With Big Moe Cason</b>	Gumbo, Gator And Grillin'	Big Moe journeys deep into the Louisiana bayou to discover the soulful flavors of Creole and Cajun food. He hunts gators, uses a bow to catch redfish, welds his own grill, and learns from the best chefs and farmers how to make authentic gumbo and boudin sausage.	USA	English-100		PG	a w	Y
2024-09-21	1030	<b>Food Unwrapped</b>	Banana, Plant Meat, Green Crisps	Jimmy goes to Ecuador to investigate the remarkable claims that bananas could one day be used to fight against viruses. Kate is in search a meat substitute that actually tastes like meat.	UNITED KINGDOM	English-100		PG		Y
2024-09-21	1100	<b>The Cook Up With Adam Liaw</b>	Family Dinner, The	Welcome to the family! Adam, chef Dom Wilton and comedian Mel Buttle host an Easy Entertaining that's a crowd-pleaser for all ages.	AUSTRALIA	English-100		G		Y
2024-09-21	1130	<b>Air Fryers: Are They Worth It?</b>	Air Fryers: Are They Worth It? Series 1	A revealing look at the latest must-have gadget. It's said they can cook, bake and even fry food three times cheaper, 20% faster and with 80% less oil. No wonder sales of air fryers have rocketed by 3000% over the last two years-it's the biggest revolution to hit our kitchens since the microwave!	UNITED KINGDOM	English-100		PG		
2024-09-21	1230	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 6	Still in the Riverina, Paul visits a wheat-farming mate who has changed the future of his town with Beer. He gets roped into a local footy match and random mascot race. And at the Wagga Wagga 'eat local' farmers markets Paul uses the produce he's gathered to create an afternoon tea that delights the shoppers.	UNITED KINGDOM	English-100	RPT	PG		Y
2024-09-21	1330	<b>My Market Kitchen</b>	Ep 30	Vegetable farmer Catherine Velisha joins Laura in the Market Kitchen to make Charred Corn with Chipotle. Next, Mike creates the perfect Sunday morning breakfast with his take on Posh Baked Beans.	AUSTRALIA	English-100		G		
2024-09-21	1400	<b>Pati's Mexican Table</b>	La Paz The Heart Of Baja Sur	Pati will explore the beauty and wonder of La Paz, the capital of Baja Sur. This breathtaking Baja destination has drawn her to visit its waters, and below the surface, the Sea of Cortez is filled with some of the most unbelievable sea life in the world.	USA	English-100		G		Y

2024-09-21	1430	<b>Ainsley's Food We Love</b>	Beside The Seaside	Ainsley takes inspiration from days beside the seaside, starting with a Caribbean squash and chickpea roti with hot sauce yoghurt, joined by former Bake-Off winner Candice Brown, who puts her twist on toffee apple doughnuts. Oilly Smith hunts out the perfect wines for sipping by the seashore and, as no trip to the beach would be complete without some ice cream, Ainsley has just the ticket with his homemade honeycomb sundae with butterscotch sauce.	UNITED KINGDOM	English-100		G		
2024-09-21	1525	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-09-21	1530	<b>Ainsley's Food We Love</b>	Ainsley's Food We Love Ep 6	This very special festive episode is packed full of Christmas treats. Ainsley starts with his festive bubble patties, just perfect for a boxing day brunch. Singer and actress, Martine McCutcheon joins Ainsley as he cooks a flavourful Thai-style turkey broth that is sure to keep you warm. Meanwhile, old pal Brian Turner drops in and treats Ainsley to his impressive dish of roasted poussin.	UNITED KINGDOM	English-100		G		
2024-09-21	1625	<b>Please Eat Slowly Bitesize</b>	Mango Pancakes	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100		G		
2024-09-21	1630	<b>Curtis Stone's Travel, Cook, Repeat</b>	Margaret River, Australia	Chef Curtis Stone visits a cattle ranch in Margaret River and catches marron with Chef Tony Howell before being challenged by his son to a motorbike race.	USA	English-100		PG		a w
2024-09-21	1700	<b>Long Weekend In... With Rory O'Connell</b>	Copenhagen	Rory creates a recipe inspired by his trip to gorgeous Copenhagen - Fish Cakes with wild garlic, tartare sauce and foraged wild greens, a seafood variation on traditional Danish Frikadeller meatballs.	IRELAND	English-100		G		
2024-09-21	1730	<b>Lorraine Pascale: Baking Made Easy</b>	Bake To Impress	If you want to impress with baking, Lorraine's got it covered. First a beautiful Tomato and Basil Tarte Tatin that is both simple and stunning.	UNITED KINGDOM	English-100		G		
2024-09-21	1800	<b>David Rocco's Italia</b>	Revival Of The Old Capital, Turin, The	The northern Italian city of Turin is known for its postwar success as one of the European epicentres for automobile manufacturing.	CANADA	English-100		PG		I Y
2024-09-21	1830	<b>River Cottage Forever</b>	Ep 5	Under the hot summer sun, the animals at River Cottage are giving Hugh considerable grief. Marge's calf, Psycho, will not let Hugh anywhere near him - even for routine veterinary treatment - so he calls in local animal healer Hilary Merrill. Dismayed by the calf's moniker, Hilary renames him and sets about trying to soothe the savage beast.	UNITED KINGDOM	English-100		PG		a w
2024-09-21	1900	<b>River Cottage Forever</b>	Ep 6	Hugh has set his sights on the Vegetable Cup at the Beamister Show. There's also an opportunity to get some cash out of Devon's tourists with home-made iced-lollies, and a blind-folded Hugh is taken to a secret location to hunt for truffles with Delia.	UNITED KINGDOM	English-100		G		
2024-09-21	1930	<b>Hairy Bikers Go West</b>	Devon	The Bikers travel to Devon and Dorset for the final leg of their Go West Tour, discovering rare hidden food gems amongst the stunning coast and countryside.	UNITED KINGDOM	English-100		G		
2024-09-21	2030	<b>Gordon, Gino And Fred's Road Trip</b>	City Slickers	Finally, the boys are in America and Gordon wants to show Fred and Gino that the food and fresh produce is off the chart.	UNITED KINGDOM	English-100		PG		I s
2024-09-21	2130	<b>Anthony Bourdain: The Layover</b>	Philadelphia	Tony finally does Philadelphia! 36 hours of food, drink, history and art-and absolutely no cheesesteaks. Tony meets up with Marc Vetri for modern Israeli food at Michael Solomonov's Zahav.	USA	English-100		M		a s Y
2024-09-21	2225	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-09-21	2230	<b>River Cottage Australia</b>	Ep 2	Paul has learnt how to be a dairy farmer the hard way. It's time for Paul to make another tough lesson. How will he cope saying goodbye to another farm favourite?	UNITED KINGDOM	English-100	RPT	PG		Y

2024-09-21	2330	<b>Ainsley's Food We Love</b>	Beside The Seaside	Ainsley takes inspiration from days beside the seaside, starting with a Caribbean squash and chickpea roti with hot sauce yoghurt, joined by former Bake-Off winner Candice Brown, who puts her twist on toffee apple doughnuts. Olly Smith hunts out the perfect wines for sipping by the seashore and, as no trip to the beach would be complete without some ice cream, Ainsley has just the ticket with his homemade honeycomb sundae with butterscotch sauce.	UNITED KINGDOM	English-100		G		
2024-09-21	2425	<b>Please Eat Slowly Bitesize</b>	Mango Pancakes	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100		G		
2024-09-21	2430	<b>Ainsley's Food We Love</b>	Ainsley's Food We Love Ep 6	This very special festive episode is packed full of Christmas treats. Ainsley starts with his festive bubble patties, just perfect for a boxing day brunch. Singer and actress, Martine McCutcheon joins Ainsley as he cooks a flavourful Thai-style turkey broth that is sure to keep you warm. Meanwhile, old pal Brian Turner drops in and treats Ainsley to his impressive dish of roasted poussin.	UNITED KINGDOM	English-100		G		
2024-09-21	2525	<b>Destination Flavour Japan Bitesize</b>	Mie And Aichi	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-09-21	2530	<b>Curtis Stone's Travel, Cook, Repeat</b>	Margaret River, Australia	Chef Curtis Stone visits a cattle ranch in Margaret River and catches marron with Chef Tony Howell before being challenged by his son to a motorbike race.	USA	English-100		PG	a	w
2024-09-21	2600	<b>Long Weekend In... With Rory O'Connell</b>	Copenhagen	Rory creates a recipe inspired by his trip to gorgeous Copenhagen - Fish Cakes with wild garlic, tartare sauce and foraged wild greens, a seafood variation on traditional Danish Frikadeller meatballs.	IRELAND	English-100		G		
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2024-09-21	2730	<b>Hairy Bikers Go West</b>	Devon	The Bikers travel to Devon and Dorset for the final leg of their Go West Tour, discovering rare hidden food gems amongst the stunning coast and countryside.	UNITED KINGDOM	English-100		G		
2024-09-21	2830	<b>River Cottage Forever</b>	Ep 6	Hugh has set his sights on the Vegetable Cup at the Beaminster Show. There's also an opportunity to get some cash out of Devon's tourists with home-made iced-lollies, and a blind-folded Hugh is taken to a secret location to hunt for truffles with Delia.	UNITED KINGDOM	English-100		G		