



WEEK 38: Sunday, 17 September - Saturday, 23 September 2023 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Egg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2023-09-17	0500	Selena + Chef	Selena + Priya Krishna	Food Journalist and YouTube personality Priya Krishna brings her signature Indian-American cooking to Selena's kitchen. Together, the two whip up a delicious lunch of Dahi toast and Shikanji.	USA	English-100		PG			
2023-09-17	0530	Pati's Mexican Table	Sonora Family Favorites For Sami	Pati spends a day in her kitchen with her son, Sami, cooking some recipes inspired by her travels in Sonora, Mexico. She prepares beef chimis, rice lentils with crispy onions, and a tasty dessert.	USA	English-100		G			Y
2023-09-17	0600	Pati's Mexican Table	Legends Of The Sonoran Sea	Pati prepares a couple of recipes inspired by her experiences in Sonora, Mexico: shrimp tacos bravos and a seafood tostadas piled high and layered with salsa negra, and apple chilitpin salsa.	USA	English-100		PG	a w		Y
2023-09-17	0630	Pati's Mexican Table	Super Sonoran	Following a trip to the resort town of Puerto Penasco, Pati prepares three unique classic Sonoran recipes - each one a meal in itself: pescado zarandeado, a gallina pinta soup, and rice with clams.	USA	English-100		G			Y
2023-09-17	0700	Pati's Mexican Table	Cooking For My Crew In Sonora	As they travel through Mexico's vast state of Sonora, Pati gets inspired and decides to cook a meal for her crew. Pati prepares caldo de queso, grilled asparagus, and chicken covered in pecan sauce.	USA	English-100		G			Y
2023-09-17	0730	Pati's Mexican Table	Sabores Nortenos	Pati is inspired by Sonora, Mexico's 'northern flavours'. In her kitchen, she makes pork chops and corn, chile and cheese tamales. In Sonora, she visits a hacienda and tries tamales and enchiladas.	USA	English-100		G			Y
2023-09-17	0800	Baking It Easy	It's Floofy And Everything's Fine	Meghan shares her designs for decadently delicious cream puffs and cookies fit to serve for any occasion.	USA	English-100		PG			
2023-09-17	0830	Exploring China: A Culinary Adventure	Exploring China: A Culinary Adventure Series 1 Ep 4	At the end of their travels, Ken and Ching make an emotional return to their ancestral homes, the climax of their entire journey, before reuniting for their final meal in Hong Kong.	UNITED KINGDOM	English-100	RPT	G		Y	Y
2023-09-17	0940	Baking It Easy	Opposite Of A Hot Mess, The	Meghan takes your fears about layer cakes and chocolate and throws them out the window! She shares all her best tips and tricks to combine them into a delightful cake.	USA	English-100		PG			Y
2023-09-17	1005	Taste Of Italy	Ovieto	Nisha Katona embarks on a quest across Italy to discover its hidden culinary gems. We explore the wonderful city of Orvieto - a jewel in the mountains as Nisha becomes inspired by the local dishes.	UNITED KINGDOM	English-100		G			Y
2023-09-17	1030	Taste Of Italy	Bari	Nisha Katona, embarks on a quest across Italy to discover their hidden culinary gems. In Bari, Nisha is introduced to family recipes over 400 years old!	UNITED KINGDOM	English-100		G			Y
2023-09-17	1100	Luca's Key Ingredient	Luca's Key Ingredient Series 1 Ep 3	Today's key ingredient features the benefits of cooking with quality extra virgin olive oil. Luca uses olive oil to toss through an elegant spaghetti dish, poaches tuna and makes a saffron gelato.	AUSTRALIA	English-100		G			
2023-09-17	1130	Barossa Gourmet With Justine Schofield	Beauty Of The Barossa Series 1, The Ep 3	Justine travels to the beautiful Trevallie Orchard to make a fresh poached peach fool, then meets with head chef Derek Salmon to make gin cured ocean trout with creme fraiche.	AUSTRALIA	English-100		G			
2023-09-17	1200	Selena + Chef	Selena + Matty Matheson	Internet sensation Matty Matheson brings his signature can-do attitude to the kitchen, helping Selena cook up a delicious meal of Miami-style ribs and hello dolly bars a la mode for dessert.	USA	English-100		PG			
2023-09-17	1230	Britain's Poshest Farm Shops	Britain's Poshest Farm Shops Series 1 Ep 2	With an unusual specialty for a farm shop, Greendale Farm shop in Devon has its own fishing fleet. We get on board with the team who bring fresh fish and shellfish daily to their counter.	UNITED KINGDOM	English-100		G			

2023-09-17	1325	Please Eat Slowly Bitesize	Steam Fish	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100		G		
2023-09-17	1330	Selena + Chef	Selena + Priya Krishna	Food journalist and YouTube personality Priya Krishna brings her signature Indian-American cooking to Selena's kitchen. Together, the two whip up a delicious lunch of Dahi toast and Shikanji.	USA	English-100		PG		
2023-09-17	1400	The Cook Up With Adam Liaw	Bitter & Sweet	Beloved presenter Khang Ong and acclaimed chef Annita Potter join Adam Liaw to play with bitter and sweet flavours.	AUSTRALIA	English-100	RPT	G		Y
2023-09-17	1430	The Cook Up With Adam Liaw	Sing For Your Supper	Nothing but hits as the owner of Fervor, chef Paul Iskov, and founder of Pub Choir, conductor Astrid Jorgensen, sing for their suppers by making late night favourites with Adam.	AUSTRALIA	English-100	RPT	G		Y
2023-09-17	1500	The Cook Up With Adam Liaw	Savoury Pancakes	Adam Liaw and guests, husband and wife Opera stars Christian Qi and Esther Song have stacks of fun with savoury pancakes.	AUSTRALIA	English-100	RPT	G		Y
2023-09-17	1530	The Cook Up With Adam Liaw	Lot For A Little, A	It's bang for your buck as Adam Liaw and guests, presenter Linda Marigliano and Turbans 4 Australia founder Amar Singh, make a lot for a little.	AUSTRALIA	English-100	RPT	PG		
2023-09-17	1600	The Cook Up With Adam Liaw	Good Catch	It's easy entertaining, and Adam and guests, public health expert Dr Sandro Demaio and award-winning chef Alanna Sapwell-Stone, cook with sustainable seafood.	AUSTRALIA	English-100		PG		
2023-09-17	1630	Food To Change The World	Food To Cure	Could we find the answer to chronic diseases in our poo and in a pair of chopsticks? Chef Ming Tan uncovers how we can change our eating habits in order to fight chronic diseases.	SINGAPORE	English-100		PG	I	Y
2023-09-17	1730	Adam and Poh's Great Australian Bites	South Australia	This episode we are going to look at one great Aussie culinary innovation we've gifted to the world! From flat whites, to avo on toast, Aussie baristas and cooks are sought after all over the world.	AUSTRALIA	English-100		PG		
2023-09-17	1800	Flat Out Food	Pork	Great pork starts with how the animal is raised. Jenn learns about pork production and enjoys a true farm to table dinner.	CANADA	English-100		PG		
2023-09-17	1830	John Torode's Korean Food Tour	Royal	John explores the regal beginnings of Korean cuisine. With food writer Daniel Gray, John visits the UNESCO heritage city of Jeonju, the place where Korea's most famous dish, Royal Bibimbap hails from.	UNITED KINGDOM	English-100		G		Y
2023-09-17	1930	Hairy Bikers Go Local	Stackpole Inn, West Wales	Dave and Si head to The Stackpole Inn, where Head Chef Matt Waldron prides himself on using local ingredients; can the Hairy Bikers find some new local treats he hasn't yet uncovered?	UNITED KINGDOM	English-100		PG		
2023-09-17	2035	Food Trail South Africa	Kruger Park	Warren's next stop is Kruger National Park, one of South Africa's largest game reserves, where he's staying at the renowned Sabi Sabi lodge. He heads out on safari to taste native bush foods.	AUSTRALIA	English-100		G		
2023-09-17	2105	Food Trail South Africa	Pilanesberg Reserve	In the Kalahari Desert, Warren spots a myriad of African animals. Later he goes on a quad biking adventure and cooks a variety of local dishes - including spicy lamb skewers and corn on the cob.	AUSTRALIA	English-100		G		
2023-09-17	2135	Anthony Bourdain: No Reservations	Paris	Anthony Bourdain explores Paris, the city of light and love, and finds unexpected surprises on a journey through the lives of the city's working class.	USA	English-100		PG	a I	Y
2023-09-17	2230	Anthony Bourdain: A Cook's Tour	Eating On The Mekong	Mekong River, Vietnam: Tony drinks a lot of Mekong moonshine. Although seduced by his Vietnam experience, Tony is not sure the royal dish Birds Nest Soup is all it's cracked up to be.	USA	English-100		PG	a w	
2023-09-17	2300	Anthony Bourdain: A Cook's Tour	Wild Delicacies	Cambodia: With a friend along for the ride, Tony travels to Phnom Penh, Cambodia, where he explores a food culture that is both pleasing to the palette and slightly frightening.	USA	English-100		PG	a w	
2023-09-17	2330	The Cook Up With Adam Liaw	Bitter & Sweet	Beloved presenter Khang Ong and acclaimed chef Annita Potter join Adam Liaw to play with bitter and sweet flavours.	AUSTRALIA	English-100	RPT	G		Y
2023-09-17	2400	The Cook Up With Adam Liaw	Sing For Your Supper	Nothing but hits as the owner of Fervor, chef Paul Iskov, and founder of Pub Choir, conductor Astrid Jorgensen, sing for their suppers by making late night favourites with Adam.	AUSTRALIA	English-100	RPT	G		Y
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2023-09-17	2525	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 7, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
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2023-09-17	2600	Flat Out Food	Pork	Great pork starts with how the animal is raised. Jenn learns about pork production and enjoys a true farm to table dinner.	CANADA	English-100		PG	
2023-09-17	2630	John Torode's Korean Food Tour	Royal	John explores the regal beginnings of Korean cuisine. With food writer Daniel Gray, John visits the UNESCO heritage city of Jeonju, the place where Korea's most famous dish, Royal Bibimpap hails from.	UNITED KINGDOM	English-100		G	Y
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2023-09-18	1330	Ainsley's Food We Love	Ainsley's Food We Love Series 1 Ep 6	Join Ainsley in the kitchen where he is recreating his favourite takeaway dishes right at home and shows how you can too! He's joined by journalist and Anita Rani, who spices his kitchen up.	UNITED KINGDOM	English-100		G		
2023-09-18	1425	Please Eat Slowly Bitesize	Dumplings	Victor shares his tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right.	AUSTRALIA	English-100		G		
2023-09-18	1430	David Rocco's Dolce India	Carnival In Goa	David takes part in the Carnival of Goa, which marks the day before Lent and is an all-out celebration: three full days of eating, drinking, and partying.	CANADA	English-100		G		
2023-09-18	1500	Pati's Mexican Table	Heart Of Tequila, The	Pati visits one of Jalisco's most popular tourist destinations and the birthplace of Mexico's most famous spirit, Tequila. She explores the town, learns about the history of tequila making.	USA	English-100		G		Y
2023-09-18	1530	Jamie & Jimmy's Food Fight Club	Saoirse Ronan	Jamie and Jimmy kick off the weekend with food, fun and celebrity chat at the end of Southend Pier. Joining them in the kitchen is four-time Oscar nominee, Saoirse Ronan.	UNITED KINGDOM	English-100		G		
2023-09-18	1625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
2023-09-18	1630	My Market Kitchen	Episode 31	Ben makes Carolina Reaper chilli sauce, and resident nutritionist Jemma makes a healthy fish and chips dish for a great dinner alternative.	AUSTRALIA	English-100		G		
2023-09-18	1700	Mary Makes It Easy	Scrap Cooking	Reducing food waste is great for the planet and your wallet; learn Mary's best recipes for transforming your kitchen waste into delicious dishes.	CANADA	English-100		G		
2023-09-18	1730	Comfort Food With Spencer Watts	Special Occasion Comfort	Share comfort food with company and learn how to whip up Spencer's burgundy chicken stew with porcini mushroom grits and pancetta. Then he prepares whole roasted pork belly with a fresh salsa verde.	CANADA	English-100		PG		
2023-09-18	1800	Taste Of Australia With Hayden Quinn	Bondi Beach, Sydney	Hayden kicks things off at world-famous Bondi Beach with a sunrise workout with the legendary Leah Simmons. Then Leah and Hayden take on the iconic Bondi to Bronte walk.	AUSTRALIA	English-100				
2023-09-18	1830	Food Unwrapped	Olive Oil, Tabasco, Wild Boar	Jimmy travels to the olive groves of Italy to ask the Italians what they think of the extra-virgin oil sold in supermarket shelves. Kate goes to Louisiana to reveal the secrets of a famous hot sauce.	UNITED KINGDOM	English-100		PG		
2023-09-18	1900	The Cook Up With Adam Liaw	All Taste, No Waste	Comedian Nina Oyama and culinary genius Matt Stone join Adam for an all taste, no waste spectacular!	AUSTRALIA	English-100		PG		
2023-09-18	1930	Come Dine With Me UK	Exeter Day 1	35-year-old salon owner Hannah is hoping to impress her guests with a menu bursting with taste sensations, but her technique of combining flavours she loves may not tickle the taste-buds of everyone.	UNITED KINGDOM	English-100		PG		a l
2023-09-18	2000	Gino's Italian Express	Siena - Asciano	Gino's next rail journey takes him on a trip of a lifetime, through the wonderful Tuscan countryside on a historic steam train - Treno Natura. This is run by ex-railroad men and volunteers.	UNITED KINGDOM	English-100		G		
2023-09-18	2030	Rick Stein: From Venice to Istanbul	Albania	Rick continues his Byzantine odyssey through Croatia, and savours the famous native oysters of Ston. In his own kitchen on the Greek island of Symi, Rick cooks traditional Albanian dishes.	UNITED KINGDOM	English-100		PG		a w
2023-09-18	2140	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.	UNITED KINGDOM	English-100	RPT	PG		a Y
2023-09-18	2235	The Cook Up With Adam Liaw	All Taste, No Waste	Comedian Nina Oyama and culinary genius Matt Stone join Adam for an all taste, no waste spectacular!	AUSTRALIA	English-100		PG		

2023-09-18	2305	United Plates Of America	Hawaii	Hawaii. Between the pristine beaches and perfect climate, it's no wonder this island is a hotspot for adventurers and honeymooners.	USA	English-100		G		
2023-09-18	2330	The Cook And The Chef	Soup And Rice	Maggie and Simon often start out with the same ingredient and end up in very different places. They're taking different approaches to cooking with rice.	AUSTRALIA	English-100		G		
2023-09-18	2400	Come Dine With Me UK	Exeter Day 1	35-year-old salon owner Hannah is hoping to impress her guests with a menu bursting with taste sensations, but her technique of combining flavours she loves may not tickle the taste-buds of everyone.	UNITED KINGDOM	English-100		PG	a l	
2023-09-18	2430	James Martin's American Adventure	Boston	James Martin hits the East coast of the great US of A with a visit to the historic city of Boston. James's American adventure in Boston starts with a shopping spree in the public market.	UNITED KINGDOM	English-100		G		
2023-09-18	2525	Destination Flavour China Bitesize Series 1 Ep 4	Destination Flavour China Bitesize Series 1 Ep 4	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA		RPT	G		Y Y
2023-09-18	2530	Rick Stein: From Venice to Istanbul	Albania	Rick continues his Byzantine odyssey through Croatia, and savours the famous native oysters of Ston. In his own kitchen on the Greek island of Symi, Rick cooks traditional Albanian dishes.	UNITED KINGDOM	English-100		PG	a w	
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2023-09-18	2735	Ainsley's Food We Love	Ainsley's Food We Love Series 1 Ep 6	Join Ainsley in the kitchen where he is recreating his favourite takeaway dishes right at home and shows how you can too! He's joined by journalist and Anita Rani, who spices his kitchen up.	UNITED KINGDOM	English-100		G		
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2023-09-19	1025	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 8, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y

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2023-09-19	1335	Ainsley's Food We Love	Ainsley's Food We Love Series 1 Ep 7	Ainsley is in his kitchen inspired by the dishes from the pub menu - good old fashioned pub grub! He starts with an all-time favourite, sausage and mustard mash with onion and red wine gravy.	UNITED KINGDOM	English-100		G	
2023-09-19	1430	David Rocco's Dolce India	Talkin' Toddy	David is on a mission to discover Goa's unique blend of Portuguese and Indian cultures one dish at a time, including the oh so delectable Goan sausage. He also learns all about the toddy vinegar.	CANADA	English-100		G	
2023-09-19	1500	Pati's Mexican Table	Double Vallarta	Pati is in one of Mexico's most popular beach destinations, the beautiful, charming town of Puerto Vallarta. She gets an insider's tour of the best street food in Puerto Vallarta.	USA	English-100		G	Y
2023-09-19	1530	Jamie & Jimmy's Food Fight Club	Jack Dee	Jamie and Jimmy kick off the weekend with food, fun and celebrity chat at the end of Southend Pier. Joining them is one of the grumpiest men in comedy, Jack Dee, who revisits his days at the Ritz.	UNITED KINGDOM	English-100		PG	l
2023-09-19	1625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2023-09-19	1630	My Market Kitchen	Episode 32	Ben kicks this episode off with a breakfast extravaganza, cooking up his twice baked souffle and silky smooth hollandaise sauce.	AUSTRALIA	English-100		G	
2023-09-19	1700	Mary Makes It Easy	Side Show	Mary lets the sides take centre stage with recipes for crispy sweet potatoes, pear and shallot tarte tatin, and double tomato salad!	CANADA	English-100		G	
2023-09-19	1730	Comfort Food With Spencer Watts	Street Food Comfort	Street food can be delicious so why not indulge in some in the comfort of home. Spencer starts with a spicy Korean fried chicken 'dog' with sesame ketchup and gochugang ketchup.	CANADA	English-100		PG	
2023-09-19	1800	Taste Of Australia With Hayden Quinn	Enmore, Sydney	Hayden checks out the local music scene in Sydney's ever-cool Enmore. He hangs out with the band, heads to Cottonmouth Records to spin up some vinyl, and he's gone all vegan for the cook!	AUSTRALIA	English-100			
2023-09-19	1830	Food Unwrapped	Pine Nuts, Annatto, Glacier Cherries	Jimmy Doherty is in Italy to discover what makes pine nuts so expensive. Kate Quilton journeys to the Amazon rain forest in Brazil to find out what gives the humble red Leicester cheese its colour.	UNITED KINGDOM	English-100		PG	
2023-09-19	1900	The Cook Up With Adam Liaw	Make It My Own	Adam and his guests, performer Michelle Law and philanthropist Kon Karapanagiotidis, pay tribute to the recipes they've made their own.	AUSTRALIA	English-100		G	
2023-09-19	1930	Come Dine With Me UK	Exeter Day 2	Its day two of the competition in Exeter and funeral director and BMX fanatic Simon is hoping an evening of big portions and 'man' food will bag him the top spot.	UNITED KINGDOM	English-100		PG	a s
2023-09-19	2000	Adam and Poh's Great Australian Bites	Sydney	In this episode, we won't just be exploring iconic dishes - we'll be meeting iconic people too. But the big challenge? What one iconic dish can Adam and Poh make, that sums up the sapphire city?	AUSTRALIA	English-100		PG	
2023-09-19	2030	Jeremy Pang's Asian Kitchen	Crowd Pleasers	Jeremy is making dishes to feed and please a crowd, starting with delicious steamed bao, salt and pepper chilli squid, a soy chicken burrito, and pandan swiss rolls.	UNITED KINGDOM	English-100		PG	

2023-09-19	2130	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
2023-09-19	2230	The Cook Up With Adam Liaw	Make It My Own	Adam and his guests, performer Michelle Law and philanthropist Kon Karapanagiotidis, pay tribute to the recipes they've made their own.	AUSTRALIA	English-100		G		
2023-09-19	2300	United Plates Of America	Denver	In the era of drive thru's and microwave dinners, Denver provides a pleasant escape from the hustle. Nestled at the foot of the Rocky Mountains, life in the mile high city has a slower pace.	USA	English-100		G		
2023-09-19	2330	The Cook And The Chef	Winter Menus	Maggie and Simon prepare some of their favourite winter recipes. It's all about comfort food, rich hearty dishes to warm you up on those chilly days.	AUSTRALIA	English-100		G		
2023-09-19	2400	Come Dine With Me UK	Exeter Day 2	Its day two of the competition in Exeter and funeral director and BMX fanatic Simon is hoping an evening of big portions and 'man' food will bag him the top spot.	UNITED KINGDOM	English-100		PG	a s	
2023-09-19	2430	James Martin's American Adventure	Salem	James Martin's American Adventure brings James to Salem, on the east coast of the USA and made famous by the witch trials of 1692. Things get spooky as James is visiting on the approach to Halloween.	UNITED KINGDOM	English-100		PG	a w	
2023-09-19	2525	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 5	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA		RPT	G		Y Y
2023-09-19	2530	Jeremy Pang's Asian Kitchen	Crowd Pleasers	Jeremy is making dishes to feed and please a crowd, starting with delicious steamed bao, salt and pepper chilli squid, a soy chicken burrito, and pandan swiss rolls.	UNITED KINGDOM	English-100		PG		
2023-09-19	2625	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2023-09-19	2630	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
2023-09-19	2730	Ainsley's Food We Love	Ainsley's Food We Love Series 1 Ep 7	Ainsley is in his kitchen inspired by the dishes from the pub menu - good old fashioned pub grub! He starts with an all-time favourite, sausage and mustard mash with onion and red wine gravy.	UNITED KINGDOM	English-100		G		
2023-09-19	2830	David Rocco's Dolce India	Talkin' Toddy	David is on a mission to discover Goa's unique blend of Portuguese and Indian cultures one dish at a time, including the oh so delectable Goan sausage. He also learns all about the toddy vinegar.	CANADA	English-100		G		
2023-09-20	0500	Pati's Mexican Table	Double Vallarta	Pati is in one of Mexico's most popular beach destinations, the beautiful, charming town of Puerto Vallarta. She gets an insider's tour of the best street food in Puerto Vallarta.	USA	English-100		G		Y
2023-09-20	0530	Jamie & Jimmy's Food Fight Club	Jack Dee	Jamie and Jimmy kick off the weekend with food, fun and celebrity chat at the end of Southend Pier. Joining them is one of the grumpiest men in comedy, Jack Dee, who revisits his days at the Ritz.	UNITED KINGDOM	English-100		PG	l	
2023-09-20	0625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
2023-09-20	0630	My Market Kitchen	Episode 32	Ben kicks this episode off with a breakfast extravaganza, cooking up his twice baked soufflé and silky smooth hollandaise sauce.	AUSTRALIA	English-100		G		
2023-09-20	0700	Mary Makes It Easy	Side Show	Mary lets the sides take centre stage with recipes for crispy sweet potatoes, pear and shallot tarte tatin, and double tomato salad!	CANADA	English-100		G		
2023-09-20	0730	Comfort Food With Spencer Watts	Street Food Comfort	Street food can be delicious so why not indulge in some in the comfort of home. Spencer starts with a spicy Korean fried chicken 'dog' with sesame ketchup and gochugang ketchup.	CANADA	English-100		PG		
2023-09-20	0800	Taste Of Australia With Hayden Quinn	Enmore, Sydney	Hayden checks out the local music scene in Sydney's ever-cool Enmore. He hangs out with the band, heads to Cottonmouth Records to spin up some vinyl, and he's gone all vegan for the cook!	AUSTRALIA	English-100				
2023-09-20	0830	Food Unwrapped	Pine Nuts, Annatto, Glacier Cherries	Jimmy Doherty is in Italy to discover what makes pine nuts so expensive. Kate Quilton journeys to the Amazon rain forest in Brazil to find out what gives the humble red Leicester cheese its colour.	UNITED KINGDOM	English-100		PG		

2023-09-20	0900	Adam and Poh's Great Australian Bites	Sydney	In this episode, we won't just be exploring iconic dishes - we'll be meeting iconic people too. But the big challenge? What one iconic dish can Adam and Poh make, that sums up the sapphire city?	AUSTRALIA	English-100		PG		
2023-09-20	0930	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
2023-09-20	1030	Come Dine With Me UK	Exeter Day 2	Its day two of the competition in Exeter and funeral director and BMX fanatic Simon is hoping an evening of big portions and 'man' food will bag him the top spot.	UNITED KINGDOM	English-100		PG	a s	
2023-09-20	1100	The Cook Up With Adam Liaw	Make It My Own	Adam and his guests, performer Michelle Law and philanthropist Kon Karapanagiotidis, pay tribute to the recipes they've made their own.	AUSTRALIA	English-100		G		
2023-09-20	1130	Comfort Food With Spencer Watts	Street Food Comfort	Street food can be delicious so why not indulge in some in the comfort of home. Spencer starts with a spicy Korean fried chicken 'dog' with sesame ketchup and gochugang ketchup.	CANADA	English-100		PG		
2023-09-20	1200	Taste Of Australia With Hayden Quinn	Enmore, Sydney	Hayden checks out the local music scene in Sydney's ever-cool Enmore. He hangs out with the band, heads to Cottonmouth Records to spin up some vinyl, and he's gone all vegan for the cook!	AUSTRALIA	English-100				
2023-09-20	1230	Jeremy Pang's Asian Kitchen	Crowd Pleasers	Jeremy is making dishes to feed and please a crowd, starting with delicious steamed bao, salt and pepper chilli squid, a soy chicken burrito, and pandan swiss rolls.	UNITED KINGDOM	English-100		PG		
2023-09-20	1325	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2023-09-20	1330	Ainsley's Food We Love	Ainsley's Food We Love Series 1 Ep 8	Join Ainsley in his kitchen where he is cooking up some comforting food for those lazy Sundays! On the menu for his Sunday brunch are sweetcorn fritters with avocado, tomato and black bean salsa.	UNITED KINGDOM	English-100		G		
2023-09-20	1425	Please Eat Slowly Bitesize	Hand Pull Noodle	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		
2023-09-20	1430	David Rocco's Dolce India	Goan Fishing	In Goa, David heads out on a crab fishing expedition with some local fisherman in a nearby river. Afterwards, he meets up with internationally renowned chef Cyrus Todiwala at the local fish market.	CANADA	English-100		PG	a l w	
2023-09-20	1500	Pati's Mexican Table	Tacos And A Tostada	In this episode, Pati celebrates everyone's favorite Mexican creation, the taco. She tries two of Jalisco's best tacos -marlin tacos in Puerto Vallarta and barbacoa tacos in Guadalajara.	USA	English-100		G		Y
2023-09-20	1530	Jamie & Jimmy's Food Fight Club	Amir Khan	It's fight night on Southend Pier as two-times World Boxing champion, Amir Khan, steps into the ring. Jamie and Jimmy get him to swap his gloves for an apron to recreate Muhammad Ali's favourite dish.	UNITED KINGDOM	English-100		G		
2023-09-20	1625	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
2023-09-20	1630	My Market Kitchen	Episode 33	Ben is joined by wine expert Adam to cook up a perfect steak with potato gratin as they talk about the wine and produce of the Geographe region of Western Australia.	AUSTRALIA	English-100		G		
2023-09-20	1700	Mary Makes It Easy	Comfort Food	Mary shares her best comfort food recipes: tuna noodle casserole, mini panzerotti, and herb chicken dumplings.	CANADA	English-100		G		
2023-09-20	1730	Comfort Food With Spencer Watts	Warm My Belly	Tonight, Spencer makes his corned beef stew with horseradish mashed. Then he fills the cabin with the rich mouthwatering smell of a delicious Thai curry with garlic shrimp and fragrant rice.	CANADA	English-100		PG		
2023-09-20	1800	Taste Of Australia With Hayden Quinn	Sydney City	Hayden wakes up overlooking Sydney Harbour, ready for a city adventure. First he catches up with architect Eoghan Lewis for a tour of the city, before exploring some of the hidden laneways in the CBD.	AUSTRALIA	English-100				
2023-09-20	1830	Food Unwrapped	Fresh Fish, Stuffed Olives, Dietary Fat	Jimmy gives our supermarket fish a sniff to discover how fresh the stock in the superstores really is. Kate is intrigued about what goes into a stuffed olive, while Matt lifts the lid on skimmed milk.	UNITED KINGDOM	English-100		PG		
2023-09-20	1900	The Cook Up With Adam Liaw	Simple Seafood	It's simply the best as Adam, Hope St Radio head chef Ellie Bouhadana and photographer and chef Joel Bennetts make magic with simple seafood.	AUSTRALIA	English-100		G		

2023-09-20	1930	Come Dine With Me UK	Exeter Day 3	It's the third day in Exeter and ladybird loving Pascale prepares a Vietnamese menu for her guests, full of flavour and colour. But her cooking attire for the starter leaves little to the imagination.	UNITED KINGDOM	English-100		PG	a s	
2023-09-20	2000	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 2	Learn to trick everyone's eyes with delicate chocolate pencils, and then fill your stomach with two chocolate cakes. A classic yet delicious truffle recipe, which will undoubtedly please everyone.	AUSTRALIA	English-100		G		
2023-09-20	2030	Ainsley's Fantastic Flavours	Cheesy	Ainsley Harriott explores the huge range of cheese flavours, both savoury and sweet. First up is his Manchego and chorizo stuffed chicken with roasted asparagus and cheesy potato gratin.	UNITED KINGDOM	English-100		PG		
2023-09-20	2130	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.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2023-09-20	2230	The Cook Up With Adam Liaw	Simple Seafood	It's simply the best as Adam, Hope St Radio head chef Ellie Bouhadana and photographer and chef Joel Bennetts make magic with simple seafood.	AUSTRALIA	English-100		G		
2023-09-20	2300	United Plates Of America	Las Vegas	It's big. Over the top. Everything about this town screams excess. People come here to let loose, and go wild. But just a few miles from the strip, there's a totally different world.	USA	English-100		G		
2023-09-20	2330	The Cook And The Chef	Oysters And Pastry	For Simon this week's show is all about pastry, while Maggie heads off on another food adventure, hunting for great oysters on SA's Eyre Peninsula.	AUSTRALIA	English-100		G		
2023-09-20	2400	Come Dine With Me UK	Exeter Day 3	It's the third day in Exeter and ladybird loving Pascale prepares a Vietnamese menu for her guests, full of flavour and colour. But her cooking attire for the starter leaves little to the imagination.	UNITED KINGDOM	English-100		PG	a s	
2023-09-20	2430	James Martin's American Adventure	Hamptons, The	The East coast stretch of James Martin's American Adventure takes him to The Hamptons. Known as being the playground of wealthy New Yorkers, the area has a rich farming history.	UNITED KINGDOM	English-100		PG	a w	
2023-09-20	2525	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 6	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA		RPT	G		Y Y
2023-09-20	2530	Ainsley's Fantastic Flavours	Cheesy	Ainsley Harriott explores the huge range of cheese flavours, both savoury and sweet. First up is his Manchego and chorizo stuffed chicken with roasted asparagus and cheesy potato gratin.	UNITED KINGDOM	English-100		PG		
2023-09-20	2630	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.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2023-09-20	2730	Ainsley's Food We Love	Ainsley's Food We Love Series 1 Ep 8	Join Ainsley in his kitchen where he is cooking up some comforting food for those lazy Sundays! On the menu for his Sunday brunch are sweetcorn fritters with avocado, tomato and black bean salsa.	UNITED KINGDOM	English-100		G		
2023-09-20	2825	Please Eat Slowly Bitesize	Hand Pull Noodle	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		
2023-09-20	2830	David Rocco's Dolce India	Goan Fishing	In Goa, David heads out on a crab fishing expedition with some local fisherman in a nearby river. Afterwards, he meets up with internationally renowned chef Cyrus Todiwala at the local fish market.	CANADA	English-100		PG	a l w	
2023-09-21	0500	Pati's Mexican Table	Tacos And A Tostada	In this episode, Pati celebrates everyone's favorite Mexican creation, the taco. She tries two of Jalisco's best tacos -marlin tacos in Puerto Vallarta and barbacoa tacos in Guadalajara.	USA	English-100		G		Y
2023-09-21	0530	Jamie & Jimmy's Food Fight Club	Amir Khan	It's fight night on Southend Pier as two-times World Boxing champion, Amir Khan, steps into the ring. Jamie and Jimmy get him to swap his gloves for an apron to recreate Muhamad Ali's favourite dish.	UNITED KINGDOM	English-100		G		
2023-09-21	0625	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

2023-09-21	0630	My Market Kitchen	Episode 33	Ben is joined by wine expert Adam to cook up a perfect steak with potato gratin as they talk about the wine and produce of the Geographie region of Western Australia.	AUSTRALIA	English-100		G		
2023-09-21	0700	Mary Makes It Easy	Comfort Food	Mary shares her best comfort food recipes: tuna noodle casserole, mini panzerotti, and herb chicken dumplings.	CANADA	English-100		G		
2023-09-21	0730	Comfort Food With Spencer Watts	Warm My Belly	Tonight, Spencer makes his corned beef stew with horseradish mashed. Then he fills the cabin with the rich mouthwatering smell of a delicious Thai curry with garlic shrimp and fragrant rice.	CANADA	English-100		PG		
2023-09-21	0800	Taste Of Australia With Hayden Quinn	Sydney City	Hayden wakes up overlooking Sydney Harbour, ready for a city adventure. First he catches up with architect Eoghan Lewis for a tour of the city, before exploring some of the hidden laneways in the CBD.	AUSTRALIA	English-100				
2023-09-21	0830	Food Unwrapped	Fresh Fish, Stuffed Olives, Dietary Fat	Jimmy gives our supermarket fish a sniff to discover how fresh the stock in the superstores really is. Kate is intrigued about what goes into a stuffed olive, while Matt lifts the lid on skimmed milk.	UNITED KINGDOM	English-100		PG		
2023-09-21	0900	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 2	Learn to trick everyone's eyes with delicate chocolate pencils, and then fill your stomach with two chocolatey cakes. A classic yet delicious truffle recipe, which will undoubtedly please everyone.	AUSTRALIA	English-100		G		
2023-09-21	0930	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.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2023-09-21	1030	Come Dine With Me UK	Exeter Day 3	It's the third day in Exeter and ladybird loving Pascale prepares a Vietnamese menu for her guests, full of flavour and colour. But her cooking attire for the starter leaves little to the imagination.	UNITED KINGDOM	English-100		PG	a s	
2023-09-21	1100	The Cook Up With Adam Liaw	Simple Seafood	It's simply the best as Adam, Hope St Radio head chef Ellie Bouhadana and photographer and chef Joel Bennetts make magic with simple seafood.	AUSTRALIA	English-100		G		
2023-09-21	1130	Comfort Food With Spencer Watts	Warm My Belly	Tonight, Spencer makes his corned beef stew with horseradish mashed. Then he fills the cabin with the rich mouthwatering smell of a delicious Thai curry with garlic shrimp and fragrant rice.	CANADA	English-100		PG		
2023-09-21	1200	Taste Of Australia With Hayden Quinn	Sydney City	Hayden wakes up overlooking Sydney Harbour, ready for a city adventure. First he catches up with architect Eoghan Lewis for a tour of the city, before exploring some of the hidden laneways in the CBD.	AUSTRALIA	English-100				
2023-09-21	1230	Ainsley's Fantastic Flavours	Cheesy	Ainsley Harriott explores the huge range of cheese flavours, both savoury and sweet. First up is his Manchego and chorizo stuffed chicken with roasted asparagus and cheesy potato gratin.	UNITED KINGDOM	English-100		PG		
2023-09-21	1330	Ainsley's Food We Love	Ainsley's Food We Love Series 1 Ep 9	Ainsley is in his kitchen inspired by dishes for those special occasions - date nights, anniversaries, dinner parties, and festivals. He is joined in the kitchen by food writer Alex Hollywood.	UNITED KINGDOM	English-100		G		
2023-09-21	1425	Please Eat Slowly Bitesize	Steam Fish	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100		G		
2023-09-21	1430	David Rocco's Dolce India	Beach And Jungle	David heads deep into the rainforest of Goa to visit the Savoi Plantations. Here, they grow all manners of Indian fruits including coconut and mango, as well as almost every spice under the sun!	CANADA	English-100		G		
2023-09-21	1500	Pati's Mexican Table	Fire Kings, The	Pati explores Nuevo Leon, a sprawling northeastern border state, whose distinctive flavours are transformed into familiar but exciting new experiences.	USA	English-100		G		Y
2023-09-21	1530	Jamie & Jimmy's Food Fight Club	Joe Lycett	Jamie and Jimmy welcome one of Britain's favourite comedians to Southend Pier. Joe Lycett joins the boys for a night of fun, feasts and the cooking lesson of his dreams.	UNITED KINGDOM	English-100		PG	l	
2023-09-21	1625	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
2023-09-21	1630	My Market Kitchen	Episode 34	Resident nutritionist Jemma is back with another one of her fabulously healthy recipes: a chocolate avocado mousse using avocados straight from the farm.	AUSTRALIA	English-100		PG		

2023-09-21	1700	Mary Makes It Easy	Fast Flavor	Tonight Mary's recipes are all about getting maximum flavour in 30 minutes or less! To start, Mary swaps out traditional veal for a quick-cooking chicken saltimbocca, and fancy beans on toast.	CANADA	English-100		G		
2023-09-21	1730	Comfort Food With Spencer Watts	Comforting Family Faves	Spencer makes a few of his family-style faves, including his Moussaka Crown, his Italian herb half chickens with sun-dried tomato cream sauce and a silky smooth eggnog creme caramel.	CANADA	English-100		PG		
2023-09-21	1800	Taste Of Australia With Hayden Quinn	Chinatown, Sydney	Hayden explores Chinatown with the one and only Reynold Poer, who shares a classic wonton noodle soup recipe with Hayden which they cook together in front of the Chinese Garden of Friendship.	AUSTRALIA	English-100				
2023-09-21	1830	Food Unwrapped	Venison, Mozzarella, Beansprouts	Jimmy investigates why we seem to be importing so much venison from New Zealand and discovers how to keep UK venison on our supermarket shelves. Kate is in Italy meeting the makers of mozzarella.	UNITED KINGDOM	English-100		PG		
2023-09-21	1900	The Cook Up With Adam Liaw	Steak Out	The stakes are high - and tasty - as acclaimed food writer Lara Lee and social media's top chef Andy Hearnden join Adam for a steak out.	AUSTRALIA	English-100		PG		
2023-09-21	1930	Come Dine With Me UK	Exeter Day 4	It's the fourth day of the competition in and around Exeter and the turn of larger than life Nick to host. Nick prepares a menu that represents his personality - big, bold and brash.	UNITED KINGDOM	English-100		PG	a	
2023-09-21	2000	Destination Flavour Singapore	Destination Flavour Singapore Series 1 Ep 8	Adam Liaw discovers the sweeter side to Singapore's culinary scene, sampling everything from local hawker creations and homemade Peranakan kuehs, to restaurant dishes almost too beautiful to eat.	AUSTRALIA	English-100	RPT	G		Y
2023-09-21	2030	Guillaume's Paris	Guillaume's Paris Series 1 Ep 1	French chef Guillaume Brahimi returns to the city that made his reputation and follows the story of food through Paris' 20 arrondissements.	AUSTRALIA	English-70; French-30	RPT	G		Y Y
2023-09-21	2100	Paradise Kitchen Bali	Jackfruit	Amidst the lush landscapes of Bali, Lauren Camilleri embarks on an culinary journey featuring the fascinating jackfruit. She explores techniques for incorporating jackfruit into traditional dishes.	NETHERLANDS	English-90; Balinese-10				
2023-09-21	2130	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.	UNITED KINGDOM	English-100	RPT	PG		Y
2023-09-21	2230	The Cook Up With Adam Liaw	Steak Out	The stakes are high - and tasty - as acclaimed food writer Lara Lee and social media's top chef Andy Hearnden join Adam for a steak out.	AUSTRALIA	English-100		PG		
2023-09-21	2300	United Plates Of America	Los Angeles	A city like no other, filled with people from all over the world. No matter the craving, you can find what you're looking for. But if you're in the mood for Filipino food, take trip to the east side.	USA	English-100		G		
2023-09-21	2330	The Cook And The Chef	Tasmanian Fresh	Maggie travels to Tasmania and samples some of the wonderful produce that the Apple Isle has to offer.	AUSTRALIA	English-100		G		
2023-09-21	2400	Come Dine With Me UK	Exeter Day 4	It's the fourth day of the competition in and around Exeter and the turn of larger than life Nick to host. Nick prepares a menu that represents his personality - big, bold and brash.	UNITED KINGDOM	English-100		PG	a	
2023-09-21	2430	James Martin's American Adventure	Philadelphia	James' adventure continues with a visit to Philadelphia. 'The City of Brotherly Love' is the perfect backdrop for his foodie adventure with Reading Terminal Market providing all.	UNITED KINGDOM	English-100		G		
2023-09-21	2525	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 7	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	PG	a w	Y Y
2023-09-21	2530	Guillaume's Paris	Guillaume's Paris Series 1 Ep 1	French chef Guillaume Brahimi returns to the city that made his reputation and follows the story of food through Paris' 20 arrondissements.	AUSTRALIA	English-70; French-30	RPT	G		Y Y
2023-09-21	2600	Paradise Kitchen Bali	Jackfruit	Amidst the lush landscapes of Bali, Lauren Camilleri embarks on an culinary journey featuring the fascinating jackfruit. She explores techniques for incorporating jackfruit into traditional dishes.	NETHERLANDS	English-90; Balinese-10				
2023-09-21	2630	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.	UNITED KINGDOM	English-100	RPT	PG		Y

2023-09-21	2730	Ainsley's Food We Love	Ainsley's Food We Love Series 1 Ep 9	Ainsley is in his kitchen inspired by dishes for those special occasions - date nights, anniversaries, dinner parties, and festivals. He is joined in the kitchen by food writer Alex Hollywood.	UNITED KINGDOM	English-100		G		
2023-09-21	2825	Please Eat Slowly Bitesize	Steam Fish	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100		G		
2023-09-21	2830	David Rocco's Dolce India	Beach And Jungle	David heads deep into the rainforest of Goa to visit the Savoi Plantations. Here, they grow all manners of Indian fruits including coconut and mango, as well as almost every spice under the sun!	CANADA	English-100		G		
2023-09-22	0500	Pati's Mexican Table	Fire Kings, The	Pati explores Nuevo Leon, a sprawling northeastern border state, whose distinctive flavours are transformed into familiar but exciting new experiences.	USA	English-100		G		Y
2023-09-22	0530	Jamie & Jimmy's Food Fight Club	Joe Lycett	Jamie and Jimmy welcome one of Britain's favourite comedians to Southend Pier. Joe Lycett joins the boys for a night of fun, feasts and the cooking lesson of his dreams.	UNITED KINGDOM	English-100		PG	I	
2023-09-22	0625	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
2023-09-22	0630	My Market Kitchen	Episode 34	Resident nutritionist Jemma is back with another one of her fabulously healthy recipes: a chocolate avocado mousse using avocados straight from the farm.	AUSTRALIA	English-100		PG		
2023-09-22	0700	Mary Makes It Easy	Fast Flavor	Tonight Mary's recipes are all about getting maximum flavour in 30 minutes or less! To start, Mary swaps out traditional veal for a quick-cooking chicken saltimbocca, and fancy beans on toast.	CANADA	English-100		G		
2023-09-22	0730	Comfort Food With Spencer Watts	Comforting Family Faves	Spencer makes a few of his family-style faves, including his Moussaka Crown, his Italian herb half chickens with sun-dried tomato cream sauce and a silky smooth eggnog creme caramel.	CANADA	English-100		PG		
2023-09-22	0800	Taste Of Australia With Hayden Quinn	Chinatown, Sydney	Hayden explores Chinatown with the one and only Reynold Poer, who shares a classic wonton noodle soup recipe with Hayden which they cook together in front of the Chinese Garden of Friendship.	AUSTRALIA	English-100				
2023-09-22	0830	Food Unwrapped	Venison, Mozzarella, Beansprouts	Jimmy investigates why we seem to be importing so much venison from New Zealand and discovers how to keep UK venison on our supermarket shelves. Kate is in Italy meeting the makers of mozzarella.	UNITED KINGDOM	English-100		PG		
2023-09-22	0900	Destination Flavour Singapore	Destination Flavour Singapore Series 1 Ep 8	Adam Liaw discovers the sweeter side to Singapore's culinary scene, sampling everything from local hawker creations and homemade Peranakan kuehs, to restaurant dishes almost too beautiful to eat.	AUSTRALIA	English-100	RPT	G		Y
2023-09-22	0930	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.	UNITED KINGDOM	English-100	RPT	PG		Y
2023-09-22	1030	Come Dine With Me UK	Exeter Day 4	It's the fourth day of the competition in and around Exeter and the turn of larger than life Nick to host. Nick prepares a menu that represents his personality - big, bold and brash.	UNITED KINGDOM	English-100		PG	a	
2023-09-22	1100	The Cook Up With Adam Liaw	Steak Out	The stakes are high - and tasty - as acclaimed food writer Lara Lee and social media's top chef Andy Hearnden join Adam for a steak out.	AUSTRALIA	English-100		PG		
2023-09-22	1130	Comfort Food With Spencer Watts	Comforting Family Faves	Spencer makes a few of his family-style faves, including his Moussaka Crown, his Italian herb half chickens with sun-dried tomato cream sauce and a silky smooth eggnog creme caramel.	CANADA	English-100		PG		
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2023-09-22	1230	Guillaume's Paris	Guillaume's Paris Series 1 Ep 1	French chef Guillaume Brahimi returns to the city that made his reputation and follows the story of food through Paris' 20 arrondissements.	AUSTRALIA	English-70; French-30	RPT	G		Y Y
2023-09-22	1300	Paradise Kitchen Bali	Jackfruit	Amidst the lush landscapes of Bali, Lauren Camilleri embarks on an culinary journey featuring the fascinating jackfruit. She explores techniques for incorporating jackfruit into traditional dishes.	NETHERLANDS	English-90; Balinese-10				

2023-09-22	1330	Ainsley's Food We Love	Ainsley's Food We Love Series 1 Ep 10	Join Ainsley in the kitchen, as he is inspired by winter warming and comforting dishes to help keep us warm and toasty. Ainsley is joined by Strictly Come Dancing royalty, Anton Du Beke.	UNITED KINGDOM	English-100	G		
2023-09-22	1425	Please Eat Slowly Bitesize	Claypot Rice	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor shares his best tips to create your own!	AUSTRALIA	English-100	G		
2023-09-22	1430	David Rocco's Dolce India	Backwaters Of Kerala, The	Kollam is a beautiful old seaport and city in Kerala. David gets a chance to explore life in this verdant region: he goes digging for clams and takes a tour on a floating restaurant down the river.	CANADA	English-100	PG	a w	
2023-09-22	1500	Pati's Mexican Table	Sisters, Stew And Sass	On the river Ramos, two sisters have taken a shack that serves one dish, traditional cortadillo stew, and made it into a must-visit restaurant.	USA	English-100	G	Y	
2023-09-22	1530	Jamie & Jimmy's Food Fight Club	Susan Sarandon	Jamie and Jimmy are joined by Oscar-winning actress, Susan Sarandon, as she swaps the glamour of Hollywood for the charm of Southend!	UNITED KINGDOM	English-100	G		
2023-09-22	1625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2023-09-22	1630	My Market Kitchen	Episode 35	Ben makes Morton Bay bug skewers that have been given the tick of approval by multiple world leaders. Next up, Ben meets Charlie Carrington from Atlas Dining and hands him the keys to the kitchen.	AUSTRALIA	English-100	PG		
2023-09-22	1700	Mary Makes It Easy	Low And Slow	Take advantage of time with Mary's low effort recipes: slow-cooked pork, porchetta sandwiches and roasted squash.	CANADA	English-100	G		
2023-09-22	1730	Comfort Food With Spencer Watts	Canadian Comfort	Spencer provides some twists on a few originals including his version of meat tortiere pies, a Newfoundland inspired bunt pan figgy duff with maple syrup liqueur and delicious west coast salmon rolls.	CANADA	English-100	PG		
2023-09-22	1800	Taste Of Australia With Hayden Quinn	Eveleigh, Sydney	Hayden is in historic Eveleigh this week and he's going to be smashing some molten metal to make his own knife with blacksmith Matt Mewburn. Plus he's checking out a roof-top Australian native garden.	AUSTRALIA	English-100			
2023-09-22	1830	Food Unwrapped	Msg, Brazil Nuts, Elderflower Cordial	Jimmy is in Thailand to ask if food additive MSG is really as bad as the scare-mongering headlines claim? Kate is curious about Brazil nuts, and finds herself deep in the Amazonian rainforest.	UNITED KINGDOM	English-100			
2023-09-22	1900	The Cook Up With Adam Liaw	Pizza	It's easy entertaining with The Cook Up. Adam is joined by two pizza crust-dough-dians, Luke Powell from Bella Brutta and Jess Smith from City Oltra, for a pizza party.	AUSTRALIA	English-100	PG		
2023-09-22	1930	Come Dine With Me UK	Exeter Day 5	It's the final day and estate agent Ajay is hoping her nautical themed evening will see her sail to victory. Along with a gigantic seafood spread, Ajay's laid on a boat trip around Torquay harbour.	UNITED KINGDOM	English-100	PG	a l	
2023-09-22	2000	John Torode's Middle East	Red Sea	This time John is off to explore one of Egypt's national parks - Wadi El Gamel on the south of Egypt's Red Sea coast.	CANADA	English-100	PG	a w	
2023-09-22	2030	Rick Stein's Road To Mexico	San Francisco To Monterey	Rick starts his journey in San Francisco and enjoys legendary dishes like hangtown fry oyster pancake. It's also the home of sourdough and where America's love affair with seasonal cooking took hold.	UNITED KINGDOM	English-100			
2023-09-22	2140	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.	UNITED KINGDOM	English-100	RPT	PG	Y
2023-09-22	2240	The Cook Up With Adam Liaw	Pizza	It's easy entertaining with The Cook Up. Adam is joined by two pizza crust-dough-dians, Luke Powell from Bella Brutta and Jess Smith from City Oltra, for a pizza party.	AUSTRALIA	English-100	PG		
2023-09-22	2310	United Plates Of America	San Antonio	Fiercely independent, yet globally inspired. There are few states more proud than Texas. Deep in the heart of this great land, we discover a town with a rich history and unique cuisine.	USA	English-100	G		
2023-09-22	2335	The Cook And The Chef	Desserts And Tagines	From a Dutch oven to a casserole dish many cultures boast a pot for slow cooking and for the Moroccans it's the cone shaped Tagine. This week Maggie and Simon celebrate the spirit of the Tagine.	AUSTRALIA	English-100	G		
2023-09-22	2405	Come Dine With Me UK	Exeter Day 5	It's the final day and estate agent Ajay is hoping her nautical themed evening will see her sail to victory. Along with a gigantic seafood spread, Ajay's laid on a boat trip around Torquay harbour.	UNITED KINGDOM	English-100	PG	a l	

2023-09-22	2435	James Martin's American Adventure	New York	James ends his epic, coast-to-coast exploration of the great US of A with a visit to one of his all-time favourite foodie hotspots: New York City.	UNITED KINGDOM	English-100		G	
2023-09-22	2530	Rick Stein's Road To Mexico	San Francisco To Monterey	Rick starts his journey in San Francisco and enjoys legendary dishes like hangtown fry oyster pancake. It's also the home of sourdough and where America's love affair with seasonal cooking took hold.	UNITED KINGDOM	English-100			
2023-09-22	2635	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.	UNITED KINGDOM	English-100	RPT	PG	Y
2023-09-22	2735	Ainsley's Food We Love	Ainsley's Food We Love Series 1 Ep 10	Join Ainsley in the kitchen, as he is inspired by winter warming and comforting dishes to help keep us warm and toasty. Ainsley is joined by Strictly Come Dancing royalty, Anton Du Beke.	UNITED KINGDOM	English-100		G	
2023-09-22	2830	David Rocco's Dolce India	Backwaters Of Kerala, The	Kollam is a beautiful old seaport and city in Kerala. David gets a chance to explore life in this verdant region: he goes digging for clams and takes a tour on a floating restaurant down the river.	CANADA	English-100		PG	a w
2023-09-23	0500	Pati's Mexican Table	Sisters, Stew And Sass	On the river Ramos, two sisters have taken a shack that serves one dish, traditional cortadillo stew, and made it into a must-visit restaurant.	USA	English-100		G	Y
2023-09-23	0530	Jamie & Jimmy's Food Fight Club	Susan Sarandon	Jamie and Jimmy are joined by Oscar-winning actress, Susan Sarandon, as she swaps the glamour of Hollywood for the charm of Southend!	UNITED KINGDOM	English-100		G	
2023-09-23	0625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2023-09-23	0630	My Market Kitchen	Episode 35	Ben makes Morton Bay bug skewers that have been given the tick of approval by multiple world leaders. Next up, Ben meets Charlie Carrington from Atlas Dining and hands him the keys to the kitchen.	AUSTRALIA	English-100		PG	
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2023-09-23	1100	The Cook Up With Adam Liaw	Pizza	It's easy entertaining with The Cook Up. Adam is joined by two pizza crust-dough-dians, Luke Powell from Bella Brutta and Jess Smith from City Oltra, for a pizza party.	AUSTRALIA	English-100		PG	
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2023-09-23	1530	My Market Kitchen	Episode 35	Ben makes Morton Bay bug skewers that have been given the tick of approval by multiple world leaders. Next up, Ben meets Charlie Carrington from Atlas Dining and hands him the keys to the kitchen.	AUSTRALIA	English-100		PG	
2023-09-23	1600	Mary Makes It Easy	Low And Slow	Take advantage of time with Mary's low effort recipes: slow-cooked pork, porchetta sandwiches and roasted squash.	CANADA	English-100		G	
2023-09-23	1630	Baking It Easy	Take The Time To Do It Right	No one said baking a pie or making macaroons was easy, but Meghan shows you how to do so with less stress and mess!	USA	English-100		PG	
2023-09-23	1700	Baking It Easy	Bundt And Roll With It	Get fancy in the kitchen by taking your baking skills to the next level! Meghan shares her sure-fire recipe for a delicious bundt cake.	USA	English-100		PG	I
2023-09-23	1730	Taste Of Italy	Viterbo	Nisha Katona, embarks on a quest across Italy to discover their hidden culinary gems. Viterbo, the dream town for any pork lover, inspires Nisha to eat and cook.	UNITED KINGDOM	English-100		G	Y
2023-09-23	1800	Taste Of Italy	Lecce	Nisha embarks on a quest across Italy to discover their hidden culinary gems. Lecce's delicious culinary masterpieces of southern Italy inspire Nisha's Pork patty cook up.	UNITED KINGDOM	English-100		G	Y
2023-09-23	1830	Luca's Key Ingredient	Luca's Key Ingredient Series 1 Ep 4	Today's episode highlights the importance of small goods when it comes to Italian cooking. Luca uses Bresaola, Mortadella and Mezze Maniche to create three elegant and impressive dishes.	AUSTRALIA	English-100			
2023-09-23	1900	Barossa Gourmet With Justine Schofield	Beauty Of The Barossa Series 1, The 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	
2023-09-23	1930	Selena + Chef	Selena + Paola Valez	James Beard nominee, acclaimed pastry chef, and activist Paola Velez comes ready with a sweet treat for Selena, helping her create the perfect chocolate cookie icebox cake.	USA	English-100		PG	
2023-09-23	2000	Selena + Chef	Selena + Gordon Ramsey	Selena is joined in person for a very special lesson with culinary icon Gordon Ramsay. The two prepare a luxurious feast with butter-basted steak, pan-seared scallops and smashed potatoes.	USA	English-100		PG	
2023-09-23	2030	Paul Hollywood Eats Mexico	Mexico City	Paul's spending his first week in the country's eponymous capital, Mexico City, where he eats the best taco he's ever had!	UNITED KINGDOM	English-100		PG	a s v Y
2023-09-23	2130	Anthony Bourdain: No Reservations	New Jersey	Anthony Bourdain comes out of the closet about his New Jersey roots and takes a sentimental journey through the New Jersey of his youth. And find out why the state can't shake it's bad reputation.	USA	English-100		PG	
2023-09-23	2225	Please Eat Slowly Bitesize	Dumplings	Victor shares his tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right.	AUSTRALIA	English-100		G	
2023-09-23	2230	Anthony Bourdain: A Cook's Tour	Childhood Flavors	Returning for a trip down memory lane, Tony enjoys childhood staples, including steak frites, gaufres (waffles), soupe de pecheur (fisherman's soup) and fresh oysters.	USA	English-100		PG	a s
2023-09-23	2300	Anthony Bourdain: A Cook's Tour	My Life As A Cook - New York City	Experience the formative moments of Tony's career as he revisits his first job and the culinary institute that taught him the basics.	USA	English-100		PG	I

2023-09-23	2330	Scandinavia	Scandinavia Series 1 Ep 1	Hugh Fearnley-Whittingstall travels to the three 'happiest' countries in the world - Denmark, Norway and Sweden - to look at their society, architecture, education, environment and food.	UNITED KINGDOM	English-100		PG	a l n w		
2023-09-23	2425	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 1	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y	
2023-09-23	2430	Scandinavia	Scandinavia Series 1 Ep 2	Hugh lands in Denmark, which the UN has declared the 'happiest country in the world'. In Copenhagen, he cooks with Rene Redzepi, owner and head chef at Noma, voted the best restaurant in the world.	UNITED KINGDOM	English-100		PG	s		
2023-09-23	2525	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 3	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y	
2023-09-23	2530	Scandinavia	Scandinavia Series 1 Ep 3	Hugh visits Norway, the fourth richest country in the world, where he tries some smoked sheep's head, visits an open prison that looks like a holiday camp, and goes diving for sea urchins.	UNITED KINGDOM	English-100		PG	a n w		Y
2023-09-23	2625	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 6	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y	Y
2023-09-23	2630	Baking It Easy	Bundt And Roll With It	Get fancy in the kitchen by taking your baking skills to the next level! Meghan shares her sure-fire recipe for a delicious bundt cake.	USA	English-100		PG	l		
2023-09-23	2700	Taste Of Italy	Viterbo	Nisha Katona, embarks on a quest across Italy to discover their hidden culinary gems. Viterbo, the dream town for any pork lover, inspires Nisha to eat and cook.	UNITED KINGDOM	English-100		G			Y
2023-09-23	2730	Taste Of Italy	Lecce	Nisha embarks on a quest across Italy to discover their hidden culinary gems. Lecce's delicious culinary masterpieces of southern Italy inspire Nisha's Pork patty cook up.	UNITED KINGDOM	English-100		G			Y
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