



**WEEK 39**      **Sunday, 22 September 2024** **Saturday, 28 September 2024**      **ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Egg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-09-22	0500	David Rocco's Italia	Revival Of The Old Capital, Turin, The	The northern Italian city of Turin is known as one of the European epicentres for automobile manufacturing.	CANADA	English-100		PG	I		Y
2024-09-22	0530	Gordon, Gino And Fred's Road Trip	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		
2024-09-22	0630	River Cottage Australia	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
2024-09-22	0730	Ainsley's Food We Love	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			
2024-09-22	0825	Destination Flavour Scandinavia Bitesize	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
2024-09-22	0830	Ainsley's Food We Love	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			
2024-09-22	0925	Please Eat Slowly Bitesize	Mango Pancakes	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100		G			
2024-09-22	0930	Curtis Stone's Travel, Cook, Repeat	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		
2024-09-22	1000	Lorraine Pascale: Baking Made Easy	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			
2024-09-22	1030	Hairy Bikers Go West	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			
2024-09-22	1130	Gordon, Gino And Fred's Road Trip	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		
2024-09-22	1230	River Cottage Australia	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

2024-09-22	1330	David Rocco's Italia	Revival Of The Old Capital, Turin, The	The northern Italian city of Turin is known as one of the European epicentres for automobile manufacturing.	CANADA	English-100		PG	I	Y
2024-09-22	1400	The Cook Up With Adam Liaw	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	RPT	PG		Y
2024-09-22	1430	The Cook Up With Adam Liaw	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	RPT	G		Y
2024-09-22	1500	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	RPT	G		Y
2024-09-22	1530	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	RPT	G		Y
2024-09-22	1600	The Cook Up With Adam Liaw	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
2024-09-22	1630	Curtis Stone's Travel, Cook, Repeat	Lombardy, Italy	Chef Curtis Stone travels to Lombardy with longtime mate, Richie, where they toss pizza dough and visit a cheese cave. Back home in his kitchen, he makes a simple pizza using salumi from his Hollywood butcher shop.	USA	English-100		G		
2024-09-22	1700	Long Weekend In... With Rory O'Connell	Nantes	Rory creates a recipe to remind him of a magnificent weekend in Nantes - Baked Turbot with Sauce Beurre Blanc.	IRELAND	English-100		G		
2024-09-22	1730	Eating Inn	Woodcut Pt1: Crown, Sydney	Chef Ross Lusted and his team introduce us to his cooking with the elements theme: steam, fire and smoke. With Head Chef Columbian Daniel Leyva.	SINGAPORE	English-100		G		
2024-09-22	1830	Simply Raymond Blanc	Spices	Raymond Blanc cooks up a feast for the eyes with a roast butternut squash with chorizo, chickpeas and tahini dressing. Then he turns up the heat in the kitchen with a sumptuous red lentil and cauliflower dahl - perfect for those colder nights. Meanwhile, chef Giorgio Locatelli delights Raymond with a visit and cooks him a special treat from Northern Italy - risotto with hare and liquorice.	UNITED KINGDOM	English-100		G		
2024-09-22	1930	Be My Guest With Ina Garten	Jennifer Garner	Its a perfect day for Ina when the incredible actress, producer, businesswoman and self-confessed foodie Jennifer Garner is joining her for a fantastic day of cooking and conversation at the barn. Jennifer loves Cornbread but has trouble nailing her Grandma's recipe, so Ina is going to trouble shoot and serve her incredible Brown Butter Cornbread to welcome her guest.	USA	English-100		G		
2024-09-22	2000	Tom Kerridge Cooks Britain	East Of Scotland - Haddock And Carrots	Tom Kerridge heads to the East Coast of Scotland in his 1950s food truck to discover what it takes to produce the food on our plate and to cook with the British ingredients he finds along the way.	UNITED KINGDOM	English-100		G		
2024-09-22	2030	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 4	Cornwall has more than its fair share of folktales. Perhaps the most famous is found near Land's End, where Rick recounts the tale of the Mermaid of Zennor.	UNITED KINGDOM	English-100		PG	a	
2024-09-22	2100	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 5	Following in the footsteps of one of his literary heroes, Rick roams the dramatic north Cornish coast to tell the story of one of Britain's best loved writers, Thomas Hardy, and his little-known love affair with a Cornish woman.	UNITED KINGDOM	English-100		PG	a	

2024-09-22	2130	<b>Anthony Bourdain: The Layover</b>	Sao Paulo	Sao Paulo, a city Tony now loves. Tony catches up with old friends to taste the best of Brazilian fine dining at D.O.M.	USA	English-100		PG	a l s	Y
2024-09-22	2225	<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		
2024-09-22	2230	<b>River Cottage Australia</b>	Ep 3	Paul gets some goats but the going gets gruff when he tries to milk them for the first time. His cheese making skills get challenged by local friend Erica when they enter into the secret world of cheese making. The big event of the month is the Bega Show is just around the corner and Paul is relying on his friend Tabitha to give him some tips for his showgirl hens but are they going to be up to scratch? And could Ron the Rooster be a suitable replacement?	UNITED KINGDOM	English-100	RPT	PG		Y
2024-09-22	2330	<b>Curtis Stone's Travel, Cook, Repeat</b>	Lombardy, Italy	Chef Curtis Stone travels to Lombardy with longtime mate, Richie, where they toss pizza dough and visit a cheese cave. Back home in his kitchen, he makes a simple pizza using salumi from his Hollywood butcher shop.	USA	English-100		G		
2024-09-22	2400	<b>Long Weekend In... With Rory O'Connell</b>	Nantes	Rory creates a recipe to remind him of a magnificent weekend in Nantes - Baked Turbot with Sauce Beurre Blanc.	IRELAND	English-100		G		
2024-09-22	2430	<b>Eating Inn</b>	Woodcut Pt1: Crown, Sydney	Chef Ross Lusted and his team introduce us to his cooking with the elements theme: steam, fire and smoke. With Head Chef Colombian Daniel Leyva.	SINGAPORE	English-100		G		
2024-09-22	2530	<b>Simply Raymond Blanc</b>	Spices	Raymond Blanc cooks up a feast for the eyes with a roast butternut squash with chorizo, chickpeas and tahini dressing. Then he turns up the heat in the kitchen with a sumptuous red lentil and cauliflower dahl - perfect for those colder nights. Meanwhile, chef Giorgio Locatelli delights Raymond with a visit and cooks him a special treat from Northern Italy - risotto with hare and liquorice.	UNITED KINGDOM	English-100		G		
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2024-09-23	1100	<b>Tom Kerridge Cooks Britain</b>	East Of Scotland - Haddock And Carrots	Tom Kerridge heads to the East Coast of Scotland in his 1950s food truck to discover what it takes to produce the food on our plate and to cook with the British ingredients he finds along the way.	UNITED KINGDOM	English-100		G	
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2024-09-23	1200	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 2 Ep 5	Following in the footsteps of one of his literary heroes, Rick roams the dramatic north Cornish coast to tell the story of one of Britain's best loved writers, Thomas Hardy, and his little-known love affair with a Cornish woman.	UNITED KINGDOM	English-100		PG	a
2024-09-23	1230	<b>Come Dine With Me</b>	Gloucestershire 1	This week's competition comes from in and around charming Cheltenham and glorious Gloucester, where the first to host is self-proclaimed princess and vegetarian, Sheree.	UNITED KINGDOM	English-100		G	

2024-09-23	1300	David Rocco's Dolce India	Indian Vino	David takes the road less travelled and finds a tranquil vineyard outside busy Mumbai that produces fine Italian wine. The discovery inspires an Italian-Indian culinary adventure that includes succulent dishes.	CANADA	English-100		PG	
2024-09-23	1330	Spencer's Big 30	Burgers & Fries	Spencer cooks up his homemade smoky and sweet Turkey Burgers smothered in a smoked paprika mayonnaise. Next up is the burger's best friend: crispy French Fries.	CANADA	English-100		G	
2024-09-23	1400	Tastes Like Home	Cape Town And Johannesburg	Catherine will teach viewers some new recipes including Biltong Bru-schetta with Irish Farmhouse Cheese, Nectarines and Balsamic Glaze and a Boerewors, Parmesan polenta with a charred onion and mustard gravy. All of these dishes are inspired by local dishes and flavours Catherine experienced whilst visiting South Africa.	IRELAND	English-100		G	
2024-09-23	1430	Bizarre Foods: Delicious Destinations	Hollywood	Andrew highlights classic steak and martinis, Thai steamed whole fish, Armenian flatbread topped with minced beef and Persian ice cream in Hollywood, California.	USA	English-100		G	
2024-09-23	1500	Food Unwrapped	Fortified Wine, Almond Butter And Onion	Kate jumps on a plane to California to investigate why almond butter is more expensive than other nutty spreads and discovers a combination of extreme weather and global economics have made the price of almonds go completely nuts. Jimmy meanwhile journeys from Spain to Portugal to uncover the secrets of how wine is turned into fortified wine. Matt enlists the help of an innovative farmer and a team of cage fighters, to try to get to the bottom of that age old culinary problem of why slicing onions makes you cry.	UNITED KINGDOM	English-100		G	Y
2024-09-23	1530	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 7	Back on the farm, it's time to make some much needed changes. Jean teaches Paul the forgotten skill of stone masonry, while Digger brings joy to some people in need. Darcy returns to solve a long time problem on the farm - but can they get the water from the dam to all the gardens and livestock using a little DIY?	UNITED KINGDOM	English-100	RPT	G	Y
2024-09-23	1630	Gino's Italian Coastal Escape	Santa Maria Di Leuca	Gino reaches the end of his Adriatic journey. Here in Santa Maria Di Leuca, Gino meets Priest Don Gianni, and after a tour of this abbey, Gino cooks a saffron and chicken risotto.	UNITED KINGDOM	English-100		G	
2024-09-23	1700	Everyday Gourmet With Justine Schofield	Ep 61	Legendary Pastry Chef Phillippa Sibley shares her Blackberry Pistachio Clafoutis. Justine creates a belly warming Pot Pie and taste tingling Crispy Skin Salmon with Moroccan Couscous.	AUSTRALIA	English-100		G	
2024-09-23	1730	My Market Kitchen	Ep 31	In this episode of MMK, Laura makes Bruschetta with wine expert Adam Walls, who pairs wines to complement this snack.	AUSTRALIA	English-100		G	
2024-09-23	1800	Pati's Mexican Table	Road Trippin' With Javier Plascencia	Pati spends a day with one of Baja's most celebrated chefs, Javier Plascencia. He gives Pati a tour of the Baja he knows and loves, exploring the areas of Todos Santos and Pescadero. They make a pit stop at his favorite roadside carnitas stand, check out a local organic strawberry farm, head to the beach for some fresh-off-the-boat fish, and finally make their way to Javier's newest restaurant, Jazamango, where he has a beautiful garden that feeds his customers every day.	USA	English-100		PG	Y
2024-09-23	1830	Food Safari Water	Fish Bites	Exquisite snacks based on seafood star in many cuisines around the world - all beautiful mouthfuls that take taste and texture to a whole new level. Chef Frank Camorra (Movida) showcases a number of seafood tapas dishes and shares his recipe for luscious salty bunnuelos de bacalao (salt cod croquettes).	AUSTRALIA	English-100	RPT	G	Y
2024-09-23	1900	The Cook Up With Adam Liaw	Fast Favourites	A fast dinner's a good dinner! Adam is joined by chef Darren Robertson and tennis superstar Jelena Dokic to make their fast favourites-soon to be your fast favourites, too!	AUSTRALIA	English-100		G	Y
2024-09-23	1930	Jamie At Home	Barbecue	Jamie has a genius barbeque day as he cooks up everything from shellfish to lamb, chicken, ribs and even onions on the barbeque.	UNITED KINGDOM	English-100		G	

2024-09-23	2000	Luke Nguyen's Vietnam	Nha Trang	Chef Luke Nguyen visits the beachside town of Nha Trang while heading North along the coast, and goes fishing for cod in his uncle's cod farm. He also prepares wok tossed crab at his favourite restaurant in town. Luke discovers the floating fish markets by boat. There, local ladies roam the beaches offering fresh crayfish and Luke, enthusiastically takes advantage of this and prepares char grilled lobster right on the beach.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-09-23	2030	Gordon Ramsay Uncharted	Guyana's Jungle Wild's	Chef Ramsay heads deep into the South American rainforest to explore the culinary roots of Guyana. After rappelling from a helicopter into the jungle, he hunts for toothy caiman with his bare hands, fishes for Piranha with a bamboo rod, and crafts his own arrow to bow fish for Arowana. With his newfound bounty of jungle provisions, he will face off against local rising culinary star Delvin Adams to cook a feast for the local Amerindian tribe.	UNITED KINGDOM	English-100		PG	I		
2024-09-23	2125	Destination Flavour Singapore Bitesize	Curry Puffs	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		Y	
2024-09-23	2130	Come Dine With Me UK	Manchester: Haylie	Fishmonger, Haylie, hopes to reel in her guests by throwing a fishy-themed home cooked dinner party! But will it be enough for her to grab the 1000 pounds at the end of the week?	UNITED KINGDOM	English-100		PG	I		
2024-09-23	2200	Come Dine With Me UK	Manchester: Kam	Restaurant manager, Kam, is looking to woo her guests with an evening of cheesy courses and sides of pizza. Combined with tattoo talk and rodeo rides, will it be enough for her to win?	UNITED KINGDOM	English-100		PG			
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2024-09-23	2300	The Cook And The Chef	Add A Little Spice	It's Valentines day, and while neither Simon or Maggie will confess to being big partakers of the day, it is an excuse to share food, and Simon and Maggie have some recipes that'll sweep you off your feet.	AUSTRALIA	English-100		G			
2024-09-23	2330	Gourmet Farmer	Gourmet Farmer Series 2 Ep 7	Matthew, Nick, and Ross take their Long Table Lunches business to a new level when they host a lunch on Flinders Island. This time they take nothing but salt, pepper and a bit of olive oil to an island which has got to have more protein running around it than any other piece of land in Australia. It's a real logistical challenge, but they pull off a multi-course meal showcasing island produce such as mutton bird, Cape Barren goose and wallaby.	AUSTRALIA	English-100	RPT	PG	a w	Y	
2024-09-23	2400	David Rocco's Dolce India	Indian Vino	David takes the road less travelled and finds a tranquil vineyard outside busy Mumbai that produces fine Italian wine. The discovery inspires an Italian-Indian culinary adventure that includes succulent dishes.	CANADA	English-100		PG			
2024-09-23	2430	Jamie At Home	Barbecue	Jamie has a genius barbeque day as he cooks up everything from shellfish to lamb, chicken, ribs and even onions on the barbeque.	UNITED KINGDOM	English-100		G			
2024-09-23	2500	Luke Nguyen's Vietnam	Nha Trang	Chef Luke Nguyen visits the beachside town of Nha Trang while heading North along the coast, and goes fishing for cod in his uncle's cod farm. He also prepares wok tossed crab at his favourite restaurant in town. Luke discovers the floating fish markets by boat. There, local ladies roam the beaches offering fresh crayfish and Luke, enthusiastically takes advantage of this and prepares char grilled lobster right on the beach.	AUSTRALIA	English-100	RPT	G		Y	Y
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2024-09-24	0600	Tastes Like Home	Cape Town And Johannesburg	Catherine will teach viewers some new recipes including Biltong Bru-schetta with Irish Farmhouse Cheese, Nectarines and Balsamic Glaze and a Boerewors, Parmesan polenta with a charred onion and mustard gravy. All of these dishes are inspired by local dishes and flavours Catherine experienced whilst visiting South Africa.	IRELAND	English-100		G		
2024-09-24	0630	Bizarre Foods: Delicious Destinations	Hollywood	Andrew highlights classic steak and martinis, Thai steamed whole fish, Armenian flatbread topped with minced beef and Persian ice cream in Hollywood, California.	USA	English-100		G		
2024-09-24	0700	Food Unwrapped	Fortified Wine, Almond Butter And Onion	Kate jumps on a plane to California to investigate why almond butter is more expensive than other nutty spreads and discovers a combination of extreme weather and global economics have made the price of almonds go completely nuts. Jimmy meanwhile journeys from Spain to Portugal to uncover the secrets of how wine is turned into fortified wine. Matt enlists the help of an innovative farmer and a team of cage fighters, to try to get to the bottom of that age old culinary problem of why slicing onions makes you cry.	UNITED KINGDOM	English-100		G		Y
2024-09-24	0730	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 7	Back on the farm, it's time to make some much needed changes. Jean teaches Paul the forgotten skill of stone masonry, while Digger brings joy to some people in need. Darcy returns to solve a long time problem on the farm - but can they get the water from the dam to all the gardens and livestock using a little DIY?	UNITED KINGDOM	English-100	RPT	G		Y
2024-09-24	0830	Gino's Italian Coastal Escape	Santa Maria Di Leuca	Gino reaches the end of his Adriatic journey. Here in Santa Maria Di Leuca, Gino meets Priest Don Gianni, and after a tour of this abbey, Gino cooks a saffron and chicken risotto.	UNITED KINGDOM	English-100		G		

2024-09-24	0900	Everyday Gourmet With Justine Schofield	Ep 61	Legendary Pastry Chef Phillippa Sibley shares her Blackberry Pistachio Clafoutis. Justine creates a belly warming Pot Pie and taste tingling Crispy Skin Salmon with Moroccan Couscous.	AUSTRALIA	English-100		G	
2024-09-24	0930	My Market Kitchen	Ep 31	In this episode of MMK, Laura makes Bruschetta with wine expert Adam Walls, who pairs wines to complement this snack.	AUSTRALIA	English-100		G	
2024-09-24	1000	Pati's Mexican Table	Road Trippin' With Javier Plascencia	Pati spends a day with one of Baja's most celebrated chefs, Javier Plascencia. He gives Pati a tour of the Baja he knows and loves, exploring the areas of Todos Santos and Pescadero. They make a pit stop at his favorite roadside carnitas stand, check out a local organic strawberry farm, head to the beach for some fresh-off-the-boat fish, and finally make their way to Javier's newest restaurant, Jazamango, where he has a beautiful garden that feeds his customers every day.	USA	English-100		PG	Y
2024-09-24	1030	Food Safari Water	Fish Bites	Exquisite snacks based on seafood star in many cuisines around the world - all beautiful mouthfuls that take taste and texture to a whole new level. Chef Frank Camorra (Movida) showcases a number of seafood tapas dishes and shares his recipe for luscious salty bunnuelos de bacalao (salt cod croquettes).	AUSTRALIA	English-100	RPT	G	Y
2024-09-24	1100	The Cook Up With Adam Liaw	Fast Favourites	A fast dinner's a good dinner! Adam is joined by chef Darren Robertson and tennis superstar Jelena Dokic to make their fast favourites-soon to be your fast favourites, too!	AUSTRALIA	English-100		G	Y
2024-09-24	1130	Gordon Ramsay Uncharted	Guyana's Jungle Wild's	Chef Ramsay heads deep into the South American rainforest to explore the culinary roots of Guyana. After rappelling from a helicopter into the jungle, he hunts for toothy caiman with his bare hands, fishes for Piranha with a bamboo rod, and crafts his own arrow to bow fish for Arowana. With his newfound bounty of jungle provisions, he will face off against local rising culinary star Delvin Adams to cook a feast for the local Amerindian tribe.	UNITED KINGDOM	English-100		PG	I
2024-09-24	1225	Destination Flavour Singapore Bitesize	Curry Puffs	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	Y
2024-09-24	1230	Come Dine With Me	Gloucestershire 2	It's the second night of the competition in Cheltenham and Gloucester and the turn of professional storyteller Chloe to host.	UNITED KINGDOM	English-100		G	
2024-09-24	1300	David Rocco's Dolce India	Weekend In Mumbai	With a weekend to spend in Mumbai, David explores the city's vast and extraordinary food scene. From small traditional cafes to hip new restaurants, David is everywhere collecting and sharing recipes including a vegetarian carbonara.	CANADA	English-100		G	
2024-09-24	1330	Spencer's Big 30	Tandoori Takeout	Chef Spencer Watt uses traditional spices to for his tender tandoori chicken skewers. Flavoured with coriander, cumin, cayenne, and turmeric, Spencer's juicy skewers are spiced to perfection.	CANADA	English-100		G	
2024-09-24	1400	Tastes Like Home	Tiny Township, Canada	This week Catherine will teach us how to cook sweet lovers delight, Maple Taffy, and for the cheese lovers, Irish Cheddar Cheese Curd Poutine with smoked bacon and whiskey gravy followed by a Spiced Bramley Apple Cake with Maple Whiskey Glaze – mouth watering.	IRELAND	English-100		G	a w
2024-09-24	1430	Bizarre Foods: Delicious Destinations	Santa Monica	Andrew dives in to the laid-back eats of Santa Monica, California. Boasting miles of coastline, Santa Monica is home to spicy seafood soup, Chinese chicken salad and Tsukemen.	USA	English-100		G	



2024-09-24	1500	<b>Food Unwrapped</b>	Dates, Processed Meats And Perfect Apple	Jimmy's off to Israel on the trail of an elusive fruit - the fresh date. If raisins are dried grapes and prunes are dried plums, then what exactly are dates? Kate heads to Belfast to meet a sausage maker whose sales suffered in the wake of the recent World Health Organisation report linking processed meat to cancer. In his otherwise ordinary back garden, Paul Barnett has an extraordinary tree with no fewer than 250 separate varieties of apple on it. By what alchemy is this possible? Matt's search for the answer takes him to Kent, where experts have perfected the science of growing apples, in the process transforming an industry worth billions of pounds.	UNITED KINGDOM	English-100		PG		Y
2024-09-24	1530	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 8	Paul takes part in a species eradication program, but it's not your average day out weeding - this method goes to new heights. As a way of celebrating the talent, artists, and producers in the area, Paul hosts a huge field day on the farm. Paul proves he's not afraid to strip down for fashion before wowing the crowd with a special tribute that sums up his last three years in Tilba.	UNITED KINGDOM	English-100	RPT	PG		Y
2024-09-24	1630	<b>Gino's Italian Express</b>	Breil-Sur- Roya To Turin	Gino's back in his home country of Italy. Here, he'll meet a local doctor who does his rounds on horseback. Gino will also prepare a scrumptious chocolate cheesecake before travelling on to the beautiful city of Turin, where he'll get a personal tour in the seat of a classic Fiat 500. Finally, he'll make a dish of fettuccine pasta with mascarpone and pork mince.	UNITED KINGDOM	English-100		PG	a	
2024-09-24	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 62	On todays show Justine makes mussels in a rich tomato sauce and a Middle Eastern style butterflied duck. New Zealand Chef Daniel Wilson stops by and shares his spicy and smokey macaroni cheese with sweet corn.	AUSTRALIA	English-100		PG	a w	
2024-09-24	1730	<b>My Market Kitchen</b>	Ep 32	Chef Mod cooks up a quick and easy Pad Thai with Laura's help. Next, Mike shares his own version of a delicious brownie recipe with Morello cherries.	AUSTRALIA	English-100		G		
2024-09-24	1800	<b>Pati's Mexican Table</b>	Godmonth Of Cabo Cuisine, The	Pati spends the entire day with Edith Jimenez, a culinary institution of Los Cabos. At age 15, starting out as a waitress, Edith decided she would one day own the restaurant where she worked and is now living her dream, owning both Edith's Restaurant and The Office, a Cabo staple. Edith ensures the preservation of history and culture by consistently using recipes from locals in the area. Edith takes Pati to the small town of Miraflores where they meet up with a family that has shown Edith how to make their traditional tamales and sopa fresca.	USA	English-100		G		Y
2024-09-24	1830	<b>Food Safari Water</b>	Fish On Fire	Cooking fish over fire is an instant call to the tastebuds, a combination of two of the most pure elements on earth that together take seafood to the next level. Chef Lennox Hastie (Firedoor) cooks only over fire and takes his grill to a NSW south coast beach to cook a perfect whole flathead over coals, serving with broccolini and an ingenious pil pil sauce learnt from his days cooking in Spain's Basque country.	AUSTRALIA	English-100	RPT	PG		Y
2024-09-24	1900	<b>The Cook Up With Adam Liaw</b>	Rocking Recipes	It's non-stop hits as musician Elly-May Barnes, chef Hamish Ingham and Adam debut their rocking recipes.	AUSTRALIA	English-100		G		Y
2024-09-24	1930	<b>Cook Clever Waste Less With Prue &amp; Rupy</b>	Arora-Anand Family, The	In this new series, culinary legend and queen of leftovers Prue Leith teams up with food expert Dr Rupy Aujla to help British families tackle food waste and save money.	UNITED KINGDOM	English-100		G		
2024-09-24	2000	<b>Mary Berry Everyday</b>	Ep 4	This is indulgence at its best with Mary's mouth-watering dishes that are filled with lashings of naughtiness. She pursues the history of British pies and the secret to an east sticky toffee pud.	UNITED KINGDOM	English-100		G		
2024-09-24	2030	<b>James Martin's French Adventure</b>	L'isle Sur La Sorgue	James samples truffle-laden dishes at renowned restaurant La Beaugraviere, and is inspired to make scallops with tomatoes and chorizo. He finishes with a slow roasted shoulder of lamb.	UNITED KINGDOM	English-100		G		Y
2024-09-24	2130	<b>Come Dine With Me UK</b>	Manchester: James	Entertainment manager, James, is hoping to blow his guests away with a menu inspired by his travels to Nashville, Tennessee. Will his American themed finger food menu help him grab the win?	UNITED KINGDOM	English-100		PG	a	

2024-09-24	2200	Come Dine With Me UK	Manchester: Angela	Jeweller, Angela, hopes to bedazzle her guests with an all-Italian family menu, passed down from each generation. Will it pass the test with her guests and win her the cash prize?	UNITED KINGDOM	English-100	G		Y
2024-09-24	2230	The Cook Up With Adam Liaw	Rocking Recipes	It's non-stop hits as musician Elly-May Barnes, chef Hamish Ingham and Adam debut their rocking recipes.	AUSTRALIA	English-100	G		Y
2024-09-24	2300	The Cook And The Chef	All Fired Up	Since the dawn of time we've known there's something special that happens when you cook a piece of meat over flame, so this week on the show, Maggie and Simon get 'fired up' to explore the magic of meat, heat, and smoke.	AUSTRALIA	English-100	G		
2024-09-24	2330	Gourmet Farmer	Gourmet Farmer Series 2 Ep 8	On a bushwalk with a park ranger, Matthew samples some native produce which gets his mind to thinking about what else is growing wild closer to home on his farm and around Hobart. He goes mushrooming with Tom Samek and wild food expert Anita Wild and he finds wild greens growing literally at the front gate. But Matthew is a protein man and after several failed attempts at catching fish, he sets out with Plinio Taurian, who claims to be able to catch trout by the minute in a river just outside the city of Hobart.	AUSTRALIA	English-100	RPT	G	Y
2024-09-24	2400	David Rocco's Dolce India	Weekend In Mumbai	With a weekend to spend in Mumbai, David explores the city's vast and extraordinary food scene. From small traditional cafes to hip new restaurants, David is everywhere collecting and sharing recipes including a vegetarian carbonara.	CANADA	English-100	G		
2024-09-24	2430	Cook Clever Waste Less With Prue & Rupy	Arora-Anand Family, The	In this new series, culinary legend and queen of leftovers Prue Leith teams up with food expert Dr Rupy Aujla to help British families tackle food waste and save money.	UNITED KINGDOM	English-100	G		
2024-09-24	2500	Mary Berry Everyday	Ep 4	This is indulgence at its best with Mary's mouth-watering dishes that are filled with lashings of naughtiness. She pursues the history of British pies and the secret to an east sticky toffee pud.	UNITED KINGDOM	English-100	G		
2024-09-24	2530	James Martin's French Adventure	L'isle Sur La Sorgue	James samples truffle-laden dishes at renowned restaurant La Beaugraviere, and is inspired to make scallops with tomatoes and chorizo. He finishes with a slow roasted shoulder of lamb.	UNITED KINGDOM	English-100	G		Y
2024-09-24	2625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2024-09-24	2630	Come Dine With Me UK	Manchester: James	Entertainment manager, James, is hoping to blow his guests away with a menu inspired by his travels to Nashville, Tennessee. Will his American themed finger food menu help him grab the win?	UNITED KINGDOM	English-100	PG	a	
2024-09-24	2700	Come Dine With Me UK	Manchester: Angela	Jeweller, Angela, hopes to bedazzle her guests with an all-Italian family menu, passed down from each generation. Will it pass the test with her guests and win her the cash prize?	UNITED KINGDOM	English-100	G		Y
2024-09-24	2730	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 8	Paul takes part in a species eradication program, but it's not your average day out weeding - this method goes to new heights. As a way of celebrating the talent, artists, and producers in the area, Paul hosts a huge field day on the farm. Paul proves he's not afraid to strip down for fashion before wowing the crowd with a special tribute that sums up his last three years in Tilba.	UNITED KINGDOM	English-100	RPT	PG	Y
2024-09-24	2830	Gourmet Farmer	Gourmet Farmer Series 2 Ep 8	On a bushwalk with a park ranger, Matthew samples some native produce which gets his mind to thinking about what else is growing wild closer to home on his farm and around Hobart. He goes mushrooming with Tom Samek and wild food expert Anita Wild and he finds wild greens growing literally at the front gate. But Matthew is a protein man and after several failed attempts at catching fish, he sets out with Plinio Taurian, who claims to be able to catch trout by the minute in a river just outside the city of Hobart.	AUSTRALIA	English-100	RPT	G	Y

2024-09-25	0500	David Rocco's Dolce India	Weekend In Mumbai	With a weekend to spend in Mumbai, David explores the city's vast and extraordinary food scene. From small traditional cafes to hip new restaurants, David is everywhere collecting and sharing recipes including a vegetarian carbonara.	CANADA	English-100		G	
2024-09-25	0530	Spencer's Big 30	Tandoori Takeout	Chef Spencer Watt uses traditional spices to for his tender tandoori chicken skewers. Flavoured with coriander, cumin, cayenne, and turmeric, Spencer's juicy skewers are spiced to perfection.	CANADA	English-100		G	
2024-09-25	0600	Tastes Like Home	Tiny Township, Canada	This week Catherine will teach us how to cook sweet lovers delight, Maple Taffy, and for the cheese lovers, Irish Cheddar Cheese Curd Poutine with smoked bacon and whiskey gravy followed by a Spiced Bramley Apple Cake with Maple Whiskey Glaze – mouth watering.	IRELAND	English-100		G	a w
2024-09-25	0630	Bizarre Foods: Delicious Destinations	Santa Monica	Andrew dives in to the laid-back eats of Santa Monica, California. Boasting miles of coastline, Santa Monica is home to spicy seafood soup, Chinese chicken salad and Tsukemen.	USA	English-100		G	
2024-09-25	0700	Food Unwrapped	Dates, Processed Meats And Perfect Apple	Jimmy's off to Israel on the trail of an elusive fruit - the fresh date. If raisins are dried grapes and prunes are dried plums, then what exactly are dates? Kate heads to Belfast to meet a sausage maker whose sales suffered in the wake of the recent World Health Organisation report linking processed meat to cancer. In his otherwise ordinary back garden, Paul Barnett has an extraordinary tree with no fewer than 250 separate varieties of apple on it. By what alchemy is this possible? Matt's search for the answer takes him to Kent, where experts have perfected the science of growing apples, in the process transforming an industry worth billions of pounds.	UNITED KINGDOM	English-100		PG	Y
2024-09-25	0730	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 8	Paul takes part in a species eradication program, but it's not your average day out weeding - this method goes to new heights. As a way of celebrating the talent, artists, and producers in the area, Paul hosts a huge field day on the farm. Paul proves he's not afraid to strip down for fashion before wowing the crowd with a special tribute that sums up his last three years in Tilba.	UNITED KINGDOM	English-100	RPT	PG	Y
2024-09-25	0830	Gino's Italian Express	Breil-Sur- Roya To Turin	Gino's back in his home country of Italy. Here, he'll meet a local doctor who does his rounds on horseback. Gino will also prepare a scrumptious chocolate cheesecake before travelling on to the beautiful city of Turin, where he'll get a personal tour in the seat of a classic Fiat 500. Finally, he'll make a dish of fettuccine pasta with mascarpone and pork mince.	UNITED KINGDOM	English-100		PG	a
2024-09-25	0900	Everyday Gourmet With Justine Schofield	Ep 62	On todays show Justine makes mussels in a rich tomato sauce and a Middle Eastern style butterflyed duck. New Zealand Chef Daniel Wilson stops by and shares his spicy and smokey macaroni cheese with sweet corn.	AUSTRALIA	English-100		PG	a w
2024-09-25	0930	My Market Kitchen	Ep 32	Chef Mod cooks up a quick and easy Pad Thai with Laura's help. Next, Mike shares his own version of a delicious brownie recipe with Morello cherries.	AUSTRALIA	English-100		G	
2024-09-25	1000	Pati's Mexican Table	Godmonth Of Cabo Cuisine, The	Pati spends the entire day with Edith Jimenez, a culinary institution of Los Cabos. At age 15, starting out as a waitress, Edith decided she would one day own the restaurant where she worked and is now living her dream, owning both Edith's Restaurant and The Office, a Cabo staple. Edith ensures the preservation of history and culture by consistently using recipes from locals in the area. Edith takes Pati to the small town of Miraflores where they meet up with a family that has shown Edith how to make their traditional tamales and sopa fresca.	USA	English-100		G	Y
2024-09-25	1030	Food Safari Water	Fish On Fire	Cooking fish over fire is an instant call to the tastebuds, a combination of two of the most pure elements on earth that together take seafood to the next level. Chef Lennox Hastie (Firedoor) cooks only over fire and takes his grill to a NSW south coast beach to cook a perfect whole flathead over coals, serving with broccolini and an ingenious pil pil sauce learnt from his days cooking in Spain's Basque country.	AUSTRALIA	English-100	RPT	PG	Y
2024-09-25	1100	The Cook Up With Adam Liaw	Rocking Recipes	It's non-stop hits as musician Elly-May Barnes, chef Hamish Ingham and Adam debut their rocking recipes.	AUSTRALIA	English-100		G	Y

2024-09-25	1130	<b>James Martin's French Adventure</b>	L'isle Sur La Sorgue	James samples truffle-laden dishes at renowned restaurant La Beaugraviere, and is inspired to make scallops with tomatoes and chorizo. He finishes with a slow roasted shoulder of lamb.	UNITED KINGDOM	English-100		G		Y
2024-09-25	1225	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
2024-09-25	1230	<b>Come Dine With Me</b>	Gloucestershire 3	This week's competition comes from in and around Cheltenham and Gloucester, and third to host this week is estate agent Mike, who plans to win over his guests by hosting a relaxed evening with no theme and no fancy dress!	UNITED KINGDOM	English-100		PG		
2024-09-25	1300	<b>David Rocco's Dolce India</b>	Holi Gurudwara	David visits Delhi's largest Sikh temple. Everyday the Gurudwara Bangla Sahib feeds 20,000 people of all faiths - without a head chef!	CANADA	English-100		G		
2024-09-25	1330	<b>Spencer's Big 30</b>	Put An Egg On It	Using brown lentils as the base of his meal, Spencer prepares a flavourful and nutritious dish: Warm Lentils and Poached Eggs.	CANADA	English-100		G		
2024-09-25	1400	<b>Tastes Like Home</b>	Blanchardstown And Mexico	We meet Alexandra Ikkert and her family in Blanchardstown who are originally from Russia where she shows Catherine how to make her Seafood Chowder and later we see Catherine visit Alexandra's eldest sister Anna in Playa del Carmen, Mexico along with now husband Gabriel Morales.	IRELAND	English-100		G		Y
2024-09-25	1430	<b>Bizarre Foods: Delicious Destinations</b>	Bangkok: A Second Sound Bite	Bangkok, Thailand, has so many culinary treasures, it deserves a second trip! From steamed bass to massaman curry, Andrew highlights the city's delicious flavors.	USA	English-100		PG	a w	Y
2024-09-25	1500	<b>Food Unwrapped</b>	Yeast, Black Pepper And Crisp Flavour	Kate's in Vietnam, the world's largest exporter of black pepper, where a global surge in demand has transformed the lives of farmers across the country. Jimmy meets a man with one of the strangest jobs in the food industry, harvesting different strains of yeast from multiple locations across the globe. Matt's looking into how they get the flavours onto our crisps. Do producers use real cheese, onion, vinegar and salt - or are these actually artificial flavours cooked up in a lab?	UNITED KINGDOM	English-100		PG		Y
2024-09-25	1530	<b>Royal Recipes</b>	Coronation	Michael is joined by Michelin starred chef Paul Ainsworth in the historic kitchen of one of Britain's finest stately homes.	UNITED KINGDOM	English-100		G		
2024-09-25	1625	<b>Taste The Philippines With Yasmin Newman</b>	Cebu Lechon With Will Mahusay	Will Mahusay of Cebu Lechon shares his love for Cebu's street food and beaches with Yasmin.	AUSTRALIA	English-100		G		
2024-09-25	1630	<b>Gino's Italian Express</b>	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. Run by ex-railroad men and volunteers, this special tourist train sets off from beautiful Siena and chugs through the most picturesque natural beauty spots Tuscany has to offer. It stops in the town of Asciano where the locals try and compete with Siena's famous Palio horse race, but here they ride donkeys.	UNITED KINGDOM	English-100		G		

2024-09-25	1700	Everyday Gourmet With Justine Schofield	Ep 63	Today Justine whips up some cheeky Grilled King Prawns with Bloody Mary Butter and a mixed berry Gratin. Former Masterchef winner Adam Liaw joins Justine to share his special Mee Goreng recipe.	AUSTRALIA	English-100		G		
2024-09-25	1730	My Market Kitchen	Ep 33	Mike starts with his warm Poached Chicken Salad, followed by his Poached Salmon and Pea Fish Cakes with Tahini and Yogurt Sauce.	AUSTRALIA	English-100		G		
2024-09-25	1800	Pati's Mexican Table	Los Cabos By Land And Sea	Pati sets out into the crystal clear waters of the Sea of Cortez in search of the freshest, tastiest seafood all of Los Cabos has to offer. Along with Chef Guillermo Gomez of Cabo's luxurious Esperanza hotel, Pati reels in a fresh catch and heads back to the shore. On a pristine beach with breathtaking ocean views, Pati grills up her catch-of-the-day with Chef Guillermo as they discuss the evolution of Cabo San Lucas from a small fishing village to the desirable vacation destination it has become.	USA	English-100		PG	a w	
2024-09-25	1830	Food Safari Water	Shellfish	Shark-defying scallop diver Paulie Polacco braves cold water and strong currents to harvest some of the world's most prized queen scallops off Kangaroo Island, adored for their purple roe and savoury taste with a hint of nutty sweetness. Adelaide-based Calabrese chef Salvatore Pepe (Pepe's Cucina) uses queen scallops to create a delicious mouthful called capesante gratinate, using a garlic, herb, and breadcrumb mix to grill on top.	AUSTRALIA	English-100	RPT	PG	a w	Y
2024-09-25	1900	The Cook Up With Adam Liaw	Favourite Ferments	Fervent fermenters, chef Mika Chae and food writer Mandy Hall, join Adam to share their favourite ferments.	AUSTRALIA	English-100		G		Y
2024-09-25	1930	Marcus Wareing: Simply Provence	Melon	In Provence, the markets and shops are awash with an extraordinary array of fresh fruit, all locally produced, and it's got Marcus thinking.	UNITED KINGDOM	English-100		G		
2024-09-25	2000	Nadiya's Time To Eat	Reliable Regulars	Nadiya shares her tried and tested go to recipes she can rely on when she hasn't got the energy to cook anything complicated. A deliciously naughty french toast loaded with cheese, and spiced up with turmeric, is the perfect feelgood fix.	UNITED KINGDOM	English-100		G		
2024-09-25	2030	Hugh's Three Good Things	Black Bream	Hugh wants to introduce you to a brilliant way of cooking, the secret to so many great dishes, argues Hugh, is having three key ingredients working well together.	UNITED KINGDOM	English-100		PG	a w	
2024-09-25	2100	Masters Of Taste With Gary Mehigan	Delhi - Punjabi Food	Gary Mehigan explores the lip-smacking and robust flavours of Punjabi cuisine with Rocky Mohan and his family.	USA	English-100		PG	a	
2024-09-25	2130	Come Dine With Me UK	Manchester: Nick	Business developer, Nick, hopes to win her guests over with a menu inspired by his hero Winston Churchill. Will his plan to woo his diners with luxury plonk and fine dining be enough?	UNITED KINGDOM	English-100		G		
2024-09-25	2200	Come Dine With Me UK	Chelmsford Day 1	This week's competition is in and around Chelmsford, where the first to host is NHS nurse Sam!	UNITED KINGDOM	English-100		PG		
2024-09-25	2230	The Cook Up With Adam Liaw	Favourite Ferments	Fervent fermenters, chef Mika Chae and food writer Mandy Hall, join Adam to share their favourite ferments.	AUSTRALIA	English-100		G		Y

2024-09-25	2300	<b>The Cook And The Chef</b>	It's Presentation	This episode is all about presentation. Even though Maggie likes to tease Simon about the 'chef-y' look of his dishes, she really does agree that we eat with our eyes as well as our taste buds.	AUSTRALIA	English-100		G	
2024-09-25	2330	<b>Gourmet Farmer</b>	Gourmet Farmer Series 2 Ep 9	Matthew has been invited to Italy as part of Slow Food's annual salon, where he learns to make salami the traditional way with local butchers. This gives him an idea for how to preserve pork when he has an excess supply back home in Tasmania.	AUSTRALIA	English-100	RPT	G	Y
2024-09-25	2400	<b>David Rocco's Dolce India</b>	Holi Gurudwara	David visits Delhi's largest Sikh temple. Everyday the Gurudwara Bangla Sahib feeds 20,000 people of all faiths - without a head chef!	CANADA	English-100		G	
2024-09-25	2430	<b>Marcus Wareing: Simply Provence</b>	Melon	In Provence, the markets and shops are awash with an extraordinary array of fresh fruit, all locally produced, and it's got Marcus thinking.	UNITED KINGDOM	English-100		G	
2024-09-25	2500	<b>Nadiya's Time To Eat</b>	Reliable Regulars	Nadiya shares her tried and tested go to recipes she can rely on when she hasn't got the energy to cook anything complicated. A deliciously naughty french toast loaded with cheese, and spiced up with turmeric, is the perfect feelgood fix.	UNITED KINGDOM	English-100		G	
2024-09-25	2530	<b>Hugh's Three Good Things</b>	Black Bream	Hugh wants to introduce you to a brilliant way of cooking, the secret to so many great dishes, argues Hugh, is having three key ingredients working well together.	UNITED KINGDOM	English-100		PG	a w
2024-09-25	2600	<b>Masters Of Taste With Gary Mehigan</b>	Delhi - Punjabi Food	Gary Mehigan explores the lip-smacking and robust flavours of Punjabi cuisine with Rocky Mohan and his family.	USA	English-100		PG	a
2024-09-25	2630	<b>Come Dine With Me UK</b>	Manchester: Nick	Business developer, Nick, hopes to win her guests over with a menu inspired by his hero Winston Churchill. Will his plan to woo his diners with luxury plonk and fine dining be enough?	UNITED KINGDOM	English-100		G	
2024-09-25	2700	<b>Come Dine With Me UK</b>	Chelmsford Day 1	This week's competition is in and around Chelmsford, where the first to host is NHS nurse Sam!	UNITED KINGDOM	English-100		PG	
2024-09-25	2730	<b>Royal Recipes</b>	Coronation	Michael is joined by Michelin starred chef Paul Ainsworth in the historic kitchen of one of Britain's finest stately homes.	UNITED KINGDOM	English-100		G	
2024-09-25	2825	<b>Taste The Philippines With Yasmin Newman</b>	Cebu Lechon With Will Mahusay	Will Mahusay of Cebu Lechon shares his love for Cebu's street food and beaches with Yasmin.	AUSTRALIA	English-100		G	
2024-09-25	2830	<b>Gourmet Farmer</b>	Gourmet Farmer Series 2 Ep 9	Matthew has been invited to Italy as part of Slow Food's annual salon, where he learns to make salami the traditional way with local butchers. This gives him an idea for how to preserve pork when he has an excess supply back home in Tasmania.	AUSTRALIA	English-100	RPT	G	Y
2024-09-26	0500	<b>David Rocco's Dolce India</b>	Holi Gurudwara	David visits Delhi's largest Sikh temple. Everyday the Gurudwara Bangla Sahib feeds 20,000 people of all faiths - without a head chef!	CANADA	English-100		G	
2024-09-26	0530	<b>Spencer's Big 30</b>	Put An Egg On It	Using brown lentils as the base of his meal, Spencer prepares a flavourful and nutritious dish: Warm Lentils and Poached Eggs.	CANADA	English-100		G	

2024-09-26	0600	<b>Tastes Like Home</b>	Blanchardstown And Mexico	We meet Alexandra Ikkert and her family in Blanchardstown who are originally from Russia where she shows Catherine how to make her Seafood Chowder and later we see Catherine visit Alexandra's eldest sister Anna in Playa del Carmen, Mexico along with now husband Gabriel Morales.	IRELAND	English-100	G			Y
2024-09-26	0630	<b>Bizarre Foods: Delicious Destinations</b>	Bangkok: A Second Sound Bite	Bangkok, Thailand, has so many culinary treasures, it deserves a second trip! From steamed bass to massaman curry, Andrew highlights the city's delicious flavors.	USA	English-100	PG	a w		Y
2024-09-26	0700	<b>Food Unwrapped</b>	Yeast, Black Pepper And Crisp Flavour	Kate's in Vietnam, the world's largest exporter of black pepper, where a global surge in demand has transformed the lives of farmers across the country. Jimmy meets a man with one of the strangest jobs in the food industry, harvesting different strains of yeast from multiple locations across the globe. Matt's looking into how they get the flavours onto our crisps. Do producers use real cheese, onion, vinegar and salt - or are these actually artificial flavours cooked up in a lab?	UNITED KINGDOM	English-100	PG			Y
2024-09-26	0730	<b>Royal Recipes</b>	Coronation	Michael is joined by Michelin starred chef Paul Ainsworth in the historic kitchen of one of Britain's finest stately homes.	UNITED KINGDOM	English-100	G			
2024-09-26	0825	<b>Taste The Philippines With Yasmin Newman</b>	Cebu Lechon With Will Mahusay	Will Mahusay of Cebu Lechon shares his love for Cebu's street food and beaches with Yasmin.	AUSTRALIA	English-100	G			
2024-09-26	0830	<b>Gino's Italian Express</b>	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. Run by ex-railroad men and volunteers, this special tourist train sets off from beautiful Siena and chugs through the most picturesque natural beauty spots Tuscany has to offer. It stops in the town of Asciano where the locals try and compete with Siena's famous Palio horse race, but here they ride donkeys.	UNITED KINGDOM	English-100	G			
2024-09-26	0900	<b>Everyday Gourmet With Justine Schofield</b>	Ep 63	Today Justine whips up some cheeky Grilled King Prawns with Bloody Mary Butter and a mixed berry Gratin. Former Masterchef winner Adam Liaw joins Justine to share his special Mee Goreng recipe.	AUSTRALIA	English-100	G			
2024-09-26	0930	<b>My Market Kitchen</b>	Ep 33	Mike starts with his warm Poached Chicken Salad, followed by his Poached Salmon and Pea Fish Cakes with Tahini and Yogurt Sauce.	AUSTRALIA	English-100	G			
2024-09-26	1000	<b>Pati's Mexican Table</b>	Los Cabos By Land And Sea	Pati sets out into the crystal clear waters of the Sea of Cortez in search of the freshest, tastiest seafood all of Los Cabos has to offer. Along with Chef Guillermo Gomez of Cabo's luxurious Esperanza hotel, Pati reels in a fresh catch and heads back to the shore. On a pristine beach with breathtaking ocean views, Pati grills up her catch-of-the-day with Chef Guillermo as they discuss the evolution of Cabo San Lucas from a small fishing village to the desirable vacation destination it has become.	USA	English-100	PG	a w		
2024-09-26	1030	<b>Food Safari Water</b>	Shellfish	Shark-defying scallop diver Paulie Polacco braves cold water and strong currents to harvest some of the world's most prized queen scallops off Kangaroo Island, adored for their purple roe and savoury taste with a hint of nutty sweetness. Adelaide-based Calabrese chef Salvatore Pepe (Pepe's Cucina) uses queen scallops to create a delicious mouthful called capesante gratinate, using a garlic, herb, and breadcrumb mix to grill on top.	AUSTRALIA	English-100	RPT PG	a w		Y

2024-09-26	1100	<b>The Cook Up With Adam Liaw</b>	Favourite Ferments	Fervent fermenters, chef Mika Chae and food writer Mandy Hall, join Adam to share their favourite ferments.	AUSTRALIA	English-100	G		Y
2024-09-26	1130	<b>Hugh's Three Good Things</b>	Black Bream	Hugh wants to introduce you to a brilliant way of cooking, the secret to so many great dishes, argues Hugh, is having three key ingredients working well together.	UNITED KINGDOM	English-100	PG	a w	
2024-09-26	1200	<b>Masters Of Taste With Gary Mehigan</b>	Delhi - Punjabi Food	Gary Mehigan explores the lip-smacking and robust flavours of Punjabi cuisine with Rocky Mohan and his family.	USA	English-100	PG	a	
2024-09-26	1230	<b>Come Dine With Me</b>	Gloucestershire 4	This week's competition is in and around charming Cheltenham and glorious Gloucester, where fourth host is 'King of Critique' Dan, who's set the bar high - for himself!	UNITED KINGDOM	English-100	PG		
2024-09-26	1300	<b>David Rocco's Dolce India</b>	Warrior Chef, The	David embarks on a remarkable culinary journey through Rajasthan and discovers that it's cuisine has been defined as much by the regions arid climate as by its traditional warrior culture. The experience is authentically guided by Executive Chef Akshraj Jodha, a descendant of a Rajput royalty.	CANADA	English-100	PG	a w	Y
2024-09-26	1330	<b>Spencer's Big 30</b>	Lebanese Take-Out	First up is a fresh Fattoush Salad with zesty sumac and lemon dressing, topped with warm crunchy pita chips. Next, a flavourful dessert of Walnut Baklava Cookies with salty pistachios and a drizzle of honey.	CANADA	English-100	PG		
2024-09-26	1400	<b>Tastes Like Home</b>	Portland	Catherine will show us a new take on the full Irish breakfast with potato cakes, along with new recipes she developed from her experiences in Portland; slow cooked pulled pork in Boa Buns.	IRELAND	English-100	PG		
2024-09-26	1430	<b>Bizarre Foods: Delicious Destinations</b>	Phuket	Andrew explores the alluring eats of Phuket, Thailand, an island paradise with bountiful natural gifts, aromatic flavors and multicultural cuisine. From spicy crab curry to crispy street snacks.	USA	English-100	G		
2024-09-26	1500	<b>Food Unwrapped</b>	Marmalade, Sustainable Fish And Goat	Jimmy is in Seville, looking for the mysterious ingredient that gives marmalade its bitter tang. Kate is investigating sustainable fish. She learns that even farmed smoked salmon aren't considered fully sustainable - so what fish can we be eating with a clear conscience? Matt meets a man who is trying to turn Britain onto goat meat.	UNITED KINGDOM	English-100	PG		Y
2024-09-26	1530	<b>Royal Recipes</b>	Weddings	Michael is joined by top London chef Anna Haugh in the magnificent kitchen at one of country's grandest stately home to celebrate food served at Royal Weddings.	UNITED KINGDOM	English-100	PG	a w	
2024-09-26	1625	<b>Taste The Philippines With Yasmin Newman</b>	Pandan Tamakonsi With Kenneth Rodriguez	Kenneth Rodriguez shows Yasmin the secret to Filipino donuts known as Pandan Tamakonsi, and shares his inspiration for creating unique Filipino flavours.	AUSTRALIA	English-100	G		
2024-09-26	1630	<b>Gino's Italian Express</b>	Cinque Terre	Gino visits the jewel of the Italian Riviera, where he meets wine producers who scale 1 km above sea level to tend to their vines, then prepares a tiramisu with a twist.	UNITED KINGDOM	English-100	PG	I	
2024-09-26	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 64	Justine whips up a flavour filled Chicken Wonton Soup and Banana Soule. Jarrod Hudson drops by to share his Oysters with Green Peanut Nahm.	AUSTRALIA	English-100	G		
2024-09-26	1730	<b>My Market Kitchen</b>	Ep 34	Mike teams up with Catherine to cook lovely Baked Spiced Cauliflower Florets with Coriander and Yogurt Sauce. Laura then serves up Fried Pork and Kimchi Wontons, followed by Mike's perfect Scrambled Eggs, and Adam D'Sylva with his Panzanella Salad with Buffalo Mozzarella.	AUSTRALIA	English-100	G		



2024-09-26	1800	Pat's Mexican Table	New York	Pati is invited to cook a special Cinco de Mayo dinner at the prestigious James Beard House in New York City. The James Beard Foundation is a non-profit culinary arts organization, which hosts frequent meals typically prepared by esteemed chefs, like Pati, who take pride in sharing their culture and cuisine with the world. Before she leaves New York, Pati visits three authentic Mexican-American culinary establishments around the city. While tasting and enjoying traditional Mexican breads, tamales, and chilaquiles, Pati learns the stories of chefs using food as a way of pursuing their dreams in America, creating their own successful businesses and honoring traditional Mexican recipes and ingredients.	USA	English-100		G			Y	
2024-09-26	1830	Food Safari Water	One Pot	The simplicity of cooking and serving seafood in one pot is a hallmark of cuisines around the world. Chef Angie Hong shares the secrets of Vietnamese clay pot cooking, starting with a visit to a supplier in Cabramatta with live fish.	AUSTRALIA	English-100	RPT	PG	a w		Y	
2024-09-26	1900	The Cook Up With Adam Liaw	Dreamy Desserts	It's a night of dreamy desserts on The Cook Up, as chef Jack Brown and Kitana Mansell from Palawa Kipli join Adam for a sugar hit or three.	AUSTRALIA	English-100		G			Y	
2024-09-26	1930	Ainsley's Fantastic Flavours	Caribbean	Ainsley is transporting viewers to the vibrant and flavourful world of Caribbean cuisine, promising to tantalise their tastebuds. Starting with a fresh dish packed with flavour—jerk-style pork tenderloin, watermelon and coconut salad.	UNITED KINGDOM	English-100		G				
2024-09-26	2030	Guillaume's French Atlantic	Episode 10	In the unforgettable final episode, Guillaume Brahimi delves into the vibrant Basque culture and cuisine, experiencing Pelota, discovering underwater-aged wine, exploring the markets of Espelette.	AUSTRALIA	English-70; French-30		G			Y	Y
2024-09-26	2100	Barossa Gourmet With Justine Schofield	Ep 6	Justine visits Steiny's Traditional Mettwurst to make the ultimate German inspired mettwurst and sauerkraut toasted sandwich.	AUSTRALIA	English-100		G				
2024-09-26	2130	Come Dine With Me UK	Chelmsford Day 2	This week's competition is near Chelmsford, Essex and it's the turn of 51 year sales manager Elliot to make his bid for the 1000 pound prize.	UNITED KINGDOM	English-100		G				
2024-09-26	2200	Come Dine With Me UK	Chelmsford Day 3	This week's competition is in and around Chelmsford. Night three is hosted by the charming Russell, whose aim is to deliver the very best of vegan food to his guests-or is it?	UNITED KINGDOM	English-100		G				
2024-09-26	2230	The Cook Up With Adam Liaw	Dreamy Desserts	It's a night of dreamy desserts on The Cook Up, as chef Jack Brown and Kitana Mansell from Palawa Kipli join Adam for a sugar hit or three.	AUSTRALIA	English-100		G			Y	
2024-09-26	2300	The Cook And The Chef	Right Ingredient, The	Simon is after the right fish and ventures to the mouth of the Murray to find out why one of his favourite fish, the Coorong Mullet, has such a great flavour. While he grills his mullet, Maggie demonstrates why Yellow Fin tuna is the right fish for her simple, mouth watering confit.	AUSTRALIA	English-100		G				
2024-09-26	2330	Gourmet Farmer	Gourmet Farmer Series 2 Ep 10	Matthew continues his exploration of the possibilities of preserving pork by heading off to meet some French providores - experts at preserving high end product in cans. Matthew returns enthusiastic with his findings, only to discover Australian health laws make such a venture prohibitively expensive and uncertain. Luckily he's found a butcher with a cool room where he can create sausages to test out at his stall.	AUSTRALIA	English-100	RPT	G			Y	Y
2024-09-26	2400	David Rocco's Dolce India	Warrior Chef, The	David embarks on a remarkable culinary journey through Rajasthan and discovers that it's cuisine has been defined as much by the regions arid climate as by its traditional warrior culture. The experience is authentically guided by Executive Chef Akshraj Jodha, a descendant of a Rajput royalty.	CANADA	English-100		PG	a w		Y	

2024-09-26	2430	<b>Ainsley's Fantastic Flavours</b>	Caribbean	Ainsley is transporting viewers to the vibrant and flavourful world of Caribbean cuisine, promising to tantalise their tastebuds. Starting with a fresh dish packed with flavour—jerk-style pork tenderloin, watermelon and coconut salad.	UNITED KINGDOM	English-100		G		
2024-09-26	2530	<b>Guillaume's French Atlantic</b>	Episode 10	In the unforgettable final episode, Guillaume Brahimi delves into the vibrant Basque culture and cuisine, experiencing Pelota, discovering underwater-aged wine, exploring the markets of Espelette.	AUSTRALIA	English-70; French-30		G	Y	Y
2024-09-26	2600	<b>Barossa Gourmet With Justine Schofield</b>	Ep 6	Justine visits Steiny's Traditional Mettwurst to make the ultimate German inspired mettwurst and sauerkraut toasted sandwich.	AUSTRALIA	English-100		G		
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2024-09-26	2825	<b>Taste The Philippines With Yasmin Newman</b>	Pandan Tamokonsi With Kenneth Rodriguez	Kenneth Rodriguez shows Yasmin the secret to Filipino donuts known as Pandan Tamakonsi, and shares his inspiration for creating unique Filipino flavours.	AUSTRALIA	English-100		G		
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2024-09-27	0500	<b>David Rocco's Dolce India</b>	Warrior Chef, The	David embarks on a remarkable culinary journey through Rajasthan and discovers that it's cuisine has been defined as much by the regions arid climate as by its traditional warrior culture. The experience is authentically guided by Executive Chef Akshraj Jodha, a descendant of a Rajput royalty.	CANADA	English-100		PG	a w	Y
2024-09-27	0530	<b>Spencer's Big 30</b>	Lebanese Take-Out	First up is a fresh Fattoush Salad with zesty sumac and lemon dressing, topped with warm crunchy pita chips. Next, a flavourful dessert of Walnut Baklava Cookies with salty pistachios and a drizzle of honey.	CANADA	English-100		PG		
2024-09-27	0600	<b>Tastes Like Home</b>	Portland	Catherine will show us a new take on the full Irish breakfast with potato cakes, along with new recipes she developed from her experiences in Portland; slow cooked pulled pork in Boa Buns.	IRELAND	English-100		PG		
2024-09-27	0630	<b>Bizarre Foods: Delicious Destinations</b>	Phuket	Andrew explores the alluring eats of Phuket, Thailand, an island paradise with bountiful natural gifts, aromatic flavors and multicultural cuisine. From spicy crab curry to crispy street snacks.	USA	English-100		G		

2024-09-27	0700	<b>Food Unwrapped</b>	Marmalade, Sustainable Fish And Goat	Jimmy is in Seville, looking for the mysterious ingredient that gives marmalade its bitter tang. Kate is investigating sustainable fish. She learns that even farmed smoked salmon aren't considered fully sustainable - so what fish can we be eating with a clear conscience? Matt meets a man who is trying to turn Britain onto goat meat.	UNITED KINGDOM	English-100	PG			Y	
2024-09-27	0730	<b>Royal Recipes</b>	Weddings	Michael is joined by top London chef Anna Haugh in the magnificent kitchen at one of country's grandest stately home to celebrate food served at Royal Weddings.	UNITED KINGDOM	English-100	PG	a w			
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2024-09-27	0830	<b>Gino's Italian Express</b>	Cinque Terre	Gino visits the jewel of the Italian Riviera, where he meets wine producers who scale 1 km above sea level to tend to their vines, then prepares a tiramisu with a twist.	UNITED KINGDOM	English-100	PG		I		
2024-09-27	0900	<b>Everyday Gourmet With Justine Schofield</b>	Ep 64	Justine whips up a flavour filled Chicken Wonton Soup and Banana Soule. Jarrod Hudson drops by to share his Oysters with Green Peanut Nahm.	AUSTRALIA	English-100	G				
2024-09-27	0930	<b>My Market Kitchen</b>	Ep 34	Mike teams up with Catherine to cook lovely Baked Spiced Cauliflower Florets with Coriander and Yogurt Sauce. Laura then serves up Fried Pork and Kimchi Wontons, followed by Mike's perfect Scrambled Eggs, and Adam D'Sylva with his Panzanella Salad with Buffalo Mozzarella.	AUSTRALIA	English-100	G				
2024-09-27	1000	<b>Pati's Mexican Table</b>	New York	Pati is invited to cook a special Cinco de Mayo dinner at the prestigious James Beard House in New York City. The James Beard Foundation is a non-profit culinary arts organization, which hosts frequent meals typically prepared by esteemed chefs, like Pati, who take pride in sharing their culture and cuisine with the world. Before she leaves New York, Pati visits three authentic Mexican-American culinary establishments around the city. While tasting and enjoying traditional Mexican breads, tamales, and chilaquiles, Pati learns the stories of chefs using food as a way of pursuing their dreams in America, creating their own successful businesses and honoring traditional Mexican recipes and ingredients.	USA	English-100	G			Y	
2024-09-27	1030	<b>Food Safari Water</b>	One Pot	The simplicity of cooking and serving seafood in one pot is a hallmark of cuisines around the world. Chef Angie Hong shares the secrets of Vietnamese clay pot cooking, starting with a visit to a supplier in Cabramatta with live fish.	AUSTRALIA	English-100	RPT	PG	a w	Y	
2024-09-27	1100	<b>The Cook Up With Adam Liaw</b>	Dreamy Desserts	It's a night of dreamy desserts on The Cook Up, as chef Jack Brown and Kitana Mansell from Palawa Kipli join Adam for a sugar hit or three.	AUSTRALIA	English-100	G			Y	
2024-09-27	1130	<b>Guillaume's French Atlantic</b>	Episode 10	In the unforgettable final episode, Guillaume Brahimi delves into the vibrant Basque culture and cuisine, experiencing Pelota, discovering underwater-aged wine, exploring the markets of Espelette.	AUSTRALIA	English-70; French-30	G			Y	Y
2024-09-27	1200	<b>Barossa Gourmet With Justine Schofield</b>	Ep 6	Justine visits Steiny's Traditional Mettwurst to make the ultimate German inspired mettwurst and sauerkraut toasted sandwich.	AUSTRALIA	English-100	G				
2024-09-27	1230	<b>Come Dine With Me</b>	Gloucestershire 5	Serving up the final food of the week from Cheltenham and Gloucester is equine events organiser Holly.	UNITED KINGDOM	English-100	PG				
2024-09-27	1300	<b>David Rocco's Dolce India</b>	Elephant King	David is in Rajasthan exploring the land of the Kings, and who would be a better guide than the direct descendant of a Maharajah himself? David meets up with KV Singh to learn about Rajasthan's royal history and customs.	CANADA	English-100	PG	a d		Y	

2024-09-27	1330	Spencer's Big 30	Indian Take-Out	Chef Spencer has you covered with his healthier version of Indian take-out for four people, that will cost you less and you can make it at home in just 30 minutes.	CANADA	English-100	G			
2024-09-27	1400	Tastes Like Home	San Sebastian And Barcelona	Tastes Like Home has a very Spanish theme as it looks back at Catherine's time in Spain where she visited San Sebastian and Barcelona and creates new dishes based on the flavours she tasted there.	IRELAND	English-100	G			
2024-09-27	1430	Bizarre Foods: Delicious Destinations	Kyoto	From the artistic multi-course dining experience known as Kaiseki, to the everyday humble comfort foods called Obanzai, Andrew explores some of Japan's oldest culinary traditions.	USA	English-100	G			
2024-09-27	1500	Food Unwrapped	Manuka Honey, Bell Pepper Crop And Leeks	Jimmy goes to Israel to help protect the bell pepper crop from the Mediterranean Fruit Fly. Kate is investigating Manuka.	UNITED KINGDOM	English-100	PG			Y
2024-09-27	1530	Royal Recipes	Garden Parties And Picnics	Michael is joined by chef Paul Ainsworth to celebrate al fresco dining, cooking food served at Royal picnics and garden parties.	UNITED KINGDOM	English-100	G			
2024-09-27	1625	Taste The Philippines With Yasmin Newman	Grilled Lamb Chops With Ross Magnay - Sarai	Ross Magnaye from Melbourne's Serai Kitchen shares his recipe for grilled lamb chops with pineapple palapa, an Australian classic with a Filipino twist.	AUSTRALIA	English-100	G			
2024-09-27	1630	Gino's Italian Express	Bologna - Verona	Gino's starting his journey in Italy's food capital - Bologna. His journey takes him north, where he helps out in the rice paddies before cooking at one of the oldest Italian rice festivals.	UNITED KINGDOM	English-100	G			
2024-09-27	1700	Everyday Gourmet With Justine Schofield	Ep 65	Learn how to make a sushi bowl that will make your tummy rumble, a special pesto recipe and a devilish red velvet cheesecake with voconut crumble.	AUSTRALIA	English-100	G			
2024-09-27	1730	My Market Kitchen	Ep 35	Mike kicks off with his Fried Chicken Burger. Laura follows with her 20 minute Chicken Asian Noodle Soup.	AUSTRALIA	English-100	G			
2024-09-27	1800	Pati's Mexican Table	Photographic Food Memories	Friends and family always tell Pati she has an extraordinary photographic food memory. She can recall a bite of a memorable dish from decades ago as if it were just yesterday. So, Pati decides to recreate some of her most favourite food memories in her own kitchen and give the stories behind the dishes.	USA	English-100	G			Y
2024-09-27	1830	Food Safari Water	Preserved	Maeve explores how preserving fish creates whole new worlds of flavour - in smoked salmon, bottarga, and XO sauce. Food Safari Water captures the sheer adventure of one of the world's great marine migrations with dramatic scenes netting the abundance of fish on Queensland's Kirra Beach.	AUSTRALIA	English-100	RPT	PG	a w	Y
2024-09-27	1900	The Cook Up With Adam Liaw	Speedy & Spicy Night, The	If you like fast, fiery and fabulous food, this Easy Entertaining with chef Annita Potter and actor Samuel Johnson is for you!	AUSTRALIA	English-100	G			Y
2024-09-27	1930	World Of Flavor With Big Moe Cason	Bahamas Barbecue	Big Moe explores the culinary world of the Bahamas with Chef Simeon Hall, including diving for conch, sourcing some local cedar wood, chasing crabs on land and welding his own BBQ.	USA	English-100	PG		a w	
2024-09-27	2030	Inside Iceland: A Budget Supermarket	Ep 1	Sir Malcolm Walker, who founded Iceland 50 years ago, has handed the reins of the company to his son Richard. The 38 year old Managing Director has big plans to build on the £3 billion empire he's been handed, opening new stores and launching new products.	UNITED KINGDOM	English-100	G			Y

2024-09-27	2130	Come Dine With Me UK	Chelmsford Day 4	This week's competition is in and around Chelmsford. Night four is hosted by the fabulous Fran, nurturing, kind and always ready to go extra, she brings some razzle dazzle.	UNITED KINGDOM	English-100		PG		
2024-09-27	2200	Come Dine With Me UK	Chelmsford Day 5	This week's competition comes from a VERY pink house near Chelmsford in Essex.	UNITED KINGDOM	English-100		PG		
2024-09-27	2230	The Cook Up With Adam Liaw	Speedy & Spicy Night, The	If you like fast, fiery and fabulous food, this Easy Entertaining with chef Annita Potter and actor Samuel Johnson is for you!	AUSTRALIA	English-100		G		Y
2024-09-27	2300	The Cook And The Chef	Too Many Tomatoes	Simon and Maggie paint the town red (and a range of other colours) when they celebrate a backyard fruit that's become a foundation stone of so much cooking - the glorious and gorgeous tomato - with innovative recipes that are as fresh and simple as they are scrumptious on the tongue and easy on the eye.	AUSTRALIA	English-100		G		
2024-09-27	2330	Gourmet Farmer	Gourmet Farmer Series 3 Episode 1	Matthew Evans, the former food critic turned farmer, returns in a new season of Gourmet Farmer. Over the last few years, Matthew has discovered his small farm is too shady and too wet for most of the year, which has hindered his farming aspirations. Now Matthew is up-scaling. He has bought a new farm, 70 acres and 10 minutes away. There is a lot of work to be done; roads to build, fences to repair, and a poly-tunnel and smoker to build. All of this is part of Matthew's grand dream to produce and direct sell his own produce.	AUSTRALIA	English-100	RPT	G		Y
2024-09-27	2400	David Rocco's Dolce India	Elephant King	David is in Rajasthan exploring the land of the Kings, and who would be a better guide than the direct descendant of a Maharajah himself? David meets up with KV Singh to learn about Rajasthan's royal history and customs.	CANADA	English-100		PG	a d	Y
2024-09-27	2430	World Of Flavor With Big Moe Cason	Bahamas Barbecue	Big Moe explores the culinary world of the Bahamas with Chef Simeon Hall, including diving for conch, sourcing some local cedar wood, chasing crabs on land and welding his own BBQ.	USA	English-100		PG	a w	
2024-09-27	2530	Inside Iceland: A Budget Supermarket	Ep 1	Sir Malcolm Walker, who founded Iceland 50 years ago, has handed the reins of the company to his son Richard. The 38 year old Managing Director has big plans to build on the £3 billion empire he's been handed, opening new stores and launching new products.	UNITED KINGDOM	English-100		G		Y
2024-09-27	2630	Come Dine With Me UK	Chelmsford Day 4	This week's competition is in and around Chelmsford. Night four is hosted by the fabulous Fran, nurturing, kind and always ready to go extra, she brings some razzle dazzle.	UNITED KINGDOM	English-100		PG		
2024-09-27	2700	Come Dine With Me UK	Chelmsford Day 5	This week's competition comes from a VERY pink house near Chelmsford in Essex.	UNITED KINGDOM	English-100		PG		
2024-09-27	2730	Royal Recipes	Garden Parties And Picnics	Michael is joined by chef Paul Ainsworth to celebrate al fresco dining, cooking food served at Royal picnics and garden parties.	UNITED KINGDOM	English-100		G		
2024-09-27	2825	Taste The Philippines With Yasmin Newman	Grilled Lamb Chops With Ross Magnay - Sarai	Ross Magnaye from Melbourne's Serai Kitchen shares his recipe for grilled lamb chops with pineapple palapa, an Australian classic with a Filipino twist.	AUSTRALIA	English-100		G		
2024-09-27	2830	Gourmet Farmer	Gourmet Farmer Series 3 Episode 1	Matthew Evans, the former food critic turned farmer, returns in a new season of Gourmet Farmer. Over the last few years, Matthew has discovered his small farm is too shady and too wet for most of the year, which has hindered his farming aspirations. Now Matthew is up-scaling. He has bought a new farm, 70 acres and 10 minutes away. There is a lot of work to be done; roads to build, fences to repair, and a poly-tunnel and smoker to build. All of this is part of Matthew's grand dream to produce and direct sell his own produce.	AUSTRALIA	English-100	RPT	G		Y

2024-09-28	0500	<b>David Rocco's Dolce India</b>	Elephant King	David is in Rajasthan exploring the land of the Kings, and who would be a better guide than the direct descendant of a Maharajah himself? David meets up with KV Singh to learn about Rajasthan's royal history and customs.	CANADA	English-100	PG	a d	Y
2024-09-28	0530	<b>Spencer's Big 30</b>	Indian Take-Out	Chef Spencer has you covered with his healthier version of Indian take-out for four people, that will cost you less and you can make it at home in just 30 minutes.	CANADA	English-100	G		
2024-09-28	0600	<b>Tastes Like Home</b>	San Sebastian And Barcelona	Tastes Like Home has a very Spanish theme as it looks back at Catherine's time in Spain where she visited San Sebastian and Barcelona and creates new dishes based on the flavours she tasted there.	IRELAND	English-100	G		
2024-09-28	0630	<b>Bizarre Foods: Delicious Destinations</b>	Kyoto	From the artistic multi-course dining experience known as Kaiseki, to the everyday humble comfort foods called Obanzai, Andrew explores some of Japan's oldest culinary traditions.	USA	English-100	G		
2024-09-28	0700	<b>Food Unwrapped</b>	Manuka Honey, Bell Pepper Crop And Leeks	Jimmy goes to Israel to help protect the bell pepper crop from the Mediterranean Fruit Fly. Kate is investigating Manuka.	UNITED KINGDOM	English-100	PG		Y
2024-09-28	0730	<b>Royal Recipes</b>	Garden Parties And Picnics	Michael is joined by chef Paul Ainsworth to celebrate al fresco dining, cooking food served at Royal picnics and garden parties.	UNITED KINGDOM	English-100	G		
2024-09-28	0825	<b>Taste The Philippines With Yasmin Newman</b>	Grilled Lamb Chops With Ross Magnay - Sarai	Ross Magnaye from Melbourne's Serai Kitchen shares his recipe for grilled lamb chops with pineapple palapa, an Australian classic with a Filipino twist.	AUSTRALIA	English-100	G		
2024-09-28	0830	<b>Gino's Italian Express</b>	Bologna - Verona	Gino's starting his journey in Italy's food capital - Bologna. His journey takes him north, where he helps out in the rice paddies before cooking at one of the oldest Italian rice festivals.	UNITED KINGDOM	English-100	G		
2024-09-28	0900	<b>Everyday Gourmet With Justine Schofield</b>	Ep 65	Learn how to make a sushi bowl that will make your tummy rumble, a special pesto recipe and a devilish red velvet vheesecake with voconut crumble.	AUSTRALIA	English-100	G		
2024-09-28	0930	<b>My Market Kitchen</b>	Ep 35	Mike kicks off with his Fried Chicken Burger. Laura follows with her 20 minute Chicken Asian Noodle Soup.	AUSTRALIA	English-100	G		
2024-09-28	1000	<b>Pati's Mexican Table</b>	Photographic Food Memories	Friends and family always tell Pati she has an extraordinary photographic food memory. She can recall a bite of a memorable dish from decades ago as if it were just yesterday. So, Pati decides to recreate some of her most favourite food memories in her own kitchen and give the stories behind the dishes.	USA	English-100	G		Y
2024-09-28	1030	<b>Food Safari Water</b>	Preserved	Maeve explores how preserving fish creates whole new worlds of flavour - in smoked salmon, bottarga, and XO sauce. Food Safari Water captures the sheer adventure of one of the world's great marine migrations with dramatic scenes netting the abundance of fish on Queensland's Kirra Beach.	AUSTRALIA	English-100	RPT PG	a w	Y
2024-09-28	1100	<b>The Cook Up With Adam Liaw</b>	Speedy & Spicy Night, The	If you like fast, fiery and fabulous food, this Easy Entertaining with chef Annita Potter and actor Samuel Johnson is for you!	AUSTRALIA	English-100	G		Y
2024-09-28	1130	<b>Inside Iceland: A Budget Supermarket</b>	Ep 1	Sir Malcolm Walker, who founded Iceland 50 years ago, has handed the reins of the company to his son Richard. The 38 year old Managing Director has big plans to build on the £3 billion empire he's been handed, opening new stores and launching new products.	UNITED KINGDOM	English-100	G		Y

2024-09-28	1230	Royal Recipes	Garden Parties And Picnics	Michael is joined by chef Paul Ainsworth to celebrate al fresco dining, cooking food served at Royal picnics and garden parties.	UNITED KINGDOM	English-100		G		
2024-09-28	1325	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		
2024-09-28	1330	Bizarre Foods: Delicious Destinations	Kyoto	From the artistic multi-course dining experience known as Kaiseki, to the everyday humble comfort foods called Obanzai, Andrew explores some of Japan's oldest culinary traditions.	USA	English-100		G		
2024-09-28	1400	Food Unwrapped	Manuka Honey, Bell Pepper Crop And Leeks	Jimmy goes to Israel to help protect the bell pepper crop from the Mediterranean Fruit Fly. Kate is investigating Manuka.	UNITED KINGDOM	English-100		PG		Y
2024-09-28	1430	Ainsley's Good Mood Food	Seaside Delights	Ainsley is inspired by the tastes and delights of the seaside - he starts with a taste of Italy making his crab and lemon linguine with pangrattato. He heads off on a seaside adventure with expert forager Alysia Vasey to find out what edible treats are growing on the shorelines.	UNITED KINGDOM	English-100		G		
2024-09-28	1525	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
2024-09-28	1530	Ainsley's Good Mood Food	Fruits And Berries	Ainsley is feeling fruity! In this episode, all his dishes use fruit - he begins with a dish from his travels, Rose Harissa Chicken Tagine with Apricots and Chickpeas.	UNITED KINGDOM	English-100		G		
2024-09-28	1625	Taste The Philippines With Yasmin Newman	Charred Eggplant Omelette With Yasmin Newman	Yasmin Newman whips up one of her favourite breakfast dishes for the family, a classic Filipino recipe called charred eggplant omelette.	AUSTRALIA	English-100		PG		
2024-09-28	1630	Curtis Stone's Travel, Cook, Repeat	South Australia	Chef Curtis Stone travels to South Australia where he makes pheasant and marmalade with legendary cook Maggie Beer and tries his hand at sheepshearing. Back home in his kitchen, he prepares scones with verjus-soaked currants.	USA	English-100		G		
2024-09-28	1705	Long Weekend In... With Rory O'Connell	Edinburgh	Rory creates a new recipe inspired by his trip to Edinburgh: black pudding with glazed apples and grainy mustard sauce.	IRELAND	English-100		G		
2024-09-28	1730	Lorraine Pascale: Baking Made Easy	Time To Bake	Macarons may look unbelievably difficult to make, but really, they are just posh meringues and Lorraine has a recipe to make them with ease. Mini Tiramisu Cakes are a delicious and playful twist on the classic dinner party dessert.	UNITED KINGDOM	English-100		G		
2024-09-28	1800	David Rocco's Italia	Genova The Gritty Port Town	Throughout history, Genova, home to Christopher Columbus, has always been known as a gritty port town, playing host to mariners with an open, edgy and transient lifestyle.	CANADA	English-100		PG	a d l s	Y
2024-09-28	1830	River Cottage Forever	Ep 7	On his regular morning stock-check, Hugh finds that one of his old ewes has died. It's a sad day at River Cottage as later on he sends off two of his pigs to the abattoir. Later, local charcoal-maker Sean Bridges comes round to lift the gloom by chopping down some of the trees which shade Hugh's vegetable patch. They take the wood to Sean's charcoal-burner which they set alight and cover up for the night.	UNITED KINGDOM	English-100		PG		

2024-09-28	1900	River Cottage Forever	Ep 8	As winter approaches, Hugh has one major money-earner up his sleeve. He's teaming up with old rival and chilli pepper guru Michael Michaud, to capitalise on the huge profits available at the Borough Farmers' Market in London. After stripping his polytunnel of his entire chilli crop, Hugh sets about designing his added-value take-away fast-food product - the Mexican wrap.	UNITED KINGDOM	English-100		PG	a w		
2024-09-28	1930	Alex Polizzi Secret Italy	Venice And The North	The first leg of Alex's journey takes in some of the secrets that the North of Italy conceals. Venice is a city that Alex has been to at least forty times, but this is a trip like never before, visiting a prison with a difference and a brush with some memories of her grandmother. From Venice, Alex will spend time in a hidden gem nestled among the Lombard Alps, before rounding up her Northern adventure in achingly cool Milan, Italy's fashion capital and the place where Alex gets up close and personal with Maria Callas' fabulous stage costumes.	UNITED KINGDOM	English-100	RPT	PG	I	Y	Y
2024-09-28	2025	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			
2024-09-28	2030	Gordon, Gino And Fred's Road Trip	Summer Of Love	Gino & Fred are excited to be heading to San Francisco for their very own Summer of Love. Gino is looking forward to visiting the place that's all about hippies, sex, drugs and rock and roll.	UNITED KINGDOM	English-100		PG	I		
2024-09-28	2130	Anthony Bourdain: The Layover	Toronto	Tony has less than 48 hours to kill in the biggest city in Canada-Toronto. Looked at as a second-rate city when compared to Canadian tourist destinations Montreal and Vancouver, Toronto actually hides a do it yourself food scene and a place where you can find surprising and tasty eats around each corner.	USA	English-100		PG	a l s		Y
2024-09-28	2225	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G			Y
2024-09-28	2230	River Cottage Australia	Ep 4	Paul has always known that farm life isn't easy, but when he's faced with a tough task his experiences from last season prove to be useful. The CWA ladies seek Paul's skills with an important charity event, and Paul's got to come up with the goods for a catering challenge.	UNITED KINGDOM	English-100	RPT	PG	a w		Y
2024-09-28	2330	Ainsley's Good Mood Food	Seaside Delights	Ainsley is inspired by the tastes and delights of the seaside - he starts with a taste of Italy making his crab and lemon linguine with pangrattato. He heads off on a seaside adventure with expert forager Alysia Vasey to find out what edible treats are growing on the shorelines.	UNITED KINGDOM	English-100		G			
2024-09-28	2425	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
2024-09-28	2430	Ainsley's Good Mood Food	Fruits And Berries	Ainsley is feeling fruity! In this episode, all his dishes use fruit - he begins with a dish from his travels, Rose Harissa Chicken Tagine with Apricots and Chickpeas.	UNITED KINGDOM	English-100		G			
2024-09-28	2525	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			
2024-09-28	2530	Curtis Stone's Travel, Cook, Repeat	South Australia	Chef Curtis Stone travels to South Australia where he makes pheasant and marmalade with legendary cook Maggie Beer and tries his hand at sheepshearing. Back home in his kitchen, he prepares scones with verjus-soaked currants.	USA	English-100		G			
2024-09-28	2605	Long Weekend In... With Rory O'Connell	Edinburgh	Rory creates a new recipe inspired by his trip to Edinburgh: black pudding with glazed apples and grainy mustard sauce.	IRELAND	English-100		G			



2024-09-28	2630	<b>Lorraine Pascale: Baking Made Easy</b>	Time To Bake	Macarons may look unbelievably difficult to make, but really, they are just posh meringues and Lorraine has a recipe to make them with ease. Mini Tiramisu Cakes are a delicious and playful twist on the classic dinner party dessert.	UNITED KINGDOM	English-100	G		
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2024-09-28	2825	<b>Taste The Philippines With Yasmin Newman</b>	Charred Eggplant Omelette With Yasmin Newman	Yasmin Newman whips up one of her favourite breakfast dishes for the family, a classic Filipino recipe called charred eggplant omelette.	AUSTRALIA	English-100	PG		
2024-09-28	2830	<b>River Cottage Forever</b>	Ep 7	On his regular morning stock-check, Hugh finds that one of his old ewes has died. It's a sad day at River Cottage as later on he sends off two of his pigs to the abattoir. Later, local charcoal-maker Sean Bridges comes round to lift the gloom by chopping down some of the trees which shade Hugh's vegetable patch. They take the wood to Sean's charcoal-burner which they set alight and cover up for the night.	UNITED KINGDOM	English-100	PG		