



WEEK 39: Sunday, 24 September - Saturday, 30 September 2023 - EASTERN (NSW, ACT, VIC, TAS) & SOUTH AUSTRALIA

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2023-09-24	0500	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			
2023-09-24	0530	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
2023-09-24	0625	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			
2023-09-24	0630	Scandimania	Scandimania 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		
2023-09-24	0725	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
2023-09-24	0730	Scandimania	Scandimania 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		
2023-09-24	0825	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
2023-09-24	0830	Scandimania	Scandimania 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
2023-09-24	0925	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
2023-09-24	0930	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			
2023-09-24	1000	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		
2023-09-24	1030	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
2023-09-24	1100	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
2023-09-24	1130	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		PG			
2023-09-24	1200	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			

2023-09-24	1230	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
2023-09-24	1325	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		
2023-09-24	1330	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		
2023-09-24	1400	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	RPT	PG		Y
2023-09-24	1430	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	RPT	G		Y
2023-09-24	1500	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	RPT	G		Y
2023-09-24	1530	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	RPT	G		
2023-09-24	1600	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		G		
2023-09-24	1630	Food To Change The World	Food To Save The Planet	From egg-less eggs to farming from space, Chef Ming Tan investigates the ingenious ways we can use food to save the planet - and us all.	SINGAPORE	English-100		PG	a w	Y
2023-09-24	1730	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		G		
2023-09-24	1800	Flat Out Food	Rhubarb	The prairie staple, rhubarb, is often found in desserts but as Jenn discovers, it has some surprising uses as well.	CANADA	English-100		G		
2023-09-24	1830	John Torode's Korean Food Tour	Fish And Sea	John travels south to Busan, a lively beach city on the South coast, which has Korea's best and biggest seafood market. At Jagalchi market, he samples the mackerel for breakfast.	UNITED KINGDOM	English-100		PG	a w	
2023-09-24	1930	Hairy Bikers Go Local	Hjem, Northumberland	The Bikers continue their adventure in Northumberland, on the hunt for new, local food producers to impress a Michelin Star chef.	UNITED KINGDOM	English-100		G		
2023-09-24	2035	Food Trail South Africa	Pretoria & Soweto	Warren travels to Pretoria and Johannesburg; there he meets chef Xoliswa, personal cook to the former president Nelson Mandela and learns to cook samp risotto and sweet chicken.	AUSTRALIA	English-100		PG		
2023-09-24	2105	Food Trail South Africa	Johannesburg	Warren concludes his travels by a vibrant trip to Johannesburg. He creates his spin on the traditional "7 Colours" meal - made up of seven foods, drawn from different cuisines across the country.	AUSTRALIA	English-100		PG		
2023-09-24	2135	Anthony Bourdain: No Reservations	Iceland	It is the middle of winter in Iceland, with only four hours of daylight each day. Anthony checks out rumours that the darkness is an excuse for Icelanders to party the night away.	USA	English-100		PG		Y
2023-09-24	2230	Anthony Bourdain: A Cook's Tour	Puebla, Where The Cooks Are From	According to Tony, the best line cooks in N.Y.C. come from Mexico, so he travels to Puebla, and enjoys mole sauces, toasted ant eggs, fried worms, and the legendary pulque.	USA	English-100		PG	a l w	
2023-09-24	2300	Anthony Bourdain: A Cook's Tour	Cook Who Came In From The Cold, The	Tony plays spy in Russia and sets off to locate the best blinis and borscht St. Petersburg has to offer.	USA	English-100		PG		
2023-09-24	2330	Food To Change The World	Food To Save The Planet	From egg-less eggs to farming from space, Chef Ming Tan investigates the ingenious ways we can use food to save the planet - and us all.	SINGAPORE	English-100		PG	a w	Y
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2023-09-24	2500	Flat Out Food	Rhubarb	The prairie staple, rhubarb, is often found in desserts but as Jenn discovers, it has some surprising uses as well.	CANADA	English-100		G		
2023-09-24	2530	John Torode's Korean Food Tour	Fish And Sea	John travels south to Busan, a lively beach city on the South coast, which has Korea's best and biggest seafood market. At Jagalchi market, he samples the mackerel for breakfast.	UNITED KINGDOM	English-100		PG	a w	
2023-09-24	2625	Hairy Bikers Go Local	Hjem, Northumberland	The Bikers continue their adventure in Northumberland, on the hunt for new, local food producers to impress a Michelin Star chef.	UNITED KINGDOM	English-100		G		
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2023-09-25	0925	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 7	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
2023-09-25	0930	Hairy Bikers Go Local	Hjem, Northumberland	The Bikers continue their adventure in Northumberland, on the hunt for new, local food producers to impress a Michelin Star chef.	UNITED KINGDOM	English-100		G		
2023-09-25	1035	Food Trail South Africa	Pretoria & Soweto	Warren travels to Pretoria and Johannesburg; there he meets chef Xoliswa, personal cook to the former president Nelson Mandela and learns to cook samp risotto and sweet chicken.	AUSTRALIA	English-100		PG		
2023-09-25	1105	Food Trail South Africa	Johannesburg	Warren concludes his travels by a vibrant trip to Johannesburg. He creates his spin on the traditional "7 Colours" meal - made up of seven foods, drawn from different cuisines across the country.	AUSTRALIA	English-100		PG		
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2023-09-25	1325	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 7	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y Y

2023-09-25	1330	Ainsley's Food We Love	Granny Knows Best	Ainsley Harriot returns to prepare tasty recipes and chat with special guests, who reminisce about their favourite meals. First up, he recreates a comforting Irish stew made by his friend's granny.	UNITED KINGDOM	English-100		G		
2023-09-25	1425	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
2023-09-25	1430	David Rocco's Dolce India	Beef In Fort Kochi	David visits the historic region of Fort Kochi which is one of the few places in India where you can eat beef. David goes on a hunt for the good stuff, enjoying chilli fried and dry-fried beef.	CANADA	English-100		G		
2023-09-25	1500	Pati's Mexican Table	World Cup Of Tacos, The	The state of Nuevo Leon is divided between two pro soccer teams. Pati tries the food at each stadium with stars from each team to be the judge on who wins in the battle of tortas and tacos.	USA	English-100		PG		Y
2023-09-25	1530	Masters Of Savours	Masters Of Tea	From the legendary Darjeeling valleys of India to the Japanese hills of Shizuoka, we join experts as they uncover the fascinating world of tea.	FRANCE	English-100		G		
2023-09-25	1630	My Market Kitchen	Episode 36	Ben cooks peach clafoutis, then is joined by wine expert Belinda to talk all things Tasmanian wine and produce while plating up vanilla and vodka cured ocean trout.	AUSTRALIA	English-100		PG		
2023-09-25	1700	Mary Makes It Easy	Picnic And Choose	Jazz up your outdoor parties with Mary's recipes that are simple to make and easy to take: chicken pot pies, salmon rillette, and vanilla panna cotta.	CANADA	English-100		G		
2023-09-25	1730	Easy Eats	Easy Eats Series 1 Ep 1	Easy Eats shows you how easy it is to recreate restaurant quality dishes at home. Join Hera Te Kurapa as she cooks boil up dumplings, crispy orange chicken, and tapioca pudding.	NEW ZEALAND	English-100				Y
2023-09-25	1800	Taste Of Australia With Hayden Quinn	Western Sydney	Hayden explores Western Sydney, starting with a Filipino food exploration alongside the wonderful Luisa Brimble, culminating in a mouth-watering charcoal roasted pig.	AUSTRALIA	English-100		PG		
2023-09-25	1830	Food Unwrapped	Vitamin D, Wagyu Beef And Swiss Cheese	Jimmy investigates the catastrophic effects of not getting enough Vitamin D, while Matt heads to Switzerland to ask why there are holes in Swiss cheese?	UNITED KINGDOM	English-100		PG		
2023-09-25	1900	The Cook Up With Adam Liaw	Toast Of The Town	Join Adam and guests, TikTok sensation Daen Lia and award-winning restaurateur Somer Sivrioglu, as they raise a toast to the toast of the town... toast!	AUSTRALIA	English-100		G		
2023-09-25	1930	Come Dine With Me UK	Sheffield Day 1	This week our guests are in Sheffield for a performing arts themed dinner. But will this whirlwind evening entertain, or leave the guests deflated?	UNITED KINGDOM	English-100		PG		
2023-09-25	2000	Gino's Italian Express	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
2023-09-25	2030	Rick Stein: From Venice to Istanbul	Northern Greece	Rick arrives in Northern Greece and the historic city of Ioannina where he tastes a traditional veal stifado and kotopita - the best chicken pie he's ever tasted.	UNITED KINGDOM	English-100		PG		a w
2023-09-25	2135	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 2	Paul's spent the last few years planting and growing produce without a long term plan, so he gets important advice on how to transform the farm's future.	UNITED KINGDOM	English-100	RPT	PG		a w Y
2023-09-25	2235	The Cook Up With Adam Liaw	Toast Of The Town	Join Adam and guests, TikTok sensation Daen Lia and award-winning restaurateur Somer Sivrioglu, as they raise a toast to the toast of the town... toast!	AUSTRALIA	English-100		G		
2023-09-25	2305	United Plates Of America	Austin, TX	It's a city known for live music and great food. This quirky town has become the fastest growing city in the country. Food trucks serve some of the best food in the state.	USA	English-100		G		
2023-09-25	2330	The Cook And The Chef	Baking	The classic meat pie gets a glorious make-over after Simon visits a city pie-cart. Back in the kitchen, Maggie surprises him by recalling her three AM trip to the pie-cart, in her younger days.	AUSTRALIA	English-100		G		
2023-09-25	2400	Come Dine With Me UK	Sheffield Day 1	This week our guests are in Sheffield for a performing arts themed dinner. But will this whirlwind evening entertain, or leave the guests deflated?	UNITED KINGDOM	English-100		PG		
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2023-09-25	2530	Rick Stein: From Venice to Istanbul	Northern Greece	Rick arrives in Northern Greece and the historic city of Ioannina where he tastes a traditional veal stifado and kotopita - the best chicken pie he's ever tasted.	UNITED KINGDOM	English-100		PG	a w	
2023-09-25	2635	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 2	Paul's spent the last few years planting and growing produce without a long term plan, so he gets important advice on how to transform the farm's future.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
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2023-09-25	2830	David Rocco's Dolce India	Beef In Fort Kochi	David visits the historic region of Fort Kochi which is one of the few places in India where you can eat beef. David goes on a hunt for the good stuff, enjoying chili fried and dry-fried beef.	CANADA	English-100		G		
2023-09-26	0500	Pati's Mexican Table	World Cup Of Tacos, The	The state of Nuevo Leon is divided between two pro soccer teams. Pati tries the food at each stadium with stars from each team to be the judge on who wins in the battle of tortas and tacos.	USA	English-100		PG		Y
2023-09-26	0530	Masters Of Savours	Masters Of Tea	From the legendary Darjeeling valleys of India to the Japanese hills of Shizuoka, we join experts as they uncover the fascinating world of tea.	FRANCE	English-100		G		
2023-09-26	0630	My Market Kitchen	Episode 36	Ben cooks peach clafoutis, then is joined by wine expert Belinda to talk all things Tasmanian wine and produce while plating up vanilla and vodka cured ocean trout.	AUSTRALIA	English-100		PG		
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2023-09-26	0730	Easy Eats	Easy Eats Series 1 Ep 1	Easy Eats shows you how easy it is to recreate restaurant quality dishes at home. Join Hera Te Kurapa as she cooks boil up dumplings, crispy orange chicken, and tapioca pudding.	NEW ZEALAND	English-100				Y
2023-09-26	0800	Taste Of Australia With Hayden Quinn	Western Sydney	Hayden explores Western Sydney, starting with a Filipino food exploration alongside the wonderful Luisa Brimble, culminating in a mouth-watering charcoal roasted pig.	AUSTRALIA	English-100		PG		
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2023-09-26	0935	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 2	Paul's spent the last few years planting and growing produce without a long term plan, so he gets important advice on how to transform the farm's future.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
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2023-09-26	1300	Food Unwrapped	Vitamin D, Wagyu Beef And Swiss Cheese	Jimmy investigates the catastrophic effects of not getting enough Vitamin D, while Matt heads to Switzerland to ask why there are holes in Swiss cheese?	UNITED KINGDOM	English-100		PG		
2023-09-26	1330	Ainsley's Food We Love	Life Of Pie, The	Ainsley is joined by singer Alexandra Burke and prepares a selection of pies, including a tarragon-crust chicken, leek and mushroom one perfect for all the family.	UNITED KINGDOM	English-100		G		
2023-09-26	1425	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 2	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

2023-09-26	1430	David Rocco's Dolce India	Paradise Found	The beautiful Chinese fishing nets are iconic tourist attractions along the coast of Kochi, and David discovers that the fishermen who operate them are just as intriguing.	CANADA	English-100	PG	a w	
2023-09-26	1500	Pati's Mexican Table	Maestros Del Pan	The man who literally wrote the book on Mexican bread, Irving Quiroz, brings Pati into his workshop in Monterrey to teach her how to make traditional campechanas and rich conos de crema.	USA	English-100	G		Y
2023-09-26	1530	Masters Of Savours	Masters Of Rice	Join us on a journey deeply rooted in Asia where we discover local customs around the common but spectacular grain: rice.	FRANCE	English-100	PG		
2023-09-26	1630	My Market Kitchen	Episode 37	Ben highlights a light and fluffy strawberry bread before Chef Leslie Chan drops by to make quick and easy stir-fried chicken fillets with mixed mushrooms.	AUSTRALIA	English-100	G		
2023-09-26	1700	Mary Makes It Easy	Back To The Bbq	Follow Mary's recipes to level up your grilling go-tos and you'll be calling yourself a grill master in no time.	CANADA	English-100	G		
2023-09-26	1730	Easy Eats	Easy Eats Series 1 Ep 2	Hera Te Kurapa cooks up delicious, but simple meals for your whanau to enjoy. Kei tenei hotaka: chicken curry and parmesan panko crumbed snapper.	NEW ZEALAND	English-100			Y
2023-09-26	1800	Taste Of Australia With Hayden Quinn	Sydney Harbour	Hayden is back in Sydney to meet with Auntie Margret Campbell to explore Indigenous history, then learns about growing microgreens in a car park!	AUSTRALIA	English-100	PG		
2023-09-26	1830	Food Unwrapped	Tuna, Ice Cream, Frozen Peas	Jimmy travels to Spain to meet an entrepreneur on farming critically endangered blue fin tuna. Kate investigates why ice creams can sometimes go gritty way ahead of their best before date.	UNITED KINGDOM	English-100	PG		
2023-09-26	1900	The Cook Up With Adam Liaw	Bean There Done That	Time to spill the beans: Adam, Australia's sweetheart Osher Gunsberg and acclaimed chef Tom Walton are saying "bean there, done that" to a few bean recipes.	AUSTRALIA	English-100	G		
2023-09-26	1930	Come Dine With Me UK	Sheffield Day 2	Claire hopes her menu will impress her guests. Will it mean success or failure in her mission to nab the 1000 pound prize?	UNITED KINGDOM	English-100	PG		
2023-09-26	2000	Adam and Poh's Great Australian Bites	Canberra	Australia's national capital is like no other, it's a city built on lunches. From the middle east to Asia - what filling do we like best?	AUSTRALIA	English-100	PG		
2023-09-26	2030	Jeremy Pang's Asian Kitchen	Comforting Cooking	Jeremy's dishes this week are all comfort food, starting with a meal from his childhood: Guangxi steamed chicken.	UNITED KINGDOM	English-100	PG		
2023-09-26	2130	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 3	After ironing out some of the food van fumbles, Paul decides to drive it over the mountains and into the 'big smoke'. Not before stopping off for a spot of trout fishing though.	UNITED KINGDOM	English-100	RPT	PG	Y
2023-09-26	2230	The Cook Up With Adam Liaw	Bean There Done That	Time to spill the beans: Adam, Australia's sweetheart Osher Gunsberg and acclaimed chef Tom Walton are saying "bean there, done that" to a few bean recipes.	AUSTRALIA	English-100	G		
2023-09-26	2300	United Plates Of America	Keywest	Key West is where Ernest Hemingway wrote The Old Man and the Sea, about his love of fishing. With the lore of pirates, smuggling and the slave trade hundreds of years ago.	USA	English-100	G		
2023-09-26	2330	The Cook And The Chef	Quails And Momos	Maggie and Simon demonstrate how a little bird like quail can pack a big punch. Simon's chilli quail is a crispy explosion of flavours, and Maggie uses quince paste.	AUSTRALIA	English-100	G		
2023-09-26	2400	Come Dine With Me UK	Sheffield Day 2	Claire hopes her menu will impress her guests. Will it mean success or failure in her mission to nab the 1000 pound prize?	UNITED KINGDOM	English-100	PG		
2023-09-26	2430	Adam and Poh's Great Australian Bites	Canberra	Australia's national capital is like no other, it's a city built on lunches. From the middle east to Asia - what filling do we like best?	AUSTRALIA	English-100	PG		
2023-09-26	2500	Come Dine With Me UK	Sheffield Day 2	Claire hopes her menu will impress her guests. Will it mean success or failure in her mission to nab the 1000 pound prize?	UNITED KINGDOM	English-100	PG		
2023-09-26	2530	Jeremy Pang's Asian Kitchen	Comforting Cooking	Jeremy's dishes this week are all comfort food, starting with a meal from his childhood: Guangxi steamed chicken.	UNITED KINGDOM	English-100	PG		

2023-09-26	2625	Please Eat Slowly Bitesize	Mango Crepe	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100		G		
2023-09-26	2630	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 3	After ironing out some of the food van fumbles, Paul decides to drive it over the mountains and into the 'big smoke'. Not before stopping off for a spot of trout fishing though.	UNITED KINGDOM	English-100	RPT	PG		Y
2023-09-26	2730	Ainsley's Food We Love	Life Of Pie, The	Ainsley is joined by singer Alexandra Burke and prepares a selection of pies, including a tarragon-crusted chicken, leek and mushroom one perfect for all the family.	UNITED KINGDOM	English-100		G		
2023-09-26	2825	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 2	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
2023-09-26	2830	David Rocco's Dolce India	Paradise Found	The beautiful Chinese fishing nets are iconic tourist attractions along the coast of Kochi, and David discovers that the fishermen who operate them are just as intriguing.	CANADA	English-100		PG	a w	
2023-09-27	0500	Pati's Mexican Table	Maestros Del Pan	The man who literally wrote the book on Mexican bread, Irving Quiroz, brings Pati into his workshop in Monterrey to teach her how to make traditional campechanas and rich conos de crema.	USA	English-100		G		Y
2023-09-27	0530	Masters Of Savours	Masters Of Rice	Join us on a journey deeply rooted in Asia where we discover local customs around the common but spectacular grain: rice.	FRANCE	English-100		PG		
2023-09-27	0630	My Market Kitchen	Episode 37	Ben highlights a light and fluffy strawberry bread before Chef Leslie Chan drops by to make quick and easy stir-fried chicken fillets with mixed mushrooms.	AUSTRALIA	English-100		G		
2023-09-27	0700	Mary Makes It Easy	Back To The Bbq	Follow Mary's recipes to level up your grilling go-tos and you'll be calling yourself a grill master in no time.	CANADA	English-100		G		
2023-09-27	0730	Easy Eats	Easy Eats Series 1 Ep 2	Hera Te Kurapa cooks up delicious, but simple meals for your whanau to enjoy. Kei tenei hotaka: chicken curry and parmesan panko crumbed snapper.	NEW ZEALAND	English-100				Y
2023-09-27	0800	Taste Of Australia With Hayden Quinn	Sydney Harbour	Hayden is back in Sydney to meet with Auntie Margret Campbell to explore Indigenous history, then learns about growing microgreens in a car park!	AUSTRALIA	English-100		PG		
2023-09-27	0830	Jeremy Pang's Asian Kitchen	Comforting Cooking	Jeremy's dishes this week are all comfort food, starting with a meal from his childhood: Guangxi steamed chicken.	UNITED KINGDOM	English-100		PG		
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2023-09-27	0930	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 3	After ironing out some of the food van fumbles, Paul decides to drive it over the mountains and into the 'big smoke'. Not before stopping off for a spot of trout fishing though.	UNITED KINGDOM	English-100	RPT	PG		Y
2023-09-27	1030	Come Dine With Me UK	Sheffield Day 2	Claire hopes her menu will impress her guests. Will it mean success or failure in her mission to nab the 1000 pound prize?	UNITED KINGDOM	English-100		PG		
2023-09-27	1100	The Cook Up With Adam Liaw	Bean There Done That	Time to spill the beans: Adam, Australia's sweetheart Osher Gunsberg and acclaimed chef Tom Walton are saying "bean there, done that" to a few bean recipes.	AUSTRALIA	English-100		G		
2023-09-27	1130	Masters Of Savours	Masters Of Rice	Join us on a journey deeply rooted in Asia where we discover local customs around the common but spectacular grain: rice.	FRANCE	English-100		PG		
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2023-09-27	1300	Food Unwrapped	Tuna, Ice Cream, Frozen Peas	Jimmy travels to Spain to meet an entrepreneur on farming critically endangered blue fin tuna. Kate investigates why ice creams can sometimes go gritty way ahead of their best before date.	UNITED KINGDOM	English-100		PG		
2023-09-27	1330	Ainsley's Food We Love	Sweets And Treats	Ainsley is joined by actor and entertainer John Barrowman and prepares a selection of sweets and treats, starting with his cheesy soufflé Welsh rarebit muffins.	UNITED KINGDOM	English-100		G		

2023-09-27	1425	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
2023-09-27	1430	David Rocco's Dolce India	Bengali Thali	David and Myanck head into the kitchen with their fish-market finds and experiment with Kolkata's signature ingredients: mustard and fresh river fish, and everyone agrees the results are delicious.	CANADA	English-100		PG	
2023-09-27	1500	Pati's Mexican Table	Magic Of Piloncillo	The Garza family invites Pati to a once-a-year tradition at their vineyard where they open the doors to the whole community to help make Piloncillo, the traditional way.	USA	English-100		G	Y
2023-09-27	1530	Masters Of Savours	Masters Of Wine	This episode takes us to the most prestigious wine "grands crus" to meet the men and women behind the nectar connoisseurs the world raves about.	FRANCE	English-100		G	
2023-09-27	1630	My Market Kitchen	Episode 38	Ben visits Damian from Pike's Mushrooms and serves up a bowl of heart-warming potato and mushroom soup and delicious risotto milanese.	AUSTRALIA	English-100		PG	
2023-09-27	1700	Mary Makes It Easy	Taco Tuesday	Mary celebrates the perfect fiesta with pork carnitas, homemade pico de gallo, tacos dorados de papa with cotija cheese, and a bubbly bevvy of pineapple spritz.	CANADA	English-100		G	
2023-09-27	1730	Easy Eats	Easy Eats Series 1 Ep 3	Tonight, Hera cooks up kei tenei hotaka: mussel fritters, gourmet beef burger, roast chicken, vegan chocolate cake.	NEW ZEALAND	English-100			Y
2023-09-27	1800	Taste Of Australia With Hayden Quinn	Inner West, Sydney	Superstar Flex Mami is Hayden's partner for an action-packed adventure through Sydney's Inner West! Lots of hands-on learning about pottery with Sausage Queen, Chrissy Flanagan.	AUSTRALIA	English-100		PG	
2023-09-27	1830	Food Unwrapped	Instant Coffee, Vodka And Wensleydale Cheese	Kate journeys to the mountains of southern Peru, home to some of the world's finest coffee. Matt gets up close and personal with a flock of dairy sheep as he investigates Wensleydale cheese.	UNITED KINGDOM	English-100		PG	
2023-09-27	1900	The Cook Up With Adam Liaw	Fraction Of The Cost	Want fabulous food for a fraction of the cost? Comedian Adam Spencer and Every Night Of The Week's Lucy Tweed run the numbers.	AUSTRALIA	English-100		G	
2023-09-27	1930	Come Dine With Me UK	Sheffield Day 3	Monika hopes to win the 1000 pound prize by treating her guests to a traditional Bulgarian night, inspired by her homeland. Can she keep her guests under control so as not to ruin her chances?	UNITED KINGDOM	English-100		PG	
2023-09-27	2000	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 3	Start the day right with Kirsten's hot chocolate cubes and a fruity chocolate babka. Next on the menu is a luscious strawberry cream trifle and a tasty white chocolate peanut parfait.	AUSTRALIA	English-100		G	
2023-09-27	2030	Ainsley's Fantastic Flavours	Sweet	Sweet flavours aren't just for desserts, Ainsley makes a butternut squash tarte tatin with urfa chili, walnuts, and feta. Samia Longchambon shares a family favourite, Moroccan chicken with cous cous.	UNITED KINGDOM	English-100		G	
2023-09-27	2130	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 4	While Paul is away, Harrison is left to manage the farm and it's not all plain sailing. There's a sweet surprise ready for harvest that's been brewing for over a year, and Paul rises to the challenge.	UNITED KINGDOM	English-100	RPT	G	Y
2023-09-27	2230	The Cook Up With Adam Liaw	Fraction Of The Cost	Want fabulous food for a fraction of the cost? Comedian Adam Spencer and Every Night Of The Week's Lucy Tweed run the numbers.	AUSTRALIA	English-100		G	
2023-09-27	2300	United Plates Of America	Ft Lauderdale	Known as the 'Venice of America' just about everything is located on a waterway in Fort Lauderdale. From Spring Break and Senior Retirement, Fort Lauderdale has changed its image.	USA	English-100		G	
2023-09-27	2330	The Cook And The Chef	Truffles	With a truffle from WA, Simon and Maggie Beer use a sophisticated ingredient in the simplest of ways - on scrambled eggs, pasta, boiled potatoes and, amazingly, on salt and vinegar chips.	AUSTRALIA	English-100		G	
2023-09-27	2400	Come Dine With Me UK	Sheffield Day 3	Monika hopes to win the 1000 pound prize by treating her guests to a traditional Bulgarian night, inspired by her homeland. Can she keep her guests under control so as not to ruin her chances?	UNITED KINGDOM	English-100		PG	
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2023-09-27	2530	Ainsley's Fantastic Flavours	Sweet	Sweet flavours aren't just for desserts, Ainsley makes a butternut squash tarte tatin with urfa chili, walnuts, and feta. Samia Longchambon shares a family favourite, Moroccan chicken with cous cous.	UNITED KINGDOM	English-100		G	
2023-09-27	2630	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 4	While Paul is away, Harrison is left to manage the farm and it's not all plain sailing. There's a sweet surprise ready for harvest that's been brewing for over a year, and Paul rises to the challenge.	UNITED KINGDOM	English-100	RPT	G	Y
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2023-09-28	0530	Masters Of Savours	Masters Of Wine	This episode takes us to the most prestigious wine "grands crus" to meet the men and women behind the nectar connoisseurs the world raves about.	FRANCE	English-100		G	
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2023-09-28	0730	Easy Eats	Easy Eats Series 1 Ep 3	Tonight, Hera cooks up kei tenei hotaka: mussel fritters, gourmet beef burger, roast chicken, vegan chocolate cake.	NEW ZEALAND	English-100			Y
2023-09-28	0800	Taste Of Australia With Hayden Quinn	Inner West, Sydney	Superstar Flex Mami is Hayden's partner for an action-packed adventure through Sydney's Inner West! Lots of hands-on learning about pottery with Sausage Queen, Chrissy Flanagan.	AUSTRALIA	English-100		PG	
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2023-09-28	1300	Food Unwrapped	Instant Coffee, Vodka And Wensleydale Cheese	Kate journeys to the mountains of southern Peru, home to some of the world's finest coffee. Matt gets up close and personal with a flock of dairy sheep as he investigates Wensleydale cheese.	UNITED KINGDOM	English-100		PG	

2023-09-28	1330	Ainsley's Food We Love	Al Fresco Dining	Ainsley prepares a selection of dishes perfect for al fresco dining, including Cypriot lamb chops, cherry tomato skewers and potato salad. Supper Club's Joseph Denison Carey serves up a tagliatelle.	UNITED KINGDOM	English-100		G			
2023-09-28	1425	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 4	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	
2023-09-28	1430	David Rocco's Dolce India	Street Eats In Kolkata	David goes on a crazy food tour of the city: they ride the tram and do as the locals do on their quest to sample Kolkata's best street eats, including the famous Kati roll.	CANADA	English-100		G			
2023-09-28	1500	Pati's Mexican Table	Pioneering From Farm To Table	Pati visits Huerto Urbano, an "urban farm" solving the problem of food deserts.	USA	English-100		G		Y	
2023-09-28	1530	Masters Of Savours	Masters Of Truffle	Learn the secrets of this precious tuber, and how the truffle has grown from scented mushrooms to the highly coveted "black diamond" in just a few years.	FRANCE	English-100		G			
2023-09-28	1630	My Market Kitchen	Episode 39	Ben creates the ultimate cheat day meal with his fried chicken brioche burgers, then Kathy from Sweet Greek serves up a bowl of wholesome chicken meatball soup.	AUSTRALIA	English-100		G			
2023-09-28	1700	Mary Makes It Easy	What Are Ya, Chicken?	Mary offers four exciting ways to expand your chicken repertoire so it will never be boring or dry again.	CANADA	English-100		G			
2023-09-28	1730	Easy Eats	Easy Eats Series 1 Ep 4	Hera cooks up delicious kei tenei hotaka: crispy calamari, pork belly, venison, and rolled ice cream.	NEW ZEALAND	English-100				Y	
2023-09-28	1800	Taste Of Australia With Hayden Quinn	Greater Western Sydney	Hayden explores another food culture in Ryde to taste some Persian delicacies, bread and more! Then a finish catching up with champion wakeboarder Courtney Angus in Penrith.	AUSTRALIA	English-100		PG			
2023-09-28	1830	Food Unwrapped	Pistachios, Prosecco And Porridge	Kate is in California to ask why there are so many closed pistachios in our packs. Jimmy heads to Ireland to investigate whether traditional rolled oats are better for us than quick-cook porridge.	UNITED KINGDOM	English-100		PG			
2023-09-28	1900	The Cook Up With Adam Liaw	Five In Fifteen	Adam gives his guests, chefs Gunjan Aylawadi and Nagesh Seethiah, the mission of five-dollar per head dinners in fifteen minutes or less.	AUSTRALIA	English-100		PG			
2023-09-28	1930	Come Dine With Me UK	Sheffield Day 4	Ivor Hillman is determined to put some fun into his night by giving his guests a true 80s extravaganza. Can his charm wow his guests to win the one thousand pounds at the end of the week?	UNITED KINGDOM	English-100		PG			
2023-09-28	2000	Destination Flavour Singapore	Destination Flavour Singapore Series 1 Ep 9	In the final episode, Adam gathers what he's learned over the past few weeks to serve up an impressive five course banquet dinner to some distinguished guests, one of whom is his mother.	AUSTRALIA	English-100	RPT	G		Y	
2023-09-28	2030	Guillaume's Paris	Guillaume's Paris Series 1 Ep 2	Chef Guillaume Brahimi explores the 3rd and 4th arrondissements of Paris to meet some legends of the city's food scene. Guillaume visits Marche des Enfants Rouges, the oldest covered market in Paris.	AUSTRALIA	English-70; French-30	RPT	G		Y	Y
2023-09-28	2100	Paradise Kitchen Bali	Coconuts	Lauren goes beyond the norms of what can be created in the kitchen with this exotic nut by recreating a calamari dish out of coconut flesh.	NETHERLANDS	English-90; Balinese-10		PG			
2023-09-28	2130	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 5	Using his experience in Canberra, Paul goes back on the road. His first stop is a tiny town of 20 called Morundah who have turned a local pest into a palatable bar snack.	UNITED KINGDOM	English-100	RPT	PG	a w	Y	
2023-09-28	2230	The Cook Up With Adam Liaw	Five In Fifteen	Adam gives his guests, chefs Gunjan Aylawadi and Nagesh Seethiah, the mission of five-dollar per head dinners in fifteen minutes or less.	AUSTRALIA	English-100		PG			
2023-09-28	2300	United Plates Of America	Charlotte	Charlotte is known as Queen City and is the headquarters of most of the country's banking headquarters. It's a city that has been expanding over the last 15 years.	USA	English-100		G			
2023-09-28	2330	The Cook And The Chef	Cattle Drive	Beef is on the menu this week as Maggie dons her boots and oilskin and travels to the far north of South Australia to experience an Outback Cattle Drive.	AUSTRALIA	English-100		G			

2023-09-28	2400	Come Dine With Me UK	Sheffield Day 4	Ivor Hillman is determined to put some fun into his night by giving his guests a true 80s extravaganza. Can his charm wow his guests to win the one thousand pounds at the end of the week?	UNITED KINGDOM	English-100		PG			
2023-09-28	2430	Destination Flavour Singapore	Destination Flavour Singapore Series 1 Ep 9	In the final episode, Adam gathers what he's learned over the past few weeks to serve up an impressive five course banquet dinner to some distinguished guests, one of whom is his mother.	AUSTRALIA	English-100	RPT	G		Y	
2023-09-28	2500	Come Dine With Me UK	Sheffield Day 4	Ivor Hillman is determined to put some fun into his night by giving his guests a true 80s extravaganza. Can his charm wow his guests to win the one thousand pounds at the end of the week?	UNITED KINGDOM	English-100		PG			
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2023-09-28	2630	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 5	Using his experience in Canberra, Paul goes back on the road. His first stop is a tiny town of 20 called Morundah who have turned a local pest into a palatable bar snack.	UNITED KINGDOM	English-100	RPT	PG	a w	Y	
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2023-09-28	2825	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 4	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	
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2023-09-29	0500	Pati's Mexican Table	Pioneering From Farm To Table	Pati visits Huerto Urbano, an "urban farm" solving the problem of food deserts.	USA	English-100		G		Y	
2023-09-29	0530	Masters Of Savours	Masters Of Truffle	Learn the secrets of this precious tuber, and how the truffle has grown from scented mushrooms to the highly coveted "black diamond" in just a few years.	FRANCE	English-100		G			
2023-09-29	0630	My Market Kitchen	Episode 39	Ben creates the ultimate cheat day meal with his fried chicken brioche burgers, then Kathy from Sweet Greek serves up a bowl of wholesome chicken meatball soup.	AUSTRALIA	English-100		G			
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2023-09-29	0730	Easy Eats	Easy Eats Series 1 Ep 4	Hera cooks up delicious kei tenei hotaka: crispy calamari, pork belly, venison, and rolled ice cream.	NEW ZEALAND	English-100				Y	
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2023-09-29	1100	The Cook Up With Adam Liaw	Five In Fifteen	Adam gives his guests, chefs Gunjan Aylawadi and Nagesh Seethiah, the mission of five-dollar per head dinners in fifteen minutes or less.	AUSTRALIA	English-100		PG	
2023-09-29	1130	Masters Of Savours	Masters Of Truffle	Learn the secrets of this precious tuber, and how the truffle has grown from scented mushrooms to the highly coveted "black diamond" in just a few years.	FRANCE	English-100		G	
2023-09-29	1230	Destination Flavour Singapore	Destination Flavour Singapore Series 1 Ep 9	In the final episode, Adam gathers what he's learned over the past few weeks to serve up an impressive five course banquet dinner to some distinguished guests, one of whom is his mother.	AUSTRALIA	English-100	RPT	G	Y
2023-09-29	1300	Food Unwrapped	Pistachios, Prosecco And Porridge	Kate is in California to ask why there are so many closed pistachios in our packs. Jimmy heads to Ireland to investigate whether traditional rolled oats are better for us than quick-cook porridge.	UNITED KINGDOM	English-100		PG	
2023-09-29	1330	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, while Olly Smith hunts out the perfect wines for sipping by the sea.	UNITED KINGDOM	English-100		G	
2023-09-29	1425	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 5	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
2023-09-29	1430	David Rocco's Dolce India	Chinese Calcutta	Kolkata is home to India's largest Chinese community, and they're fiercely proud of their Hakka-style cuisine - a fusion of Chinese and Indian. David spends the day with locals, learning and eating!	CANADA	English-100		PG	I
2023-09-29	1500	Pati's Mexican Table	Cantina Culture And The Morning After?	Pati meets with historian David Canales, who takes her to two very different styles of cantinas to learn their fascinating history.	USA	English-100		G	Y
2023-09-29	1530	Masters Of Savours	Masters Of Cheese	From the Roquefort cellars to the Swiss mountain pastures, this episode introduces us to the passionate people devoting their time to protecting local traditions in cheese-making.	FRANCE	English-100		G	
2023-09-29	1630	My Market Kitchen	Episode 40	Charlie Carrington returns to show off his Lebanese za'tar roasted chicken, which captures the textures and flavours of Middle Eastern cuisine.	AUSTRALIA	English-100		G	
2023-09-29	1700	Mary Makes It Easy	Date Night	Preparing a meal for a special someone is nerve wracking for cooks at any level. Mary settles your nerves for date night by serving up four recipes sure to impress your special guest.	CANADA	English-100		G	
2023-09-29	1730	Easy Eats	Easy Eats Series 1 Ep 5	Hera cooks up hainanese chicken soup, the ultimate bread recipe, baked snapper, madeira cake.	NEW ZEALAND	English-100			Y
2023-09-29	1800	Taste Of Australia With Hayden Quinn	Northern Beaches	Hayden comes back home to the Northern Beaches for a taste of some of his favourite things. Epic pastries, kayaking and a snorkel before finishing with a beach cook as the sun sets.	AUSTRALIA	English-100		PG	
2023-09-29	1830	Food Unwrapped	Perfect Veg, Strong Wine And Biscuit Dunking	Jimmy investigates the supermarkets' stringent criteria for the perfect vegetable. Matt takes on the ultimate tea-break challenge to end the age old dispute of which biscuit is best for dunking?	UNITED KINGDOM	English-100		PG	
2023-09-29	1900	The Cook Up With Adam Liaw	Star Of The Show	Adam has lined up two stars, Opera Australia Principal Singers Esther Song and Christian Qi, to make food that's bound to be the star of the show.	AUSTRALIA	English-100		PG	
2023-09-29	1930	Come Dine With Me UK	Sheffield Day 5	Simon is confident that his meal will be head and shoulders above the competition. Will his experimental gastro cuisine be too much for this group or will it impress them and take the attention away?	UNITED KINGDOM	English-100		PG	
2023-09-29	2000	John Torode's Middle East	Luxor	John is in Luxor in central Egypt, an ancient city on the banks of the river Nile. John can't wait to explore a city steeped in history with its temples, tombs and ancient food to match.	CANADA	English-100		G	
2023-09-29	2030	Rick Stein's Road To Mexico	Monterey To San Diego	Rick Stein continues down the Californian coastline, past citrus groves, vineyards that inspired one his favourite movies, 'Sideways', and into the city of dreams, Los Angeles.	UNITED KINGDOM	English-100			
2023-09-29	2140	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 6	Still in the Riverina, Paul visits a wheat-farming mate who has changed the future of his town with Beer.	UNITED KINGDOM	English-100	RPT	PG	Y

2023-09-29	2235	The Cook Up With Adam Liaw	Star Of The Show	Adam has lined up two stars, Opera Australia Principal Singers Esther Song and Christian Qi, to make food that's bound to be the star of the show.	AUSTRALIA	English-100		PG	
2023-09-29	2305	United Plates Of America	Memphis	Memphis turned 200 years old in 2019. It's the home of blues, soul, rock'n'roll and comfort food.	USA	English-100		G	
2023-09-29	2330	The Cook And The Chef	Sunday Cooking	The duo reveal their idea of the perfect Sunday dinner - and their choices couldn't be more contrasting. For Maggie, it's a chance to make a simple meal.	AUSTRALIA	English-100		G	
2023-09-29	2400	Come Dine With Me UK	Sheffield Day 5	Simon is confident that his meal will be head and shoulders above the competition. Will his experimental gastro cuisine be too much for this group or will it impress them and take the attention away?	UNITED KINGDOM	English-100		PG	
2023-09-29	2430	John Torode's Middle East	Luxor	John is in Luxor in central Egypt, an ancient city on the banks of the river Nile. John can't wait to explore a city steeped in history with its temples, tombs and ancient food to match.	CANADA	English-100		G	
2023-09-29	2500	Come Dine With Me UK	Sheffield Day 5	Simon is confident that his meal will be head and shoulders above the competition. Will his experimental gastro cuisine be too much for this group or will it impress them and take the attention away?	UNITED KINGDOM	English-100		PG	
2023-09-29	2530	Rick Stein's Road To Mexico	Monterey To San Diego	Rick Stein continues down the Californian coastline, past citrus groves, vineyards that inspired one his favourite movies, 'Sideways', and into the city of dreams, Los Angeles.	UNITED KINGDOM	English-100			
2023-09-29	2640	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 6	Still in the Riverina, Paul visits a wheat-farming mate who has changed the future of his town with Beer.	UNITED KINGDOM	English-100	RPT	PG	Y
2023-09-29	2735	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, while Olly Smith hunts out the perfect wines for sipping by the sea.	UNITED KINGDOM	English-100		G	
2023-09-29	2830	David Rocco's Dolce India	Chinese Calcutta	Kolkata is home to India's largest Chinese community, and they're fiercely proud of their Hakka-style cuisine - a fusion of Chinese and Indian. David spends the day with locals, learning and eating!	CANADA	English-100		PG	I
2023-09-30	0500	Pati's Mexican Table	Cantina Culture And The Morning After?	Pati meets with historian David Canales, who takes her to two very different styles of cantinas to learn their fascinating history.	USA	English-100		G	Y
2023-09-30	0530	Masters Of Savours	Masters Of Cheese	From the Roquefort cellars to the Swiss mountain pastures, this episode introduces us to the passionate people devoting their time to protecting local traditions in cheese-making.	FRANCE	English-100		G	
2023-09-30	0630	My Market Kitchen	Episode 40	Charlie Carrington returns to show off his Lebanese za'tar roasted chicken, which captures the textures and flavours of Middle Eastern cuisine.	AUSTRALIA	English-100		G	
2023-09-30	0700	Mary Makes It Easy	Date Night	Preparing a meal for a special someone is nerve wracking for cooks at any level. Mary settles your nerves for date night by serving up four recipes sure to impress your special guest.	CANADA	English-100		G	
2023-09-30	0730	Easy Eats	Easy Eats Series 1 Ep 5	Hera cooks up hainanese chicken soup, the ultimate bread recipe, baked snapper, madeira cake.	NEW ZEALAND	English-100			Y
2023-09-30	0800	Taste Of Australia With Hayden Quinn	Northern Beaches	Hayden comes back home to the Northern Beaches for a taste of some of his favourite things. Epic pastries, kayaking and a snorkel before finishing with a beach cook as the sun sets.	AUSTRALIA	English-100		PG	
2023-09-30	0830	Rick Stein's Road To Mexico	Monterey To San Diego	Rick Stein continues down the Californian coastline, past citrus groves, vineyards that inspired one his favourite movies, 'Sideways', and into the city of dreams, Los Angeles.	UNITED KINGDOM	English-100			
2023-09-30	0940	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 6	Still in the Riverina, Paul visits a wheat-farming mate who has changed the future of his town with Beer.	UNITED KINGDOM	English-100	RPT	PG	Y
2023-09-30	1035	Come Dine With Me UK	Sheffield Day 5	Simon is confident that his meal will be head and shoulders above the competition. Will his experimental gastro cuisine be too much for this group or will it impress them and take the attention away?	UNITED KINGDOM	English-100		PG	

2023-09-30	1100	The Cook Up With Adam Liaw	Star Of The Show	Adam has lined up two stars, Opera Australia Principal Singers Esther Song and Christian Qi, to make food that's bound to be the star of the show.	AUSTRALIA	English-100		PG		
2023-09-30	1130	Masters Of Savours	Masters Of Cheese	From the Roquefort cellars to the Swiss mountain pastures, this episode introduces us to the passionate people devoting their time to protecting local traditions in cheese-making.	FRANCE	English-100		G		
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2023-09-30	1300	Food Unwrapped	Perfect Veg, Strong Wine And Biscuit Dunking	Jimmy investigates the supermarkets' stringent criteria for the perfect vegetable. Matt takes on the ultimate tea-break challenge to end the age old dispute of which biscuit is best for dunking?	UNITED KINGDOM	English-100		PG		
2023-09-30	1330	My Market Kitchen	Episode 40	Charlie Carrington returns to show off his Lebanese za'tar roasted chicken, which captures the textures and flavours of Middle Eastern cuisine.	AUSTRALIA	English-100		G		
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2023-09-30	1430	Easy Eats	Easy Eats Series 1 Ep 5	Hera cooks up hainanese chicken soup, the ultimate bread recipe, baked snapper, madeira cake.	NEW ZEALAND	English-100				Y
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2023-09-30	1530	Rick Stein's Road To Mexico	Monterey To San Diego	Rick Stein continues down the Californian coastline, past citrus groves, vineyards that inspired one his favourite movies, 'Sideways', and into the city of dreams, Los Angeles.	UNITED KINGDOM	English-100				
2023-09-30	1640	Hugh's Fish Fight	Hugh's Fish Fight Series 1 Ep 1	Hugh Fearnley-Whittingstall leaves the comfort of River Cottage to change the way we fish, both here and abroad.	UNITED KINGDOM	English-100		PG	a w	
2023-09-30	1735	Taste Of Italy	Syracuse	Nisha Katona, embarks on a quest across Italy to discover their hidden culinary gems. From sea Urchins to Moscato, Syracuse has a lot more than just Pizza and Pasta to offer.	UNITED KINGDOM	English-100		G		Y
2023-09-30	1800	Taste Of Italy	Catania	Nisha Katona, embarks on a quest across Italy to discover their hidden culinary gems. Catania is a trove of culinary delights.	UNITED KINGDOM	English-100		PG	a w	Y
2023-09-30	1830	Luca's Key Ingredient	Luca's Key Ingredient Series 1 Ep 5	Luca's ingredient today is a staple in Italy and all over the world, the humble grain of rice. With an entree, main and dessert, Luca shows how to turn rice into crisps, a risotto and even a cake.	AUSTRALIA	English-100		PG		
2023-09-30	1900	Barossa Gourmet With Justine Schofield	Beauty Of The Barossa Series 1, The Ep 5	Justine makes pizzettas with pear, prosciutto and rocket to pair with Gravel Track Shiraz, followed by noodles with pink oyster mushrooms, and everyone's favourite, duck and mushroom tagliate.	AUSTRALIA	English-100		G		
2023-09-30	1930	Selena + Chef	Selena + Chef Series 1 Ep 1	Selena welcomes us into her new place as she improves her nonexistent cooking skills with the help of legendary French chef and restaurateur Ludo Lefebvre.	USA	English-100				
2023-09-30	2000	Selena + Chef	Selena + Chef Series 1 Ep 2	Antonia Lofaso helps Selena whip up her first seafood tostada - and while Selena's a shrimp-peeling natural, she and the octopus may have...creative differences.	USA	English-100				
2023-09-30	2030	Paul Hollywood Eats Mexico	Baja California, Milpa Alta, Oaxaca, Yucatan Peninsula	Paul visits Baja California and tastes fresh cactus in Milpa Alta and insects in Oaxaca, then judges a pasty baking competition in a small mining town.	UNITED KINGDOM	English-100		PG	a l	Y
2023-09-30	2130	Anthony Bourdain: No Reservations	Vietnam	A vicarious thrill ride as Tony discovers Vietnam from the buzzing streets of Hanoi to the rural beauty of the Montagnards, and the mysterious island of Mr Sang. Tony's been seduced by Vietnam.	USA	English-100		PG		Y
2023-09-30	2225	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 9	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
2023-09-30	2230	Anthony Bourdain: A Cook's Tour	Los Angeles: My Own Heart Of Darkness	New York chef, Anthony Bourdain, descends into the culinary underbelly of his metropolitan nemesis, Los Angeles.	USA	English-100		PG	a w	

2023-09-30	2300	Anthony Bourdain: A Cook's Tour	Desert Feast	Tony traverses the Moroccan desert with one goal in mind: eat a mud-oven-roasted sheep.	USA	English-100		PG	a w	
2023-09-30	2330	Hugh's Fish Fight	Hugh's Fish Fight Series 1 Ep 1	Hugh Fearnley-Whittingstall leaves the comfort of River Cottage to change the way we fish, both here and abroad.	UNITED KINGDOM	English-100		PG	a w	
2023-09-30	2425	Cook Up With Adam Liaw Bitesize	Gobi Manchurian	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2023-09-30	2430	Taste Of Italy	Syracuse	Nisha Katona, embarks on a quest across Italy to discover their hidden culinary gems. From sea Urchins to Moscato, Syracuse has a lot more than just Pizza and Pasta to offer.	UNITED KINGDOM	English-100		G		Y
2023-09-30	2500	Taste Of Italy	Catania	Nisha Katona, embarks on a quest across Italy to discover their hidden culinary gems. Catania is a trove of culinary delights.	UNITED KINGDOM	English-100		PG	a w	Y
2023-09-30	2530	Luca's Key Ingredient	Luca's Key Ingredient Series 1 Ep 5	Luca's ingredient today is a staple in Italy and all over the world, the humble grain of rice. With an entree, main and dessert, Luca shows how to turn rice into crisps, a risotto and even a cake.	AUSTRALIA	English-100		PG		
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2023-09-30	2825	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 9	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
2023-09-30	2830	Taste Of Italy	Syracuse	Nisha Katona, embarks on a quest across Italy to discover their hidden culinary gems. From sea Urchins to Moscato, Syracuse has a lot more than just Pizza and Pasta to offer.	UNITED KINGDOM	English-100		G		Y

