



**WEEK 40: Sunday, 1 October - Saturday, 7 October 2023 - ALL MARKETS**

| Date       | Start Time | Title                                   | Episode Title  | Digital Epg Synopsis   | Country of Origin | Language    | Repeat | Classification | Consumer Advice | Closed Captions | Subtitles |
|------------|------------|---|--|--|-------------------|-------------|--------|----------------|-----------------|-----------------|-----------|
| 2023-10-01 | 0500       | 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             |                 |                 |           |
| 2023-10-01 | 0530       | 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             |                 |           |
| 2023-10-01 | 0625       | 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               |           |
| 2023-10-01 | 0630       | 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 |        |                |                 |                 | Y         |
| 2023-10-01 | 0700       | 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              |                 |                 |           |
| 2023-10-01 | 0730       | 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         |
| 2023-10-01 | 0825       | 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               |           |
| 2023-10-01 | 0830       | 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 |        |                |                 |                 | Y         |
| 2023-10-01 | 0900       | 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             |                 |                 |           |
| 2023-10-01 | 0930       | 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             |                 |           |
| 2023-10-01 | 1025       | 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               |           |
| 2023-10-01 | 1030       | 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 |        |                |                 |                 | Y         |
| 2023-10-01 | 1100       | 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              |                 |                 |           |
| 2023-10-01 | 1130       | 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         |
| 2023-10-01 | 1225       | 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               |           |

|            |      |  |   |  |                |                            |     |    |     |   |
|------------|------|--|---|--|----------------|----------------------------|-----|----|-----|---|
| 2023-10-01 | 1230 | <b>The Cook And The Chef</b>                   | Best In Season  | Maggie searches for the perfect tomato which she then uses to make a tomato bruschetta. Simon, not to be outdone, makes his own version of bruschetta using pear and goats cheese.                       | AUSTRALIA      | English-100                |     | G  |     |   |
| 2023-10-01 | 1300 | <b>The Cook And The Chef</b>                   | Summer Lunch, A                                       | Maggie Beer and Simon Bryant go squidding and it's easy to see that this is a new experience for Maggie. Back in the kitchen Simon cleans the squid while Maggie gets started on her dishes.             | AUSTRALIA      | English-100                |     | G  |     |   |
| 2023-10-01 | 1330 | <b>Luca's Key Ingredient</b>                   | 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 |     |   |
| 2023-10-01 | 1400 | <b>The Cook Up With Adam Liaw</b>              | 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                | RPT | G  |     | Y |
| 2023-10-01 | 1430 | <b>The Cook Up With Adam Liaw</b>              | 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                | RPT | G  |     | Y |
| 2023-10-01 | 1500 | <b>The Cook Up With Adam Liaw</b>              | 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                | RPT | G  |     | Y |
| 2023-10-01 | 1530 | <b>The Cook Up With Adam Liaw</b>              | 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                | RPT | PG |     | Y |
| 2023-10-01 | 1600 | <b>The Cook Up With Adam Liaw</b>              | 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 |     | Y |
| 2023-10-01 | 1630 | <b>Food To Change The World</b>                | Food To Connect Us All                                | Chef Ming puts his culinary skills to the test in order to find out how food plays a crucial role in strengthening ties between nations and cultures.  | SINGAPORE      | English-100                |     | G  |     | Y |
| 2023-10-01 | 1730 | <b>Paradise Kitchen Bali</b>                   | 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;<br>Balinese-10 |     | PG |     |   |
| 2023-10-01 | 1800 | <b>Flat Out Food</b>                           | Saskatoon Berry                                       | Synonymous with Saskatchewan, saskatoon berries aren't just for pies as Jenn discovers unique uses for the fruit.  | CANADA         | English-100                |     |    |     |   |
| 2023-10-01 | 1830 | <b>John Torode's Korean Food Tour</b>          | Harvest   | Autumn brings both the rice harvest and Chuseok, Korean harvest festival, the most important festival of the year. In his Gangnam kitchen, John makes japchae - Korean glass noodles.                    | UNITED KINGDOM | English-100                |     | G  |     | Y |
| 2023-10-01 | 1930 | <b>James Martin's French Adventure</b>         | St Emilion  | James's first stop on his French Adventure takes him back to the place that inspired his passion for food, St Emilion. He visits the legendary Chateau Cheval Blanc to cook up his first dish.           | UNITED KINGDOM | English-100                |     | G  |     |   |
| 2023-10-01 | 2030 | <b>Marcus Wareing's Kitchen Garden Tales</b>   | Tomatoes  | Marcus Wareing starts his day by setting off to The Knepp in Horsham to learn all about different tomato varieties in their impressive market garden.  | UNITED KINGDOM | English-100                |     |    |     |   |
| 2023-10-01 | 2100 | <b>Marcus Wareing's Kitchen Garden Tales</b>   | Bees  | After his bees mysteriously disappeared last year, Marcus and gardener Anatoly decide they need some advice. He travels to The Newt to meet Paula and learn more about bee keeping.                      | UNITED KINGDOM | English-100                |     |    |     |   |
| 2023-10-01 | 2130 | <b>Anthony Bourdain: No Reservations</b>       | New Zealand   | Tony's in Christchurch, New Zealand to give a guest lecture at an upscale food & wine convention. When he can't connect with the audience, he heads for the countryside to find the real Kiwi lifestyle. | USA            | English-100                |     | PG | a w |   |
| 2023-10-01 | 2225 | <b>Destination Flavour Down Under Bitesize</b> | Destination Flavour Down Under Bitesize Series 1 Ep 8 | 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 |

|            |      |  |                               |  |                |                            |     |    |     |
|------------|------|--|-------------------------------|--|----------------|----------------------------|-----|----|-----|
| 2023-10-01 | 2230 | <b>Anthony Bourdain: A Cook's Tour</b>       | Foods That Makes You Manly    | After taking a cyclo-ride through Ho Chi Minh City and trying various foods from roadside vendors and markets, Tony tests his might with a few shots of snake wine and a live cobra heart.     | USA            | English-100                |     | M  | a w |
| 2023-10-01 | 2300 | <b>Anthony Bourdain: A Cook's Tour</b>       | Eating On The Edge Of Nowhere | Taking his obsession with the film Apocalypse Now a little too seriously, Tony sets out for Pailin, reputed to be one of the most dangerous towns on Earth.                                    | USA            | English-100                |     | PG | a   |
| 2023-10-01 | 2330 | <b>Food To Change The World</b>              | Food To Connect Us All        | Chef Ming puts his culinary skills to the test in order to find out how food plays a crucial role in strengthening ties between nations and cultures.  | SINGAPORE      | English-100                |     | G  | Y   |
| 2023-10-01 | 2430 | <b>Paradise Kitchen Bali</b>                 | 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;<br>Balinese-10 |     | PG |     |
| 2023-10-01 | 2500 | <b>Flat Out Food</b>                         | Saskatoon Berry               | Synonymous with Saskatchewan, saskatoon berries aren't just for pies as Jenn discovers unique uses for the fruit.  | CANADA         | English-100                |     |    |     |
| 2023-10-01 | 2530 | <b>John Torode's Korean Food Tour</b>        | Harvest                       | Autumn brings both the rice harvest and Chuseok, Korean harvest festival, the most important festival of the year. In his Gangnam kitchen, John makes japchae - Korean glass noodles.          | UNITED KINGDOM | English-100                |     | G  | Y   |
| 2023-10-01 | 2625 | <b>Cook Up With Adam Liaw Bitesize</b>       | Lemongrass Pork Belly Rice    | 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   |
| 2023-10-01 | 2630 | <b>James Martin's French Adventure</b>       | St Emilion                    | James's first stop on his French Adventure takes him back to the place that inspired his passion for food, St Emilion. He visits the legendary Chateau Cheval Blanc to cook up his first dish. | UNITED KINGDOM | English-100                |     | G  |     |
| 2023-10-01 | 2730 | <b>Marcus Wareing's Kitchen Garden Tales</b> | Tomatoes                      | Marcus Wareing starts his day by setting off to The Knepp in Horsham to learn all about different tomato varieties in their impressive market garden.  | UNITED KINGDOM | English-100                |     |    |     |
| 2023-10-01 | 2800 | <b>Marcus Wareing's Kitchen Garden Tales</b> | Bees                          | After his bees mysteriously disappeared last year, Marcus and gardener Anatoly decide they need some advice. He travels to The Newt to meet Paula and learn more about bee keeping.            | UNITED KINGDOM | English-100                |     |    |     |
| 2023-10-01 | 2830 | <b>Paradise Kitchen Bali</b>                 | 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;<br>Balinese-10 |     | PG |     |
| 2023-10-02 | 0500 | <b>The Cook Up With Adam Liaw</b>            | 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                | RPT | G  | Y   |
| 2023-10-02 | 0530 | <b>The Cook Up With Adam Liaw</b>            | 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                | RPT | G  | Y   |
| 2023-10-02 | 0600 | <b>The Cook Up With Adam Liaw</b>            | 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                | RPT | G  | Y   |
| 2023-10-02 | 0630 | <b>The Cook Up With Adam Liaw</b>            | 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                | RPT | PG | Y   |
| 2023-10-02 | 0700 | <b>The Cook Up With Adam Liaw</b>            | 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 | Y   |
| 2023-10-02 | 0730 | <b>Food To Change The World</b>              | Food To Connect Us All        | Chef Ming puts his culinary skills to the test in order to find out how food plays a crucial role in strengthening ties between nations and cultures.  | SINGAPORE      | English-100                |     | G  | Y   |
| 2023-10-02 | 0830 | <b>Paradise Kitchen Bali</b>                 | 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;<br>Balinese-10 |     | PG |     |

|            |      |  |  |   |                |             |     |    |  |     |
|------------|------|--|--|---|----------------|-------------|-----|----|--|-----|
| 2023-10-02 | 0900 | <b>Flat Out Food</b>                         | Saskatoon Berry                                  | Synonymous with Saskatchewan, saskatoon berries aren't just for pies as Jenn discovers unique uses for the fruit.   | CANADA         | English-100 |     |    |  |     |
| 2023-10-02 | 0930 | <b>John Torode's Korean Food Tour</b>        | Harvest  | Autumn brings both the rice harvest and Chuseok, Korean harvest festival, the most important festival of the year. In his Gangnam kitchen, John makes japchae - Korean glass noodles.                   | UNITED KINGDOM | English-100 |     | G  |  | Y   |
| 2023-10-02 | 1025 | <b>Cook Up With Adam Liaw Bitesize</b>       | Lemongrass Pork Belly Rice                       | 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   |
| 2023-10-02 | 1030 | <b>James Martin's French Adventure</b>       | St Emilion                                       | James's first stop on his French Adventure takes him back to the place that inspired his passion for food, St Emilion. He visits the legendary Chateau Cheval Blanc to cook up his first dish.          | UNITED KINGDOM | English-100 |     | G  |  |     |
| 2023-10-02 | 1130 | <b>Marcus Wareing's Kitchen Garden Tales</b> | Tomatoes   | Marcus Wareing starts his day by setting off to The Knepp in Horsham to learn all about different tomato varieties in their impressive market garden.   | UNITED KINGDOM | English-100 |     |    |  |     |
| 2023-10-02 | 1200 | <b>Marcus Wareing's Kitchen Garden Tales</b> | Bees   | After his bees mysteriously disappeared last year, Marcus and gardener Anatoly decide they need some advice. He travels to The Newt to meet Paula and learn more about bee keeping.                     | UNITED KINGDOM | English-100 |     |    |  |     |
| 2023-10-02 | 1230 | <b>Food To Change The World</b>              | Food To Connect Us All                           | Chef Ming puts his culinary skills to the test in order to find out how food plays a crucial role in strengthening ties between nations and cultures.   | SINGAPORE      | English-100 |     | G  |  | Y   |
| 2023-10-02 | 1330 | <b>Ainsley's Food We Love</b>                | Ainsley's Food We Love Ep 6                      | This special festive episode is packed full of Xmas treats. Ainsley starts with his festive bubble patties, while singer Martine McCutcheon joins him as he cooks a flavourful Thai-style turkey broth. | UNITED KINGDOM | English-100 |     | G  |  |     |
| 2023-10-02 | 1425 | <b>Destination Flavour - Japan</b>           | Destination Flavour Japan Bitesize Series 1 Ep 1 | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.              | AUSTRALIA      | English-100 | RPT | G  |  | Y Y |
| 2023-10-02 | 1430 | <b>David Rocco's Dolce India</b>             | Golden Amritsar                                  | David fulfills his dream of visiting the Golden Temple, the holiest Sikh gurudwara in the world. The community serve 100,000 people a day, and David gets a chance to experience the cooking chaos.     | CANADA         | English-100 |     | G  |  |     |
| 2023-10-02 | 1500 | <b>Pati's Mexican Table</b>                  | Texas Bbq In The Orange Belt                     | Pati learns the difference between carne asada and 'Texas style' BBQ at a local eatery.   | USA            | English-100 |     | G  |  | Y   |
| 2023-10-02 | 1530 | <b>Masters Of Savours</b>                    | Masters Of Chocolate                             | The Mayas and the Aztecs were the first to treasure the cocoa bean, which they believed had divine powers. Since then, chocolate has become a universal product and a source of gustative pleasure.     | FRANCE         | English-100 |     | G  |  |     |
| 2023-10-02 | 1630 | <b>My Market Kitchen</b>                     | Episode 41                                       | Nutritionist Jemma visits a pear orchard and cooks turmeric latte porridge.   | AUSTRALIA      | English-100 |     | PG |  |     |
| 2023-10-02 | 1700 | <b>Mary Makes It Easy</b>                    | One Pot Wonders                                  | Cleaning up the mess is the only part of cooking that Mary doesn't like. Her husband Aaron typically takes on dish duty, so this time Mary gives him a break with four one-pot wonders.                 | CANADA         | English-100 |     | G  |  |     |
| 2023-10-02 | 1730 | <b>Easy Eats</b>                             | Easy Eats Series 1 Ep 6                          | Hera Te Kurapa cooks up kei tenei hotaka: beef cheek ragu, creamy mushrooms, seafood platter, porridge.   | NEW ZEALAND    | English-100 |     | PG |  | Y   |
| 2023-10-02 | 1800 | <b>Food Safari</b>                           | Moroccan   | Maeve journeys into the world of Moroccan food and meets a range of top chefs and home-cooks who are passionate about their delicious cuisine.  | AUSTRALIA      | English-100 | RPT | G  |  | Y   |
| 2023-10-02 | 1830 | <b>Food Unwrapped</b>                        | Pineapple, Bubbly Chocolate And Mussels          | Kate travels to Ghana and discovers that pineapples contain an enzyme that destroys the dead skin cells in your mouth. Jimmy uncovers how they put the bubbles in some of our chocolate bars.           | UNITED KINGDOM | English-100 |     | PG |  | Y   |

|            |      |  |   |   |                |             |     |    |     |
|------------|------|--|---|---|----------------|-------------|-----|----|-----|
| 2023-10-02 | 1900 | <b>The Cook Up With Adam Liaw</b>          | Crispy And Crumbed                              | Adam and his guests, comedian Frida Deguise and chef Sam May, have fun with all things crispy and crumbed.  | AUSTRALIA      | English-100 |     | PG |     |
| 2023-10-02 | 1930 | <b>Come Dine With Me UK</b>                | Peterborough Day 1                              | Moony is hoping to win over his guests with a night of 'Eastern Promise', based on Pakistani recipes. It all makes for an eventful evening, but will it be enough to land Moony the 1,000 pound prize?  | UNITED KINGDOM | English-100 |     | PG |     |
| 2023-10-02 | 2000 | <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  |     |
| 2023-10-02 | 2030 | <b>Rick Stein: From Venice to Istanbul</b> | Peloponnese                                     | Continuing his journey from Venice to Istanbul, Rick arrives in the Greek Peloponnese and samples memorable dishes like rooster stew, hilopites with mizithra cheese, and home-made moussaka.           | UNITED KINGDOM | English-100 |     | PG | a w |
| 2023-10-02 | 2140 | <b>River Cottage Australia</b>             | 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. Meanwhile, Digger brings joy to some people in need.                              | UNITED KINGDOM | English-100 | RPT | G  | Y   |
| 2023-10-02 | 2235 | <b>The Cook Up With Adam Liaw</b>          | Crispy And Crumbed                              | Adam and his guests, comedian Frida Deguise and chef Sam May, have fun with all things crispy and crumbed.  | AUSTRALIA      | English-100 |     | PG |     |
| 2023-10-02 | 2305 | <b>United Plates Of America</b>            | Washington DC                                   | Washington is more than the power lunch and politics. There is a thriving social food food scene here. We eat the food and meet the people.   | USA            | English-100 |     | PG | a   |
| 2023-10-02 | 2330 | <b>The Cook And The Chef</b>               | Spatchcocks And Terrines                        | Spatchcock and terrines are on the menu this week as Maggie and Simon share with us some of the traditions and ingredients that have influenced their culinary lives.                                   | AUSTRALIA      | English-100 |     | G  |     |
| 2023-10-02 | 2400 | <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  |     |
| 2023-10-02 | 2430 | <b>Rick Stein: From Venice to Istanbul</b> | Peloponnese                                     | Continuing his journey from Venice to Istanbul, Rick arrives in the Greek Peloponnese and samples memorable dishes like rooster stew, hilopites with mizithra cheese, and home-made moussaka.           | UNITED KINGDOM | English-100 |     | PG | a w |
| 2023-10-02 | 2540 | <b>River Cottage Australia</b>             | 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. Meanwhile, Digger brings joy to some people in need.                              | UNITED KINGDOM | English-100 | RPT | G  | Y   |
| 2023-10-02 | 2635 | <b>Ainsley's Food We Love</b>              | Ainsley's Food We Love Ep 6                     | This special festive episode is packed full of Xmas treats. Ainsley starts with his festive bubble patties, while singer Martine McCutcheon joins him as he cooks a flavourful Thai-style turkey broth. | UNITED KINGDOM | English-100 |     | G  |     |
| 2023-10-02 | 2730 | <b>Masters Of Savours</b>                  | Masters Of Chocolate                            | The Mayas and the Aztecs were the first to treasure the cocoa bean, which they believed had divine powers. Since then, chocolate has become a universal product and a source of gustative pleasure.     | FRANCE         | English-100 |     | G  |     |
| 2023-10-02 | 2830 | <b>David Rocco's Dolce India</b>           | Golden Amritsar                                 | David fulfills his dream of visiting the Golden Temple, the holiest Sikh gurudwara in the world. The community serve 100,000 people a day, and David gets a chance to experience the cooking chaos.     | CANADA         | English-100 |     | G  |     |
| 2023-10-03 | 0500 | <b>Pati's Mexican Table</b>                | Texas Bbq In The Orange Belt                    | Pati learns the difference between carne asada and 'Texas style' BBQ at a local eatery.   | USA            | English-100 |     | G  | Y   |
| 2023-10-03 | 0530 | <b>My Market Kitchen</b>                   | Episode 41                                      | Nutritionist Jemma visits a pear orchard and cooks turmeric latte porridge.   | AUSTRALIA      | English-100 |     | PG |     |
| 2023-10-03 | 0600 | <b>Mary Makes It Easy</b>                  | One Pot Wonders                                 | Cleaning up the mess is the only part of cooking that Mary doesn't like. Her husband Aaron typically takes on dish duty, so this time Mary gives him a break with four one-pot wonders.                 | CANADA         | English-100 |     | G  |     |

|            |      |  |  |   |                |             |     |    |  |     |   |
|------------|------|--|--|---|----------------|-------------|-----|----|--|-----|---|
| 2023-10-03 | 0630 | <b>Easy Eats</b>                           | Easy Eats Series 1 Ep 6                          | Hera Te Kurapa cooks up kei tenei hotaka: beef cheek ragu, creamy mushrooms, seafood platter, porridge.   | NEW ZEALAND    | English-100 |     | PG |  |     | Y |
| 2023-10-03 | 0700 | <b>Food Safari</b>                         | Moroccan   | Maeve journeys into the world of Moroccan food and meets a range of top chefs and home-cooks who are passionate about their delicious cuisine.  | AUSTRALIA      | English-100 | RPT | G  |  | Y   |   |
| 2023-10-03 | 0730 | <b>Food Unwrapped</b>                      | Pineapple, Bubbly Chocolate And Mussels          | Kate travels to Ghana and discovers that pineapples contain an enzyme that destroys the dead skin cells in your mouth. Jimmy uncovers how they put the bubbles in some of our chocolate bars.           | UNITED KINGDOM | English-100 |     | PG |  |     | Y |
| 2023-10-03 | 0800 | <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  |  |     |   |
| 2023-10-03 | 0830 | <b>Ainsley's Food We Love</b>              | Ainsley's Food We Love Ep 6                      | This special festive episode is packed full of Xmas treats. Ainsley starts with his festive bubble patties, while singer Martine McCutcheon joins him as he cooks a flavourful Thai-style turkey broth. | UNITED KINGDOM | English-100 |     | G  |  |     |   |
| 2023-10-03 | 0925 | <b>Destination Flavour - Japan</b>         | Destination Flavour Japan Bitesize Series 1 Ep 1 | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.              | AUSTRALIA      | English-100 | RPT | G  |  | Y   | Y |
| 2023-10-03 | 0930 | <b>Masters Of Savours</b>                  | Masters Of Chocolate                             | The Mayas and the Aztecs were the first to treasure the cocoa bean, which they believed had divine powers. Since then, chocolate has become a universal product and a source of gustative pleasure.     | FRANCE         | English-100 |     | G  |  |     |   |
| 2023-10-03 | 1030 | <b>Come Dine With Me UK</b>                | Peterborough Day 1                               | Moony is hoping to win over his guests with a night of 'Eastern Promise', based on Pakistani recipes. It all makes for an eventful evening, but will it be enough to land Moony the 1,000 pound prize?  | UNITED KINGDOM | English-100 |     | PG |  |     |   |
| 2023-10-03 | 1100 | <b>The Cook Up With Adam Liaw</b>          | Crispy And Crumbed                               | Adam and his guests, comedian Frida Deguise and chef Sam May, have fun with all things crispy and crumbed.  | AUSTRALIA      | English-100 |     | PG |  |     |   |
| 2023-10-03 | 1130 | <b>Rick Stein: From Venice to Istanbul</b> | Peloponnese                                      | Continuing his journey from Venice to Istanbul, Rick arrives in the Greek Peloponnese and samples memorable dishes like rooster stew, hilopites with mizithra cheese, and home-made moussaka.           | UNITED KINGDOM | English-100 |     | PG |  | a w |   |
| 2023-10-03 | 1240 | <b>River Cottage Australia</b>             | 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. Meanwhile, Digger brings joy to some people in need.                              | UNITED KINGDOM | English-100 | RPT | G  |  | Y   |   |
| 2023-10-03 | 1335 | <b>Ainsley's Good Mood Food</b>            | 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.  | UNITED KINGDOM | English-100 |     | G  |  |     |   |
| 2023-10-03 | 1430 | <b>David Rocco's Dolce India</b>           | Punjabi Way, The                                 | David is in Amritsar - a city known for the warmth of its people and its amazing food. He meets up with some locals, tries speciality Punjabi dishes and even learns to tie his own turban.             | CANADA         | English-100 |     | G  |  |     |   |
| 2023-10-03 | 1500 | <b>Pati's Mexican Table</b>                | Day With Hugo, A                                 | Pati meets Chef Hugo Guajardo, whose family-owned restaurant El Caminante has perfected the art of drying meat.   | USA            | English-100 |     | G  |  |     | Y |
| 2023-10-03 | 1530 | <b>Masters Of Savours</b>                  | Masters Of Vanilla                               | From Madagascar's primary forests to the islands of Polynesia, learn how growers have one obsession: to magnify this green vanilla vine for the pleasure of our taste buds.                             | FRANCE         | English-100 |     | G  |  |     |   |
| 2023-10-03 | 1630 | <b>My Market Kitchen</b>                   | Episode 42                                       | Balance your diet with pumpkin-seed hummus, and a Green Goodness bowl.  | AUSTRALIA      | English-100 |     | G  |  |     |   |
| 2023-10-03 | 1700 | <b>Mary Makes It Easy</b>                  | Feelin' France-Y                                 | Mary gives a quick crash course in French cuisine with recipes that sound fancy but demystify classic techniques. First, she infuses the classy grilled cheese sandwich known as Croque Madame.         | CANADA         | English-100 |     | G  |  |     |   |

|            |      |                                    |   |  |                |             |     |    |  |   |
|------------|------|------------------------------------|---|--|----------------|-------------|-----|----|--|---|
| 2023-10-03 | 1730 | <b>Easy Eats</b>                   | Easy Eats Series 1 Ep 7                         | Hera Te Kurapa cooks up lamb shanks, kumara, spinach risotto, crispy pork knuckle, molten chocolate lava cakes.  | NEW ZEALAND    | English-100 |     | PG |  | Y |
| 2023-10-03 | 1800 | <b>Food Safari</b>                 | Malaysian                                       | Maeve O'Meara takes you on a journey within your very own kitchen and makes the exotic familiar. In tonight's episode, Maeve explores the spicy world of Malaysian food.                               | AUSTRALIA      | English-100 | RPT | G  |  | Y |
| 2023-10-03 | 1830 | <b>Food Unwrapped</b>              | Prunes, Cherry Tomatoes And Sea Water Veg       | Jimmy wants to know if prunes can help the Food CIA team stay regular. Matt travels to The Netherlands to meet a Dutch pioneer who may have unlocked the secret to growing vegetables using seawater.  | UNITED KINGDOM | English-100 |     | PG |  | Y |
| 2023-10-03 | 1900 | <b>The Cook Up With Adam Liaw</b>  | Under The Influence                             | Fervor's, Paul Iskov, and Pub Choir's, Astrid Jorgensen join Adam in the kitchen to cook food influenced t   | AUSTRALIA      | English-100 |     | PG |  |   |
| 2023-10-03 | 1930 | <b>Planet Bbq</b>                  | Planet Bbq Series 1 Ep 1                        | Argentina. The very name summons visions of rustic gaucha asados and sophisticated grill restaurants. Today, you'll learn to prepare meat from a genuine asador, Argentinean grill master.             | USA            | English-100 |     |    |  |   |
| 2023-10-03 | 2000 | <b>Project Fire</b>                | Project Fire Series 3 Ep 1                      | In today's show, we harness the flavour-boosting, fat-melting power of live fire to produce grilled fare that not only tastes good, but is good for you.   | USA            | English-100 |     |    |  |   |
| 2023-10-03 | 2030 | <b>Fun'q With Spencer Watts</b>    | Fun'q With Spencer Watts Series 1 Ep 1          | Spencer chars some sweet lobster tails and dunks them into a bath of curried butter and then brings on a big ol' bowl of yum with his grilled tropical fruit Eton mess. Bibs on.                       | CANADA         | English-100 |     |    |  |   |
| 2023-10-03 | 2100 | <b>Nico Reynolds: All Fired Up</b> | Nico Reynolds: All Fired Up Series 1 Ep 1       | Chef Nico Reynolds shares some of his signature BBQ dishes - a delicious crushed pork and pineapple burger with shredded slaw, a versatile jerk seasoning for meat or veggies and grilled steak tacos. | IRELAND        | English-100 |     |    |  |   |
| 2023-10-03 | 2130 | <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.   | UNITED KINGDOM | English-100 | RPT | PG |  | Y |
| 2023-10-03 | 2230 | <b>The Cook Up With Adam Liaw</b>  | Under The Influence                             | Fervor's, Paul Iskov, and Pub Choir's, Astrid Jorgensen join Adam in the kitchen to cook food influenced by their culture and work.  | AUSTRALIA      | English-100 |     | PG |  |   |
| 2023-10-03 | 2300 | <b>United Plates Of America</b>    | Jersey City                                     | Hoboken was considered a 'Little Italy' with Italian blue collar workers making a home and community for themselves. 84% of Italian immigrants to the US are from Southern Italy and Sicily.           | USA            | English-100 |     | G  |  |   |
| 2023-10-03 | 2330 | <b>The Cook And The Chef</b>       | Sugar   | This episode is all about sweetness and light, in the form of sugar and glorious North Queensland sunshine. Maggie and Simon begin with a couple of racks.   | AUSTRALIA      | English-100 |     | G  |  |   |
| 2023-10-03 | 2400 | <b>Project Fire</b>                | Project Fire Series 3 Ep 1                      | In today's show, we harness the flavour-boosting, fat-melting power of live fire to produce grilled fare that not only tastes good, but is good for you.   | USA            | English-100 |     |    |  |   |
| 2023-10-03 | 2430 | <b>Fun'q With Spencer Watts</b>    | Fun'q With Spencer Watts Series 1 Ep 1          | Spencer chars some sweet lobster tails and dunks them into a bath of curried butter and then brings on a big ol' bowl of yum with his grilled tropical fruit Eton mess. Bibs on.                       | CANADA         | English-100 |     |    |  |   |
| 2023-10-03 | 2500 | <b>Nico Reynolds: All Fired Up</b> | Nico Reynolds: All Fired Up Series 1 Ep 1       | Chef Nico Reynolds shares some of his signature BBQ dishes - a delicious crushed pork and pineapple burger with shredded slaw, a versatile jerk seasoning for meat or veggies and grilled steak tacos. | IRELAND        | English-100 |     |    |  |   |
| 2023-10-03 | 2530 | <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.   | UNITED KINGDOM | English-100 | RPT | PG |  | Y |
| 2023-10-03 | 2630 | <b>Ainsley's Good Mood Food</b>    | 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.   | UNITED KINGDOM | English-100 |     | G  |  |   |
| 2023-10-03 | 2725 | <b>Please Eat Slowly Bitesize</b>  | Yee Sang  | Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!  | AUSTRALIA      | English-100 |     | G  |  |   |

|            |      |                                    |   |  |                |             |     |    |   |
|------------|------|------------------------------------|---|--|----------------|-------------|-----|----|---|
| 2023-10-03 | 2730 | <b>Masters Of Savours</b>          | Masters Of Vanilla                              | From Madagascar's primary forests to the islands of Polynesia, learn how growers have one obsession: to magnify this green vanilla vine for the pleasure of our taste buds.                            | FRANCE         | English-100 |     | G  |   |
| 2023-10-03 | 2830 | <b>David Rocco's Dolce India</b>   | Punjabi Way, The                                | David is in Amritsar - a city known for the warmth of its people and its amazing food. He meets up with some locals, tries specialty Punjabi dishes and even learns to tie his own turban.             | CANADA         | English-100 |     | G  |   |
| 2023-10-04 | 0500 | <b>Pati's Mexican Table</b>        | Day With Hugo, A                                | Pati meets Chef Hugo Guajardo, whose family-owned restaurant El Caminante has perfected the art of drying meat.  | USA            | English-100 |     | G  | Y |
| 2023-10-04 | 0530 | <b>My Market Kitchen</b>           | Episode 42                                      | Balance your diet with pumpkin-seed hummus, and a Green Goodness bowl.   | AUSTRALIA      | English-100 |     | G  |   |
| 2023-10-04 | 0600 | <b>Mary Makes It Easy</b>          | Feelin' France-Y                                | Mary gives a quick crash course in French cuisine with recipes that sound fancy but demystify classic techniques. First, she infuses the classy grilled cheese sandwich known as Croque Madame.        | CANADA         | English-100 |     | G  |   |
| 2023-10-04 | 0630 | <b>Easy Eats</b>                   | Easy Eats Series 1 Ep 7                         | Hera Te Kurapa cooks up lamb shanks, kumara, spinach risotto, crispy pork knuckle, molten chocolate lava cakes.  | NEW ZEALAND    | English-100 |     | PG | Y |
| 2023-10-04 | 0700 | <b>Food Safari</b>                 | Malaysian                                       | Maeve O'Meara takes you on a journey within your very own kitchen and makes the exotic familiar. In tonight's episode, Maeve explores the spicy world of Malaysian food.                               | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2023-10-04 | 0730 | <b>Food Unwrapped</b>              | Prunes, Cherry Tomatoes And Sea Water Veg       | Jimmy wants to know if prunes can help the Food CIA team stay regular. Matt travels to The Netherlands to meet a Dutch pioneer who may have unlocked the secret to growing vegetables using seawater.  | UNITED KINGDOM | English-100 |     | PG | Y |
| 2023-10-04 | 0800 | <b>Project Fire</b>                | Project Fire Series 3 Ep 1                      | In today's show, we harness the flavour-boosting, fat-melting power of live fire to produce grilled fare that not only tastes good, but is good for you.   | USA            | English-100 |     |    |   |
| 2023-10-04 | 0830 | <b>Ainsley's Good Mood Food</b>    | 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.   | UNITED KINGDOM | English-100 |     | G  |   |
| 2023-10-04 | 0925 | <b>Please Eat Slowly Bitesize</b>  | Yee Sang  | Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!  | AUSTRALIA      | English-100 |     | G  |   |
| 2023-10-04 | 0930 | <b>Masters Of Savours</b>          | Masters Of Vanilla                              | From Madagascar's primary forests to the islands of Polynesia, learn how growers have one obsession: to magnify this green vanilla vine for the pleasure of our taste buds.                            | FRANCE         | English-100 |     | G  |   |
| 2023-10-04 | 1030 | <b>Planet Bbq</b>                  | Planet Bbq Series 1 Ep 1                        | Argentina. The very name summons visions of rustic gaucha asados and sophisticated grill restaurants. Today, you'll learn to prepare meat from a genuine asador, Argentinean grill master.             | USA            | English-100 |     |    |   |
| 2023-10-04 | 1100 | <b>The Cook Up With Adam Liaw</b>  | Under The Influence                             | Fervor's, Paul Iskov, and Pub Choir's, Astrid Jorgensen join Adam in the kitchen to cook food influenced by their culture and work.  | AUSTRALIA      | English-100 |     | PG |   |
| 2023-10-04 | 1130 | <b>Fun'q With Spencer Watts</b>    | Fun'q With Spencer Watts Series 1 Ep 1          | Spencer chars some sweet lobster tails and dunks them into a bath of curried butter and then brings on a big ol' bowl of yum with his grilled tropical fruit Eton mess. Bibs on.                       | CANADA         | English-100 |     |    |   |
| 2023-10-04 | 1200 | <b>Nico Reynolds: All Fired Up</b> | Nico Reynolds: All Fired Up Series 1 Ep 1       | Chef Nico Reynolds shares some of his signature BBQ dishes - a delicious crushed pork and pineapple burger with shredded slaw, a versatile jerk seasoning for meat or veggies and grilled steak tacos. | IRELAND        | English-100 |     |    |   |
| 2023-10-04 | 1230 | <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.   | UNITED KINGDOM | English-100 | RPT | PG | Y |
| 2023-10-04 | 1330 | <b>Ainsley's Good Mood Food</b>    | 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  |   |



|            |      |                                     |  |  |                |             |     |    |   |   |   |
|------------|------|-------------------------------------|--|--|----------------|-------------|-----|----|---|---|---|
| 2023-10-04 | 1425 | <b>Destination Flavour - Japan</b>  | Destination Flavour Japan Bitesize Series 1 Ep 3 | 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 |
| 2023-10-04 | 1430 | <b>David Rocco's Dolce India</b>    | Grand Bharat                                     | David is in Delhi, taking in all the sights and sounds. After spending some time in the crazy crowds of Old Delhi, he decides to head for the greener pastures of ITC Grand Bharat.                    | CANADA         | English-100 |     | G  |   |   |   |
| 2023-10-04 | 1500 | <b>Pati's Mexican Table</b>         | Top Chefs And Ancient Cliffs                     | Pati connects with four top chefs in the area and learns their greatest cooking secrets.   | USA            | English-100 |     | G  |   |   | Y |
| 2023-10-04 | 1530 | <b>Masters Of Savours</b>           | Masters Of Honey                                 | Learn how honey is one of the few ingredients to be truly universal. From Corsica to the Greek island of Ikaria, we meet passionate beekeepers extracting exceptional honey to make unique dishes.     | FRANCE         | English-100 |     | G  |   |   |   |
| 2023-10-04 | 1630 | <b>My Market Kitchen</b>            | Episode 43                                       | Ben cooks an easy but delicious lemon meringue cheesecake.   | AUSTRALIA      | English-100 |     | G  |   |   |   |
| 2023-10-04 | 1700 | <b>Mary Makes It Easy</b>           | Get Ahead  | Getting ahead always sounds like a great idea but not if it means eating the same dish for seven days straight. Mary shows how versatile meal planning can be with four easy recipes.                  | CANADA         | English-100 |     | G  |   |   |   |
| 2023-10-04 | 1730 | <b>Easy Eats</b>                    | Easy Eats Series 1 Ep 8                          | Hera Te Kurapa cooks up oysters three ways, coconut curry seafood chowder, slow roasted brisket, quick and easy tiramisu.  | NEW ZEALAND    | English-100 |     | PG |   |   | Y |
| 2023-10-04 | 1800 | <b>Food Safari</b>                  | Portuguese                                       | Maeve O'Meara takes you on a journey within your very own kitchen and makes the exotic familiar. In tonight's episode, Maeve explores the world of Portuguese food.                                    | AUSTRALIA      | English-100 | RPT | G  |   | Y |   |
| 2023-10-04 | 1830 | <b>Food Unwrapped</b>               | Seafood, Eat Your Greens And Gummy Sweets        | Jimmy wants to know if there are any easier ways to get the meat out of a fiddly crustacean, and discovers a new technology in Ireland which could revolutionise the food industry.                    | UNITED KINGDOM | English-100 |     | PG |   |   | Y |
| 2023-10-04 | 1900 | <b>The Cook Up With Adam Liaw</b>   | Love At First Bite                               | Do you believe in love at first bite? Grab a spoon and prepare to swoon as TikTok star Andy Hearnden and award-winning cookbook author Lara Lee join Adam to make food from the heart.                 | AUSTRALIA      | English-100 |     | PG |   |   |   |
| 2023-10-04 | 1930 | <b>Come Dine With Me UK</b>         | Peterborough Day 2                               | This week we're in the Peterborough area where driving instructor Christine is hoping her vegetarian cuisine will grab her the 1000 pound prize.   | UNITED KINGDOM | English-100 |     | PG | a |   |   |
| 2023-10-04 | 2000 | <b>The Chocolate Queen</b>          | Chocolate Queen Series 3 Ep, The 4               | An episode to make kids happy, learn to make nutty chocolate pops, a luscious chocolate and meringue cake, ice cream with a lamington twist or caramel filled choc nut cups - the options are endless. | AUSTRALIA      | English-100 |     |    |   |   |   |
| 2023-10-04 | 2030 | <b>Ainsley's Fantastic Flavours</b> | Fresh  | Ainsley Harriott celebrates the freshest flavours, getting the show going with a pea and mint soup served with crispy pancetta and fresh herb and feta toasts.   | UNITED KINGDOM | English-100 |     | PG |   |   |   |
| 2023-10-04 | 2130 | <b>Inside Hotel Chocolat</b>        | Inside Hotel Chocolat Series 2 Ep 1              | Inside Hotel Chocolat goes behind-the-doors of Britain's biggest independent chocolate maker.  | UNITED KINGDOM | English-100 |     | G  |   |   |   |
| 2023-10-04 | 2225 | <b>Please Eat Slowly Bitesize</b>   | Claypot Rice                                     | What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor shares his best tips to create your own!          | AUSTRALIA      | English-100 |     | G  |   |   |   |
| 2023-10-04 | 2230 | <b>The Cook Up With Adam Liaw</b>   | Love At First Bite                               | Do you believe in love at first bite? Grab a spoon and prepare to swoon as TikTok star Andy Hearnden and award-winning cookbook author Lara Lee join Adam to make food from the heart.                 | AUSTRALIA      | English-100 |     | PG |   |   |   |
| 2023-10-04 | 2300 | <b>United Plates Of America</b>     | Santa Fe   | The City Different, as Santa Fe is lovingly referred, has inspired the words of Willa Cather, the brushstrokes of Georgia O'Keeffe and the design sketches of Tom Ford.                                | USA            | English-100 |     | G  |   |   |   |
| 2023-10-04 | 2330 | <b>The Cook And The Chef</b>        | Alice, The                                       | Maggie takes us to the heart of Australia for the Alice Springs Desert Festival. Maggie is invited to the Festival to help judge one of its major events, the Wild food competition.                   | AUSTRALIA      | English-100 |     | G  |   |   |   |

|            |      |                                     |  |  |                |             |     |  |    |     |
|------------|------|-------------------------------------|--|--|----------------|-------------|-----|--|----|-----|
| 2023-10-04 | 2400 | <b>The Chocolate Queen</b>          | Chocolate Queen Series 3 Ep, The 4               | An episode to make kids happy, learn to make nutty chocolate pops, a luscious chocolate and meringue cake, ice cream with a lamington twist or caramel filled choc nut cups - the options are endless. | AUSTRALIA      | English-100 |     |  |    |     |
| 2023-10-04 | 2430 | <b>Ainsley's Fantastic Flavours</b> | Fresh  | Ainsley Harriott celebrates the freshest flavours, getting the show going with a pea and mint soup served with crispy pancetta and fresh herb and feta toasts.   | UNITED KINGDOM | English-100 |     |  | PG |     |
| 2023-10-04 | 2530 | <b>Inside Hotel Chocolat</b>        | Inside Hotel Chocolat Series 2 Ep 1              | Inside Hotel Chocolat goes behind-the-doors of Britain's biggest independent chocolate maker.  | UNITED KINGDOM | English-100 |     |  | G  |     |
| 2023-10-04 | 2625 | <b>Please Eat Slowly Bitesize</b>   | Claypot Rice                                     | What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor shares his best tips to create your own!          | AUSTRALIA      | English-100 |     |  | G  |     |
| 2023-10-04 | 2630 | <b>Ainsley's Good Mood Food</b>     | 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  |     |
| 2023-10-04 | 2725 | <b>Destination Flavour - Japan</b>  | Destination Flavour Japan Bitesize Series 1 Ep 3 | 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 |
| 2023-10-04 | 2730 | <b>Masters Of Savours</b>           | Masters Of Honey                                 | Learn how honey is one of the few ingredients to be truly universal. From Corsica to the Greek island of Icaria, we meet passionate beekeepers extracting exceptional honey to make unique dishes.     | FRANCE         | English-100 |     |  | G  |     |
| 2023-10-04 | 2830 | <b>David Rocco's Dolce India</b>    | Grand Bharat                                     | David is in Delhi, taking in all the sights and sounds. After spending some time in the crazy crowds of Old Delhi, he decides to head for the greener pastures of ITC Grand Bharat.                    | CANADA         | English-100 |     |  | G  |     |
| 2023-10-05 | 0500 | <b>Pati's Mexican Table</b>         | Top Chefs And Ancient Cliffs                     | Pati connects with four top chefs in the area and learns their greatest cooking secrets.   | USA            | English-100 |     |  | G  | Y   |
| 2023-10-05 | 0530 | <b>My Market Kitchen</b>            | Episode 43                                       | Ben cooks an easy but delicious lemon meringue cheesecake.   | AUSTRALIA      | English-100 |     |  | G  |     |
| 2023-10-05 | 0600 | <b>Mary Makes It Easy</b>           | Get Ahead  | Getting ahead always sounds like a great idea but not if it means eating the same dish for seven days straight. Mary shows how versatile meal planning can be with four easy recipes.                  | CANADA         | English-100 |     |  | G  |     |
| 2023-10-05 | 0630 | <b>Easy Eats</b>                    | Easy Eats Series 1 Ep 8                          | Hera Te Kurapa cooks up oysters three ways, coconut curry seafood chowder, slow roasted brisket, quick and easy tiramisu.  | NEW ZEALAND    | English-100 |     |  | PG | Y   |
| 2023-10-05 | 0700 | <b>Food Safari</b>                  | Portuguese                                       | Maeve O'Meara takes you on a journey within your very own kitchen and makes the exotic familiar. In tonight's episode, Maeve explores the world of Portuguese food.                                    | AUSTRALIA      | English-100 | RPT |  | G  | Y   |
| 2023-10-05 | 0730 | <b>Food Unwrapped</b>               | Seafood, Eat Your Greens And Gummy Sweets        | Jimmy wants to know if there are any easier ways to get the meat out of a fiddly crustacean, and discovers a new technology in Ireland which could revolutionise the food industry.                    | UNITED KINGDOM | English-100 |     |  | PG | Y   |
| 2023-10-05 | 0800 | <b>The Chocolate Queen</b>          | Chocolate Queen Series 3 Ep, The 4               | An episode to make kids happy, learn to make nutty chocolate pops, a luscious chocolate and meringue cake, ice cream with a lamington twist or caramel filled choc nut cups - the options are endless. | AUSTRALIA      | English-100 |     |  |    |     |
| 2023-10-05 | 0830 | <b>Ainsley's Good Mood Food</b>     | 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  |     |
| 2023-10-05 | 0925 | <b>Destination Flavour - Japan</b>  | Destination Flavour Japan Bitesize Series 1 Ep 3 | 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 |

|            |      |                                     |  |   |                |                      |     |     |   |   |
|------------|------|-------------------------------------|--|---|----------------|----------------------|-----|-----|---|---|
| 2023-10-05 | 0930 | <b>Masters Of Savours</b>           | Masters Of Honey                                 | Learn how honey is one of the few ingredients to be truly universal. From Corsica to the Greek island of Ikaria, we meet passionate beekeepers extracting exceptional honey to make unique dishes.      | FRANCE         | English-100          | G   |     |   |   |
| 2023-10-05 | 1030 | <b>Come Dine With Me UK</b>         | Peterborough Day 2                               | This week we're in the Peterborough area where driving instructor Christine is hoping her vegetarian cuisine will grab her the 1000 pound prize.  | UNITED KINGDOM | English-100          | PG  | a   |   |   |
| 2023-10-05 | 1100 | <b>The Cook Up With Adam Liaw</b>   | Love At First Bite                               | Do you believe in love at first bite? Grab a spoon and prepare to swoon as TikTok star Andy Hearnden and award-winning cookbook author Lara Lee join Adam to make food from the heart.                  | AUSTRALIA      | English-100          | PG  |     |   |   |
| 2023-10-05 | 1130 | <b>Ainsley's Fantastic Flavours</b> | Fresh  | Ainsley Harriott celebrates the freshest flavours, getting the show going with a pea and mint soup served with crispy pancetta and fresh herb and feta toasts.  | UNITED KINGDOM | English-100          | PG  |     |   |   |
| 2023-10-05 | 1230 | <b>Inside Hotel Chocolat</b>        | Inside Hotel Chocolat Series 2 Ep 1              | Inside Hotel Chocolat goes behind-the-doors of Britain's biggest independent chocolate maker.   | UNITED KINGDOM | English-100          | G   |     |   |   |
| 2023-10-05 | 1325 | <b>Please Eat Slowly Bitesize</b>   | Claypot Rice                                     | What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor shares his best tips to create your own!           | AUSTRALIA      | English-100          | G   |     |   |   |
| 2023-10-05 | 1330 | <b>Ainsley's Good Mood Food</b>     | Eggs   | Ainsley is EGG-xited to explore the wonderful world of eggs. He kicks things off with a delicious breakfast hash with nduja and kale for a spicy start to the day                                       | UNITED KINGDOM | English-100          | G   |     |   |   |
| 2023-10-05 | 1425 | <b>Destination Flavour - Japan</b>  | Destination Flavour Japan Bitesize Series 1 Ep 4 | 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 |
| 2023-10-05 | 1430 | <b>David Rocco's Dolce Tuscany</b>  | Palio, The                                       | The Palio di Siena is the most famous horse race in the world. It's certainly the one of the oldest. It's a centuries-old festival that combines neighbourhood rivalries, pageants and of course, food. | CANADA         | English-100          | G   |     |   |   |
| 2023-10-05 | 1500 | <b>Tradition On A Plate</b>         | Ka Pai Kahawai                                   | Monique and Henry cook Ka Pai Kahawai as their dish of the day, with karengo teasers and creamy smoked Kahawai sauce.   | NEW ZEALAND    | English-90; Maori-10 | PG  | a w | Y |   |
| 2023-10-05 | 1530 | <b>Masters Of Savours</b>           | Masters Of Bread                                 | Meet the passionate people who have made bread their profession. Whether in France, Greece, or Italy, bread is a symbol coated with traditions and a source of social bonds.                            | FRANCE         | English-100          | G   |     |   |   |
| 2023-10-05 | 1630 | <b>My Market Kitchen</b>            | Episode 44                                       | Chef Karen Chan joins Ben to throw a Korean Bibimbap party.   | AUSTRALIA      | English-100          | PG  |     |   |   |
| 2023-10-05 | 1700 | <b>Mary Makes It Easy</b>           | Love Letter To Leftovers                         | Leftovers can seem uninspiring, but Mary gives them new life by showing how to use them as ingredients in brand new recipes. Starting with leftover risotto.  | CANADA         | English-100          | G   |     |   |   |
| 2023-10-05 | 1730 | <b>Easy Eats</b>                    | Easy Eats Series 1 Ep 9                          | Hera Te Kurapa cooks up delicious eggplant parmigiana, raw fish, eye fillet steak, coconut thai chilli mussels.   | NEW ZEALAND    | English-100          | PG  |     |   |   |
| 2023-10-05 | 1800 | <b>Food Safari</b>                  | Vietnamese                                       | The fresh and healthy world of Vietnamese food contains dishes that are both balanced in flavour and good for the body and the soul.  | AUSTRALIA      | English-100          | RPT | G   | Y |   |
| 2023-10-05 | 1830 | <b>Food Unwrapped</b>               | Rocksalt, Free Range Eggs And Haggis             | Jimmy heads to Sicily, where he's surprised to find his final destination isn't the sea, but the high mountains of the interior, and Kate is looking at free range hens.                                | UNITED KINGDOM | English-100          | PG  |     |   |   |
| 2023-10-05 | 1900 | <b>The Cook Up With Adam Liaw</b>   | Ferment To Be                                    | In a pickle? Let Adam and guests, acclaimed chef Matt Stone and comedy superstar Nina Oyama, help you out with food that's ferment to be.   | AUSTRALIA      | English-100          | PG  |     |   |   |
| 2023-10-05 | 1930 | <b>Come Dine With Me UK</b>         | Peterborough Day 3                               | Loveable mobile hairdresser Ben is hoping his night of Gourmet Normay will win him the money. Hopes are high amongst the guests for some meat after Christine's vegetarian feast the night before.      | UNITED KINGDOM | English-100          | PG  |     |   |   |

|            |      |  |  |   |                |                            |     |    |  |     |   |
|------------|------|--|--|---|----------------|----------------------------|-----|----|--|-----|---|
| 2023-10-05 | 2000 | <b>Paula McIntyre's Hamely Kitchen</b> | Paula McIntyre's Hamely Kitchen Series 1 Ep 1    | Paula will be making a Glens of Antrim lamb roast with a caramel and vinegar glaze and elevating the humble turnip by making two side dishes; cake and gratin.  | UNITED KINGDOM | English-100                |     |    |  |     |   |
| 2023-10-05 | 2030 | <b>Guillaume's Paris</b>               | Guillaume's Paris Series 1 Ep 3                  | Guillaume Brahimi discovers some of the wonderful bistros in the 5th and 6th arrondissements, and meets Yves Camdeborde, the creator of the 'Bistronomy' food movement.                                 | AUSTRALIA      | English-70;<br>French-30   | RPT | G  |  | Y   | Y |
| 2023-10-05 | 2100 | <b>Paradise Kitchen Bali</b>           | Turmeric   | Lauren explores the vibrant world of turmeric, a spice known for its health benefits and vibrant color. She incorporates turmeric into her cooking, creating flavourful traditional Balinese dishes.    | NETHERLANDS    | English-90;<br>Balinese-10 |     | PG |  |     |   |
| 2023-10-05 | 2130 | <b>Inside Hotel Chocolat</b>           | Inside Hotel Chocolat Series 2 Ep 2              | Love is in the air! It's Valentine's Day - one of the busiest seasons in the chocolate calendar. At the Hotel Chocolat store in Sheffield, district manager Sam is spreading the love.                  | UNITED KINGDOM | English-100                |     | PG |  | a   |   |
| 2023-10-05 | 2225 | <b>Please Eat Slowly Bitesize</b>      | 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  |  |     |   |
| 2023-10-05 | 2230 | <b>The Cook Up With Adam Liaw</b>      | Ferment To Be                                    | In a pickle? Let Adam and guests, acclaimed chef Matt Stone and comedy superstar Nina Oyama, help you out with food that's ferment to be.   | AUSTRALIA      | English-100                |     | PG |  |     |   |
| 2023-10-05 | 2300 | <b>United Plates Of America</b>        | Salt Lake City                                   | Nestled between beautiful mountains and an expansive lake, rests the busiest cities in Utah. Today, we visit with a few chefs who are each pioneering different flavors around the city.                | USA            | English-100                |     | PG |  |     |   |
| 2023-10-05 | 2330 | <b>The Cook And The Chef</b>           | Prawns   | We follow Simon as he travels to sunny North Queensland in search of Black Tiger Prawns. Passing through Townsville, he ends up at an ultra-modern prawn farm.  | AUSTRALIA      | English-100                |     | G  |  |     |   |
| 2023-10-05 | 2400 | <b>Paula McIntyre's Hamely Kitchen</b> | Paula McIntyre's Hamely Kitchen Series 1 Ep 1    | Paula will be making a Glens of Antrim lamb roast with a caramel and vinegar glaze and elevating the humble turnip by making two side dishes; cake and gratin.  | UNITED KINGDOM | English-100                |     |    |  |     |   |
| 2023-10-05 | 2430 | <b>Guillaume's Paris</b>               | Guillaume's Paris Series 1 Ep 3                  | Guillaume Brahimi discovers some of the wonderful bistros in the 5th and 6th arrondissements, and meets Yves Camdeborde, the creator of the 'Bistronomy' food movement.                                 | AUSTRALIA      | English-70;<br>French-30   | RPT | G  |  | Y   | Y |
| 2023-10-05 | 2500 | <b>Paradise Kitchen Bali</b>           | Turmeric   | Lauren explores the vibrant world of turmeric, a spice known for its health benefits and vibrant color. She incorporates turmeric into her cooking, creating flavourful traditional Balinese dishes.    | NETHERLANDS    | English-90;<br>Balinese-10 |     | PG |  |     |   |
| 2023-10-05 | 2530 | <b>Inside Hotel Chocolat</b>           | Inside Hotel Chocolat Series 2 Ep 2              | Love is in the air! It's Valentine's Day - one of the busiest seasons in the chocolate calendar. At the Hotel Chocolat store in Sheffield, district manager Sam is spreading the love.                  | UNITED KINGDOM | English-100                |     | PG |  | a   |   |
| 2023-10-05 | 2625 | <b>Please Eat Slowly Bitesize</b>      | 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  |  |     |   |
| 2023-10-05 | 2630 | <b>Ainsley's Good Mood Food</b>        | Eggs   | Ainsley is EGG-xited to explore the wonderful world of eggs. He kicks things off with a delicious breakfast hash with nduja and kale for a spicy start to the day                                       | UNITED KINGDOM | English-100                |     | G  |  |     |   |
| 2023-10-05 | 2725 | <b>Destination Flavour - Japan</b>     | Destination Flavour Japan Bitesize Series 1 Ep 4 | 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 |
| 2023-10-05 | 2730 | <b>Masters Of Savours</b>              | Masters Of Bread                                 | Meet the passionate people who have made bread their profession. Whether in France, Greece, or Italy, bread is a symbol coated with traditions and a source of social bonds.                            | FRANCE         | English-100                |     | G  |  |     |   |
| 2023-10-05 | 2830 | <b>David Rocco's Dolce Tuscany</b>     | Palio, The                                       | The Palio di Siena is the most famous horse race in the world. It's certainly the one of the oldest. It's a centuries-old festival that combines neighbourhood rivalries, pageants and of course, food. | CANADA         | English-100                |     | G  |  |     |   |
| 2023-10-06 | 0500 | <b>Tradition On A Plate</b>            | Ka Pai Kahawai                                   | Monique and Henry cook Ka Pai Kahawai as their dish of the day, with karengo teasers and creamy smoked Kahawai sauce.   | NEW ZEALAND    | English-90;<br>Maori-10    |     | PG |  | a w | Y |

|            |      |  |  |  |                |                            |     |    |  |     |
|------------|------|--|--|--|----------------|----------------------------|-----|----|--|-----|
| 2023-10-06 | 0530 | <b>My Market Kitchen</b>               | Episode 44                                       | Chef Karen Chan joins Ben to throw a Korean Bibimbap party.  | AUSTRALIA      | English-100                |     | PG |  |     |
| 2023-10-06 | 0600 | <b>Mary Makes It Easy</b>              | Love Letter To Leftovers                         | Leftovers can seem uninspiring, but Mary gives them new life by showing how to use them as ingredients in brand new recipes. Starting with leftover risotto.   | CANADA         | English-100                |     | G  |  |     |
| 2023-10-06 | 0630 | <b>Easy Eats</b>                       | Easy Eats Series 1 Ep 9                          | Hera Te Kurapa cooks up delicious eggplant parmigiana, raw fish, eye fillet steak, coconut thai chilli mussels.  | NEW ZEALAND    | English-100                |     | PG |  |     |
| 2023-10-06 | 0700 | <b>Food Safari</b>                     | Vietnamese                                       | The fresh and healthy world of Vietnamese food contains dishes that are both balanced in flavour and good for the body and the soul.   | AUSTRALIA      | English-100                | RPT | G  |  | Y   |
| 2023-10-06 | 0730 | <b>Food Unwrapped</b>                  | Rocksalt, Free Range Eggs And Haggis             | Jimmy heads to Sicily, where he's surprised to find his final destination isn't the sea, but the high mountains of the interior, and Kate is looking at free range hens.                             | UNITED KINGDOM | English-100                |     | PG |  |     |
| 2023-10-06 | 0800 | <b>Paula McIntyre's Hamely Kitchen</b> | Paula McIntyre's Hamely Kitchen Series 1 Ep 1    | Paula will be making a Glens of Antrim lamb roast with a caramel and vinegar glaze and elevating the humble turnip by making two side dishes; cake and gratin.                                       | UNITED KINGDOM | English-100                |     |    |  |     |
| 2023-10-06 | 0830 | <b>Ainsley's Good Mood Food</b>        | Eggs   | Ainsley is EGG-xited to explore the wonderful world of eggs. He kicks things off with a delicious breakfast hash with nduja and kale for a spicy start to the day                                    | UNITED KINGDOM | English-100                |     | G  |  |     |
| 2023-10-06 | 0925 | <b>Destination Flavour - Japan</b>     | Destination Flavour Japan Bitesize Series 1 Ep 4 | 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 |
| 2023-10-06 | 0930 | <b>Masters Of Savours</b>              | Masters Of Bread                                 | Meet the passionate people who have made bread their profession. Whether in France, Greece, or Italy, bread is a symbol coated with traditions and a source of social bonds.                         | FRANCE         | English-100                |     | G  |  |     |
| 2023-10-06 | 1030 | <b>Come Dine With Me UK</b>            | Peterborough Day 3                               | Loveable mobile hairdresser Ben is hoping his night of Gourmet Normay will win him the money. Hopes are high amongst the guests for some meat after Christine's vegetarian feast the night before.   | UNITED KINGDOM | English-100                |     | PG |  |     |
| 2023-10-06 | 1100 | <b>The Cook Up With Adam Liaw</b>      | Ferment To Be                                    | In a pickle? Let Adam and guests, acclaimed chef Matt Stone and comedy superstar Nina Oyama, help you out with food that's ferment to be.  | AUSTRALIA      | English-100                |     | PG |  |     |
| 2023-10-06 | 1130 | <b>Guillaume's Paris</b>               | Guillaume's Paris Series 1 Ep 3                  | Guillaume Brahim discovers some of the wonderful bistros in the 5th and 6th arrondissements, and meets Yves Camdeborde, the creator of the 'Bistronomy' food movement.                               | AUSTRALIA      | English-70;<br>French-30   | RPT | G  |  | Y Y |
| 2023-10-06 | 1200 | <b>Paradise Kitchen Bali</b>           | Turmeric   | Lauren explores the vibrant world of turmeric, a spice known for its health benefits and vibrant color. She incorporates turmeric into her cooking, creating flavourful traditional Balinese dishes. | NETHERLANDS    | English-90;<br>Balinese-10 |     | PG |  |     |
| 2023-10-06 | 1230 | <b>Inside Hotel Chocolat</b>           | Inside Hotel Chocolat Series 2 Ep 2              | Love is in the air! It's Valentine's Day - one of the busiest seasons in the chocolate calendar. At the Hotel Chocolat store in Sheffield, district manager Sam is spreading the love.               | UNITED KINGDOM | English-100                |     | PG |  | a   |
| 2023-10-06 | 1325 | <b>Please Eat Slowly Bitesize</b>      | 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  |  |     |
| 2023-10-06 | 1330 | <b>Ainsley's Good Mood Food</b>        | Honey  | Ainsley is buzzing around in his kitchen again as he cooks using honey. He combines honey and chilli for his first dish, honey-chilli spiked lamb with a potato, bean and mint dressing salad.       | UNITED KINGDOM | English-100                |     | G  |  |     |
| 2023-10-06 | 1425 | <b>Destination Flavour - Japan</b>     | Destination Flavour Japan Bitesize Series 1 Ep 5 | 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 |

|            |      |                             |                                     |   |                |                      |     |    |       |   |
|------------|------|-----------------------------|-------------------------------------|---|----------------|----------------------|-----|----|-------|---|
| 2023-10-06 | 1430 | David Rocco's Dolce Tuscany | 4th Of July                         | David spends time at agriturismo La Selva just outside of Siena, where owner Carlotta Pometti, one of the youngest winemakers in Italy, and her family host guests from all over the world.             | CANADA         | English-100          |     | PG |       | Y |
| 2023-10-06 | 1500 | Tradition On A Plate        | Ko Iwi Poaka                        | Monique and Henry want to revive a 70s tradition, while adding some "Hekeism" to make the flavours pop!   | NEW ZEALAND    | English-85; Maori-15 |     | G  |       | Y |
| 2023-10-06 | 1530 | Masters Of Savours          | Masters Of Olive Oil                | We journey to where the best olive oils are produced, often nestled in magnificent landscapes: the plains of Tuscany in Italy, the fields of Drome in France, the Peloponnese in Greece, and Spain.     | FRANCE         | English-100          |     | G  |       |   |
| 2023-10-06 | 1630 | My Market Kitchen           | Episode 45                          | Ben and wine expert Belinda create a delicious gnocchi alla romana with mushrooms.  | AUSTRALIA      | English-100          |     | G  |       |   |
| 2023-10-06 | 1700 | Mary Makes It Easy          | Cheese Please                       | This week Mary pays homage to fromage with four recipes where cheese is the star. For summertime grilling, Paneer Tikka puts the Indian cheese dish on the barbecue.                                    | CANADA         | English-100          |     | G  |       |   |
| 2023-10-06 | 1730 | Easy Eats                   | Easy Eats Series 1 Ep 10            | Hera Te Kurapa cooks up chicken wrapped in bacon, vege salad, poached eggs in red wine, and no bake slice.  | NEW ZEALAND    | English-100          |     | PG |       |   |
| 2023-10-06 | 1800 | Food Safari                 | Indian                              | Maeve O'Meara ventures into the colourful and spicy world of Indian food, displaying how to make some fabulous 10-minute dishes as well as the secrets of great curries.                                | AUSTRALIA      | English-100          | RPT | G  |       | Y |
| 2023-10-06 | 1830 | Food Unwrapped              | Tofu, Portion Distortion, Milk      | Kate heads to Japan on the trail of tofu, wondering how they turn green soybeans into something so white and creamy. Jimmy's investigating whether supermarket ready meals have nearly doubled in size. | UNITED KINGDOM | English-100          |     | PG |       |   |
| 2023-10-06 | 1900 | The Cook Up With Adam Liaw  | Supper Club                         | It's easy entertaining, and you're invited to Adam's supper club with world renowned chef Asma Khan and gourmet traveller's head honcho, Joanna Hunkin.   | AUSTRALIA      | English-100          |     | PG |       |   |
| 2023-10-06 | 1930 | Come Dine With Me UK        | Peterborough Day 4                  | Tonight, fridge salesman Gregory is hoping his Spanish themed menu will say 'Hola!' to the 1000 pound prize. Last night Ben was the very model of a Prince Charming as he entertained his guests.       | UNITED KINGDOM | English-100          |     | PG |       |   |
| 2023-10-06 | 2000 | John Torode's Middle East   | Dubai Expat                         | John is in Dubai, a city which is home to people from all over the world. He can't wait to find out about the food that the people have brought with them to this modern metropolis.                    | CANADA         | English-100          |     | PG |       |   |
| 2023-10-06 | 2030 | Rick Stein's Road To Mexico | San Diego To Baja California        | Rick Stein enjoys a San Diego steak and eggs diner special before crossing the border into Mexico for chicken burritos and fish tacos, the culinary delights of the Baja Peninsula.                     | UNITED KINGDOM | English-100          |     | PG | a s w |   |
| 2023-10-06 | 2135 | Inside Hotel Chocolat       | Inside Hotel Chocolat Series 2 Ep 3 | Hotel Chocolat has a VIP visitor, the Princess Royal. HRH is partial to dark chocolate but how will she respond to the offer of the new peanut butter and jelly flavour?                                | UNITED KINGDOM | English-100          |     | G  |       |   |
| 2023-10-06 | 2230 | The Cook Up With Adam Liaw  | Supper Club                         | It's easy entertaining, and you're invited to Adam's supper club with world renowned chef Asma Khan and gourmet traveller's head honcho, Joanna Hunkin.   | AUSTRALIA      | English-100          |     | PG |       |   |
| 2023-10-06 | 2300 | United Plates Of America    | Riverside                           | There's nothing better than a home cooked meal. In this town. Today, we discover a few unique dining experiences, all at different home restaurants, in Riverside, California.                          | USA            | English-100          |     | G  |       |   |
| 2023-10-06 | 2330 | The Cook And The Chef       | Favourite Dishes                    | Maggie and Simon cook up a few favourites. Simon masters a salty-sweet-sour balance with a vegetarian Pad Thai, while Maggie combines tender squid with capers and leek in a delicious spring salad.    | AUSTRALIA      | English-100          |     | G  |       |   |
| 2023-10-06 | 2400 | John Torode's Middle East   | Dubai Expat                         | John is in Dubai, a city which is home to people from all over the world. He can't wait to find out about the food that the people have brought with them to this modern metropolis.                    | CANADA         | English-100          |     | PG |       |   |

|            |      |                                    |  |   |                |                         |     |    |       |   |   |
|------------|------|------------------------------------|--|---|----------------|-------------------------|-----|----|-------|---|---|
| 2023-10-06 | 2430 | <b>Rick Stein's Road To Mexico</b> | San Diego To Baja California                     | Rick Stein enjoys a San Diego steak and eggs diner special before crossing the border into Mexico for chicken burritos and fish tacos, the culinary delights of the Baja Peninsula.                     | UNITED KINGDOM | English-100             |     | PG | a s w |   |   |
| 2023-10-06 | 2535 | <b>Inside Hotel Chocolat</b>       | Inside Hotel Chocolat Series 2 Ep 3              | Hotel Chocolat has a VIP visitor, the Princess Royal. HRH is partial to dark chocolate but how will she respond to the offer of the new peanut butter and jelly flavour?                                | UNITED KINGDOM | English-100             |     | G  |       |   |   |
| 2023-10-06 | 2630 | <b>Ainsley's Good Mood Food</b>    | Honey  | Ainsley is buzzing around in his kitchen again as he cooks using honey. He combines honey and chilli for his first dish, honey-chilli spiked lamb with a potato, bean and mint dressing salad.          | UNITED KINGDOM | English-100             |     | G  |       |   |   |
| 2023-10-06 | 2725 | <b>Destination Flavour - Japan</b> | Destination Flavour Japan Bitesize Series 1 Ep 5 | 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 |
| 2023-10-06 | 2730 | <b>Masters Of Savours</b>          | Masters Of Olive Oil                             | We journey to where the best olive oils are produced, often nestled in magnificent landscapes: the plains of Tuscany in Italy, the fields of Drome in France, the Peloponnese in Greece, and Spain.     | FRANCE         | English-100             |     | G  |       |   |   |
| 2023-10-06 | 2830 | <b>David Rocco's Dolce Tuscany</b> | 4th Of July                                      | David spends time at agriturismo La Selva just outside of Siena, where owner Carlotta Pometti, one of the youngest winemakers in Italy, and her family host guests from all over the world.             | CANADA         | English-100             |     | PG |       |   | Y |
| 2023-10-07 | 0500 | <b>Tradition On A Plate</b>        | Ko Iwi Poaka                                     | Monique and Henry want to revive a 70s tradition, while adding some "Hekeism" to make the flavours pop!   | NEW ZEALAND    | English-85;<br>Maori-15 |     | G  |       |   | Y |
| 2023-10-07 | 0530 | <b>My Market Kitchen</b>           | Episode 45                                       | Ben and wine expert Belinda create a delicious gnocchi alla romana with mushrooms.  | AUSTRALIA      | English-100             |     | G  |       |   |   |
| 2023-10-07 | 0600 | <b>Mary Makes It Easy</b>          | Cheese Please                                    | This week Mary pays homage to fromage with four recipes where cheese is the star. For summertime grilling, Paneer Tikka puts the Indian cheese dish on the barbecue.                                    | CANADA         | English-100             |     | G  |       |   |   |
| 2023-10-07 | 0630 | <b>Easy Eats</b>                   | Easy Eats Series 1 Ep 10                         | Hera Te Kurapa cooks up chicken wrapped in bacon, vege salad, poached eggs in red wine, and no bake slice.  | NEW ZEALAND    | English-100             |     | PG |       |   |   |
| 2023-10-07 | 0700 | <b>Food Safari</b>                 | Indian   | Maeve O'Meara ventures into the colourful and spicy world of Indian food, displaying how to make some fabulous 10-minute dishes as well as the secrets of great curries.                                | AUSTRALIA      | English-100             | RPT | G  |       | Y |   |
| 2023-10-07 | 0730 | <b>Food Unwrapped</b>              | Tofu, Portion Distortion, Milk                   | Kate heads to Japan on the trail of tofu, wondering how they turn green soybeans into something so white and creamy. Jimmy's investigating whether supermarket ready meals have nearly doubled in size. | UNITED KINGDOM | English-100             |     | PG |       |   |   |
| 2023-10-07 | 0800 | <b>John Torode's Middle East</b>   | Dubai Expat                                      | John is in Dubai, a city which is home to people from all over the world. He can't wait to find out about the food that the people have brought with them to this modern metropolis.                    | CANADA         | English-100             |     | PG |       |   |   |
| 2023-10-07 | 0830 | <b>Ainsley's Good Mood Food</b>    | Honey  | Ainsley is buzzing around in his kitchen again as he cooks using honey. He combines honey and chilli for his first dish, honey-chilli spiked lamb with a potato, bean and mint dressing salad.          | UNITED KINGDOM | English-100             |     | G  |       |   |   |
| 2023-10-07 | 0925 | <b>Destination Flavour - Japan</b> | Destination Flavour Japan Bitesize Series 1 Ep 5 | 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 |
| 2023-10-07 | 0930 | <b>Masters Of Savours</b>          | Masters Of Olive Oil                             | We journey to where the best olive oils are produced, often nestled in magnificent landscapes: the plains of Tuscany in Italy, the fields of Drome in France, the Peloponnese in Greece, and Spain.     | FRANCE         | English-100             |     | G  |       |   |   |

|            |      |   |  |   |                |                         |     |    |       |   |
|------------|------|---|--|---|----------------|-------------------------|-----|----|-------|---|
| 2023-10-07 | 1030 | <b>Come Dine With Me UK</b>                     | Peterborough Day 4                                     | Tonight, fridge salesman Gregory is hoping his Spanish themed menu will say 'Hola!' to the 1000 pound prize. Last night Ben was the very model of a Prince Charming as he entertained his guests.       | UNITED KINGDOM | English-100             |     | PG |       |   |
| 2023-10-07 | 1100 | <b>The Cook Up With Adam Liaw</b>               | Supper Club  | It's easy entertaining, and you're invited to Adam's supper club with world renowned chef Asma Khan and gourmet traveller's head honcho, Joanna Hunkin.   | AUSTRALIA      | English-100             |     | PG |       |   |
| 2023-10-07 | 1130 | <b>Rick Stein's Road To Mexico</b>              | San Diego To Baja California                           | Rick Stein enjoys a San Diego steak and eggs diner special before crossing the border into Mexico for chicken burritos and fish tacos, the culinary delights of the Baja Peninsula.                     | UNITED KINGDOM | English-100             |     | PG | a s w |   |
| 2023-10-07 | 1235 | <b>Inside Hotel Chocolat</b>                    | Inside Hotel Chocolat Series 2 Ep 3                    | Hotel Chocolat has a VIP visitor, the Princess Royal. HRH is partial to dark chocolate but how will she respond to the offer of the new peanut butter and jelly flavour?                                | UNITED KINGDOM | English-100             |     | G  |       |   |
| 2023-10-07 | 1330 | <b>Tradition On A Plate</b>                     | Ko Iwi Poaka   | Monique and Henry want to revive a 70s tradition, while adding some "Hekeism" to make the flavours pop!   | NEW ZEALAND    | English-85;<br>Maori-15 |     | G  |       | Y |
| 2023-10-07 | 1400 | <b>My Market Kitchen</b>                        | Episode 45   | Ben and wine expert Belinda create a delicious gnocchi alla romana with mushrooms.  | AUSTRALIA      | English-100             |     | G  |       |   |
| 2023-10-07 | 1430 | <b>Mary Makes It Easy</b>                       | Cheese Please  | This week Mary pays homage to fromage with four recipes where cheese is the star. For summertime grilling, Paneer Tikka puts the Indian cheese dish on the barbecue.                                    | CANADA         | English-100             |     | G  |       |   |
| 2023-10-07 | 1500 | <b>Easy Eats</b>                                | Easy Eats Series 1 Ep 10                               | Hera Te Kurapa cooks up chicken wrapped in bacon, vege salad, poached eggs in red wine, and no bake slice.  | NEW ZEALAND    | English-100             |     | PG |       |   |
| 2023-10-07 | 1530 | <b>Food Safari</b>                              | Indian   | Maeve O'Meara ventures into the colourful and spicy world of Indian food, displaying how to make some fabulous 10-minute dishes as well as the secrets of great curries.                                | AUSTRALIA      | English-100             | RPT | G  |       | Y |
| 2023-10-07 | 1600 | <b>Food Unwrapped</b>                           | Tofu, Portion Distortion, Milk                         | Kate heads to Japan on the trail of tofu, wondering how they turn green soybeans into something so white and creamy. Jimmy's investigating whether supermarket ready meals have nearly doubled in size. | UNITED KINGDOM | English-100             |     | PG |       |   |
| 2023-10-07 | 1630 | <b>Hugh's Fish Fight</b>                        | Hugh's Fish Fight Series 1 Ep 2                        | Hugh leaves River Cottage on a mission to change the way people fish around the world, in an attempt to save the sea from the exploitation of fish stocks.  | UNITED KINGDOM | English-100             |     | PG | a w   | Y |
| 2023-10-07 | 1725 | <b>Destination Flavour Scandinavia Bitesize</b> | Destination Flavour Scandinavia Bitesize Series 1 Ep 7 | Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.   | AUSTRALIA      | English-100             | RPT | G  |       | Y |
| 2023-10-07 | 1730 | <b>Born To Cook: Jack Stein Down Under</b>      | Abalone, Truffles And Cherries                         | Jack Stein is in the Margaret River for the annual pilgrimage to Gourmet Escape. Jack's on a mission to find fresh inspiration and unique inspiration in the foodie Mecca of Australia's South-West.    | AUSTRALIA      | English-100             |     | G  |       | Y |
| 2023-10-07 | 1800 | <b>Adam Liaw's Road Trip For Good</b>           | Stokes Bay, Forge Creek & Berrima                      | Adam kicks off his roadtrip for good with a visit to one of the worst bushfire-affected areas in Australia - Kangaroo Island, where he meets Shane Leahy from Kangaroo Island Fresh Garlic.             | AUSTRALIA      | English-100             |     | PG |       | Y |
| 2023-10-07 | 1830 | <b>Luca's Key Ingredient</b>                    | Luca's Key Ingredient Series 1 Ep 6                    | An essential in the Italian way of life is consuming at least one cup of coffee each day. Luca shows how to use coffee beans in more than just dessert with a wonderful Coffee Pappardelle.             | AUSTRALIA      | English-100             |     | PG |       |   |
| 2023-10-07 | 1900 | <b>Barossa Gourmet With Justine Schofield</b>   | Beauty Of The Barossa Series 1, The Ep 6               | Justine visits Steiny's Traditional Mettwurst to make the ultimate German inspired mettwurst and sauerkraut toasted sandwich.   | AUSTRALIA      | English-100             |     | G  |       |   |
| 2023-10-07 | 1930 | <b>Selena + Chef</b>                            | Selena + Chef Series 1 Ep 3                            | 'Golden girl of wellness', Candice Kumai heats up Selena's kitchen with her Japanese grandmother's special spicy miso ramen recipe, infused with a health-forward California twist.                     | USA            | English-100             |     |    |       | Y |



|            |      |   |  |   |                |             |     |       |  |   |
|------------|------|---|--|---|----------------|-------------|-----|-------|--|---|
| 2023-10-07 | 2000 | <b>Selena + Chef</b>                            | Selena + Chef Series 1 Ep 4                            | Selena teams up with the godfather of the modern food truck movement, Roy Choi, to make some dangerously delicious Korean BBQ breakfast tacos and Hawaiian malasadas.                                       | USA            | English-100 |     |       |  |   |
| 2023-10-07 | 2030 | <b>Paul Hollywood Eats Mexico</b>               | Oaxaca, Mayapan, Tlutepec                              | For his final week in Mexico Paul's concentrating on learning all about drinks - and that includes booze, soft drink, soup, sauces; anything that doesn't need chewing on the way down!                     | UNITED KINGDOM | English-100 | PG  | a v   |  | Y |
| 2023-10-07 | 2130 | <b>Anthony Bourdain: No Reservations</b>        | Malaysia   | Tony's fascinated by 'natural fusion', the way cuisines & cultures blend over centuries; especially Malaysia, where Chinese influence has mixed with Malay, Indian, Nyonya and indigenous Borneo culture    | USA            | English-100 | PG  | a w   |  | Y |
| 2023-10-07 | 2225 | <b>Destination Flavour Scandinavia Bitesize</b> | Destination Flavour Scandinavia Bitesize Series 1 Ep 7 | Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.   | AUSTRALIA      | English-100 | RPT | G     |  | Y |
| 2023-10-07 | 2230 | <b>Anthony Bourdain: A Cook's Tour</b>          | Tamales And Iguana, Oaxacan Style                      | Chef Tony Bourdain explores the exotic and colorful indigenous zone of Mexico's Oaxaca region where he tastes toasted grasshoppers and other delicacies.  | USA            | English-100 | PG  | a l w |  |   |
| 2023-10-07 | 2300 | <b>Anthony Bourdain: A Cook's Tour</b>          | So Much Vodka, So Little Time                          | Tony tries his hand at ice-fishing, drinks a lot of vodka, feasts on Russian foods, eats smoked fish and ends the outing with a dip in the outdoor cold pool.   | USA            | English-100 | PG  | a w   |  |   |
| 2023-10-07 | 2330 | <b>Hugh's Fish Fight</b>                        | Hugh's Fish Fight Series 1 Ep 2                        | Hugh leaves River Cottage on a mission to change the way people fish around the world, in an attempt to save the sea from the exploitation of fish stocks.  | UNITED KINGDOM | English-100 | PG  | a w   |  | Y |
| 2023-10-07 | 2425 | <b>Cook Up With Adam Liaw Bitesize</b>          | Chicken Paprika  | 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 |
| 2023-10-07 | 2430 | <b>Born To Cook: Jack Stein Down Under</b>      | Abalone, Truffles And Cherries                         | Jack Stein is in the Margaret River for the annual pilgrimage to Gourmet Escape. Jack's on a mission to find fresh inspiration and unique inspiration in the foodie Mecca of Australia's South-West.        | AUSTRALIA      | English-100 | G   |       |  | Y |
| 2023-10-07 | 2500 | <b>Adam Liaw's Road Trip For Good</b>           | Stokes Bay, Forge Creek & Berrima                      | Adam kicks off his roadtrip for good with a visit to one of the worst bushfire-affected areas in Australia - Kangaroo Island, where he meets Shane Leahy from Kangaroo Island Fresh Garlic.                 | AUSTRALIA      | English-100 | PG  |       |  | Y |
| 2023-10-07 | 2530 | <b>Luca's Key Ingredient</b>                    | Luca's Key Ingredient Series 1 Ep 6                    | An essential in the Italian way of life is consuming at least one cup of coffee each day. Luca shows how to use coffee beans in more than just dessert with a wonderful Coffee Pappardelle.                 | AUSTRALIA      | English-100 | PG  |       |  |   |
| 2023-10-07 | 2600 | <b>Barossa Gourmet With Justine Schofield</b>   | Beauty Of The Barossa Series 1, The Ep 6               | Justine visits Steiny's Traditional Mettwurst to make the ultimate German inspired mettwurst and sauerkraut toasted sandwich.   | AUSTRALIA      | English-100 | G   |       |  |   |
| 2023-10-07 | 2630 | <b>Paul Hollywood Eats Mexico</b>               | Oaxaca, Mayapan, Tlutepec                              | For his final week in Mexico Paul's concentrating on learning all about drinks - and that includes booze, soft drink, soup, sauces; anything that doesn't need chewing on the way down!                     | UNITED KINGDOM | English-100 | PG  | a v   |  | Y |
| 2023-10-07 | 2725 | <b>Destination Flavour Scandinavia Bitesize</b> | Destination Flavour Scandinavia Bitesize Series 1 Ep 7 | Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.   | AUSTRALIA      | English-100 | RPT | G     |  | Y |
| 2023-10-07 | 2730 | <b>Anthony Bourdain: No Reservations</b>        | Malaysia   | Tony's fascinated by 'natural fusion', the way cuisines and cultures blend over centuries; especially Malaysia, where Chinese influence has mixed with Malay, Indian, Nyonya and indigenous Borneo culture. | USA            | English-100 | PG  | a w   |  | Y |
| 2023-10-07 | 2825 | <b>Cook Up With Adam Liaw Bitesize</b>          | Chicken Paprika  | 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 |
| 2023-10-07 | 2830 | <b>Anthony Bourdain: A Cook's Tour</b>          | Tamales And Iguana, Oaxacan Style                      | Chef Tony Bourdain explores the exotic and colorful indigenous zone of Mexico's Oaxaca region where he tastes toasted grasshoppers and other delicacies.  | USA            | English-100 | PG  | a l w |  |   |

