



WEEK 40 Sunday, 29 September 2024 Saturday, 5 October 2024

ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Egg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-09-29	0500	River Cottage Forever	Ep 8	As winter approaches, Hugh has one major money-earner up his sleeve. He's teaming up with old rival and chilli pepper guru Michael Michaud, to capitalise on the huge profits available at the Borough Farmers' Market in London. After stripping his polytunnel of his entire chilli crop, Hugh sets about designing his added-value take-away fast-food product - the Mexican wrap.	UNITED KINGDOM	English-100		PG	a w		
2024-09-29	0530	Gordon, Gino And Fred's Road Trip	Summer Of Love	Gino & Fred are excited to be heading to San Francisco for their very own Summer of Love. Gino is looking forward to visiting the place that's all about hippies, sex, drugs and rock and roll.	UNITED KINGDOM	English-100		PG	I		
2024-09-29	0630	River Cottage Australia	Ep 4	Paul has always known that farm life isn't easy, but when he's faced with a tough task his experiences from last season prove to be useful. The CWA ladies seek Paul's skills with an important charity event, and Paul's got to come up with the goods for a catering challenge.	UNITED KINGDOM	English-100	RPT	PG	a w	Y	
2024-09-29	0730	Ainsley's Good Mood Food	Seaside Delights	Ainsley is inspired by the tastes and delights of the seaside - he starts with a taste of Italy making his crab and lemon linguine with pangrattato. He heads off on a seaside adventure with expert forager Alysia Vasey to find out what edible treats are growing on the shorelines.	UNITED KINGDOM	English-100		G			
2024-09-29	0825	Taste The Philippines With Yasmin Newman	Charred Eggplant Omelette With Yasmin Newman	Yasmin Newman whips up one of her favourite breakfast dishes for the family, a classic Filipino recipe called charred eggplant omelette.	AUSTRALIA	English-100		PG			
2024-09-29	0830	Ainsley's Good Mood Food	Fruits And Berries	Ainsley is feeling fruity! In this episode, all his dishes use fruit - he begins with a dish from his travels, Rose Harissa Chicken Tagine with Apricots and Chickpeas.	UNITED KINGDOM	English-100		G			
2024-09-29	0925	Please Eat Slowly Bitesize	Dumplings	There are a few tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right. Victor shares his secrets to create delicious, foolproof dumplings!	AUSTRALIA	English-100		G			
2024-09-29	0930	Curtis Stone's Travel, Cook, Repeat	South Australia	Chef Curtis Stone travels to South Australia where he makes pheasant and marmalade with legendary cook Maggie Beer and tries his hand at sheepshearing. Back home in his kitchen, he prepares scones with verjus-soaked currants.	USA	English-100		G			
2024-09-29	1005	Long Weekend In... With Rory O'Connell	Edinburgh	Rory creates a new recipe inspired by his trip to Edinburgh: black pudding with glazed apples and grainy mustard sauce.	IRELAND	English-100		G			
2024-09-29	1030	River Cottage Forever	Ep 7	On his regular morning stock-check, Hugh finds that one of his old ewes has died. It's a sad day at River Cottage as later on he sends off two of his pigs to the abattoir. Later, local charcoal-maker Sean Bridges comes round to lift the gloom by chopping down some of the trees which shade Hugh's vegetable patch. They take the wood to Sean's charcoal-burner which they set alight and cover up for the night.	UNITED KINGDOM	English-100		PG			

2024-09-29	1100	River Cottage Forever	Ep 8	As winter approaches, Hugh has one major money-earner up his sleeve. He's teaming up with old rival and chilli pepper guru Michael Michaud, to capitalise on the huge profits available at the Borough Farmers' Market in London. After stripping his polytunnel of his entire chilli crop, Hugh sets about designing his added-value take-away fast-food product - the Mexican wrap.	UNITED KINGDOM	English-100		PG	a w		
2024-09-29	1130	Gordon, Gino And Fred's Road Trip	Summer Of Love	Gino & Fred are excited to be heading to San Francisco for their very own Summer of Love. Gino is looking forward to visiting the place that's all about hippies, sex, drugs and rock and roll.	UNITED KINGDOM	English-100		PG	I		
2024-09-29	1230	Alex Polizzi Secret Italy	Venice And The North	The first leg of Alex's journey takes in some of the secrets that the north of Italy conceals. Venice is a city that Alex has been to at least forty times, but this is a trip like never before, visiting a prison with a difference and a brush with some memories of her grandmother. From Venice, Alex will spend time in a hidden gem nestled among the Lombard Alps, before rounding up her Northern adventure in achingly cool Milan, Italy's fashion capital and the place where Alex gets up close and personal with Maria Callas' fabulous stage costumes.	UNITED KINGDOM	English-100	RPT	PG	I	Y	Y
2024-09-29	1325	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y	
2024-09-29	1330	Lorraine Pascale: Baking Made Easy	Time To Bake	Macarons may look unbelievably difficult to make, but really, they are just posh meringues and Lorraine has a recipe to make them with ease. Mini Tiramisu Cakes are a delicious and playful twist on the classic dinner party dessert.	UNITED KINGDOM	English-100		G			
2024-09-29	1400	The Cook Up With Adam Liaw	Fast Favourites	A fast dinner's a good dinner! Adam is joined by chef Darren Robertson and tennis superstar Jelena Dokic to make their fast favourites-soon to be your fast favourites, too!	AUSTRALIA	English-100	RPT	G		Y	
2024-09-29	1430	The Cook Up With Adam Liaw	Rocking Recipes	It's non-stop hits as musician Elly-May Barnes, chef Hamish Ingham and Adam debut their rocking recipes.	AUSTRALIA	English-100	RPT	G		Y	
2024-09-29	1500	The Cook Up With Adam Liaw	Favourite Ferments	Fervent fermenters, chef Mika Chae and food writer Mandy Hall, join Adam to share their favourite ferments.	AUSTRALIA	English-100	RPT	G		Y	
2024-09-29	1530	The Cook Up With Adam Liaw	Dreamy Desserts	It's a night of dreamy desserts on The Cook Up, as chef Jack Brown and Kitana Mansell from Palawa Kipli join Adam for a sugar hit or three.	AUSTRALIA	English-100	RPT	G		Y	
2024-09-29	1600	The Cook Up With Adam Liaw	Speedy & Spicy Night, The	If you like fast, fiery and fabulous food, this Easy Entertaining with chef Annita Potter and actor Samuel Johnson is for you!	AUSTRALIA	English-100		G		Y	
2024-09-29	1630	Cooking With Curtis	Laura	Newborn photographer Laura met her husband, Jason, while working at a restaurant — she was a server, he was a sommelier. Together they are raising their five-year-old daughter, Olivia, who has an extremely rare condition that affects only 2.4 in 10 million people.	USA	English-100		G			
2024-09-29	1700	Long Weekend In... With Rory O'Connell	Bath	After a delicious exploration of Bath, Rory makes the perfect recipe to remind him of his trip, his own version of a Bath Bun.	IRELAND	English-100		G			
2024-09-29	1730	Eating Inn	Waku Ghin: Marina Bay Sands, Singapore	Legend Tetsuya is in his element in his two michelin starred Waku Ghin at the iconic Marina Bay Sands in Singapore. We receive master classes ranging from Japanese haute cuisine to michelin starred bar food all paired with sake, cocktails and fine wines from the Tetsuya cellar.	SINGAPORE	English-100		PG	a w		
2024-09-29	1830	Simply Raymond Blanc	Garden Favourites	Raymond Blanc has made his home in the heart of the English countryside. For the past 30 years he has been carefully curating his abundant kitchen gardens which serve the opulent Le Manoir aux Quat'Saisons. Raymond's love and passion for home grown produce explains why seasonality is important it creates the tastiest of dishes.	UNITED KINGDOM	English-100		G			

2024-09-29	1930	Be My Guest With Ina Garten	David Remnick	It's a dream come true for Ina who is joined by her friend David Remnick the incredible Pulitzer prize winning author, journalist and editor, who is spending an amazing day at the barn. Ina's welcoming her fabulous guest Belgium waffles before digging deep and talking to him about his amazing career including adventures in Moscow. Then it's a Chicken Parmesan cooking class served with a simple salad and vinaigrette for David, Ina's favorite go-to meal, followed by dinner in the garden with David's wife Esther and Jeffrey.	USA	English-100		G		
2024-09-29	2000	Tom Kerridge Cooks Britain	Wales To Lancashire - Chicken And Mushrooms	Tom Kerridge heads up the English Welsh border in in his 1950s food truck to discover what it takes to produce the food on our plate and to cook with the British ingredients he finds along the way.	UNITED KINGDOM	English-100		G		
2024-09-29	2030	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 6	Cornish King Crab is on the menu for Rick tonight as he heads out of Newquay to catch and cook this tasty crustacean.	UNITED KINGDOM	English-100		PG	a w	
2024-09-29	2100	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 7	Rick boards the ferry in Penzance to take him to The Isles of Scilly, a group of islands which were once part of Cornwall.	UNITED KINGDOM	English-100		PG	a	
2024-09-29	2130	Anthony Bourdain: The Layover	Dublin	Tony has 36 hours to kill while in Dublin on his layover. From fine dining to excellent pub fare, he does his best to experience as much Irish hospitality as he can and ends up finding out that Dublin is simply more than just a great pint of beer.	USA	Irish English-100		PG	I s	Y
2024-09-29	2225	Taste The Philippines With Yasmin Newman	Charred Eggplant Omelette With Yasmin Newman	Yasmin Newman whips up one of her favourite breakfast dishes for the family, a classic Filipino recipe called charred eggplant omelette.	AUSTRALIA	English-100		PG		
2024-09-29	2230	River Cottage Australia	Ep 5	Paul's pasture poultry have all grown up and it's processing time. Chris Franks is back to share his knowledge and wisdom. Another River Cottage favourite returns; Iain Hamilton gives Paul a hand building a special barbecue grill. He takes the grill to the annual Bermagui Seaside Fair and hosts his second stall, and it's full of surprises. Paul joins a brotherhood of brewing buddies in Candelo for a night of homebrew and beats. Before retiring to his homemade hot tub bearing all against the backdrop of the bush.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-09-29	2330	Cooking With Curtis	Laura	Newborn photographer Laura met her husband, Jason, while working at a restaurant — she was a server, he was a sommelier. Together they are raising their five-year-old daughter, Olivia, who has an extremely rare condition that affects only 2.4 in 10 million people.	USA	English-100		G		
2024-09-29	2400	Long Weekend In... With Rory O'Connell	Bath	After a delicious exploration of Bath, Rory makes the perfect recipe to remind him of his trip, his own version of a Bath Bun.	IRELAND	English-100		G		
2024-09-29	2430	Eating Inn	Waku Ghin: Marina Bay Sands, Singapore	Legend Tetsuya is in his element in his two michelin starred Waku Ghin at the iconic Marina Bay Sands in Singapore. We receive master classes ranging from Japanese haute cuisine to michelin starred bar food all paired with sake, cocktails and fine wines from the Tetsuya cellar.	SINGAPORE	English-100		PG	a w	
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2024-09-30	1000	Tom Kerridge Cooks Britain	Wales To Lancashire - Chicken And Mushrooms	Tom Kerridge heads up the English Welsh border in in his 1950s food truck to discover what it takes to produce the food on our plate and to cook with the British ingredients he finds along the way.	UNITED KINGDOM	English-100	G		

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2024-09-30	1130	River Cottage Australia	Ep 5	Paul's pasture poultry have all grown up and it's processing time. Chris Franks is back to share his knowledge and wisdom. Another River Cottage favourite returns; Iain Hamilton gives Paul a hand building a special barbecue grill. He takes the grill to the annual Bermagui Seaside Fair and hosts his second stall, and it's full of surprises. Paul joins a brotherhood of brewing buddies in Candelo for a night of homebrew and beats. Before retiring to his homemade hot tub bearing all against the backdrop of the bush.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-09-30	1230	Come Dine With Me	Oxford 1	This week's feuding foodies come from in and around the dreaming spires of Oxford, and kicking off the week is retired teacher Lyn.	UNITED KINGDOM	English-100		PG		
2024-09-30	1300	David Rocco's Dolce India	Mumbai Italiano	There's a growing community of Italian ex-pats living in Mumbai, and David goes to meet them. David and his newfound Italian friends bring the dolce vita to Mumbai.	CANADA	English-100		PG	a l v w	Y
2024-09-30	1330	Spencer's Big 30	More Chinese Take-Out	Craving Chinese take-out but want it right away? Eat in. Host Spencer Watts has you covered with a dinner that is healthier, tastier, faster and cheaper than you'll find in the average neighbourhood Chinese joint.	CANADA	English-100		PG		
2024-09-30	1400	Tastes Like Home	Dubai	Tastes Like Home is a little more spicey as it looks back at Catherine's time in Dubai. In this episode Catherine will show viewers how to cook a number of middle eastern flavours.	IRELAND	English-100		G		
2024-09-30	1430	Bizarre Foods: Delicious Destinations	Kanazawa	Andrew introduces Kanazawa, Japan, a modern city filled with deep traditions. From regionally fished Kano crab to sushi built using aged rice.	USA	English-100		G		Y
2024-09-30	1500	Food Unwrapped	Coconut, Artichokes And Absinthe	Kate is in Vietnam, taking a close look at coconut oil. Jimmy is puzzled by exactly what goes into a supermarket jar of artichoke hearts. He heads to Italy to visit one of Europe's largest producers.	UNITED KINGDOM	English-100		PG		Y
2024-09-30	1530	Royal Recipes	Birthdays	Michael is joined by top London chef Anna Haugh at one of Britain's finest stately homes to cook food for Royal Birthdays.	UNITED KINGDOM	English-100		G		
2024-09-30	1625	Bring A Plate	Jc's Chicken And Pork Adobo With Eggs	JC serves up his Filipino national dish sharing a touching tale of his Lola grandmother's culinary influence. Hear how he uses the DISH structure to help him talk about the food.	AUSTRALIA	English-100		G		Y
2024-09-30	1630	Gino's Italian Express	Garda - Bolzano	This week Gino leaves Verona on one of Italy's super fast trains and heads to the majestic Lake Garda, the biggest of the Italian lakes. Here he meets a team of rowers training for their annual regatta. The race stemmed from the lake's ancient fishing tradition, when the fishermen would race out on their longboats to reach the best fishing spots.	UNITED KINGDOM	English-100		G		
2024-09-30	1700	Everyday Gourmet With Justine Schofield	Ep 66	In today's show Justine shares some tasty Black Pepper Crab, Streaky Bacon Roasted Chicken with Bread sauce and unbelievably yummy Beetroot and Fetta Patties.	AUSTRALIA	English-100		PG	a w	
2024-09-30	1730	My Market Kitchen	Ep 36	Mike makes Beetroot Tartare with wine pairings from Adam Walls. Laura and Auntie Zia then share their family recipe for Sfinci (Sicilian donuts).	AUSTRALIA	English-100		G		

2024-09-30	1800	Pati's Mexican Table	Mex'd Up American Regional Favorites	Pati's passion for travel doesn't stop in Mexico, she also has a soft spot for her American travels. Plus, Pati is always feeding her three, hungry, growing, Mexican-American boys. In addition to adoring their mum's Mexican dishes, her sons love some American classics. So, Pati will put her Mexican spin on some regional American dishes to make a special, sweet surprise for her boys including Mary-Mex crab dip, spicy Mexican-Southern fried chicken and dulce de leche caramel chocolate pecan pie.	USA	English-100	PG	a w			
2024-09-30	1830	Food Safari Water	Surf And Turf	Maeva explores seafood and meat combinations from around the world. Pairing the proteins of ocean and earth leads to an intriguing episode with some diverse and inspired flavour combinations. Vietnamese chef Dai Duong (Uncle, Uncle Collins) shows how prawns are pounded into a paste with pork lard and shaped onto sugarcane skewers to make the classic Chao Tom, which are grilled to golden perfection.	AUSTRALIA	English-100	RPT	G		Y	
2024-09-30	1900	The Cook Up With Adam Liaw	Crepes, Pancakes & Blinis	You'll flip out when you see what Adam and his guests, chef Damien Pignolet and Olympic legend Lisa Curry make when given the choice of crepes, pancakes and blinis.	AUSTRALIA	English-100		G		Y	
2024-09-30	1930	Jamie At Home	Beans	The beautiful British summer-time sees Jamie getting a thorough soaking as he picks the beans in his garden.	UNITED KINGDOM	English-100		G			
2024-09-30	2000	Luke Nguyen's Vietnam	Quy Nhon	Luke visits the town of Quy Nhon on the central coast of Vietnam and learns how to make fresh Tofu from scratch in a family farmyard environment. He also prepares a vegetarian delight at an historical Pagoda with the help of local Monks. And finally, Luke learns the secrets of making the best noodles around.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-09-30	2030	Gordon Ramsay Uncharted	India's Spice Hub	From the coast to the mountains of Southern India, Chef Ramsay unlocks the complex flavors of the region known as the spice trade capital of the world. He battles ocean waves with a giant fishing net, fights the searing sting of fire ants, speeds through hilly dirt roads in a tiny rally car, and has his mouth set on fire with the extremely spicy local fare, before attempting to impress artisan cooks with his take on their local cuisine.	UNITED KINGDOM	English-100		PG	I		Y
2024-09-30	2125	Please Eat Slowly Bitesize	Hand-Pulled Noodles	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			
2024-09-30	2130	Come Dine With Me UK	Nottingham Day 1	This week's competition kicks off in Nottingham, where the first to host is 26 year old, glam local, DJ Janelle.	UNITED KINGDOM	English-100		PG			
2024-09-30	2200	Come Dine With Me UK	Nottingham Day 2	It's the second night in Nottingham and proud veggie Dom is throwing a party animal themed night with a difference. There's no animal on his vegan menu!	UNITED KINGDOM	English-100		G			
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2024-09-30	2300	The Cook And The Chef	Fabulous Figs	Our fig infatuated cook and chef are kept fully supplied with fruit after Simon finds out how to get his hands on figs all year round. Meanwhile, Maggie drops in on a traditional Italian cheese maker who shares the time-honoured practice of preparing Fior de Latte Mozzarella.	AUSTRALIA	English-100		G			
2024-09-30	2330	Gourmet Farmer	Gourmet Farmer Series 3 Episode 2	It's been a year of experimentation and Matthew Evans has kept chooks for eggs, but now he'd like to get heritage chickens for their meat. He is interested in the differences between heritage chickens and free-range chickens purchased from the supermarket and so he sets out to compare their size, colour and especially taste. Matthew is also challenged to have a regular supply of vegetables when his garden is up and running, so he is keen to build a poly-tunnel to ensure year round supply.	AUSTRALIA	English-100	RPT	G		Y	

2024-09-30	2400	Jamie At Home	Beans	The beautiful British summer-time sees Jamie getting a thorough soaking as he picks the beans in his garden.	UNITED KINGDOM	English-100		G			
2024-09-30	2430	Bbq Brawl	Introduce Your Cue	Captains Bobby Flay, Michael Symon and Eddie Jackson choose their teams and get ready for battle, and nothing is off limits as they face off in their first team brawl in hopes of avoiding elimination.	USA	English-100		PG			
2024-09-30	2545	Bbq Brawl	Hometown Favorites	Captains Bobby Flay, Michael Symon and Eddie Jackson get to know their teams better through nostalgic challenges that inspire them to dig deep into their BBQ memory banks.	USA	English-100		PG		Y	
2024-09-30	2640	Royal Recipes	Birthdays	Michael is joined by top London chef Anna Haugh at one of Britain's finest stately homes to cook food for Royal Birthdays.	UNITED KINGDOM	English-100		G			
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2024-10-01	0730	Royal Recipes	Birthdays	Michael is joined by top London chef Anna Haugh at one of Britain's finest stately homes to cook food for Royal Birthdays.	UNITED KINGDOM	English-100		G			
2024-10-01	0825	Bring A Plate	Jc's Chicken And Pork Adobo With Eggs	JC serves up his Filipino national dish sharing a touching tale of his Lola grandmother's culinary influence. Hear how he uses the DISH structure to help him talk about the food.	AUSTRALIA	English-100		G		Y	

2024-10-01	0830	Gino's Italian Express	Garda - Bolzano	This week Gino leaves Verona on one of Italy's super fast trains and heads to the majestic Lake Garda, the biggest of the Italian lakes. Here he meets a team of rowers training for their annual regatta. The race stemmed from the lake's ancient fishing tradition, when the fishermen would race out on their longboats to reach the best fishing spots.	UNITED KINGDOM	English-100	G		
2024-10-01	0900	Everyday Gourmet With Justine Schofield	Ep 66	In todays show Justine shares some tasty Black Pepper Crab, Streaky Bacon Roasted Chicken with Bread sauce and unbelievably yummy Beetroot and Fetta Patties.	AUSTRALIA	English-100	PG	a	w
2024-10-01	0930	My Market Kitchen	Ep 36	Mike makes Beetroot Tartare with wine pairings from Adam Walls. Laura and Aunty Zia then share their family recipe for Sfinci (Sicilian donuts).	AUSTRALIA	English-100	G		
2024-10-01	1000	Pati's Mexican Table	Mex'd Up American Regional Favorites	Pati's passion for travel doesn't stop in Mexico, she also has a soft spot for her American travels. Plus, Pati is always feeding her three, hungry, growing, Mexican-American boys. In addition to adoring their mum's Mexican dishes, her sons love some American classics. So, Pati will put her Mexican spin on some regional American dishes to make a special, sweet surprise for her boys including Mary-Mex crab dip, spicy Mexican-Southern fried chicken and dulce de leche caramel chocolate pecan pie.	USA	English-100	PG	a	w
2024-10-01	1030	Food Safari Water	Surf And Turf	Maeva explores seafood and meat combinations from around the world. Pairing the proteins of ocean and earth leads to an intriguing episode with some diverse and inspired flavour combinations. Vietnamese chef Dai Duong (Uncle, Uncle Collins) shows how prawns are pounded into a paste with pork lard and shaped onto sugarcane skewers to make the classic Chao Tom, which are grilled to golden perfection.	AUSTRALIA	English-100	RPT	G	Y
2024-10-01	1100	The Cook Up With Adam Liaw	Crepes, Pancakes & Blinis	You'll flip out when you see what Adam and his guests, chef Damien Pignolet and Olympic legend Lisa Curry make when given the choice of crepes, pancakes and blinis.	AUSTRALIA	English-100	G		Y
2024-10-01	1130	Gordon Ramsay Uncharted	India's Spice Hub	From the coast to the mountains of Southern India, Chef Ramsay unlocks the complex flavors of the region known as the spice trade capital of the world. He battles ocean waves with a giant fishing net, fights the searing sting of fire ants, speeds through hilly dirt roads in a tiny rally car, and has his mouth set on fire with the extremely spicy local fare, before attempting to impress artisan cooks with his take on their local cuisine.	UNITED KINGDOM	English-100	PG	I	Y
2024-10-01	1225	Please Eat Slowly Bitesize	Hand-Pulled Noodles	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		
2024-10-01	1230	Come Dine With Me	Oxford 2	It's the second night of the competition from Oxford and is the turn of PHD student Kin to host.	UNITED KINGDOM	English-100	PG	a	
2024-10-01	1300	David Rocco's Dolce India	Chef's Challenge	David is challenged to an Indo-Italian cook off by ITC Maratha's Executive Chef Rajdeep Kapoor. The three round cook off will pit Indian against Italian cuisine using a common star ingredient.	CANADA	English-100	PG	I	
2024-10-01	1330	Spencer's Big 30	Pizza Take-Out	It's everyone's favourite night: Pizza Night. But why settle for overpriced ho-hum pizza when you can make it a tastier, healthier, faster AND cheaper pizza right at home.	CANADA	English-100	G		
2024-10-01	1400	Tastes Like Home	Vancouver, Canada	In this episode Catherine got to meet orphaned Grizzly bears Grinder and Coola in Grouse Mountain, took a trip to the famous Granville Island market and tasted Nanaimo bars a Canadian dessert.	IRELAND	English-100	G		
2024-10-01	1430	Bizarre Foods: Delicious Destinations	Phoenix	Andrew Zimmern explores the multicultural cuisine of Phoenix. A heavy Mexican influence is present throughout the restaurant scene in dishes like chilaquiles and pazole.	USA	English-100	G		

2024-10-01	1500	Food Unwrapped	Best Of 1 - Pine Nuts, Corn Fed Beef And Cellulose	Kate is in the Wild West of America at a gigantic cattle ranch to ask whether it makes a difference what our meat eats. Jimmy Doherty is in Italy to discover what makes pine nuts so expensive.	UNITED KINGDOM	English-100		PG	
2024-10-01	1530	Royal Recipes	India And Empire	Michael is joined by chef Paul Ainsworth to celebrate Royal food inspired by the days of India and Empire.	UNITED KINGDOM	English-100		G	
2024-10-01	1625	Bring A Plate	Rachel's Bossam	The guests are thrilled to try Rachel's South Korean dish, Bossam. Not everyone is able to eat the pork but they can all enjoy and learn about kimchic, the hero of all Korean food.	AUSTRALIA	English-100		G	Y
2024-10-01	1630	Gino's Italian Express	Pisa - Lucca - Florence	Gino's train journey takes him on a star-studded line up of Tuscan cities, starting off in Pisa the city famed for its leaning tower, it is also the home of the iconic Vespa scooter.	UNITED KINGDOM	English-100		PG	
2024-10-01	1700	Everyday Gourmet With Justine Schofield	Ep 67	Justine shows us how to whip up a mouth watering Marmalade & Grapefruit Duck breast and Miso Eggs En Cocotte. Later Colin Magee comes past the kitchen to share his Malaysian style Spiced Fish Cutlet with a special Coconut Sauce and Cucumber Salad.	AUSTRALIA	English-100		PG	
2024-10-01	1730	My Market Kitchen	Ep 37	Chef Karen Chan joins Laura to make Hainanese Chicken Rice. Mike then prepares a fantastic Beef Shin Pie. For dessert, Laura whips up a great Raspberry Sorbet.	AUSTRALIA	English-100		G	
2024-10-01	1800	Pati's Mexican Table	Local's Tour Of Culiacan, A	Pati visits Culiacan, the capital of the state of Sinaloa. Founded in 1531, Culiacan is the centre of trade for produce, meat, and fish and the locals pride themselves on the produce cultivated from the land and nearby sea. Pati's guide is celebrated chef and culinary ambassador Miguel Taniyama. Miguel gives Pati a local's tour of the best markets, street food stands, and restaurants, meeting friends and family along the way.	USA	English-100		G	Y
2024-10-01	1830	Food Safari Water	Freshwater	Food Safari Water celebrates freshwater fish with recipes for the legendary Murray cod plus eels, mountain trout, and yabbies. Tasmanian-based chef Masaaki Koyama (Masaaki's Sushi Geeveston) heads out in the misty mornings on the Huon River to haul up nets set the night before, later grilling his catch and brushing with a delicious soy glaze and says he always feels incredibly healthy after eating eel.	AUSTRALIA	English-100	RPT	G	Y
2024-10-01	1900	The Cook Up With Adam Liaw	Brought To You By The Letter P	Adam and his guests, fitness trainer Michelle Bridges and chef Wesley Cooper Jones, prepare some perfect plates brought to you by the letter P.	AUSTRALIA	English-100		G	Y
2024-10-01	1930	The Chocolate Queen	Ep 1	The Queen of chocolate returns for another season of dessert wonders! Kirsten kicks things off with her exceptional chocolate toffee eclairs, unveils the secret to crafting a flawless blonde cheesecake and wows us with a delicate white chocolate creation infused with a hint of tropical flavour.	AUSTRALIA	English-100		PG	
2024-10-01	2000	Mary Berry Everyday	Ep 5	Mary shares some inspirational ideas to make everyday family meals exciting. She tries her hand at milking a goat and shows her granddaughter how to make her own goat cheese for a family picnic.	UNITED KINGDOM	English-100		G	
2024-10-01	2030	James Martin's French Adventure	Normandy	Normandy is dotted with reminders of our recent past. It's also peppered with orchards and dairy farms. James sets up his mobile kitchen in one of the many Calvados orchards in the area, to make a dish of artichokes with hollandaise.	UNITED KINGDOM	English-100		G	Y
2024-10-01	2130	Come Dine With Me UK	Nottingham Day 3	This week we're in Nottingham where tonight sees Entrepreneur Tamika flexing her party planner muscle in a bid to prove she's the hostess with the mostess.	UNITED KINGDOM	English-100		PG	
2024-10-01	2200	Come Dine With Me UK	Nottingham Day 4	This week we're in Nottingham where tonight sees the turn of beautician Cherie, who is hoping to charm her way to the 1000 pounds.	UNITED KINGDOM	English-100		PG	

2024-10-01	2230	The Cook Up With Adam Liaw	Brought To You By The Letter P	Adam and his guests, fitness trainer Michelle Bridges and chef Wesley Cooper Jones, prepare some perfect plates brought to you by the letter P.	AUSTRALIA	English-100		G	Y
2024-10-01	2300	The Cook And The Chef	Ducks	Ducks are on the menu this week and Simon re-visits his culinary past to take on a challenge from ancient China, Peking duck. Meanwhile, Maggie adds her Barossa touch to the traditional French dish, Duck Rillettes.	AUSTRALIA	English-100		G	
2024-10-01	2330	Gourmet Farmer Australia	Gourmet Farmer Series 3 Episode 3	Matthew Evans has been planning to build a commercial kitchen but the cost is prohibitive. His friend Ross tells him about a caravan fitted out with a commercial kitchen that is for sale on Bruny Island. The mobile kitchen would also be great for Matthew's other venture; making and selling foods in markets and festivals around Tasmania. Festivals, Tasmania's biggest food fair, is looming and the caravan would be perfect.	AUSTRALIA	English-100	RPT	G	Y
2024-10-01	2400	The Chocolate Queen	Ep 1	The Queen of chocolate returns for another season of dessert wonders! Kirsten kicks things off with her exceptional chocolate toffee eclairs, unveils the secret to crafting a flawless blondie cheesecake and wows us with a delicate white chocolate creation infused with a hint of tropical flavour.	AUSTRALIA	English-100		PG	
2024-10-01	2430	Bbq Brawl	Bbq Hacks	A true Master of 'Cue must have the ability to handle any challenge or cooking condition, so the competitors have to prove their ability to pivot! Team captains keep an eye on who can adapt.	USA	English-100		PG	
2024-10-01	2525	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2024-10-01	2530	Bbq Brawl	Game Day Bbq	The teams celebrate a classic BBQ tradition: tailgating! Team captains Bobby Flay, Michael Symon and Eddie Jackson mentor their pitmasters as they explore the sporty side of BBQ -- the kind that brings friends and family together around the grill to fire up their team spirit ... and their taste buds.	USA	English-100		PG	
2024-10-01	2625	Please Eat Slowly Bitesize	Steamed Whole Fish	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	
2024-10-01	2630	Bbq Brawl	Competition Cue	Inspired by the BBQ competition circuit, it's all about low and slow as captains Bobby Flay, Michael Symon and Eddie Jackson see how well their contenders handle the classic BBQ cuts.	USA	English-100		PG	
2024-10-01	2725	Destination Flavour Japan Bitesize	Kyoto	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
2024-10-01	2730	Bbq Brawl	Bbq Brunch Battle	The teams must prove that BBQ can be eaten anytime -- not just for lunch or dinner. Team captains Bobby Flay, Michael Symon and Eddie Jackson mentor their pitmasters as they attempt to show the judges just how delicious and versatile BBQ can be.	USA	English-100		PG	
2024-10-01	2825	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 5	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2024-10-01	2830	Mary Berry Everyday	Ep 5	Mary shares some inspirational ideas to make everyday family meals exciting. She tries her hand at milking a goat and shows her granddaughter how to make her own goat cheese for a family picnic.	UNITED KINGDOM	English-100		G	

2024-10-02	0500	Tastes Like Home	Vancouver, Canada	In this episode Catherine got to meet orphaned Grizzly bears Grinder and Coola in Grouse Mountain, took a trip to the famous Granville Island market and tasted Nanaimo bars a Canadian dessert.	IRELAND	English-100	G		
2024-10-02	0530	Bbq Brawl	Seafood Showdown	The competitors face a challenge full of unexpected twists - and proteins! The teams go fishing and attempt to prove they can handle delicate seafood just as well as meat. Team captains Bobby Flay, Michael Symon and Eddie Jackson feel the pressure to perform and mentor their teams to claim the winning spot.	USA	English-100	PG		
2024-10-02	0625	Destination Flavour Japan Bitesize	Kyoto	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y Y
2024-10-02	0630	Bizarre Foods: Delicious Destinations	Phoenix	Andrew Zimmern explores the multicultural cuisine of Phoenix. A heavy Mexican influence is present throughout the restaurant scene in dishes like chilaquiles and pozole.	USA	English-100	G		
2024-10-02	0700	Food Unwrapped	Best Of 1 - Pine Nuts, Corn Fed Beef And Cellulose	Kate is in the Wild West of America at a gigantic cattle ranch to ask whether it makes a difference what our meat eats. Jimmy Doherty is in Italy to discover what makes pine nuts so expensive.	UNITED KINGDOM	English-100	PG		
2024-10-02	0730	Royal Recipes	India And Empire	Michael is joined by chef Paul Ainsworth to celebrate Royal food inspired by the days of India and Empire.	UNITED KINGDOM	English-100	G		
2024-10-02	0825	Bring A Plate	Rachel's Bossam	The guests are thrilled to try Rachel's South Korean dish, Bossam. Not everyone is able to eat the pork but they can all enjoy and learn about kimchic, the hero of all Korean food.	AUSTRALIA	English-100	G		Y
2024-10-02	0830	Gino's Italian Express	Pisa - Lucca - Florence	Gino's train journey takes him on a star-studded line up of Tuscan cities, starting off in Pisa the city famed for its leaning tower, it is also the home of the iconic Vespa scooter.	UNITED KINGDOM	English-100	PG		
2024-10-02	0900	Everyday Gourmet With Justine Schofield	Ep 67	Justine shows us how to whip up a mouth watering Marmalade & Grapefruit Duck breast and Miso Eggs En Cocotte. Later Colin Magee comes past the kitchen to share his Malaysian style Spiced Fish Cutlet with a special Coconut Sauce and Cucumber Salad.	AUSTRALIA	English-100	PG		
2024-10-02	0930	My Market Kitchen	Ep 37	Chef Karen Chan joins Laura to make Hainanese Chicken Rice. Mike then prepares a fantastic Beef Shin Pie. For dessert, Laura whips up a great Raspberry Sorbet.	AUSTRALIA	English-100	G		
2024-10-02	1000	Pati's Mexican Table	Local's Tour Of Culiacan, A	Pati visits Culiacan, the capital of the state of Sinaloa. Founded in 1531, Culiacan is the centre of trade for produce, meat, and fish and the locals pride themselves on the produce cultivated from the land and nearby sea. Pati's guide is celebrated chef and culinary ambassador Miguel Taniyama. Miguel gives Pati a local's tour of the best markets, street food stands, and restaurants, meeting friends and family along the way.	USA	English-100	G		Y
2024-10-02	1030	Food Safari Water	Freshwater	Food Safari Water celebrates freshwater fish with recipes for the legendary Murray cod plus eels, mountain trout, and yabbies. Tasmanian-based chef Masaaki Koyama (Masaaki's Sushi Geeveston) heads out in the misty mornings on the Huon River to haul up nets set the night before, later grilling his catch and brushing with a delicious soy glaze and says he always feels incredibly healthy after eating eel.	AUSTRALIA	English-100	RPT	G	Y
2024-10-02	1100	The Cook Up With Adam Liaw	Brought To You By The Letter P	Adam and his guests, fitness trainer Michelle Bridges and chef Wesley Cooper Jones, prepare some perfect plates brought to you by the letter P.	AUSTRALIA	English-100	G		Y
2024-10-02	1130	James Martin's French Adventure	Normandy	Normandy is dotted with reminders of our recent past. It's also peppered with orchards and dairy farms. James sets up his mobile kitchen in one of the many Calvados orchards in the area, to make a dish of artichokes with hollandaise.	UNITED KINGDOM	English-100	G		Y

2024-10-02	1225	Destination Flavour Japan Bitesize	Kyoto	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-10-02	1230	Come Dine With Me	Oxford 3	It's the third night of the competition from Oxford and it's the turn of kitchen designer, Jess, to host.	UNITED KINGDOM	English-100		G			
2024-10-02	1300	David Rocco's Dolce India	Eat, Pray...	David takes a trip to the remote village of Mundota to visit his friends, Vikram and Alka, who will teach him about the spiritual nature of Indian cooking. He is surprised to learn that this flavourful way of cooking does not use onions or garlic (talk about a breath saver!)	CANADA	English-100		G			
2024-10-02	1330	Spencer's Big 30	Thai Take-Out	Tom Yum Soup with lemongrass, ginger, and chili. Next up: salty, sweet and nutty Panang Curry with seared tofu and flowery jasmine rice. Walk on the wild side with his unique and delicious Fried Egg Salad topped with crunchy peanuts.	CANADA	English-100		G			
2024-10-02	1400	Tastes Like Home	Tastes Like Home Series 5 Ep 8	On Tastes Like Home this week Catherine Fulvio looks back at her South Korean experience where as well as creating new dishes based on the flavours that she tasted on her travels.	IRELAND	English-100		G			
2024-10-02	1430	Bizarre Foods: Delicious Destinations	Las Vegas	Andrew Zimmern goes on a gastronomic tour of Las Vegas. From quail breast stuffed with foie gras and mouthwatering Waygu steaks to classic veal Parmigiana and tantalizing Thai, Sin City has it all!	USA	English-100		PG	a		Y
2024-10-02	1500	Food Unwrapped	Best Of 2 - Greek Yogurt, Red Leicester And Ostrich	Jimmy is in Greece where he learns that Greek Yoghurt production creates a potentially devastating by-product. Matt asks how can ostrich meat be red when other poultry is white?	UNITED KINGDOM	English-100		G			Y
2024-10-02	1530	Royal Recipes	Jubilee	On Royal Recipes presenter Michael Buerk is joined by top London chef Anna Haugh in the magnificent kitchen wing of one of Britain's grand stately homes and former Royal Palace.	UNITED KINGDOM	English-100		G			
2024-10-02	1625	Bring A Plate	Keyma's Empanadas	Keyma shares her recipe for empanadas, a popular Venezuelan street food. Discover some of the ingredients that you can use inside this crunchy and mouth watering snack food.	AUSTRALIA	English-100		G		Y	
2024-10-02	1630	Gino's Italian Express	Milan - Treviglio - Bergamo	Gino's journey begins in the Italian capital of fashion, Milano. Here he visits an elegant cocktail bar who were the first to introduce the idea of the aperitivo in Milan.	UNITED KINGDOM	English-100		PG			
2024-10-02	1700	Everyday Gourmet With Justine Schofield	Ep 68	One of Melbourne's leading Chefs, Joe Grbac joins Justine in the kitchen to make a memorable Chocolate dish. Justine goes on to show us how to make heavenly Angel Hair Pasta with Crab.	AUSTRALIA	English-100		PG			
2024-10-02	1730	My Market Kitchen	Ep 38	Laura and David Mann are out and about making Corn Fritters. Mike serves up Venison with Craisin and Chocolate Sauce.	AUSTRALIA	English-100		G			
2024-10-02	1800	Pati's Mexican Table	Altata, Hidden Gem By The Sea Of Cortez	Altata is a small town on the coast of Sinaloa, about 45 miles west of Culiacan with stretches of beautiful beaches and delicious seafood at your fingertips. Pati visits with locals and chefs as this town embarks on a journey to reinvent itself from sleepy fishing village to first class tourist destination. Pati takes a boat ride to sample fresh oysters straight from the water. Then back on the mainland, she stops in restaurants serving up fresh fish, oysters and shrimp. In her kitchen, Pati prepares a seafood feast based on the beautiful waters of the Altata Bay.	USA	English-100		G			Y

2024-10-02	1830	Food Safari Water	Feel Good Fish	Food Safari Water celebrates the hearty deliciousness of seafood with touch-your-heart dishes and stories from northern England, Lebanon, Portugal, and Sri Lanka. A cheese and leek topped pie made with perfect white fish, smoked fish, salmon, and plump prawns in a rich bechamel sauce baked in the oven and brought steaming to the table is chef Nelly's Robinson's (Nel Restaurant) favourite dish from childhood in North Manchester, and he shares his brilliant recipe with many tips and tricks along the way.	AUSTRALIA	English-100	RPT	G		Y
2024-10-02	1900	The Cook Up With Adam Liaw	Ultimate Omelette	Tonight, Adam and his guests, cookbook author Chelsea Goodwin and Olympic diver Sam Fricker are putting all their eggs in the ultimate omelette basket.	AUSTRALIA	English-100		G		Y
2024-10-02	1930	Marcus Wareing: Simply Provence	Chicken	Marcus creates a twist on a classic Sunday roast using a meat beloved by the French and Brits alike: chicken.	UNITED KINGDOM	English-100		G		
2024-10-02	2000	Nadiya's Time To Eat	Sweet And Easy	Nadiya shares her favourite recipes for when she wants to whip up something sweet, delicious, and deceptively simple. Learn how to make time-saving giant cookies, nutty baklava and birthday cakes!	UNITED KINGDOM	English-100		G		
2024-10-02	2030	Hugh's Three Good Things	Mussels	It's mussels in Hugh's Three Good Things today and Hugh is never happier than when combining these molluscs with leeks and cider.	UNITED KINGDOM	English-100		PG	a w	
2024-10-02	2100	Masters Of Taste With Gary Mehigan	Delhi - Mughal Food	Gary Mehigan is on a quest to experience the true Mughal flavours and have a taste of Rampur's Royal Cuisine. Will his dish impress his discerning hosts?	USA	English-100		G		
2024-10-02	2130	Come Dine With Me UK	Nottingham Day 5	It's the final night in Nottingham and sales manager Jon is throwing an Italian themed evening in a bid to win the thousand pounds.	UNITED KINGDOM	English-100		PG		
2024-10-02	2200	Come Dine With Me	Liverpool: David	This week's competition is in and around Liverpool, where the first to host is 42 year old construction director, David.	UNITED KINGDOM	English-100		PG		
2024-10-02	2230	The Cook Up With Adam Liaw	Ultimate Omelette	Tonight, Adam and his guests, cookbook author Chelsea Goodwin and Olympic diver Sam Fricker are putting all their eggs in the ultimate omelette basket.	AUSTRALIA	English-100		G		Y
2024-10-02	2300	The Cook And The Chef	An Easter Breakfast	It's Easter and eggs are definitely on the menu. So for that relaxing holiday breakfast, Maggie's on a quest for the perfect omelette and Simon, being a big fan of Chinese Yum cha, whips up some tasty savoury treats.	AUSTRALIA	English-100		G		
2024-10-02	2330	Gourmet Farmer Australia	Gourmet Farmer Series 3 Episode 4	Inspired by his recent trip to France, Matthew Evans decides to add a couple of geese to his menagerie. While picking the geese up from a local farmer, he is distracted by a home-built cold smoker. One of Matthew's visions for the new farm is to experiment with various food processes, and now, inspired by the cold smoker, he wants to test out new cured products then smoke them.	AUSTRALIA	English-100	RPT	PG	a w	Y
2024-10-02	2400	Nico Reynolds: All Fired Up	Crowd Pleasers	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 with a Hot Sauce and Mild Salsa - all dishes guaranteed to have your guests coming back for more! Nico also has a fool-proof method to light your charcoal BBQ without any firelighters or chemicals.	IRELAND	English-100		G		
2024-10-02	2430	Nico Reynolds: All Fired Up	Grill Everything	Nico believes that anything you can cook inside, you can cook outside, only better! He's putting this theory to the test with delicious Breakfast, Lunch and Dinner recipes, all cooked on the grill.	IRELAND	English-100		G		

2024-10-02	2500	Nico Reynolds: All Fired Up	Granny's Coming	Nico Reynolds' grandmother's cooking and flavour combinations inspired and influenced many of his signature dishes. She comes to visit and it's his turn to cook for her! No pressure!	IRELAND	English-100		G		
2024-10-02	2530	Nico Reynolds: All Fired Up	Grilling For Two	Chef Nico believes one of the most romantic things you can do is make someone a delicious meal. He takes his portable BBQ to the beautiful Powerscourt Waterfall, Ireland to whip up a meal for two.	IRELAND	English-100		G		
2024-10-02	2600	Nico Reynolds: All Fired Up	Sunday Roast	The traditional Sunday Roast takes a backseat during Barbecue Season, but not anymore! Nico cooks a full dinner with all the trimmings - without ever leaving the back garden!	IRELAND	English-100		G		
2024-10-02	2630	Bbq Brawl	Bbq Around The World	The boundaries of BBQ are pushed even further - literally across the ocean - to explore BBQ traditions around the world! The remaining competitors need to put their own spin on an international BBQ style, and the challenge pushes some contenders far out of their comfort zone as team captains Bobby Flay, Michael Symon and Eddie Jackson watch on.	USA	English-100		PG		
2024-10-02	2725	Cook Up With Adam Liaw Bitesize	Chicken Sausage Poule Au Pot	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
2024-10-02	2730	Bbq Brawl	Future Cue	The competitors are challenged to stretch their imaginations and make the BBQ of the future. They explore the possibilities under the watchful eyes of team captains Flay, Michael and Eddie.	USA	English-100		PG		
2024-10-02	2825	Destination Flavour Singapore Bitesize	Fish Head Curry	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	PG		Y
2024-10-02	2830	Nico Reynolds: All Fired Up	Forest Feast	If you go down to the woods today - you'll find chef Nico Reynolds, cooking up a storm! He invites some friends for a forest feast and makes some dishes that's perfect for catering a crowd.	IRELAND	English-100		G		
2024-10-03	0500	Tastes Like Home	Tastes Like Home Series 5 Ep 8	On Tastes Like Home this week Catherine Fulvio looks back at her South Korean experience where as well as creating new dishes based on the flavours that she tasted on her travels.	IRELAND	English-100		G		
2024-10-03	0530	Bbq Brawl	Master Of Cue	To decide who deserves the grand prize and supreme BBQ bragging rights, Bobby, Michael and Eddie watch on as the judges lay down the ultimate BBQ gauntlet: a super-sized, all-day competition filled with high stakes and surprises.	USA	English-100		PG		
2024-10-03	0625	Please Eat Slowly Bitesize	Claypot Rice	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all-in-one. Victor talks through which claypot is best to use, and how you can achieve fluffy rice plus a crispy bottom layer without burning.	AUSTRALIA	English-100		G		
2024-10-03	0630	Bizarre Foods: Delicious Destinations	Las Vegas	Andrew Zimmern goes on a gastronomic tour of Las Vegas. From quail breast stuffed with foie gras and mouthwatering Waygu steaks to classic veal Parmigiana and tantalizing Thai, Sin City has it all!	USA	English-100		PG	a	Y
2024-10-03	0700	Food Unwrapped	Best Of 2 - Greek Yogurt, Red Leicester And Ostrich	Jimmy is in Greece where he learns that Greek Yoghurt production creates a potentially devastating by-product. Matt asks how can ostrich meat be red when other poultry is white?	UNITED KINGDOM	English-100		G		Y
2024-10-03	0730	Royal Recipes	Jubilee	On Royal Recipes presenter Michael Buerk is joined by top London chef Anna Haugh in the magnificent kitchen wing of one of Britain's grand stately homes and former Royal Palace.	UNITED KINGDOM	English-100		G		

2024-10-03	0825	Bring A Plate	Keyma's Empanadas	Keyma shares her recipe for empanadas, a popular Venezuelan street food. Discover some of the ingredients that you can use inside this crunchy and mouth watering snack food.	AUSTRALIA	English-100	G		Y
2024-10-03	0830	Gino's Italian Express	Milan - Treviglio - Bergamo	Gino's journey begins in the Italian capital of fashion, Milano. Here he visits an elegant cocktail bar who were the first to introduce the idea of the aperitivo in Milan.	UNITED KINGDOM	English-100	PG		
2024-10-03	0900	Everyday Gourmet With Justine Schofield	Ep 68	One of Melbourne's leading Chefs, Joe Grbac joins Justine in the kitchen to make a memorable Chocolate dish. Justine goes on to show us how to make heavenly Angel Hair Pasta with Crab.	AUSTRALIA	English-100	PG		
2024-10-03	0930	My Market Kitchen	Ep 38	Laura and David Mann are out and about making Corn Fritters. Mike serves up Venison with Craisin and Chocolate Sauce.	AUSTRALIA	English-100	G		
2024-10-03	1000	Pati's Mexican Table	Altata, Hidden Gem By The Sea Of Cortez	Altata is a small town on the coast of Sinaloa, about 45 miles west of Culiacan with stretches of beautiful beaches and delicious seafood at your fingertips. Pati visits with locals and chefs as this town embarks on a journey to reinvent itself from sleepy fishing village to first class tourist destination. Pati takes a boat ride to sample fresh oysters straight from the water. Then back on the mainland, she stops in restaurants serving up fresh fish, oysters and shrimp. In her kitchen, Pati prepares a seafood feast based on the beautiful waters of the Altata Bay.	USA	English-100	G		Y
2024-10-03	1030	Food Safari Water	Feel Good Fish	Food Safari Water celebrates the hearty deliciousness of seafood with touch-your-heart dishes and stories from northern England, Lebanon, Portugal, and Sri Lanka. A cheese and leek topped pie made with perfect white fish, smoked fish, salmon, and plump prawns in a rich bechamel sauce baked in the oven and brought steaming to the table is chef Nelly's Robinson's (Nel Restaurant) favourite dish from childhood in North Manchester, and he shares his brilliant recipe with many tips and tricks along the way.	AUSTRALIA	English-100	RPT	G	Y
2024-10-03	1100	The Cook Up With Adam Liaw	Ultimate Omelette	Tonight, Adam and his guests, cookbook author Chelsea Goodwin and Olympic diver Sam Fricker are putting all their eggs in the ultimate omelette basket.	AUSTRALIA	English-100	G		Y
2024-10-03	1130	Hugh's Three Good Things	Mussels	It's mussels in Hugh's Three Good Things today and Hugh is never happier than when combining these molluscs with leeks and cider.	UNITED KINGDOM	English-100	PG	a w	
2024-10-03	1200	Masters Of Taste With Gary Mehigan	Delhi - Mughal Food	Gary Mehigan is on a quest to experience the true Mughal flavours and have a taste of Rampur's Royal Cuisine. Will his dish impress his discerning hosts?	USA	English-100	G		
2024-10-03	1230	Come Dine With Me	Oxford 4	It's night four from Oxford and fundraiser Monica is taking her guests on a culinary world tour adventure.	UNITED KINGDOM	English-100	PG		
2024-10-03	1300	David Rocco's Dolce India	Green Bharat, The	When David discovers a dairy farm that makes Italian cheeses in India, he takes it upon himself to investigate. Inspired to see Indians embracing the fundamentals of Italian food, David returns the favour.	CANADA	English-100	G		Y
2024-10-03	1330	Spencer's Big 30	Japanese Take-Out	Craving Japanese take-out but only have \$30 dollars to spend? Chef Spencer Watts has you covered with his hearty and healthy Japanese Take-Out dinner and it'll only take 30 minutes to make.	CANADA	English-100	G		
2024-10-03	1400	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 1	It's the start of spring in Cornwall, and jaded city nostrils are savouring the ozone and the salty tang of seaweed drying on lobster pots. Thought turn to things fishy - and Rick Stein's Seafood Restaurant is running flat out. Rick is preparing his version of a seafood paella with squid, monkfish and lobster. Some of Rick's strong culinary influences come from the Far East. On a deserted beach on the Camel estuary, he cooks a green Thai fish curry, full of the flavours of lime, coriander, coconut and fiercely hot chillis.	UNITED KINGDOM	English-100	PG		

2024-10-03	1430	Bizarre Foods: Delicious Destinations	Big Island, The	Andrew Zimmern heads to Hawaii's Big Island to take in its laid-back cuisine. From ancient traditions like lau lau and opakapaka fish to new traditions like the loco moco and huli chicken.	USA	English-100		G	
2024-10-03	1500	Food Unwrapped	Best Of 3 - Rose Oil, Beetroot And Sourdough	Jimmy is in Bulgaria to find out why rose oil is considered liquid gold. Matt Tebbutt delves into the secret world of baker's yeast to find out what actually gives sourdough bread its twang.	UNITED KINGDOM	English-100		G	Y
2024-10-03	1530	Royal Recipes	Childhood	On Royal Recipes presenter Michael Buerk is joined by chef Paul Ainsworth in the kitchens of one of Britain's finest stately homes to celebrate food served to Royal children.	UNITED KINGDOM	English-100		PG	
2024-10-03	1625	Bring A Plate	Rayan's Koosa Mahshi	Rayan shares his Syrian favorite, Kousa Mahshi, or stuffed zucchini and describes some special techniques to make the dish without it breaking apart.	AUSTRALIA	English-100		G	Y
2024-10-03	1630	Gino's Italian Express	Bergamo - Iseo	Gino takes a railway adventure to picturesque Lake Iseo. Often overshadowed by its big sisters, Garda and Como, it's known as a real hidden gem. He fishes for sardines, then prepares it for the grill.	UNITED KINGDOM	English-100		G	
2024-10-03	1700	Everyday Gourmet With Justine Schofield	Ep 69	Today, Justine spices up our pallet with a Malaysian Rice Salad and later creates some classic Braised Turkey Pieces. Darren Purchase drops by the kitchen to tickle our sweet tooth with his Caramelised White Chocolate Mousse with Coee, Banana and Passionfruit.	AUSTRALIA	English-100		G	
2024-10-03	1730	My Market Kitchen	Ep 39	Luke Hines joins Mike to make a guilt-free Cherry Delight. Laura and Catherine Velisha make San Choy Bow in beautiful iceberg lettuce leaves. Finally, they share this season's Chilli Oil recipe.	AUSTRALIA	English-100		G	
2024-10-03	1800	Pati's Mexican Table	South By South Of The Border With Vivian Howard	Pati welcomes dear friend and fellow public television chef and host Vivian Howard to her kitchen. In this south of the border meets southern food experience, Pati and Vivian will cook a couple of their classic recipes for each other, looking for connections in cultures and food.	USA	English-100		G	Y
2024-10-03	1830	Food Safari Water	Festive Fish	Food Safari Water celebrates the sheer deliciousness of seafood on a big scale - the opulence of fish and seafood served as part of a feast in Malaysia and Singapore, China, Senegal, Brazil, and Lebanon. In Malaysia and Singapore the New Year is celebrated with a symbolic dish called Yusheng - which is also known as Prosperous Raw Fish Salad.	AUSTRALIA	English-100	RPT	PG	a w Y
2024-10-03	1900	The Cook Up With Adam Liaw	Super Star Bakes	It's like the Taylor Swift of cake! Adam is joined by bakers Natalie Paull and Gabriela Oporto to showcase their finest super star bakes.	AUSTRALIA	English-100		G	Y
2024-10-03	1930	Ainsley's Great Garden Cook Off	Poppy O'toole And Sam Grainger	Ainsley is joined by chefs Poppy O'Toole and Sam Grainger in Cambridge for a light-hearted cooking contest in Wimpole Estate's stunning kitchen garden.	UNITED KINGDOM	English-100		G	
2024-10-03	2030	Nico Reynolds: All Fired Up	Nico Twist, A	Nico Reynolds is back at the grill and in the first episode of the brand new series he is putting his own mouth watering Nico Twist on some BBQ classics.	IRELAND	English-100		G	
2024-10-03	2100	All Up In My Grill	Apocalypse Burgers	Chef Dale Talde gives summer a run for its money by cooking on his grill. He gives the people a delicious feast of burgers, fries, lamb, and many more.	USA	English-100		PG	

2024-10-03	2130	Come Dine With Me	Liverpool: Sarah	It's night two the Competition in Liverpool and the turn of stand-up comedian Sarah to host and she's opted for an evening of her hearty soul food.	UNITED KINGDOM	English-100		PG	
2024-10-03	2200	Come Dine With Me	Liverpool: Steph	It's night three in Liverpool where singing hairdresser Steph is attempting to win over her guests with an evening of Spanish food.	UNITED KINGDOM	English-100		PG	
2024-10-03	2230	The Cook Up With Adam Liaw	Super Star Bakes	It's like the Taylor Swift of cake! Adam is joined by bakers Natalie Paull and Gabriela Oporto to showcase their finest super star bakes.	AUSTRALIA	English-100		G	Y
2024-10-03	2300	The Cook And The Chef	Pears	It's pear season, and whether you like them crunchy, ripe, baked, poached, or even grilled, Maggie and Simon have something to please. While Maggie assembles three delicious salads, Simon shocks even himself by cooking two desserts.	AUSTRALIA	English-100		G	
2024-10-03	2330	Gourmet Farmer Australia	Gourmet Farmer Series 3 Episode 5	Matthew and Nick's new shop venture, A Common Ground, provides many challenges - meeting demand with a variable supply of seasonal local produce, and maintaining commitment to ethically grown and prepared food whilst managing the bottom line. The shop is not in the ideal location and a couple of new ideas are needed to increase sales and foot traffic through the doors. They decide selling and shipping seasonal food hampers, along with diverse advertising, might just bolster profits.	AUSTRALIA	English-100	RPT	G	Y
2024-10-03	2400	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 1	It's the start of spring in Cornwall, and jaded city nostrils are savouring the ozone and the salty tang of seaweed drying on lobster pots. Thought turn to things fishy - and Rick Stein's Seafood Restaurant is running flat out. Rick is preparing his version of a seafood paella with squid, monkfish and lobster. Some of Rick's strong culinary influences come from the Far East. On a deserted beach on the Camel estuary, he cooks a green Thai fish curry, full of the flavours of lime, coriander, coconut and fiercely hot chillis.	UNITED KINGDOM	English-100		PG	
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2024-10-03	2600	All Up In My Grill	Apocalypse Burgers	Chef Dale Talde gives summer a run for its money by cooking on his grill. He gives the people a delicious feast of burgers, fries, lamb, and many more.	USA	English-100		PG	
2024-10-03	2630	Come Dine With Me	Liverpool: Sarah	It's night two the Competition in Liverpool and the turn of stand-up comedian Sarah to host and she's opted for an evening of her hearty soul food.	UNITED KINGDOM	English-100		PG	
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2024-10-03	2825	Please Eat Slowly Bitesize	Claypot Rice	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all-in-one. Victor talks through which claypot is best to use, and how you can achieve fluffy rice plus a crispy bottom layer without burning.	AUSTRALIA	English-100	G	
2024-10-03	2830	Come Dine With Me	Gloucestershire 4	This week's competition is in and around charming Cheltenham and glorious Gloucester, where fourth host is 'King of Critique' Dan, who's set the bar high - for himself!	UNITED KINGDOM	English-100	PG	
2024-10-04	0500	David Rocco's Dolce India	Green Bharat, The	When David discovers a dairy farm that makes Italian cheeses in India, he takes it upon himself to investigate. Inspired to see Indians embracing the fundamentals of Italian food, David returns the favour.	CANADA	English-100	G	Y
2024-10-04	0530	Spencer's Big 30	Japanese Take-Out	Craving Japanese take-out but only have \$30 dollars to spend? Chef Spencer Watts has you covered with his hearty and healthy Japanese Take-Out dinner and it'll only take 30 minutes to make.	CANADA	English-100	G	
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2024-10-04	1230	Come Dine With Me	Oxford 5	It's the final night from Oxford, and it's the turn of recruitment consultant and radio show host Ben to try and grab the grand.	UNITED KINGDOM	English-100		PG		
2024-10-04	1300	David Rocco's Dolce India	Spice Guru	Bukhara is one of India's most famous restaurants, known for it's highly guarded dal recipe. David is determined to get the recipe from ITC Bukhara's head Chef Manisha Bhasin, who graciously teaches him the principles of developing his own garam masala and how to use it for flavouring.	CANADA	English-100		G		
2024-10-04	1330	Spencer's Big 30	Vietnamese Take-Out	This Vietnamese Take-Out dinner is a great way to feed your whole crew and it won't break the bank! Chef Spencer Watts kicks off this zippy meal with Vietnamese Chicken Wings that are tossed with a blend of sweet, sour, and savoury sauces and spices, charred in the oven, before it's topped with peanuts and cilantro.	CANADA	English-100		G		
2024-10-04	1400	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 2	The mullet are running up the estuary and Rick has his eye on them. He takes his friend, Brian Bate, for a spot of fishing. Brian's father was a bouncer at Rick's old nightclub before it was closed down by the police in the 1970s. Rick and Brian catch some fine mullet, and Rick is given some wonderful ingredients for a fish tagine. This is his first attempt at the Moroccan recipe, and he enlists the opinion of his youngest son, Charles. If Charles approves, the dish will be added to the resaurant's menu.	UNITED KINGDOM	English-100		G		
2024-10-04	1430	Bizarre Foods: Delicious Destinations	Tahiti	From a Polynesian twist on ceviche to freshwater shrimp coated in a sweet, coconut-curry sauce, Andrew sets sail on a culinary voyage through the signature dishes of Tahiti.	USA	English-100		G		
2024-10-04	1500	Food Unwrapped	Best Of 4 - Saffron, Glace Cherries And White Bait	Kate heads to Morocco to uncover the secrets of saffron fraud. Jimmy finds out what pub grub favourite, 'whitebait', actually is - and learns why we can't get it in Latvian supermarkets.	UNITED KINGDOM	English-100		G		Y
2024-10-04	1530	Royal Recipes	Royal Haunts	On Royal Recipes Presenter Michael Buerk is joined by Chef Anna Haugh in the historic kitchens of one of the UK's finest stately homes.	UNITED KINGDOM	English-100		G		
2024-10-04	1625	Bring A Plate	Nimi's Poori-Chole	Nimi serves up her favorite vegetarian Punjabi dish, Poori-Chole. Even though some guests can't eat spicy food, Nimi shares how to enjoy the dish using yoghurt and pickles so everyone can enjoy it.	AUSTRALIA	English-100		G		Y
2024-10-04	1630	Oliver's Twist	Fish And Chips At Home	Jamie teaches Sarah and Andre, American students studying at the University of London, how to prepare traditional British food. Recipes include fish and chips and minted mushy peas.	UNITED KINGDOM	English-100		G		

2024-10-04	1700	Everyday Gourmet With Justine Schofield	Ep 70	On todays show Justine takes us to the cheeky side with her heaven sent Crunchy Chicken Dippers, Trio Flavour Deep Fried Rockling with Pear Salad and a devilish Turkish Delight Chocolate Swirl Meringues.	AUSTRALIA	English-100	PG			
2024-10-04	1730	My Market Kitchen	Ep 40	Mike kicks off the show with an ideal sharing dish for an informal dinner party, Jollof Rice.	AUSTRALIA	English-100	G			
2024-10-04	1800	Pati's Mexican Table	Los Mochis, Street Taco Favourites	Pati heads to Los Mochis - a coastal city in the northern region of Sinaloa and gets an incredibly delicious tour of the street food, Pati returns to her kitchen to create two mouth-watering taco recipes that take her right back to those street stands in Los Mochis.	USA	English-100	G		Y	
2024-10-04	1830	Pati's Mexican Table	Taste Of Mazatlan, A	Sinaloa's premiere resort town claims 13-miles of beautiful Pacific coastline with boardwalks and pristine streets lined with brightly-coloured homes and some of the best restaurants in Mexico. Pati meets up with two close friends, chefs Luis Osuna and Zahie Tellez, who each give Pati a personal tour of the city, and Chef Luis takes Pati to his family's restaurant, Panama, which started as a small bakery and has grown into one of the biggest food franchises in all of Sinaloa	USA	English-100	G		Y	
2024-10-04	1900	The Cook Up With Adam Liaw	Grilled Feast, The	Tongs at the ready, it's an Easy Entertaining that's all about great grilling, with Hardcore Carnivore Jess Pyles and actor Gary Sweet.	AUSTRALIA	English-100	G		Y	
2024-10-04	1930	Jamie's Food Escapes	Marrakesh	This is Jamie's first time in Marrakesh and his excitement shines through as he explores the city and its extraordinary cuisine born out of the French, Arab and Berber cultures. In the alleyways of the old Medina and the cafes of the Dja El Fna square he tries out the street food of the city.	UNITED KINGDOM	English-100	PG			
2024-10-04	2030	Inside Iceland: A Budget Supermarket	Ep 2	In this episode, with British supermarkets chasing every pound going and under more pressure than ever now that Lidl and Aldi have shaken up the market, the budget chain is under pressure to find new ways to drive costs down.	UNITED KINGDOM	English-100	PG		Y	
2024-10-04	2130	Come Dine With Me	Liverpool: Lisa	This week's competition comes from in and around Liverpool, where fourth up is coffee shop worker Lisa, who intends to treat her guests to the delicious flavours of Mexico.	UNITED KINGDOM	English-100	PG			
2024-10-04	2200	Come Dine With Me	Liverpool: Chris	It's the final night of the competition in Liverpool and last up is carpet and flooring specialist Chris, who's hoping his musically inspired nosh will send him to the top of the leaderboard.	UNITED KINGDOM	English-100	PG			
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2024-10-04	2300	The Cook And The Chef	Mediterranean Style	Having visited Italy many times, Maggie never ceases to be inspired by the culinary philosophy she encountered there, an approach which works perfectly for the Mediterranean climate of the Barossa. She loves the way Italian markets are stacked with really ripe produce, and she loves to pepper her own veggie garden with Italian varieties.	AUSTRALIA	English-100	G			
2024-10-04	2330	Gourmet Farmer Australia	Gourmet Farmer Series 3 Episode 6	Matthew Evans is keen to use all parts of the pig to make sure that he's adding as much value as possible to his future porkers. He has a plan for a 'Breaking Down' day, where one pig is broken down into its constituent parts, ready for cooking and preserving. In Italy it is traditional for the whole community to join in so Matthew will be enlisting the help of his Italian friends as some familiar faces.	AUSTRALIA	English-100	RPT	PG	a w	Y

2024-10-04	2400	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 2	The mullet are running up the estuary and Rick has his eye on them. He takes his friend, Brian Bate, for a spot of fishing. Brian's father was a bouncer at Rick's old nightclub before it was closed down by the police in the 1970s. Rick and Brian catch some fine mullet, and Rick is given some wonderful ingredients for a fish tagine. This is his first attempt at the Moroccan recipe, and he enlists the opinion of his youngest son, Charles. If Charles approves, the dish will be added to the restaurant's menu.	UNITED KINGDOM	English-100		G	
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2024-10-04	2825	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2024-10-04	2830	Come Dine With Me	Gloucestershire 5	Serving up the final food of the week from Cheltenham and Gloucester is equine events organiser Holly.	UNITED KINGDOM	English-100		PG	
2024-10-05	0500	David Rocco's Dolce India	Spice Guru	Bukhara is one of India's most famous restaurants, known for its highly guarded dal recipe. David is determined to get the recipe from ITC Bukhara's head Chef Manisha Bhasin, who graciously teaches him the principles of developing his own garam masala and how to use it for flavouring.	CANADA	English-100		G	
2024-10-05	0530	Spencer's Big 30	Vietnamese Take-Out	This Vietnamese Take-Out dinner is a great way to feed your whole crew and it won't break the bank! Chef Spencer Watts kicks off this zippy meal with Vietnamese Chicken Wings that are tossed with a blend of sweet, sour, and savoury sauces and spices, charred in the oven, before it's topped with peanuts and cilantro.	CANADA	English-100		G	
2024-10-05	0600	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 2	The mullet are running up the estuary and Rick has his eye on them. He takes his friend, Brian Bate, for a spot of fishing. Brian's father was a bouncer at Rick's old nightclub before it was closed down by the police in the 1970s. Rick and Brian catch some fine mullet, and Rick is given some wonderful ingredients for a fish tagine. This is his first attempt at the Moroccan recipe, and he enlists the opinion of his youngest son, Charles. If Charles approves, the dish will be added to the restaurant's menu.	UNITED KINGDOM	English-100		G	
2024-10-05	0630	Bizarre Foods: Delicious Destinations	Tahiti	From a Polynesian twist on ceviche to freshwater shrimp coated in a sweet, coconut-curry sauce, Andrew sets sail on a culinary voyage through the signature dishes of Tahiti.	USA	English-100		G	
2024-10-05	0700	Food Unwrapped	Best Of 4 - Saffron, Glace Cherries And White Bait	Kate heads to Morocco to uncover the secrets of saffron fraud. Jimmy finds out what pub grub favourite, 'whitebait', actually is - and learns why we can't get it in Latvian supermarkets.	UNITED KINGDOM	English-100		G	Y

2024-10-05	0730	Royal Recipes	Royal Haunts	On Royal Recipes Presenter Michael Buerk is joined by Chef Anna Haugh in the historic kitchens of one of the UK's finest stately homes.	UNITED KINGDOM	English-100		G	
2024-10-05	0825	Bring A Plate	Nimi's Poori-Chole	Nimi serves up her favorite vegetarian Punjabi dish, Poori-Chole. Even though some guests can't eat spicy food, Nimi shares how to enjoy the dish using yoghurt and pickles so everyone can enjoy it.	AUSTRALIA	English-100		G	Y
2024-10-05	0830	Oliver's Twist	Fish And Chips At Home	Jamie teaches Sarah and Andre, American students studying at the University of London, how to prepare traditional British food. Recipes include fish and chips and minted mushy peas.	UNITED KINGDOM	English-100		G	
2024-10-05	0900	Everyday Gourmet With Justine Schofield	Ep 70	On todays show Justine takes us to the cheeky side with her heaven sent Crunchy Chicken Dippers, Trio Flavour Deep Fried Rockling with Pear Salad and a devilish Turkish Delight Chocolate Swirl Meringues.	AUSTRALIA	English-100		PG	
2024-10-05	0930	My Market Kitchen	Ep 40	Mike kicks off the show with an ideal sharing dish for an informal dinner party, Jollof Rice.	AUSTRALIA	English-100		G	
2024-10-05	1000	Pati's Mexican Table	Los Mochis, Street Taco Favourites	Pati heads to Los Mochis - a coastal city in the northern region of Sinaloa and gets an incredibly delicious tour of the street food, Pati returns to her kitchen to create two mouth-watering taco recipes that take her right back to those street stands in Los Mochis.	USA	English-100		G	Y
2024-10-05	1030	Pati's Mexican Table	Taste Of Mazatlan, A	Sinaloa's premiere resort town claims 13-miles of beautiful Pacific coastline with boardwalks and pristine streets lined with brightly-coloured homes and some of the best restaurants in Mexico. Pati meets up with two close friends, chefs Luis Osuna and Zahie Tellez, who each give Pati a personal tour of the city, and Chef Luis takes Pati to his family's restaurant, Panama, which started as a small bakery and has grown into one of the biggest food franchises in all of Sinaloa	USA	English-100		G	Y
2024-10-05	1100	The Cook Up With Adam Liaw	Grilled Feast, The	Tongs at the ready, it's an Easy Entertaining that's all about great grilling, with Hardcore Carnivore Jess Pyles and actor Gary Sweet.	AUSTRALIA	English-100		G	Y
2024-10-05	1130	Inside Iceland: A Budget Supermarket	Ep 2	In this episode, with British supermarkets chasing every pound going and under more pressure than ever now that Lidl and Aldi have shaken up the market, the budget chain is under pressure to find new ways to drive costs down.	UNITED KINGDOM	English-100		PG	Y
2024-10-05	1230	Royal Recipes	Royal Haunts	On Royal Recipes Presenter Michael Buerk is joined by Chef Anna Haugh in the historic kitchens of one of the UK's finest stately homes.	UNITED KINGDOM	English-100		G	
2024-10-05	1325	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2024-10-05	1330	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 2	The mullet are running up the estuary and Rick has his eye on them. He takes his friend, Brian Bate, for a spot of fishing. Brian's father was a bouncer at Rick's old nightclub before it was closed down by the police in the 1970s. Rick and Brian catch some fine mullet, and Rick is given some wonderful ingredients for a fish tagine. This is his first attempt at the Moroccan recipe, and he enlists the opinion of his youngest son, Charles. If Charles approves, the dish will be added to the resaurant's menu.	UNITED KINGDOM	English-100		G	
2024-10-05	1400	Food Unwrapped	Best Of 4 - Saffron, Glace Cherries And White Bait	Kate heads to Morocco to uncover the secrets of saffron fraud. Jimmy finds out what pub grub favourite, 'whitebait', actually is - and learns why we can't get it in Latvian supermarkets.	UNITED KINGDOM	English-100		G	Y

2024-10-05	1430	Ainsley's Good Mood Food	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	
2024-10-05	1525	Taste The Philippines With Yasmin Newman	Smoked Bicol Express With Luisa Brimble	Renowned cookbook photographer Louisa Brimble shares her smoky version of bicol express, a classic dish from her hometown in the Philippines.	AUSTRALIA	English-100		G	
2024-10-05	1530	Ainsley's Good Mood Food	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	
2024-10-05	1625	Bring A Plate	Lee's Magwinya	The cute, round balls in the African dessert called Maginwa are proudly served by Lee. This simple dessert was a family favourite of hers in Zimbabwe and the perfect sweet end to this meal.	AUSTRALIA	English-100		G	Y
2024-10-05	1630	Cooking With Curtis	Kendra	Writer and avid foodie Kendra was devastated when she learned she had multiple food allergies. She was encouraged after meeting Laron, who enthusiastically assisted her in the kitchen and adapted his diet to work around foods Kendra needed to avoid.	USA	English-100		G	
2024-10-05	1700	Rick Stein's Seafood Odyssey	Suffolk And Naples	Contemplating life over a bottle of wine against the backdrop of the bay of Naples, Rick has found the perfect place, and person, to start his Seafood Odyssey.	UNITED KINGDOM			PG	a s w
2024-10-05	1730	Lorraine Pascale: Home Cooking Made Easy	Comfort	Pasta has made it onto the comfort menu with Lorraine's easy home-made cracked black pepper pasta which is fantastic with a simple creamy pancetta, mushroom and parmesan sauce made from standby ingredients. Then it's two chocolate treats - chocolate marshmallow fudge and peppermint creams. Comfort in a jar comes in the form of Asian chilli jam. It's ideal to give as a gift or eat by the fireside when the nights are drawing in.	UNITED KINGDOM	English-100		G	
2024-10-05	1800	David Rocco's Italia	Cinque Terre: Keeping Traditions As A Tourist Destination	A picturesque seaside region that's a tourism hot-spot, the Cinque-Terre consists of 5 coastal towns that historically produce wine, seafood, and simple Ligurian food that's heavy on the pesto.	CANADA	English-100		PG	Y
2024-10-05	1830	Beyond River Cottage	Beyond River Cottage Series 1 Ep 1	It's five years since Hugh left London behind for rural Dorset, and now he and his growing family are moving on from River Cottage to the nearby farm of their dreams.	UNITED KINGDOM	English-100		PG	a l w
2024-10-05	1900	Beyond River Cottage	Beyond River Cottage Series 1 Ep 2	It's been several weeks since Hugh took a lease on a collection of barns near his new farm in Dorset. He plans to turn them into a culinary headquarters - a place he can use as an outlet for his home.	UNITED KINGDOM	English-100		PG	
2024-10-05	1930	Alex Polizzi Secret Italy	Portonovo, Rome And Monforte	Alex continues her journey, arriving in central Italy where she will uncover the secrets of the undiscovered Le Marche region. Here, Alex will discover a local seafood delicacy and unleash the credit card with the designer of one of Italy's leading shoe brands. From Le Marche, Alex will cross country to the capital, Rome, one of the greatest cities on Earth and a place that she knows well. It's an opportunity to take a trip down memory lane, meeting ex-boyfriend Luca and it's the perfect prelude to a visit to the hillside village of Monforte, her late grandfather's home.	UNITED KINGDOM	English-100	RPT	G	Y Y
2024-10-05	2025	Destination Flavour China Bitesize	Black Sesame Tangyuan	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y Y
2024-10-05	2030	Gordon, Gino And Fred's Road Trip	Brokeback Mountain	After four weeks on the road Gino's airing his feet in the back seat as the guys cruise along a Texan highway.	UNITED KINGDOM	English-100		PG	l s

2024-10-05	2130	Anthony Bourdain: The Layover	Atlanta	36 hours in Atlanta, The ATL. Tony drives a muscle car then indulges in an old favorite, Fat Matt's Rib Shack.	USA	English-100		PG	I s	
2024-10-05	2225	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
2024-10-05	2230	River Cottage Australia	Ep 6	Paul welcomes home his jersey cow Bessie but it's not the homecoming he was hoping for - Bessie could be barren. Tomato season has sprung and Paul needs to make the most of his troubled crop. He welcomes two new friends to the farm, with expert Passata knowledge passed down by generations. He learns there's more to mushrooms than meets the eye, and takes advantage of the autumn rain by dropping into mates Darcy's to dunk some traps into his dam.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-10-05	2330	Ainsley's Good Mood Food	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		
2024-10-05	2425	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 5	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-10-05	2430	Ainsley's Good Mood Food	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		
2024-10-05	2525	Taste The Philippines With Yasmin Newman	Smoked Bicol Express With Luisa Brimble	Renowned cookbook photographer Louisa Brimble shares her smoky version of bicol express, a classic dish from her hometown in the Philippines.	AUSTRALIA	English-100		G		
2024-10-05	2530	Lorraine Pascale: Home Cooking Made Easy	Comfort	Pasta has made it onto the comfort menu with Lorraine's easy home-made cracked black pepper pasta which is fantastic with a simple creamy pancetta, mushroom and parmesan sauce made from standby ingredients. Then it's two chocolate treats - chocolate marshmallow fudge and peppermint creams. Comfort in a jar comes in the form of Asian chilli jam. It's ideal to give as a gift or eat by the fireside when the nights are drawing in.	UNITED KINGDOM	English-100		G		
2024-10-05	2700	David Rocco's Italia	Cinque Terre: Keeping Traditions As A Tourist Destination	A picturesque seaside region that's a tourism hot-spot, the Cinque-Terre consists of 5 coastal towns that historically produce wine, seafood, and simple Ligurian food that's heavy on the pesto.	CANADA	English-100		PG		Y
2024-10-05	2730	Gordon, Gino And Fred's Road Trip	Brokeback Mountain	After four weeks on the road Gino's airing his feet in the back seat as the guys cruise along a Texan highway.	UNITED KINGDOM	English-100		PG	I s	
2024-10-05	2825	Destination Flavour China Bitesize	Chairman Mao's Pork	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G		Y Y
2024-10-05	2830	Cooking With Curtis	Kendra	Writer and avid foodie Kendra was devastated when she learned she had multiple food allergies. She was encouraged after meeting Laron, who enthusiastically assisted her in the kitchen and adapted his diet to work around foods Kendra needed to avoid.	USA	English-100		G		