



WEEK 41 **Sunday, 6 October 2024** **Saturday, 12 October 2024**

ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Egg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-10-06	0500	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		
2024-10-06	0530	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		
2024-10-06	0600	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			
2024-10-06	0630	River Cottage Australia	Ep 6	Paul welcomes his new 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.	UNITED KINGDOM	English-100	RPT	PG	a w	Y	
2024-10-06	0730	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			
2024-10-06	0825	Bring A Plate	Lee's Magwinya	The cute, round balls in the African dessert called Magwinya 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	
2024-10-06	0830	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			
2024-10-06	0925	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			
2024-10-06	0930	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			
2024-10-06	1000	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		
2024-10-06	1030	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 pancetta, mushroom and parmesan sauce made from standby ingredients.	UNITED KINGDOM	English-100		G			
2024-10-06	1100	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

2024-10-06	1130	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
2024-10-06	1200	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	
2024-10-06	1230	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
2024-10-06	1325	Please Eat Slowly Bitesize	Yee Sang	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100		G	
2024-10-06	1330	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	
2024-10-06	1400	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	RPT	G	Y
2024-10-06	1430	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	RPT	G	Y
2024-10-06	1500	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	RPT	G	Y
2024-10-06	1530	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	RPT	G	Y
2024-10-06	1600	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
2024-10-06	1630	Cooking With Curtis	Greg	Greg wants to cook a meal for his husband, Rob, who has supported him as Greg cares for his aging parents. Curtis guides Greg in making herb crusted lamb.	USA	English-100		PG	
2024-10-06	1700	Rick Stein's Seafood Odyssey	India And Cornwall	Rick flees the restaurant to seek comfort from the sea. Thirty miles out of Padstow, he begins to calm down. Veteran fisherman Ivan Bates introduces Rick to the joys of fishing for the 'best fish in the world' - turbot.	UNITED KINGDOM			PG	a w
2024-10-06	1730	Eating Inn	Kubu & Sawar Terrace: Mandapa By Ritz Carlton Reserve, Bali	Indonesian Chef Bayu looks young but his experience is beyond his years. He's a firm believer that Indonesian chefs will take on the culinary world and be the next best thing.	SINGAPORE	English-100		PG	

2024-10-06	1830	Simply Raymond Blanc	Le Petit Plats	A small, elegant bistro in France has inspired Raymond for today's theme-Le Petit Plats. He promises small plates bursting with fresh ingredients and packed with flavour.	UNITED KINGDOM	English-100		G		
2024-10-06	1930	A Lake District Farmshop	Wabi Sabi	In programme one we meet Asian chef, Bing, whose restaurant, like so many others, has struggled to make a profit during the pandemic. Now he is focusing on a takeaway product and has developed a new ramen noodle dish for the service station. But will Tebay's Head Food Buyer Alex buy into his dish?	UNITED KINGDOM	English-100		G		
2024-10-06	2030	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 8	Could you eat 700 samples of cheese a week? On a visit to a dairy, Rick meets a man who is paid to do just that.	UNITED KINGDOM	English-100		PG	a	
2024-10-06	2100	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 9	Rick's in Falmouth to discover that far from being that 'bit on the end of Britain', Cornwall used to be at the very heart of our Empire's communication system and is still very much a working port today.	UNITED KINGDOM	English-100		PG	a	
2024-10-06	2130	Anthony Bourdain: The Layover	Taipei	During Tony's Layover in Taipei, he discovers ingratiating hosts and a culinary paradise. Soon after landing he heads immediately to one of the famed night markets that offer a dizzying array of mouthwatering options to choose from.	USA	English-100		PG	a l s w	Y
2024-10-06	2225	Destination Flavour Down Under Bitesize	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
2024-10-06	2230	River Cottage Australia	Ep 7	Living so close to the coast has many advantages, like learning how to forage for seaside food. As a valuable member of the community, Paul helps out the largest fire service in the world, the RFS.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-10-06	2330	Cooking With Curtis	Greg	Greg wants to cook a meal for his husband, Rob, who has supported him as Greg cares for his aging parents. Curtis guides Greg in making herb crusted lamb.	USA	English-100		PG		
2024-10-06	2400	Rick Stein's Seafood Odyssey	India And Cornwall	Rick flees the restaurant to seek comfort from the sea. Thirty miles out of Padstow, he begins to calm down. Veteran fisherman Ivan Bates introduces Rick to the joys of fishing for the 'best fish in the world' - turbot.	UNITED KINGDOM			PG	a w	
2024-10-06	2430	Eating Inn	Kubu & Sawar Terrace: Mandapa By Ritz Carlton Reserve, Bali	Indonesian Chef Bayu looks young but his experience is beyond his years. He's a firm believer that Indonesian chefs will take on the culinary world and be the next best thing.	SINGAPORE	English-100		PG		
2024-10-06	2530	Simply Raymond Blanc	Le Petit Plats	A small, elegant bistro in France has inspired Raymond for today's theme-Le Petit Plats. He promises small plates bursting with fresh ingredients and packed with flavour.	UNITED KINGDOM	English-100		G		
2024-10-06	2625	Destination Flavour Down Under Bitesize	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
2024-10-06	2630	A Lake District Farmshop	Wabi Sabi	In programme one we meet Asian chef, Bing, whose restaurant, like so many others, has struggled to make a profit during the pandemic. Now he is focusing on a takeaway product and has developed a new ramen noodle dish for the service station. But will Tebay's Head Food Buyer Alex buy into his dish?	UNITED KINGDOM	English-100		G		
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2024-10-06	2830	Cooking With Curtis	Greg	Greg wants to cook a meal for his husband, Rob, who has supported him as Greg cares for his aging parents. Curtis guides Greg in making herb crusted lamb.	USA	English-100		PG		
2024-10-07	0500	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	RPT	G		Y
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2024-10-07	1230	Come Dine With Me	North West 1	This week's competition is in and around the North West, where the first to host is recruitment manager, Julia.	UNITED KINGDOM	English-100		G		

2024-10-07	1300	David Rocco's Dolce India	Chennai Express	David's comedian friends Mohan and Vidyu take him on a culinary tour of Chennai's Tamil Nadu vegetarian culture, from a typical breakfast to a tour of a snack factory where they teach him how to make chutney.	CANADA	English-100		PG	I
2024-10-07	1330	Spencer's Big 30	Food Truck Take-Out	No time to stop at the food truck, but just can't stop thinking about crispy fried corn dogs or melt in your mouth poutine? Never fear, chef Spencer Watts is here with some Food Truck favourites that takes just 30 minutes and costs about 30 dollars.	CANADA	English-100		G	
2024-10-07	1400	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 3	Rosie, a French fisherwoman who trawls out of Padstow, cooks Rick a sustaining squid stew from her native Bayonne. It is made from huge amounts of red wine, tomatoes, garlic and cayenne pepper.	UNITED KINGDOM	English-100		PG	a w
2024-10-07	1430	Bizarre Foods: Delicious Destinations	Puerto Vallarta	Andrew Zimmern heads to Mexico's Pacific, Puerto Vallarta to explore the local cuisine. He finds local favourites reimagined to the delight of visitors.	USA	English-100		G	
2024-10-07	1500	Food Unwrapped	Best Of 5 - Gluten, Red Wine And Gelatin	Kate is in Romania finding out how cheap red wine is made, and asks if we can really tell the difference between cheap and posh plonk? Jimmy looks into the reasons why many of us are avoiding gluten.	UNITED KINGDOM	English-100		PG	Y
2024-10-07	1530	Royal Recipes	Diplomatic Relations	On Royal Recipes Presenter Michael Buerk is joined by chef Paul Ainsworth in the kitchen wing of one of Britain's grandest stately homes.	UNITED KINGDOM	English-100		G	
2024-10-07	1625	Destination Flavour Japan Bitesize	Hokkaido	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
2024-10-07	1630	Oliver's Twist	Copper's Curries	Jamie teaches members of the London police force how to prepare spicy foods, cellophane noodle salad, monkfish and mango lassi.	UNITED KINGDOM	English-100		G	
2024-10-07	1700	Everyday Gourmet With Justine Schofield	Ep 71	Justine makes us some Crispy Han Noi style Rice Paper Rolls with a traditional dipping sauce, a warming Beef stock and sticky Honeyed Greek Fillo Custard Pies.	AUSTRALIA	English-100		G	
2024-10-07	1730	My Market Kitchen	Ep 41	Laura makes a gluten and dairy free Lemon Drizzle Cake, followed by Mike cooking Baby Barramundi with Red Pepper and Tomato Pesto, accompanied by a Watercress Salad.	AUSTRALIA	English-100		G	
2024-10-07	1800	River Cottage Australia	Ep 1	Fifteen years ago, Hugh Fearnley-Wittingstall embarked on an experiment in sustainability and self-sufficiency. Now he hands the baton to Tasmanian chef Paul West as he sets up his own farm in NSW.	UNITED KINGDOM	English-100	RPT	PG	Y
2024-10-07	1900	The Cook Up With Adam Liaw	One-Try Wonders	It's a wonderful night in The Cook Up kitchen as Adam and his guest's sexologist Chantelle Otten and comedian Lizzy Hoo, make one tray wonders.	AUSTRALIA	English-100		G	Y
2024-10-07	1930	Jamie At Home	Onions	Jamie pulls up some of his first onions of the year and makes a crisp and fresh cheese and onion salad. The red onions he uses in an onion and potato al forno with tender roast pork.	UNITED KINGDOM	English-100		G	
2024-10-07	2000	Luke Nguyen's Vietnam	Hoi An Part 1	Luke travels to the ancient town of Hoi An. The architecture of this historic town is beautiful and at night it is lit with lanterns. Hoi An used to be one of the main trading ports in Vietnam, thus influencing the food and making it a very special place for Luke.	AUSTRALIA	English-100	RPT	PG	Y

2024-10-07	2030	Gordon Ramsay Uncharted	Norway's Viking Country	Chef Ramsay channels his inner Viking to embrace the freezing temperatures of Norway in December and unlock the elusive flavors of its cuisine.	UNITED KINGDOM	English-100		PG	I
2024-10-07	2125	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	
2024-10-07	2130	Come Dine With Me	Bournemouth: Shikha	It's the first day of the competition in Bournemouth, where Pharmacist and Aesthetics Practitioner Shikha is starting the week with a traditional Indian dinner in the hope that it wows her guests.	UNITED KINGDOM	English-100		PG	
2024-10-07	2200	Come Dine With Me	Bournemouth: Ed	It's the second day of the competition in Bournemouth, where bar owner Ed is hoping his evening is going to reign supreme.	UNITED KINGDOM	English-100		PG	
2024-10-07	2230	The Cook Up With Adam Liaw	One-Try Wonders	It's a wonderful night in The Cook Up kitchen as Adam and his guest's sexologist Chantelle Otten and comedian Lizzy Hoo, make one tray wonders.	AUSTRALIA	English-100		G	Y
2024-10-07	2300	The Cook And The Chef	Apples And Onions	Maggie and Simon transform the ordinary into the extraordinary, with a celebration of common ingredients that are humble yet wonderful - apples, onions, and old-fashioned chicken stock.	AUSTRALIA	English-100		G	
2024-10-07	2330	Gourmet Farmer Australia	Gourmet Farmer Series 3 Episode 7	Nick has bought himself a wine fermenter and is hoping to enlist both Matthew and Ross to make a barrel of their own vintage. The three boys go on a Cellar Door road trip around the Tamar Valley, researching both wine varieties and wine making.	AUSTRALIA	English-100	RPT	G	Y
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2024-10-07	2500	Luke Nguyen's Vietnam	Hoi An Part 1	Luke travels to the ancient town of Hoi An. The architecture of this historic town is beautiful and at night it is lit with lanterns. Hoi An used to be one of the main trading ports in Vietnam, thus influencing the food and making it a very special place for Luke.	AUSTRALIA	English-100	RPT	PG	Y
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2024-10-07	2830	David Rocco's Dolce India	Chennai Express	David's comedian friends Mohan and Vidyu take him on a culinary tour of Chennai's Tamil Nadu vegetarian culture, from a typical breakfast to a tour of a snack factory where they teach him how to make chutney.	CANADA	English-100		PG		I
2024-10-08	0500	Spencer's Big 30	Food Truck Take-Out	No time to stop at the food truck, but just can't stop thinking about crispy fried corn dogs or melt in your mouth poutine? Never fear, chef Spencer Watts is here with some Food Truck favourites that takes just 30 minutes and costs about 30 dollars.	CANADA	English-100		G		
2024-10-08	0530	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 3	Rosie, a French fisherwoman who trawls out of Padstow, cooks Rick a sustaining squid stew from her native Bayonne. It is made from huge amounts of red wine, tomatoes, garlic and cayenne pepper.	UNITED KINGDOM	English-100		PG		a w
2024-10-08	0600	Bizarre Foods: Delicious Destinations	Puerto Vallarta	Andrew Zimmern heads to Mexico's Pacific, Puerto Vallarta to explore the local cuisine. He finds local favourites reimagined to the delight of visitors.	USA	English-100		G		
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2024-10-08	0825	Destination Flavour Japan Bitesize	Hokkaido	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
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2024-10-08	1225	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	
2024-10-08	1230	Come Dine With Me	North West 2	This week's competition is in and around the North West and the second host hoping to win the £1,000 cash prize is vocal coach, King.	UNITED KINGDOM	English-100		G	
2024-10-08	1300	David Rocco's Dolce India	Hauz Khas Village	David meets Ravi and Robbie, half-brothers who own the Flipside Cafe in Hauz Khas, Delhi. They ask David to help revamp their menu with some Italian classics like eggplant parmigiana and a simple potato salad.	CANADA	English-100		PG	
2024-10-08	1330	Comfort Food With Spencer Watts	Noodles	Nestled in a cosy winter getaway, chef Spencer Watts prepares delicious food that warms the heart and feeds the soul. In this episode he prepares a rich spaghetti and jumbo meatballs.	CANADA	English-100		G	
2024-10-08	1400	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 4	Rick and Chalkie, his six-year-old Jack Russell terrier, indulge in a Cornish pastime - hunting for spider crabs at low tide in a secluded cove.	UNITED KINGDOM	English-100		PG	a w
2024-10-08	1430	Bizarre Foods: Delicious Destinations	Merida	Andrew Zimmern ventures to Merida, the capital of the Mexican state of Yucatan, to explore the Mayan and Spanish-influenced culture and cuisine.	USA	English-100		G	Y
2024-10-08	1500	Food Unwrapped	Best Of 6 - Figs, Energy Drinks And Kidney Beans	Jimmy investigates the myth that there is a wasp inside your fresh fig. Kate looks into how energy drinks give you a boost, and Matt finds out why you can't eat kidney beans raw.	UNITED KINGDOM	English-100		PG	Y
2024-10-08	1530	Royal Recipes	Country Pursuits	On Royal Recipes presenter Michael Buerk is joined by chef Anna Haugh at one of the country's finest stately homes.	UNITED KINGDOM	English-100		G	
2024-10-08	1625	Destination Flavour Japan Bitesize	Tohoku	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

2024-10-08	1630	Oliver's Twist	Scrumptious And Sinful	Models Jasmine, Vicki, and Polly all love to indulge in scrumptious high carb dinners, so Jamie cooks carpaccio with baby beets, tagliatelle with saffron and lime and basil sorbet for them.	UNITED KINGDOM	English-100		PG		
2024-10-08	1700	Everyday Gourmet With Justine Schofield	Ep 72	Jacques Reymond shows Justine his flavoursome Baked Scallop with Parmesan. Justin makes us Peanut Pancakes and modernises a traditional Bounga.	AUSTRALIA	English-100		G		
2024-10-08	1730	My Market Kitchen	Ep 42	Asian chef Kinsan and Laura make Japanese Vegetable Tempura in the Market Kitchen. Laura then prepares Chicken Schnitzel with Mushroom Sauce and wine expert Adam Walls pairs a couple of lovely wines with it. Mike finishes off with his Forgotten Rice Pudding topped with honey.	AUSTRALIA	English-100		G		
2024-10-08	1800	River Cottage Australia	Ep 2	With Hugh back in the UK, Paul finds himself alone at River Cottage. He sets about getting his winter vegetable crop fed, using an organic fertiliser recipe using the farm's unwanted products.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-10-08	1900	The Cook Up With Adam Liaw	Spring Break	It's spring break at The Cook Up, and chef Claudette Zepeda and Olympic water polo player Tilly Kearns join Adam in the kitchen for all things fresh and tasty!	AUSTRALIA	English-100		G		Y
2024-10-08	1930	The Chocolate Queen	Ep 2	Dive into today's episode as Kirsten presents a decadent chocolate date & meringue cake, luxuriously rich and moist. Continue the journey with Kirsten's soft and fluffy marshmallow wheels, and experience the magic of an extraordinary crème caramel that melts in your mouth.	AUSTRALIA	English-100		G		
2024-10-08	2000	Mary Berry Everyday	Ep 6	As Mary and her husband reach their 50th wedding anniversary it's time to push the boat out. She shares her secrets to showstoppers, recreates 1960s canapes, and finishes the series with sparkle.	UNITED KINGDOM	English-100		PG		
2024-10-08	2030	James Martin's French Adventure	Giverny	James arrives in the misty gardens of Claude Monet's house in Giverny. James sets up his mobile kitchen nearby to cook a delicious dish of crab and dulce. Later, we peek inside Monet's kitchen.	UNITED KINGDOM	English-100		PG	a	
2024-10-08	2125	Please Eat Slowly Bitesize	Yee Sang	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100		G		
2024-10-08	2130	Come Dine With Me	Bournemouth: Ksara	It's the third day of the competition in Bournemouth, where accountant Ksara is hoping a menu inspired by her worldwide travels will soar to success.	UNITED KINGDOM	English-100		PG		
2024-10-08	2200	Come Dine With Me	Bournemouth: Andy	It's the fourth day of the competition in Bournemouth where sales manager Andy is hoping a vegetarian Indian menu will wow his guests.	UNITED KINGDOM	English-100		PG		
2024-10-08	2230	The Cook Up With Adam Liaw	Spring Break	It's spring break at The Cook Up, and chef Claudette Zepeda and Olympic water polo player Tilly Kearns join Adam in the kitchen for all things fresh and tasty!	AUSTRALIA	English-100		G		Y
2024-10-08	2300	The Cook And The Chef	Fish And Eggplant	Maggie and Simon are celebrating traditions. Simon follows some rules and breaks others to come up with a penang laksa that separates the true laksa lovers from the rest, while Maggie does her take on a traditional Sicilian dish called caponata.	AUSTRALIA	English-100		G		
2024-10-08	2330	Gourmet Farmer Australia	Gourmet Farmer Series 3 Episode 8	50 acres of pasture is a lot of grass to manage and the local NRM, who are the group who consult on how to improve and maintain a healthy farm - have told Matthew he desperately needs to get animals to graze his grass - to regenerate it and add fertility to the soil.	AUSTRALIA	English-100	RPT	PG		Y

2024-10-08	2400	Come Dine With Me	North West 2	This week's competition is in and around the North West and the second host hoping to win the £1,000 cash prize is vocal coach, King.	UNITED KINGDOM	English-100		G	
2024-10-08	2430	The Chocolate Queen	Ep 2	Dive into today's episode as Kirsten presents a decadent chocolate date & meringue cake, luxuriously rich and moist. Continue the journey with Kirsten's soft and fluffy marshmallow wheels, and experience the magic of an extraordinary crème caramel that melts in your mouth.	AUSTRALIA	English-100		G	
2024-10-08	2500	Mary Berry Everyday	Ep 6	As Mary and her husband reach their 50th wedding anniversary it's time to push the boat out. She shares her secrets to showstoppers, recreates 1960s canapes, and finishes the series with sparkle.	UNITED KINGDOM	English-100		PG	
2024-10-08	2530	James Martin's French Adventure	Giverny	James arrives in the misty gardens of Claude Monet's house in Giverny. James sets up his mobile kitchen nearby to cook a delicious dish of crab and dulce. Later, we peek inside Monet's kitchen.	UNITED KINGDOM	English-100		PG	a
2024-10-08	2625	Please Eat Slowly Bitesize	Yee Sang	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100		G	
2024-10-08	2630	Come Dine With Me	Bournemouth: Ksara	It's the third day of the competition in Bournemouth, where accountant Ksara is hoping a menu inspired by her worldwide travels will soar to success.	UNITED KINGDOM	English-100		PG	
2024-10-08	2700	Come Dine With Me	Bournemouth: Andy	It's the fourth day of the competition in Bournemouth where sales manager Andy is hoping a vegetarian Indian menu will wow his guests.	UNITED KINGDOM	English-100		PG	
2024-10-08	2730	The Cook And The Chef	Fish And Eggplant	Maggie and Simon are celebrating traditions. Simon follows some rules and breaks others to come up with a penang laksa that separates the true laksa lovers from the rest, while Maggie does her take on a traditional Sicilian dish called caponata.	AUSTRALIA	English-100		G	
2024-10-08	2800	Gourmet Farmer Australia	Gourmet Farmer Series 3 Episode 8	50 acres of pasture is a lot of grass to manage and the local NRM, who are the group who consult on how to improve and maintain a healthy farm - have told Matthew he desperately needs to get animals to graze his grass - to regenerate it and add fertility to the soil.	AUSTRALIA	English-100	RPT	PG	Y
2024-10-08	2830	David Rocco's Dolce India	Hauz Khas Village	David meets Ravi and Robbie, half-brothers who own the Flipside Cafe in Hauz Khas, Delhi. They ask David to help revamp their menu with some Italian classics like eggplant parmigiana and a simple potato salad.	CANADA	English-100		PG	
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2024-10-09	0700	Oliver's Twist	Scrumptious And Sinful	Models Jasmine, Vicki, and Polly all love to indulge in scrumptious high carb dinners, so Jamie cooks carpaccio with baby beets, tagliatelle with saffron and lime and basil sorbet for them.	UNITED KINGDOM	English-100		PG	
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2024-10-09	0825	Destination Flavour Japan Bitesize	Tohoku	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
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2024-10-09	1000	Mary Berry Everyday	Ep 6	As Mary and her husband reach their 50th wedding anniversary it's time to push the boat out. She shares her secrets to showstoppers, recreates 1960s canapes, and finishes the series with sparkle.	UNITED KINGDOM	English-100		PG	
2024-10-09	1030	Gourmet Farmer Australia	Gourmet Farmer Series 3 Episode 8	50 acres of pasture is a lot of grass to manage and the local NRM, who are the group who consult on how to improve and maintain a healthy farm - have told Matthew he desperately needs to get animals to graze his grass - to regenerate it and add fertility to the soil.	AUSTRALIA	English-100	RPT	PG	Y
2024-10-09	1100	The Cook Up With Adam Liaw	Spring Break	It's spring break at The Cook Up, and chef Claudette Zepeda and Olympic water polo player Tilly Kearns join Adam in the kitchen for all things fresh and tasty!	AUSTRALIA	English-100		G	Y
2024-10-09	1130	James Martin's French Adventure	Giverny	James arrives in the misty gardens of Claude Monet's house in Giverny. James sets up his mobile kitchen nearby to cook a delicious dish of crab and dulce. Later, we peek inside Monet's kitchen.	UNITED KINGDOM	English-100		PG	a
2024-10-09	1225	Please Eat Slowly Bitesize	Yee Sang	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100		G	
2024-10-09	1230	Come Dine With Me	North West 3	This week's competition is in the North West, where our third host, rapper Zee, is looking to woo his guests with an evening of culture and musical marvel, along with Far Eastern eats and homegrown grub.	UNITED KINGDOM	English-100		PG	
2024-10-09	1300	David Rocco's Dolce India	Homesick Blues	On a long trip to India, David is bound to feel homesick. He and chef Massimo Gullotta spend the day indulging in Italian foods and customs, including a turbulent trip to sea to catch their own fish, followed by some hard bargaining at the fish auction.	CANADA	English-100		PG	a w
2024-10-09	1330	Comfort Food With Spencer Watts	Brunch Food	Spencer and the crew are having some bad weather. Snow and sleet inspire some brunch dishes including apple cereal dusted popovers, and a skillet sweet potato and sausage egg bake.	CANADA	English-100		G	

2024-10-09	1400	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 5	One of Britain's most popular fish is plaice, which Rick cooks in a special sauce, made with red wine, leeks and parma ham. He names the sauce after his sons band - Pablo.	UNITED KINGDOM	English-100		PG	a	w
2024-10-09	1430	Bizarre Foods: Delicious Destinations	El Paso	Andrew Zimmern is in El Paso, where Texas meets Mexico on the border as well as in the kitchen. The city is filled to the brim of its 10-gallon hat with Tex-Mex cuisine as well as Mexican classics.	USA	English-100		G		
2024-10-09	1500	Pati's Mexican Table	El Fuerte, Magic Town	Pati travels to the northern part of Sinaloa and the town of El Fuerte, one of Mexico's 'Pueblos Magicos' or magic towns. El Fuerte was founded in 1563 right at a bend in the Fuerte river. Now a quiet colonial town, for over 300 years it was the most important commercial and agricultural center in northwest Mexico. After a walking tour and a stop at the Hotel Posada Hidalgo to try their famous caques, a local type of langoustine, Pati creates a few lobster recipes in her kitchen inspired by the experience.	USA	English-100		G		Y
2024-10-09	1530	Royal Recipes	Commonwealth	Presenter Michael Buerk is joined by chef Paul Ainsworth on Royal Recipes to showcase food inspired by the Commonwealth.	UNITED KINGDOM	English-100		G		
2024-10-09	1625	Destination Flavour Japan Bitesize	Ishikawa	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
2024-10-09	1630	Oliver's Twist	Great Packed Lunches	Bicycle couriers Steven and David pedal all day long in London and usually only eat sandwiches to keep them going. Jamie shows them how to prepare tasty lunches, including squashed cherry tomato salad, meatballs and calzones.	UNITED KINGDOM	English-100		G		
2024-10-09	1700	Everyday Gourmet With Justine Schofield	Ep 73	Justine is joined by ex-Masterchef contestant Byron Finnerty to share his Caprese Salad with Burrata Mozzarella. Justine shows us the secrets to making a two Pead Guacamole and how to make the perfect Peach Mustard Sauce for your Pork Fillet.	AUSTRALIA	English-100		G		
2024-10-09	1730	My Market Kitchen	Ep 43	Guest chef Adam D'Sylva kicks off with his delicious Vietnamese Chicken and Bean Salad. Laura follows with Lamb and Feta Koftas with Flatbread and Yoghurt.	AUSTRALIA	English-100		G		
2024-10-09	1800	River Cottage Australia	Ep 3	With his cows, chooks and veges thriving, Paul decides it's time to explore the nearby coastline and discovers an abundant source of seafood delicacies.	UNITED KINGDOM	English-100	RPT	PG	a	Y
2024-10-09	1900	The Cook Up With Adam Liaw	Bread	Tonight, Adam and his guests, brilliant bakers Grego Montalban Sanchez and Hayley Thorncraft, rise to the challenge of making incredible bread recipes.	AUSTRALIA	English-100		G		Y
2024-10-09	1930	Marcus Wareing: Simply Provence	Chocolate	There is one delicious food that is adored across the world. It may have started life in South America as the humble cocoa bean, but it's the Swiss, Belgians and of course French, who've turned it into an ingredient we all adore.	UNITED KINGDOM	English-100		G		Y
2024-10-09	2000	Nadiya's Time To Eat	Nadiya's Summer Feasts, Special	Nadiya fires up the BBQ and cooks a delicious leg of lamb with sticky rhubarb glaze, alongside zingy kiwi and feta salad, fresh and fragrant edamame wild rice, and a spectacular glazed bread stuffed with olives and blue cheese.	UNITED KINGDOM	English-100		G		
2024-10-09	2030	Hugh's Three Good Things	Crab	It's competition time at River Cottage and the culinary battle is hotting up as our three chefs take on the crab challenge.	UNITED KINGDOM	English-100		PG		I

2024-10-09	2100	Masters Of Taste With Gary Mehigan	Delhi - Kashmiri Food	Hot kahwah, baked goodies and mutton mats! Gary Mehigan enjoys a Kashmiri feast and cooks Morels for Amit Kilam and The Indian Ocean.	USA	English-100		G	
2024-10-09	2130	Come Dine With Me	Bournemouth: Sarah	It's the final night of the competition in Bournemouth and it's the turn of driving instructor Sarah who is aiming to dazzle her guests with a wedding themed evening.	UNITED KINGDOM	English-100		PG	
2024-10-09	2200	Come Dine With Me	Belfast: Chantal	This week's competition is in Northern Ireland, where first to host is single mum of two, weddings and events business owner, Kerry. Kerry hopes to dazzle her guests by putting on a Mexican Fiesta.	UNITED KINGDOM	English-100		G	
2024-10-09	2230	The Cook Up With Adam Liaw	Bread	Tonight, Adam and his guests, brilliant bakers Grego Montalban Sanchez and Hayley Thorncraft, rise to the challenge of making incredible bread recipes.	AUSTRALIA	English-100		G	Y
2024-10-09	2300	The Cook And The Chef	Eggplant And Bananas	While wandering through Adelaide's Himeji Gardens, Simon recalls an inspirational trip to Japan and the insights he gained about its chefs' discipline and their treatment of fish. He returned to Australia with an extraordinary knife made by artisans who once crafted Samurai swords.	AUSTRALIA	English-100		G	
2024-10-09	2330	Gourmet Farmer Australia	Gourmet Farmer Series 3 Episode 9	Matthew, Nick and Ross go on a sailing adventure to Maria Island on Tasmania's east coast. The boys learn how to sail, meet some keen fishermen, are visited by dolphins and whales, and explore Maria Island, hiking and snorkelling at the marine national park.	AUSTRALIA	English-100	RPT	G	Y
2024-10-09	2400	Come Dine With Me	North West 3	This week's competition is in the North West, where our third host, rapper Zee, is looking to woo his guests with an evening of culture and musical marvel, along with Far Eastern eats and homegrown grub.	UNITED KINGDOM	English-100		PG	
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2024-10-09	2500	Nadiya's Time To Eat	Nadiya's Summer Feasts, Special	Nadiya fires up the BBQ and cooks a delicious leg of lamb with sticky rhubarb glaze, alongside zingy kiwi and feta salad, fresh and fragrant edamame wild rice, and a spectacular glazed bread stuffed with olives and blue cheese.	UNITED KINGDOM	English-100		G	
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2024-10-10	0630	Pati's Mexican Table	El Fuerte, Magic Town	Pati travels to the northern part of Sinaloa and the town of El Fuerte, one of Mexico's 'Pueblos Magicos' or magic towns. El Fuerte was founded in 1563 right at a bend in the Fuerte river. Now a quiet colonial town, for over 300 years it was the most important commercial and agricultural center in northwest Mexico. After a walking tour and a stop at the Hotel Posada Hidalgo to try their famous cauques, a local type of langoustine, Pati creates a few lobster recipes in her kitchen inspired by the experience.	USA	English-100		G		Y
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2024-10-10	1000	Nadiya's Time To Eat	Nadiya's Summer Feasts, Special	Nadiya fires up the BBQ and cooks a delicious leg of lamb with sticky rhubarb glaze, alongside zingy kiwi and feta salad, fresh and fragrant edamame wild rice, and a spectacular glazed bread stuffed with olives and blue cheese.	UNITED KINGDOM	English-100		G		

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2024-10-10	1230	Come Dine With Me	North West 4	This week's competition is in the North West, where tonight's host is 44-year-old filmmaker and acting coach, Pete.	UNITED KINGDOM	English-100		PG		
2024-10-10	1300	David Rocco's Dolce India	Carnival In Goa	David takes part in the Carnival of Goa, which marks the day before Lent and is an all-out celebration: three full days of eating, drinking, and partying.	CANADA	English-100		G		
2024-10-10	1330	Comfort Food With Spencer Watts	Handhelds	Peak behind the scenes as Spencer juggles social media demands with his on-camera work and makes a jumbo rib sandwich with rainbow slaw and sweet BBQ sauce, and then a crispy fried fish sandwich.	CANADA	English-100		G		
2024-10-10	1400	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 6	The most important day in Padstow's calendar has the locals beating out the spirits of winter and welcoming summer. May Day means the little town is full of beating drums and laughter.	UNITED KINGDOM	English-100		PG	I	
2024-10-10	1430	Bizarre Foods: Delicious Destinations	Bay Area	California's East Bay area is a thriving multi-ethnic community. Andrew Zimmern highlights the culinary hot spots where Chinese Dim Sum, Indian Pani Puri, American Soul food and Mexican tacos are being served up in traditional style.	USA	English-100		G		
2024-10-10	1500	Pati's Mexican Table	Jinetes, Adventure In The Mountains	Pati travels into the mountains of Sinaloa to the tiny village of Jinetes - a place that appears to be stuck in time. The small population of barely 100 people live on whatever the land gives them. Miles and miles removed from civilization, they've managed to preserve their customs and recipes for generations. Pati is the first visitor to come learn from their culinary traditions and they've prepared a feast fit for the occasion.	USA	English-100		G		Y
2024-10-10	1530	Royal Recipes	Day At The Races	On Royal Recipes, presenter Michael Buerk is joined by top London chef Anna Haugh at one of Britain's grandest stately home to celebrate food served up to the Royal family when they enjoy a day at the races.	UNITED KINGDOM	English-100		G		
2024-10-10	1625	Destination Flavour Japan Bitesize	Mie And Aichi	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
2024-10-10	1630	Oliver's Twist	Kitchen Builders	Jamie treats the men renovating his flat to a 'thank you' meal. Dishes include chick pea and leek soup, braised lamb shanks, and English trifle.	UNITED KINGDOM	English-100		G		
2024-10-10	1700	Everyday Gourmet With Justine Schofield	Ep 74	On today's show Justine teaches us how to make juicy Grilled Balmain Bugs and puts a twist on the classic custard pot.	AUSTRALIA	English-100		G		

2024-10-10	1730	My Market Kitchen	Ep 44	Laura and vegetable farmer Catherine Velisha make Spiced Pumpkin and Feta Health Rolls. Mike and guest Darren Purchase then prepare Porridge with Coconut, Ginger, and Turmeric.	AUSTRALIA	English-100		G		
2024-10-10	1800	River Cottage Australia	Ep 4	With a malfunctioning water tank and no dams to rely on, Paul's suddenly faced with a farmer's worst fear: a critical shortage of water.	UNITED KINGDOM	English-100	RPT	PG	a	Y
2024-10-10	1900	The Cook Up With Adam Liaw	Fine Dining At Home	It's fine dining at home, as two of the finest chefs in the country, Jae Bang and Trisha Greentree, join Adam to make some mighty fine food.	AUSTRALIA	English-100		G		Y
2024-10-10	1930	Ainsley's Great Garden Cook Off	Joseph Denison Carey And Georgina Hayden	Ainsley is joined by chefs Georgina Hayden and Joseph Denison Carey for a light-hearted cooking contest in Bickling Hall's stunning kitchen garden.	UNITED KINGDOM	English-100		G		
2024-10-10	2030	Nico Reynolds: All Fired Up	Gas Man	Nico believes that everything tastes better when you cook it over fire, whether that's charcoal or gas! In this episode, he's got great tips for gas grillers and can even show you how to make cooking on your gas BBQ feel and taste like cooking over charcoal.	IRELAND	English-100		PG		
2024-10-10	2100	All Up In My Grill	Sausage Egg & Cheese All Day Long	Chef Dale Talde brings out the best of brunch with sweet and savoury hits such as bacon wrapped dates stuffed with chorizo, maple sausage, egg, and cheese fried rice and BBQ duck, egg, and corn scallion pancake sandwiches.	USA	English-100		G		
2024-10-10	2130	Come Dine With Me	Belfast: Kate	This week's competition is in Northern Ireland, where third to host is writer and illustrator Kate.	UNITED KINGDOM	English-100		PG		
2024-10-10	2200	Come Dine With Me	Belfast: Julie	Sales executive Julie manifests good vibes on her positively purple night. But when her violet visions leave one guest perplexed, will there be more manifesting than digesting?	UNITED KINGDOM	English-100		PG		
2024-10-10	2230	The Cook Up With Adam Liaw	Fine Dining At Home	It's fine dining at home, as two of the finest chefs in the country, Jae Bang and Trisha Greentree, join Adam to make some mighty fine food.	AUSTRALIA	English-100		G		Y
2024-10-10	2300	The Cook And The Chef	Pheasants And Mushrooms	Maggie Beer, the cook who in so many ways defines regional cuisine, owes her success to what she describes as the audacity to embark on a journey based on nothing more than an instinct to cook. She reveals her secrets for cooking the bird that started it all.	AUSTRALIA	English-100		G		
2024-10-10	2330	Gourmet Farmer Australia	Gourmet Farmer Series 3 Episode 10	It's been a year since Matthew expanded his business and bought the new farm and it's been a steep learning curve for both him and Sadie. Their passion to have visitors to Fat Pig Farm to share and experience their lifestyle has led them to set a date for their very first open day and feast.	AUSTRALIA	English-100	RPT	G		Y
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2024-10-11	0825	Destination Flavour Japan Bitesize	Mie And Aichi	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
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2024-10-11	1230	Come Dine With Me	North West 5	This week's competition is in the North West, where tonight's host is 30-year-old HR manager and trainee therapist, Jane.	UNITED KINGDOM	English-100		PG	a	
2024-10-11	1300	David Rocco's Dolce India	Talkin' Toddy	David is on a mission to discover Goa's unique blend of Portuguese and Indian cultures one dish at a time, including the oh so delectable Goan sausage. He also learns all about the toddy vinegar, an important ingredient in vindaloo.	CANADA	English-100		G		
2024-10-11	1330	Comfort Food With Spencer Watts	Soup, Bowl, Blanket, Couch	Spencer cooks a dreamy creamy turkey and wild rice blanquette with fresh fluffy bannock and a sweet tarragon butter. Then he makes a rich cauliflower korma soup with warm spices and cashews.	CANADA	English-100		PG		
2024-10-11	1400	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 7	It is the day of the Seafood Restaurant staff's barbeque, where cooks, cleaners and waiters get together on the beach for a really good time. Rick cooks a suitably special dish - spicy seafood curry.	UNITED KINGDOM	English-100		G		
2024-10-11	1430	Bizarre Foods: Delicious Destinations	Aruba	Andrew Zimmern takes a culinary tour of Aruba, where the climate is as warm as the people. He indulges in local favorites like hearty Dutch pea soup, comforting yet elegant seafood cazuela and sweet, buttery cashew cake.	USA	English-100		G		
2024-10-11	1500	Pati's Mexican Table	El Chepe, Railway To The Past	Originally conceived as a trade route linking cattle markets in Kansas City to the nearest Pacific Ocean port in Mexico, which is Topolobampo. Today the El Chepe railway is a historic passenger train that connects the city of Los Mochis to Chihuahua with stunning views of the Sinaloa countryside and the Copper Canyon. In this episode, Pati will ride the first section of the train's journey - from Los Mochis to El Fuerte. She will tour the train's kitchen and sit down with chef Daniel De Los Santos to taste the gourmet offerings from the train's restaurant.	USA	English-100		PG		Y

2024-10-11	1530	Royal Recipes	Afternoon Tea	Presenter Michael Buerk is joined by chef Paul Ainsworth as Royal Recipes looks at food created for the meal which is said to be the Queen's favourite; afternoon tea.	UNITED KINGDOM	English-100		G		
2024-10-11	1625	Destination Flavour Japan Bitesize	Tokyo Part 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
2024-10-11	1630	Oliver's Twist	More Than Just A Lettuce Leaf	Jamie cooks up a range of vegetarian dishes, including a mushroom sarnie, tagliatelle, and pecan and vanilla ice cream.	UNITED KINGDOM	English-100		PG		
2024-10-11	1700	Everyday Gourmet With Justine Schofield	Ep 75	Today Justine makes a breakfast dream with Ham Hock, Coddled Eggs and tops it off with a spinach sauce.	AUSTRALIA	English-100		G		
2024-10-11	1730	My Market Kitchen	Ep 45	Laura teams up with wine expert Adam Walls to pair wines with her Oysters with Fennel and Cucumber Vinaigrette. Mike makes a warming Sausage and Lentil Casserole, followed by guest chef Warren Mendes with his spicy Singapore Chilli Prawns.	AUSTRALIA	English-100		G		
2024-10-11	1800	River Cottage Australia	Ep 5	River Cottage is on its way to becoming self-sufficient. With his own herbs, vegetables, eggs and cream from Bessie the cow, Paul whips up his first ever 'all from the farm' meal.	UNITED KINGDOM	English-100	RPT	PG	Y	
2024-10-11	1900	The Cook Up With Adam Liaw	Bakery Brunch: Pies, Pasties & Sausage Rolls, The	Ready the sauce! It's an Easy Entertaining that celebrates pastry, as Adam and his guests, comedian Jenny Tian and chef Kane Pollard make pies, pastie and sausage rolls.	AUSTRALIA	English-100		G	Y	
2024-10-11	1930	Jamie's Food Escapes	Andalucia	Andalucia in Southern Spain, is all about having celebrating ingredients and produce. Jamie, based around Ronda and Estepona, joins trainee bullfighters practising in Spain's oldest bull ring - with a trolley with horns. He eats heavenly cakes cooked by nuns from a closed order, cooks rabbit stew, joins in the festivities as a giant statue of the Madonna is carried from a church by 100 men to the sea and cooks a giant paella for a whole village.	UNITED KINGDOM	English-100		PG	a l w	
2024-10-11	2030	Inside Iceland: A Budget Supermarket	Ep 3	Brits who are seeking more value for money are buying more frozen food. Iceland is battling to keep its frozen crown as supermarkets look to cash in.	UNITED KINGDOM	English-100		G		Y
2024-10-11	2130	Come Dine With Me	Belfast: Emmanuella	Emmanuella aims to spice up her night by kicking and twerking her way to the top spot. But is dry chicken and a hair in their fare what her guests really, really want?	UNITED KINGDOM	English-100		PG		
2024-10-11	2200	Come Dine With Me	Belfast: Kerry	Kerry is hoping to win her guests over with a family style welcome and share and tear menu. She's hoping they will dig in, kick back and feel at home.	UNITED KINGDOM	English-100		PG		
2024-10-11	2230	The Cook Up With Adam Liaw	Bakery Brunch: Pies, Pasties & Sausage Rolls, The	Ready the sauce! It's an Easy Entertaining that celebrates pastry, as Adam and his guests, comedian Jenny Tian and chef Kane Pollard make pies, pastie and sausage rolls.	AUSTRALIA	English-100		G	Y	
2024-10-11	2300	The Cook And The Chef	Pumpkins And Hazelnuts	Simon and Maggie celebrate new season pumpkins. As well as advising everyone to use that bit of spare space at home to grow them. Simon takes his home grown pumpkins, crusts them with Dukkah and then roasts them.	AUSTRALIA	English-100		G		
2024-10-11	2330	Gourmet Farmer	Goodbye Puggle Farm	After selling his original Puggle Farm, Matthew Evans moves his family to the much larger Fat Pig Farm, where he has a dream to build a farm-to-table restaurant in the upper paddock. When the doors are flung open, Matthew will be put to the test as a restaurateur. Food critic turned farmer turned restaurateur - how hard can it be?	AUSTRALIA	English-100	RPT	G	Y	

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2024-10-11	2525	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 4	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
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2024-10-12	1430	Ainsley's Good Mood Food	Nuts And Seeds	Ainsley is using nuts and seeds to create all his tasty dishes in today's show, His first recipe roasted beetroot, candied walnut and goat's cheese salad is full of earthy flavours using nuts.	UNITED KINGDOM	English-100	G			
2024-10-12	1525	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
2024-10-12	1530	Ainsley's Good Mood Food	Vegetables	Ainsley is getting his five a day as vegetables are the star of all today's recipes. There's a spicy start with his crispy cauliflower bites with a kickin' Korean sauce, great for sharing.	UNITED KINGDOM	English-100	G			
2024-10-12	1625	Taste The Philippines With Yasmin Newman	Longanisa Sausage Roll With John Rivera	John Rivera, Chef de partie and founder of Melbourne's Filipino ice cream chain Kariton Sorbetes, shares his recipe for Filipino-inspired sausage rolls with banana ketchup.	AUSTRALIA	English-100	G			
2024-10-12	1630	Cooking With Curtis	Nanette	During the pandemic, Nanette cooked her way through Curtis' book, 'What's For Dinner?' and started culinary school.	USA	English-100	PG			
2024-10-12	1700	Rick Stein's Seafood Odyssey	Spain And Britain	Rick experiences such a moment when he visits the small seaside village of Mousehole in Cornwall. On a chilly winter afternoon he welcomes the warmth of the nearby pub where the locals are sharing the local speciality - Stargazy Pie - cooked once a year to celebrate the saving of the village from starvation.	UNITED KINGDOM		PG		a w	
2024-10-12	1730	Lorraine Pascale: Home Cooking Made Easy	Favourites	It's Lorraine's favourite meal of the week - Sunday lunch. Comforting, leisurely and easy with her slow roast pork shoulder with crispy crackling, garlic roast vegetables, and gravy.	UNITED KINGDOM	English-100	G			
2024-10-12	1800	David Rocco's Italia	Fat Bologna, City Of Food	Known as Italy's pasta and food capital David learns first hand how serious Bolognese people are about fats- from the heavy, rich butter based pasta sauces to the delicious mortadella and salumi to the pork stuffed tortellini.	CANADA	English-100	G			Y
2024-10-12	1830	Beyond River Cottage	Beyond River Cottage Series 1 Ep 3	Hugh's sow Maggie is due to give birth to piglets. There is little Hugh can do to help except build a maternity room and leave her to it.	UNITED KINGDOM	English-100	PG		a w	
2024-10-12	1900	Beyond River Cottage	Beyond River Cottage Series 1 Ep 4	On May Day every year you can find the Wessex Morris Men dancing on the Cerne Abbas Giant. Crowds gather to watch the event and this presents Hugh with the perfect opportunity to make some cash selling chocolate waffles.	UNITED KINGDOM	English-100	PG		a w	
2024-10-12	1930	Alex Polizzi Secret Italy	Naples And Ravello	The Campania region is the setting for the penultimate part of Alex's journey. Beginning in Naples, she will immerse herself in the chaos of the city, and feel the fear of living in the shadow of Mt Vesuvius. Following the trail of the Grand Tour, Alex heads to the Amalfi coast, the setting for a memorable part of her honeymoon, where she visits the prestigious Villa Cimbrone and samples the authentic cuisine of Ravello's celebrity cook, Mamma Agata.	UNITED KINGDOM	English-100	RPT	PG	Y	Y

2024-10-12	2025	A Taste Of Island Dreams	Island Dreams Satay Skewers	For the perfect skewers, Alimah was taught to imagine she was sewing a running stitch when threading the skewer through the meat. She shares an Island Dreams satay favourite.	AUSTRALIA	English-100	G			
2024-10-12	2030	Gordon, Gino And Fred's Road Trip	Unseen Bits	Gordon, Gino and Fred take a trip down memory lane reliving their epic road trips across Mexico, the USA and Morocco, revealing all the funniest unseen bits and bloopers that didn't make it on TV, until now!	UNITED KINGDOM	English-100				Y
2024-10-12	2130	Anthony Bourdain: The Layover	New Orleans	Tony heads to New Orleans for 36 hours in effort to drink, eat and experience as much of the city as he can handle. From Cajun classics to classic cocktails, this layover is packed with some of the best food and finest drink one could hope for.	USA	English-100	PG	I s		
2024-10-12	2225	Taste The Philippines With Yasmin Newman	Longanisa Sausage Roll With John Rivera	John Rivera, Chef de partie and founder of Melbourne's Filipino ice cream chain Kariton Sorbetes, shares his recipe for Filipino-inspired sausage rolls with banana ketchup.	AUSTRALIA	English-100	G			
2024-10-12	2230	River Cottage Australia	Ep 8	It's Paul's first summer on the farm and he eagerly waits for his sows Dolly and Pinky to give birth. This year the bar is being set even higher for the final feast at River Cottage.	UNITED KINGDOM	English-100	RPT	PG	a	Y
2024-10-12	2330	Ainsley's Good Mood Food	Nuts And Seeds	Ainsley is using nuts and seeds to create all his tasty dishes in today's show, His first recipe roasted beetroot, candied walnut and goat's cheese salad is full of earthy flavours using nuts.	UNITED KINGDOM	English-100	G			
2024-10-12	2425	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
2024-10-12	2430	Ainsley's Good Mood Food	Vegetables	Ainsley is getting his five a day as vegetables are the star of all today's recipes. There's a spicy start with his crispy cauliflower bites with a kickin' Korean sauce, great for sharing.	UNITED KINGDOM	English-100	G			
2024-10-12	2525	A Taste Of Island Dreams	Island Dreams Satay Skewers	For the perfect skewers, Alimah was taught to imagine she was sewing a running stitch when threading the skewer through the meat. She shares an Island Dreams satay favourite.	AUSTRALIA	English-100	G			
2024-10-12	2530	Cooking With Curtis	Nanette	During the pandemic, Nanette cooked her way through Curtis' book, 'What's For Dinner?' and started culinary school.	USA	English-100	PG			
2024-10-12	2600	Rick Stein's Seafood Odyssey	Spain And Britain	Rick experiences such a moment when he visits the small seaside village of Mousehole in Cornwall. On a chilly winter afternoon he welcomes the warmth of the nearby pub where the locals are sharing the local speciality - Stargazy Pie - cooked once a year to celebrate the saving of the village from starvation.	UNITED KINGDOM		PG	a w		
2024-10-12	2630	Lorraine Pascale: Home Cooking Made Easy	Favourites	It's Lorraine's favourite meal of the week - Sunday lunch. Comforting, leisurely and easy with her slow roast pork shoulder with crispy crackling, garlic roast vegetables, and gravy.	UNITED KINGDOM	English-100	G			
2024-10-12	2700	David Rocco's Italia	Fat Bologna, City Of Food	Known as Italy's pasta and food capital David learns first hand how serious Bolognese people are about fats- from the heavy, rich butter based pasta sauces to the delicious mortadella and salumi to the pork stuffed tortellini.	CANADA	English-100	G			Y
2024-10-12	2730	Alex Polizzi Secret Italy	Naples And Ravello	The Campania region is the setting for the penultimate part of Alex's journey. Beginning in Naples, she will immerse herself in the chaos of the city, and feel the fear of living in the shadow of Mt Vesuvius. Following the trail of the Grand Tour, Alex heads to the Amalfi coast, the setting for a memorable part of her honeymoon, where she visits the prestigious Villa Cimbrone and samples the authentic cuisine of Ravello's celebrity cook, Mamma Agata.	UNITED KINGDOM	English-100	RPT	PG		Y Y

2024-10-12	2825	Taste The Philippines With Yasmin Newman	Longanisa Sausage Roll With John Rivera	John Rivera, Chef de partie and founder of Melbourne's Filipino ice cream chain Kariton Sorbetes, shares his recipe for Filipino-inspired sausage rolls with banana ketchup.	AUSTRALIA	English-100	G	
2024-10-12	2830	Beyond River Cottage	Beyond River Cottage Series 1 Ep 3	Hugh's sow Maggie is due to give birth to piglets. There is little Hugh can do to help except build a maternity room and leave her to it.	UNITED KINGDOM	English-100	PG	a w