



WEEK 42 Sunday, 13 October 2024 Saturday, 19 October 2024

ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Egg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-10-13	0500	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		
2024-10-13	0530	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			
2024-10-13	0600	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	English-100		PG	a w		
2024-10-13	0630	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	
2024-10-13	0730	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			
2024-10-13	0825	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
2024-10-13	0830	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			
2024-10-13	0925	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			
2024-10-13	0930	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
2024-10-13	1000	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	English-100		PG	a w		

2024-10-13	1030	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		
2024-10-13	1100	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		
2024-10-13	1130	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
2024-10-13	1200	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
2024-10-13	1230	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
2024-10-13	1330	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
2024-10-13	1400	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	RPT	G		Y
2024-10-13	1430	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	RPT	G		Y
2024-10-13	1500	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	RPT	G		Y
2024-10-13	1530	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	RPT	G		Y
2024-10-13	1600	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
2024-10-13	1630	Cooking With Curtis	Sandra	Sandra is confident with her abilities in the kitchen but wants to surprise her sister Kendra, who is the consummate host, with pro tips from Curtis.	USA	English-100		G		
2024-10-13	1700	Rick Stein's Seafood Odyssey	Goa And America	It's six o'clock in the morning, and Rick is on a tropical beach in Goa, where the rising sun is shadowing the fishermen as they haul in the first of the day's catch.	UNITED KINGDOM	English-100		PG	a	w
2024-10-13	1730	Eating Inn	Yuichi Yoshi Omakase: Crown, Sydney	From the hustle and bustle of the Crown's ground floor TWR we make our way up to a tiny and very exclusive culinary gem.	SINGAPORE	English-100		PG	a	w

2024-10-13	1830	Simply Raymond Blanc	Cheese	Raymond often jests that the British probably consume more cheese than their French friends across the channel -he's right- it's a fact. And what's not to love about all things cheese?	UNITED KINGDOM	English-100		G		
2024-10-13	1930	A Lake District Farmshop	Ceramics	The Service Station's Head Lifestyle Buyer, Tracy, gets her hands dirty as she meets ceramicist Mary, who has been supplying the farmshop for 20 years.	UNITED KINGDOM	English-100		G		
2024-10-13	2030	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 10	In our fields and hedgerows are plants that are delicious, and plants that are deadly, as Rick learns from a professional forager who takes him on a tour around the beautiful Camel Estuary.	UNITED KINGDOM	English-100		PG	a w	
2024-10-13	2100	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 11	Rick joins a team diving for Razor Clams, which he takes back to the kitchen to make a quick but tasty dish of grilled Shangurro Clams.	UNITED KINGDOM	English-100		PG	a w	
2024-10-13	2130	Anthony Bourdain: The Layover	Seattle	Tony has 48 hours in Seattle. First stop: a 'proper hunk of bleeding meat' at Canlis, then an artisanal cheese binge at Calf & Kid, followed by oysters at Walrus and the Carpenter before Tony ends his layover at the infamous Shorty's.	USA	English-100		PG	a l s	Y
2024-10-13	2225	Destination Flavour China Bitesize	Tibetan Yak Belly Stew	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
2024-10-13	2230	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 1	In over a year, Paul's farm has grown from a hobby farm into a serious small holder, but without proper infrastructure, he needs to plan for the future.	UNITED KINGDOM	English-100	RPT	PG		Y
2024-10-13	2330	Cooking With Curtis	Sandra	Sandra is confident with her abilities in the kitchen but wants to surprise her sister Kendra, who is the consummate host, with pro tips from Curtis.	USA	English-100		G		
2024-10-13	2400	Rick Stein's Seafood Odyssey	Goa And America	It's six o'clock in the morning, and Rick is on a tropical beach in Goa, where the rising sun is shadowing the fishermen as they haul in the first of the day's catch.	UNITED KINGDOM	English-100		PG	a w	
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2024-10-13	2530	Simply Raymond Blanc	Cheese	Raymond often jests that the British probably consume more cheese than their French friends across the channel -he's right- it's a fact. And what's not to love about all things cheese?	UNITED KINGDOM	English-100		G		
2024-10-13	2625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 7	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
2024-10-13	2630	A Lake District Farmshop	Ceramics	The Service Station's Head Lifestyle Buyer, Tracy, gets her hands dirty as she meets ceramicist Mary, who has been supplying the farmshop for 20 years.	UNITED KINGDOM	English-100		G		
2024-10-13	2730	Anthony Bourdain: The Layover	Seattle	Tony has 48 hours in Seattle. First stop: a 'proper hunk of bleeding meat' at Canlis, then an artisanal cheese binge at Calf & Kid, followed by oysters at Walrus and the Carpenter before Tony ends his layover at the infamous Shorty's.	USA	English-100		PG	a l s	Y

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2024-10-14	1230	Come Dine With Me	North West 6	This week's competition is in the North West, where last to host is administrator Christine, who's hoping to win her guests over with an evening of chilled out, no fuss food.	UNITED KINGDOM	English-100		PG			
2024-10-14	1300	David Rocco's Dolce India	Goan Fishing	In Goa, David heads out on a crab fishing expedition with some local fisherman in a nearby river. Afterwards, he meets up with internationally renowned chef Cyrus Todiwala, who takes him to the local fish market to check out what's on offer.	CANADA	English-100		PG	a l w		
2024-10-14	1330	Comfort Food With Spencer Watts	One Pot Comfort	Spencer keeps the dishes to a minimum with his ham hock and barley risotto with green peas, a seafood and andouille sausage gumbo with puff pastry cap and Tuscan smothered bone-in pork chops.	CANADA	English-100		G			
2024-10-14	1400	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 8	Rick is in Australia, which he first visited in the 1960s. Thirty years ago, the country's cuisine was nothing to write home about. But over the years, he has seen an enormous change.	UNITED KINGDOM	English-100		PG	I n		
2024-10-14	1500	Pati's Mexican Table	Mocorito, The Land Of Chilorio	Founded in 1594, Mocorito is a quiet, colourful colonial town known for one of Sinaloa's most beloved recipes - a slow-simmered pork dish called chilorio. Pati visits the home of Victoria Gonzalez, a cook known for having one of the best chilorio recipes in town.	USA	English-100		G		Y	
2024-10-14	1530	Royal Recipes	Royal Consorts	On Royal Recipes, presenter Michael Buerk is joined by chef Anna Haugh in the splendour of one of Britain's finest stately homes.	UNITED KINGDOM	English-100		G			
2024-10-14	1625	Destination Flavour Fillers	Episode 1	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y	
2024-10-14	1630	Hidden Flavours Of India	Excitement	Our protagonist, Ruchi is a food enthusiast, writer, and national award winning documentary filmmaker.	INDIA	English-50; Hindi-50				Y	
2024-10-14	1700	The Wandering Chef	Ep 1	In the first episode of Wandering Chef, our chef and host Ranveer Brar and his team travel to Alwar, Rajasthan, the birthplace of milk cake.	INDIA	English-50; Hindi-50		G		Y	
2024-10-14	1730	My Market Kitchen	Ep 46	Chef Mod joins Laura to make Crispy Thai Fish Cakes. Laura follows with a delicious White Chocolate and Craisin Cookie. To close the show, Mike makes a scrumptious Deep-Fried Apple Pie with Creme Frai	AUSTRALIA	English-100		G			
2024-10-14	1800	River Cottage Australia	Ep 6	Paul is keen to restore the gully that acts as a natural watercourse on his farm, but it's almost totally overgrown with blackberries. Paul hires a herd of hefty eaters to deal with the problem.	UNITED KINGDOM	English-100	RPT	PG	a w	Y	
2024-10-14	1900	The Cook Up With Adam Liaw	Tinned Tomatoes	A pantry staple becomes the hero tonight as Adam and his guests, comedian Mel Buttie and chef Dom Wilton make magic with tinned tomatoes.	AUSTRALIA	English-100		G		Y	
2024-10-14	1930	Jamie At Home	Carrots And Beets	Purple, white and gold carrots, pink and white striped beetroots. The garden throws up a multicoloured feast of beautiful carrots and beets that form the basis of Jamie's recipes.	UNITED KINGDOM	English-100		PG			
2024-10-14	2000	Luke Nguyen's Vietnam	Hoi An Part 2	In the final episode of his journey, Luke continues in Hoi An where vibrant markets are bustling and magnificent produce is available for him to cook with. Spoilt by choice, Luke makes the most of what the town has on offer, and later he journeys out of town on a food discovery tour.	AUSTRALIA	English-100	RPT	G		Y	Y

2024-10-14	2030	Stanley Tucci: Searching For Italy	Venice	Stanley Tucci visits the Veneto, home to the 'Floating City' of Venice. Once the centre of a world-trading empire, Tucci explores the ingenuity of the Venetians, who have embraced the unexpected delights and challenges of the lagoon, reaping the benefits of Veneto's fertile land.	USA	English-90; Italian-10	RPT	PG	a l w	Y	Y
2024-10-14	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			
2024-10-14	2130	Come Dine With Me	North Wales: Saffron	This week's competition is in and around North Wales, where the first to host is 24 year old, spray tan artist, Saffron.	UNITED KINGDOM	English-100		G			Y
2024-10-14	2200	Come Dine With Me	North Wales: Jake	It's the second night of the competition in North Wales and the turn of law student Jake to showcase his favourite vegetable-the mighty Welsh leek.	UNITED KINGDOM	English-100		G			
2024-10-14	2230	The Cook Up With Adam Liaw	Tinned Tomatoes	A pantry staple becomes the hero tonight as Adam and his guests, comedian Mel Buttler and chef Dom Wilton make magic with tinned tomatoes.	AUSTRALIA	English-100		G		Y	
2024-10-14	2300	The Cook And The Chef	Year Of The Pig	It's the Chinese Year of the Pig, and Maggie and Simon are celebrating in the best way possible by sharing pork recipes.	AUSTRALIA	English-100		G			
2024-10-14	2330	Gourmet Farmer	Money Matters	As the building of his new house on Fat Pig Farm gets underway, Matthew sets about improving other areas of the farm in preparation for his new farm-to-table restaurant. Produce needs to be source, the vegetable garden needs a major overhaul - but at the moment, there is a lot more money going out the door than coming in.	AUSTRALIA	English-100	RPT	G		Y	
2024-10-14	2400	David Rocco's Dolce India	Goan Fishing	In Goa, David heads out on a crab fishing expedition with some local fisherman in a nearby river. Afterwards, he meets up with internationally renowned chef Cyrus Todiwala, who takes him to the local fish market to check out what's on offer.	CANADA	English-100		PG	a l w		
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2024-10-14	2530	Stanley Tucci: Searching For Italy	Venice	Stanley Tucci visits the Veneto, home to the 'Floating City' of Venice. Once the centre of a world-trading empire, Tucci explores the ingenuity of the Venetians, who have embraced the unexpected delights and challenges of the lagoon, reaping the benefits of Veneto's fertile land.	USA	English-90; Italian-10	RPT	PG	a l w	Y	Y
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2024-10-14	2730	Royal Recipes	Royal Consorts	On Royal Recipes, presenter Michael Buerk is joined by chef Anna Haugh in the splendour of one of Britain's finest stately homes.	UNITED KINGDOM	English-100		G		
2024-10-14	2825	Destination Flavour Fillers	Episode 1	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y
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2024-10-15	0500	Comfort Food With Spencer Watts	One Pot Comfort	Spencer keeps the dishes to a minimum with his ham hock and barley risotto with green peas, a seafood and andouille sausage gumbo with puff pastry cap and Tuscan smothered bone-in pork chops.	CANADA	English-100		G		
2024-10-15	0530	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 8	Rick is in Australia, which he first visited in the 1960s. Thirty years ago, the country's cuisine was nothing to write home about. But over the years, he has seen an enormous change.	UNITED KINGDOM	English-100		PG		I n
2024-10-15	0630	Pati's Mexican Table	Mocorito, The Land Of Chilorio	Founded in 1594, Mocorito is a quiet, colourful colonial town known for one of Sinaloa's most beloved recipes - a slow-simmered pork dish called chilorio. Pati visits the home of Victoria Gonzalez, a cook known for having one of the best chilorio recipes in town.	USA	English-100		G		Y
2024-10-15	0700	Hidden Flavours Of India	Excitement	Our protagonist, Ruchi is a food enthusiast, writer, and national award winning documentary filmmaker.	INDIA	English-50; Hindi-50				Y
2024-10-15	0730	Royal Recipes	Royal Consorts	On Royal Recipes, presenter Michael Buerk is joined by chef Anna Haugh in the splendour of one of Britain's finest stately homes.	UNITED KINGDOM	English-100		G		
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2024-10-15	0830	The Wandering Chef	Ep 1	In the first episode of Wandering Chef, our chef and host Ranveer Brar and his team travel to Alwar, Rajasthan, the birthplace of milk cake.	INDIA	English-50; Hindi-50		G		Y
2024-10-15	0900	My Market Kitchen	Ep 46	Chef Mod joins Laura to make Crispy Thai Fish Cakes. Laura follows with a delicious White Chocolate and Craisin Cookie. To close the show, Mike makes a scrumptious Deep-Fried Apple Pie with Creme Frai	AUSTRALIA	English-100		G		
2024-10-15	0930	River Cottage Australia	Ep 6	Paul is keen to restore the gully that acts as a natural watercourse on his farm, but it's almost totally overgrown with blackberries. Paul hires a herd of hefty eaters to deal with the problem.	UNITED KINGDOM	English-100	RPT	PG	a w	Y

2024-10-15	1030	Gourmet Farmer	Money Matters	As the building of his new house on Fat Pig Farm gets underway, Matthew sets about improving other areas of the farm in preparation for his new farm-to-table restaurant. Produce needs to be source, the vegetable garden needs a major overhaul - but at the moment, there is a lot more money going out the door than coming in.	AUSTRALIA	English-100	RPT	G		Y	
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2024-10-15	1230	Come Dine With Me	Stroud 1	This week's competition is in Stroud, where first up is housewife and horse trainer, Melanie, who's opted for a quick and easy vegetarian menu so she can focus on a glamorous night of hosting and partying.	UNITED KINGDOM	English-100		G			
2024-10-15	1300	David Rocco's Dolce India	Beach And Jungle	David heads deep into the rainforest of Goa to visit the Savoi Plantations. Managed and run by the Shetye family, this plantation is over 200 years old and covers an area of 100 acres. Here, they grow all manners of Indian fruits including coconut and mango, as well as almost every spice under the sun!	CANADA	English-100		G			
2024-10-15	1330	Comfort Food With Spencer Watts	Dressed Up Comfort	Spencer tells us the truth about who is the biggest diva on the show and whips us some dressed up comfort food, including Chicken Kiev with Thai red curry butter and lemongrass whipped potatoes.	CANADA	English-100		G			
2024-10-15	1400	Rick Stein's Food Heroes	Cornwall	Rick begins the series on home ground - Cornwall. Against a backdrop of stunning scenery, he samples clotted cream and saffron cakes and visits a specialist pasty shop at the Lizard peninsula to find out how to make the perfect traditional oggie.	UNITED KINGDOM	English-100		G			
2024-10-15	1430	Bizarre Foods: Delicious Destinations	Curacao	Andrew enjoys the bold and tropical flavors of Curacao, a small Caribbean island off the coast of Venezuela. The former Dutch trading hub has a local cuisine that blends its diverse history with seafood, African-inspired stews, Indonesian flavors and iconic Dutch cheese dishes.	USA	English-100		PG	a w		Y
2024-10-15	1500	Pati's Mexican Table	Celestino And Las Barras	Celestino Gasca didn't exist until about 30 years ago. Now, this rural seaside town is becoming a vacation destination due to its magnificent untouched beaches and idyllic surfing conditions. Pati meets with local restaurant owner Carmen and helps her cook one of Sinaloa's most iconic recipes - pescado zarandeado.	USA	English-100		PG	a w		Y
2024-10-15	1530	Royal Recipes	On The Move	On Royal Recipes, presenter Michael Buerk is joined by chef Paul Ainsworth celebrate food inspired by the Royal family's tours overseas and at home.	UNITED KINGDOM	English-100		G	a		
2024-10-15	1625	Destination Flavour Fillers	Episode 2	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y	
2024-10-15	1630	Hidden Flavours Of India	Resilient	The next morning Ruchi wakes up to the wonderful serenity of the land of the clouds, Meghalaya. What hidden flavours await?	INDIA	English-50; Hindi-50					Y
2024-10-15	1700	The Wandering Chef	Ep 2	Chef Ranveer Brar traverses Leela fort in the pink city of Jaipur, then prepares food by submerging it in the ground, a technique formerly employed by combatants.	INDIA	English-50; Hindi-50		G			Y

2024-10-15	1730	My Market Kitchen	Ep 47	Laura and David Mann whip up French Crepes with Lemon and Honey. Mike then prepares his Friday Night Fake-away Fish and Chips, English style. Lastly, Laura makes a Turkey Roll with Craisin Chutney.	AUSTRALIA	English-100		G	
2024-10-15	1800	River Cottage Australia	Ep 7	The local ladies have a big job for Paul and there might be a sweet reward in return. If he can help them paint their headquarters, they've offered to share some of their cake-making secrets with him.	UNITED KINGDOM	English-100	RPT	PG	Y
2024-10-15	1900	The Cook Up With Adam Liaw	Fast Fuel	Just like a servo for your body, Adam and his guests, chef John Ralley and Paralympic great Ellie Cole make some fast fuel.	AUSTRALIA	English-100		G	Y
2024-10-15	1930	The Chocolate Queen	Ep 3	Kirsten unveils a show-stopping chocolate lollipop creation that's sure to impress. Also featured are her tasty and playful jam biscuits, velvety white chocolate and ginger fudge, and apple and cinnamon twists loaded with golden chocolate.	AUSTRALIA	English-100		PG	
2024-10-15	2000	Mark Moriarty: Off Duty Chef	Ep 1	Off Duty, Chef is back for a brand new series with Mark Moriarty as he brings the skills and techniques of the restaurant kitchen to elevate home cooking.	UNITED KINGDOM	English-100		G	
2024-10-15	2030	James Martin's French Adventure	Paris	James travels to the Pollane Bakery in Paris, which uses a starter dough that dates back to 1932. He's inspired to create a bavette steak baguette with a gin and cucumber savarin.	UNITED KINGDOM	English-100		PG	
2024-10-15	2130	Come Dine With Me	North Wales: Joey	It's the third night of the competition in North Wales and former beauty queen turned property developer Joey's turn to host.	UNITED KINGDOM	English-100		PG	
2024-10-15	2200	Come Dine With Me	North Wales: Piers	It's the fourth night of the competition in North Wales and this time make-up artist Piers is taking centre stage.	UNITED KINGDOM	English-100		PG	
2024-10-15	2230	The Cook Up With Adam Liaw	Fast Fuel	Just like a servo for your body, Adam and his guests, chef John Ralley and Paralympic great Ellie Cole make some fast fuel.	AUSTRALIA	English-100		G	Y
2024-10-15	2300	The Cook And The Chef	Middle Eastern Cuisine	Maggie and Simon's culinary worlds meet in the middle, the Middle East. Both our cook and chef have been greatly influenced by the cuisine from this ancient land and are eager to share it with us.	AUSTRALIA	English-100		G	
2024-10-15	2330	Gourmet Farmer	Happiness Is Handmade	As their new house nears completion, Matthew and Sadie turn their minds to filling it up with artisan, hand-made objects - be it a green-wood milk stool, a ceramic crock for sauerkraut, or a custom timber kitchen. And with the restaurant foundations finally being laid, Matthew goes in search of inspiration for dishes to put on the menu at Fat Pig Kitchen.	AUSTRALIA	English-100	RPT	G	Y
2024-10-15	2400	David Rocco's Dolce India	Beach And Jungle	David heads deep into the rainforest of Goa to visit the Savoi Plantations. Managed and run by the Shetye family, this plantation is over 200 years old and covers an area of 100 acres. Here, they grow all manners of Indian fruits including coconut and mango, as well as almost every spice under the sun!	CANADA	English-100		G	
2024-10-15	2430	The Chocolate Queen	Ep 3	Kirsten unveils a show-stopping chocolate lollipop creation that's sure to impress. Also featured are her tasty and playful jam biscuits, velvety white chocolate and ginger fudge, and apple and cinnamon twists loaded with golden chocolate.	AUSTRALIA	English-100		PG	
2024-10-15	2500	Mark Moriarty: Off Duty Chef	Ep 1	Off Duty, Chef is back for a brand new series with Mark Moriarty as he brings the skills and techniques of the restaurant kitchen to elevate home cooking.	UNITED KINGDOM	English-100		G	

2024-10-15	2530	James Martin's French Adventure	Paris	James travels to the Poilane Bakery in Paris, which uses a starter dough that dates back to 1932. He's inspired to create a bavette steak baguette with a gin and cucumber savarin.	UNITED KINGDOM	English-100		PG		
2024-10-15	2625	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		
2024-10-15	2630	Come Dine With Me	North Wales: Joey	It's the third night of the competition in North Wales and former beauty queen turned property developer Joey's turn to host.	UNITED KINGDOM	English-100		PG		
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2024-10-15	2825	Destination Flavour Fillers	Episode 2	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y
2024-10-15	2830	Come Dine With Me	Stroud 1	This week's competition is in Stroud, where first up is housewife and horse trainer, Melanie, who's opted for a quick and easy vegetarian menu so she can focus on a glamorous night of hosting and partying.	UNITED KINGDOM	English-100		G		
2024-10-16	0500	Comfort Food With Spencer Watts	Dressed Up Comfort	Spencer tells us the truth about who is the biggest diva on the show and whips us some dressed up comfort food, including Chicken Kiev with Thai red curry butter and lemongrass whipped potatoes.	CANADA	English-100		G		
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2024-10-16	0630	Pati's Mexican Table	Celestino And Las Barras	Celestino Gasca didn't exist until about 30 years ago. Now, this rural seaside town is becoming a vacation destination due to its magnificent untouched beaches and idyllic surfing conditions. Pati meets with local restaurant owner Carmen and helps her cook one of Sinaloa's most iconic recipes - pescado zarandeado.	USA	English-100		PG	a w	Y
2024-10-16	0700	Hidden Flavours Of India	Resilient	The next morning Ruchi wakes up to the wonderful serenity of the land of the clouds, Meghalaya. What hidden flavours await?	INDIA	English-50; Hindi-50				Y
2024-10-16	0730	Royal Recipes	On The Move	On Royal Recipes, presenter Michael Buerk is joined by chef Paul Ainsworth celebrate food inspired by the Royal family's tours overseas and at home.	UNITED KINGDOM	English-100		G	a	
2024-10-16	0825	Destination Flavour Fillers	Episode 2	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y

2024-10-16	0830	The Wandering Chef	Ep 2	Chef Ranveer Brar traverses Leela fort in the pink city of Jaipur, then prepares food by submerging it in the ground, a technique formerly employed by combatants.	INDIA	English-50; Hindi-50	G		Y
2024-10-16	0900	My Market Kitchen	Ep 47	Laura and David Mann whip up French Crepes with Lemon and Honey. Mike then prepares his Friday Night Fake-away Fish and Chips, English style. Lastly, Laura makes a Turkey Roll with Craisin Chutney.	AUSTRALIA	English-100	G		
2024-10-16	0930	River Cottage Australia	Ep 7	The local ladies have a big job for Paul and there might be a sweet reward in return. If he can help them paint their headquarters, they've offered to share some of their cake-making secrets with him.	UNITED KINGDOM	English-100	RPT	PG	Y
2024-10-16	1030	Gourmet Farmer	Happiness Is Handmade	As their new house nears completion, Matthew and Sadie turn their minds to filling it up with artisan, hand-made objects - be it a green-wood milk stool, a ceramic crock for sauerkraut, or a custom timber kitchen. And with the restaurant foundations finally being laid, Matthew goes in search of inspiration for dishes to put on the menu at Fat Pig Kitchen.	AUSTRALIA	English-100	RPT	G	Y
2024-10-16	1100	The Cook Up With Adam Liaw	Fast Fuel	Just like a servo for your body, Adam and his guests, chef John Ralley and Paralympic great Ellie Cole make some fast fuel.	AUSTRALIA	English-100	G		Y
2024-10-16	1130	James Martin's French Adventure	Paris	James travels to the Poilane Bakery in Paris, which uses a starter dough that dates back to 1932. He's inspired to create a bavette steak baguette with a gin and cucumber savarin.	UNITED KINGDOM	English-100		PG	
2024-10-16	1225	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	
2024-10-16	1230	Come Dine With Me	Stroud 2	It's the second night of the competition from Stroud and the turn of the only man in this week's group, Elliot, to cook.	UNITED KINGDOM	English-100		PG	
2024-10-16	1300	David Rocco's Dolce India	Backwaters Of Kerala, The	Kollam is a beautiful old seaport and city in Kerala known for its breathtaking backwaters. David gets a chance to explore life in this verdant region: he goes digging for clams, he takes a tour aboard a floating restaurant down the river, and he cooks for guests at a local hotel.	CANADA	English-100		PG	a w
2024-10-16	1330	Comfort Food With Spencer Watts	Better The Next Day	Food can often be better the next day! Spencer uses left over BBQ chicken to dress up some fried tortillas bathed in homemade Queso, fresh pico di Gallo, cilantro cream and a mess of delicious cheese.	CANADA	English-100		G	
2024-10-16	1400	Rick Stein's Food Heroes	Southern England	Rick tries some garlic fudge at the Isle of Wight garlic festival. He is more impressed with a bacon buttie that he buys from a stall, and sets off to find its source. Pig farmer Stuart Pearce presents a wonderful philosophy for farming happy, healthy pigs.	UNITED KINGDOM	English-100		G	
2024-10-16	1430	Bizarre Foods: Delicious Destinations	Seville	Andrew explores the city of Seville, Spain, where socializing includes long nights of communal eating and drinking. With impeccable delicacies like the cured ham of Iberico pig and gazpacho.	USA	English-100		G	Y
2024-10-16	1500	Pati's Mexican Table	Bread Basket, The	Pati visits home cooks and iconic restaurants all over Sinaloa, sampling some of the state's most iconic dishes. Dishes explored include fish chicharron with a master fish butcher in Maviri, to a rustic pan de mujer with a family of bread makers in Altata.	USA	English-100		G	Y
2024-10-16	1530	Royal Recipes	Spice	In today's programme, presenter Michael Buerk and chef Anna Haugh recreate George V's favourite curry,	UNITED KINGDOM	English-100		G	

2024-10-16	1625	Destination Flavour Fillers	Episode 3	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y
2024-10-16	1630	Hidden Flavours Of India	Triumphant	To know more about the food of a place the best option is to visit its bazaars. So Ruchi visits the main market of Shillong, Lewduh, also called Bara bazar.	INDIA	English-50; Hindi-50				Y
2024-10-16	1700	The Wandering Chef	Ep 3	Our chef samples the city's delicious street cuisine, then visits the prestigious Sindhya Palace and cooks alongside its imperial experts.	INDIA	English-50; Hindi-50		G		Y
2024-10-16	1730	My Market Kitchen	Ep 48	Laura starts the show in the Market Kitchen with her glorious and healthy Flourless Chocolate Cake.	AUSTRALIA	English-100		G		
2024-10-16	1800	River Cottage Australia	Ep 8	It's been nearly four months since Hugh returned to River Cottage in the UK to let Paul do it alone. Now he's back, and he's amazed at what he finds.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-10-16	1900	The Cook Up With Adam Liaw	Fast Fresh Bites	Tonight's food is quick and easy, as Adam and his guests, musician Elly-May Barnes and chef Hamish Ingham make fast fresh bites.	AUSTRALIA	English-100		G		Y
2024-10-16	1930	Marcus Wareing: Simply Provence	Fish	It's fair to say that when it comes to our national classic dishes, the French and the Brits like to do things differently.	UNITED KINGDOM	English-100		G		Y
2024-10-16	2000	Nadiya's Fast Flavours	Comfort Food	Nadiya Hussain kicks off this six-part series with her take on comfort food and every recipe is fizzing with flavour. A classic macaroni cheese is transformed with the addition of evaporated milk for richness, Worcestershire sauce for depth of flavour, and crushed cheese puffs for the ultimate cheesy kick.	UNITED KINGDOM	English-100		G		
2024-10-16	2030	Hugh's Three Good Things	Mackerel	It's day four of this week's cooking competition and the stakes are high, with everyone cooking Hugh's favourite fish: mackerel.	UNITED KINGDOM	English-100		PG	a w	
2024-10-16	2100	Masters Of Taste With Gary Mehigan	Jaipur - Rajput Food	Gary Mehigan learns a traditional recipe from a Rajput family and tries his hand at pit cooking for the first time.	USA	English-100		G		
2024-10-16	2130	Come Dine With Me	North Wales: Laura	It's the final night of the competition in North Wales, where clinical practitioner Laura is hosting a day at the races and hopes to pip her competitors to the post, for that 1000 pounds prize.	UNITED KINGDOM	English-100		G		
2024-10-16	2200	Come Dine With Me	Bolton: Katie	This week's competition is in and around Bolton, where the first to host is glamorous mum and teacher Katie.	UNITED KINGDOM	English-100		PG	s	
2024-10-16	2230	The Cook Up With Adam Liaw	Fast Fresh Bites	Tonight's food is quick and easy, as Adam and his guests, musician Elly-May Barnes and chef Hamish Ingham make fast fresh bites.	AUSTRALIA	English-100		G		Y
2024-10-16	2300	The Cook And The Chef	Hand Food	How do you eat when you're on the go, wandering around a music festival or even working down a mineshaft? You need something you can eat with your hands. On The Cook and the Chef this week Maggie and Simon draw on Australia's multicultural influences to dish up two very different versions of 'hand food'.	AUSTRALIA	English-100		G		

2024-10-16	2330	Gourmet Farmer	Nose To Tail	After slaughtering a cow on the farm, Matthew Evans wants to honour its life with a complete nose to tail experience - meaning using its meat, its offal, and its hide.	AUSTRALIA	English-100	RPT	PG	a w	Y
2024-10-16	2400	David Rocco's Dolce India	Backwaters Of Kerala, The	Kollam is a beautiful old seaport and city in Kerala known for its breathtaking backwaters. David gets a chance to explore life in this verdant region: he goes digging for clams, he takes a tour aboard a floating restaurant down the river, and he cooks for guests at a local hotel.	CANADA	English-100		PG	a w	
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2024-10-16	2825	Destination Flavour Fillers	Episode 3	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y
2024-10-16	2830	Come Dine With Me	Stroud 2	It's the second night of the competition from Stroud and the turn of the only man in this week's group, Elliot, to cook.	UNITED KINGDOM	English-100		PG		
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2024-10-17	0630	Pati's Mexican Table	Bread Basket, The	Pati visits home cooks and iconic restaurants all over Sinaloa, sampling some of the state's most iconic dishes. Dishes explored include fish chicharron with a master fish butcher in Maviri, to a rustic pan de mujer with a family of bread makers in Altata.	USA	English-100	G			Y
2024-10-17	0700	Hidden Flavours Of India	Triumphant	To know more about the food of a place the best option is to visit its bazaars. So Ruchi visits the main market of Shillong, Lewduh, also called Bara bazar.	INDIA	English-50; Hindi-50				Y
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2024-10-17	0900	My Market Kitchen	Ep 48	Laura starts the show in the Market Kitchen with her glorious and healthy Flourless Chocolate Cake.	AUSTRALIA	English-100	G			
2024-10-17	0930	River Cottage Australia	Ep 8	It's been nearly four months since Hugh returned to River Cottage in the UK to let Paul do it alone. Now he's back, and he's amazed at what he finds.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-10-17	1030	Gourmet Farmer	Nose To Tail	After slaughtering a cow on the farm, Matthew Evans wants to honour its life with a complete nose to tail experience - meaning using its meat, its offal, and its hide.	AUSTRALIA	English-100	RPT	PG	a w	Y
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2024-10-17	1130	Hugh's Three Good Things	Mackerel	It's day four of this week's cooking competition and the stakes are high, with everyone cooking Hugh's favourite fish: mackerel.	UNITED KINGDOM	English-100	PG		a w	
2024-10-17	1200	Masters Of Taste With Gary Mehigan	Jaipur - Rajput Food	Gary Mehigan learns a traditional recipe from a Rajput family and tries his hand at pit cooking for the first time.	USA	English-100	G			
2024-10-17	1230	Come Dine With Me	Stroud 3	This week's competition is in Stroud, where third to host this week is Belarusian rocker Tatsy, and she's trying to impress her guests by giving them a taste of 'Mother Russia', which is inspired by her culture and heritage.	UNITED KINGDOM	English-100	PG			
2024-10-17	1300	David Rocco's Dolce India	Beef In Fort Kochi	The historic region of Fort Kochi boasts an unexpected blend of cultural influences including Chinese, Indian, Portuguese and British. It also happens to be one of the few places in India where you can eat beef. David goes on a hunt for the good stuff, enjoying chili fried and dry-fried beef at one of the local shacks.	CANADA	English-100	G			

2024-10-17	1330	Comfort Food With Spencer Watts	Simply Delicious Seafood	Outside the lake may be frozen, but inside Spencer shares his recipe for succulent salmon stuffed with creamed spinach, sun dried tomatoes and olives and serves them with fudgy Greek-style potatoes.	CANADA	English-100		G		
2024-10-17	1400	Rick Stein's Food Heroes	London, Midlands And East England	At London's Borough Market, which Rick Stein favourably compares with markets on the continent, he samples a superb eel pie and mash lunch at Manze's. He then heads for Leicestershire, to visit an organic, free-range goose farm and meet Britain's sole producer of Aylesbury ducks.	UNITED KINGDOM	English-100		PG		
2024-10-17	1430	Bizarre Foods: Delicious Destinations	Fez	Andrew Zimmern travels to the colourful and chaotic Moroccan city of Fez. It is the perfect place to experience North African foods like tagine-cooked meats, pastille, zaalouk, bessara and bouchettes.	USA	English-100		G		Y
2024-10-17	1500	Pati's Mexican Table	Home Cooking Sinaloa Style	Known as 'Mexico's Bread Basket,' Sinaloa produces about 40 percent of the meat and produce consumed in all of Mexico. Pati travels the countryside - to farms and fisheries.	USA	English-100		PG	a w	Y
2024-10-17	1530	Royal Recipes	Holidays And Travels	On today's show, presenter Michael Buerk and chef Anna Haugh fire up the barbecue to cook a favourite dish of Princess Anne.	UNITED KINGDOM	English-100		G		
2024-10-17	1625	Destination Flavour Fillers	Episode 4	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y
2024-10-17	1630	Hidden Flavours Of India	Courage	Meet food tech entrepreneur Hironmoy, who wants to make local food global through his enterprise "Goan Ha Khana" (village food). He feels that he can take on international companies everywhere!	INDIA	English-50; Hindi-50				Y
2024-10-17	1700	The Wandering Chef	Ep 4	Join us for an incredible breakfast in Surat, where we met Mr. Gopal and learn how to create locho.	INDIA	English-50; Hindi-50		G		Y
2024-10-17	1730	My Market Kitchen	Ep 49	Laura is joined in the Market Kitchen by vegetable farmer Catherine Velisha, and they have fun making a fresh, crunchy, and vibrant Zucchini Salad.	AUSTRALIA	English-100		G		
2024-10-17	1800	River Cottage Australia	Ep 1	Time has passed and the seasons have changed at River Cottage Australia. Paul West is about to experience his first summer on the land. Will he have enough water, food and produce to keep the farm thriving throughout the drier months?	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-10-17	1900	The Cook Up With Adam Liaw	Spicy Sausage	It's a spicy sausage spectacular, and the heat is on Adam's guests, chef Ruben Lopez Mesa and radio host Megan Burslem.	AUSTRALIA	English-100		G		Y
2024-10-17	1930	Ainsley's Great Garden Cook Off	Briony May Williams & Gaz Oakley	Ainsley is joined by chefs Briony May Williams and Gaz Oakley in Bristol for a light-hearted cooking contest in the National Trust estate's stunning kitchen garden.	UNITED KINGDOM	English-100		G		
2024-10-17	2030	Nico Reynolds: All Fired Up	Bbq On A Budget	Barbecue doesn't have to be expensive, even if you have a gang to feed! Learn top tips for BBQ on a budget.	IRELAND	English-100		PG		
2024-10-17	2100	All Up In My Grill	Summer Surf N Turf	Chef Dale Talde puts a Spanish-style spin on surf 'n' turf by creating Pork & Clams, Lobster and Mushroom Fideos and Tomato & Tuna Bread then washing it all down with a tasty Michelada.	USA	English-100		PG		

2024-10-17	2130	Come Dine With Me	Bolton: Shane	It's the second day of the competition in Bolton, where salon owner Lord Shane is hoping his regal evening is going to reign supreme.	UNITED KINGDOM	English-100		PG	s	
2024-10-17	2200	Come Dine With Me	Bolton: Thandie	It's the third night in Bolton and the turn of Influencer and model Thandie. She's hoping her fare will impress the gang and help bag her the prize.	UNITED KINGDOM	English-100		PG	s	
2024-10-17	2230	The Cook Up With Adam Liaw	Spicy Sausage	It's a spicy sausage spectacular, and the heat is on Adam's guests, chef Ruben Lopez Mesa and radio host Megan Burslem.	AUSTRALIA	English-100		G		Y
2024-10-17	2300	The Cook And The Chef	Macadamia Nuts And Pasta	Maggie's grandchildren harvest some of her macadamia nuts so she can incorporate them in a delicious biscuit, while Simon uses the nuts to coat a bitey goat cheese. Maggie then puts together some satisfying pasta and sauce combinations.	AUSTRALIA	English-100		G		
2024-10-17	2330	Gourmet Farmer	Wallaby, Mushroom And Chips	With native wallabies grazing the same pasture as his livestock, Matthew Evans needs to come up with a solution that allows both to co-exist.	AUSTRALIA	English-100	RPT	PG	a w	Y
2024-10-17	2400	David Rocco's Dolce India	Beef In Fort Kochi	The historic region of Fort Kochi boasts an unexpected blend of cultural influences including Chinese, Indian, Portuguese and British. It also happens to be one of the few places in India where you can eat beef. David goes on a hunt for the good stuff, enjoying chili fried and dry-fried beef at one of the local shacks.	CANADA	English-100		G		
2024-10-17	2430	Ainsley's Great Garden Cook Off	Briony May Williams & Gaz Oakley	Ainsley is joined by chefs Briony May Williams and Gaz Oakley in Bristol for a light-hearted cooking contest in the National Trust estate's stunning kitchen garden.	UNITED KINGDOM	English-100		G		
2024-10-17	2530	Nico Reynolds: All Fired Up	Bbq On A Budget	Barbecue doesn't have to be expensive, even if you have a gang to feed! Learn top tips for BBQ on a budget.	IRELAND	English-100		PG		
2024-10-17	2600	All Up In My Grill	Summer Surf N Turf	Chef Dale Talde puts a Spanish-style spin on surf 'n' turf by creating Pork & Clams, Lobster and Mushroom Fideos and Tomato & Tuna Bread then washing it all down with a tasty Michelada.	USA	English-100		PG		
2024-10-17	2630	Come Dine With Me	Bolton: Shane	It's the second day of the competition in Bolton, where salon owner Lord Shane is hoping his regal evening is going to reign supreme.	UNITED KINGDOM	English-100		PG	s	
2024-10-17	2700	Come Dine With Me	Bolton: Thandie	It's the third night in Bolton and the turn of Influencer and model Thandie. She's hoping her fare will impress the gang and help bag her the prize.	UNITED KINGDOM	English-100		PG	s	
2024-10-17	2730	Royal Recipes	Holidays And Travels	On today's show, presenter Michael Buerk and chef Anna Haugh fire up the barbecue to cook a favourite dish of Princess Anne.	UNITED KINGDOM	English-100		G		
2024-10-17	2825	Destination Flavour Fillers	Episode 4	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y

2024-10-17	2830	Come Dine With Me	Stroud 3	This week's competition is in Stroud, where third to host this week is Belarusian rocker Tatsy, and she's trying to impress her guests by giving them a taste of 'Mother Russia', which is inspired by her culture and heritage.	UNITED KINGDOM	English-100		PG		
2024-10-18	0500	Comfort Food With Spencer Watts	Simply Delicious Seafood	Outside the lake may be frozen, but inside Spencer shares his recipe for succulent salmon stuffed with creamed spinach, sun dried tomatoes and olives and serves them with fudgy Greek-style potatoes.	CANADA	English-100		G		
2024-10-18	0530	Rick Stein's Food Heroes	London, Midlands And East England	At London's Borough Market, which Rick Stein favourably compares with markets on the continent, he samples a superb eel pie and mash lunch at Manze's. He then heads for Leicestershire, to visit an organic, free-range goose farm and meet Britain's sole producer of Aylesbury ducks.	UNITED KINGDOM	English-100		PG		
2024-10-18	0600	Bizarre Foods: Delicious Destinations	Fez	Andrew Zimmern travels to the colourful and chaotic Moroccan city of Fez. It is the perfect place to experience North African foods like tagine-cooked meats, pastille, zaalouk, bessara and brouchettes.	USA	English-100		G		Y
2024-10-18	0630	Pati's Mexican Table	Home Cooking Sinaloa Style	Known as 'Mexico's Bread Basket,' Sinaloa produces about 40 percent of the meat and produce consumed in all of Mexico. Pati travels the countryside - to farms and fisheries.	USA	English-100		PG	a w	Y
2024-10-18	0700	Hidden Flavours Of India	Courage	Meet food tech entrepreneur Hironmoy, who wants to make local food global through his enterprise "Goan Ha Khana" (village food). He feels that he can take on international companies everywhere!	INDIA	English-50; Hindi-50				Y
2024-10-18	0730	Royal Recipes	Holidays And Travels	On today's show, presenter Michael Buerk and chef Anna Haugh fire up the barbecue to cook a favourite dish of Princess Anne.	UNITED KINGDOM	English-100		G		
2024-10-18	0825	Destination Flavour Fillers	Episode 4	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y
2024-10-18	0830	The Wandering Chef	Ep 4	Join us for an incredible breakfast in Surat, where we met Mr. Gopal and learn how to create locho.	INDIA	English-50; Hindi-50		G		Y
2024-10-18	0900	My Market Kitchen	Ep 49	Laura is joined in the Market Kitchen by vegetable farmer Catherine Velisha, and they have fun making a fresh, crunchy, and vibrant Zucchini Salad.	AUSTRALIA	English-100		G		
2024-10-18	0930	River Cottage Australia	Ep 1	Time has passed and the seasons have changed at River Cottage Australia. Paul West is about to experience his first summer on the land. Will he have enough water, food and produce to keep the farm thriving throughout the drier months?	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-10-18	1030	Gourmet Farmer	Wallaby, Mushroom And Chips	With native wallabies grazing the same pasture as his livestock, Matthew Evans needs to come up with a solution that allows both to co-exist.	AUSTRALIA	English-100	RPT	PG	a w	Y
2024-10-18	1100	The Cook Up With Adam Liaw	Spicy Sausage	It's a spicy sausage spectacular, and the heat is on Adam's guests, chef Ruben Lopez Mesa and radio host Megan Burslem.	AUSTRALIA	English-100		G		Y

2024-10-18	1130	Nico Reynolds: All Fired Up	Bbq On A Budget	Barbecue doesn't have to be expensive, even if you have a gang to feed! Learn top tips for BBQ on a budget.	IRELAND	English-100		PG	
2024-10-18	1200	All Up In My Grill	Summer Surf N Turf	Chef Dale Talde puts a Spanish-style spin on surf 'n' turf by creating Pork & Clams, Lobster and Mushroom Fideos and Tomato & Tuna Bread then washing it all down with a tasty Michelada.	USA	English-100		PG	
2024-10-18	1230	Come Dine With Me	Stroud 4	It's the fourth night of the competition in Stroud and the turn of marketing executive Liv to host. She is incorporating her love of Italian food into her menu, despite the fact she has never been.	UNITED KINGDOM	English-100		PG	
2024-10-18	1300	David Rocco's Dolce India	Paradise Found	The beautiful Chinese fishing nets are iconic tourist attractions along the coast of Kochi, and David discovers that the fishermen who operate them are just as intriguing. In a true cultural exchange, they teach David how to work the nets, and David cooks their catch of the day for them.	CANADA	English-100		PG	a w
2024-10-18	1330	Comfort Food With Spencer Watts	No Stress Family Dinner	Spencer and his crew share comfort food that is simple and perfect for the whole family. First Spencer makes Chinese 5-spice chicken halves with an apple slaw and dusted French fries. Then he shares his fifteen minutes lamb Bolognese on creamy polenta.	CANADA	English-100		G	
2024-10-18	1400	Rick Stein's Food Heroes	North West England	In the middle of the Foot and Mouth crisis, Rick heads North in search of one of his favourite British dishes - Lancashire Hotpot. He visits a wild boar farmer, a black pudding maker, and meets Ruth Kirkham, who has supplied her crumbly Lancashire Cheese to Rick's restaurant for nearly 20 years.	UNITED KINGDOM	English-100		PG	a
2024-10-18	1430	Bizarre Foods: Delicious Destinations	Delhi	From tandoori chicken to goat kebabs and samosas to deep-fried sweet dough balls, Andrew Zimmern finds that Delhi's iconic cuisine succeeds in unifying the roughly 24 million people in this frenzied and vibrant metropolis.	USA	English-100		G	Y
2024-10-18	1500	Pati's Mexican Table	How Do You Say Tucson?	Pati travels north of the border to Tucson, Arizona, a city that claims to have the best 23 miles of Mexican food anywhere in the world. She visits restaurants and meets local chefs, trying to get a deeper understanding of what Mexican food in America truly is. What happens to recipes when they travel across the border? How do different cultures connect and shape the food we eat?	USA	English-100		G	Y
2024-10-18	1530	Royal Recipes	Young Royals	On today's show, presenter Michael Buerk and chef Anna Haugh cook 16th century biscuits, which originally celebrated the birth of a prince of the realm.	UNITED KINGDOM	English-100		PG	
2024-10-18	1625	Destination Flavour Fillers	Episode 5	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y
2024-10-18	1630	Hidden Flavours Of India	Revelation	Being on the road, Ruchi is curious to know what the meals at the dhabbas are, so she stops at a Dhabha in Numaligarh.	INDIA	English-50; Hindi-50			Y
2024-10-18	1700	The Wandering Chef	Ep 5	Our team has travelled to Mangalore in search of delectable cuisine. First, our chef meets with cookbook author Jane Dsouza.	INDIA	English-50; Hindi-50			Y
2024-10-18	1730	My Market Kitchen	Ep 50	At the start of the show, Ash, the prep chef, helps Laura make her delicious Banana Breakfast Bar.	AUSTRALIA	English-100		G	
2024-10-18	1800	River Cottage Australia	Ep 2	Paul has learnt how to be a dairy farmer the hard way. It's time for Paul to learn another tough lesson. How will he cope saying goodbye to another farm favourite?	UNITED KINGDOM	English-100	RPT	PG	Y

2024-10-18	1900	The Cook Up With Adam Liaw	Dressy Dinner Party, The	Tonight's Easy Entertaining is a celebration of sauce, as Myra Karakelle from MLK Deli and chef Jean-Paul El Tom join Adam for a dressy dinner party.	AUSTRALIA	English-100	G		Y
2024-10-18	1930	Jamie's Food Escapes	Stockholm	Jamie loves Swedish cuisine, based around fresh produce, pickling, and preserving. He goes mushroom hunting on one of the of islands surrounding the city, and tries a delicacy called surstromming.	UNITED KINGDOM	English-100	PG	a l n w	
2024-10-18	2030	Inside Iceland: A Budget Supermarket	Ep 4	Christmas is the biggest time of year for all retailers, but especially for Britain's ultra-competitive supermarkets. They have to think about Christmas for at least ten months a year, says Iceland's Head Development Chef.	UNITED KINGDOM	English-100	PG		
2024-10-18	2130	Come Dine With Me	Bolton: Jay	It's the third night in Bolton and the turn of HR Manager Jay. She's decided that keeping things simple will ensure her the grand prize.	UNITED KINGDOM	English-100	PG	s	
2024-10-18	2200	Come Dine With Me	Bolton: Louis	It's the final night of the competition in Bolton, where loudmouth Financial Advisor Louis is hoping his fancy menu can trump all others'.	UNITED KINGDOM	English-100	PG		
2024-10-18	2230	The Cook Up With Adam Liaw	Dressy Dinner Party, The	Tonight's Easy Entertaining is a celebration of sauce, as Myra Karakelle from MLK Deli and chef Jean-Paul El Tom join Adam for a dressy dinner party.	AUSTRALIA	English-100	G		Y
2024-10-18	2300	The Cook And The Chef	Slow Food	A weeping Maggie Beer is forced out of the kitchen by Simon's 13-chilli vegetarian jungle curry. Fortunately, Maggie recovers in time to share the secrets of her slow-cooked saltbush hogget - a glorious dish imbued with the flavour of the Australian Outback.	AUSTRALIA	English-100	G		
2024-10-18	2330	Gourmet Farmer	Fire In The Oven	Matthew Evans begins the month-long build of an enormous outdoor wood-fired oven for the imminent opening of Fat Pig Kitchen.	AUSTRALIA	English-100	RPT	G	Y
2024-10-18	2400	David Rocco's Dolce India	Paradise Found	The beautiful Chinese fishing nets are iconic tourist attractions along the coast of Kochi, and David discovers that the fishermen who operate them are just as intriguing. In a true cultural exchange, they teach David how to work the nets, and David cooks their catch of the day for them.	CANADA	English-100	PG	a w	
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2024-10-18	2825	Destination Flavour Fillers	Episode 5	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y
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2024-10-19	0630	Pati's Mexican Table	How Do You Say Tucson?	Pati travels north of the border to Tucson, Arizona, a city that claims to have the best 23 miles of Mexican food anywhere in the world. She visits restaurants and meets local chefs, trying to get a deeper understanding of what Mexican food in America truly is. What happens to recipes when they travel across the border? How do different cultures connect and shape the food we eat?	USA	English-100		G	Y
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2024-10-19	0930	River Cottage Australia	Ep 2	Paul has learnt how to be a dairy farmer the hard way. It's time for Paul to learn another tough lesson. How will he cope saying goodbye to another farm favourite?	UNITED KINGDOM	English-100	RPT	PG	Y
2024-10-19	1030	Gourmet Farmer	Fire In The Oven	Matthew Evans begins the month-long build of an enormous outdoor wood-fired oven for the imminent opening of Fat Pig Kitchen.	AUSTRALIA	English-100	RPT	G	Y
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2024-10-19	1430	Ainsley's Good Mood Food	Grains And Pulses	Ainsley is celebrating some unsung heroes who are the start of so many wonderful meals... grains and pulses. First up a taste of the Mediterranean with Seared Tuna, Mixed Tomato and Bean Salad with an Anchovy and Tomato Dressing.	UNITED KINGDOM	English-100		G		
2024-10-19	1525	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
2024-10-19	1530	Ainsley's Good Mood Food	Going Green	Leafy greens are guaranteed to make you feel good, and all today's dishes have a healthy portion of the glorious green stuff. Starting with breakfast muffins so tasty you will want them for breakfast, lunch, and dinner.	UNITED KINGDOM	English-100		G		
2024-10-19	1625	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
2024-10-19	1630	Cooking With Curtis	Trevor	Trevor fancies himself more of a bartender than cook. He hopes to wow his girlfriend, Leah, who he calls the 'Queen of Cuisine' with Curtis on his side.	USA	English-100		G		
2024-10-19	1700	Rick Stein's Seafood Odyssey	Australia And Italy	Rick takes in the white sands and turquoise seas of Noosa, in Queensland, where he meets Sally Jenyns, a TV chef who shares Rick's passion for the sea, boats and fishing. She also shows Rick a thing or two about seafood cooking Australian-style.	UNITED KINGDOM	English-100		PG	a w	
2024-10-19	1730	Lorraine Pascale: Home Cooking Made Easy	Entertaining	Lorraine prepares a gorgeous, hearty Spanish paella with sherry, chorizo, and prawns - the ideal one-pan help yourself dish for a fun night in with friends and family.	UNITED KINGDOM	English-100		G		
2024-10-19	1800	David Rocco's Italia	Old Traditional Rome	Rome, the eternal city, is often referred to as an open air museum, where it's beauty really is second to none. However in the past few years, Rome has undergone many changes.	CANADA	English-100		PG		Y
2024-10-19	1830	Beyond River Cottage	Beyond River Cottage Series 1 Ep 5	Spring spells many new arrivals at Hugh's farm. Maggie has given birth to 11 piglets, and they are today joined by two new lambs.	UNITED KINGDOM	English-100		G		

2024-10-19	1900	Beyond River Cottage	Beyond River Cottage Series 1 Ep 6	With spring fast becoming summer, Hugh is tempted into installing beehives at The River Cottage HQ in order to reap the harvest of the bees' hard work.	UNITED KINGDOM	English-100		PG	a w		
2024-10-19	1930	Alex Polizzi Secret Italy	Lecce And Matera	The final leg of Alex's journey reaches a fitting crescendo in the secret south, a region that Alex knows little about. Puglia, one of the most rural regions welcomes Alex first with a tour of its curious beehive-shaped Trulli and a wine with a difference. Next, the majestic Monte Pollino National Park is an unexpected delight, before her adventure concludes in the unique city of Matera.	UNITED KINGDOM	English-100	RPT	PG		Y	Y
2024-10-19	2025	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
2024-10-19	2030	Gordon, Gino And Fred's Road Trip	Unseen Bits 2	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.	UNITED KINGDOM	English-100					Y
2024-10-19	2130	Anthony Bourdain: Parts Unknown	Myanmar	Anthony and his crew explore the beautiful and fabled area of Myanmar in Asia to indulge in the local cuisines of a country that had been, until recently, off-limits to outsiders.	USA	English-100		PG	a v w		Y
2024-10-19	2220	Torres Strait At Home	Pickled Tamarind Childhood Snack	Torres Strait Islander chef and owner of Mabu Mabu, Nornie Bero, cooks and talks through some of her favourite easy recipes, from quick pickled octopus to fresh baked damper.	AUSTRALIA			G		Y	
2024-10-19	2230	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 2	There's trouble on Paul's farm and his goats go missing. Paul's also questioning Bessie's future and needs to find out if she's pregnant. It's time to turn the winter veggie patch into his first cash crop.	UNITED KINGDOM	English-100	RPT	PG		Y	
2024-10-19	2330	Ainsley's Good Mood Food	Grains And Pulses	Ainsley is celebrating some unsung heroes who are the start of so many wonderful meals... grains and pulses. First up a taste of the Mediterranean with Seared Tuna, Mixed Tomato and Bean Salad with an Anchovy and Tomato Dressing.	UNITED KINGDOM	English-100		G			
2024-10-19	2425	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	
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2024-10-19	2730	Gordon, Gino And Fred's Road Trip	Unseen Bits 2	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.	UNITED KINGDOM	English-100				Y
2024-10-19	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
2024-10-19	2830	Beyond River Cottage	Beyond River Cottage Series 1 Ep 5	Spring spells many new arrivals at Hugh's farm. Maggie has given birth to 11 piglets, and they are today joined by two new lambs.	UNITED KINGDOM	English-100		G		