



WEEK 42: Sunday, 15 October- Saturday, 21 October 2023 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2023-10-15	0500	Asia Unplated With Diana Chan	Cambodian	Cambodian cuisine is often overlooked in Australia so Diana enlists the help of chef Jerry Mai to explore the vibrant flavours that are integral to Cambodian cooking.	AUSTRALIA	English-100		PG			
2023-10-15	0530	Hairy Bikers Northern Exposure	Poland	Si and Dave make sausages in the polish countryside with a family who have been making them for generations. They also visit the home of gingerbread and the astronomer, Copernicus.	UNITED KINGDOM	English-100		PG			Y
2023-10-15	0635	Easy Eats	Easy Eats Series 2 Ep 8	Hera Te Kurapa cooks up quick and easy pork and chive dumpling soup, whanau (family) caesar salad, doughnuts 3 ways, glazed, creamed, cinnamon sugar.	NEW ZEALAND	English-100		PG			
2023-10-15	0700	Easy Eats	Easy Eats Series 2 Ep 9	Hera Te Kurapa cooks up delicious but simple meals for your whanau to enjoy. In this episode: Pork, prawn and paua spring rolls, titi pate and tamarillo chutney, vegan vege filo parcel.	NEW ZEALAND	English-100		PG			
2023-10-15	0730	Selena + Chef	Selena + Jon + Vinny	Selena bows down to two iconic chefs who've been behind many, many dinners in her life: restaurateurs, authors, and BFFs Jon and Vinny.	USA	English-100		PG			Y
2023-10-15	0800	Selena + Chef	Selena + Nancy Silverton	Nancy Silverton helps Selena craft an ambitious vegetable buffet - but, a series of hilarious technical difficulties brings her kitchen to its knees.	USA	English-100		PG			Y
2023-10-15	0830	Asia Unplated With Diana Chan	Filipino	Diana is joined by chef Ross Magnaye who shares his favourite meal - Filipino pork and chicken adobo. Ross shares his passion and knowledge for Filipino food while Diana prepares sinuglaw.	AUSTRALIA	English-100		G			
2023-10-15	0900	Asia Unplated With Diana Chan	Cambodian	Cambodian cuisine is often overlooked in Australia so Diana enlists the help of chef Jerry Mai to explore the vibrant flavours that are integral to Cambodian cooking.	AUSTRALIA	English-100		PG			
2023-10-15	0930	Born To Cook: Jack Stein Down Under	Crabs, Figs And Marron	Jack Stein is in Augusta to meet with weathered fisherman, Mick. After a quick surf with Taj Burrow, he heads to a fig orchard where he learns about the history of figs in Australia.	AUSTRALIA	English-100		G			
2023-10-15	1000	Adam Liaw's Road Trip For Good	Mallacoota, Lobethal & Ulladulla	Adam is in the town of Mallacoota - the area that became an international symbol for the summer's devastating bushfires. Here he visits the local abalone co-op whose factory burnt down in the fires.	AUSTRALIA	English-100		PG			Y
2023-10-15	1030	Luca's Key Ingredient	Luca's Key Ingredient Series 1 Ep 7	Today Luca shows his ways of making chocolate shine in his cooking with a chocolate pudding, chocolate mini buns and even shows the secret to his famous chocolate spaghetti.	AUSTRALIA	English-100		PG			
2023-10-15	1100	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 1	In this sumptuous and picturesque new series, Silvia Colloca journeys back to her Italian homeland to introduce her family and present her love of healthy, hearty Italian fare.	AUSTRALIA	English-100	RPT	G			Y

2023-10-15	1130	Selena + Chef	Selena + Jon + Vinny	Selena bows down to two iconic chefs who've been behind many, many dinners in her life: restaurateurs, authors, and BFFs Jon and Vinny.	USA	English-100		PG		Y
2023-10-15	1200	Selena + Chef	Selena + Nancy Silverton	Nancy Silverton helps Selena craft an ambitious vegetable buffet - but, a series of hilarious technical difficulties brings her kitchen to its knees.	USA	English-100		PG		Y
2023-10-15	1230	Hairy Bikers Northern Exposure	Poland	Si and Dave make sausages in the polish countryside with a family who have been making them for generations. They also visit the home of gingerbread and the astronomer, Copernicus.	UNITED KINGDOM	English-100		PG		Y
2023-10-15	1335	Easy Eats	Easy Eats Series 2 Ep 8	Hera Te Kurapa cooks up quick and easy pork and chive dumpling soup, whanau (family) caesar salad, doughnuts 3 ways, glazed, creamed, cinnamon sugar.	NEW ZEALAND	English-100		PG		
2023-10-15	1400	The Cook Up With Adam Liaw	Legendary Veggies	Two legends cooking with legendary veggies? Yes please! Presenter, podcaster and author Linda Marigliano and champion community leader Amar Singh joins Adam in the kitchen.	AUSTRALIA	English-100	RPT	G		Y
2023-10-15	1430	The Cook Up With Adam Liaw	Doorstep Deliveries	Scrap your apps! It's doorstep deliveries courtesy of Adam and guests, chef and photographer Joel Bennetts and Hope St Radio's Ellie Bouhadana.	AUSTRALIA	English-100	RPT	G		Y
2023-10-15	1500	The Cook Up With Adam Liaw	Everyday Eats	You're in for a treat as the very funny Jennifer Wong and the very foodie Tony Ton join Adam to take everyday eats from run of the mill to totally brill.	AUSTRALIA	English-100	RPT	PG		Y
2023-10-15	1530	The Cook Up With Adam Liaw	Simply Delicious	It's Easy Entertaining, and chef Federica Andrisani and Food Trail: South Africa host Warren Mendes are here to help Adam put on a simply delicious spread.	AUSTRALIA	English-100	RPT	PG		
2023-10-15	1600	The Cook Up With Adam Liaw	Practical Picnic	It's Easy Entertaining and alfresco's a go-go Adam and guests, award-winning chef Somer Sivrioglu and one of Australia's most popular digital creators Daen Lia, have a practical picnic.	AUSTRALIA	English-100		PG		
2023-10-15	1630	Vanishing Foods	King's Favourite, The	Aun Koh arrives in Jodhpur, India, to sample a meat stew called kachar maans. Dating back some 200 years, it was originally cooked in the jungle with game meat hunted on royal expeditions.	UNITED KINGDOM	English-100		PG	I	Y
2023-10-15	1700	Vanishing Foods	Fisherman's Delicacy	Aun Koh is back on home ground in Singapore, but finds himself totally unfamiliar with a Singaporean-Eurasian dish called curry mohlyu - a food borne out of Portuguese and Eurasian history.	UNITED KINGDOM	English-100		G		Y
2023-10-15	1730	Paradise Kitchen Bali	Rice	Lauren delves into the staple ingredient of many Asian cuisine - rice. With a mix of local and western recipes, from a Balinese Nasi Goreng to a Risotto, rice is the perfect base for a tasty meal.	NETHERLANDS	English-90; Balinese-10		PG		
2023-10-15	1800	Flat Out Food	Yeast	Jenn discovers how vital yeast is in everything from beer and wine to sourdough bread and pizza dough.	CANADA	English-100		PG		
2023-10-15	1830	John Torode's Korean Food Tour	Bbq	John joins the official Ambassador for Hanwoo beef for a tour of Majang meat market, the largest meat market in East Asia.	UNITED KINGDOM	English-100		PG	a w	

2023-10-15	1930	James Martin's French Adventure	Languedoc	James visits Languedoc, famous for its wine and the hearty meaty dish, cassoulet. James uses some great local produce to create an unusual first dish with melon and onion rings!	UNITED KINGDOM	English-100	G		
2023-10-15	2030	Marcus Wareing's Kitchen Garden Tales	Salt Marsh Lamb	Having cooked with salt marsh lamb for years, Marcus decides to venture out to the Romney Marshes to meet shepherd Chris and his flock. Here he learns what gives this lamb its delicate flavour.	UNITED KINGDOM	English-100	PG		
2023-10-15	2100	Marcus Wareing's Kitchen Garden Tales	Smoked Trout	Interested in diversifying his cooking at the small holding, Marcus decides to build a smoker. But first, he needs something to smoke in it.	UNITED KINGDOM	English-100	PG		
2023-10-15	2130	Anthony Bourdain: No Reservations	Uzbekistan	Tony's in for a wild trip as he journeys through Uzbekistan's 2,000-year-old capital, Tashkent. He dines at Jumanji, goes to a belly dancing club, visits a local mosque and shops for wedding presents.	USA	English-100	PG		Y
2023-10-15	2225	Please Eat Slowly Bitesize	Hand Pull Noodle	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		
2023-10-15	2230	Anthony Bourdain: A Cook's Tour	Portugal: Cod Crazy	Tony travels to Porto, home of the famous Port wine, where he is immediately exposed to the codfish and the almost mythical place it holds in Portuguese cuisine and culture.	USA	English-100	PG	a w	
2023-10-15	2300	Anthony Bourdain: A Cook's Tour	San Sebastian: A Food Lover's Town	Tony explores the food-crazed Basque culture. Tony's guide, Chef Luis Irizar, takes Tony into the underworld of Basque gastronomic societies. Later, Tony explores the city's tapas bars.	USA	English-100	PG		
2023-10-15	2330	Vanishing Foods	King's Favourite, The	Aun Koh arrives in Jodhpur, India, to sample a meat stew called kachar maans. Dating back some 200 years, it was originally cooked in the jungle with game meat hunted on royal expeditions.	UNITED KINGDOM	English-100	PG	I	Y
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2023-10-15	2430	Paradise Kitchen Bali	Rice	Lauren delves into the staple ingredient of many Asian cuisine - rice. With a mix of local and western recipes, from a Balinese Nasi Goreng to a Risotto, rice is the perfect base for a tasty meal.	NETHERLANDS	English-90; Balinese-10	PG		
2023-10-15	2500	Flat Out Food	Yeast	Jenn discovers how vital yeast is in everything from beer and wine to sourdough bread and pizza dough.	CANADA	English-100	PG		
2023-10-15	2530	John Torode's Korean Food Tour	Bbq	John joins the official Ambassador for Hanwoo beef for a tour of Majang meat market, the largest meat market in East Asia.	UNITED KINGDOM	English-100	PG	a w	
2023-10-15	2625	Please Eat Slowly Bitesize	Hand Pull Noodle	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		
2023-10-15	2630	James Martin's French Adventure	Languedoc	James visits Languedoc, famous for its wine and the hearty meaty dish, cassoulet. James uses some great local produce to create an unusual first dish with melon and onion rings!	UNITED KINGDOM	English-100	G		

2023-10-15	2725	Cook Up With Adam Liaw Bitesize	Periyaki Chicken	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG		Y
2023-10-15	2730	Marcus Wareing's Kitchen Garden Tales	Salt Marsh Lamb	Having cooked with salt marsh lamb for years, Marcus decides to venture out to the Romney Marshes to meet shepherd Chris and his flock. Here he learns what gives this lamb its delicate flavour.	UNITED KINGDOM	English-100		PG		
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2023-10-16	1125	Cook Up With Adam Liaw Bitesize	Periyaki Chicken	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG		Y
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2023-10-16	1330	Ainsley's Good Mood Food	Coffee And Chocolate	Coffee and chocolate are sure to perk you up. Join Ainsley as he shows how to use them in both sweet and savoury dishes, starting with a quick and easy one pot that is sure to warm your cockles.	UNITED KINGDOM	English-100		G		
2023-10-16	1425	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
2023-10-16	1430	David Rocco's Dolce Tuscany	Dario's Ciccia	David returns to visit his friend and arguably one of the most famous butchers in the world, Dario Cecchini.	CANADA	English-100		PG		Y
2023-10-16	1500	Tradition On A Plate	Hanawiti Titi	There is nothing more traditional than the Titi, commonly known as the Mutton Bird. With its unique flavours, Monique and Henry make a traditional dish contemporary for today's palate.	NEW ZEALAND	English-85; Maori-15		PG	a w	Y
2023-10-16	1530	Choccywoccydoodah	Whoopi Goldberg	In the first in a series of big star cake challenges, Hollywood legend Whoopi Goldberg sets the chocolatiers an epic test to build a skyscraper of a cake for a glittering fundraising event in NY.	UNITED KINGDOM	English-100		PG		
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2023-10-16	1630	My Market Kitchen	Episode 51	Pancakes are the order of the day when Ben tosses his Pancakes with Poached Berries. Next, nutritionist Jemma makes Berry Grape Jam and Macadamia Nut Butter Toast.	AUSTRALIA	English-100		G		

2023-10-16	1700	Mary Makes It Easy	Helpful Holidays	So many people feel overwhelmed by preparing the big holiday feast, but Mary's menu cuts back the kitchen time to spend it with family.	CANADA	English-100		G	
2023-10-16	1730	The Curious Chef	Curious Chef Series 1, The Ep 1	Stephanie challenges herself to learn more about Caribbean food. Meeting with home cook, Kat Williams and restaurant owner, Chef Tony.	USA	English-100			
2023-10-16	1800	Food Safari	Mexican Safari	Mexican expatriates in Australia welcome Maeve O'Meara into their kitchens to explain some of the recipes and tips.	AUSTRALIA	English-100	RPT	G	Y
2023-10-16	1830	Food Unwrapped	Manuka Honey, Bell Pepper Crop And Leeks	Jimmy goes to Israel and joins the battle to protect the bell pepper crop from its fiercest predator, the Mediterranean Fruit Fly. Kate is investigating Manuka.	UNITED KINGDOM	English-100		PG	
2023-10-16	1900	The Cook Up With Adam Liaw	Fun With Friends	What do you make when your mates come over? Adam and guests, Bella Brutta's Luke Powell and Alone's Gina Chick have got some ideas!	AUSTRALIA	English-100		PG	
2023-10-16	1930	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 1	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100		PG	a w
2023-10-16	2000	Gino's Italian Express	Pisa - Lucca - Florence	Gino's train journey takes him on a star-studded line up of Tuscan cities, starting off in Pisa the city famed for its leaning tower, it is also the home of the iconic Vespa scooter.	UNITED KINGDOM	English-100		PG	
2023-10-16	2030	Rick Stein: From Venice to Istanbul	Istanbul	Rick's culinary odyssey has brought him from historic Venice to the legendary city of Istanbul where he arrives in time for the bluefish season and catches a few while fishing on the Bosphorus.	UNITED KINGDOM	English-100		PG	a w
2023-10-16	2140	Come Dine With Me UK	Huddersfield: Dannica	Travel loving credit controller Dannica is treating her guest to a culinary round the world tour, from Italy to Mexico. She's embarking on an ambitious menu. What could possibly go wrong?	UNITED KINGDOM	English-100		PG	
2023-10-16	2205	Come Dine With Me UK	Huddersfield: Ann-Marie	Ann-marie serves up 50s glamour, crazy concoctions and posh Italian nosh. Will her fine taste be enough to win the 1000 pound prize?	UNITED KINGDOM	English-100		PG	
2023-10-16	2230	The Cook Up With Adam Liaw	Fun With Friends	What do you make when your mates come over? Adam and guests, Bella Brutta's Luke Powell and Alone's Gina Chick have got some ideas!	AUSTRALIA	English-100		PG	
2023-10-16	2300	United Plates Of America	San Fernando Valley	Every body knows Los Angeles but not everyone has ventured into the Valley just over the Hollywood hills. Gary Takle is taking you into his home town to try the food in the San Fernando valley.	USA	English-100		G	
2023-10-16	2330	The Cook And The Chef	Mangoes And Cheese	Maggie and Simon dish up a bit of mango madness with two tropically inspired dishes that showcase the unique flavours of green, unripe mangoes.	AUSTRALIA	English-100		G	
2023-10-16	2400	Mystery Diners	Raiding The Bar	Mystery Diners outfit a Los Angeles bar with cameras to see if a bartender is over pouring for customers, giving away too many free drinks and over tipping himself.	USA	English-100		PG	Y

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2023-10-17	0830	The Curious Chef	Curious Chef Series 1, The Ep 1	Stephanie challenges herself to learn more about Caribbean food. Meeting with home cook, Kat Williams and restaurant owner, Chef Tony.	USA	English-100			
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2023-10-17	1240	Come Dine With Me UK	Huddersfield: Dannica	Travel loving credit controller Dannica is treating her guest to a culinary round the world tour, from Italy to Mexico. She's embarking on an ambitious menu. What could possibly go wrong?	UNITED KINGDOM	English-100		PG	
2023-10-17	1305	Come Dine With Me UK	Huddersfield: Ann-Marie	Ann-marie serves up 50s glamour, crazy concoctions and posh Italian nosh. Will her fine taste be enough to win the 1000 pund prize?	UNITED KINGDOM	English-100		PG	
2023-10-17	1330	Ainsley's Good Mood Food	Coffee And Chocolate	In his kitchen, Ainsley has some delicious dishes made even more special with a dash of coffee or chocolate. Starting with an Italian classic, a caponata served with fennel and cacao rubbed pork.	UNITED KINGDOM	English-100		G	
2023-10-17	1425	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2023-10-17	1430	David Rocco's Dolce Tuscany	Fisherman Of Orbetello	David visits the seaside Tuscan town of Orbetello, where a co-op of fisherman not only fish on the lagoons for eel, seabream and sea bass, but also run the entire smoking and canning operation.	CANADA	English-100		PG	a w
2023-10-17	1500	Tradition On A Plate	Paua Horotai	Paua, the "Black Gold of the Sea", is smashed, crashed and bashed by our delectable duo, plating up Paua Frittetes, and Panko Paua Crumbed Haloumi Balls with Avocado Mousse.	NEW ZEALAND	English-50; Maori-50		PG	Y

2023-10-17	1530	Choccywoccydoodah	Jackie Collins	The chocolatiers latest star challenge comes from LA, in the shape of novelist Jackie Collins, who wants a cake as wild as one of her plots - a life-sized panther complete with glowing emerald eyes.	UNITED KINGDOM	English-100		PG	a
2023-10-17	1625	Cook Up With Adam Liaw Bitesize	Bacon And Egg Salad	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
2023-10-17	1630	My Market Kitchen	Episode 52	The show kicks off with a South American theme as Ben cooks a smoky and delicious Roast Peruvian-Spiced Chicken before Tobie Puttock changes gears with his Sticky Miso Eggplant.	AUSTRALIA	English-100		G	
2023-10-17	1700	Mary Makes It Easy	Healthied Up	Eating healthier doesn't have to mean cutting out treats. Mary 'healthies up' her favourite comfort foods to incorporate more nutrients and make them a little healthier without sacrificing flavour.	CANADA	English-100		G	
2023-10-17	1730	The Curious Chef	Curious Chef Series 1, The Ep 2	Stephanie highlights the diversity of Middle Eastern cuisine through the lens of street food. Pakistani kebabs with home chef, Izza Khan, and Israeli street food at Dr. Sandwich.	USA	English-100			
2023-10-17	1800	Food Safari	Turkish Safari	Maeve O'Meara delves into the amazing array of vegetable dishes, salads, dips and marinated meats that make up Turkish cuisine.	AUSTRALIA	English-100	RPT	G	Y
2023-10-17	1830	Food Unwrapped	Coconut, Artichokes And Absinthe	Kate is in Vietnam, taking a close look at coconut oil. Jimmy is puzzled by exactly what goes into a supermarket jar of artichoke hearts. He heads to Italy to visit one of Europe's largest producers.	UNITED KINGDOM	English-100		PG	
2023-10-17	1900	The Cook Up With Adam Liaw	Eco Eats	Nothing beats eco eats! Astrid Jorgensen, founder of Pub and Couch Choir, and Paul Iskov, owner of roaming restaurant, Fervor, joins Adam to make sustainable and attainable recipes!	AUSTRALIA	English-100		PG	
2023-10-17	1930	Planet Bbq	Grilling From Across The Pond	When Columbus landed in the Bahamas in 1492, he initiated an East-West culinary exchange that continues to this day. This show explores three European grill classics - each with a New World twist.	USA	English-100		PG	
2023-10-17	2000	Project Fire	Best Ribs Ever	For the rest of us, the ultimate symbol of barbecue - and test of a grill master's mettle - is ribs. But just which rack you relish depends on where you fire up your smoker or grill.	USA	English-100		PG	
2023-10-17	2030	Fun'q With Spencer Watts	Fun'q With Spencer Watts Series 1 Ep 3	Let's brunch. Spencer makes sinfully good grilled brioche French toast kebabs drizzled in bourbon maple icing and flame seared, coffee rubbed steak tacos with grilled pepper scrambled eggs.	CANADA	English-100		PG	
2023-10-17	2100	Nico Reynolds: All Fired Up	Granny's Coming	Nico Reynolds's grandmother's cooking and flavour combinations inspired and influenced many of his signature dishes. She comes to visit and it's his turn to cook for her! No pressure!	IRELAND	English-100		PG	
2023-10-17	2130	Come Dine With Me UK	Huddersfield: Irum	School admin assistant, Irum, is trying to woo her guests with an evening of classic Pakistani home cooking. Will she get the right level of heat for her guest in these authentic dishes?	UNITED KINGDOM	English-100		PG	
2023-10-17	2200	Come Dine With Me UK	Huddersfield: Brilliance	Trainee nurse, Brilliance, is bringing a taste of her native Zimbabwe to Huddersfield. She plans on serving up chicken parts that her guests have never experienced before. Will it be too much?	UNITED KINGDOM	English-100		PG	

2023-10-17	2230	The Cook Up With Adam Liaw	Eco Eats	Nothing beats eco eats! Astrid Jorgensen, founder of Pub and Couch Choir, and Paul Iskov, owner of roaming restaurant, Fervor, joins Adam to make sustainable and attainable recipes!	AUSTRALIA	English-100	PG	
2023-10-17	2300	United Plates Of America	Solvang	Solvang is the Danish capital of America. This California village is known for it's old world, European charm, but its also home to a unique, international, culinary scene.	USA	English-100	G	
2023-10-17	2330	The Cook And The Chef	Herbs And Pearls	Maggie loves her herbs and couldn't pass up the opportunity to visit Rob Foster who grows baby, or micro herbs which are 'early' versions of greens or herbs that are intensely flavoured.	AUSTRALIA	English-100	G	
2023-10-17	2400	Mystery Diners	Catering On The Side	Mystery Diners go undercover to see if a recently hired chef may be plotting more than just the items on the menu.	USA	English-100	PG	Y
2023-10-17	2430	Fun'q With Spencer Watts	Fun'q With Spencer Watts Series 1 Ep 3	Let's brunch. Spencer makes sinfully good grilled brioche French toast kebabs drizzled in bourbon maple icing and flame seared, coffee rubbed steak tacos with grilled pepper scrambled eggs.	CANADA	English-100	PG	
2023-10-17	2500	Nico Reynolds: All Fired Up	Granny's Coming	Nico Reynolds's grandmother's cooking and flavour combinations inspired and influenced many of his signature dishes. She comes to visit and it's his turn to cook for her! No pressure!	IRELAND	English-100	PG	
2023-10-17	2530	Come Dine With Me UK	Huddersfield: Irum	School admin assistant, Irum, is trying to woo her guests with an evening of classic Pakistani home cooking. Will she get the right level of heat for her guest in these authentic dishes?	UNITED KINGDOM	English-100	PG	
2023-10-17	2600	Come Dine With Me UK	Huddersfield: Brilliance	Trainee nurse, Brilliance, is bringing a taste of her native Zimbabwe to Huddersfield. She plans on serving up chicken parts that her guests have never experienced before. Will it be too much?	UNITED KINGDOM	English-100	PG	
2023-10-17	2630	Mary Makes It Easy	Healthied Up	Eating healthier doesn't have to mean cutting out treats. Mary 'healthies up' her favourite comfort foods to incorporate more nutrients and make them a little healthier without sacrificing flavour.	CANADA	English-100	G	
2023-10-17	2700	United Plates Of America	Solvang	Solvang is the Danish capital of America. This California village is known for it's old world, European charm, but its also home to a unique, international, culinary scene.	USA	English-100	G	
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2023-10-17	2800	Mystery Diners	Catering On The Side	Mystery Diners go undercover to see if a recently hired chef may be plotting more than just the items on the menu.	USA	English-100	PG	Y
2023-10-17	2830	David Rocco's Dolce Tuscany	Fisherman Of Orbetello	David visits the seaside Tuscan town of Orbetello, where a co-op of fisherman not only fish on the lagoons for eel, seabream and sea bass, but also run the entire smoking and canning operation.	CANADA	English-100	PG	a w
2023-10-18	0500	Tradition On A Plate	Paua Horotai	Paua, the "Black Gold of the Sea", is smashed, crashed and bashed by our delectable duo, plating up Paua Frittetes, and Panko Paua Crumbed Haloumi Balls with Avocado Mousse.	NEW ZEALAND	English-50; Maori-50	PG	Y

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2023-10-18	0625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 2	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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2023-10-18	0730	My Market Kitchen	Episode 52	The show kicks off with a South American theme as Ben cooks a smoky and delicious Roast Peruvian-Spiced Chicken before Tobie Puttock changes gears with his Sticky Miso Eggplant.	AUSTRALIA	English-100		G	
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2023-10-18	0830	The Curious Chef	Curious Chef Series 1, The Ep 2	Stephanie highlights the diversity of Middle Eastern cuisine through the lens of street food. Pakistani kebabs with home chef, Izza Khan, and Israeli street food at Dr. Sandwich.	USA	English-100			
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2023-10-18	0930	Food Unwrapped	Coconut, Artichokes And Absinthe	Kate is in Vietnam, taking a close look at coconut oil. Jimmy is puzzled by exactly what goes into a supermarket jar of artichoke hearts. He heads to Italy to visit one of Europe's largest producers.	UNITED KINGDOM	English-100		PG	
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2023-10-18	1200	Nico Reynolds: All Fired Up	Granny's Coming	Nico Reynolds's grandmother's cooking and flavour combinations inspired and influenced many of his signature dishes. She comes to visit and it's his turn to cook for her! No pressure!	IRELAND	English-100		PG	

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2023-10-18	1425	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
2023-10-18	1430	David Rocco's Dolce Tuscany	Land & Sea	David visits an agriturismo that specializes in sheep's milk cheese and gets creative using it in the kitchen. Then it's on to the nearby seaside town of Porto Ercole.	CANADA	English-100		PG	a w	Y
2023-10-18	1500	Tradition On A Plate	Kutai Trio	Kutai is a protein that has existed in Aotearoa for thousands of years. Tune in as our daring duo serve up 3 simple delicious dishes that will get the taste buds singing.	NEW ZEALAND	English-90; Maori-10		PG		Y
2023-10-18	1530	Choccywoccydoodah	Cliff Richard	The London team tackle their first Carnaby Street shopping event, while the latest star challenge comes from the prince of pop himself, Sir Cliff Richard, who wants a spectacular angelic cake.	UNITED KINGDOM	English-100		PG		
2023-10-18	1625	Cook Up With Adam Liaw Bitesize	Pouding Chomeur	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2023-10-18	1630	My Market Kitchen	Episode 53	Ben opens the show with his lovely Almond Frangipane and Apricot Tart, then gifts the keys to the kitchen to Chef Charlie Carrington who cooks his Israel Roasted Pumpkin with Red Onion.	AUSTRALIA	English-100		PG		
2023-10-18	1700	Mary Makes It Easy	Mary Bakes It Easy	Baking may be a science, but it doesn't need to be complicated. Mary's recipes show some simple solutions for enjoying baked goods at home.	CANADA	English-100		G		Y
2023-10-18	1730	The Curious Chef	Curious Chef Series 1, The Ep 3	Maggie loves her herbs and couldn't pass up the opportunity to visit Rob Foster who grows baby, or micro herbs which are 'early' versions of greens or herbs that are intensely flavoured.	USA	English-100				
2023-10-18	1800	Food Safari	Spanish Safari	You can smell the heady scents of saffron, paprika and garlic as host Maeve O'Meara investigates the key ingredients needed to create a Spanish pantry.	AUSTRALIA	English-100	RPT	G		Y
2023-10-18	1830	Food Unwrapped	Best Of 1 - Pine Nuts, Corn Fed Beef And Cellulose	Kate is in the Wild West of America at a gigantic cattle ranch to ask whether it makes a difference what our meat eats. Jimmy Doherty is in Italy to discover what makes pine nuts so expensive.	UNITED KINGDOM	English-100		PG		
2023-10-18	1900	The Cook Up With Adam Liaw	Quickfire Dinners	Social media sensation Andy Hearnden and cookbook queen Lara Lee are in the kitchen with Adam to share their recipe winners for quickfire dinners.	AUSTRALIA	English-100		PG		

2023-10-18	1930	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 2	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100	PG	a w
2023-10-18	2000	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 6	Get tangled in today's episode with Kirsten's creamy semifreddo paired with strawberries or keep it simple and treat yourself with lovely chocolate lollipops.	AUSTRALIA	English-100	PG	
2023-10-18	2030	Ainsley's Fantastic Flavours	Floral	Ainsley Harriott gets creative with floral flavours - fragrant chicken kebabs with saffron, cardamon, and rosewater rice.	UNITED KINGDOM	English-100	PG	
2023-10-18	2130	Come Dine With Me UK	Huddersfield: Adam	NHS staff, Adam, is hoping to win his guests over with a menu inspired by his favourite Chinese buffet in Spain. He plans to woo his diners with deep fried and greasy grub.	UNITED KINGDOM	English-100	PG	
2023-10-18	2200	Come Dine With Me UK	Royal Leamington Spa: Debs	Glam and boujee attire at the ready as recruitment manager Debs kickstarts Royal Leamington Spa's hottest culinary competition. Will her champagne jelly set and how will she cope with her rowdy guest?	UNITED KINGDOM	English-100	PG	
2023-10-18	2230	The Cook Up With Adam Liaw	Quickfire Dinners	Social media sensation Andy Hearnden and cookbook queen Lara Lee are in the kitchen with Adam to share their recipe winners for quickfire dinners.	AUSTRALIA	English-100	PG	
2023-10-18	2300	United Plates Of America	Tucson	Tucson's restaurant scene is bustling, with new spots being announced on an almost daily basis. So in this episode we try it all. From health food to Mexican, Tuscon food scene is hot right now.	USA	English-100	G	
2023-10-18	2330	The Cook And The Chef	Jackfruit And Goat	After trying a Jack fruit curry on a recent trip to Darwin, Simon was inspired to use this remarkable fruit in a biryani, an exquisite combination of rice, jackfruit, herbs, and spices.	AUSTRALIA	English-100	G	
2023-10-18	2400	Mystery Diners	Bringing Down The Haus	Mystery Diners go undercover at a German restaurant to find out if the owners' nephew is qualified for the job.	USA	English-100	PG	Y
2023-10-18	2430	Ainsley's Fantastic Flavours	Floral	Ainsley Harriott gets creative with floral flavours - fragrant chicken kebabs with saffron, cardamon, and rosewater rice.	UNITED KINGDOM	English-100	PG	
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2023-10-19	0900	Food Safari	Spanish Safari	You can smell the heady scents of saffron, paprika and garlic as host Maeve O'Meara investigates the key ingredients needed to create a Spanish pantry.	AUSTRALIA	English-100	RPT	G		Y
2023-10-19	0930	Food Unwrapped	Best Of 1 - Pine Nuts, Corn Fed Beef And Cellulose	Kate is in the Wild West of America at a gigantic cattle ranch to ask whether it makes a difference what our meat eats. Jimmy Doherty is in Italy to discover what makes pine nuts so expensive.	UNITED KINGDOM	English-100		PG		
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2023-10-19	1100	The Cook Up With Adam Liaw	Quickfire Dinners	Social media sensation Andy Hearnden and cookbook queen Lara Lee are in the kitchen with Adam to share their recipe winners for quickfire dinners.	AUSTRALIA	English-100		PG		
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2023-10-19	1330	Ainsley's Good Mood Food	Vegetables	A veggie packed diet is a great way to feel good. Ainsley is working through the veg patch and making dishes filled with tasty vegetables. His first dish is a Harriott house favourite.	UNITED KINGDOM	English-100		G		
2023-10-19	1425	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
2023-10-19	1430	David Rocco's Dolce Tuscany	Simone & Friends	Simone Farcassi is a local butcher from Casentino whose award-winning prosciutto is garnering worldwide attention. He wants to show David all of the great culinary finds in his hometown.	CANADA	English-100		G		Y
2023-10-19	1500	Minjiba Entertains	Organic Farm House Foodie Gathering	Minjiba must create a farm to plate menu for a bunch of African foodies at a lovely farmhouse in Nairobi. She designs a menu to delight guests including harissa kebabs, a North African grilled salad.	USA	English-100		G		
2023-10-19	1530	Choccywoccydoodah	Ivana Trump	It's secrets and shocks all the way as jet-setting socialite Ivana Trump challenges the chocolatiers to make a sophisticated birthday cake in record time, for her glitzy summer party in St Tropez.	UNITED KINGDOM	English-100		PG	a	
2023-10-19	1625	Cook Up With Adam Liaw Bitesize	Almond Pudding With Ginger And Palm Sugar Syrup	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2023-10-19	1630	My Market Kitchen	Episode 54	Ben visits Sav at Whisked to buy some truly free-range eggs for his Spanish Tortilla with Chorizo before his mate Tobie Puttock makes a thirst-quenching Peach and Thyme Soda.	AUSTRALIA	English-100		G		
2023-10-19	1700	Mary Makes It Easy	Uncanny Valley	Ingredients packed in cans and jars can be just as good as fresh ones - and with Mary's recipes, they might even be better! Mary starts with Salmon Burgers using canned salmon.	CANADA	English-100		G		Y
2023-10-19	1730	The Curious Chef	Curious Chef Series 1, The Ep 4	Stephanie cooks Thai and Peruvian dishes with home chef Brittaney Bunjong and swaps stories about growing up in the kitchen with their moms. Rediscovering the joys and influence of those flavours.	USA	English-100				

2023-10-19	1800	Food Safari	Japanese Safari	Maeve joins legendary restaurateur Tetsuya Wakuda, who gives tips on Japanese cooking and makes a simple marinade using just five ingredients, including his favourite miso paste.	AUSTRALIA	English-100	RPT	G		Y
2023-10-19	1830	Food Unwrapped	Best Of 2 - Greek Yogurt, Red Leicester And Ostrich	Jimmy is in Greece where he learns that Greek Yoghurt production creates a potentially devastating by-product. Matt asks how can ostrich meat be red when other poultry is white?	UNITED KINGDOM	English-100		PG		
2023-10-19	1900	The Cook Up With Adam Liaw	Sweet Corn	It's a corn - tastic time as Adam's two sweet guests, chef Matt Stone and comedian Nina Oyama, cook sweetcorn. Sweet as.	AUSTRALIA	English-100		PG		
2023-10-19	1930	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 3	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100		G		
2023-10-19	2000	Paula McIntyre's Hamely Kitchen	Ep 3	Paula is foraging for wild garlic which she will incorporate into a roast onion soup, served with savoury cheese and smoked tomato jam biscuits.	UNITED KINGDOM	English-100		PG		
2023-10-19	2030	Guillaume's Paris	Guillaume's Paris Series 1 Ep 5	Chef Guillaume Brahimi searches for the best bread in Paris and visits Opera Garnier, a spectacular music venue which inspired a famous Paris dessert.	AUSTRALIA	English-70; French-30	RPT	PG	I	Y
2023-10-19	2100	Paradise Kitchen Bali	Nuts	Lauren gets creative cooking with various nuts, exploring their culinary potential beyond snacking. She experiments with new ways to incorporate these nutrient-packed ingredients into her dishes.	NETHERLANDS	English-90; Balinese-10		PG		
2023-10-19	2130	Come Dine With Me UK	Royal Leamington Spa: Charlie	Hair and make up student, Charlie, aims to spice up the night with a 90s girl band dress code, even if his union jack outfit might be a few sizes too small these days.	UNITED KINGDOM	English-100		PG		
2023-10-19	2200	Come Dine With Me UK	Royal Leamington Spa: Barry	Recruitment director, Barry, flexes his hosting prowess on a bid to win. He's hoping to elevate his evening by taking his guests on a retro inspired night down the pub, elevating pub classics.	UNITED KINGDOM	English-100		PG		
2023-10-19	2230	The Cook Up With Adam Liaw	Sweet Corn	It's a corn - tastic time as Adam's two sweet guests, chef Matt Stone and comedian Nina Oyama, cook sweetcorn. Sweet as.	AUSTRALIA	English-100		PG		
2023-10-19	2300	United Plates Of America	Oakland	Located on the opposite side of a San Fransisco Bay, Oakland is fast becoming a cool city with cache. The new food movement is also on the rise.	USA	English-100		G		
2023-10-19	2330	The Cook And The Chef	Lambs And Cockles	Maggie and Simon work their magic with lamb and cockles. Maggie's a huge fan of Suffolk lamb and she cooks it slowly to keep it tender and succulent before moving on to a Spanish-inspired dish.	AUSTRALIA	English-100		G		
2023-10-19	2400	Mystery Diners	Big Earl's Gone Wild	Mystery Diners go undercover as a waitress and a flirty customer in hopes of scoring invitations to an after-hours bash after hearing rumours of late-night staff parties.	USA	English-100		PG	a	Y
2023-10-19	2430	Guillaume's Paris	Guillaume's Paris Series 1 Ep 5	Chef Guillaume Brahimi searches for the best bread in Paris and visits Opera Garnier, a spectacular music venue which inspired a famous Paris dessert.	AUSTRALIA	English-70; French-30	RPT	PG	I	Y

2023-10-19	2500	Paradise Kitchen Bali	Nuts	Lauren gets creative cooking with various nuts, exploring their culinary potential beyond snacking. She experiments with new ways to incorporate these nutrient-packed ingredients into her dishes.	NETHERLANDS	English-90; Balinese-10		PG		
2023-10-19	2530	Come Dine With Me UK	Royal Leamington Spa: Charlie	Hair and make up student, Charlie, aims to spice up the night with a 90s girl band dress code, even if his union jack outfit might be a few sizes too small these days.	UNITED KINGDOM	English-100		PG		
2023-10-19	2600	Come Dine With Me UK	Royal Leamington Spa: Barry	Recruitment director, Barry, flexes his hosting prowess on a bid to win. He's hoping to elevate his evening by taking his guests on a retro inspired night down the pub, elevating pub classics.	UNITED KINGDOM	English-100		PG		
2023-10-19	2630	Mary Makes It Easy	Uncanny Valley	Ingredients packed in cans and jars can be just as good as fresh ones - and with Mary's recipes, they might even be better! Mary starts with Salmon Burgers using canned salmon.	CANADA	English-100		G		Y
2023-10-19	2700	United Plates Of America	Oakland	Located on the opposite side of a San Francisco Bay, Oakland is fast becoming a cool city with cache. The new food movement is also on the rise.	USA	English-100		G		
2023-10-19	2730	The Cook Up With Adam Liaw	Sweet Corn	It's a corn - tastic time as Adam's two sweet guests, chef Matt Stone and comedian Nina Oyama, cook sweetcorn. Sweet as.	AUSTRALIA	English-100		PG		
2023-10-19	2800	Mystery Diners	Big Earl's Gone Wild	Mystery Diners go undercover as a waitress and a flirty customer in hopes of scoring invitations to an after-hours bash after hearing rumours of late-night staff parties.	USA	English-100		PG	a	Y
2023-10-19	2830	David Rocco's Dolce Tuscany	Simone & Friends	Simone Farcassi is a local butcher from Casentino whose award-winning prosciutto is garnering worldwide attention. He wants to show David all of the great culinary finds in his hometown.	CANADA	English-100		G		Y
2023-10-20	0500	Minjiba Entertains	Organic Farm House Foodie Gathering	Minjiba must create a farm to plate menu for a bunch of African foodies at a lovely farmhouse in Nairobi. She designs a menu to delight guests including harissa kebabs, a North African grilled salad.	USA	English-100		G		
2023-10-20	0530	Ainsley's Good Mood Food	Vegetables	A veggie packed diet is a great way to feel good. Ainsley is working through the veg patch and making dishes filled with tasty vegetables. His first dish is a Harriott house favourite.	UNITED KINGDOM	English-100		G		
2023-10-20	0625	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
2023-10-20	0630	Choccywoccydoodah	Ivana Trump	It's secrets and shocks all the way as jet-setting socialite Ivana Trump challenges the chocolatiers to make a sophisticated birthday cake in record time, for her glitzy summer party in St Tropez.	UNITED KINGDOM	English-100		PG	a	
2023-10-20	0725	Cook Up With Adam Liaw Bitesize	Almond Pudding With Ginger And Palm Sugar Syrup	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2023-10-20	0730	My Market Kitchen	Episode 54	Ben visits Sav at Whisked to buy some truly free-range eggs for his Spanish Tortilla with Chorizo before his mate Tobie Puttock makes a thirst-quenching Peach and Thyme Soda.	AUSTRALIA	English-100		G		

2023-10-20	0800	Mary Makes It Easy	Uncanny Valley	Ingredients packed in cans and jars can be just as good as fresh ones - and with Mary's recipes, they might even be better! Mary starts with Salmon Burgers using canned salmon.	CANADA	English-100		G		Y
2023-10-20	0830	The Curious Chef	Curious Chef Series 1, The Ep 4	Stephanie cooks Thai and Peruvian dishes with home chef Brittaney Bunjong and swaps stories about growing up in the kitchen with their moms. Rediscovering the joys and influence of those flavours.	USA	English-100				
2023-10-20	0900	Food Safari	Japanese Safari	Maeve joins legendary restaurateur Tetsuya Wakuda, who gives tips on Japanese cooking and makes a simple marinade using just five ingredients, including his favourite miso paste.	AUSTRALIA	English-100	RPT	G		Y
2023-10-20	0930	Food Unwrapped	Best Of 2 - Greek Yogurt, Red Leicester And Ostrich	Jimmy is in Greece where he learns that Greek Yoghurt production creates a potentially devastating by-product. Matt asks how can ostrich meat be red when other poultry is white?	UNITED KINGDOM	English-100		PG		
2023-10-20	1000	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 3	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100		G		
2023-10-20	1030	Paula McIntyre's Hamely Kitchen	Ep 3	Paula is foraging for wild garlic which she will incorporate into a roast onion soup, served with savoury cheese and smoked tomato jam biscuits.	UNITED KINGDOM	English-100		PG		
2023-10-20	1100	The Cook Up With Adam Liaw	Sweet Corn	It's a corn - tastic time as Adam's two sweet guests, chef Matt Stone and comedian Nina Oyama, cook sweetcorn. Sweet as.	AUSTRALIA	English-100		PG		
2023-10-20	1130	Guillaume's Paris	Guillaume's Paris Series 1 Ep 5	Chef Guillaume Brahimi searches for the best bread in Paris and visits Opera Garnier, a spectacular music venue which inspired a famous Paris dessert.	AUSTRALIA	English-70; French-30	RPT	PG	I	Y
2023-10-20	1200	Paradise Kitchen Bali	Nuts	Lauren gets creative cooking with various nuts, exploring their culinary potential beyond snacking. She experiments with new ways to incorporate these nutrient-packed ingredients into her dishes.	NETHERLANDS	English-90; Balinese-10		PG		
2023-10-20	1230	Come Dine With Me UK	Royal Leamington Spa: Charlie	Hair and make up student, Charlie, aims to spice up the night with a 90s girl band dress code, even if his union jack outfit might be a few sizes too small these days.	UNITED KINGDOM	English-100		PG		
2023-10-20	1300	Come Dine With Me UK	Royal Leamington Spa: Barry	Recruitment director, Barry, flexes his hosting prowess on a bid to win. He's hoping to elevate his evening by taking his guests on a retro inspired night down the pub, elevating pub classics.	UNITED KINGDOM	English-100		PG		
2023-10-20	1330	Ainsley's Good Mood Food	Herbs And Spices	In today's show, Ainsley shows you how herbs and spices can elevate any dish and take it from good to great. He gets things going with a lamb rogan josh, packed with flavour.	UNITED KINGDOM	English-100		G		
2023-10-20	1425	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
2023-10-20	1430	David Rocco's Dolce Tuscany	Balsamico Di Modena	David meets with Angelo Giacobazzi, a fourth-generation producer of Aceto Balsamico di Modena vinegar. Together, they visit his cantina where the vinegars are aged for up to 35 years.	CANADA	English-100		G		

2023-10-20	1500	Minjiba Entertains	Bohemian Villa	Minjiba travels to the Kitengela Hot Glass factory near Nairobi National Park where Anselm Croze creates collector ornaments and cutlery in a bohemian setting.	USA	English-100	G		
2023-10-20	1530	Choccywoccydoodah	Julien McDonald	Romance is in the air as the celebrity cake challenge comes from renowned fashion designer Julien MacDonald, who wants them to create the most outlandish and opulent wedding cake they've ever made.	UNITED KINGDOM	English-100	PG	a	
2023-10-20	1625	Cook Up With Adam Liaw Bitesize	Lubia Polo	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
2023-10-20	1630	My Market Kitchen	Episode 55	Ben reminisces about a family trip to Japan while he cooks Gyozas, nutritionist Jemma cooks a healthy Sweet Tooth Salad after learning about growing green beans.	AUSTRALIA	English-100	G		
2023-10-20	1700	Mary Makes It Easy	Budget Bites	Mary amps up the savings to prove you don't have to spend a fortune to make delicious dishes. First up, pork tenderloin is a budget-friendly protein that's easy on the wallet.	CANADA	English-100	G		
2023-10-20	1730	The Curious Chef	Curious Chef Series 1, The Ep 5	Stephanie meets Nigerian chefs, Eros and JP, to learn the basics of cooking West African cuisine. From palm oil to locust beans to asaro.	USA	English-100			
2023-10-20	1800	Food Safari	French Safari Part 1	Maeve meets up with top chef Guillaume Brahimi. He gives the rundown on the essential French ingredients - great butter and salt, bread, fresh herbs, mustard and cheeses.	AUSTRALIA	English-100	RPT	G	Y
2023-10-20	1830	Food Unwrapped	Best Of 3 - Rose Oil, Beetroot And Sourdough	Jimmy is in Bulgaria to find out why rose oil is considered liquid gold. Matt Tebbutt delves into the secret world of baker's yeast to find out what actually gives sourdough bread its twang.	UNITED KINGDOM	English-100	PG		Y
2023-10-20	1900	The Cook Up With Adam Liaw	Festival Of Lights	It's Easy Entertaining with The Cook Up, and Adam is celebrating Diwali, the festival of lights, with chefs Gunjan Aylawadi and Nagesh Seethiah.	AUSTRALIA	English-100	PG		
2023-10-20	1930	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 4	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100	G		
2023-10-20	2000	John Torode's Middle East	Malta	This week John is in Malta, a surprising stop on his Middle Eastern tour. John soon finds out that Middle Eastern influences are everywhere, hidden just under the surface of the island's history.	CANADA	English-100	G		
2023-10-20	2030	Rick Stein's Road To Mexico	Mexico City To Oaxaca	Heading south from the capital, Rick travels to Puebla, which conjures up images of Cortez and the Spanish conquest of Mexico. It is a city with impressive European architecture, and the home of mole,	UNITED KINGDOM	English-100	PG		
2023-10-20	2140	Come Dine With Me UK	Royal Leamington Spa: Sis	Pub landlady, Sis, is donning her hosting hat with a sports inspired evening in her bid to be top of the league and wow her guests with some home cooked favourites.	UNITED KINGDOM	English-100	PG		
2023-10-20	2205	Come Dine With Me UK	Royal Leamington Spa: Nikki	Final host of the week is lively admin assistant Nikki. She's hoping her musically themed menu will see her singing her way to the thousand pounds. Who will take home the thousand pounds?	UNITED KINGDOM	English-100	PG		

2023-10-20	2230	The Cook Up With Adam Liaw	Festival Of Lights	It's Easy Entertaining with The Cook Up, and Adam is celebrating Diwali, the festival of lights, with chefs Gunjan Aylawadi and Nagesh Seethiah.	AUSTRALIA	English-100	PG		
2023-10-20	2300	United Plates Of America	Sonoma	Sonoma has over 500 wineries, beautiful scenery, down to earth locals, farmers, winemakers and acclaimed chefs at farm to table restaurants	USA	English-100	G		
2023-10-20	2330	The Cook And The Chef	Darwin Markets And Sea Cucumber	Maggie shares some great tips on how to prepare succulent octopus and Simon tackles another exotic ingredient from the far North - sea cucumber.	AUSTRALIA	English-100	G		
2023-10-20	2400	Mystery Diners	F For Effort	A Mystery Diner goes undercover as a waiter and discovers several problem employees who are threatening patrons, drinking on the job and eating customers' food.	USA	English-100	PG	I	Y
2023-10-20	2430	Rick Stein's Road To Mexico	Mexico City To Oaxaca	Heading south from the capital, Rick travels to Puebla, which conjures up images of Cortez and the Spanish conquest of Mexico. It is a city with impressive European architecture, and the home of mole,	UNITED KINGDOM	English-100	PG		
2023-10-20	2540	Come Dine With Me UK	Royal Leamington Spa: Sis	Pub landlady, Sis, is donning her hosting hat with a sports inspired evening in her bid to be top of the league and wow her guests with some home cooked favourites.	UNITED KINGDOM	English-100	PG		
2023-10-20	2605	Come Dine With Me UK	Royal Leamington Spa: Nikki	Final host of the week is lively admin assistant Nikki. She's hoping her musically themed menu will see her singing her way to the thousand pounds. Who will take home the thousand pounds?	UNITED KINGDOM	English-100	PG		
2023-10-20	2630	Mary Makes It Easy	Budget Bites	Mary amps up the savings to prove you don't have to spend a fortune to make delicious dishes. First up, pork tenderloin is a budget-friendly protein that's easy on the wallet.	CANADA	English-100	G		
2023-10-20	2700	United Plates Of America	Sonoma	Sonoma has over 500 wineries, beautiful scenery, down to earth locals, farmers, winemakers and acclaimed chefs at farm to table restaurants	USA	English-100	G		
2023-10-20	2730	The Cook Up With Adam Liaw	Festival Of Lights	It's Easy Entertaining with The Cook Up, and Adam is celebrating Diwali, the festival of lights, with chefs Gunjan Aylawadi and Nagesh Seethiah.	AUSTRALIA	English-100	PG		
2023-10-20	2800	Mystery Diners	F For Effort	A Mystery Diner goes undercover as a waiter and discovers several problem employees who are threatening patrons, drinking on the job and eating customers' food.	USA	English-100	PG	I	Y
2023-10-20	2830	David Rocco's Dolce Tuscany	Balsamico Di Modena	David meets with Angelo Giacobazzi, a fourth-generation producer of Aceto Balsamico di Modena vinegar. Together, they visit his cantina where the vinegars are aged for up to 35 years.	CANADA	English-100	G		
2023-10-21	0500	Minjiba Entertains	Bohemian Villa	Minjiba travels to the Kitengela Hot Glass factory near Nairobi National Park where Anselm Croze creates collector ornaments and cutlery in a bohemian setting.	USA	English-100	G		
2023-10-21	0530	Ainsley's Good Mood Food	Herbs And Spices	In today's show, Ainsley shows you how herbs and spices can elevate any dish and take it from good to great. He gets things going with a lamb rogan josh, packed with flavour.	UNITED KINGDOM	English-100	G		

2023-10-21	0625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
2023-10-21	0630	Choccywoccydoodah	Julien McDonald	Romance is in the air as the celebrity cake challenge comes from renowned fashion designer Julien MacDonald, who wants them to create the most outlandish and opulent wedding cake they've ever made.	UNITED KINGDOM	English-100		PG	a	
2023-10-21	0725	Cook Up With Adam Liaw Bitesize	Lubia Polo	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2023-10-21	0730	My Market Kitchen	Episode 55	Ben reminisces about a family trip to Japan while he cooks Gyozas, nutritionist Jemma cooks a healthy Sweet Tooth Salad after learning about growing green beans.	AUSTRALIA	English-100		G		
2023-10-21	0800	Mary Makes It Easy	Budget Bites	Mary amps up the savings to prove you don't have to spend a fortune to make delicious dishes. First up, pork tenderloin is a budget-friendly protein that's easy on the wallet.	CANADA	English-100		G		
2023-10-21	0830	The Curious Chef	Curious Chef Series 1, The Ep 5	Stephanie meets Nigerian chefs, Eros and JP, to learn the basics of cooking West African cuisine. From palm oil to locust beans to asaro.	USA	English-100				
2023-10-21	0900	Food Safari	French Safari Part 1	Maeve meets up with top chef Guillaume Brahimi. He gives the rundown on the essential French ingredients - great butter and salt, bread, fresh herbs, mustard and cheeses.	AUSTRALIA	English-100	RPT	G		Y
2023-10-21	0930	Food Unwrapped	Best Of 3 - Rose Oil, Beetroot And Sourdough	Jimmy is in Bulgaria to find out why rose oil is considered liquid gold. Matt Tebbutt delves into the secret world of baker's yeast to find out what actually gives sourdough bread its twang.	UNITED KINGDOM	English-100		PG		Y
2023-10-21	1000	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 4	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100		G		
2023-10-21	1030	John Torode's Middle East	Malta	This week John is in Malta, a surprising stop on his Middle Eastern tour. John soon finds out that Middle Eastern influences are everywhere, hidden just under the surface of the island's history.	CANADA	English-100		G		
2023-10-21	1100	The Cook Up With Adam Liaw	Festival Of Lights	It's Easy Entertaining with The Cook Up, and Adam is celebrating Diwali, the festival of lights, with chefs Gunjan Aylawadi and Nagesh Seethiah.	AUSTRALIA	English-100		PG		
2023-10-21	1130	Rick Stein's Road To Mexico	Mexico City To Oaxaca	Heading south from the capital, Rick travels to Puebla, which conjures up images of Cortez and the Spanish conquest of Mexico. It is a city with impressive European architecture, and the home of mole,	UNITED KINGDOM	English-100		PG		
2023-10-21	1240	Come Dine With Me UK	Royal Leamington Spa: Sis	Pub landlady, Sis, is donning her hosting hat with a sports inspired evening in her bid to be top of the league and wow her guests with some home cooked favourites.	UNITED KINGDOM	English-100		PG		
2023-10-21	1305	Come Dine With Me UK	Royal Leamington Spa: Nikki	Final host of the week is lively admin assistant Nikki. She's hoping her musically themed menu will see her singing her way to the thousand pounds. Who will take home the thousand pounds?	UNITED KINGDOM	English-100		PG		

2023-10-21	1330	Palisa Anderson's Water Heart Food	Humble Origins	Thailand is home to many incredible food markets that sell an abundance of fresh and seasonal fruit and vegetables, the type of produce Palisa now grows on her farm and supplies to many top-end chefs.	AUSTRALIA	English-100		G	Y
2023-10-21	1400	Palisa Anderson's Water Heart Food	Third Culture Cooks	Palisa meets up with two old friends - fellow second-generation Thais Ari Walpole and Mahalia Barnes. They visit the Sydney Fish Market, and cook some delicious Thai-inspired recipes.	AUSTRALIA	English-100		G	Y
2023-10-21	1430	David Rocco's Dolce Tuscany	Wheat, Flour, Pasta	At Villa Poggio Bartoli, the wheat harvest is a big deal. To this day, the threshing of the wheat is done the old-fashioned way using machinery from the 1920s.	CANADA	English-100		G	
2023-10-21	1500	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 2	Silvia Colloca returns to her family home in Italy, and with the help of her sister, she demonstrates how to make a fool proof potato gnocchi with zucchini and pecorino sauce.	AUSTRALIA	English-100	RPT	G	Y
2023-10-21	1530	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 3	Silvia journeys to Ascoli Piceno and immerses herself in Italian cafe culture. Inspired, she returns to her Italian family home to make the perfect coffee dunking cookie - tozzetti.	AUSTRALIA	English-100	RPT	G	Y
2023-10-21	1600	Palisa Anderson's Water Heart Food	On Origins	Palisa meets two well-known Sydney-based chefs - Paul Carmichael and Martin Boetz - to explore how cuisines from different countries can mingle and influence each other.	AUSTRALIA	English-100		G	Y
2023-10-21	1630	Hugh's Fish Fight	Hugh's Fish Fight Series 1 Ep 4	Hugh journeys to discover the truth behind fisheries -- and what's going so incredibly wrong.	UNITED KINGDOM	English-100		G	
2023-10-21	1725	Please Eat Slowly Bitesize	Yee Sang	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100		G	
2023-10-21	1730	Born To Cook: Jack Stein Down Under	Red Wine, Finger Limes And Capers	Jack Stein heads to a winery where he blends his own Pinot Noir and enjoys a home-cooked lamb shank. At an elusive finger lime orchard, he sees the budding citrus caviar in Pemberton.	AUSTRALIA	English-100		PG	