



WEEK 43 Sunday, 20 October 2024 Saturday, 26 October 2024

ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Egg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-10-20	0500	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		
2024-10-20	0530	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
2024-10-20	0625	Destination Flavour China Bitesize	Shandong Roast Chicken	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
2024-10-20	0630	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	
2024-10-20	0730	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			
2024-10-20	0825	Destination Flavour Japan Bitesize	Mie And Aichi	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-10-20	0830	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			
2024-10-20	0925	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	
2024-10-20	0930	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			
2024-10-20	1000	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		

2024-10-20	1030	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		
2024-10-20	1100	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		
2024-10-20	1130	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
2024-10-20	1225	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
2024-10-20	1230	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	
2024-10-20	1330	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
2024-10-20	1400	The Cook Up With Adam Liaw	Tinned Tomatoes	A pantry staple becomes the hero tonight as Adam and his guests, comedian Mel Buttle and chef Dom Wilton make magic with tinned tomatoes.	AUSTRALIA	English-100	RPT	G	Y	
2024-10-20	1430	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	RPT	G	Y	
2024-10-20	1500	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	RPT	G	Y	
2024-10-20	1530	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	RPT	G	Y	
2024-10-20	1600	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
2024-10-20	1630	Cooking With Curtis	David	David is a meat and potatoes kind of guy but wants to celebrate his wife, Valerie, who lost 50 pounds after adopting a plant-based diet. Curtis helps David create an innovative, vegetable-forward menu of Spaghetti Carbonara with Smoked Mushroom, a Farmers' Market Salad, and Strawberry Rippled Ice Cream with Candied Almonds.	USA	English-100		G		
2024-10-20	1700	Rick Stein's Seafood Odyssey	America And Cornwall	Rick begins the next leg of his Seafood Odyssey in Chesapeake Bay, Maryland, in America. The area is famous for striped bass and Rick makes a mouth-watering visit to an oyster shack.	UNITED KINGDOM	English-100		PG		a w
2024-10-20	1730	Eating Inn	Osteria Mozza: Hilton, Singapore	Nancy Silverton, founder, owner and Exec Chef of Osteria Mozza is considered by the American culinary elite to be a national treasure.	SINGAPORE	English-100		G		

2024-10-20	1830	Simply Raymond Blanc	Little Pleasures Of Life, The	Why wait for grand occasions to share special food? After all, food is a pleasure of life, and Raymond is here to share some of his best recipes.	UNITED KINGDOM	English-100		G			
2024-10-20	1930	A Lake District Farmshop	Pies And Cheese	The service station's food and product buyers are on the hunt for new and exciting products to help renew and improve the farmshop shelves.	UNITED KINGDOM	English-100		G			
2024-10-20	2030	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 12	Following in the footsteps of Turner, one of Britain's most loved artists, Rick discovers how much the Cornish landscape influenced his work.	UNITED KINGDOM	English-100		PG	a	w	
2024-10-20	2100	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 13	On the banks of the River Tamar, Rick visits a little-known mausoleum with a rather macabre story.	UNITED KINGDOM	English-100		PG	a	w	
2024-10-20	2130	Anthony Bourdain: Parts Unknown	Los Angeles	Tony examines the meeting point of Asian, Mexican, and Latino culture in modern Los Angeles. He talks to Roy Choi, a Korean-American who created a Brave New World of gastronomy with his LA based Kogi trucks. Roy's food reflects a new American idea of 'natural' fusion - culinary influences that grew up next to and with each other.	USA	English-100		PG	a	l	
2024-10-20	2225	Please Eat Slowly Bitesize	Steamed Whole Fish	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100		G			
2024-10-20	2230	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 3	Tough times are ahead for Paul when he asks home butcher and friend Matt to help him slaughter his first goat, but when Paul helps to rebuild a community garden the goat goes to a good cause.	UNITED KINGDOM	English-100	RPT	PG	a	w	Y
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2024-10-20	2830	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 12	Following in the footsteps of Turner, one of Britain's most loved artists, Rick discovers how much the Cornish landscape influenced his work.	UNITED KINGDOM	English-100		PG	a w
2024-10-21	0500	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	RPT	G	Y
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2024-10-21	1130	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 12	Following in the footsteps of Turner, one of Britain's most loved artists, Rick discovers how much the Cornish landscape influenced his work.	UNITED KINGDOM	English-100		PG	a w
2024-10-21	1200	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 13	On the banks of the River Tamar, Rick visits a little-known mausoleum with a rather macabre story.	UNITED KINGDOM	English-100		PG	a w

2024-10-21	1230	Come Dine With Me	Stroud 5	Tensions are rising high between the two women and it seems everyone is waiting to see if it will blow. It may be a battle of the risottos but Kate has a secret weapon that may help her win the £1000 prize.	UNITED KINGDOM	English-100	G			
2024-10-21	1300	David Rocco's Dolce India	Bengali Thali	David explores Kolkata, a city so rich with culture and food tradition it's hard to know where to start. He meets up with Myanck, a local chef from ITC, to check out the city's fish market, but not before they indulge in a traditional 10-course Bengali breakfast! Later, they head into the kitchen with their fish-market finds and experiment with Kolkata's two signature ingredients: mustard and fresh river fish, and everyone agrees the results are delicious.	CANADA	English-100	PG			
2024-10-21	1330	Comfort Food With Spencer Watts	Sugar Coated	Sometimes a little sweetness brings a lot of comfort. Today the crew indulge the sweet tooth with fluffy donuts, some peanut butter and jelly-inspired stuffed cookies with a raspberry glaze, and then some decadent decked out carrot cake waffles.	CANADA	English-100	G			
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2024-10-21	1500	Pati's Mexican Table	Tucson: Gateway To Sonora	Pati heads to Tucson, Arizona to meet one of the best bakers in America, Don Guerra of Barrio Bakery. After sampling his bread and getting the secrets to his process, Pati travels across to border to Sonora, Mexico to get an up-close look at the incredible Sonoran wheat that Don uses in his bread.	USA	English-100	G		Y	
2024-10-21	1530	Royal Recipes	Pie And Pudding	On today's programme, presenter Michael Buerk and chef Anna Haugh knock up a fastidious queen's favourite pie.	UNITED KINGDOM	English-100	G			
2024-10-21	1625	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			
2024-10-21	1630	Hidden Flavours Of India	Sustainability	A morning in Majuli finds Ruchi in a fresh fish market. Here she sees the Indigenous ways of catching fish and invites herself to the house of Komala Kaman.	INDIA	English-50; Hindi-50	PG		Y	
2024-10-21	1700	The Wandering Chef	Ep 6	Our team visits Byadi, a city which is famous for chillies, then visits a local family to sample their home-cooked cuisine.	INDIA	English-50; Hindi-50	G		Y	
2024-10-21	1730	Luke Nguyen's India	Bangalore Part 1	Luke's starts in Bangalore where he visits the nearly 100-year-old restaurant to discover the importance of coffee culture in Southern India and meets with local food journalist, Joshua Muiyiwa.	AUSTRALIA	English-100	G		Y	Y
2024-10-21	1800	River Cottage Australia	Ep 3	Paul gets some goats but the going gets gruff when he tries to milk them for the first time. His cheese-making skills get challenged by local friend Erica when they enter into the secret world of cheese-making. The big event of the month, the Bega Show, is just around the corner and Paul is relying on his friend Tabitha to give him some tips for his showgirl hens. But are they going to be up to scratch? And could Ron the Rooster be a suitable replacement?	UNITED KINGDOM	English-100	RPT	PG		Y
2024-10-21	1900	The Cook Up With Adam Liaw	Olives	Owner of Sandhurst Olives Mimmo Lubrano and actor Andy Trieu are in the Cook Up kitchen with Adam creating some yummy olive dishes.	AUSTRALIA	English-100	RPT	G		Y

2024-10-21	1930	Jamie At Home	Potatoes	Everyone loves potatoes. Jamie enthuses about these underground jewels and makes the perfect potato salad using freshly dug wonderful new potatoes at their best.	UNITED KINGDOM	English-100		PG			
2024-10-21	2000	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 2 Episode 1	Acclaimed chef Luke Nguyen takes us on a culinary journey through the northern regions of Vietnam. In this episode, Luke explores the food and culture of Hue, home to the ruling Emperors of the 17th century in central Vietnam. At a bustling corner restaurant, Luke helps prepare a quintessential Hue dish - lemongrass skewers. Later, he explores the historic Citadel, built by the Nguyen Dynasty where the Emperors ruled.	AUSTRALIA	English-100	RPT	G	Y	Y	
2024-10-21	2030	Stanley Tucci: Searching For Italy	Piedmont	Stanley Tucci visits the region that made the dream of unified Italy a reality. Piedmont boasts refined French heritage and peasant traditions of the Middle Ages. Once the engine room of Italian industrialisation, Piedmont is now spearheading a slow food revolution.	USA	English-90; Italian-10	RPT	PG	I	Y	Y
2024-10-21	2125	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	
2024-10-21	2130	Come Dine With Me	Norwich: Anthony	This week's competition is in and around Norwich, where the first to host is multi-award winning mind reader and magician, the 'Amazing' Anthony.	UNITED KINGDOM	English-100		PG			
2024-10-21	2200	Come Dine With Me	Norwich: Hannah	The second day of this week's competition is in and around Norwich, where second to host is glam cleaner Hannah.	UNITED KINGDOM	English-100		PG			
2024-10-21	2230	The Cook Up With Adam Liaw	Cream Cheese	The Cook Up host Adam Liaw brings food writer Tori Haschka and food and travel writer Yasmin Newman in to The Cook Up kitchen to create their ultimate cream cheese dishes.			RPT	G		Y	
2024-10-21	2300	The Cook And The Chef	Food For A Cold Winter	There's Italian sunshine and some chilly Australian surf in this mid-winter episode. Simon reveals his Englishman's love of visiting the beach in cold weather, while Maggie recalls her sunny days spent living in Tuscany.	AUSTRALIA	English-100		G			
2024-10-21	2330	Gourmet Farmer	Final Countdown, The	The big day is nearly here, but with a forecast of snow and sleet, will Matthew Evans be ready for the grand opening of his new farm-to-table restaurant - Fat Pig Kitchen?	AUSTRALIA	English-100	RPT	PG		Y	
2024-10-21	2400	David Rocco's Dolce India	Bengali Thali	David explores Kolkata, a city so rich with culture and food tradition it's hard to know where to start. He meets up with Myanck, a local chef from ITC, to check out the city's fish market, but not before they indulge in a traditional 10-course Bengali breakfast! Later, they head into the kitchen with their fish-market finds and experiment with Kolkata's two signature ingredients: mustard and fresh river fish, and everyone agrees the results are delicious.	CANADA	English-100		PG			
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2024-10-22	0630	Bizarre Foods: Delicious Destinations	Goa	Andrew explores Goa, a former Portuguese colony and lush, tropical paradise on the western coast of India. From prawn curry and Portuguese chorizo to pork vindaloo, the seaside city's local cuisine is influenced by many different cultures.	USA	English-100		G			Y
2024-10-22	0700	Pati's Mexican Table	Tucson: Gateway To Sonora	Pati heads to Tucson, Arizona to meet one of the best bakers in America, Don Guerra of Barrio Bakery. After sampling his bread and getting the secrets to his process, Pati travels across to border to Sonora, Mexico to get an up-close look at the incredible Sonoran wheat that Don uses in his bread.	USA	English-100		G			Y
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2024-10-22	1030	Come Dine With Me	Norwich: Hannah	The second day of this week's competition is in and around Norwich, where second to host is glam cleaner Hannah.	UNITED KINGDOM	English-100		PG			
2024-10-22	1100	The Cook Up With Adam Liaw	Olives	Owner of Sandhurst Olives Mimmo Lubrano and actor Andy Trieu are in the Cook Up kitchen with Adam creating some yummy olive dishes.	AUSTRALIA	English-100	RPT	G		Y	
2024-10-22	1130	Stanley Tucci: Searching For Italy	Piedmont	Stanley Tucci visits the region that made the dream of unified Italy a reality. Piedmont boasts refined French heritage and peasant traditions of the Middle Ages. Once the engine room of Italian industrialisation, Piedmont is now spearheading a slow food revolution.	USA	English-90; Italian-10	RPT	PG	I	Y	Y
2024-10-22	1225	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	
2024-10-22	1230	Come Dine With Me	Glasgow 1	This week's competitors are from in and around Glasgow where first to host is 38 year old, part time princess and full time hairdresser Jen.	UNITED KINGDOM	English-100		PG			
2024-10-22	1300	David Rocco's Dolce India	Street Eats In Kolkata	David goes on a crazy food tour of the city: they ride the tram and do as the locals do on their quest to sample Kolkata's best street eats, including the famous Kati roll. But will David be a fan of the super sweet desserts that the Bengalis love so much?	CANADA	English-100		G			
2024-10-22	1330	Comfort Food With Spencer Watts	Board Game Grazing	On game nights like this, Spencer pulls out all the stops as we indulge in pepperoni arroncini risotto pops with molten mozza middles and spicy marinara sauce; puffed millet and cornmeal coated chicken bites with a sweet chilli firecracker sauce; and popcorn margaritas with margarita popcorn.	CANADA	English-100		PG			
2024-10-22	1400	Rick Stein's Food Heroes	Midlands And East England	A forage in the Norfolk woodlands provides a breakfast of wild mushrooms, accompanied on toast by some delicious devilled kidneys. Still in Norfolk, he visits the village of Thuxton and meets James Graham, whose grandfather ensured the survival of the Norfolk Black turkey.	UNITED KINGDOM	English-100		G			
2024-10-22	1430	Bizarre Foods: Delicious Destinations	Bronx, The	Andrew Zimmern explores the international flavours of one of America's most diverse communities, the Bronx, New York.	USA	English-100		G			Y
2024-10-22	1500	Pati's Mexican Table	Hermosillo Food Crawl	Pati spends a day in Sonora's capital, Hermosillo, visiting some of the city's best culinary destinations. Pati experiences the full spectrum of the Hermosillo's food scene.	USA	English-100		G			Y

2024-10-22	1530	Royal Recipes	Pomp And Circumstance	On today's show, presenter Michael Buerk and chef Anna Haugh sample a luxurious dish, originally created for the 'Merry Monarch', Charles II.	UNITED KINGDOM	English-100		G		
2024-10-22	1625	Please Eat Slowly Bitesize	Yee Sang	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100		G		
2024-10-22	1630	Hidden Flavours Of India	Camaraderie	Ruchi's journey enters the picturesque state of Arunachal Pradesh, which is famous for its momos (steamed dumplings). She visits a Mongpa restaurant and understands what makes these momos unique.	INDIA	English-50; Hindi-50		PG		Y
2024-10-22	1700	The Wandering Chef	Ep 7	Our chef visits Krishnamurthi Saralaya to sample mandaige and observe its preparation. Then we meet Nilesh Patil, a culinary blogger, and the chef prepares dishes alongside the locals.	INDIA	English-50; Hindi-50		G		Y
2024-10-22	1730	Luke Nguyen's India	Bangalore Part 2	Luke visits a local wrestling premises famous for its biryani. He gets to discover the growing Bangalore beer brewery scene before he visits a famous coffee house with an amazing local story.	AUSTRALIA	English-100		G	Y	Y
2024-10-22	1800	River Cottage Australia	Ep 4	Paul has always known that farm life isn't easy, but when he's faced with a tough task his experiences from last season prove to be useful. The CWA ladies seek Paul's skills with an important charity event, and Paul's got to come up with the goods for a catering challenge.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-10-22	1900	The Cook Up With Adam Liaw	Chicken Or Egg	Which came first - the chicken or the egg? We put Adam, MasterChef winner Julie Goodwin and comedian Aaron Chen to the test as they create dishes inspired by the conundrum in the Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2024-10-22	1930	The Chocolate Queen	Ep 4	Transform your table into a show-stopper with Kirsten's chocolate creations, from an exquisite, gluten-free orange cake to irresistible caramel ice cream sandwiches.	AUSTRALIA	English-100		G		
2024-10-22	2000	Mark Moriarty: Off Duty Chef	Ep 2	In this episode, Mark Moriarty brings us a collection of recipes inspired by his travels and childhood memories.	UNITED KINGDOM	English-100		G		
2024-10-22	2030	James Martin's French Adventure	Versailles	James visits the palace of Versailles and a master chocolatier who makes enormous chocolate sculptures, then creates a fail-safe chocolate mousse and French fish supper.	UNITED KINGDOM	English-100		PG		Y
2024-10-22	2130	Come Dine With Me	Norwich: Jess	It's the third day of the competition in and around Norwich, where third to host is service manager and super Adele fan, Jess.	UNITED KINGDOM	English-100		PG		
2024-10-22	2200	Come Dine With Me	Norwich: Sarah	It's the fourth day of the competition in and around Norwich, where fourth to host is chatty, mobile hairdresser, Sarah.	UNITED KINGDOM	English-100		PG		
2024-10-22	2230	The Cook Up With Adam Liaw	Home Delivery	Television presenter Julia Zemiro and ex-Mr Wong and Lotus chef, Sam Young are in The Cook Up kitchen with host Adam Liaw to create their home delivery inspired meals.			RPT	G		Y
2024-10-22	2300	The Cook And The Chef	Kids In The Kitchen	Rolled sleeves, flour covered fingers and chocolate smeared grins - it's winter school holidays and the kids are in the kitchen. Join Maggie as she shares her grandchildren's favourite recipes, chicken wings and cup cakes.	AUSTRALIA	English-100		G		

2024-10-22	2330	Gourmet Farmer	Grand Opening	Guests battle the sleet and snow to arrive for the soft launch of Matthew Evans' new plate-in-a-paddock restaurant in Southern Tasmania.	AUSTRALIA	English-100	RPT	G	Y
2024-10-22	2400	David Rocco's Dolce India	Street Eats In Kolkata	David goes on a crazy food tour of the city: they ride the tram and do as the locals do on their quest to sample Kolkata's best street eats, including the famous Kati roll. But will David be a fan of the super sweet desserts that the Bengalis love so much?	CANADA	English-100		G	
2024-10-22	2430	The Chocolate Queen	Ep 4	Transform your table into a show-stopper with Kirsten's chocolate creations, from an exquisite, gluten-free orange cake to irresistible caramel ice cream sandwiches.	AUSTRALIA	English-100		G	
2024-10-22	2500	Mark Moriarty: Off Duty Chef	Ep 2	In this episode, Mark Moriarty brings us a collection of recipes inspired by his travels and childhood memories.	UNITED KINGDOM	English-100		G	
2024-10-22	2530	James Martin's French Adventure	Versailles	James visits the palace of Versailles and a master chocolatier who makes enormous chocolate sculptures, then creates a fail-safe chocolate mousse and French fish supper.	UNITED KINGDOM	English-100		PG	Y
2024-10-22	2625	Taste The Philippines With Yasmin Newman	Kinamatisang Manok With Kim Cudia-Prieto	Chef and owner of Canberra's Lolo and Lola's, Kim Cudia-Prieto cooks a specialty dish called Kinamatisang Manok using classic ingredients that are local to her hometown.	AUSTRALIA	English-100		G	
2024-10-22	2630	Come Dine With Me	Norwich: Jess	It's the third day of the competition in and around Norwich, where third to host is service manager and super Adele fan, Jess.	UNITED KINGDOM	English-100		PG	
2024-10-22	2700	Come Dine With Me	Norwich: Sarah	It's the fourth day of the competition in and around Norwich, where fourth to host is chatty, mobile hairdresser, Sarah.	UNITED KINGDOM	English-100		PG	
2024-10-22	2730	River Cottage Australia	Ep 4	Paul has always known that farm life isn't easy, but when he's faced with a tough task his experiences from last season prove to be useful. The CWA ladies seek Paul's skills with an important charity event, and Paul's got to come up with the goods for a catering challenge.	UNITED KINGDOM	English-100	RPT	PG	a w Y
2024-10-22	2830	Come Dine With Me	Glasgow 1	This week's competitors are from in and around Glasgow where first to host is 38 year old, part time princess and full time hairdresser Jen.	UNITED KINGDOM	English-100		PG	
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2024-10-23	0530	Comfort Food With Spencer Watts	Board Game Grazing	On game nights like this, Spencer pulls out all the stops as we indulge in pepperoni arroncini risotto pops with molten mozza middles and spicy marinara sauce; puffed millet and cornmeal coated chicken bites with a sweet chilli firecracker sauce; and popcorn margaritas with margarita popcorn.	CANADA	English-100		PG	
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2024-10-23	0630	Bizarre Foods: Delicious Destinations	Bronx, The	Andrew Zimmern explores the international flavours of one of America's most diverse communities, the Bronx, New York.	USA	English-100		G	Y

2024-10-23	0700	Pati's Mexican Table	Hermosillo Food Crawl	Pati spends a day in Sonora's capital, Hermosillo, visiting some of the city's best culinary destinations. Pati experiences the full spectrum of the Hermosillo's food scene.	USA	English-100		G		Y
2024-10-23	0730	Royal Recipes	Pomp And Circumstance	On today's show, presenter Michael Buerk and chef Anna Haugh sample a luxurious dish, originally created for the 'Merry Monarch', Charles II.	UNITED KINGDOM	English-100		G		
2024-10-23	0825	Please Eat Slowly Bitesize	Yee Sang	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100		G		
2024-10-23	0830	Hidden Flavours Of India	Camaraderie	Ruchi's journey enters the picturesque state of Arunachal Pradesh, which is famous for its momos (steamed dumplings). She visits a Mongpa restaurant and understands what makes these momos unique.	INDIA	English-50; Hindi-50		PG		Y
2024-10-23	0900	The Wandering Chef	Ep 7	Our chef visits Krishnamurthi Saralaya to sample mandaige and observe its preparation. Then we meet Nilesh Patil, a culinary blogger, and the chef prepares dishes alongside the locals.	INDIA	English-50; Hindi-50		G		Y
2024-10-23	0930	Luke Nguyen's India	Bangalore Part 2	Luke visits a local wrestling premises famous for its biryani. He gets to discover the growing Bangalore beer brewery scene before he visits a famous coffee house with an amazing local story.	AUSTRALIA	English-100		G	Y	Y
2024-10-23	1000	Come Dine With Me	Norwich: Jess	It's the third day of the competition in and around Norwich, where third to host is service manager and super Adele fan, Jess.	UNITED KINGDOM	English-100		PG		
2024-10-23	1030	Come Dine With Me	Norwich: Sarah	It's the fourth day of the competition in and around Norwich, where fourth to host is chatty, mobile hairdresser, Sarah.	UNITED KINGDOM	English-100		PG		
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2024-10-23	1130	James Martin's French Adventure	Versailles	James visits the palace of Versailles and a master chocolatier who makes enormous chocolate sculptures, then creates a fail-safe chocolate mousse and French fish supper.	UNITED KINGDOM	English-100		PG		Y
2024-10-23	1225	Taste The Philippines With Yasmin Newman	Kinamatisang Manok With Kim Cudia-Prieto	Chef and owner of Canberra's Lolo and Lola's, Kim Cudia-Prieto cooks a specialty dish called Kinamatisan Manok using classic ingredients that are local to her hometown.	AUSTRALIA	English-100		G		
2024-10-23	1230	Come Dine With Me	Glasgow 2	This wee's competitors are from in and around Glasgow where second to host is 32 year old, psychic medium Robert.	UNITED KINGDOM	English-100		PG		
2024-10-23	1300	David Rocco's Dolce India	Chinese Calcutta	Kolkata is home to India's largest Chinese community, and they're fiercely proud of their Hakka-style cuisine — a fusion of Chinese and Indian. David spends the day with a family that produces and sells their own Chinese sauce, eating their delicious momos and fried chicken.	CANADA	English-100		PG	I	
2024-10-23	1330	Comfort Food With Spencer Watts	Any Day Is Game Day	Spencer encourages us to make game day food including BBQ beef and bacon armadillo eggs with chipotle cheddar centres. Then he makes delicious dill pickle chip coated chicken wings with dirty pickles and a spicy buttermilk ranch dip.	CANADA	English-100		PG		

2024-10-23	1400	Rick Stein's Food Heroes	North East England	In Wakefield, Rick makes a sublime rhubarb crumble and meets Janet Oldroyd, whose family have been farming rhubarb for four generations. In Bradford, he visits the home of the late novelist JB Priestley, before discovering a perfect recipe for lamb karahi at the Karachi restaurant - one of the sole surviving working men's cafés from the days of the productive woollen textile mill industry.	UNITED KINGDOM	English-100		G		
2024-10-23	1430	Bizarre Foods: Delicious Destinations	Harlem	Andrew Zimmern highlights Harlem's colourful restaurants offering soul food, Caribbean classics and even the national dish of Senegal.	USA	English-100		G		
2024-10-23	1500	Pati's Mexican Table	Blessing And The Benefit, The	Pati experiences important Sonoran culinary traditions. On the coast in Bahia Kino, local fishermen receive 'the blessing' from a woman from the Seri tribe before heading out on the water to catch giant sea scallops.	USA	English-100		PG	a w	Y
2024-10-23	1530	Royal Recipes	Festivals	Michael and Anna recreate a 16th century savoury tart, with which a Tudor king broke his Lenten fast.	UNITED KINGDOM	English-100		G		
2024-10-23	1625	Please Eat Slowly Bitesize	Hand-Pulled Noodles	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100		G		
2024-10-23	1630	Hidden Flavours Of India	Indigenous	Ruchi seeks to understand the food of the Nyishi Tribe, then, armed with foraged ingredients, cooks up a delicious meal in the outdoors.	INDIA	English-50; Hindi-50		PG		Y
2024-10-23	1700	The Wandering Chef	Ep 8	Our chef samples tandra rasa and pandra rasa with the royal family, then meets a local gourmet who is a member of one of Kolhapur's aristocratic families.	INDIA	English-50; Hindi-50		G		Y
2024-10-23	1730	Luke Nguyen's India	Coimbatore	In Coimbatore, Luke learns how to make a roast for a local family before he finds out about Kongunadu cuisine and hears the secret to the best meatballs in India.	AUSTRALIA	English-100		G		Y Y
2024-10-23	1800	River Cottage Australia	Ep 5	Paul's pasture poultry have all grown up and it's processing time. Chris Franks is back to share his knowledge and wisdom. Another River Cottage favourite returns; Iain Hamilton gives Paul a hand building a special barbecue grill. He takes the grill to the annual Bermagui Seaside Fair and hosts his second stall, and it's full of surprises. Paul joins a brotherhood of brewing buddies in Candelo for a night of homebrew and beats.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-10-23	1900	The Cook Up With Adam Liaw	Country Music	In the Cook Up kitchen, Rockwiz presenter Julia Zemiro, chef Morgan McGlone and Adam create some tasty dishes inspired by country music.	AUSTRALIA	English-100	RPT	G		Y
2024-10-23	1930	Marcus Wareing: Simply Provence	Beef	There's so much amazing food in Provence, but one special ingredient in particular garners a lot of excitement when seen on the menu, beef.	UNITED KINGDOM	English-100		G		Y
2024-10-23	2000	Nadiya's Fast Flavours	Quick And Easy	As a working mum of three, Nadiya is no stranger to juggling work and family, and in this episode, she shares useful recipes that are all loaded with flavour but can be rustled up in no time. Inspired by a trip to Louisiana, she cooks up a delicious po'boy sub sandwich, stuffed to the brim with crunchy and quick to cook crabstick pakoras, served with a zingy garlic mayo made with the ingenious addition of fruity apple sauce.	UNITED KINGDOM	English-100		PG		
2024-10-23	2030	Hugh's Three Good Things	Squid	It's the final day of fish week but can Hugh triumph in the fishy food fight? It's the competition week he most wants to win, so he is pulling out all the stops as everyone battles with today's star ingredient, 'squid'.	UNITED KINGDOM	English-100		G		

2024-10-23	2100	Masters Of Taste With Gary Mehigan	Jaipur - Jain Food	Gary Mehigan bike rides his way through the street food of Jaipur and gets inspired to fry some finger-licking food.	USA	English-100		G	
2024-10-23	2130	Come Dine With Me	Norwich: Luke	The Fifth day of this week's competition is in and around Norwich, where tonight's host is surgeon Luke. Luke loves his food and is happy to admit he only works to eat good meals!	UNITED KINGDOM	English-100		PG	
2024-10-23	2200	Come Dine With Me	Birmingham: Sophie	It's the first night of the competition in Birmingham and kicking off the week is glamorous financial controller, Sophie. She's hoping her indulgent food will fill up her guests.	UNITED KINGDOM	English-100		PG	
2024-10-23	2230	The Cook Up With Adam Liaw	Middle Eastern	Television presenter Jan Fran and Melbourne's Maha Bar owner Shane Delia join host Adam Liaw in The Cook Up kitchen to create some Middle Eastern inspired dishes.			RPT	G	Y
2024-10-23	2300	The Cook And The Chef	Soup And Rice	Maggie and Simon often start out with the same ingredient and end up in very different places. They're taking different approaches to cooking with rice, so while Simon reveals the secrets to one of his favourite Chinese dishes, Maggie tackles a true Mediterranean classic.	AUSTRALIA	English-100		G	
2024-10-23	2330	Gourmet Farmer	Sausage Party	Fat Pig Farm is now open for business, with a regular Friday service, a market stall, and a sausage-making workshop.	AUSTRALIA	English-100	RPT	G	Y
2024-10-23	2400	David Rocco's Dolce India	Chinese Calcutta	Kolkata is home to India's largest Chinese community, and they're fiercely proud of their Hakka-style cuisine — a fusion of Chinese and Indian. David spends the day with a family that produces and sells their own Chinese sauce, eating their delicious momos and fried chicken.	CANADA	English-100		PG	I
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2024-10-24	1100	The Cook Up With Adam Liaw	Country Music	In the Cook Up kitchen, Rockwiz presenter Julia Zemiro, chef Morgan McGlone and Adam create some tasty dishes inspired by country music.	AUSTRALIA	English-100	RPT	G	Y	
2024-10-24	1130	Hugh's Three Good Things	Squid	It's the final day of fish week but can Hugh triumph in the fishy food fight? It's the competition week he most wants to win, so he is pulling out all the stops as everyone battles with today's star ingredient, 'squid'.	UNITED KINGDOM	English-100		G		
2024-10-24	1200	Masters Of Taste With Gary Mehigan	Jaipur - Jain Food	Gary Mehigan bike rides his way through the street food of Jaipur and gets inspired to fry some finger-licking food.	USA	English-100		G		
2024-10-24	1230	Come Dine With Me	Glasgow 3	This week's competitors are from in and around Glasgow, where third to host is 24 year old, food vlogger, Darren.	UNITED KINGDOM	English-100		PG		
2024-10-24	1300	David Rocco's Dolce India	Golden Amritsar	David fulfills his dream of visiting the Golden Temple, the holiest Sikh gurudwara in the world. The community serve upwards of 100,000 people a day, and David gets a chance to experience the mania of the meal preparation firsthand. Later, David takes a local food tour to sample all of the local Punjabi delicacies.	CANADA	English-100		G		
2024-10-24	1330	Comfort Food With Spencer Watts	Cheesey	It's all about cheese that melts and and puffs. Spencer makes a flavour packed spaetzle mac and cheese. Then he makes a beer cheese soup and goat cheese and tomato strudel, and finally, Spencer makes some simple disappearing cheese puffs.	CANADA	English-100		G		
2024-10-24	1400	Rick Stein's Food Heroes	South East England And Wales	Rick pays a visit to his favourite formal vegetable garden at Chatsworth House, where he also chases chickens and cooks cabbage. Then he crosses the River Severn to sample the delights of Wales, including cawl, Welsh Black beef, Conway mussels, and salt marsh lamb.	UNITED KINGDOM	English-100		G		
2024-10-24	1430	Bizarre Foods: Delicious Destinations	Central New York	Andrew highlights the local favourites in central New York, finding beef and veal sausages at one of America's oldest hot dog stands, half-moon cookies that predate New York City's iconic black and white cookie and more.	USA	English-100		G		
2024-10-24	1500	Pati's Mexican Table	Carne Asada With La Familia	Pati spends some time with her boys cooking up a classic Sonoran-style meal. First, she teaches them the basics of a true Sonoran tradition - carne asada.	USA	English-100		G	Y	
2024-10-24	1530	Royal Recipes	Breakfast And Snacks	Michael Buerk and chef Anna Haugh cook up a dish from an Edwardian full English breakfast.	UNITED KINGDOM	English-100		G		
2024-10-24	1625	Please Eat Slowly Bitesize	Steamed Whole Fish	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100		G		
2024-10-24	1630	Hidden Flavours Of India	Pride	Ruchi stops at the Famous Bogibeel Bridge that has been built across the mighty Bharamaputra, then learns the secrets of the region's tea growing.	INDIA	English-50; Hindi-50		PG	Y	
2024-10-24	1700	The Wandering Chef	Ep 9	In Nasik, which is renowned for the Kumbh Mela and its vineyards, our chef prepares prepare local dishes and his signature ondeh.	INDIA	English-50; Hindi-50		G	Y	
2024-10-24	1730	Luke Nguyen's India	Thrissur	In Kerala, Thrissur, Luke pairs chicken mappas curry with a family's secret vellayappam, masters the art of fish puttu at the Women's Food Court, and visits the iconic Indian Coffee House.	AUSTRALIA	English-100		G	Y	Y

2024-10-24	1800	River Cottage Australia	Ep 6	Paul welcomes his new jersey cow, Bessie, but it's not the homecoming he was hoping for - Bessie could be barren. Tomato season has sprung and Paul needs to make the most of his troubled crop.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-10-24	1900	The Cook Up With Adam Liaw	Choose Your Own Indian Adventure	Adam, Nilgris chef Ajoy Joshi and head chef at Foreign Return Siddarth Kalyanaraman join Adam in the Cook Up kitchen to create Indian dishes from regions that are close to them.	AUSTRALIA	English-100	RPT	G		Y
2024-10-24	1930	Ainsley's Great Garden Cook Off	Tristan Welch And Philli Armitage-Mattin	Ainsley is joined by chefs Tristan Welch and Philli Armitage-Mattin in Cambridge for a light hearted cooking contest in Wimpole Estate's stunning kitchen garden.	UNITED KINGDOM	English-100		G		
2024-10-24	2030	Nico Reynolds: All Fired Up	Lazy Sunday	There's nothing quite like a lazy summer Sunday. And Nico is making the most of laid back garden grilling.	IRELAND	English-100		PG		
2024-10-24	2100	All Up In My Grill	Perfectly Prepared Steaks	Big Daddy Dale Talde shows how to marinate, prep and grill up the biggest and best steaks out there. From a Hanger Steak with Salsa Verde to a Ribeye with Ginger Chili Relish, he tops it all off with the father of all steaks: the Porterhouse.	USA	English-100		PG	I	
2024-10-24	2130	Come Dine With Me	Birmingham: Rebecca	It's day two of the competition in and around Birmingham where security officer Rebecca is hoping to spice things up with her Sri Lankan feast.	UNITED KINGDOM	English-100		PG		
2024-10-24	2200	Come Dine With Me	Birmingham: Owen	It's the third day of the competition in Birmingham, where hip hop artist Owen is hoping his musical themed evening will be a smash hit with his guests.	UNITED KINGDOM	English-100		G		
2024-10-24	2230	The Cook Up With Adam Liaw	Christmas Dessert	Christmas is fast approaching, so for last-minute food ideas, The Cook Up is here for you! Host Adam Liaw is joined by food icon, writer and presenter Pamela Clark and owner of Andy Bowdy Pastry, Andrew Bowden, to create some favourite Christmas desserts.			RPT	G		Y
2024-10-24	2300	The Cook And The Chef	Winter Menus	Maggie and Simon prepare some of their favourite winter recipes. It's all about comfort food, rich hearty dishes to warm you up on those chilly days.	AUSTRALIA	English-100		G		
2024-10-24	2330	Gourmet Farmer	Reap What You Sow	A food critic arrives to write a review of Fat Pig Kitchen, and Matthew Evans goes full circle - from critic, to criticised.	AUSTRALIA	English-100	RPT	PG		Y
2024-10-24	2400	David Rocco's Dolce India	Golden Amritsar	David fulfills his dream of visiting the Golden Temple, the holiest Sikh gurudwara in the world. The community serve upwards of 100,000 people a day, and David gets a chance to experience the mania of the meal preparation firsthand. Later, David takes a local food tour to sample all of the local Punjabi delicacies.	CANADA	English-100		G		
2024-10-24	2430	Ainsley's Great Garden Cook Off	Tristan Welch And Philli Armitage-Mattin	Ainsley is joined by chefs Tristan Welch and Philli Armitage-Mattin in Cambridge for a light hearted cooking contest in Wimpole Estate's stunning kitchen garden.	UNITED KINGDOM	English-100		G		
2024-10-24	2530	Nico Reynolds: All Fired Up	Lazy Sunday	There's nothing quite like a lazy summer Sunday. And Nico is making the most of laid back garden grilling.	IRELAND	English-100		PG		

2024-10-24	2600	All Up In My Grill	Perfectly Prepared Steaks	Big Daddy Dale Talde shows how to marinate, prep and grill up the biggest and best steaks out there. From a Hanger Steak with Salsa Verde to a Ribeye with Ginger Chili Relish, he tops it all off with the father of all steaks: the Porterhouse.	USA	English-100		PG	I
2024-10-24	2630	Come Dine With Me	Birmingham: Rebecca	It's day two of the competition in and around Birmingham where security officer Rebecca is hoping to spice things up with her Sri Lankan feast.	UNITED KINGDOM	English-100		PG	
2024-10-24	2700	Come Dine With Me	Birmingham: Owen	It's the third day of the competition in Birmingham, where hip hop artist Owen is hoping his musical themed evening will be a smash hit with his guests.	UNITED KINGDOM	English-100		G	
2024-10-24	2730	River Cottage Australia	Ep 6	Paul welcomes his new jersey cow, Bessie, but it's not the homecoming he was hoping for - Bessie could be barren. Tomato season has sprung and Paul needs to make the most of his troubled crop.	UNITED KINGDOM	English-100	RPT	PG	a w Y
2024-10-24	2830	Come Dine With Me	Glasgow 3	This week's competitors are from in and around Glasgow, where third to host is 24 year old, food vlogger, Darren.	UNITED KINGDOM	English-100		PG	
2024-10-25	0500	David Rocco's Dolce India	Golden Amritsar	David fulfills his dream of visiting the Golden Temple, the holiest Sikh gurudwara in the world. The community serve upwards of 100,000 people a day, and David gets a chance to experience the mania of the meal preparation firsthand. Later, David takes a local food tour to sample all of the local Punjabi delicacies.	CANADA	English-100		G	
2024-10-25	0530	Comfort Food With Spencer Watts	Cheesey	It's all about cheese that melts and and puffs. Spencer makes a flavour packed spaetzle mac and cheese. Then he makes a beer cheese soup and goat cheese and tomato strudel, and finally, Spencer makes some simple disappearing cheese puffs.	CANADA	English-100		G	
2024-10-25	0600	Rick Stein's Food Heroes	South East England And Wales	Rick pays a visit to his favourite formal vegetable garden at Chatsworth House, where he also chases chickens and cooks cabbage. Then he crosses the River Severn to sample the delights of Wales, including cawl, Welsh Black beef, Conway mussels, and salt marsh lamb.	UNITED KINGDOM	English-100		G	
2024-10-25	0630	Bizarre Foods: Delicious Destinations	Central New York	Andrew highlights the local favourites in central New York, finding beef and veal sausages at one of America's oldest hot dog stands, half-moon cookies that predate New York City's iconic black and white cookie and more.	USA	English-100		G	
2024-10-25	0700	Pati's Mexican Table	Carne Asada With La Familia	Pati spends some time with her boys cooking up a classic Sonoran-style meal. First, she teaches them the basics of a true Sonoran tradition - carne asada.	USA	English-100		G	Y
2024-10-25	0730	Royal Recipes	Breakfast And Snacks	Michael Buerk and chef Anna Haugh cook up a dish from an Edwardian full English breakfast.	UNITED KINGDOM	English-100		G	
2024-10-25	0825	Please Eat Slowly Bitesize	Steamed Whole Fish	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100		G	
2024-10-25	0830	Hidden Flavours Of India	Pride	Ruchi stops at the Famous Bogibeel Bridge that has been built across the mighty Bharamaputra, then learns the secrets of the region's tea growing.	INDIA	English-50; Hindi-50		PG	Y

2024-10-25	0900	The Wandering Chef	Ep 9	In Nasik, which is renowned for the Kumbh Mela and its vineyards, our chef prepares prepare local dishes and his signature ondeh.	INDIA	English-50; Hindi-50	G		Y
2024-10-25	0930	Luke Nguyen's India	Thrissur	In Kerala, Thrissur, Luke pairs chicken mappas curry with a family's secret vellayappam, masters the art of fish puttu at the Women's Food Court, and visits the iconic Indian Coffee House.	AUSTRALIA	English-100	G	Y	Y
2024-10-25	1000	Come Dine With Me	Birmingham: Rebecca	It's day two of the competition in and around Birmingham where security officer Rebecca is hoping to spice things up with her Sri Lankan feast.	UNITED KINGDOM	English-100	PG		
2024-10-25	1030	Come Dine With Me	Birmingham: Owen	It's the third day of the competition in Birmingham, where hip hop artist Owen is hoping his musical themed evening will be a smash hit with his guests.	UNITED KINGDOM	English-100	G		
2024-10-25	1100	The Cook Up With Adam Liaw	Choose Your Own Indian Adventure	Adam, Nilgiris chef Ajoy Joshi and head chef at Foreign Return Siddarth Kalyanaraman join Adam in the Cook Up kitchen to create Indian dishes from regions that are close to them.	AUSTRALIA	English-100	RPT	G	Y
2024-10-25	1130	Nico Reynolds: All Fired Up	Lazy Sunday	There's nothing quite like a lazy summer Sunday. And Nico is making the most of laid back garden grilling.	IRELAND	English-100	PG		
2024-10-25	1200	All Up In My Grill	Perfectly Prepared Steaks	Big Daddy Dale Talde shows how to marinate, prep and grill up the biggest and best steaks out there. From a Hanger Steak with Salsa Verde to a Ribeye with Ginger Chili Relish, he tops it all off with the father of all steaks: the Porterhouse.	USA	English-100	PG	I	
2024-10-25	1230	Come Dine With Me	Glasgow 4	This week's competition is in and around the Glasgow area, where our fourth host is 28 year old, partnerships manager, Dorine.	UNITED KINGDOM	English-100	PG		
2024-10-25	1300	David Rocco's Dolce India	Punjabi Way, The	David is in Amritsar - a city known for the warmth of its people and its amazing food - and he's looking to explore all the different facets of Punjabi culture. He meets up with some locals, tries specialty Punjabi dishes and even learns to tie his own turban. He also spends time with two local families: one is vegetarian and the other loves their meat. Will David prefer the chicken or the chickpeas?	CANADA	English-100	G		
2024-10-25	1330	Comfort Food With Spencer Watts	Inspired Comfort	Spencer shares some comfort food favourites inspired by those around him starting with a weeknight version of Mom's holiday turkey dinner - turkey milanese with cranberry butter sauce, sausage stuffing muffins and roasted parmesan brussel sprouts.	CANADA	English-100	G		
2024-10-25	1400	Rick Stein's Food Heroes	North East England And Scotland	In Tyne, Rick marvels at the salmon making their way back upstream. In the coastal village of Wabberthwaite, the Woodall family have been producing traditionally cured hams and sausages for eight generations, earning them a royal seal of approval.	UNITED KINGDOM	English-100	G		
2024-10-25	1430	Bizarre Foods: Delicious Destinations	Martha's Vineyard	Andrew explores beautiful Martha's Vineyard, the island community located off the coast of Cape Cod, Massachusetts, that is renowned for its laid-back vibe, beautiful beaches and fresh seafood.	USA	English-100	G		
2024-10-25	1500	Pati's Mexican Table	Flour Power	Wheat and meat are two staples of Sonoran cuisine, and Pati shows her take on a classic recipe that uses both, a carne con chile burrito. In Sonora, she tours one of Hermosillo's oldest flour mills and gets a lesson on making coyotas, a traditional dessert, at a local bakery. Then, Pati shows us how to make coyotas at home.	USA	English-100	G		Y
2024-10-25	1530	Royal Recipes	Sporting Pursuits	Presenter Michael Buerk and chef Paul Ainsworth recreate the pudding that was served to the Olympic Committee during Britain's successful bid.	UNITED KINGDOM	English-100	G		

2024-10-25	1625	Please Eat Slowly Bitesize	Claypot Rice	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all-in-one. Victor talks through which claypot is best to use, and how you can achieve fluffy rice plus a crispy bottom layer without burning.	AUSTRALIA	English-100		G		
2024-10-25	1630	Hidden Flavours Of India	Admiration	Ruchi travels the famous but treacherous Stilwell Road, learning its history before visiting Chef Lakhar's restaurant to discuss Assamese cuisine.	INDIA	English-50; Hindi-50		PG		Y
2024-10-25	1700	The Wandering Chef	Ep 10	Our chef and his team venture to Pune, where they encounter Ajay Singh, a food truck owner, who shares insights on establishing his business and his journey into the culinary world.	INDIA	English-50; Hindi-50		G		Y
2024-10-25	1730	Luke Nguyen's India	Kochi	In Fort Kochi, Luke embarks on an adventure along the ancient Spice Trade Trail. He joins a Chinese fishing net crew, meets with a local historian, and whips up a dish that ruled the British palate!	AUSTRALIA	English-100		PG	Y	Y
2024-10-25	1800	River Cottage Australia	Ep 7	Living so close to the coast has many advantages, like learning how to forage for seaside food. As a valuable member of the community, Paul helps out the largest fire service in the world, the RFS.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-10-25	1900	The Cook Up With Adam Liaw	Apple	Pastry chef Lauren Eldridge and food writer Lorraine Elliott create their ultimate apple inspired treats in the Cook Up kitchen with Adam.	AUSTRALIA	English-100	RPT	G		Y
2024-10-25	1930	Jamie's Food Escapes	Venice	Venice is not famous for its food, much of which has been spoilt by tourism, but Jamie goes off the tourist track to find the real regional food of Venice, rice, polenta, seafood and fresh vegetables. He meets aristocrats in a palazzo and the lady prisoners who are growing vegetables behind bars in Guidecca.	UNITED KINGDOM	English-100		PG	a l w	
2024-10-25	2030	Donal's Feasts, Fasts And Festivals	Ep 1	In this eye-opening and entertaining series, TV Cook Donal Skehan explores how people of various faiths in modern Ireland express their beliefs, honour their cultures, and celebrate their heritage through the medium of food.	IRELAND	English-100		PG	a	
2024-10-25	2130	Come Dine With Me	Birmingham: Richard	It's the fourth day of the competition in Birmingham, where hairdresser Richard is hoping his traditional feast will be a cut above the rest with his guests.	UNITED KINGDOM	English-100		PG		
2024-10-25	2200	Come Dine With Me	Birmingham: Donna	It's the final day of the competition in and around Birmingham and serving up the week's last meal is care worker and self-styled 'Bling Queen' Donna.	UNITED KINGDOM	English-100		G		
2024-10-25	2230	The Cook Up With Adam Liaw	Christmas Roast	Tonight, it's all about the classic Christmas roast. Host Adam Liaw, Paramount's Christine Manfield and Bird Cow Fish chef Alex Herbert are in The Cook Up kitchen doing their best roasts!			RPT	G		Y
2024-10-25	2300	The Cook And The Chef	Oysters And Pastry	For Simon this week's show is all about pastry, while Maggie heads off on another food adventure, hunting for great oysters on SA's Eyre Peninsula. Oysters and pastry may seem an odd combination, but once again the Cook and the Chef blend unlikely ingredients to create unique and delightful dishes.	AUSTRALIA	English-100		G		
2024-10-25	2330	Gourmet Farmer	Good Food Needs Good Soil	With his new farm to table restaurant up and running for a year now, Matthew takes up the ambitious challenge of improving the quality of his food by exploring natural ways to nourish his soil using regenerative agriculture.	AUSTRALIA	English-100	RPT	G		Y
2024-10-25	2400	David Rocco's Dolce India	Punjabi Way, The	David is in Amritsar - a city known for the warmth of its people and its amazing food - and he's looking to explore all the different facets of Punjabi culture. He meets up with some locals, tries specialty Punjabi dishes and even learns to tie his own turban. He also spends time with two local families: one is vegetarian and the other loves their meat. Will David prefer the chicken or the chickpeas?	CANADA	English-100		G		

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2024-10-26	1430	Ainsley's Good Mood Food	Herbs And Spices	Ainsley uses one of his favourite spices to make lamb kofta with sumac onions served with flatbreads and chilli-mint yoghurt.	UNITED KINGDOM	English-100	G			
2024-10-26	1525	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
2024-10-26	1530	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 - three bean and pepper chilli pot.	UNITED KINGDOM	English-100	G			
2024-10-26	1625	Bring A Plate	Rachel's Bossam	The guests are thrilled to try Rachel's South Korean dish, Bossam. Not everyone is able to eat the pork but they can all enjoy and learn about kimchi, the hero of all Korean food.	AUSTRALIA	English-100	G			Y

2024-10-26	1630	Cooking With Curtis	Lubumba	Impressed with her neighbour's rigorous schedule as a nurse at a children's hospital, Lubumba wants to treat Nida to a special meal. As a self-taught cook, Lu solicits Curtis' assistance in making a Seared Bone-in Pork Chop with Creamed Corn, Grilled Green Bean Salad with Chimichurri, and a Flourless Chocolate Cake with Whipped Cream and Raspberries.	USA	English-100	G			
2024-10-26	1700	Rick Stein's Seafood Odyssey	Thailand And Cornwall	In the local hot and bustling market, Rick collects ingredients for the dishes ranging from chargrilled prawns with simple Thai dipping sauce to horseshoe crab roes with green mango salad. Inspired by his jaunt to Thailand, Rick returns to Cornwall and prepares hard-fried fish in red curry with steamed jasmine rice.	UNITED KINGDOM	English-100	PG	a	w	
2024-10-26	1730	Lorraine Pascale: Home Cooking Made Easy	Simple	Lorraine brings the taste of Spain to the table with her Rioja braised lamb shanks with chorizo and garlic, served with her buttery fast baked mashed potato.	UNITED KINGDOM	English-100	G			
2024-10-26	1800	David Rocco's Italia	Rome's Music & Immigrants	Spending time with a few socially-minded Roman chefs and entrepreneurs, David learns how they have opened their kitchens and restaurants to give training and jobs to the influx of immigrants who call the city home.	CANADA	English-100	PG	n	Y	
2024-10-26	1830	Beyond River Cottage	Beyond River Cottage Series 1 Ep 7	It's high summer and the season's underway for Dorset's carnivals and regattas. Never one to miss an opportunity for trade, Hugh teams up with Lyme Regis fisherman John Wason to catch, cook and flog John's favourite fruit of the sea - whelks.	UNITED KINGDOM	English-100	PG			
2024-10-26	1900	Beyond River Cottage	Beyond River Cottage Series 1 Ep 8	The day has come for Hugh to harvest his first crop of home-spun honey. At River Cottage HQ, with the help of bee-keeper Ken Bishop, Hugh carefully extracts a healthy 25lbs of glowing golden sweetness.	UNITED KINGDOM	English-100	PG			
2024-10-26	1930	Alex Polizzi Secret Italy	Sardinia	Alex Polizzi arrives in Sardinia to explore her family roots and discover the rich and diverse culture of this ever-popular destination. She'll be sampling the Cagliari cuisine, venturing inland to experience the rugged beauty of the Supramonte region and meeting a woman who claims to be the last woman in the world to weave the precious sea silk. She'll also be meeting a team of scientists who are studying the genes of the locals, as she learns that Sardinia has more centenarians than anywhere else in the world.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2024-10-26	2025	A Taste Of Island Dreams	Lemon Chilli Chicken With Turmeric Rice	Learn to cook a signature dish at Island Dreams Cafe and an all-round family favourite. Alimah Bilda shares a version with a punchier thicker sauce that coats the chicken and rice.	AUSTRALIA	English-100	G			
2024-10-26	2030	Rick Stein's India	Kolkata And Chennai	Rick Stein begins his Indian journey by exploring the regions that began Britain's love affair with curry - Bengal and Tamil Nadu. The British influence in Kolkata and Chennai remains strong to this day, and Rick enjoys the prominence of fish and seafood in so many of their dishes - dishes flavoured with mustard in Kolkata and tamarind in Chennai. Exploring the eating habits of these cities is the start of a fascinating trip for Rick who is inspired to cook dishes like prawns in coconut milk and his mum's version of British Raj curry.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2024-10-26	2140	Anthony Bourdain: Parts Unknown	Colombia	The public face of Colombia has changed immensely over the past few years and is still changing for the better. Tony travels through several regions of the country from the mountains down to the Caribbean coast to the coca leaf growing inlands formerly controlled by drug cartels.	USA	English-100	PG	a	w	Y
2024-10-26	2235	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 4	In an attempt to make a quicker profit, Paul decides to add hens and honey to his farm, and goes on a road trip to find out how. Digger proves he's got the nose for truffle hunting.	UNITED KINGDOM	English-100	RPT	PG		Y
2024-10-26	2335	Ainsley's Good Mood Food	Herbs And Spices	Ainsley uses one of his favourite spices to make lamb kofta with sumac onions served with flatbreads and chilli-mint yoghurt.	UNITED KINGDOM	English-100	G			
2024-10-26	2430	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 - three bean and pepper chilli pot.	UNITED KINGDOM	English-100	G			

2024-10-26	2525	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
2024-10-26	2530	Cooking With Curtis	Lubumba	Impressed with her neighbour's rigorous schedule as a nurse at a children's hospital, Lubumba wants to treat Nida to a special meal. As a self-taught cook, Lu solicits Curtis' assistance in making a Seared Bone-in Pork Chop with Creamed Corn, Grilled Green Bean Salad with Chimichurri, and a Flourless Chocolate Cake with Whipped Cream and Raspberries.	USA	English-100		G			
2024-10-26	2600	Rick Stein's Seafood Odyssey	Thailand And Cornwall	In the local hot and bustling market, Rick collects ingredients for the dishes ranging from chargrilled prawns with simpleThai dipping sauce to horseshoe crab roes with green mango salad. Inspired by his jaunt to Thailand, Rick returns to Cornwall and prepares hard-fried fish in red curry with steamed jasmine rice.	UNITED KINGDOM	English-100		PG	a w		
2024-10-26	2630	Lorraine Pascale: Home Cooking Made Easy	Simple	Lorraine brings the taste of Spain to the table with her Rioja braised lamb shanks with chorizo and garlic, served with her buttery fast baked mashed potato.	UNITED KINGDOM	English-100		G			
2024-10-26	2700	David Rocco's Italia	Rome's Music & Immigrants	Spending time with a few socially-minded Roman chefs and entrepreneurs, David learns how they have opened their kitchens and restaurants to give training and jobs to the influx of immigrants who call the city home.	CANADA	English-100		PG	n		Y
2024-10-26	2730	Anthony Bourdain: Parts Unknown	Colombia	The public face of Colombia has changed immensely over the past few years and is still changing for the better. Tony travels through several regions of the country from the mountains down to the Caribbean coast to the coca leaf growing inlands formerly controlled by drug cartels.	USA	English-100		PG	a w		Y
2024-10-26	2825	Bring A Plate	Rachel's Bossam	The guests are thrilled to try Rachel's South Korean dish, Bossam. Not everyone is able to eat the pork but they can all enjoy and learn about kimchi, the hero of all Korean food.	AUSTRALIA	English-100		G		Y	
2024-10-26	2830	Beyond River Cottage	Beyond River Cottage Series 1 Ep 7	It's high summer and the season's underway for Dorset's carnivals and regattas. Never one to miss an opportunity for trade, Hugh teams up with Lyme Regis fisherman John Wason to catch, cook and flog John's favourite fruit of the sea - whelks.	UNITED KINGDOM	English-100		PG			