



**WEEK 44** Sunday, 27 October 2024 Saturday, 2 November 2024

**ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Egg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-10-27	0500	<b>Beyond River Cottage</b>	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			
2024-10-27	0530	<b>Ainsley's Good Mood Food</b>	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			
2024-10-27	0625	<b>Destination Flavour China Bitesize</b>	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
2024-10-27	0630	<b>Ainsley's Good Mood Food</b>	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			
2024-10-27	0725	<b>Bring A Plate</b>	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	
2024-10-27	0730	<b>Cooking With Curtis</b>	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			
2024-10-27	0800	<b>Rick Stein's Seafood Odyssey</b>	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		
2024-10-27	0830	<b>Lorraine Pascale: Home Cooking Made Easy</b>	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			
2024-10-27	0900	<b>David Rocco's Italia</b>	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
2024-10-27	0930	<b>Beyond River Cottage</b>	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			

2024-10-27	1000	<b>Beyond River Cottage</b>	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		
2024-10-27	1030	<b>Alex Polizzi Secret Italy</b>	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
2024-10-27	1125	<b>Destination Flavour China Bitesize</b>	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
2024-10-27	1130	<b>Rick Stein's India</b>	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
2024-10-27	1230	<b>River Cottage Australia</b>	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	
2024-10-27	1330	<b>Lorraine Pascale: Home Cooking Made Easy</b>	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		
2024-10-27	1400	<b>David Rocco's Italia</b>	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
2024-10-27	1430	<b>Gourmet Farmer Afloat</b>	Ready, Willing And Abel	Gourmet Farmer's much loved land lubbers Matthew Evans, Nick Haddow and Ross O'Meara take to the sea to discover Australia's fascinating history and bounty while having the time of their lives.	AUSTRALIA	English-100	RPT	G	q	Y
2024-10-27	1530	<b>Gourmet Farmer Afloat</b>	Thar She Blows!	Spirits are high on board Solquest as Matthew, Ross and Nick sail toward Maria Island, following in the wake of Baudin's French expedition in the early 1800s. The boys enjoy meals of oysters, abalone and a bouillabaisse on the shore of Wineglass Bay.	AUSTRALIA	English-100	RPT	G	q	Y
2024-10-27	1630	<b>Field Trip With Curtis Stone</b>	South Australia	Curtis and his team from Maude meet up with winemaker Chester Osborn to taste wine on the rooftop of the D'arenberg Cube, where the building's architecture is right out of a Salvatore Dali painting. Later, Curtis and Maude chef Chris head to Hutton Vale Farm to get an exhausting lesson in sheep shearing. The pair then travel to Adelaide to Orana Restaurant, where they prepare food combinations using only indigenous ingredients, including green ants!	USA	English-100		PG	a w	
2024-10-27	1700	<b>Rick Stein's Seafood Odyssey</b>	America And Yorkshire	Rick Stein has enjoyed his Seafood Odyssey, but as it draws to a close it's time for reflection. He is in America for the final leg, sharing barbecued seafood such as fried soft shell crab with an old friend, Johnny Apple, who shares Rick's enthusiasm for good eating.	UNITED KINGDOM	English-100		PG	a w	
2024-10-27	1730	<b>Eating Inn</b>	Kaya Puti: St. Regis, Bali	In an extraordinary beginning to the series, we discover the modern Indonesian cuisine of Balinese Master Chef Agung Gede, whose restaurant Kayaputi brims with culinary theatre.	SINGAPORE	English-100		G		

2024-10-27	1830	Simply Raymond Blanc	Wine	Raymond often says 'a French man is never without his wine' - and true to his words, Raymond has dedicated this episode to his favourite tippie - wine. Raymond educates the nation that left-over wine from the night before can turn a dish into something spectacular.	UNITED KINGDOM	English-100		G				
2024-10-27	1930	A Lake District Farmshop	Marmalade	The lady of a Cumbrian manor reveals a book filled with incredible marmalade recipes that could be used as the ingredient in a new cake to be sold at the services.	UNITED KINGDOM	English-100		G				
2024-10-27	2030	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 14	In the town of Looe, Rick discovers a time when the Cornish were taken as slaves by Barbary Pirates. He joins one of the last fishing boats in St Mawes and uses the catch of Lemon Sole to make a delicious warm salad. In Newlyn he meets with two entrepreneur chefs who are cooking mackerel to perfection.	UNITED KINGDOM	English-100		PG	a	w		
2024-10-27	2100	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 15	Rick takes us to the Rame Peninsula. Far from the traditional tourist track, this part of Cornwall is famed for its cliffs and beaches. It's also where he meets a beachcomber who has found some remarkable objects washed up on the shore. In mining country, Rick explores the history of the Cornish pasty and shows us how to cook them in the proper Cornish way.	UNITED KINGDOM	English-100		PG	a	w		
2024-10-27	2130	Anthony Bourdain: Parts Unknown	Libya	Tony explores Libya from top to bottom through the hip-hop music of anti-Qaddafi rapper expats, Italian restaurants, tribal allegiances and post-war uncertainty.	USA	English-100		PG	a	w	Y	
2024-10-27	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				
2024-10-27	2230	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 5	Paul welcomes visitors to the farm. His Dad arrives for the first time and they go on a camping trip to hunt feral deer. And the Latimer sisters, who grew up at the farm, come home for morning tea and give Paul a history lesson.	UNITED KINGDOM	English-100	RPT	PG	a		Y	
2024-10-27	2330	Gourmet Farmer Afloat	Ready, Willing And Abel	Gourmet Farmer's much loved land lubbers Matthew Evans, Nick Haddow and Ross O'Meara take to the sea to discover Australia's fascinating history and bounty while having the time of their lives.	AUSTRALIA	English-100	RPT	G	q		Y	
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2024-10-27	2530	Field Trip With Curtis Stone	South Australia	Curtis and his team from Maude meet up with winemaker Chester Osborn to taste wine on the rooftop of the D'arenberg Cube, where the building's architecture is right out of a Salvadore Dali painting. Later, Curtis and Maude chef Chris head to Hutton Vale Farm to get an exhausting lesson in sheep shearing. The pair then travel to Adelaide to Orana Restaurant, where they prepare food combinations using only indigenous ingredients, including green ants!	USA	English-100		PG	a	w		
2024-10-27	2600	Rick Stein's Seafood Odyssey	America And Yorkshire	Rick Stein has enjoyed his Seafood Odyssey, but as it draws to a close it's time for reflection. He is in America for the final leg, sharing barbecued seafood such as fried soft shell crab with an old friend, Johnny Apple, who shares Rick's enthusiasm for good eating.	UNITED KINGDOM	English-100		PG	a	w		
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2024-10-28	1230	<b>Come Dine With Me</b>	Glasgow 5	Serving up the last meal of the week is Polish nail technician Kasia who hopes to scoop the grand with an evening of traditional Polish food - but she's got her work cut out to win over her guests after criticising their food all week.	UNITED KINGDOM	English-100		PG				
2024-10-28	1300	<b>David Rocco's Dolce India</b>	Grand Bharat	David is in Delhi, taking in all the sights and sounds. After spending some time in the crazy crowds of Old Delhi, he decides to head for the greener pastures of ITC Grand Bharat, a golf resort and a peaceful oasis just outside the city. There, he plays a few holes with the help of a pro and cooks up a storm on the outdoor grill with resident chef Shiveet.	CANADA	English-100		G				
2024-10-28	1330	<b>Comfort Food With Spencer Watts</b>	Comfort Food For A Crowd	Spencer rewards his hard-working crew with s'more-inspired cheesecake with a s'more-inspired dessert cocktail. Then it's a sheet pan meat lovers pizza with vodka sauce and banana peppers, and sushi squares with marinated salmon with a miso glaze.	CANADA	English-100		PG				

2024-10-28	1400	<b>Rick Stein's Food Heroes</b>	North Scotland	Rick and Chalky round off their journey of the UK at John O'Groats, visiting Rick's favourite deli in Edinburgh, a fish smokery in Argyll, enjoying freshly cooked lobster on Crail harbour front, and obtaining oatmeal from a watermill in the Tay Valley to make the famous Scottish dessert, Cranachan.	UNITED KINGDOM	English-100		PG	a w			
2024-10-28	1430	<b>Bizarre Foods: Delicious Destinations</b>	Lancaster County	Andrew celebrates Lancaster County, where farm-to-table dining is a tradition! Local favourites include pork and sauerkraut, soft pretzels, sticky buns and shoofly pie.	USA	English-100		G				
2024-10-28	1500	<b>Pati's Mexican Table</b>	Sonora Family Favorites For Sami	Pati spends a day in her kitchen with her son, Sami, cooking some recipes inspired by her travels in Sonora, Mexico. She cooks three recipes she knows Sami will love: beef chimis, rice lentils with crispy onions, and a sweet and savoury dessert to complete the experience. In Sonora, Pati visits two famous family-run street food stands where the food keeps customers craving more.	USA	English-100		G			Y	
2024-10-28	1530	<b>Royal Recipes</b>	Exotic Flavours	Presenter Michael Buerk and chef Paul Ainsworth rustle up a pudding, which was a favourite of Henry VIII.	UNITED KINGDOM	English-100		G				
2024-10-28	1625	<b>Destination Flavour Japan Bitesize</b>	Hokkaido	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y	Y	
2024-10-28	1630	<b>Hidden Flavours Of India</b>	Love	In Ruchi's journey, she hears of the beautiful love story of Jina and Etiban, often referred to as the Romeo and Juliet of Nagaland. Then she makes an Aao Naga meal in their memory.	INDIA	English-50; Hindi-50		PG			Y	
2024-10-28	1700	<b>The Wandering Chef</b>	Ep 11	After travelling to Vengurla, our chef joins locals for a fishing expedition using nets, then prepares a delectable crab masala cooked over a wood fire.	INDIA	English-50; Hindi-50		G			Y	
2024-10-28	1730	<b>Luke Nguyen's India</b>	Kerala Backwaters	Luke is navigating the enchanting Kerala Backwaters, a historical hub of the spice trade. Amidst the waterways, he searches for exquisite ingredients to craft an exceptional Backwaters culinary dish.	AUSTRALIA	English-100		G		Y	Y	
2024-10-28	1800	<b>River Cottage Australia</b>	Ep 8	It's Paul's first summer on the farm and he eagerly waits for his sows Dolly and Pinky to give birth. This year the bar is being set even higher for the final feast at River Cottage.	UNITED KINGDOM	English-100	RPT	PG	a		Y	
2024-10-28	1900	<b>The Cook Up With Adam Liaw</b>	Heritage	Adam hosts chef Colin Fassnidge and TV hosting extraordinaire Marc Fennell in the Cook Up kitchen as they create dishes from their heritage.	AUSTRALIA	English-100	RPT	PG			Y	
2024-10-28	1930	<b>Jamie At Home</b>	Summer Salad	Jamie explains the history of pickling and preserving. If you have grown your own produce, you'll want to save it and keep it for as long as you can, or use the excess when you have a bumper crop.	UNITED KINGDOM	English-100		G				
2024-10-28	2000	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 2	Tonight, Luke stops off in Dong Hoi and prepares a dish for a family en route to Vinh. Arriving in Vinh, he explores the vibrant market lifestyle in this small country town where locals, all too keen to lend a hand with his recipes of eel and pork neck, crowd around him. He also visits a family living on a stilt house where he prepares a pickled bamboo and tamarind soup for some keen kids ready to pass judgement on their local dish.	AUSTRALIA	English-100	RPT	G		Y	Y	
2024-10-28	2030	<b>Stanley Tucci: Searching For Italy</b>	Umbria	Stanley Tucci visits the Green Heart of Italy. While this small rural region lives in the shadow of its more glamorous neighbor, Tuscany, Umbria has an ancient history that predates even the Romans. With the highest consumption of pork per capita in Italy, it is a carnivore's dream.	USA	English-90; Italian-10	RPT	PG	I		Y	Y
2024-10-28	2125	<b>Destination Flavour Down Under Bitesize</b>	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	

2024-10-28	2130	<b>Come Dine With Me</b>	Dundee & Perth: Siobhan	This week's competition is in and around the city of Dundee, where the first to host is civil servant Siobhan.	UNITED KINGDOM	English-100		PG			
2024-10-28	2200	<b>Come Dine With Me</b>	Dundee & Perth: Kezia	It's night two in Dundee where the youngest contestant of the group. 20 year old student Kezia is hoping tonight will be child's play as she battles to beat the rest to 1000 Pounds.	UNITED KINGDOM	English-100		G			
2024-10-28	2230	<b>The Cook Up With Adam Liaw</b>	Short Pasta	Host Adam Liaw is joined in The Cook Up kitchen by author of Saturday Night Pasta cookbook, Elizabeth Hewson, and Good Food Guide editor Myffy Rigby to create their ultimate short pasta dishes.			RPT	G		Y	
2024-10-28	2300	<b>The Cook And The Chef</b>	Tasmanian Fresh	Maggie travels to Tasmania and samples some of the wonderful produce that the Apple Isle has to offer. Magnificent Bruny Island, an hour drive south of Hobart is a place Maggie has wanted to visit for over thirty years.	AUSTRALIA	English-100		G			
2024-10-28	2330	<b>Gourmet Farmer</b>	Fermented Flavours	Its Autumn on Fat Pig Farm, and Matthew considers buying some goats to tackle the farm's blackberry problem. The garden is overflowing with veggies, so Sadie trades some excess tomatoes for fermented miso paste.	AUSTRALIA	English-100	RPT	G		Y	
2024-10-28	2400	<b>Come Dine With Me</b>	Glasgow 5	Serving up the last meal of the week is Polish nail technician Kasia who hopes to scoop the grand with an evening of traditional Polish food – but she's got her work cut out to win over her guests after criticising their food all week.	UNITED KINGDOM	English-100		PG			
2024-10-28	2430	<b>Jamie At Home</b>	Summer Salad	Jamie explains the history of pickling and preserving. If you have grown your own produce, you'll want to save it and keep it for as long as you can, or use the excess when you have a bumper crop.	UNITED KINGDOM	English-100		G			
2024-10-28	2500	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 2	Tonight, Luke stops off in Dong Hoi and prepares a dish for a family en route to Vinh. Arriving in Vinh, he explores the vibrant market lifestyle in this small country town where locals, all too keen to lend a hand with his recipes of eel and pork neck, crowd around him. He also visits a family living on a stilt house where he prepares a pickled bamboo and tamarind soup for some keen kids ready to pass judgement on their local dish.	AUSTRALIA	English-100	RPT	G		Y	Y
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2024-10-28	2625	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y	
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2024-10-28	2800	<b>The Cook And The Chef</b>	Tasmanian Fresh	Maggie travels to Tasmania and samples some of the wonderful produce that the Apple Isle has to offer. Magnificent Bruny Island, an hour drive south of Hobart is a place Maggie has wanted to visit for over thirty years.	AUSTRALIA	English-100		G		
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2024-10-29	0500	<b>David Rocco's Dolce India</b>	Grand Bharat	David is in Delhi, taking in all the sights and sounds. After spending some time in the crazy crowds of Old Delhi, he decides to head for the greener pastures of ITC Grand Bharat, a golf resort and a peaceful oasis just outside the city. There, he plays a few holes with the help of a pro and cooks up a storm on the outdoor grill with resident chef Shiveet.	CANADA	English-100		G		
2024-10-29	0530	<b>Comfort Food With Spencer Watts</b>	Comfort Food For A Crowd	Spencer rewards his hard-working crew with s'more-inspired cheesecake with a s'more-inspired dessert cocktail. Then it's a sheet pan meat lovers pizza with vodka sauce and banana peppers, and sushi squares with marinated salmon with a miso glaze.	CANADA	English-100		PG		
2024-10-29	0600	<b>Rick Stein's Food Heroes</b>	North Scotland	Rick and Chalky round off their journey of the UK at John O'Groats, visiting Rick's favourite deli in Edinburgh, a fish smokery in Argyll, enjoying freshly cooked lobster on Crail harbour front, and obtaining oatmeal from a watermill in the Tay Valley to make the famous Scottish dessert, Cranachan.	UNITED KINGDOM	English-100		PG		a w
2024-10-29	0630	<b>Bizarre Foods: Delicious Destinations</b>	Lancaster County	Andrew celebrates Lancaster County, where farm-to-table dining is a tradition! Local favourites include pork and sauerkraut, soft pretzels, sticky buns and shoofly pie.	USA	English-100		G		
2024-10-29	0700	<b>Pati's Mexican Table</b>	Sonora Family Favorites For Sami	Pati spends a day in her kitchen with her son, Sami, cooking some recipes inspired by her travels in Sonora, Mexico. She cooks three recipes she knows Sami will love: beef chimis, rice lentils with crispy onions, and a sweet and savoury dessert to complete the experience. In Sonora, Pati visits two famous family-run street food stands where the food keeps customers craving more.	USA	English-100		G		Y
2024-10-29	0730	<b>Royal Recipes</b>	Exotic Flavours	Presenter Michael Buerk and chef Paul Ainsworth rustle up a pudding, which was a favourite of Henry VIII.	UNITED KINGDOM	English-100		G		
2024-10-29	0825	<b>Destination Flavour Japan Bitesize</b>	Hokkaido	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y Y
2024-10-29	0830	<b>Hidden Flavours Of India</b>	Love	In Ruchi's journey, she hears of the beautiful love story of Jina and Etiban, often referred to as the Romeo and Juliet of Nagaland. Then she makes an Aao Naga meal in their memory.	INDIA	English-50; Hindi-50		PG		Y
2024-10-29	0900	<b>The Wandering Chef</b>	Ep 11	After travelling to Vengurla, our chef joins locals for a fishing expedition using nets, then prepares a delectable crab masala cooked over a wood fire.	INDIA	English-50; Hindi-50		G		Y
2024-10-29	0930	<b>Luke Nguyen's India</b>	Kerala Backwaters	Luke is navigating the enchanting Kerala Backwaters, a historical hub of the spice trade. Amidst the waterways, he searches for exquisite ingredients to craft an exceptional Backwaters culinary dish.	AUSTRALIA	English-100		G		Y Y
2024-10-29	1000	<b>Come Dine With Me</b>	Dundee & Perth: Siobhan	This week's competition is in and around the city of Dundee, where the first to host is civil servant Siobhan.	UNITED KINGDOM	English-100		PG		

2024-10-29	1030	<b>Come Dine With Me</b>	Dundee & Perth: Kezia	It's night two in Dundee where the youngest contestant of the group. 20 year old student Kezia is hoping tonight will be child's play as she battles to beat the rest to 1000 Pounds.	UNITED KINGDOM	English-100		G			
2024-10-29	1100	<b>The Cook Up With Adam Liaw</b>	Heritage	Adam hosts chef Colin Fassnidge and TV hosting extraordinaire Marc Fennell in the Cook Up kitchen as they create dishes from their heritage.	AUSTRALIA	English-100	RPT	PG		Y	
2024-10-29	1130	<b>Jamie At Home</b>	Summer Salad	Jamie explains the history of pickling and preserving. If you have grown your own produce, you'll want to save it and keep it for as long as you can, or use the excess when you have a bumper crop.	UNITED KINGDOM	English-100		G			
2024-10-29	1200	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 2	Tonight, Luke stops off in Dong Hoi and prepares a dish for a family en route to Vinh. Arriving in Vinh, he explores the vibrant market lifestyle in this small country town where locals, all too keen to lend a hand with his recipes of eel and pork neck, crowd around him. He also visits a family living on a stilt house where he prepares a pickled bamboo and tamarind soup for some keen kids ready to pass judgement on their local dish.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-10-29	1230	<b>Come Dine With Me</b>	Edinburgh 1	This week's competitors are from Edinburgh and the first to host is property manager and law student, Sharon who's gone for a culinary nod to her Australasian travels complete with a didgeridoo for good measure.	UNITED KINGDOM	English-100		PG		a w	
2024-10-29	1300	<b>David Rocco's Dolce Homemade</b>	Memories Of Sicily	Keeping family and traditions together through food. David and guest Isabelle Loiacono re-create recipes passed down from Isabelle's family recipe book and using her Nonna's tools from the 1940s that she brought with her when she immigrated from Sicily.	CANADA	English-100		G			
2024-10-29	1330	<b>Comfort Food With Spencer Watts</b>	Harvest Time Comfort	The bounty of the fall means harvest time and that inspires Spencer to make black bean and kobacha squash soup with braised Swiss chard and chili pesto, pumpkin gnudi smothered in a rich cream sauce, and nostalgic caramel apples with a ginger crumble crunch.	CANADA	English-100		G			
2024-10-29	1400	<b>Jack Stein: Inside The Box</b>	Zagreb	Jack self-proclaims he makes the best fish and chips in the country, but can he make his adapted recipe the best fish and chips in Croatia's too?	AUSTRALIA	English-100		PG			
2024-10-29	1430	<b>Bizarre Foods: Delicious Destinations</b>	New Hampshire Seacoast	Andrew explores New Hampshire's seacoast and finds that the bounty of the local waters is the star of the local cuisine, such as shrimp, scallops and haddock.	USA	English-100		PG		a w	
2024-10-29	1500	<b>Pati's Mexican Table</b>	Legends Of The Sonoran Sea	Pati prepares a couple of recipes inspired by her travels to the coast of the Sea of Cortez, in Sonora, Mexico: shrimp tacos bravos and a seafood tostadas piled high and layered with salsa negra, apple chilitipin salsa and salsa bandera with jicama and pineapple.	USA	English-100		PG		a w	Y
2024-10-29	1530	<b>Royal Recipes</b>	War And Strife	Michael Buerk and chef Paul Ainsworth recreate a royal dish that was a staple of wartime palace meals.	UNITED KINGDOM	English-100		PG			
2024-10-29	1625	<b>Destination Flavour Japan Bitesize</b>	Tohoku	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y	
2024-10-29	1630	<b>Hidden Flavours Of India</b>	Enlightenment	Ruchi visits Ghatashi, home to the Sumi Naga tribe. Here she meets Chef Joel Basumatri, who has started a movement to revive the technique of slow cooking.	INDIA	English-50; Hindi-50		PG			Y



2024-10-29	1700	<b>The Wandering Chef</b>	Ep 12	In a captivating journey to Goa, our chef meets with Leo Michaud, a French expatriate who owns a renowned restaurant called Baba au Khum.	INDIA	English-50; Hindi-50	G			Y
2024-10-29	1730	<b>Luke Nguyen's India</b>	Thekkady	Luke takes the Spice Trail to Thekkady, perched high in the Western Ghats mountain range. He delves into the aromatic world of spice plantations, savouring flavours straight from the source.	AUSTRALIA	English-100	G		Y	Y
2024-10-29	1800	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 1	In over a year, Paul's farm has grown from a hobby farm into a serious small holder, but without proper infrastructure, he needs to plan for the future.	UNITED KINGDOM	English-100	RPT	PG		Y
2024-10-29	1900	<b>The Cook Up With Adam Liaw</b>	Biscuits/cookies	SBS News presenter Janice Petersen and actor Dane Simpson are in the Cook Up kitchen with Adam to create their ultimate cookie creations.	AUSTRALIA	English-100	RPT	G		Y
2024-10-29	1930	<b>The Chocolate Queen</b>	Ep 5	Get ready for today's cocoa-rich episode with Kirsten's ultimate chocolate cupcakes and chocolate covered toffee apples.	AUSTRALIA	English-100		G		
2024-10-29	2000	<b>Mark Moriarty: Off Duty Chef</b>	Ep 3	On this week's menu, Chef Mark shows us some different ways to cook lamb.	UNITED KINGDOM	English-100		G		
2024-10-29	2030	<b>James Martin's French Adventure</b>	Bois De Boulogne	James pays a visit to the Michelin-starred Pre Catalan restaurant and enjoys his favourite meal of the trip. Back home he cooks a partridge dish with artisan mushrooms.	UNITED KINGDOM	English-100		PG	a w	Y
2024-10-29	2130	<b>Come Dine With Me</b>	Dundee & Perth: Stephen	It's night three in Dundee where hairdresser Stephen is hoping to be a cut above the rest with an evening of familiar favourites.	UNITED KINGDOM	English-100		G		
2024-10-29	2200	<b>Come Dine With Me</b>	Dundee & Perth: Guy	This week's competition is in and around Dundee and Perth, where the fourth to host is tyre salesman Guy, who intends to treat his guests to a night of gastronomy standard fast food.	UNITED KINGDOM	English-100		PG		
2024-10-29	2230	<b>The Cook Up With Adam Liaw</b>	Dinner In 20 Minutes	In The Cook Up kitchen, host Adam Liaw is joined by owner and head chef of Ho Jiak, Junda Khoo, and style editor at Delicious magazine, Kirsten Jenkins, to create easy dinner meals in twenty minutes.			RPT	G		Y
2024-10-29	2300	<b>The Cook And The Chef</b>	Desserts And Tagines	From a Dutch oven to a casserole dish many cultures boast a pot for slow cooking and for the Moroccans it's the cone shaped Tagine. This week Maggie and Simon celebrate the spirit of the Tagine.	AUSTRALIA	English-100		G		
2024-10-29	2330	<b>Gourmet Farmer</b>	Elegance Of Good Ideas, The	With Winter setting in Matthew begins to tackle Fat Pig Farms long-term soil health by planting an edible native garden and using an age old form of landscaping that will benefit his farm for hundreds of years.	AUSTRALIA	English-100	RPT	G		Y
2024-10-29	2400	<b>Come Dine With Me</b>	Edinburgh 1	This week's competitors are from Edinburgh and the first to host is property manager and law student, Sharon who's gone for a culinary nod to her Australasian travels complete with a didgeridoo for good measure.	UNITED KINGDOM	English-100		PG	a w	
2024-10-29	2430	<b>The Chocolate Queen</b>	Ep 5	Get ready for today's cocoa-rich episode with Kirsten's ultimate chocolate cupcakes and chocolate covered toffee apples.	AUSTRALIA	English-100		G		

2024-10-29	2500	<b>Mark Moriarty: Off Duty Chef</b>	Ep 3	On this week's menu, Chef Mark shows us some different ways to cook lamb.	UNITED KINGDOM	English-100		G		
2024-10-29	2530	<b>James Martin's French Adventure</b>	Bois De Boulogne	James pays a visit to the Michelin-starred Pre Catalan restaurant and enjoys his favourite meal of the trip. Back home he cooks a partridge dish with artisan mushrooms.	UNITED KINGDOM	English-100		PG	a w	Y
2024-10-29	2625	<b>Destination Flavour Japan Bitesize</b>	Ishikawa	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y Y
2024-10-29	2630	<b>Come Dine With Me</b>	Dundee & Perth: Stephen	It's night three in Dundee where hairdresser Stephen is hoping to be a cut above the rest with an evening of familiar favourites.	UNITED KINGDOM	English-100		G		
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2024-10-29	2800	<b>The Cook And The Chef</b>	Desserts And Tagines	From a Dutch oven to a casserole dish many cultures boast a pot for slow cooking and for the Moroccans it's the cone shaped Tagine. This week Maggie and Simon celebrate the spirit of the Tagine.	AUSTRALIA	English-100		G		
2024-10-29	2830	<b>Gourmet Farmer</b>	Elegance Of Good Ideas, The	With Winter setting in Matthew begins to tackle Fat Pig Farms long-term soil health by planting an edible native garden and using an age old form of landscaping that will benefit his farm for hundreds of years.	AUSTRALIA	English-100	RPT	G		Y
2024-10-30	0500	<b>David Rocco's Dolce Homemade</b>	Memories Of Sicily	Keeping family and traditions together through food. David and guest Isabelle Loiacono re-create recipes passed down from Isabelle's family recipe book and using her Nonna's tools from the 1940s that she brought with her when she immigrated from Sicily.	CANADA	English-100		G		
2024-10-30	0530	<b>Comfort Food With Spencer Watts</b>	Harvest Time Comfort	The bounty of the fall means harvest time and that inspires Spencer to make black bean and kobacha squash soup with braised Swiss chard and chilli pesto, pumpkin gnudi smothered in a rich cream sauce, and nostalgic caramel apples with a ginger crumble crunch.	CANADA	English-100		G		
2024-10-30	0600	<b>Jack Stein: Inside The Box</b>	Zagreb	Jack self-proclaims he makes the best fish and chips in the country, but can he make his adapted recipe the best fish and chips in Croatia's too?	AUSTRALIA	English-100		PG		
2024-10-30	0630	<b>Bizarre Foods: Delicious Destinations</b>	New Hampshire Seacoast	Andrew explores New Hampshire's seacoast and finds that the bounty of the local waters is the star of the local cuisine, such as shrimp, scallops and haddock.	USA	English-100		PG	a w	
2024-10-30	0700	<b>Pati's Mexican Table</b>	Legends Of The Sonoran Sea	Pati prepares a couple of recipes inspired by her travels to the coast of the Sea of Cortez, in Sonora, Mexico: shrimp tacos bravos and a seafood tostadas piled high and layered with salsa negra, apple chilitipin salsa and salsa bandera with jicama and pineapple.	USA	English-100		PG	a w	Y
2024-10-30	0730	<b>Royal Recipes</b>	War And Strife	Michael Buerk and chef Paul Ainsworth recreate a royal dish that was a staple of wartime palace meals.	UNITED KINGDOM	English-100		PG		

2024-10-30	0825	<b>Destination Flavour Japan Bitesize</b>	Tohoku	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	
2024-10-30	0830	<b>Hidden Flavours Of India</b>	Enlightenment	Ruchi visits Ghatashi, home to the Sumi Naga tribe. Here she meets Chef Joel Basumatrri, who has started a movement to revive the technique of slow cooking.	INDIA	English-50; Hindi-50		PG	Y	
2024-10-30	0900	<b>The Wandering Chef</b>	Ep 12	In a captivating journey to Goa, our chef meets with Leo Michaud, a French expatriate who owns a renowned restaurant called Baba au Khum.	INDIA	English-50; Hindi-50		G	Y	
2024-10-30	0930	<b>Luke Nguyen's India</b>	Thekkady	Luke takes the Spice Trail to Thekkady, perched high in the Western Ghats mountain range. He delves into the aromatic world of spice plantations, savouring flavours straight from the source.	AUSTRALIA	English-100		G	Y	Y
2024-10-30	1000	<b>Come Dine With Me</b>	Dundee & Perth: Stephen	It's night three in Dundee where hairdresser Stephen is hoping to be a cut above the rest with an evening of familiar favourites.	UNITED KINGDOM	English-100		G		
2024-10-30	1030	<b>Come Dine With Me</b>	Dundee & Perth: Guy	This week's competition is in and around Dundee and Perth, where the fourth to host is tyre salesman Guy, who intends to treat his guests to a night of gastronomy standard fast food.	UNITED KINGDOM	English-100		PG		
2024-10-30	1100	<b>The Cook Up With Adam Liaw</b>	Biscuits/cookies	SBS News presenter Janice Petersen and actor Dane Simpson are in the Cook Up kitchen with Adam to create their ultimate cookie creations.	AUSTRALIA	English-100	RPT	G	Y	
2024-10-30	1130	<b>The Chocolate Queen</b>	Ep 5	Get ready for today's cocoa-rich episode with Kirsten's ultimate chocolate cupcakes and chocolate covered toffee apples.	AUSTRALIA	English-100		G		
2024-10-30	1200	<b>Mark Moriarty: Off Duty Chef</b>	Ep 3	On this week's menu, Chef Mark shows us some different ways to cook lamb.	UNITED KINGDOM	English-100		G		
2024-10-30	1230	<b>Come Dine With Me</b>	Edinburgh 2	This week's competitors are from in and around Edinburgh, where second host of the week, management consultant, Anthony is putting his money where his mouth is and providing fine food which has all been made from scratch.	UNITED KINGDOM	English-100		PG	a	
2024-10-30	1300	<b>David Rocco's Dolce Homemade</b>	Vegan	It's not Vegan food it's just food. After a yoga retreat, guest Teri-Ann Carty decided to make the transition to go vegan and she has not looked back. She introduces David to a world full of delicious vegan food and 'cheese' that has David questioning whether he would make the transition too.	CANADA	English-100		PG		
2024-10-30	1330	<b>Comfort Food With Spencer Watts</b>	Hot Soup Comfort	Nothing says comfort like a bowl of steaming hot soup. Spencer makes a spicy spinach and Taleggio cheese wonton soup in a chorizo broth, a jerk rubbed chicken and Raman noodle soup, and a decadent cream of mushroom soup.	CANADA	English-100		G		
2024-10-30	1400	<b>Jack Stein: Inside The Box</b>	Darwin	Embarrassingly rocking up in Darwin a month too early for prawn season, Jack's twist on the traditional potted shrimp takes him into very unfamiliar territory (figuratively and literally!) as he is forced to get creative with crab and crocodile meat instead.	AUSTRALIA	English-100		PG		
2024-10-30	1430	<b>Bizarre Foods: Delicious Destinations</b>	Sitka	Andrew Zimmern explores the cuisine of Sitka, Alaska, where the preparation of iconic Alaskan staples like king salmon, venison and rockfish has evolved with finesse. Only reachable by boat or plane, this town of 9,000 residents is a destination for the freshest dishes, from halibut and chips to Dungeness crab and everything in between.	USA	English-100		G		

2024-10-30	1500	<b>Pati's Mexican Table</b>	Super Sonoran	In Mexico, Pati visits one of Sonora's most popular vacation destinations, Puerto Penasco, where some of the town's best chefs take her on a tour of the local market and then invite her for a feast featuring their favourite recipes from the region. Later, she prepares three unique classic Sonoran recipes - each one a meal in itself: pescado zarandeado, a gallina pinta soup, and rice with clams.	USA	English-100		G			Y
2024-10-30	1530	<b>Royal Recipes</b>	Royal Visits	Michael Buerk and chef Paul Ainsworth re-imagine a dish served at a royal banquet to a grumpy Persian monarch in the early years of the 20th century.	UNITED KINGDOM	English-100		G			
2024-10-30	1625	<b>Destination Flavour Japan Bitesize</b>	Ishikawa	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-10-30	1630	<b>Hidden Flavours Of India</b>	Mesmerized	Ruchi's next stop is the picturesque town of Sirarakhong, famous for its red chillies that grow over a foot long. Ruchi learns about their unique features, then cooks a local pork curry.	INDIA	English-50; Hindi-50		PG			Y
2024-10-30	1700	<b>Food Safari Fire</b>	Tandoor, The	For over 5000 years the basic design of the tandoor oven has not changed, making it one of the oldest cooking devices on earth. Maeve O'Meara seeks out delicious recipes from across the subcontinent to Armenia - tandoori chicken, prawns, naan, lamb kebabs and an elaborate roast pumpkin and discovers tandoor ovens are made in Australia by a potter on NSW's south coast.	AUSTRALIA	English-100	RPT	G		Y	
2024-10-30	1730	<b>Luke Nguyen's India</b>	Maduri	Madurai, the spiritual heartbeat of Tamil Nadu, is Luke's next stop on a tantalising tour. Teaming up with local foodie journalist Harini, they unveil culinary gems known only to the city's insiders.	AUSTRALIA	English-100		PG		Y	Y
2024-10-30	1800	<b>River Cottage Australia</b>	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	
2024-10-30	1900	<b>The Cook Up With Adam Liaw</b>	Date Night Dish	Adam and comedians Suren Jayemanne and Jennifer Wong are in the Cook Up kitchen to create delicious date night dishes.	AUSTRALIA	English-100	RPT	PG		Y	
2024-10-30	1930	<b>Marcus Wareing: Simply Provence</b>	Herbs	There are simple ingredients we have in our cupboards and gardens that can economically transform a humdrum dish into a flavourful feast: herbs.	UNITED KINGDOM	English-100		PG			Y
2024-10-30	2000	<b>Nadiya's Fast Flavours</b>	Treat Yourself	Nadiya pulls out all the stops as she turns her attention to sweet sensations to treat yourself. It's pure indulgence from top to bottom.	UNITED KINGDOM	English-100		G			
2024-10-30	2030	<b>Hugh's Three Good Things</b>	Pasta	On Hugh's Three Good Things, it's time to raid the store cupboard, as Hugh is joined by two top chefs with the aim of making great dishes - each only using three key ingredients.	UNITED KINGDOM	English-100		PG			
2024-10-30	2100	<b>Paula McIntyre's Hamely Kitchen Specials</b>	Hamely Halloween	It's Halloween and Paula has some recipes with a spooky twist. She makes neep and cider soup, sausage cobbler, toffee apple pudding, and a Haleve Nicht feast!	UNITED KINGDOM	English-100		PG			
2024-10-30	2130	<b>Come Dine With Me</b>	Dundee & Perth: Laurent	This week's competition is in and around Dundee and Perth, where the fifth to host is author and stay at home dad, Laurent, who wishes to delight his new found friends with a night of France.	UNITED KINGDOM	English-100		PG			
2024-10-30	2200	<b>Come Dine With Me</b>	Exeter-Devon Day 1	First to host is well-travelled IT Manager Bea, who's using inspiration from her global gallivanting for an international menu.	UNITED KINGDOM	English-100		PG		a s	

2024-10-30	2230	<b>The Cook Up With Adam Liaw</b>	Roast	Host Adam Liaw, television presenter and self-proclaimed crap housewife Jessica Rowe and Woodcut restaurant's Ross Lusted are in The Cook Up kitchen making the family favourite - a roast.			RPT	PG	I	Y
2024-10-30	2300	<b>The Cook And The Chef</b>	Baking	The classic meat pie gets a glorious make-over after Simon visits a city pie-cart. Back in the kitchen, Maggie surprises him by recalling her three AM trip to the pie-cart, in her younger days.	AUSTRALIA	English-100		G		
2024-10-30	2330	<b>Gourmet Farmer</b>	Food For The Land	After having the health of his farm soil tested, Matthew explores a flavoursome way to keep his pigs fed, while using his chickens to rehabilitate the damaged soil in his pig paddocks.	AUSTRALIA	English-100	RPT	G		Y
2024-10-30	2400	<b>Come Dine With Me</b>	Edinburgh 2	This week's competitors are from in and around Edinburgh, where second host of the week, management consultant, Anthony is putting his money where his mouth is and providing fine food which has all been made from scratch.	UNITED KINGDOM	English-100		PG	a	
2024-10-30	2430	<b>Marcus Wareing: Simply Provence</b>	Herbs	There are simple ingredients we have in our cupboards and gardens that can economically transform a humdrum dish into a flavourful feast: herbs.	UNITED KINGDOM	English-100		PG		Y
2024-10-30	2500	<b>Nadiya's Fast Flavours</b>	Treat Yourself	Nadiya pulls out all the stops as she turns her attention to sweet sensations to treat yourself. It's pure indulgence from top to bottom.	UNITED KINGDOM	English-100		G		
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2024-10-30	2800	<b>The Cook And The Chef</b>	Baking	The classic meat pie gets a glorious make-over after Simon visits a city pie-cart. Back in the kitchen, Maggie surprises him by recalling her three AM trip to the pie-cart, in her younger days.	AUSTRALIA	English-100		G		
2024-10-30	2830	<b>Gourmet Farmer</b>	Food For The Land	After having the health of his farm soil tested, Matthew explores a flavoursome way to keep his pigs fed, while using his chickens to rehabilitate the damaged soil in his pig paddocks.	AUSTRALIA	English-100	RPT	G		Y

2024-10-31	0500	David Rocco's Dolce Homemade	Vegan	It's not Vegan food it's just food. After a yoga retreat, guest Teri-Ann Carty decided to make the transition to go vegan and she has not looked back. She introduces David to a world full of delicious vegan food and 'cheese' that has David questioning whether he would make the transition too.	CANADA	English-100		PG		
2024-10-31	0530	Comfort Food With Spencer Watts	Hot Soup Comfort	Nothing says comfort like a bowl of steaming hot soup. Spencer makes a spicy spinach and Taleggio cheese wonton soup in a chorizo broth, a jerk rubbed chicken and Raman noodle soup, and a decadent cream of mushroom soup.	CANADA	English-100		G		
2024-10-31	0600	Jack Stein: Inside The Box	Darwin	Embarrassingly rocking up in Darwin a month too early for prawn season, Jack's twist on the traditional potted shrimp takes him into very unfamiliar territory (figuratively and literally!) as he is forced to get creative with crab and crocodile meat instead.	AUSTRALIA	English-100		PG		
2024-10-31	0630	Bizarre Foods: Delicious Destinations	Sitka	Andrew Zimmern explores the cuisine of Sitka, Alaska, where the preparation of iconic Alaskan staples like king salmon, venison and rockfish has evolved with finesse. Only reachable by boat or plane, this town of 9,000 residents is a destination for the freshest dishes, from halibut and chips to Dungeness crab and everything in between.	USA	English-100		G		
2024-10-31	0700	Pati's Mexican Table	Super Sonoran	In Mexico, Pati visits one of Sonora's most popular vacation destinations, Puerto Penasco, where some of the town's best chefs take her on a tour of the local market and then invite her for a feast featuring their favourite recipes from the region. Later, she prepares three unique classic Sonoran recipes - each one a meal in itself: pescado zarandeado, a gallina pinta soup, and rice with clams.	USA	English-100		G		Y
2024-10-31	0730	Royal Recipes	Royal Visits	Michael Buerk and chef Paul Ainsworth re-imagine a dish served at a royal banquet to a grumpy Persian monarch in the early years of the 20th century.	UNITED KINGDOM	English-100		G		
2024-10-31	0825	Destination Flavour Japan Bitesize	Ishikawa	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-10-31	0830	Hidden Flavours Of India	Mesmerized	Ruchi's next stop is the picturesque town of Sirarakhong, famous for its red chillies that grow over a foot long. Ruchi learns about their unique features, then cooks a local pork curry.	INDIA	English-50; Hindi-50		PG		Y
2024-10-31	0900	Food Safari Fire	Tandoor, The	For over 5000 years the basic design of the tandoor oven has not changed, making it one of the oldest cooking devices on earth. Maeve O'Meara seeks out delicious recipes from across the subcontinent to Armenia - tandoori chicken, prawns, naan, lamb kebabs and an elaborate roast pumpkin and discovers tandoor ovens are made in Australia by a potter on NSW's south coast.	AUSTRALIA	English-100	RPT	G	Y	
2024-10-31	0930	Luke Nguyen's India	Maduri	Madurai, the spiritual heartbeat of Tamil Nadu, is Luke's next stop on a tantalising tour. Teaming up with local foodie journalist Harini, they unveil culinary gems known only to the city's insiders.	AUSTRALIA	English-100		PG	Y	Y
2024-10-31	1000	Come Dine With Me	Dundee & Perth: Laurent	This week's competition is in and around Dundee and Perth, where the fifth to host is author and stay at home dad, Laurent, who wishes to delight his new found friends with a night of France.	UNITED KINGDOM	English-100		PG		
2024-10-31	1030	Come Dine With Me	Exeter-Devon Day 1	First to host is well-travelled IT Manager Bea, who's using inspiration from her global gallivanting for an international menu.	UNITED KINGDOM	English-100		PG	a s	
2024-10-31	1100	The Cook Up With Adam Liaw	Date Night Dish	Adam and comedians Suren Jayemanne and Jennifer Wong are in the Cook Up kitchen to create delicious date night dishes.	AUSTRALIA	English-100	RPT	PG		Y
2024-10-31	1130	Marcus Wareing: Simply Provence	Herbs	There are simple ingredients we have in our cupboards and gardens that can economically transform a humdrum dish into a flavourful feast: herbs.	UNITED KINGDOM	English-100		PG		Y

2024-10-31	1200	<b>Nadiya's Fast Flavours</b>	Treat Yourself	Nadiya pulls out all the stops as she turns her attention to sweet sensations to treat yourself. It's pure indulgence from top to bottom.	UNITED KINGDOM	English-100		G		
2024-10-31	1230	<b>Come Dine With Me</b>	Edinburgh 3	It's the third night of the competition from Edinburgh, and it's library worker Carmen's turn to host.	UNITED KINGDOM	English-100		PG	a	
2024-10-31	1300	<b>David Rocco's Dolce Homemade</b>	Puglia	David and guest Mattia Pagliara prepare traditional dishes from Puglia, a small region in Southern Italy that just doesn't get the respect it deserves when it comes to food. It also happens to be where David's mom is from. These dishes transport Rocco back to his childhood in his grandmother's kitchen.	CANADA	English-100		PG		
2024-10-31	1330	<b>Comfort Food With Spencer Watts</b>	Pasta Pasta Pasta	Pasta dishes always feel like a hug. Spencer makes with a Pork Bolognese stuffed Tortellini with American cheese rose and soffritto; then a quick pillow soft ricotta gnudi with tomato sauce, and finally a creamy a pasta with gorgonzola goat cheese sauce and crisp pancetta and charred veg.	CANADA	English-100		G		
2024-10-31	1400	<b>Jack Stein: Inside The Box</b>	Cape Town	As many would argue that roast beef is the most quintessentially British dish to date, what better way is there to reinvent it in Capetown than by cooking it in the most quintessentially South African way possible...over an open flame.	AUSTRALIA	English-100		G		
2024-10-31	1430	<b>Bizarre Foods: Delicious Destinations</b>	Portland, Oregon	Andrew Zimmern shares the best of weird, wild and whimsical in Portland, Oregon, a city whose personality is apparent in its food culture. Arrested adolescence is personified in boozy doughnuts and handcrafted ice cream flavours for the adult palate, like marionberry-habanero-goat cheese.	USA	English-100		PG	a w	
2024-10-31	1500	<b>Pati's Mexican Table</b>	Cooking For My Crew In Sonora	As they travel through Mexico's vast state of Sonora, Pati gets inspired by the bold flavours and raw ingredients and decides to cook a meal for her television production crew. They stop at a beautiful pecan hacienda just outside of Hermosillo where Pati prepares her take on a true Sonoran feast. Cooking on a rustic outdoor grill she makes caldo de queso, grilled asparagus and chicken covered in pecan sauce.	USA	English-100		G		Y
2024-10-31	1530	<b>Royal Recipes</b>	Party Food	Chef Paul Ainsworth impresses presenter Michael Buerk, on today's Royal Recipes, with a dish from the Queen's 80th birthday dinner.	UNITED KINGDOM	English-100		G		
2024-10-31	1625	<b>Destination Flavour Japan Bitesize</b>	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
2024-10-31	1630	<b>Hidden Flavours Of India</b>	Liberated	In Nagaland, Ruchi has seen a lot of bee hives and larva; she discovers that bee larvae is a delicacy, and learns how to cook with it.	INDIA	English-50; Hindi-50		PG		Y
2024-10-31	1700	<b>Luke Nguyen's India</b>	Chettinad	Luke embarks on a trip to Chettinad, a hub of global merchants of yesteryears. He sizzles with the tantalizing pepper chicken and mutton sukka, and delves into Chettinad's storied history.	AUSTRALIA	English-100		G	Y	Y
2024-10-31	1730	<b>Luke Nguyen's India</b>	Pondicherry	Luke makes a quick pitstop in Kumbakonam to learn how to make chutneys at the esteemed veg restaurant. Then heads to the picturesque seaside town of Pondicherry and explores Goubert Market.	AUSTRALIA	English-100		G	Y	Y
2024-10-31	1800	<b>River Cottage Australia</b>	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
2024-10-31	1900	<b>The Cook Up With Adam Liaw</b>	Spiced	Adam and the Cook Up guests Studio 10 roving report Daniel Doody and restaurant owner Jessi Singh are creating some spiced-inspired creations.	AUSTRALIA	English-100	RPT	G		Y

2024-10-31	1930	<b>Ainsley's Great Garden Cook Off</b>	Freddy Forster & Lerato Umah Shaylo	Ainsley is joined by chefs Lerato Umah-Shaylor and Freddy Forster for a light-hearted cooking contest in Blickling Estate's stunning kitchen garden.	UNITED KINGDOM	English-100		G	
2024-10-31	2030	<b>Nico Reynolds: All Fired Up</b>	Light Bites	Among the many things Nico loves about grilling is that it's a brilliant way to create delicious dishes packed with healthy ingredients.	IRELAND	English-100		PG	
2024-10-31	2100	<b>All Up In My Grill</b>	Pizza Party On The Grill	It's Pizza Time. Chef Dale Talde grills up amazing pizzas for every palate including a Detroit Style Pie, a Cheddar Naan Pie with a Spiced Chick Peas and Potatoes, and gives childhood favorite French Bread Pizza a much needed upgrade.	USA	English-100		G	
2024-10-31	2130	<b>Come Dine With Me</b>	Exeter-Devon Day 2	A custard catastrophe means Adam is forced to pull out a party trick in order to impress his guests and get his evening back on track.	UNITED KINGDOM	English-100		PG	Y
2024-10-31	2200	<b>Come Dine With Me</b>	Exeter-Devon Day 3	Steve's guests are in for a surprise when he serves up a one million scoville hot sauce!	UNITED KINGDOM	English-100		PG	a l
2024-10-31	2230	<b>The Cook Up With Adam Liaw</b>	Morning Tea	Host Adam Liaw, CWA President Stephanie Stanhope and CWA Woy Woy member Amy Scott create their morning tea favourites in The Cook Up kitchen.			RPT	G	Y
2024-10-31	2300	<b>The Cook And The Chef</b>	Quails And Momos	Maggie and Simon demonstrate how a little bird like quail can pack a big punch. Simon's chilli quail is a crispy explosion of flavours, and Maggie uses quince paste.	AUSTRALIA	English-100		G	
2024-10-31	2330	<b>Gourmet Farmer</b>	Apple Of My Eye, The	With Sadie and Hedley away, Matthew has got his work cut out managing the whole farm on his own and organising a few very special surprises for Sadie's birthday.	AUSTRALIA	English-100	RPT	G	Y
2024-10-31	2400	<b>Come Dine With Me</b>	Edinburgh 3	It's the third night of the competition from Edinburgh, and it's library worker Carmen's turn to host.	UNITED KINGDOM	English-100		PG	a
2024-10-31	2430	<b>Ainsley's Great Garden Cook Off</b>	Freddy Forster & Lerato Umah Shaylo	Ainsley is joined by chefs Lerato Umah-Shaylor and Freddy Forster for a light-hearted cooking contest in Blickling Estate's stunning kitchen garden.	UNITED KINGDOM	English-100		G	
2024-10-31	2530	<b>Nico Reynolds: All Fired Up</b>	Light Bites	Among the many things Nico loves about grilling is that it's a brilliant way to create delicious dishes packed with healthy ingredients.	IRELAND	English-100		PG	
2024-10-31	2600	<b>All Up In My Grill</b>	Pizza Party On The Grill	It's Pizza Time. Chef Dale Talde grills up amazing pizzas for every palate including a Detroit Style Pie, a Cheddar Naan Pie with a Spiced Chick Peas and Potatoes, and gives childhood favorite French Bread Pizza a much needed upgrade.	USA	English-100		G	
2024-10-31	2630	<b>Come Dine With Me</b>	Exeter-Devon Day 2	A custard catastrophe means Adam is forced to pull out a party trick in order to impress his guests and get his evening back on track.	UNITED KINGDOM	English-100		PG	Y



2024-10-31	2700	<b>Come Dine With Me</b>	Exeter-Devon Day 3	Steve's guests are in for a surprise when he serves up a one million scoville hot sauce!	UNITED KINGDOM	English-100		PG	a l	
2024-10-31	2730	<b>The Cook Up With Adam Liaw</b>	Morning Tea	Host Adam Liaw, CWA President Stephanie Stanhope and CWA Woy Woy member Amy Scott create their morning tea favourites in The Cook Up kitchen.			RPT	G		Y
2024-10-31	2800	<b>The Cook And The Chef</b>	Quails And Momos	Maggie and Simon demonstrate how a little bird like quail can pack a big punch. Simon's chilli quail is a crispy explosion of flavours, and Maggie uses quince paste.	AUSTRALIA	English-100		G		
2024-10-31	2830	<b>Gourmet Farmer</b>	Apple Of My Eye, The	With Sadie and Hedley away, Matthew has got his work cut out managing the whole farm on his own and organising a few very special surprises for Sadie's birthday.	AUSTRALIA	English-100	RPT	G		Y
2024-11-01	0500	<b>David Rocco's Dolce Homemade</b>	Puglia	David and guest Mattia Pagliara prepare traditional dishes from Puglia, a small region in Southern Italy that just doesn't get the respect it deserves when it comes to food. It also happens to be where David's mom is from. These dishes transport Rocco back to his childhood in his grandmother's kitchen.	CANADA	English-100		PG		
2024-11-01	0530	<b>Comfort Food With Spencer Watts</b>	Pasta Pasta Pasta	Pasta dishes always feel like a hug. Spencer makes with a Pork Bolognese stuffed Tortellini with American cheese rose and soffrito; then a quick pillowy soft ricotta gnudi with tomato sauce, and finally a creamy a pasta with gorgonzola goat cheese sauce and crisp pancetta and charred veg.	CANADA	English-100		G		
2024-11-01	0600	<b>Jack Stein: Inside The Box</b>	Cape Town	As many would argue that roast beef is the most quintessentially British dish to date, what better way is there to reinvent it in Capetown than by cooking it in the most quintessentially South African way possible...over an open flame.	AUSTRALIA	English-100		G		
2024-11-01	0630	<b>Bizarre Foods: Delicious Destinations</b>	Portland, Oregon	Andrew Zimmern shares the best of weird, wild and whimsical in Portland, Oregon, a city whose personality is apparent in its food culture. Arrested adolescence is personified in boozy doughnuts and handcrafted ice cream flavours for the adult palate, like marionberry-habanero-goat cheese.	USA	English-100		PG	a w	
2024-11-01	0700	<b>Pati's Mexican Table</b>	Cooking For My Crew In Sonora	As they travel through Mexico's vast state of Sonora, Pati gets inspired by the bold flavours and raw ingredients and decides to cook a meal for her television production crew. They stop at a beautiful pecan hacienda just outside of Hermosillo where Pati prepares her take on a true Sonoran feast. Cooking on a rustic outdoor grill she makes caldo de queso, grilled asparagus and chicken covered in pecan sauce.	USA	English-100		G		Y
2024-11-01	0730	<b>Royal Recipes</b>	Party Food	Chef Paul Ainsworth impresses presenter Michael Buerk, on today's Royal Recipes, with a dish from the Queen's 80th birthday dinner.	UNITED KINGDOM	English-100		G		
2024-11-01	0825	<b>Destination Flavour Japan Bitesize</b>	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
2024-11-01	0830	<b>Hidden Flavours Of India</b>	Liberated	In Nagaland, Ruchi has seen a lot of bee hives and larva; she discovers that bee larvae is a delicacy, and learns how to cook with it.	INDIA	English-50; Hindi-50		PG		Y
2024-11-01	0900	<b>Luke Nguyen's India</b>	Chettinad	Luke embarks on a trip to Chettinad, a hub of global merchants of yesteryears. He sizzles with the tantalizing pepper chicken and mutton sukka, and delves into Chettinad's storied history.	AUSTRALIA	English-100		G		Y Y

2024-11-01	0930	<b>Luke Nguyen's India</b>	Pondicherry	Luke makes a quick pitstop in Kumbakonam to learn how to make chutneys at the esteemed veg restaurant. Then heads to the picturesque seaside town of Pondicherry and explores Goubert Market.	AUSTRALIA	English-100		G		Y	Y
2024-11-01	1000	<b>Come Dine With Me</b>	Exeter-Devon Day 2	A custard catastrophe means Adam is forced to pull out a party trick in order to impress his guests and get his evening back on track.	UNITED KINGDOM	English-100		PG			Y
2024-11-01	1030	<b>Come Dine With Me</b>	Exeter-Devon Day 3	Steve's guests are in for a surprise when he serves up a one million scoville hot sauce!	UNITED KINGDOM	English-100		PG	a l		
2024-11-01	1100	<b>The Cook Up With Adam Liaw</b>	Spiced	Adam and the Cook Up guests Studio 10 roving report Daniel Doody and restaurant owner Jessi Singh are creating some spiced-inspired creations.	AUSTRALIA	English-100	RPT	G		Y	
2024-11-01	1130	<b>Ainsley's Great Garden Cook Off</b>	Freddy Forster & Lerato Umah Shaylo	Ainsley is joined by chefs Lerato Umah-Shaylor and Freddy Forster for a light-hearted cooking contest in Blickling Estate's stunning kitchen garden.	UNITED KINGDOM	English-100		G			
2024-11-01	1230	<b>Come Dine With Me</b>	Edinburgh 4	American born Gerald is taking his guests Stateside with a menu of Diner classics, but soon finds himself on the back foot when finicky foodie Anthony gives his grub a grilling.	UNITED KINGDOM	English-100		PG	l		
2024-11-01	1300	<b>David Rocco's Dolce Homemade</b>	Burrata	Together with David and his daughters, Emma and Giorgia, they work together to make mozzarella and burrata from scratch.	CANADA	English-100		G			
2024-11-01	1330	<b>Comfort Food With Spencer Watts</b>	Comfort Kissed By Fire	Fall is the best time to have an outdoor fire - so why not cook on it too. Spencer stays fireside and makes an open-faced Montreal smoked meat potato rosti, campfire steaks with a nori butter, and a sweet and creamy chocolate and cherry liqueur fondue with treats.	CANADA	English-100		PG			
2024-11-01	1400	<b>Jack Stein: Inside The Box</b>	Lucca	Lucca is the lucky destination for this comfort food classic and Stefano Terigi, of Giglio restaurant, is the lucky michelin star chef helping him 'italianify' it. Turning traditional British into traditional Italian means one thing and one thing only to Steafno... and that's pasta.	AUSTRALIA	English-100		G			
2024-11-01	1430	<b>Bizarre Foods: Delicious Destinations</b>	Cincinnati	Andrew Zimmern celebrates the culinary icons of the fastest growing city in the Midwest. Cincinnati's cuisine is inspired by the European immigrants who brought their hearty fare with them to Ohio, and highlights some of the dishes that continue to be cannot-miss local favourites, including pork schnitzel, goetta, and Cincinnati chili and ice cream made using a French pot method.	USA	English-100		PG	a w		
2024-11-01	1500	<b>Pati's Mexican Table</b>	Sabores Nortenos	Pati is inspired by Sonora, Mexico's 'northern flavours' where the hot, arid desert lends itself to hearty but simple recipes. In her kitchen, she makes pork chops and corn, chile and cheese tamales. In Sonora, she visits a traditional hacienda and gets a true taste of Sonoran ranch food including tamales and enchiladas.	USA	English-100		G			Y
2024-11-01	1530	<b>Royal Recipes</b>	Great British Bounty	In Royal Recipes today, presenter Michael Buerk and chef Paul Ainsworth discover a favourite dish of a 14th century king.	UNITED KINGDOM	English-100		G			
2024-11-01	1625	<b>Destination Flavour Japan Bitesize</b>	Tokyo Part 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-11-01	1630	<b>Hidden Flavours Of India</b>	Gratitude	In Imphal Ruchi stops at the Shree Govindajee Temple, where she witnesses a spectacular religious ceremony and meals made as offerings for the gods.	INDIA	English-50; Hindi-50		PG			Y

2024-11-01	1700	Luke Nguyen's India	Chennai	In Pondicherry, Luke joins forces to blend the flavours of the past and present! In the vibrant heart of Chennai Luke partners with fellow food enthusiast Manoj, exploring the city's food gems.	AUSTRALIA	English-100		PG		Y	Y
2024-11-01	1730	Luke Nguyen's India	Diwali	To celebrate Diwali in Chennai, Luke meets with Ajeeth, one of the best chefs in India who teaches him the secret to traditional Diwali meals for a celebratory dinner party.	AUSTRALIA	English-100		PG		Y	Y
2024-11-01	1800	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	
2024-11-01	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	RPT	G		Y	
2024-11-01	1930	Jamie's Food Escapes	French Pyrenees, The	This is peasant country where, although the people are not wealthy, they eat like kings. The food here is rich and fatty, yet they have the highest life-expectancy in France. Jamie goes truffle-hunting with a pig and boar hunting with dogs. He is knighted into an order of serious bread makers and makes sausages with a professional.	UNITED KINGDOM	English-100		PG	a w		Y
2024-11-01	2030	Donal's Feasts, Fasts And Festivals	Ep 2	In episode two, Donal joins a Muslim family who are fasting during Ramadan, explores the traditions of the Romanian Orthodox Community as he prepares a traditional Easter meal and joins in the joyous atmosphere of Diwali, the Festival of Lights, as he celebrates and feasts with a Hindu family in their home.	IRELAND	English-100		G			
2024-11-01	2130	Come Dine With Me	Exeter-Devon Day 4	Lisa hits a dessert disaster when her ice cream roll is more frozen than it should be. Will a spin in the microwave do the trick or cost her a thousand pounds?	UNITED KINGDOM	English-100		PG	a		
2024-11-01	2200	Come Dine With Me	Exeter-Devon Day 5	Despite her hit and miss food, can Lorna's hosting skills and sense of fun make her a serious contender for the prize?	UNITED KINGDOM	English-100		PG	a l		
2024-11-01	2230	The Cook Up With Adam Liaw	Cream	MasterChef Turkey host Somer Sivrioglu and political satirist Mark Humphries join host Adam Liaw in The Cook Up kitchen to make dishes using a favourite ingredient - cream.			RPT	G		Y	
2024-11-01	2300	The Cook And The Chef	Truffles	With a truffle from WA, Simon and Maggie Beer use a sophisticated ingredient in the simplest of ways - on scrambled eggs, pasta, boiled potatoes and, amazingly, on salt and vinegar chips.	AUSTRALIA	English-100		G			
2024-11-01	2330	Gourmet Farmer	Living The Dream	Matthew realises two long-held daydreams when he installs an incredible outdoor fire pit and finally catches something from the ocean worth bragging about.	AUSTRALIA	English-100	RPT	G	a w	Y	
2024-11-01	2400	Come Dine With Me	Edinburgh 4	American born Gerald is taking his guests Stateside with a menu of Diner classics, but soon finds himself on the back foot when finicky foodie Anthony gives his grub a grilling.	UNITED KINGDOM	English-100		PG	l		
2024-11-01	2430	Jamie's Food Escapes	French Pyrenees, The	This is peasant country where, although the people are not wealthy, they eat like kings. The food here is rich and fatty, yet they have the highest life-expectancy in France. Jamie goes truffle-hunting with a pig and boar hunting with dogs. He is knighted into an order of serious bread makers and makes sausages with a professional.	UNITED KINGDOM	English-100		PG	a w		Y
2024-11-01	2530	Donal's Feasts, Fasts And Festivals	Ep 2	In episode two, Donal joins a Muslim family who are fasting during Ramadan, explores the traditions of the Romanian Orthodox Community as he prepares a traditional Easter meal and joins in the joyous atmosphere of Diwali, the Festival of Lights, as he celebrates and feasts with a Hindu family in their home.	IRELAND	English-100		G			

2024-11-01	2630	<b>Come Dine With Me</b>	Exeter-Devon Day 4	Lisa hits a dessert disaster when her ice cream roll is more frozen than it should be. Will a spin in the microwave do the trick or cost her a thousand pounds?	UNITED KINGDOM	English-100	PG	a		
2024-11-01	2700	<b>Come Dine With Me</b>	Exeter-Devon Day 5	Despite her hit and miss food, can Lorna's hosting skills and sense of fun make her a serious contender for the prize?	UNITED KINGDOM	English-100	PG	a l		
2024-11-01	2730	<b>The Cook Up With Adam Liaw</b>	Cream	MasterChef Turkey host Somer Sivrioglu and political satirist Mark Humphries join host Adam Liaw in The Cook Up kitchen to make dishes using a favourite ingredient - cream.			RPT	G		Y
2024-11-01	2800	<b>The Cook And The Chef</b>	Truffles	With a truffle from WA, Simon and Maggie Beer use a sophisticated ingredient in the simplest of ways - on scrambled eggs, pasta, boiled potatoes and, amazingly, on salt and vinegar chips.	AUSTRALIA	English-100		G		
2024-11-01	2830	<b>Gourmet Farmer</b>	Living The Dream	Matthew realises two long-held daydreams when he installs an incredible outdoor fire pit and finally catches something from the ocean worth bragging about.	AUSTRALIA	English-100	RPT	G	a w	Y
2024-11-02	0500	<b>David Rocco's Dolce Homemade</b>	Burrata	Together with David and his daughters, Emma and Giorgia, they work together to make mozzarella and burrata from scratch.	CANADA	English-100		G		
2024-11-02	0530	<b>Comfort Food With Spencer Watts</b>	Comfort Kissed By Fire	Fall is the best time to have an outdoor fire - so why not cook on it too. Spencer stays fireside and makes an open-faced Montreal smoked meat potato rosti, campfire steaks with a nori butter, and a sweet and creamy chocolate and cherry liqueur fondue with treats.	CANADA	English-100		PG		
2024-11-02	0600	<b>Jack Stein: Inside The Box</b>	Lucca	Lucca is the lucky destination for this comfort food classic and Stefano Terigi, of Giglio restaurant, is the lucky michelin star chef helping him 'italianify' it. Turning traditional British into traditional Italian means one thing and one thing only to Steafno... and that's pasta.	AUSTRALIA	English-100		G		
2024-11-02	0630	<b>Bizarre Foods: Delicious Destinations</b>	Cincinnati	Andrew Zimmern celebrates the culinary icons of the fastest growing city in the Midwest. Cincinnati's cuisine is inspired by the European immigrants who brought their hearty fare with them to Ohio, and highlights some of the dishes that continue to be cannot-miss local favourites, including pork schnitzel, goetta, and Cincinnati chili and ice cream made using a French pot method.	USA	English-100		PG	a w	
2024-11-02	0700	<b>Pati's Mexican Table</b>	Sabores Nortenos	Pati is inspired by Sonora, Mexico's 'northern flavours' where the hot, arid desert lends itself to hearty but simple recipes. In her kitchen, she makes pork chops and corn, chile and cheese tamales. In Sonora, she visits a traditional hacienda and gets a true taste of Sonoran ranch food including tamales and enchiladas.	USA	English-100		G		Y
2024-11-02	0730	<b>Royal Recipes</b>	Great British Bounty	In Royal Recipes today, presenter Michael Buerk and chef Paul Ainsworth discover a favourite dish of a 14th century king.	UNITED KINGDOM	English-100		G		
2024-11-02	0825	<b>Destination Flavour Japan Bitesize</b>	Tokyo Part 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y Y
2024-11-02	0830	<b>Hidden Flavours Of India</b>	Gratitude	In Imphal Ruchi stops at the Shree Govindajee Temple, where she witnesses a spectacular religious ceremony and meals made as offerings for the gods.	INDIA	English-50; Hindi-50		PG		Y
2024-11-02	0900	<b>Luke Nguyen's India</b>	Chennai	In Pondicherry, Luke joins forces to blend the flavours of the past and present! In the vibrant heart of Chennai Luke partners with fellow food enthusiast Manoj, exploring the city's food gems.	AUSTRALIA	English-100		PG		Y Y

2024-11-02	0930	<b>Luke Nguyen's India</b>	Diwali	To celebrate Diwali in Chennai, Luke meets with Ajeeth, one of the best chefs in India who teaches him the secret to traditional Diwali meals for a celebratory dinner party.	AUSTRALIA	English-100		PG		Y	Y
2024-11-02	1000	<b>Come Dine With Me</b>	Exeter-Devon Day 4	Lisa hits a dessert disaster when her ice cream roll is more frozen than it should be. Will a spin in the microwave do the trick or cost her a thousand pounds?	UNITED KINGDOM	English-100		PG	a		
2024-11-02	1030	<b>Come Dine With Me</b>	Exeter-Devon Day 5	Despite her hit and miss food, can Lorna's hosting skills and sense of fun make her a serious contender for the prize?	UNITED KINGDOM	English-100		PG	a l		
2024-11-02	1100	<b>The Cook Up With Adam Liaw</b>	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	RPT	G		Y	
2024-11-02	1130	<b>Jamie's Food Escapes</b>	French Pyrenees, The	This is peasant country where, although the people are not wealthy, they eat like kings. The food here is rich and fatty, yet they have the highest life-expectancy in France. Jamie goes truffle-hunting with a pig and boar hunting with dogs. He is knighted into an order of serious bread makers and makes sausages with a professional.	UNITED KINGDOM	English-100		PG	a w		Y
2024-11-02	1230	<b>David Rocco's Dolce Homemade</b>	Burrata	Together with David and his daughters, Emma and Giorgia, they work together to make mozzarella and burrata from scratch.	CANADA	English-100		G			
2024-11-02	1300	<b>Comfort Food With Spencer Watts</b>	Comfort Kissed By Fire	Fall is the best time to have an outdoor fire - so why not cook on it too. Spencer stays fireside and makes an open-faced Montreal smoked meat potato rosti, campfire steaks with a nori butter, and a sweet and creamy chocolate and cherry liqueur fondue with treats.	CANADA	English-100		PG			
2024-11-02	1330	<b>Jack Stein: Inside The Box</b>	Lucca	Lucca is the lucky destination for this comfort food classic and Stefano Terigi, of Giglio restaurant, is the lucky michelin star chef helping him 'italianify' it. Turning traditional British into traditional Italian means one thing and one thing only to Steafno... and that's pasta.	AUSTRALIA	English-100		G			
2024-11-02	1400	<b>Bizarre Foods: Delicious Destinations</b>	Cincinnati	Andrew Zimmern celebrates the culinary icons of the fastest growing city in the Midwest. Cincinnati's cuisine is inspired by the European immigrants who brought their hearty fare with them to Ohio, and highlights some of the dishes that continue to be cannot-miss local favourites, including pork schnitzel, goetta, and Cincinnati chili and ice cream made using a French pot method.	USA	English-100		PG	a w		
2024-11-02	1430	<b>Paul Goes To Hollywood</b>	New York	Paul Hollywood combines food, film and fast bikes as he embarks on a 4,500 kms road trip from New York to Los Angeles. In New York, Paul follows in the culinary footsteps of Frank Sinatra to enjoy traditional bagels and twice baked pizza. Back at home, he bakes the ultimate Big Apple tarte tatin.	UNITED KINGDOM	English-100		G			
2024-11-02	1525	<b>Destination Flavour China Bitesize</b>	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
2024-11-02	1530	<b>Paul Goes To Hollywood</b>	Deep South	Paul Hollywood heads towards the warmer shores of America's Deep South enjoying shrimps and southern grit in Savannah and an unforgettable gumbo in the city of jazz, New Orleans. Back home he bakes a Deep South breakfast favourite, monkey bread.	UNITED KINGDOM	English-100		PG			
2024-11-02	1625	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y	
2024-11-02	1630	<b>Field Trip With Curtis Stone</b>	Rome	Curtis journeys to the heart of Rome to experience the cuisine of the city's residents. He starts his travels visiting a local butcher who specialises in organ meats and meets a former chef turned pizza maker. He tastes the flavours of old-world Jewish baking including burnt fruit cake. And finally, Curtis tries a traditional offal dish called coratella.	USA	English-100		G			Y

2024-11-02	1700	<b>Tom Kerridge's American Feast</b>	North Californian Coast	Tom Kerridge takes a road trip up the Californian coastline to discover how local, foraged foods are being used to create innovative and healthy dishes.	UNITED KINGDOM	English-100		G			
2024-11-02	1730	<b>Lorraine's Fast, Fresh And Easy Food</b>	Easy Entertaining	The show is brimming with recipes that are perfect for a whole host of occasions from an impromptu dinner with friends to fresh and fun party food.	UNITED KINGDOM	English-100		PG	a w		
2024-11-02	1800	<b>David Rocco's Italia</b>	Real Roman Neighbourhoods, The	David explores the traditional roots of the Roman people, but he has to leave the city centre for that.	CANADA	English-100		PG	a d I		Y
2024-11-02	1830	<b>Beyond River Cottage</b>	Beyond River Cottage Series 1 Ep 9	Hugh's hens have produced almost 30 chicks over the summer, and he's looking to the young cockerals to provide the main course for a feast.	UNITED KINGDOM	English-100		PG			
2024-11-02	1900	<b>Beyond River Cottage</b>	Beyond River Cottage Series 1 Ep 10	It's Christmas and Hugh is preparing for River Cottage HQ's final event of the year. The plan is to shoot, harvest, gather and cook enough food to furnish the tables for a magnificent medieval festive banquet.	UNITED KINGDOM	English-100		PG	a n w		
2024-11-02	2000	<b>Alex Polizzi Secret Italy</b>	Islands, The	Alex Polizzi explores Italy's smaller islands, from Capri and Ischia in the Bay of Naples, to the remote Aeolian Islands further south. She'll be experiencing Capri's glamorous fashion and scaling the rocky heights of the Aragonese Castle in Ischia, meeting a team of women who restore historic relics of international importance. From there, Alex will sample the island of Salina's famous Malvasia wine, before making a rare sighting of dolphins in the waters off Filicudi.	UNITED KINGDOM	English-100	RPT	G		Y	Y
2024-11-02	2055	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y	
2024-11-02	2100	<b>Rick Stein's India</b>	Mumbai And Pondicherry	Rick Stein explores the melting pot that is Mumbai in search of the bombil, the fish that immortalised Bombay Duck. He also gets to enjoy Parsee hospitality and learn about their contribution to Indian cuisine. Further south in the town of Pondicherry, his search for the perfect curry takes in fusion cooking as local residents cook up south Indian dishes with a French twist. In the coastal town of Mamallapuram, he discovers what could possibly be the best fish curry he's ever had. He cooks the popular Parsee chicken dish Sali Murgh and a personal favourite - Aloo Mattar.	UNITED KINGDOM	English-100	RPT	G		Y	Y
2024-11-02	2210	<b>Anthony Bourdain: Parts Unknown</b>	Canada	Tony travels to remote areas within the province of Quebec where he samples local delicacies, explores ice fishing and spends time with two of the most brilliant chefs in Canada, Dave McMillan and Fred Morin.	USA	English-100		PG	a l s w		Y
2024-11-02	2305	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 6	Paul goes on a wild bee hunt and builds a hive for the farm. He faces the hard task of taking his first pigs born and raised on the farm to the abattoir.	UNITED KINGDOM	English-100	RPT	PG	a w	Y	
2024-11-02	2400	<b>Beyond River Cottage</b>	Beyond River Cottage Series 1 Ep 9	Hugh's hens have produced almost 30 chicks over the summer, and he's looking to the young cockerals to provide the main course for a feast.	UNITED KINGDOM	English-100		PG			
2024-11-02	2430	<b>Paul Goes To Hollywood</b>	Deep South	Paul Hollywood heads towards the warmer shores of America's Deep South enjoying shrimps and southern grit in Savannah and an unforgettable gumbo in the city of jazz, New Orleans. Back home he bakes a Deep South breakfast favourite, monkey bread.	UNITED KINGDOM	English-100		PG			
2024-11-02	2525	<b>Destination Flavour China Bitesize</b>	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

2024-11-02	2530	<b>Field Trip With Curtis Stone</b>	Rome	Curtis journeys to the heart of Rome to experience the cuisine of the city's residents. He starts his travels visiting a local butcher who specialises in organ meats and meets a former chef turned pizza maker. He tastes the flavours of old-world Jewish baking including burnt fruit cake. And finally, Curtis tries a traditional offal dish called coratella.	USA	English-100	G			Y
2024-11-02	2600	<b>Tom Kerridge's American Feast</b>	North Californian Coast	Tom Kerridge takes a road trip up the Californian coastline to discover how local, foraged foods are being used to create innovative and healthy dishes.	UNITED KINGDOM	English-100	G			
2024-11-02	2630	<b>Lorraine's Fast, Fresh And Easy Food</b>	Easy Entertaining	The show is brimming with recipes that are perfect for a whole host of occasions from an impromptu dinner with friends to fresh and fun party food.	UNITED KINGDOM	English-100	PG	a w		
2024-11-02	2700	<b>David Rocco's Italia</b>	Real Roman Neighbourhoods, The	David explores the traditional roots of the Roman people, but he has to leave the city centre for that.	CANADA	English-100	PG	a d I		Y
2024-11-02	2730	<b>Alex Polizzi Secret Italy</b>	Islands, The	Alex Polizzi explores Italy's smaller islands, from Capri and Ischia in the Bay of Naples, to the remote Aeolian Islands further south. She'll be experiencing Capri's glamorous fashion and scaling the rocky heights of the Aragonese Castle in Ischia, meeting a team of women who restore historic relics of international importance. From there, Alex will sample the island of Salina's famous Malvasia wine, before making a rare sighting of dolphins in the waters off Filicudi.	UNITED KINGDOM	English-100	RPT	G		Y Y
2024-11-02	2825	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-11-02	2830	<b>Beyond River Cottage</b>	Beyond River Cottage Series 1 Ep 9	Hugh's hens have produced almost 30 chicks over the summer, and he's looking to the young cockerals to provide the main course for a feast.	UNITED KINGDOM	English-100	PG			