



**WEEK 45** Sunday, 3 November 2024 Saturday, 9 November 2024

**ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-11-03	0500	Beyond River Cottage	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		
2024-11-03	0600	Field Trip With Curtis Stone	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
2024-11-03	0630	River Cottage Australia	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	
2024-11-03	0730	Paul Goes To Hollywood	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			
2024-11-03	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			
2024-11-03	0830	Paul Goes To Hollywood	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			
2024-11-03	0925	Bring A Plate	Rayan's Koosa Mahshi	Rayan shares his Syrian favorite, Kousa Mahshi, or stuffed zucchini and describes some special techniques to make the dish without it breaking apart.	AUSTRALIA	English-100		G		Y	
2024-11-03	0930	Field Trip With Curtis Stone	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
2024-11-03	1000	Tom Kerridge's American Feast	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			
2024-11-03	1030	Lorraine's Fast, Fresh And Easy Food	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		

2024-11-03	1100	David Rocco's Italia	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 l	Y
2024-11-03	1130	Alex Polizzi Secret Italy	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
2024-11-03	1225	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
2024-11-03	1230	Rick Stein's India	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.	UNITED KINGDOM	English-100	RPT	G		Y Y
2024-11-03	1335	River Cottage Australia	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 abattir.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-11-03	1430	Gourmet Farmer Afloat	On The Straight And Marrow	Matthew, Nick and Ross follow the route taken by Englishman Tobias Furneaux as he charted the east coast of Tasmania in 1793, having embarrassingly lost sight of his commanding officer James Cook. Sailing skills are put to the test as Solquest attempts a treacherous bar crossing at St Helens - the route taken by thousands of Chinese immigrants in search of gold in the 1800s.	AUSTRALIA	English-100	RPT	PG	a q	Y
2024-11-03	1530	Gourmet Farmer Afloat	Island Time	After 8000 years of isolation, Tasmania was once again joined to mainland Australia when a telephone cable was installed across Bass Strait. Matthew, Ross and Nick travel westward across the north coast, heading for the port of Stanley. Here, they want to re-create the historic menu from the 1936 inauguration of the cable, at a dinner for 50 people.	AUSTRALIA	English-100	RPT	G		Y
2024-11-03	1630	Field Trip With Curtis Stone	New South Wales	Curtis visits his old stomping grounds in NSW where he begins his journey at the Yerrabingin Rooftop Farm and is treated to a traditional Aboriginal dance. At dusk, Curtis and chef Mark of Three Blue Ducks Restaurant dive for lobsters and enjoy a seaside dinner. Curtis then climbs the trees at a tropical fruit farm where he tastes flavours that he's never experienced, like chocolate pudding fruit and lemon custard fruit.	USA	English-100		PG	a l w	
2024-11-03	1700	Tom Kerridge's American Feast	Oakland	Tom Kerridge's trip around the USA takes him to the Californian city of Oakland, where the city's melting pot of cultures is reflected in its food.	UNITED KINGDOM	English-100		G		
2024-11-03	1730	Eating Inn	Woodcut Pt 2: Crown, Sydney	Back in Sydney Harbour, Ross and Dan show us how to prepare live pippies vadouvan with roasted chickpeas and curry leaves.	SINGAPORE	English-100		PG	a l w	
2024-11-03	1830	Simply Raymond Blanc	Salads, Soups & Sides	Raymond often feels that the smaller dishes in our dining repertoire also deserve a place as a showstopper on the dinner table; he shares his take on salads, soups and sides.	UNITED KINGDOM	English-100		G		
2024-11-03	1930	A Lake District Farmshop	Ep 1	We meet Love Ewe Dairy founder James Hadwin, a generational farmer based in the nearby historic marketplace of Kirkby Lonsdale.	UNITED KINGDOM	English-100				
2024-11-03	2030	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 1	Rick forages for mussels in his favourite rock pools, tours Bodmin Moor's dark past with his son Jack, and cooks a fool-proof soufflé with artisan Cornish goat's cheese.	UNITED KINGDOM	English-100		PG		

2024-11-03	2100	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 2	Rick visits an ancient apple orchard to learn the traditional way of making cider, cooks a chicken, leek and cider gratin, and delves into the rich history of the Cornish sea shanty.	UNITED KINGDOM	English-100		G		
2024-11-03	2130	<b>Anthony Bourdain: Parts Unknown</b>	Tangier	Tony explores the 'Interzone' in Tangier, Morocco, to see if the 'anything goes' culture, where artists like William S. Burroughs, Paul Frederic Bowles and the Rolling Stones looked to escape from Western traditions, still exists.	USA	English-100		PG	a d s w	
2024-11-03	2225	<b>Please Eat Slowly Bitesize</b>	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		
2024-11-03	2230	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 7	Paul learns about catching eels from Indigenous local chef Noel Butler and sells his first eggs and veggie boxes into Tilba. Months of hard work pay off when Paul turns his own pigs into profit at the Eden Whale festival, but it's not all smooth-sailing.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-11-03	2330	<b>Gourmet Farmer Afloat</b>	On The Straight And Marrow	Matthew, Nick and Ross follow the route taken by Englishman Tobias Furneaux as he charted the east coast of Tasmania in 1793, having embarrassingly lost sight of his commanding officer James Cook. Sailing skills are put to the test as Solquest attempts a treacherous bar crossing at St Helens - the route taken by thousands of Chinese immigrants in search of gold in the 1800s.	AUSTRALIA	English-100	RPT	PG	a q	Y
2024-11-03	2430	<b>Gourmet Farmer Afloat</b>	Island Time	After 8000 years of isolation, Tasmania was once again joined to mainland Australia when a telephone cable was installed across Bass Strait. Matthew, Ross and Nick travel westward across the north coast, heading for the port of Stanley. Here, they want to re-create the historic menu from the 1936 inauguration of the cable, at a dinner for 50 people.	AUSTRALIA	English-100	RPT	G		Y
2024-11-03	2530	<b>Field Trip With Curtis Stone</b>	New South Wales	Curtis visits his old stomping grounds in NSW where he begins his journey at the Yerrabingin Rooftop Farm and is treated to a traditional Aboriginal dance. At dusk, Curtis and chef Mark of Three Blue Ducks Restaurant dive for lobsters and enjoy a seaside dinner. Curtis then climbs the trees at a tropical fruit farm where he tastes flavours that he's never experienced, like chocolate pudding fruit and lemon custard fruit.	USA	English-100		PG	a l w	
2024-11-03	2600	<b>Tom Kerridge's American Feast</b>	Oakland	Tom Kerridge's trip around the USA takes him to the Californian city of Oakland, where the city's melting pot of cultures is reflected in its food.	UNITED KINGDOM	English-100		G		
2024-11-03	2630	<b>Eating Inn</b>	Woodcut Pt 2: Crown, Sydney	Back in Sydney Harbour, Ross and Dan show us how to prepare live pippies vadouvan with roasted chickpeas and curry leaves.	SINGAPORE	English-100		PG	a l w	
2024-11-03	2730	<b>Simply Raymond Blanc</b>	Salads, Soups & Sides	Raymond often feels that the smaller dishes in our dining repertoire also deserve a place as a showstopper on the dinner table; he shares his take on salads, soups and sides.	UNITED KINGDOM	English-100		G		
2024-11-03	2825	<b>Please Eat Slowly Bitesize</b>	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		
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2024-11-04	0900	<b>Tom Kerridge's American Feast</b>	Oakland	Tom Kerridge's trip around the USA takes him to the Californian city of Oakland, where the city's melting pot of cultures is reflected in its food.	UNITED KINGDOM	English-100		G		
2024-11-04	0930	<b>Simply Raymond Blanc</b>	Salads, Soups & Sides	Raymond often feels that the smaller dishes in our dining repertoire also deserve a place as a showstopper on the dinner table; he shares his take on salads, soups and sides.	UNITED KINGDOM	English-100		G		
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2024-11-04	1130	<b>A Lake District Farmshop</b>	Ep 1	We meet Love Ewe Dairy founder James Hadwin, a generational farmer based in the nearby historic marketplace of Kirkby Lonsdale.	UNITED KINGDOM	English-100				
2024-11-04	1230	<b>Come Dine With Me</b>	Edinburgh 5	It's the final night of the competition for the Edinburgh crew and last up is geography teacher, Ashley who's hoping her magical evening of enchanted food will send her to the top of the leaderboard.	UNITED KINGDOM	English-100		PG		
2024-11-04	1300	<b>David Rocco's Dolce Homemade</b>	Pizza	David and guest Rocco Agostino take pizza making to the next level. Who knew pizza dunked in cappuccino could make the perfect combination.	CANADA	English-100		G		
2024-11-04	1330	<b>Comfort Food With Spencer Watts</b>	Comfort With A Kick	Spencer likes a little spice and a lot of flavour. He cooks up some delicious comfort food with a little heat to tickle our taste buds, including Cajun shrimp cakes with a creole etouffee, Brazilian moqueca with halibut and shrimp in a bed of coconut milk, and finally, Mexican spicy beef pupusas with all the trimmings.	CANADA	English-100		PG		
2024-11-04	1400	<b>Jack Stein: Inside The Box</b>	Malmo	Keen to prove to the people of Malmo it's not just 'cheese on toast,' Jack presents Welsh rarebit with Nordic twists that, in his opinion, ends up altering the dish for the better.	AUSTRALIA	English-100		PG	a w	
2024-11-04	1430	<b>Bizarre Foods: Delicious Destinations</b>	Oklahoma City	Andrew shares the best of Oklahoma City: there's prime T-bone steaks, chicken fried steaks and burger patties mashed with a heaping helping of onions, and even the local chili is loaded with beef and there are no beans allowed. Local Vietnamese restaurants get in on the action with a beef bone-infused broth used to make pho.	USA	English-100		G		
2024-11-04	1500	<b>Pati's Mexican Table</b>	Fire Kings, The	Pati explores Nuevo Leon, a sprawling northeastern border state, where its distinctive flavours are transformed into familiar but exciting new experiences.	USA	English-100		G		Y

2024-11-04	1530	Royal Recipes	Extravagance	Today on Royal Recipes, presenter Michael Buerk and chef Paul Ainsworth recreate a dish served at one of the most lavish royal banquets of all time.	UNITED KINGDOM	English-100		G			
2024-11-04	1625	Bring A Plate	Jc's Chicken And Pork Adobo With Eggs	JC serves up his Filipino national dish, sharing a touching tale of his grandmother's culinary influence. Hear how he uses the DISH structure to help him talk about the food.	AUSTRALIA	English-100		G		Y	
2024-11-04	1630	Oliver's Twist	Late Night Snacks	Greg and Junior are both stand up comedians, and have a terrible diet of take-out and beer. Jamie shows them how to make spaghetti Puttanesca, Warm Rocket salad, and Chocolate fridge cake, all foods that are quick, easy, and healthy!	UNITED KINGDOM	English-100		PG			
2024-11-04	1700	Everyday Gourmet With Justine Schofield	Ep 76	Learn how to make Syrup Steamed Puddings today with Justine and spice up your day with Jacky M with an Easy Malaysian Chicken Curry. Joe Grbac joins Justine later for a comforting Parmesan Gnocchi.	AUSTRALIA	English-100		G			
2024-11-04	1730	My Market Kitchen	Ep 46	Chef Mod joins Laura to make Crispy Thai Fish Cakes. Laura follows with a delicious White Chocolate and Craisin Cookie. To close the show, Mike makes a scrumptious Deep-Fried Apple Pie with Creme Frai.	AUSTRALIA	English-100		G			
2024-11-04	1800	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	
2024-11-04	1900	The Cook Up With Adam Liaw	Reinventing The Meal	Chef and restaurateur of the Ho Jiak brand Junda Khoo, and Executive Chef of Nour and Aalia, Paul Farag, are in The Cook Up Kitchen with Adam as they prepare the reversion of some classic dishes.			RPT	G		Y	
2024-11-04	1930	Jamie At Home	Pizza	Jamie searches for edible wild mushrooms in a local forest with his mentor, Gennaro Contaldo. Then he uses them to make bruschetta, risotto and venison Stroganoff.	UNITED KINGDOM	English-100					
2024-11-04	2000	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 2 Episode 3	Tonight, Luke heads to the mysterious and serene Ninh Binh. Snail catching and duck calling are all on the agenda in this beautiful country town. Luke explores the dancing caves, a popular tourist spot for locals and overseas visitors alike. There he cooks his local guide's favourite meal, pork neck and pineapple, and climbs 1000 steps to prepare some goat meat atop the tallest and breathtaking mountain in Tam Coc.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-11-04	2030	Stanley Tucci: Searching For Italy	London	Tucci sets out to explore how Italian immigration has transformed the food scene in his adopted hometown of London. It's a culinary mecca where Italian food from every region gets a chance to shine.	USA	English-90; Italian-10	RPT	G		Y	Y
2024-11-04	2125	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
2024-11-04	2130	Come Dine With Me	Newcastle Day 6	This dinner party shapes up to be an unusual evening with strange food, shocking name reveals and an unexpected dessert. But will it be enough to secure Delphinium a thousand pound prize?	UNITED KINGDOM	English-100		PG	a s		
2024-11-04	2200	Come Dine With Me	Newcastle Day 7	It's art teacher Karen's turn to host and she's looking to impress her guests with a ginger themed menu. Each course will include her favourite spice!	UNITED KINGDOM	English-100		PG	a		
2024-11-04	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	

2024-11-04	2300	<b>The Cook And The Chef</b>	Cattle Drive	Beef is on the menu this week as Maggie dons her boots and oilskin and travels to the far north of South Australia to experience an Outback Cattle Drive.	AUSTRALIA	English-100		G			
2024-11-04	2330	<b>Gourmet Farmer</b>	Hungry Patch, The	It's Spring on Fat Pig Farm. Everything is furiously growing, but there is almost nothing to harvest yet, so Matthew needs to make do and forage for some springtime food ideas.	AUSTRALIA	English-100	RPT	G		Y	
2024-11-04	2400	<b>David Rocco's Dolce Homemade</b>	Pizza	David and guest Rocco Agostino take pizza making to the next level. Who knew pizza dunked in cappuccino could make the perfect combination.	CANADA	English-100		G			
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2024-11-04	2500	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 3	Tonight, Luke heads to the mysterious and serene Ninh Binh. Snail catching and duck calling are all on the agenda in this beautiful country town. Luke explores the dancing caves, a popular tourist spot for locals and overseas visitors alike. There he cooks his local guide's favourite meal, pork neck and pineapple, and climbs 1000 steps to prepare some goat meat atop the tallest and breathtaking mountain in Tam Coc.	AUSTRALIA	English-100	RPT	G		Y	Y
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2024-11-04	2800	<b>The Cook And The Chef</b>	Cattle Drive	Beef is on the menu this week as Maggie dons her boots and oilskin and travels to the far north of South Australia to experience an Outback Cattle Drive.	AUSTRALIA	English-100		G			
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2024-11-05	0530	Comfort Food With Spencer Watts	Comfort With A Kick	Spencer likes a little spice and a lot of flavour. He cooks up some delicious comfort food with a little heat to tickle our taste buds, including Cajun shrimp cakes with a creole etouffee, Brazilian moqueca with halibut and shrimp in a bed of coconut milk, and finally, Mexican spicy beef pupusas with all the trimmings.	CANADA	English-100	PG		
2024-11-05	0600	Jack Stein: Inside The Box	Malmo	Keen to prove to the people of Malmo it's not just 'cheese on toast,' Jack presents Welsh rarebit with Nordic twists that, in his opinion, ends up altering the dish for the better.	AUSTRALIA	English-100	PG	a w	
2024-11-05	0630	Bizarre Foods: Delicious Destinations	Oklahoma City	Andrew shares the best of Oklahoma City: there's prime T-bone steaks, chicken fried steaks and burger patties mashed with a heaping helping of onions, and even the local chili is loaded with beef and there are no beans allowed. Local Vietnamese restaurants get in on the action with a beef bone-infused broth used to make pho.	USA	English-100	G		
2024-11-05	0700	Pati's Mexican Table	Fire Kings, The	Pati explores Nuevo Leon, a sprawling northeastern border state, where its distinctive flavours are transformed into familiar but exciting new experiences.	USA	English-100	G	Y	
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2024-11-05	1000	Gourmet Farmer	Hungry Patch, The	It's Spring on Fat Pig Farm. Everything is furiously growing, but there is almost nothing to harvest yet, so Matthew needs to make do and forage for some springtime food ideas.	AUSTRALIA	English-100	RPT	G	Y
2024-11-05	1030	Bizarre Foods: Delicious Destinations	Oklahoma City	Andrew shares the best of Oklahoma City: there's prime T-bone steaks, chicken fried steaks and burger patties mashed with a heaping helping of onions, and even the local chili is loaded with beef and there are no beans allowed. Local Vietnamese restaurants get in on the action with a beef bone-infused broth used to make pho.	USA	English-100	G		
2024-11-05	1100	The Cook Up With Adam Liaw	Reinventing The Meal	Chef and restaurateur of the Ho Jiak brand Junda Khoo, and Executive Chef of Nour and Aalia, Paul Farag, are in The Cook Up Kitchen with Adam as they prepare the reversion of some classic dishes.			RPT	G	Y
2024-11-05	1130	Jamie At Home	Pizza	Jamie searches for edible wild mushrooms in a local forest with his mentor, Gennaro Contaldo. Then he uses them to make bruschetta, risotto and venison Stroganoff.	UNITED KINGDOM	English-100			

2024-11-05	1200	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 3	Tonight, Luke heads to the mysterious and serene Ninh Binh. Snail catching and duck calling are all on the agenda in this beautiful country town. Luke explores the dancing caves, a popular tourist spot for locals and overseas visitors alike. There he cooks his local guide's favourite meal, pork neck and pineapple, and climbs 1000 steps to prepare some goat meat atop the tallest and breathtaking mountain in Tam Coc.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-11-05	1230	<b>Come Dine With Me</b>	South London A 1	The oven is preheated and the knives are sharpened for our first host, painter, decorator and security guard Michelle who kicks off South London's hottest culinary competition.	UNITED KINGDOM	English-100		PG			
2024-11-05	1300	<b>David Rocco's Dolce Homemade</b>	Punjab	David and guest Rup Magon, a musician, actor and food lover from Montreal, spend the day recreating traditional Indian dishes filling the air with aroma and spices. They discover the many similarities they share within their respective Italian and Punjabi families.	CANADA	English-100		G			
2024-11-05	1330	<b>Comfort Food With Spencer Watts</b>	Sweet Tooth Comfort	Spencer has a sweet tooth and he is sharing three sweet treat recipes to help us indulge our love of sugar as well! Candied orange and caramelised white chocolate blondies with orange cream cheese frosting are melt in your mouth delicious. Then Spencer makes a spin a popcorn cake that holds a special place in his heart.	CANADA	English-100		G			
2024-11-05	1400	<b>Jack Stein: Inside The Box</b>	Bangkok	It's the classic roast pork bun and Jack is adamant that he can make Thai locals learn to love British applesauce as much as he does by luring them in with a Thai style. and very un-British, larb-spiced pork.	AUSTRALIA	English-100		G			
2024-11-05	1430	<b>Bizarre Foods: Delicious Destinations</b>	Chicago Neighborhoods	Andrew explores the neighbourhoods that make Chicago a culinary treasure trove. From handcrafted burgers in the West Loop to street-style tacos in Wicker Park and barbecue chicken served up in Bronzeville, Chicago restaurants are raising the bar with an endless number of delicious destinations.	USA	English-100		PG			
2024-11-05	1500	<b>Pati's Mexican Table</b>	Sisters, Stew And Sass	On the river Ramos, two sisters have taken a shack that serves one dish, traditional cortadillo stew, and made it into a must-visit restaurant.	USA	English-100		G			Y
2024-11-05	1530	<b>Royal Recipes</b>	Royal Harvest	In Royal Recipes today, presenter Michael Buerk and chef Paul Ainsworth re-imagine an unusual dish served at Prince Charles' 50th birthday party.	UNITED KINGDOM	English-100		G			
2024-11-05	1625	<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	
2024-11-05	1630	<b>Oliver's Twist</b>	Big Grub For Big Boys	Jamie prepares a post-match meal for some rugby players. Recipes include chicken in milk, proper polenta, panettone and bread-and-butter pudding.	UNITED KINGDOM	English-100		PG			
2024-11-05	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 77	Justine walks us through how to make a Tuna Tataki Salad, an easy Yoghurt Flat Bread and a full-flavoured Shredded Chicken with Brussel Sprout and Grape Slaw.	AUSTRALIA	English-100		PG			
2024-11-05	1730	<b>My Market Kitchen</b>	Ep 47	Laura and David Mann whip up French Crepes with Lemon and Honey. Mike then prepares his Friday Night Fake-away Fish and Chips, English style. Lastly, Laura makes a Turkey Roll with Craisin Chutney.	AUSTRALIA	English-100		G			
2024-11-05	1800	<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	
2024-11-05	1900	<b>The Cook Up With Adam Liaw</b>	Aussie Italian	Adam, model Samantha Harris and chef Karl Firla are saying buongiorno to The Cook Up Kitchen as they explore Italian dishes with an Aussie twist.			RPT	G		Y	



2024-11-05	1930	<b>The Chocolate Queen</b>	Ep 6	Immerse yourself in a chocolate haven with Kirsten's show-stopping recipes, like her marvelous mousse & mocha cheesecake, her simple but spectacular orange biscotti or her sesame-infused chocolate twigs.	AUSTRALIA	English-100	G		
2024-11-05	2000	<b>Mark Moriarty: Off Duty Chef</b>	Ep 4	This week, Mark brings the flavours of the restaurant to the home kitchen with some classic dishes and a chocolate chip cookie masterclass.	UNITED KINGDOM	English-100	G		
2024-11-05	2030	<b>Jamie's Comfort Food</b>	Ultimate Burger, The	Jamie shares his recipes for three classic comfort foods. Plus, his friend Christian pops by to reveal the secret to his ultimate burger recipe.	UNITED KINGDOM	English-100			
2024-11-05	2130	<b>Come Dine With Me</b>	Newcastle Day 8	Tonight will be one for the guests to remember; there's a shock in store for Karen, lots of humble pie for Mark and some very unusual dumplings for Delph and David.	UNITED KINGDOM	English-100	PG		
2024-11-05	2200	<b>Come Dine With Me</b>	Newcastle Day 9	David's grand plan to throw the best dinner party is to serve an elaborate Ibizan style menu of tapas and paella, but has he bitten off more than he can chew?	UNITED KINGDOM	English-100	PG	a	
2024-11-05	2230	<b>The Cook Up With Adam Liaw</b>	Island Cooking	Host Adam Liaw invites food writer Tori Haschka and food and travel writer Yasmin Newman into The Cook Up kitchen to create some island inspired dishes.			RPT	G	Y
2024-11-05	2300	<b>The Cook And The Chef</b>	Sunday Cooking	The duo reveal their idea of the perfect Sunday dinner - and their choices couldn't be more contrasting. For Maggie, it's a chance to make a simple meal - such the perfect steak sandwich or the ultimate gourmet toasted cheese sandwich.	AUSTRALIA	English-100	G		
2024-11-05	2330	<b>Gourmet Farmer</b>	Little Wonders	With Spring in full swing, Matthew begins to understand just how important insects are to the ecosystem and health of his farm and his food.	AUSTRALIA	English-100	RPT	PG	Y
2024-11-05	2400	<b>David Rocco's Dolce Homemade</b>	Punjab	David and guest Rup Magon, a musician, actor and food lover from Montreal, spend the day recreating traditional Indian dishes filling the air with aroma and spices. They discover the many similarities they share within their respective Italian and Punjabi families.	CANADA	English-100	G		
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2024-11-05	2500	<b>Mark Moriarty: Off Duty Chef</b>	Ep 4	This week, Mark brings the flavours of the restaurant to the home kitchen with some classic dishes and a chocolate chip cookie masterclass.	UNITED KINGDOM	English-100	G		
2024-11-05	2530	<b>Jamie's Comfort Food</b>	Ultimate Burger, The	Jamie shares his recipes for three classic comfort foods. Plus, his friend Christian pops by to reveal the secret to his ultimate burger recipe.	UNITED KINGDOM	English-100			
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2024-11-06	0830	<b>Oliver's Twist</b>	Big Grub For Big Boys	Jamie prepares a post-match meal for some rugby players. Recipes include chicken in milk, proper polenta, panettone and bread-and-butter pudding.	UNITED KINGDOM	English-100		PG	
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2024-11-06	1200	<b>Mark Moriarty: Off Duty Chef</b>	Ep 4	This week, Mark brings the flavours of the restaurant to the home kitchen with some classic dishes and a chocolate chip cookie masterclass.	UNITED KINGDOM	English-100	G		
2024-11-06	1230	<b>Come Dine With Me</b>	South London A 2	This week's competition is in South London where second up is competitive sales manager Mike who's asked his guests to come dressed as a celebrity.	UNITED KINGDOM	English-100	PG		
2024-11-06	1300	<b>David Rocco's Dolce Homemade</b>	Stars And Stables	From Michelin star restaurants to the farm and stables of la cucina povera, guest Leandro Baldassarre shares his passion for food and brings an artisanal craftsmanship to pasta making.	CANADA	English-100	PG		
2024-11-06	1330	<b>Comfort Food With Spencer Watts</b>	Magical Beans	Spencer sets the oven on low and celebrates his love of beans - black bean and kabocha squash soup and braised Swiss chard and chili pesto. Then he makes his Mediterranean style broad beans in tomatoes and feta sauce, and finally rounds out the episode with fragrant Indian spiced lentils with fennel cream.	CANADA	English-100	G		
2024-11-06	1400	<b>Jack Stein: Inside The Box</b>	Girona	Bravely Jack attempts to win over the Catalan locals with his tapas sized jellied eels, which, while not entirely a bust, don't come up against some more classic tapas dishes.	AUSTRALIA	English-100	PG	a w	
2024-11-06	1430	<b>Bizarre Foods: Delicious Destinations</b>	Iowa State Fair	Andrew takes us on a gastronomic tour of the Iowa State Fair, with its fresh, locally grown sweet corn, baked sausage cavatelli, Dutch letter pastries and dizzying array of sandwiches.	USA	English-100	G		
2024-11-06	1500	<b>Pati's Mexican Table</b>	World Cup Of Tacos, The	The state of Nuevo Leon is divided between two pro soccer teams. Pati tries the food at each stadium with stars from each team to be the judge on who wins in the battle of tortas and tacos.	USA	English-100	PG	Y	
2024-11-06	1530	<b>Ainsley's Good Mood Food</b>	Seaside Delights	Ainsley is inspired by the tastes and delights of the seaside - he starts with a taste of Italy making his crab and lemon linguine with pangrattato. He heads off on a seaside adventure with expert forager Alysia Vasey to find out what edible treats are growing on the shorelines.	UNITED KINGDOM	English-100	G		
2024-11-06	1625	<b>Bring A Plate</b>	Keyma's Empanadas	Keyma shares her recipe for empanadas, a popular Venezuelan street food. Discover some of the ingredients that you can use inside this crunchy and mouth watering snack food.	AUSTRALIA	English-100	G	Y	
2024-11-06	1630	<b>Oliver's Twist</b>	Abba Mania	Lynn, Chris, Paula and Steve are all mad ABBA fans who tour the UK in their camper. Jamie cooks them Marinated squid salad, Pot roasted pork, and a fruit cobbler, in celebration of the award they received for being ABBA's biggest fans.	UNITED KINGDOM	English-100	G		
2024-11-06	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 78	Today Justine shows us the way to make tempting Almond Butter Chews and the tastiest Pork Enchiladas. Former Masterchef Contestant Sarah Todd visits the kitchen to share her elegant Ocean Trout Salad.	AUSTRALIA	English-100	G		

2024-11-06	1730	<b>My Market Kitchen</b>	Ep 48	Laura starts the show in the Market Kitchen with her glorious and healthy Flourless Chocolate Cake.	AUSTRALIA	English-100		G		
2024-11-06	1800	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 7	Paul learns about catching eels from Indigenous local chef Noel Butler and sells his first eggs and veggie boxes into Tilba. Months of hard work pay off when Paul turns his own pigs into profit at the Eden Whale festival, but it's not all smooth-sailing.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-11-06	1900	<b>The Cook Up With Adam Liaw</b>	Super Soups	Adam, chef Sharon Salloom and social media foodie Morgan Hipworth are in The Cook Up Kitchen upgrading the humble soup to something super.			RPT	G		Y
2024-11-06	1930	<b>Marcus Wareing: Simply Provence</b>	Almonds	When in France, it's very easy to focus on the savoury food offerings. Not surprising with the incredible meat, fish, veg and cheese in such beautiful abundance.	UNITED KINGDOM	English-100		G		
2024-11-06	2000	<b>Nadiya's Fast Flavours</b>	Fresh And Healthy	Nadiya Hussain shares delicious recipes for days when we fancy something fresh, and a little bit healthy. To kick off, Nadiya cooks up a bright and beautiful butternut squash soup, that is wholesome and feelgood.	UNITED KINGDOM	English-100		G		
2024-11-06	2030	<b>Hugh's Three Good Things</b>	Nuts	It's episode two of store cupboard week on Hugh's Three Good Things and Hugh is joined by River Cottage star chef, Tim Maddams.	UNITED KINGDOM	English-100		G		
2024-11-06	2100	<b>Masters Of Taste With Gary Mehigan</b>	Jaipur - Street Food	Gary Mehigan encounters a food loving Jain family and faces the challenge of making vegetarian food for his hosts.	USA	English-100		G		
2024-11-06	2130	<b>Come Dine With Me</b>	Newcastle Day 10	It's Mark turn to impress his new dinner party guests with a menu of deep fried brie, slow cooked lamb and a passion fruit pavlova.	UNITED KINGDOM	English-100		PG	a	
2024-11-06	2200	<b>Come Dine With Me</b>	Swansea Day 11	Kevin is hoping to win his guests over with a Spanish-themed evening from his favourite holiday destination, Benidorm.	UNITED KINGDOM	English-100		PG	a	
2024-11-06	2230	<b>The Cook Up With Adam Liaw</b>	Shortcuts	Host Adam Liaw, MasterChef Turkey host Somer Sivrioglu and political satirist Mark Humphries are in in The Cook Up kitchen to create some of their delicious dishes using shortcuts.			RPT	G		Y
2024-11-06	2300	<b>The Cook And The Chef</b>	Spatchcocks And Terrines	Spatchcock and terrines are on the menu this week as Maggie and Simon share with us some of the traditions and ingredients that have influenced their culinary lives. The Barossa valley is rich in history, with wine and food very much at the heart of it.	AUSTRALIA	English-100		G		
2024-11-06	2330	<b>Gourmet Farmer</b>	Two For One	It's high summer, and Matthew is focused on making the most of the garden's first flush of fruit. He explores the idea of using dual purpose cattle and chicken breeds as a better way to rear farm animals.	AUSTRALIA	English-100	RPT	G		Y
2024-11-06	2400	<b>David Rocco's Dolce Homemade</b>	Stars And Stables	From Michelin star restaurants to the farm and stables of la cucina povera, guest Leandro Baldassarre shares his passion for food and brings an artisanal craftsmanship to pasta making.	CANADA	English-100		PG		
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2024-11-07	1100	<b>The Cook Up With Adam Liaw</b>	Super Soups	Adam, chef Sharon Salloum and social media foodie Morgan Hipworth are in The Cook Up Kitchen upgrading the humble soup to something super.			RPT	G	Y
2024-11-07	1130	<b>Marcus Wareing: Simply Provence</b>	Almonds	When in France, it's very easy to focus on the savoury food offerings. Not surprising with the incredible meat, fish, veg and cheese in such beautiful abundance.	UNITED KINGDOM	English-100		G	
2024-11-07	1200	<b>Nadiya's Fast Flavours</b>	Fresh And Healthy	Nadiya Hussain shares delicious recipes for days when we fancy something fresh, and a little bit healthy. To kick off, Nadiya cooks up a bright and beautiful butternut squash soup, that is wholesome and feelgood.	UNITED KINGDOM	English-100		G	
2024-11-07	1230	<b>Come Dine With Me</b>	South London A 3	This week's competition is in South London, where our host for night three is hippy hairdresser Staar. After two raucous evenings, Staar is hoping to chill her guests out with meditation, crystals and a menu of vegan dishes to put the efforts of the week's previous hosts to shame.	UNITED KINGDOM	English-100		PG	
2024-11-07	1300	<b>David Rocco's Dolce Homemade</b>	Sunday Pranzo	Sunday Pranzo is all about family, tradition and connection. Starting off the morning with the smell of tomato sauce simmering on the stove and espresso brewing in a moka pot, David takes us back to his roots and the magic of the family Sunday meal	CANADA	English-100		G	
2024-11-07	1330	<b>Comfort Food With Spencer Watts</b>	Comforting Baked Goods	Spencer bakes it sweet and savoury by introducing his cheddar chive biscuits with poached eggs and country gravy. Then it's a deep dive into autumn apples with his Dutch apple-cranberry pie with marzipan streusel, and finally, Spencer shares his tips and tricks to fluffy milk buns with flaky rosemary tops.	CANADA	English-100		G	
2024-11-07	1400	<b>Jack Stein: Inside The Box</b>	Singapore	With Singapore presenting such diversity in culture and cuisine, Jack's on a mission to make the Singaporeans love steak and kidney pie as much as he loves their food.	AUSTRALIA	English-100		G	

2024-11-07	1430	<b>Bizarre Foods: Delicious Destinations</b>	Salt Lake City	Minutes away from desert trails, mountains and limitless outdoor adventures, Andrew highlights the delicious and iconic foods of Salt Lake City. Classic dishes include a pastrami burger, steak tips with mole and Utah scones.	USA	English-100	G		
2024-11-07	1500	<b>Pati's Mexican Table</b>	Maestros Del Pan	The man who literally wrote the book on Mexican bread, Irving Quiroz, brings Pati into his workshop in Monterrey to teach her how to make traditional campechanas and rich conos de crema.	USA	English-100	G		Y
2024-11-07	1530	<b>Ainsley's Good Mood Food</b>	Fruits And Berries	Ainsley is feeling fruity! In this episode, all his dishes use fruit - he begins with a dish from his travels, Rose Harissa Chicken Tagine with Apricots and Chickpeas.	UNITED KINGDOM	English-100	G		
2024-11-07	1625	<b>Bring A Plate</b>	Rayan's Koosa Mahshi	Rayan shares his Syrian favorite, Kousa Mahshi, or stuffed zucchini and describes some special techniques to make the dish without it breaking apart.	AUSTRALIA	English-100	G		Y
2024-11-07	1630	<b>Oliver's Twist</b>	Singletons	Jamie invites people into his home and cooks risotto, tuna steaks, and a chocolate tart. He also offers something unexpected: relationship advice!	UNITED KINGDOM	English-100	G		
2024-11-07	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 79	Justine shares her recipe of the family favourite Carbonara, teaches us the way to make the perfect Oriental Duck Croquettes and bakes up a Tartiflette.	AUSTRALIA	English-100	G		
2024-11-07	1730	<b>My Market Kitchen</b>	Ep 49	Laura is joined in the Market Kitchen by vegetable farmer Catherine Velisha, and they have fun making a fresh, crunchy, and vibrant Zucchini Salad.	AUSTRALIA	English-100	G		
2024-11-07	1800	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 8	After months of training it's time for Digger to shine at a local dog competition. To welcome the start of summer Paul hosts a cricket match at RCA to celebrate the start of summer and share his produce with his friends. And his beloved cow Bessie finally gives birth.	UNITED KINGDOM	English-100	RPT	PG	Y
2024-11-07	1900	<b>The Cook Up With Adam Liaw</b>	Great British Grub	The British High Commissioner to Australia Vicki Treadell, and Executive Chef of Nel Restaurant, Nelly Robinson, join Adam in The Cook Up kitchen to make some Great British grub.			RPT	G	Y
2024-11-07	1930	<b>Ainsley's Great Garden Cook Off</b>	Yvonne Cobb And Dr Rupy Aujla	Ainsley is joined by chefs Yvonne Cobb and Dr. Rupy Aujla in Bristol for a light-hearted cooking contest in the National Trust estate's stunning kitchen garden.	UNITED KINGDOM	English-100	G		
2024-11-07	2030	<b>Nico Reynolds: All Fired Up</b>	Feasting With Friends	Nico is cooking up a storm, making dishes that will seriously up your grilling game and get the party started when you are catering for a crowd.	IRELAND	English-100	PG		
2024-11-07	2100	<b>All Up In My Grill</b>	Grill These Sandwiches	Mad Good Food host Derrell Smith joins Chef Dale Talde at the grill as they cook up some stupendous sandwiches including a Salmon Pastrami Reuben, a Meatball Banh Mi, and a Grilled Ice Cream Sandwich.	USA	English-100	PG		I
2024-11-07	2130	<b>Come Dine With Me</b>	Swansea Day 12	Cafe bar owner Tino is hoping to wow her guests with an African banquet inspired by her homeland of Zimbabwe.	UNITED KINGDOM	English-100	PG		a
2024-11-07	2200	<b>Come Dine With Me</b>	Swansea Day 13	Beautician Natalie's hoping to win the grand prize as she pulls out all the stops with a George Michael themed evening.	UNITED KINGDOM	English-100	PG		

2024-11-07	2230	<b>The Cook Up With Adam Liaw</b>	From Where You Would Rather Be	It has been a tough time for travel so The Cook Up host Adam Liaw, singer Christine Anu and actor Remy Hii are cooking dishes in The Cook Up kitchen from where they would rather be.			RPT	G	Y
2024-11-07	2300	<b>The Cook And The Chef</b>	Sugar	This episode is all about sweetness and light, in the form of sugar and glorious North Queensland sunshine. Maggie and Simon begin with a couple of racks - Maggie's rack of lamb and Simon's rack of sugarcane prawns.	AUSTRALIA	English-100		G	
2024-11-07	2330	<b>Gourmet Farmer</b>	Year In The Life, A	It's now been twelve months, four seasons, and lots of hard lessons learned since Matthew set out to transform his cherished Fat Pig Farm. With ingenious ideas to grow healthy food and regenerate healthy soil for generations to come, he's tried it all. What ideas worked and what didn't?	AUSTRALIA	English-100	RPT	PG	Y
2024-11-07	2400	<b>David Rocco's Dolce Homemade</b>	Sunday Pranzo	Sunday Pranzo is all about family, tradition and connection. Starting off the morning with the smell of tomato sauce simmering on the stove and espresso brewing in a moka pot, David takes us back to his roots and the magic of the family Sunday meal	CANADA	English-100		G	
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2024-11-08	0500	<b>David Rocco's Dolce Homemade</b>	Sunday Pranzo	Sunday Pranzo is all about family, tradition and connection. Starting off the morning with the smell of tomato sauce simmering on the stove and espresso brewing in a moka pot, David takes us back to his roots and the magic of the family Sunday meal	CANADA	English-100		G	



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2024-11-08	0830	Oliver's Twist	Singletons	Jamie invites people into his home and cooks risotto, tuna steaks, and a chocolate tart. He also offers something unexpected: relationship advice!	UNITED KINGDOM	English-100		G	
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2024-11-08	1230	<b>Come Dine With Me</b>	South London A 4	The competition is in South London, where our host for night four is super organised Nesha. She is determined to impress with her authentic Jamaican Cuisine and a classy (but sexy) dress code.	UNITED KINGDOM	English-100		PG	
2024-11-08	1300	<b>David Rocco's Dolce Homemade</b>	Snacks	Called sfizi or antipasti in Italian, these little bites can be had as snacks or part of an entire meal. David spends the day making some of his favourite snacks that are fun to make and easy to eat.	CANADA	English-100		G	
2024-11-08	1330	<b>Comfort Food With Spencer Watts</b>	TV Dinners	In a modern version of TV dinner nostalgia, Spencer makes his bar-raised version of Salisbury steak with gravy, Vichy peas and a potato cauliflower mash with stilton. Then it's a crispy coated chicken fried chicken with dill- buttered potatoes and a caper cream sauce.	CANADA	English-100		PG	
2024-11-08	1400	<b>Jack Stein: Inside The Box</b>	Tallinn	While kippers are knighted the British breakfast of Champions, Jack still has a hard time convincing Estonian's that his twist is in fact rooted in British culture and herring is not entirely Estonian in nature.	AUSTRALIA	English-100		G	
2024-11-08	1430	<b>Bizarre Foods: Delicious Destinations</b>	San Francisco: Second Bite	San Francisco's food scene is so impressive, it deserves a second visit! From Japanese hot pots and hand-crafted lasagna to ice cream made from locally sourced ingredients, Andrew highlights the culinary diversity of the City by the Bay.	USA	English-100		G	
2024-11-08	1500	<b>Pati's Mexican Table</b>	Magic Of Piloncillo	The Garza family invites Pati to a once-a-year tradition at their vineyard where they open the doors to the whole community to help make Piloncillo, the traditional way.	USA	English-100		G	Y
2024-11-08	1530	<b>Ainsley's Good Mood Food</b>	Eggs	Ainsley is EGG-xited to explore the wonderful world of eggs. He kicks things off with a delicious breakfast hash with nduja and kale for a spicy start to the day	UNITED KINGDOM	English-100		G	
2024-11-08	1625	<b>Bring A Plate</b>	Nimi's Poori-Chole	Nimi serves up her favorite vegetarian Punjabi dish, Poori-Chole. Even though some guests can't eat spicy food, Nimi shares how to enjoy the dish using yoghurt and pickles so everyone can enjoy it.	AUSTRALIA	English-100		G	Y
2024-11-08	1630	<b>Oliver's Twist</b>	Painting Party	As a thank you to the hardworking pals who helped redecorate his kitchen, Jamie makes them the perfect paella.	UNITED KINGDOM	English-100		G	
2024-11-08	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 80	Get inspired with Justine's Carrot, Apple and Ginger Soup, mouth-watering Barramundi with Creamed Lentils and a classic Tiramisu Cake.	AUSTRALIA	English-100		G	
2024-11-08	1730	<b>My Market Kitchen</b>	Ep 50	At the start of the show, Ash, the prep chef, helps Laura make her delicious Banana Breakfast Bar.	AUSTRALIA	English-100		G	
2024-11-08	1800	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 1	In the last year Paul's family has grown, so he employs a local, Harrison, as his part-time farm hand. With the fencing an on-going issue, he finds a way to change the face and shape of the farm. Paul has grand plans to take his food message on the road with a retrofitted Food Van, but has he bitten off more than he can chew?	UNITED KINGDOM	English-100	RPT	PG	Y
2024-11-08	1900	<b>The Cook Up With Adam Liaw</b>	One Pan Dinner	To prove that great dinners don't require a lot of equipment Adam, journalist Jason Om and creative Jenevieve Chang are in The Cook Up Kitchen cooking with only one pan.	AUSTRALIA	English-100	RPT	PG	Y
2024-11-08	1930	<b>Jamie's Food Escapes</b>	Athens	The food in Athens is all about simple ingredients, simply put together. Jamie goes spear fishing off an island, meets bee keepers who produce amazing honey, and makes goats cheese with a Greek Orthodox monk. He is inspired to cook Greek salad, honey and pistachio cake, wicked kebabs, fisherman's stew, and fresh tuna with lemon sauce.	UNITED KINGDOM	English-100		PG	a

2024-11-08	2030	<b>Mary Berry's Fantastic Feasts</b>	Ep 2	Dame Mary Berry shares her cooking skills with three novice cooks who want to throw a spectacular afternoon tea to say thank you to Soraya, who runs a local youth charity.	UNITED KINGDOM	English-100	G		
2024-11-08	2135	<b>Come Dine With Me</b>	Swansea Day 14	Will sales manager and bodybuilder Rob's 'simple but tasty' Thai inspired menu win him the 1000 pound prize?	UNITED KINGDOM	English-100	PG	a	
2024-11-08	2200	<b>Come Dine With Me</b>	Swansea Day 15	Keen tennis player Janine hopes to serve up an ace with a tennis themed evening, but will her courses be too spicy?	UNITED KINGDOM	English-100	PG	s	
2024-11-08	2230	<b>The Cook Up With Adam Liaw</b>	French	Head chef at The Old Fitz Anna Urgate-Carral and head chef at Chiswick Francois Poulard chat and cook with The Cook Up host Adam Liaw, making their ultimate French dishes.			RPT	G	Y
2024-11-08	2300	<b>The Cook And The Chef</b>	Alice, The	Maggie takes us to the heart of Australia for the Alice Springs Desert Festival. Maggie was invited to the Festival to help judge one of its major events, the Wild food competition. Her experiences of the local foods became the inspiration behind this week's cooking.	AUSTRALIA	English-100	G		
2024-11-08	2330	<b>Lidia's Kitchen</b>	Crowd Pleasers	Lidia cooks up recipes that all your guests will love, no matter whom you are hosting - sausages and apples, a flavourful one-pot meal that is great for family-style dining.	USA	English-100	PG		
2024-11-08	2400	<b>David Rocco's Dolce Homemade</b>	Snacks	Called sfizi or antipasti in Italian, these little bites can be had as snacks or part of an entire meal. David spends the day making some of his favourite snacks that are fun to make and easy to eat.	CANADA	English-100	G		
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2024-11-09	1430	Paul Goes To Hollywood	Wild West	Paul Hollywood arrives in New Mexico to explore dishes celebrating beef, beans and bread - the staple diet of cowboys and sought out by food lovers today.	UNITED KINGDOM	English-100	G		
2024-11-09	1525	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		
2024-11-09	1530	Paul Goes To Hollywood	Los Angeles	Paul's epic 3000 mile road trip culminates in the city that celebrates his name. He arrives just in time to meet a notable 'friend' and enjoys the best tacos north of the Mexican border. At home, he cooks a classic LA beef sandwich.	UNITED KINGDOM	English-100	G		
2024-11-09	1625	Taste The Philippines With Yasmin Newman	Longanisa Sausage Roll With John Rivera	John Rivera, Chef de partie and founder of Melbourne's Filipino ice cream chain Kariton Sorbetes, shares his recipe for Filipino-inspired sausage rolls with banana ketchup.	AUSTRALIA	English-100	G		
2024-11-09	1630	Field Trip With Curtis Stone	Sonoma	Curtis begins his adventure in California, high above the vineyards of Sonoma in a hot air balloon, while tasting wine with his team from Maude. Back on the ground, he takes a visit to Littoral Winery where he and his sommelier Ben check out the vineyard. Curtis then helps with the fermentation process of the wine when he is tethered above a fermentation tank filled with grapes and is tasked with 'punching down' the grapes to help with the process.	USA	English-100	PG	a	Y
2024-11-09	1700	Tom Kerridge's American Feast	Tucson	Tom visits Tucson, Arizona, to find out how chefs are combining 21st century cooking techniques with some very unusual local ingredients to create dishes unique to the city.	UNITED KINGDOM	English-100	G		Y
2024-11-09	1730	Lorraine's Fast, Fresh And Easy Food	Comfort Food	To start, we cook a breakfast of ginger bread pancakes with parma ham and maple syrup, then a warming prawn linguine with chorizo and cabernet tomato sauce, and a soft and satisfying butternut and sweet potato.	UNITED KINGDOM	English-100	PG		
2024-11-09	1800	David Rocco's Italia	Roman Food & Social Projects	Rome has always been a multicultural city, and that's apparent now more than ever. David meets with members of L'Orchestra di Piazza Vittorio, a band mostly made up of immigrants, who have achieved international success.	CANADA	English-100	PG		Y
2024-11-09	1830	View From River Cottage	View From River Cottage Series 1 Ep 1	Hugh kicks things off by examining the importance of growing your own produce, including the satisfaction of rearing meat and nurturing fruit and vegetables. Hugh's journey down the road of self-sufficiency started out with a modest vegetable patch and a handful of animals, but the joys of gardening and husbandry took hold and developed into something much bigger.	UNITED KINGDOM	English-100	PG		

2024-11-09	1900	<b>View From River Cottage</b>	View From River Cottage Series 1 Ep 2	Hugh looks back at first seven years in Dorset, and all the lessons he has learnt about how to be thrifty on his small holding. From learning to make felt from his sheep's fleeces to trying to revive traditions of tripe eating at the local farmers market, Hugh's determined that no part of his precious live stock should ever go to waste.	UNITED KINGDOM	English-100		PG	a w		
2024-11-09	1930	<b>Alex Polizzi Secret Italy</b>	Northern Sicily	Alex Polizzi reaches Sicily, where she tours the north. She discovers overwhelming opulence at a palace in Palermo, samples world famous street food on the city's gritty streets and learns how the mafia have influenced Sicilian life for decades, by meeting a team of locals determined to bring about change. Alex will also venture inland where she uncovers some of Sicily's oldest traditions.	UNITED KINGDOM	English-100	RPT	PG	a	Y	Y
2024-11-09	2025	<b>Please Eat Slowly Bitesize</b>	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			
2024-11-09	2030	<b>Rick Stein's India</b>	Madurai And Kerala	Rick Stein arrives in the southern town of Madurai in Tamil Nadu - the land of temples. Here he learns the art of temple cooking and perfects the knack of eating with his hands. He samples the famous south Indian sambar before taking a road trip across the spice laden Western Ghats to the land of coconuts, Kerala. For lovers of fish, the Keralan backwaters are the ultimate paradise and its coastline vital to the history of the spice route. Rick cooks south India's favourite dessert, payasam, and a traditional Keralan pork curry.	UNITED KINGDOM	English-100	RPT	PG		Y	Y
2024-11-09	2140	<b>Anthony Bourdain: Parts Unknown</b>	Congo	Tony takes a chaotic trip down the Congo River, a place where one of his favourite stories, Joseph Conrad's Heart of Darkness, was set. He also takes time to catch up with Tim Butcher, author of Blood River.	USA	English-100		PG	a l w		Y
2024-11-09	2235	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 8	After months of training it's time for Digger to shine at a local dog competition. To welcome the start of summer Paul hosts a cricket match at RCA to celebrate the start of summer and share his produce with his friends. And his beloved cow Bessie finally gives birth.	UNITED KINGDOM	English-100	RPT	PG		Y	
2024-11-09	2335	<b>Paul Goes To Hollywood</b>	Wild West	Paul Hollywood arrives in New Mexico to explore dishes celebrating beef, beans and bread - the staple diet of cowboys and sought out by food lovers today.	UNITED KINGDOM	English-100		G			
2024-11-09	2430	<b>Paul Goes To Hollywood</b>	Los Angeles	Paul's epic 3000 mile road trip culminates in the city that celebrates his name. He arrives just in time to meet a notable 'friend' and enjoys the best tacos north of the Mexican border. At home, he cooks a classic LA beef sandwich.	UNITED KINGDOM	English-100		G			
2024-11-09	2525	<b>Taste The Philippines With Yasmin Newman</b>	Longanisa Sausage Roll With John Rivera	John Rivera, Chef de partie and founder of Melbourne's Filipino ice cream chain Kariton Sorbetes, shares his recipe for Filipino-inspired sausage rolls with banana ketchup.	AUSTRALIA	English-100		G			
2024-11-09	2530	<b>Field Trip With Curtis Stone</b>	Sonoma	Curtis begins his adventure in California, high above the vineyards of Sonoma in a hot air balloon, while tasting wine with his team from Maude. Back on the ground, he takes a visit to Littorai Winery where he and his sommelier Ben check out the vineyard. Curtis then helps with the fermentation process of the wine when he is tethered above a fermentation tank filled with grapes and is tasked with 'punching down' the grapes to help with the process.	USA	English-100		PG	a		Y
2024-11-09	2600	<b>Tom Kerridge's American Feast</b>	Tucson	Tom visits Tucson, Arizona, to find out how chefs are combining 21st century cooking techniques with some very unusual local ingredients to create dishes unique to the city.	UNITED KINGDOM	English-100		G			Y
2024-11-09	2630	<b>Alex Polizzi Secret Italy</b>	Northern Sicily	Alex Polizzi reaches Sicily, where she tours the north. She discovers overwhelming opulence at a palace in Palermo, samples world famous street food on the city's gritty streets and learns how the mafia have influenced Sicilian life for decades, by meeting a team of locals determined to bring about change. Alex will also venture inland where she uncovers some of Sicily's oldest traditions.	UNITED KINGDOM	English-100	RPT	PG	a	Y	Y

2024-11-09	2725	<b>Please Eat Slowly Bitesize</b>	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				
2024-11-09	2730	<b>Anthony Bourdain: Parts Unknown</b>	Congo	Tony takes a chaotic trip down the Congo River, a place where one of his favourite stories, Joseph Conrad's Heart of Darkness, was set. He also takes time to catch up with Tim Butcher, author of Blood River.	USA	English-100		PG	a l w		Y	
2024-11-09	2825	<b>Destination Flavour China Bitesize</b>	Black Sesame Tangyuan	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G			Y	Y
2024-11-09	2830	<b>Lorraine's Fast, Fresh And Easy Food</b>	Comfort Food	To start, we cook a breakfast of ginger bread pancakes with parma ham and maple syrup, then a warming prawn linguine with chorizo and cabernet tomato sauce, and a soft and satisfying butternut and sweet potato.	UNITED KINGDOM	English-100		PG				