



WEEK 26: Sunday, 20 June - Saturday, 26 June 2021 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Egg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions
2021-06-20	0500	Secret Meat Business	Canadian	Double trouble, Adrian combines two of his favourite proteins in an indulgent Canadian dish, Bacon wrapped duck breasts Tournedos.	AUSTRALIA	English-100	RPT	G	
2021-06-20	0530	The Big Family Cooking Showdown	Big Family Cooking Showdown Series 2, The Ep 11	It's all about fish as the families tackle a Catalan fish stew in a 'Taste It, Now Make It' challenge. Then they must create a menu using every bit of a whole salmon.	UNITED KINGDOM	English-100	RPT	G	
2021-06-20	0635	The Big Family Cooking Showdown	Big Family Cooking Showdown Series 2, The Ep 12	The three remaining families make a meal out of produce from judge Tommy Banks' farm, and then they must create Angellica Bell's favourite desserts as they fight for a place in the final.	UNITED KINGDOM	English-100	RPT	G	
2021-06-20	0740	Pacific Island Food Revolution	Samoa	Join host Robert Oliver as he heads to stunning Samoa to meet the first round of contestants. Which of the three teams will make it to the finals?	NEW ZEALAND	English-100	RPT	G	
2021-06-20	0835	Heston's Feasts	70s Feast	Heston goes 70s retro, plundering the technicolour wonderland of his boyhood culinary experiences for a feast featuring savoury ice lollies and a luxury dinner of spam fritters.	UNITED KINGDOM	English-100	RPT	G	Y
2021-06-20	0935	Remarkable Places To Eat	Marrakech	TV chef Andi Oliver takes Fred to Marrakesh to enjoy lamb and couscous at a legendary restaurant, chicken tagine for under \$20, and breakfast on a spectacular roof terrace.	UNITED KINGDOM	English-100	RPT	PG	
2021-06-20	1035	Ainsley's Australian Market Menu	Ainsley's Market Menu Series 1 Ep 5	Ainsley's journey takes him to the coastal haven of Wollongong for the hustle and bustle of the 'Friday Foragers Market'. There's a big emphasis on organic food.	AUSTRALIA	English-100	RPT	G	Y
2021-06-20	1135	Hairy Bikers Northern Exposure	Sweden Part 2, The South	A trip around the Baltic wouldn't be complete without the bikers tasting the ultimate smorgasbord - it's the very best of Sweden on a plate.	UNITED KINGDOM	English-100	RPT	PG	
2021-06-20	1240	Beautiful Baking With Juliet Sear	Beautiful Baking With Juliet Sear Series 1 Ep 2	Juliet Sear creates three stunning centrepieces - a fabulous multi-coloured pinata cake, a cheesy risotto cake, and a vegetable tart. Food writer and pastry chef Helen Goh joins Juliet in the kitchen.	UNITED KINGDOM	English-100	RPT	G	
2021-06-20	1330	Secret Meat Business	Tunisian	Adrian dishes up a succulent roast duck cooked in classic Tunisian spices, served on a bed of nutty rice. A feast to share with friends and family, or in Adrian's case, enjoy all by yourself.	AUSTRALIA	English-100	RPT	G	
2021-06-20	1400	The Cook Up with Adam Liaw	Sponge	Food icon and writer Pamela Clark and owner of Andy Bowdy Pastry, Andrew Bowden join Adam Liaw in The Cook Up kitchen to share their best renditions of the classic sponge cake.	AUSTRALIA	English-100	RPT	PG	
2021-06-20	1430	The Cook Up with Adam Liaw	Broccoli	Every Night of the Week's Lucy Tweed and owner of Woodcut restaurant Ross Lusted chat to Adam Liaw in The Cook Up kitchen about all things broccoli.	AUSTRALIA	English-100	RPT	PG	
2021-06-20	1500	The Cook Up with Adam Liaw	Butter	Chef and owner of Marque, Mark Best and social media baking queen Katherine Sabbath dive into the world of butter with Adam Liaw in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG	
2021-06-20	1530	The Cook Up with Adam Liaw	Peanuts	MasterChef alumni, Amina Elshafei and home cook and wife of Manu Feildel, Clarissa Feildel, chat and cook with Adam Liaw in The Cook Up kitchen about all things peanuts.	AUSTRALIA	English-100	RPT	PG	
2021-06-20	1600	The Cook Up with Adam Liaw	Chocolate	Adam Liaw is joined in The Cook Up kitchen by author of Saturday Night Pasta cookbook Elizabeth Hewson and food writer Myffy Rigby as they dissect the world of chocolate!	AUSTRALIA	English-100	RPT	PG	
2021-06-20	1630	The Cook And The Chef	Eggplant And Bananas	While wondering through Adelaide's Himeji Gardens, Simon recalls an inspirational trip to Japan and the insights he gained about its chefs' discipline and their treatment of fish.	AUSTRALIA	English-100	RPT	G	

2021-06-20	1700	Jamie & Jimmy's Food Fight Club	Kirstie Allsopp	Jimmy serves his own charcuterie made in his DIY Tuscan cave, while Jamie knocks up an indulgent feast of diver-caught Scottish scallops with bacon and sage.	UNITED KINGDOM	English-100	RPT	PG	
2021-06-20	1755	Destination Flavour Singapore Bitesize	Lamb Kebabs	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	
2021-06-20	1800	Tropical Gourmet: New Caledonia	Noumea	Justine highlights some of the freshest ingredients native to Noumea. Grilled Wahoo fish is served with a New Caledonian inspired sauce vierge, and bananas are the hero in her light, crispy fritters.	AUSTRALIA	English-100	RPT	PG	
2021-06-20	1830	Australia's Food Bowl	Australia's Food Bowl With Stefano De Pieri Series 1 Ep 4	Australia's Food Bowl is home to some of the biggest food producers in Australia. Stefano explores the region's traditional crops such as citrus and grapes, as well as the lesser-known exotic fruits.	AUSTRALIA	English-100		PG	
2021-06-20	1900	Plat du Tour	Plat Du Tour Series 1 (30min Version) Ep 2	Guillaume shares a delicious mussel recipe, traditional steak frites, a flavourful swordfish dish, and celebrates the Australian Granny Smith apple with his tarte tatin.	AUSTRALIA	English-100	RPT	PG	
2021-06-20	1930	Made In Britain	Made In Britain Series 1 Ep 4	John Prescott hits the road again to find out how his favourite meal is made - fish supper, followed by rice pudding. He travels to the Ambrosia factory in Devon, and the Young's factory in Grimsby.	UNITED KINGDOM	English-100	RPT	G	
2021-06-20	2025	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 9	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-06-20	2030	Rick Stein's Long Weekends	Palermo	Rick Stein visits the fascinating city of Palermo in northern Sicily. Like a vibrant carpet, the city is patterned with echoes of Arab, North African, French, Spanish, and Italian influence.	UNITED KINGDOM	English-100	RPT	PG	
2021-06-20	2140	Amazing Wedding Cakes	Amazing Wedding Cakes Series 4 Ep 10	White Flower in Ohio designs an art deco wedding cake, Christopher Garrens creates an opulent Versailles-inspired wedding cake, and Robin at Gateaux Inc. takes on a baseball-and-lingerie cake.	USA	English-100	RPT	PG	
2021-06-20	2230	Peter Kuruvita's Coastal Kitchen	Peter Kuruvita's Coastal Kitchen Series 2 Ep 3	Peter meets with the Wadandi people, the traditional owners of the Margaret River Region. He hears their stories, learns about the secrets of bush foods and foraging before cooking up a storm.	AUSTRALIA	English-100	RPT	PG	Y
2021-06-20	2300	Tropical Gourmet: New Caledonia	Noumea	Justine highlights some of the freshest ingredients native to Noumea. Grilled Wahoo fish is served with a New Caledonian inspired sauce vierge, and bananas are the hero in her light, crispy fritters.	AUSTRALIA	English-100	RPT	PG	
2021-06-20	2330	Jamie & Jimmy's Food Fight Club	Kirstie Allsopp	Jimmy serves his own charcuterie made in his DIY Tuscan cave, while Jamie knocks up an indulgent feast of diver-caught Scottish scallops with bacon and sage.	UNITED KINGDOM	English-100	RPT	PG	
2021-06-20	2425	Destination Flavour Singapore Bitesize	Lamb Kebabs	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	
2021-06-20	2430	Made In Britain	Made In Britain Series 1 Ep 4	John Prescott hits the road again to find out how his favourite meal is made - fish supper, followed by rice pudding. He travels to the Ambrosia factory in Devon, and the Young's factory in Grimsby.	UNITED KINGDOM	English-100	RPT	G	
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2021-06-21	1325	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 10	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
2021-06-21	1330	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 5	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, gourmet foods in Darwin, and a master barista demonstrates fine coffee making.	AUSTRALIA	English-100	RPT	G	Y
2021-06-21	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 44	Matt kicks things off with a French version of mushrooms on toast - the mushroom onion melt, while Courtney shares a perfect side dish - roast cabbage with miso butter.	AUSTRALIA	English-100	RPT	PG	
2021-06-21	1430	Pati's Mexican Table	Campeche: Tale Of A Pirate City	Campeche is a colourful colonial city defined by its history of piracy. Local gastronomic historian, Lolina Escheverria, unearths the best turkey panuchos in the Yucatan Peninsula.	USA	English-100	RPT	PG	
2021-06-21	1500	The Chefs' Line	African	This week it's African on the menu as apprentice chef Denni from restaurant Africola cooks against four passionate home cooks.	AUSTRALIA	English-100	RPT	G	Y

2021-06-21	1530	Lidia's Italy	Lidia's Italy Series 3 Ep 6	Lidia's daughter Tanya is in the beautiful medieval town of Gubbio, where she savours a wonderful 'torta al testo' - a regional sandwich stuffed with prosciutto, taleggio, bresaola, and arugula.	USA	English-100	RPT	G	
2021-06-21	1600	Martha Bakes	Flour Power	Martha shares her tips and tricks for cooking with a variety of different flours.	USA	English-100	RPT	G	
2021-06-21	1630	The Great Australian Cookbook	Merle Parrish And Peter Gilmore	CWA legend Merle Parrish reveals some of her top baking secrets, while Executive Chef of Quay and Bennelong restaurants, Peter Gilmore reveals his favourite Sunday night meal, Korean chicken soup.	AUSTRALIA	English-100	RPT	G	
2021-06-21	1700	Africa On A Plate	Lagos, Nigeria	Lentswe travels to the most populous city in Africa - Lagos, Nigeria - and takes what he learns from street vendors and restaurant chefs to create a dish of moi moi with pan fried mackerel.	USA	English-100	RPT	G	
2021-06-21	1730	The Cook And The Chef	Soup And Rice	Maggie and Simon often start out with the same ingredient and end up in very different places. They're taking different approaches to cooking with rice.	AUSTRALIA	English-100	RPT	G	
2021-06-21	1800	French Food Safari	French Food Safari Series 1 Episode 1	This series is a celebration of exquisite French cuisine in all its delicious complexity. Presented by Maeve O'Meara and renowned chef Guillaume Brahimi.	AUSTRALIA	English-100	RPT	G	Y
2021-06-21	1830	Luke Nguyen's France	Paris	Follows Luke's latest journey as his appetite for food leads him out of Asia and into France, the culinary wonderland that shaped his ancestral home, Vietnam.	AUSTRALIA	English-100		G	Y
2021-06-21	1900	The Cook Up with Adam Liaw	Family Favourite	Refugees Noor Azizah and Rnita Dacho join The Cook Up host Adam Liaw in the kitchen and they create some of their family favourite dishes from their homelands.	AUSTRALIA	English-100			PG
2021-06-21	1930	Asia Unplated With Diana Chan	Japanese	Diana shares her recipe for okonomiyaki, and is joined by executive chef Daisuke Miyake from restaurant Shinoki to cook kaburamushi, a dish of steamed turnip with snapper.	AUSTRALIA	English-100	RPT	G	
2021-06-21	2000	John Torode's Asia	Beijing	As a lifelong lover of Chinese food, when John arrives in Beijing, he is understandably elated. He heads straight to Beijing's most loved Peking duck restaurant in the heart of the Hutongs.	UNITED KINGDOM	English-100	RPT	G	
2021-06-21	2030	Hairy Biker's Route 66	Hairy Biker's Route 66 Series 1 Ep 5	For the fifth leg their adventure, the bikers are crossing the state of Arizona in search of the Wild West. Along the way they are invited by a local Navajo police officer to eat with his family.	UNITED KINGDOM	English-100			G
2021-06-21	2130	Mystery Diners	Extracurricular Activities	Charles has Eliot and Domenica enrol as students at The Real Food Academy in Miami Shores, Florida. The Diners soon discover the classroom is being used for personal business by the instructors.	USA	English-100			PG
2021-06-21	2200	The Cook Up with Adam Liaw	Family Favourite	Refugees Noor Azizah and Rnita Dacho join The Cook Up host Adam Liaw in the kitchen and they create some of their family favourite dishes from their homelands.	AUSTRALIA	English-100	RPT		PG
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2021-06-21	2400	The Chefs' Line	African	This week it's African on the menu as apprentice chef Denni from restaurant Africola cooks against four passionate home cooks.	AUSTRALIA	English-100	RPT	G	Y
2021-06-21	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 16	TV presenter Gaby Roslin and actress Ruthie Henshall are guests in the kitchen as Ainsley Harriott hosts the classic 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G	
2021-06-21	2520	Poh & Co. Bitesize	Garden, The	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-06-21	2530	Asia Unplated With Diana Chan	Japanese	Diana shares her recipe for okonomiyaki, and is joined by executive chef Daisuke Miyake from restaurant Shinoki to cook kaburamushi, a dish of steamed turnip with snapper.	AUSTRALIA	English-100	RPT	G	

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2021-06-22	0600	Lidia's Italy	Lidia's Italy Series 3 Ep 6	Lidia's daughter Tanya is in the beautiful medieval town of Gubbio, where she savours a wonderful 'torta al testo' - a regional sandwich stuffed with prosciutto, taleggio, bresaola, and arugula.	USA	English-100	RPT	G	
2021-06-22	0630	Martha Bakes	Flour Power	Martha shares her tips and tricks for cooking with a variety of different flours.	USA	English-100	RPT	G	
2021-06-22	0700	The Great Australian Cookbook	Merle Parrish And Peter Gilmore	CWA legend Merle Parrish reveals some of her top baking secrets, while Executive Chef of Quay and Bennelong restaurants, Peter Gilmore reveals his favourite Sunday night meal, Korean chicken soup.	AUSTRALIA	English-100	RPT	G	
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2021-06-22	1230	Africa On A Plate	Lagos, Nigeria	Lentswe travels to the most populous city in Africa - Lagos, Nigeria - and takes what he learns from street vendors and restaurant chefs to create a dish of moi moi with pan fried mackerel.	USA	English-100	RPT	G	

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2021-06-22	1330	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 6	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, French cooking with home grown produce, and Australian grown mustard seed.	AUSTRALIA	English-100	RPT	G	Y
2021-06-22	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 45	Matt serves up Mexican-style chipotle meatballs, while Courtney prepares a traditional Chinese dish - braised pork belly with Asian greens.	AUSTRALIA	English-100	RPT	PG	
2021-06-22	1430	Pati's Mexican Table	Ancient Yucatan With My Boys	Pati's sons are in Mexico, and she wants them to experience the true essence of the Yucatan, including the region's signature dish, Cochinita Pibil, meat cooked with heated rocks buried underground.	USA	English-100	RPT	PG	
2021-06-22	1500	The Chefs' Line	African	Tonight get a taste of Africa as station chef Alex from restaurant Africola takes on three passionate home cooks.	AUSTRALIA	English-100	RPT	G	Y
2021-06-22	1530	Lidia's Italy	Lidia's Italy Series 3 Ep 7	Lombardy's most famous city is Milan, and one of Milan's most famous dish is ossobuco alla Milanese, which is served on a saffron risotto. Lidia shares her recipes for both dishes.	USA	English-100	RPT	PG	
2021-06-22	1600	Martha Bakes	Seeded	Martha highlights the virtues of seeds by incorporating them in three recipes - seeded wholewheat English muffins, a Saratoga torte, and crispy whole-grain wafer crackers.	USA	English-100	RPT	G	
2021-06-22	1630	The Great Australian Cookbook	Ross O'meara And Anna Polyviou	Chef turned food producer Ross O'Meara cooks up a slow roasted pork shoulder with mustard and greens, while Anna Polyviou invites her staff over to sample her summer trifle with tropical fruits.	AUSTRALIA	English-100	RPT	PG	
2021-06-22	1700	Africa On A Plate	Abuja, Nigeria	Lentswe explores the political capital of Nigeria - Abuja - where he picks up tips for making his own version of Nigerian pepper soup.	USA	English-100	RPT	G	
2021-06-22	1730	The Cook And The Chef	Winter Menus	Maggie and Simon prepare some of their favourite winter recipes. It's all about comfort food, rich hearty dishes to warm you up on those chilly days.	AUSTRALIA	English-100	RPT	G	
2021-06-22	1800	French Food Safari	French Food Safari Series 1 Episode 2	Maeve and Guillaume travel to the underground bakery of one of the great Parisian bakers, Jean-Luc Poujaran, who supplies all the top restaurants in the city.	AUSTRALIA	English-100	RPT	G	Y
2021-06-22	1830	Luke Nguyen's France	Paris	Luke digs deeper into Parisian culture. He sets up a kitchen on a rooftop to cook the original version of the French dish that became Vietnam's staple, pho.	AUSTRALIA	English-100		G	Y
2021-06-22	1900	The Cook Up with Adam Liaw	Cultural Dish	Co-founder of Colombo Social, Shaun Christie-David and spoken word poet Hani Abdile join Adam Liaw as they create their favourite cultural dishes from their home countries of Sri Lanka and Somalia.	AUSTRALIA	English-100		PG	
2021-06-22	1930	Food Safari	African	Maeve O'Meara visits a bakery that cooks Ethiopian injera bread which is used with many spicy stews, and Nigerian Kunle Adesua introduces Maeve to a range of African ingredients.	AUSTRALIA	English-100		G	Y
2021-06-22	2000	David Rocco's Dolce South East Asia	War Is Over	Ho Chi Minh City welcomes over 8 million visitors per year and has become a city with great restaurants and a food scene second to none, which helps to define its nickname as the Pearl of the Far East.	CANADA	English-100		PG	
2021-06-22	2030	Jamie's Kitchen	Jamie's Kitchen Series 1 Ep 3	Jamie faces a serious problem. Some of his trainees aren't attending classes and others aren't up to scratch. The size of the problem becomes apparent when eleven of the fifteen fail their first exam.	UNITED KINGDOM	English-100		PG	
2021-06-22	2130	Mystery Diners	Hamburger Burglar	Fearing their award-winning burger recipe is being given away, the owners of the Latin House in Miami, Florida, contact Charles. He sends in Jamie and Estefanie to search for any moles.	USA	English-100		PG	
2021-06-22	2200	The Cook Up with Adam Liaw	Cultural Dish	Co-founder of Colombo Social, Shaun Christie-David and spoken word poet Hani Abdile join Adam Liaw as they create their favourite cultural dishes from their home countries of Sri Lanka and Somalia.	AUSTRALIA	English-100	RPT	PG	
2021-06-22	2230	The Cook And The Chef	Winter Menus	Maggie and Simon prepare some of their favourite winter recipes. It's all about comfort food, rich hearty dishes to warm you up on those chilly days.	AUSTRALIA	English-100	RPT	G	
2021-06-22	2300	French Food Safari	French Food Safari Series 1 Episode 2	Maeve and Guillaume travel to the underground bakery of one of the great Parisian bakers, Jean-Luc Poujaran, who supplies all the top restaurants in the city.	AUSTRALIA	English-100	RPT	G	Y

2021-06-22	2330	Luke Nguyen's France	Paris	Luke digs deeper into Parisian culture. He sets up a kitchen on a rooftop to cook the original version of the French dish that became Vietnam's staple, pho.	AUSTRALIA	English-100	RPT	G	Y
2021-06-22	2400	The Chefs' Line	African	Tonight get a taste of Africa as station chef Alex from restaurant Africola takes on three passionate home cooks.	AUSTRALIA	English-100	RPT	G	Y
2021-06-22	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 17	Ainsley Harriott hosts the classic 20-minute cooking challenge, with eco-friendly father and son Dick and James Strawbridge, from It Isn't Easy Being Green.	UNITED KINGDOM	English-100	RPT	G	
2021-06-22	2520	Poh & Co. Bitesize	Small Business	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-06-22	2530	Food Safari	African	Maeve O'Meara visits a bakery that cooks Ethiopian injera bread which is used with many spicy stews, and Nigerian Kunle Adesua introduces Maeve to a range of African ingredients.	AUSTRALIA	English-100	RPT	G	Y
2021-06-22	2600	David Rocco's Dolce South East Asia	War Is Over	Ho Chi Minh City welcomes over 8 million visitors per year and has become a city with great restaurants and a food scene second to none, which helps to define its nickname as the Pearl of the Far East.	CANADA	English-100	RPT	PG	
2021-06-22	2630	Jamie's Kitchen	Jamie's Kitchen Series 1 Ep 3	Jamie faces a serious problem. Some of his trainees aren't attending classes and others aren't up to scratch. The size of the problem becomes apparent when eleven of the fifteen fail their first exam.	UNITED KINGDOM	English-100	RPT	PG	
2021-06-22	2730	Mystery Diners	Hamburger Burglar	Fearing their award-winning burger recipe is being given away, the owners of the Latin House in Miami, Florida, contact Charles. He sends in Jamie and Estefanie to search for any moles.	USA	English-100	RPT	PG	
2021-06-22	2800	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 6	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, French cooking with home grown produce, and Australian grown mustard seed.	AUSTRALIA	English-100	RPT	G	Y
2021-06-22	2830	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 45	Matt serves up Mexican-style chipotle meatballs, while Courtney prepares a traditional Chinese dish - braised pork belly with Asian greens.	AUSTRALIA	English-100	RPT	PG	
2021-06-23	0500	Pati's Mexican Table	Ancient Yucatan With My Boys	Pati's sons are in Mexico, and she wants them to experience the true essence of the Yucatan, including the region's signature dish, Cochinita Pibil, meat cooked with heated rocks buried underground.	USA	English-100	RPT	PG	
2021-06-23	0530	The Chefs' Line	African	Tonight get a taste of Africa as station chef Alex from restaurant Africola takes on three passionate home cooks.	AUSTRALIA	English-100	RPT	G	Y
2021-06-23	0600	Lidia's Italy	Lidia's Italy Series 3 Ep 7	Lombardy's most famous city is Milan, and one of Milan's most famous dish is ossobuco alla Milanese, which is served on a saffron risotto. Lidia shares her recipes for both dishes.	USA	English-100	RPT	PG	
2021-06-23	0630	Martha Bakes	Seeded	Martha highlights the virtues of seeds by incorporating them in three recipes - seeded wholewheat English muffins, a Saratoga torte, and crispy whole-grain wafer crackers.	USA	English-100	RPT	G	
2021-06-23	0700	The Great Australian Cookbook	Ross O'meara And Anna Polyviou	Chef turned food producer Ross O'Meara cooks up a slow roasted pork shoulder with mustard and greens, while Anna Polyviou invites her staff over to sample her summer trifle with tropical fruits.	AUSTRALIA	English-100	RPT	PG	
2021-06-23	0730	Africa On A Plate	Abuja, Nigeria	Lentswe explores the political capital of Nigeria - Abuja - where he picks up tips for making his own version of Nigerian pepper soup.	USA	English-100	RPT	G	
2021-06-23	0800	French Food Safari	French Food Safari Series 1 Episode 2	Maeve and Guillaume travel to the underground bakery of one of the great Parisian bakers, Jean-Luc Poujaran, who supplies all the top restaurants in the city.	AUSTRALIA	English-100	RPT	G	Y
2021-06-23	0830	Luke Nguyen's France	Paris	Luke digs deeper into Parisian culture. He sets up a kitchen on a rooftop to cook the original version of the French dish that became Vietnam's staple, pho.	AUSTRALIA	English-100	RPT	G	Y
2021-06-23	0900	The Cook And The Chef	Winter Menus	Maggie and Simon prepare some of their favourite winter recipes. It's all about comfort food, rich hearty dishes to warm you up on those chilly days.	AUSTRALIA	English-100	RPT	G	
2021-06-23	0930	Food Safari	African	Maeve O'Meara visits a bakery that cooks Ethiopian injera bread which is used with many spicy stews, and Nigerian Kunle Adesua introduces Maeve to a range of African ingredients.	AUSTRALIA	English-100	RPT	G	Y

2021-06-23	1000	David Rocco's Dolce South East Asia	War Is Over	Ho Chi Minh City welcomes over 8 million visitors per year and has become a city with great restaurants and a food scene second to none, which helps to define its nickname as the Pearl of the Far East.	CANADA	English-100	RPT	PG	
2021-06-23	1030	Mystery Diners	Hamburger Burglar	Fearing their award-winning burger recipe is being given away, the owners of the Latin House in Miami, Florida, contact Charles. He sends in Jamie and Estefanie to search for any moles.	USA	English-100	RPT	PG	
2021-06-23	1100	The Cook Up with Adam Liaw	Cultural Dish	Co-founder of Colombo Social, Shaun Christie-David and spoken word poet Hani Abdile join Adam Liaw as they create their favourite cultural dishes from their home countries of Sri Lanka and Somalia.	AUSTRALIA	English-100	RPT	PG	
2021-06-23	1130	Jamie's Kitchen	Jamie's Kitchen Series 1 Ep 3	Jamie faces a serious problem. Some of his trainees aren't attending classes and others aren't up to scratch. The size of the problem becomes apparent when eleven of the fifteen fail their first exam.	UNITED KINGDOM	English-100	RPT	PG	
2021-06-23	1230	Africa On A Plate	Abuja, Nigeria	Lentswe explores the political capital of Nigeria - Abuja - where he picks up tips for making his own version of Nigerian pepper soup.	USA	English-100	RPT	G	
2021-06-23	1300	French Food Safari	French Food Safari Series 1 Episode 2	Maeve and Guillaume travel to the underground bakery of one of the great Parisian bakers, Jean-Luc Poujaran, who supplies all the top restaurants in the city.	AUSTRALIA	English-100	RPT	G	Y
2021-06-23	1330	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 7	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, chestnut trees in the alps, new organic produce, and eel farming in New England.	AUSTRALIA	English-100	RPT	G	Y
2021-06-23	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 46	Matt kicks things off with a fig and pistachio Dutch pancake that's baked in the oven and can be served for breakfast, lunch, or even dessert, while Michael prepares his take on green eggs and ham.	AUSTRALIA	English-100	RPT	G	
2021-06-23	1430	Pati's Mexican Table	Izamel: Gold And God	In Izamal, the Yellow City, Pati tries traditional Pok Chuck, thinly sliced pork marinated in bitter orange, grilled up and served in tortillas.	USA	English-100	RPT	PG	
2021-06-23	1500	The Chefs' Line	African	The stakes are high as sous chef Alistair from Africola cooks against two passionate home cooks. The winner of this round will make it to the final stop in the chefs' line	AUSTRALIA	English-100	RPT	PG	Y
2021-06-23	1530	Lidia's Italy	Lidia's Italy Series 3 Ep 8	Lidia prepares a simple and delicious dish to put on the table for the family during the week - chicken with olives, pinenuts, and celery steamed in a skillet.	USA	English-100	RPT	G	
2021-06-23	1600	Martha Bakes	Yeasted Breakfast Favorites	Martha shares three breakfast favourites where yeast is the magic ingredient - hazelnut and dried cherry hot-crossed buns, honey wholewheat bread, and gooey pull-apart monkey bread.	USA	English-100	RPT	G	
2021-06-23	1630	The Great Australian Cookbook	Frank Camorra And Clayton Donovan	Frank Camorra shares traditional Spanish recipes including tortilla de patatas and asadillo. Clayton Donovan cooks up kangaroo san choy bow and oysters with finger lime, carrot foam and avocado cream.	AUSTRALIA	English-100	RPT	G	
2021-06-23	1700	Africa On A Plate	Nigeria Fusion	Lentswe shares the best of both cities he's visited in Nigeria, picking up tips for a savoury and spicy version of the country's favourite - jollof rice with a seafood twist.	USA	English-100	RPT	PG	
2021-06-23	1730	The Cook And The Chef	Oysters And Pastry	For Simon this week's show is all about pastry, while Maggie heads off on another food adventure, hunting for great oysters on SA's Eyre Peninsula.	AUSTRALIA	English-100	RPT	G	
2021-06-23	1800	French Food Safari	French Food Safari Series 1 Episode 3	Maeve and Guillaume explore the delicious relaxed style of bistro eating - the inexpensive way of eating that has been popular for hundreds of years.	AUSTRALIA	English-100	RPT	G	Y
2021-06-23	1830	Luke Nguyen's France	Strasbourg (Alsace)	Luke heads to Strasbourg where he develops a taste for all things Alsatian. There he discovers the secrets behind Strasbourg's most famous dish, choucroute.	AUSTRALIA	English-100		G	Y
2021-06-23	1900	The Cook Up with Adam Liaw	Winter Warmer	Fairfield City councillor Dai Le and singer-songwriter Jasna Dolic join Adam Liaw in the kitchen to create their ultimate winter warmers their families from Vietnam and Bosnia have passed down to them.	AUSTRALIA	English-100		PG	
2021-06-23	1930	Nigella Kitchen	Inspiration Everywhere	Nigella Lawson conjures up more dazzling dishes from the heart of the home, finding inspiration anywhere and everywhere with delicious results.	UNITED KINGDOM	English-100		G	
2021-06-23	2000	Poh & Co.	Celebration	The garden is nearing completion and Poh and Jono decide to have a party to say 'thank you' to everyone who helped and to christen the new pizza oven.	AUSTRALIA	English-100	RPT	G	Y

2021-06-23	2030	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 6	Rick journeys inland from the majestic Camel estuary to one of Britain's finest vineyards, and later fires up the BBQ cook his latest fish catch using a recipe inspired from a trip to Goa.	UNITED KINGDOM	English-100		PG	
2021-06-23	2100	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 1	It's ths start of spring in Cornwall, and thought has turned to all things fishy - Rick Stein's Seafood Restaurant is running flat out.	UNITED KINGDOM	English-100	RPT	PG	
2021-06-23	2130	Mystery Diners	Unhappy Hour	Charles sends in Patrick and Tina to see how uninvited guests are gaining access to a free happy hour at Moreno's Cuba Cafe in Miami Beach, Florida.	USA	English-100		PG	
2021-06-23	2200	The Cook Up with Adam Liaw	Winter Warmer	Fairfield City councillor Dai Le and singer-songwriter Jasna Dolic join Adam Liaw to create their ultimate winter warmers their families from Vietnam and Bosnia have passed down to them.	AUSTRALIA	English-100	RPT	PG	
2021-06-23	2230	The Cook And The Chef	Oysters And Pastry	For Simon this week's show is all about pastry, while Maggie heads off on another food adventure, hunting for great oysters on SA's Eyre Peninsula.	AUSTRALIA	English-100	RPT	G	
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2021-06-23	2400	The Chefs' Line	African	The stakes are high as sous chef Alistair from Africola cooks against two passionate home cooks. The winner of this round will make it to the final stop in the chefs' line	AUSTRALIA	English-100	RPT	PG	Y
2021-06-23	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 18	Husband and wife pop stars Andy Scott-Lee and Michelle Heaton are aiming for the high notes in the kitchen today as Ainsley Harriott hosts the classic 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G	
2021-06-23	2520	Poh & Co. Bitesize	Family	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-06-23	2530	Nigella Kitchen	Inspiration Everywhere	Nigella Lawson conjures up more dazzling dishes from the heart of the home, finding inspiration anywhere and everywhere with delicious results.	UNITED KINGDOM	English-100	RPT	G	
2021-06-23	2600	Poh & Co.	Celebration	The garden is nearing completion and Poh and Jono decide to have a party to say 'thank you' to everyone who helped and to christen the new pizza oven.	AUSTRALIA	English-100	RPT	G	Y
2021-06-23	2630	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 6	Rick journeys inland from the majestic Camel estuary to one of Britain's finest vineyards, and later fires up the BBQ cook his latest fish catch using a recipe inspired from a trip to Goa.	UNITED KINGDOM	English-100	RPT	PG	
2021-06-23	2700	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 1	It's ths start of spring in Cornwall, and thought has turned to all things fishy - Rick Stein's Seafood Restaurant is running flat out.	UNITED KINGDOM	English-100	RPT	PG	
2021-06-23	2730	Mystery Diners	Unhappy Hour	Charles sends in Patrick and Tina to see how uninvited guests are gaining access to a free happy hour at Moreno's Cuba Cafe in Miami Beach, Florida.	USA	English-100	RPT	PG	
2021-06-23	2800	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 7	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, chestnut trees in the alps, new organic produce, and eel farming in New England.	AUSTRALIA	English-100	RPT	G	Y
2021-06-23	2830	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 46	Matt kicks things off with a fig and pistachio Dutch pancake that's baked in the oven and can be served for breakfast, lunch, or even dessert, while Michael prepares his take on green eggs and ham.	AUSTRALIA	English-100	RPT	G	
2021-06-24	0500	Pati's Mexican Table	Izamal: Gold And God	In Izamal, the Yellow City, Pati tries traditional Pok Chuck, thinly sliced pork marinated in bitter orange, grilled up and served in tortillas.	USA	English-100	RPT	PG	
2021-06-24	0530	The Chefs' Line	African	The stakes are high as sous chef Alistair from Africola cooks against two passionate home cooks. The winner of this round will make it to the final stop in the chefs' line	AUSTRALIA	English-100	RPT	PG	Y
2021-06-24	0600	Lidia's Italy	Lidia's Italy Series 3 Ep 8	Lidia prepares a simple and delicious dish to put on the table for the family during the week - chicken with olives, pinenuts, and celery steamed in a skillet.	USA	English-100	RPT	G	

2021-06-24	0630	Martha Bakes	Yeasted Breakfast Favorites	Martha shares three breakfast favourites where yeast is the magic ingredient - hazelnut and dried cherry hot-crossed buns, honey wholewheat bread, and gooey pull-apart monkey bread.	USA	English-100	RPT	G	
2021-06-24	0700	The Great Australian Cookbook	Frank Camorra And Clayton Donovan	Frank Camorra shares traditional Spanish recipes including tortilla de patatas and asadillo. Clayton Donovan cooks up kangaroo san choy bow and oysters with finger lime, carrot foam and avocado cream.	AUSTRALIA	English-100	RPT	G	
2021-06-24	0730	Africa On A Plate	Nigeria Fusion	Lentswe shares the best of both cities he's visited in Nigeria, picking up tips for a savoury and spicy version of the country's favourite - jollof rice with a seafood twist.	USA	English-100	RPT	PG	
2021-06-24	0800	French Food Safari	French Food Safari Series 1 Episode 3	Maeve and Guillaume explore the delicious relaxed style of bistro eating - the inexpensive way of eating that has been popular for hundreds of years.	AUSTRALIA	English-100	RPT	G	Y
2021-06-24	0830	Luke Nguyen's France	Strasbourg (Alsace)	Luke heads to Strasbourg where he develops a taste for all things Alsatian. There he discovers the secrets behind Strasbourg's most famous dish, choucroute.	AUSTRALIA	English-100	RPT	G	Y
2021-06-24	0900	The Cook And The Chef	Oysters And Pastry	For Simon this week's show is all about pastry, while Maggie heads off on another food adventure, hunting for great oysters on SA's Eyre Peninsula.	AUSTRALIA	English-100	RPT	G	
2021-06-24	0930	Nigella Kitchen	Inspiration Everywhere	Nigella Lawson conjures up more dazzling dishes from the heart of the home, finding inspiration anywhere and everywhere with delicious results.	UNITED KINGDOM	English-100	RPT	G	
2021-06-24	1000	Poh & Co.	Celebration	The garden is nearing completion and Poh and Jono decide to have a party to say 'thank you' to everyone who helped and to christen the new pizza oven.	AUSTRALIA	English-100	RPT	G	Y
2021-06-24	1030	Mystery Diners	Unhappy Hour	Charles sends in Patrick and Tina to see how uninvited guests are gaining access to a free happy hour at Moreno's Cuba Cafe in Miami Beach, Florida.	USA	English-100	RPT	PG	
2021-06-24	1100	The Cook Up with Adam Liaw	Winter Warmer	Fairfield City councillor Dai Le and singer-songwriter Jasna Dolic join Adam Liaw to create their ultimate winter warmers their families from Vietnam and Bosnia have passed down to them.	AUSTRALIA	English-100	RPT	PG	
2021-06-24	1130	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 6	Rick journeys inland from the majestic Camel estuary to one of Britain's finest vineyards, and later fires up the BBQ cook his latest fish catch using a recipe inspired from a trip to Goa.	UNITED KINGDOM	English-100	RPT	PG	
2021-06-24	1200	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 1	It's ths start of spring in Cornwall, and thought has turned to all things fishy - Rick Stein's Seafood Restaurant is running flat out.	UNITED KINGDOM	English-100	RPT	PG	
2021-06-24	1230	Africa On A Plate	Nigeria Fusion	Lentswe shares the best of both cities he's visited in Nigeria, picking up tips for a savoury and spicy version of the country's favourite - jollof rice with a seafood twist.	USA	English-100	RPT	PG	
2021-06-24	1300	French Food Safari	French Food Safari Series 1 Episode 3	Maeve and Guillaume explore the delicious relaxed style of bistro eating - the inexpensive way of eating that has been popular for hundreds of years.	AUSTRALIA	English-100	RPT	G	Y
2021-06-24	1330	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 8	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, ocean trout, stuffed zucchini flowers, and an Ethiopian feast.	AUSTRALIA	English-100	RPT	G	Y
2021-06-24	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 47	Matt shares a breakfast dish with a twist - ginger pancakes, while Courtney cooks up a family favourite - Thai-spiced roast chicken.	AUSTRALIA	English-100	RPT	G	
2021-06-24	1430	Pati's Mexican Table	Valladolid: A Day To Explore	Pati's in Valladolid, where she tries the specialties of Lomitos de Valladolid and Longaniza Valladolid. Pati makes her own version of her favourite lomitos, and a soup found on every menu - lima.	USA	English-100	RPT	PG	
2021-06-24	1500	The Chefs' Line	African	Head chef Duncan from Africola in Adelaide goes up against this week's best home cook in the ultimate David v. Goliath battle.	AUSTRALIA	English-100	RPT	G	Y
2021-06-24	1530	Lidia's Italy	Lidia's Italy Series 3 Ep 9	Italy is known for its wine, but a strong beer culture can also be found there as well. High in the mountains of Italy's north, beer making is quite a prominent part of the region's culture.	USA	English-100	RPT	G	
2021-06-24	1600	Martha Bakes	Better (For You) Bake Sale	Martha shares recipes packed with wholesome ingredients perfect for a bake sale - lemon yoghurt cupcakes with raspberry icing, wholewheat sticky buns, and a zesty orange barley pound cake.	USA	English-100	RPT	G	

2021-06-24	1630	The Great Australian Cookbook	Alla Wolf-Tasker And Rodney Dunn	Alla Wolf-Tasker prepares her share platter recipe, while Agrarian Cook Rodney Dunn showcases his Tasmanian property's produce, baking a rhubarb and berry crumble with goats milk and vanilla custard.	AUSTRALIA	English-100	RPT	PG	
2021-06-24	1700	Africa On A Plate	Cooking With Lentswe: Nigeria	Back in his cozy seaside kitchen in Cape Town, Chef Lentswe Bhengu shares recipes for the delicious dishes gathered during his journey through Abuja and Lagos.	USA	English-100	RPT	G	
2021-06-24	1730	The Cook And The Chef	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	RPT	G	
2021-06-24	1800	French Food Safari	French Food Safari Series 1 Episode 4	Maeve and Guillaume travel to the mountainous region of the Ardeche in France to meet artisan goat cheese maker Jerome Herphelin. Later Maeve learns the art of the cheese plate.	AUSTRALIA	English-100	RPT	G	Y
2021-06-24	1830	Luke Nguyen's France	Port Lesney (Franche-Comte)	Luke's journey takes him to the Franche-Comte where he finds age-old recipes and experiences new levels of decadence.	AUSTRALIA	English-100		G	Y
2021-06-24	1900	The Cook Up with Adam Liaw	Iranian Cuisine	Nomad head chef Jacqui Challinor and cook instructor and Iranian refugee Mahshid Babzartabi join Adam Liaw in The Cook Up kitchen to explore Iranian cuisine.	AUSTRALIA	English-100		PG	
2021-06-24	1930	Australia's Food Bowl	Australia's Food Bowl With Stefano De Pieri Series 1 Ep 5	Renowned chef Tony Tan pays Stefano a visit and prepares a Murray cod with Asian flavours in a stunning riverside location. Ginger, galangal and coconut with banana leaf are delicious additions to enjoy.	AUSTRALIA	English-100		PG	
2021-06-24	2000	Middle East Feast With Shane Delia	Vegetarian	Award-winning chef Shane Delia takes viewers on a tantalising and flavourful journey through an array of Middle Eastern dishes and also delves into the stories behind these recipes soaked in history.	AUSTRALIA	English-100		PG	
2021-06-24	2030	Jimmy Shu's Taste of The Territory	Flavour	The dry season in the Top End is a time for festivals, and one of the most popular is Glenti, a Greek cultural festival. Jimmy meets some of the Greek community and learns how to make dolmades.	AUSTRALIA	English-100	RPT	G	Y
2021-06-24	2100	Mary Berry's Absolute Favourites	Mary Berry's Absolute Favourites Series 1 Ep 8	Mary shares her plans for Christmas day including five indulgent but easy classics. She gets everyone in the mood with her mulled wine and mini filo beef Wellington canapes.	UNITED KINGDOM	English-100	RPT	G	
2021-06-24	2130	Mystery Diners	Missing Links	Charles discovers a bigger problem inside the dining room while investigating complaints about non-members playing for free at Emerald Hills Golf Course in Hollywood, Florida.	USA	English-100		PG	
2021-06-24	2200	The Cook Up with Adam Liaw	Iranian Cuisine	Nomad head chef Jacqui Challinor and cook instructor and Iranian refugee Mahshid Babzartabi join Adam Liaw in The Cook Up kitchen to explore Iranian cuisine.	AUSTRALIA	English-100	RPT	PG	
2021-06-24	2230	The Cook And The Chef	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	RPT	G	
2021-06-24	2300	French Food Safari	French Food Safari Series 1 Episode 4	Maeve and Guillaume travel to the mountainous region of the Ardeche in France to meet artisan goat cheese maker Jerome Herphelin. Later Maeve learns the art of the cheese plate.	AUSTRALIA	English-100	RPT	G	Y
2021-06-24	2330	Luke Nguyen's France	Port Lesney (Franche-Comte)	Luke's journey takes him to the Franche-Comte where he finds age-old recipes and experiences new levels of decadence.	AUSTRALIA	English-100	RPT	G	Y
2021-06-24	2400	The Chefs' Line	African	Head chef Duncan from Africola in Adelaide goes up against this week's best home cook in the ultimate David v. Goliath battle.	AUSTRALIA	English-100	RPT	G	Y
2021-06-24	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 19	Ainsley Harriott hosts the classic 20-minute cooking challenge with Radio Two host Ken Bruce and fellow radio presenter Lynn Bowles.	UNITED KINGDOM	English-100	RPT	G	
2021-06-24	2520	Poh & Co. Bitesize	Community	Welcome to the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-06-24	2530	Australia's Food Bowl	Australia's Food Bowl With Stefano De Pieri Series 1 Ep 5	Chef Tony Tan pays Stefano a visit and prepares a Murray cod with Asian flavours in a stunning riverside location. Ginger, galangal and coconut with banana leaf are delicious additions to enjoy.	AUSTRALIA	English-100	RPT	PG	

2021-06-24	2600	Middle East Feast With Shane Delia	Vegetarian	Award-winning chef Shane Delia takes viewers on a tantalising and flavourful journey through an array of Middle Eastern dishes and also delves into the stories behind these recipes soaked in history.	AUSTRALIA	English-100	RPT	PG	
2021-06-24	2630	Jimmy Shu's Taste of The Territory	Flavour	The dry season in the Top End is a time for festivals, and one of the most popular is Glenti, a Greek cultural festival. Jimmy meets some of the Greek community and learns how to make dolmades.	AUSTRALIA	English-100	RPT	G	Y
2021-06-24	2700	Mary Berry's Absolute Favourites	Mary Berry's Absolute Favourites Series 1 Ep 8	Mary shares her plans for Christmas day including five indulgent but easy classics. She gets everyone in the mood with her mulled wine and mini filo beef Wellington canapes.	UNITED KINGDOM	English-100	RPT	G	
2021-06-24	2730	Mystery Diners	Missing Links	Charles discovers a bigger problem inside the dining room while investigating complaints about non-members playing for free at Emerald Hills Golf Course in Hollywood, Florida.	USA	English-100	RPT	PG	
2021-06-24	2800	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 8	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, ocean trout, stuffed zucchini flowers, and an Ethiopian feast.	AUSTRALIA	English-100	RPT	G	Y
2021-06-24	2830	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 47	Matt shares a breakfast dish with a twist - ginger pancakes, while Courtney cooks up a family favourite - Thai-spiced roast chicken.	AUSTRALIA	English-100	RPT	G	
2021-06-25	0500	Pati's Mexican Table	Valladolid: A Day To Explore	Pati's in Valladolid, where she tries the specialties of Lomitos de Valladolid and Longaniza Valladolid. Pati makes her own version of her favourite lomitos, and a soup found on every menu - lima.	USA	English-100	RPT	PG	
2021-06-25	0530	The Chefs' Line	African	Head chef Duncan from Africola in Adelaide goes up against this week's best home cook in the ultimate David v. Goliath battle.	AUSTRALIA	English-100	RPT	G	Y
2021-06-25	0600	Lidia's Italy	Lidia's Italy Series 3 Ep 9	Italy is known for its wine, but a strong beer culture can also be found there as well. High in the mountains of Italy's north, beer making is quite a prominent part of the region's culture.	USA	English-100	RPT	G	
2021-06-25	0630	Martha Bakes	Better (For You) Bake Sale	Martha shares recipes packed with wholesome ingredients perfect for a bake sale - lemon yoghurt cupcakes with raspberry icing, wholewheat sticky buns, and a zesty orange barley pound cake.	USA	English-100	RPT	G	
2021-06-25	0700	The Great Australian Cookbook	Alla Wolf-Tasker And Rodney Dunn	Alla Wolf-Tasker prepares her share platter recipe, while Agrarian Cook Rodney Dunn showcases his Tasmanian property's produce, baking a rhubarb and berry crumble with goats milk and vanilla custard.	AUSTRALIA	English-100	RPT	PG	
2021-06-25	0730	Africa On A Plate	Cooking With Lentswe: Nigeria	Back in his cozy seaside kitchen in Cape Town, Chef Lentswe Bhengu shares recipes for the delicious dishes gathered during his journey through Abuja and Lagos.	USA	English-100	RPT	G	
2021-06-25	0800	French Food Safari	French Food Safari Series 1 Episode 4	Maeve and Guillaume travel to the mountainous region of the Ardeche in France to meet artisan goat cheese maker Jerome Herphelin. Later Maeve learns the art of the cheese plate.	AUSTRALIA	English-100	RPT	G	Y
2021-06-25	0830	Luke Nguyen's France	Port Lesney (Franche-Comte)	Luke's journey takes him to the Franche-Comte where he finds age-old recipes and experiences new levels of decadence.	AUSTRALIA	English-100	RPT	G	Y
2021-06-25	0900	The Cook And The Chef	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	RPT	G	
2021-06-25	0930	Australia's Food Bowl	Australia's Food Bowl With Stefano De Pieri Series 1 Ep 5	Chef Tony Tan pays Stefano a visit and prepares a Murray cod with Asian flavours in a stunning riverside location. Ginger, galangal and coconut with banana leaf are delicious additions to enjoy.	AUSTRALIA	English-100	RPT	PG	
2021-06-25	1000	Middle East Feast With Shane Delia	Vegetarian	Award-winning chef Shane Delia takes viewers on a tantalising and flavourful journey through an array of Middle Eastern dishes and also delves into the stories behind these recipes soaked in history.	AUSTRALIA	English-100	RPT	PG	
2021-06-25	1030	Mystery Diners	Missing Links	Charles discovers a bigger problem inside the dining room while investigating complaints about non-members playing for free at Emerald Hills Golf Course in Hollywood, Florida.	USA	English-100	RPT	PG	
2021-06-25	1100	The Cook Up with Adam Liaw	Iranian Cuisine	Nomad head chef Jacqui Challinor and cook instructor and Iranian refugee Mahshid Babzartabi join Adam Liaw in The Cook Up kitchen to explore Iranian cuisine.	AUSTRALIA	English-100	RPT	PG	

2021-06-25	1130	Jimmy Shu's Taste of The Territory	Flavour	The dry season in the Top End is a time for festivals, and one of the most popular is Glenti, a Greek cultural festival. Jimmy meets some of the Greek community and learns how to make dolmades.	AUSTRALIA	English-100	RPT	G	Y
2021-06-25	1200	Mary Berry's Absolute Favourites	Mary Berry's Absolute Favourites Series 1 Ep 8	Mary shares her plans for Christmas day including five indulgent but easy classics. She gets everyone in the mood with her mulled wine and mini filo beef Wellington canapes.	UNITED KINGDOM	English-100	RPT	G	
2021-06-25	1230	Africa On A Plate	Cooking With Lentswe: Nigeria	Back in his cozy seaside kitchen in Cape Town, Chef Lentswe Bhengu shares recipes for the delicious dishes gathered during his journey through Abuja and Lagos.	USA	English-100	RPT	G	
2021-06-25	1300	French Food Safari	French Food Safari Series 1 Episode 4	Maeve and Guillaume travel to the mountainous region of the Ardeche in France to meet artisan goat cheese maker Jerome Herphelin. Later Maeve learns the art of the cheese plate.	AUSTRALIA	English-100	RPT	G	Y
2021-06-25	1330	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 9	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Lebanese food in country NSW, Cantonese cooking, and Barossa Valley food and wine.	AUSTRALIA	English-100	RPT	G	Y
2021-06-25	1400	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 48	Matt kicks things off with a wholesome barley and pancetta soup, and Courtney continues with the soup theme with her broccoli soup and cheesy recipe.	AUSTRALIA	English-100	RPT	G	
2021-06-25	1430	Pati's Mexican Table	Isla Mujeres Inspired	Isla Mujeres has become a haven for people from all over the world, and Pati takes a day to explore this gorgeous island and try the local delicacy, Tikin Xic, fish marinated in a thick red sauce.	USA	English-100	RPT	PG	
2021-06-25	1500	The Chefs' Line	African	Maeve O'Meara takes us inside the kitchen of Adelaide restaurant Africola where apprentice chef Deni make a delicious deep fried eggplant dish and sous chef Alistair makes a vegan meringue.	AUSTRALIA	English-100	RPT	G	Y
2021-06-25	1530	Lidia's Italy	Lidia's Italy Series 3 Ep 10	Lidia's friend Vittorio Beltrami has a look very similar to Albert Einstein. And his genius is cheese! Lidia visits Beltrami's farm in Le Marche where he tends to his precious animals.	USA	English-100	RPT	G	
2021-06-25	1600	Martha Bakes	Bakery-Style Cookies	Martha shares four recipes for cookies with a wholesome update - farro chocolate-chunk cookies, spelt-nut crescents, wholewheat almond butter sandwich cookies, and granola cookies.	USA	English-100	RPT	G	
2021-06-25	1630	Palisa Anderson's Water Heart Food	Humble Origins	Thailand is home to many incredible food markets that sell an abundance of fresh and seasonal fruit and vegetables, the type of produce Palisa now grows on her farm and supplies to many top-end chefs.	AUSTRALIA	English-100	RPT	G	Y
2021-06-25	1700	Africa On A Plate	Marrakech, Morocco	Chef Zama Memela travels to Marrakech, Morocco, where she explores the ancient souks and market of this mystical and vibrant city, then cooks up her version of Marrakech on a plate.	USA	English-100	RPT	G	
2021-06-25	1730	The Cook And The Chef	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	RPT	G	
2021-06-25	1800	French Food Safari	French Food Safari Series 1 Episode 5	Maeve and Guillaume travel to Lyon and get swept up in the fun of dining at local eat-houses. There they explore the many great food stalls at the Le Halles de Lyon Market.	AUSTRALIA	English-100	RPT	G	Y
2021-06-25	1830	Luke Nguyen's France	Lyon	Luke heads to Lyon, the food capital of France. He makes a salad Lyonnaise after teaming up with celebrity chef Gregory Cuilleron, then explores Lyon's famous silk tunnels.	AUSTRALIA	English-100		G	Y
2021-06-25	1900	The Cook Up with Adam Liaw	Syrian Cuisine	Co-owners of Sydney's Syrian restaurant Almond Bar, Carol and Sharon Salloum join Adam Liaw in the kitchen as they delve into the culture of Syria. They also share their experiences working with UNICEF.	AUSTRALIA	English-100		PG	
2021-06-25	1930	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 3	Paul gets some goats but the going gets gruff when he tries to milk them for the first time. His cheese making skills get challenged by local friend Erica when they enter the cheesemaking world.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-06-25	2030	Jamie's Food Escapes	Marrakesh	This is Jamie's first time in Marrakesh and his excitement shines through as he explores the city and its extraordinary cuisine born out of the French, Arab and Berber cultures.	UNITED KINGDOM	English-100		PG	
2021-06-25	2130	Mystery Diners	History Mystery	When Lee, owner of Old Vinings Inn in Atlanta, hears rumors of unauthorised Civil War tours taking place inside his historical restaurant, he contacts Charles to investigate.	USA	English-100		PG	
2021-06-25	2200	The Cook Up with Adam Liaw	Syrian Cuisine	Co-owners of Sydney's Syrian restaurant Almond Bar, Carol and Sharon Salloum join Adam Liaw as they delve into the culture of Syria. They also share their experiences working with UNICEF.	AUSTRALIA	English-100	RPT	PG	

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2021-06-25	2330	Luke Nguyen's France	Lyon	Luke heads to Lyon, the food capital of France. He makes a salad Lyonnaise after teaming up with celebrity chef Gregory Cuilleron, then explores Lyon's famous silk tunnels.	AUSTRALIA	English-100	RPT	G	Y
2021-06-25	2400	The Chefs' Line	African	Maeve O'Meara takes us inside the kitchen of Adelaide restaurant Africola where apprentice chef Deni make a delicious deep fried eggplant dish and sous chef Alistair makes a vegan meringue.	AUSTRALIA	English-100	RPT	G	Y
2021-06-25	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 20	TV and Radio medical pundits Dr Mark Porter and Dr Mark Hamilton swap stethoscopes for chopping boards as Ainsley Harriott hosts the classic 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G	
2021-06-25	2520	Poh & Co. Bitesize	Love...And Pizza!	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-06-25	2530	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 3	Paul gets some goats but the going gets gruff when he tries to milk them for the first time. His cheese making skills get challenged by local friend Erica when they enter the cheesemaking world.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-06-25	2630	Jamie's Food Escapes	Marrakesh	This is Jamie's first time in Marrakesh and his excitement shines through as he explores the city and its extraordinary cuisine born out of the French, Arab and Berber cultures.	UNITED KINGDOM	English-100	RPT	PG	
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2021-06-26	0830	Luke Nguyen's France	Lyon	Luke heads to Lyon, the food capital of France. He makes a salad Lyonnaise after teaming up with celebrity chef Gregory Cuilleron, then explores Lyon's famous silk tunnels.	AUSTRALIA	English-100	RPT	G	Y
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2021-06-26	1300	The Big Family Cooking Showdown	Big Family Cooking Showdown Series 2, The Ep 13	Two families must prepare and cook an impressive lamb guard-of-honour, then create the ultimate kid's birthday cake as they battle it out for the last place in the upcoming final.	UNITED KINGDOM	English-100	RPT	G	
2021-06-26	1405	The Big Family Cooking Showdown	Big Family Cooking Showdown Series 2, The Ep 14	Welcome to the ultimate final where the two remaining families must create a three-course extravaganza fit for the biggest of celebrations. Who will be win the Big Family Cooking Showdown title?	UNITED KINGDOM	English-100	RPT	G	
2021-06-26	1515	Beautiful Baking With Juliet Sear	Beautiful Baking With Juliet Sear Series 1 Ep 3	Juliet creates a magical spread for a Winter Woodland themed party with the help of DJ buddy Dev Griffin, who learns how to make her Winter Woodland mushroom cake.	UNITED KINGDOM	English-100	RPT	G	
2021-06-26	1610	Secret Meat Business	Malaysian	Malaysian cooking is a cuisine that melds Chinese, Indian and traditional Malay flavours. Adrian pays homage to his time spent there as a child preparing mouth-watering Beef Rendang.	AUSTRALIA	English-100	RPT	G	
2021-06-26	1635	Secret Meat Business	Cornish	Taking his doctor's advice to eat more veggies, Adrian makes a classic Cornish pasty filled with beef, bacon, and some rabbit food for good luck.	AUSTRALIA	English-100	RPT	G	
2021-06-26	1705	Pacific Island Food Revolution	Tonga	Join host Robert Oliver as he heads to beautiful Tonga to meet with the two remaining Tongan teams as they go head to head for the chance to compete at the finals of Pacific Island Food Revolution.	NEW ZEALAND	English-100	RPT	G	
2021-06-26	1800	Cheese Slices	Gorgonzola / Taleggio	Under the spot light in this episode are gorgonzola and taleggio. Cheese authority Will Studd travels to Northern Italy to see how and where these fascinating cheeses are created.	AUSTRALIA	English-100	RPT	G	
2021-06-26	1830	Heston's Feasts	80s Feast	Heston returns to the 1980s, cooking up sake champagne in a giant mobile phone with edible sushi money, the ultimate toasted sandwich and a power lobster in the microwave.	UNITED KINGDOM	English-100	RPT	G	Y
2021-06-26	1930	Remarkable Places To Eat	Vienna	Food writer Rachel Khoo takes Fred to Vienna to experience exquisite coffee and cake, comforting dumplings, and mangalitzta pork schnitzel from a trailblazing chef.	UNITED KINGDOM	English-100		PG	
2021-06-26	2030	Ainsley's Australian Market Menu	Ainsley's Market Menu Series 1 Ep 6	It's the last stop on this tour, and we've arrived in the heart of Adelaide to visit the Adelaide Central Market, the largest undercover fresh produce market in the southern hemisphere.	AUSTRALIA	English-100	RPT	G	Y
2021-06-26	2125	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 8	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
2021-06-26	2130	Hairy Bikers' Best Of British	Fish	The Bikers brave the high seas to celebrate Britain's incredible fishing industry. From sardines on toast to a spicy fish curry, they demonstrate how versatile British fish dishes can be.	UNITED KINGDOM	English-100	RPT	G	
2021-06-26	2240	Heston's Feasts	Ultimate Feast	Heston picks his favourite dishes from his first series, including meat fruit, a mock turtle soup, an ejaculating cake and an edible monster known as cockentrice.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-06-26	2335	Heston's Feasts	80s Feast	Heston returns to the 1980s, cooking up sake champagne in a giant mobile phone with edible sushi money, the ultimate toasted sandwich and a power lobster in the microwave.	UNITED KINGDOM	English-100	RPT	G	Y
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2021-06-26	2530	Ainsley's Australian Market Menu	Ainsley's Market Menu Series 1 Ep 6	It's the last stop on this tour, and we've arrived in the heart of Adelaide to visit the Adelaide Central Market, the largest undercover fresh produce market in the southern hemisphere.	AUSTRALIA	English-100	RPT	G	Y
2021-06-26	2625	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 8	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
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2021-06-26	2740	Beautiful Baking With Juliet Sear	Beautiful Baking With Juliet Sear Series 1 Ep 3	Juliet creates a magical spread for a Winter Woodland themed party with the help of DJ buddy Dev Griffin, who learns how to make her Winter Woodland mushroom cake.	UNITED KINGDOM	English-100	RPT	G	
2021-06-26	2835	Secret Meat Business	Malaysian	Malaysian cooking is a cuisine that melds Chinese, Indian and traditional Malay flavours. Adrian pays homage to his time spent there as a child preparing mouth-watering Beef Rendang.	AUSTRALIA	English-100	RPT	G	