



WEEK 27: Sunday, 27 June - Saturday, 3 July 2021 ALL MARKETS

| Date | Start Time | Title | Episode Title | Digital Epg Synopsis | Country of Origin | Language | Repeat | Classification | Closed Captions |
|------------|------------|--|--|---|-------------------|-------------|--------|----------------|-----------------|
| 2021-06-27 | 0500 | 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 | |
| 2021-06-27 | 0530 | 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 | |
| 2021-06-27 | 0630 | 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 |
| 2021-06-27 | 0730 | Remarkable Places To Eat | Vienna | Food writer Rachel Khoo takes Fred to Vienna to experience exquisite coffee and cake, comforting dumplings, and mangalitza pork schnitzel from a trailblazing chef. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-06-27 | 0830 | 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 |
| 2021-06-27 | 0925 | 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 |
| 2021-06-27 | 0930 | 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 | |
| 2021-06-27 | 1040 | 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 | |
| 2021-06-27 | 1135 | 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 | |
| 2021-06-27 | 1230 | 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 |
| 2021-06-27 | 1330 | 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 | |
| 2021-06-27 | 1400 | 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 | |
| 2021-06-27 | 1430 | 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 | |
| 2021-06-27 | 1500 | 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 | |
| 2021-06-27 | 1530 | 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 | |
| 2021-06-27 | 1600 | 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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|------------|------|---|---|---|----------------|-------------|-----|----|---|
| 2021-06-27 | 1630 | The Cook And The Chef | Food For A Cold Winter | There's Italian sunshine and some chilly Australian surf in this mid-winter episode. Simon reveals his Englishman's love of visiting the beach in cold weather. | AUSTRALIA | English-100 | RPT | G | |
| 2021-06-27 | 1700 | Jamie & Jimmy's Food Fight Club | Chris Moyles | Jamie takes two British favourites - a curry and a Sunday roast and mashes them together to make his Empire lamb, while Jimmy builds a DIY smoker and serves up a smorgasbord of treats. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-06-27 | 1755 | Destination Flavour Scandinavia Bitesize | Destination Flavour Scandinavia Bitesize Series 1 Ep 1 | Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-27 | 1800 | Tropical Gourmet: New Caledonia | Isle Of Pines | In The Isle of Pines, Justine prepares pan-fried Mahi Mahi with a bold sweet and sour sauce, and later goes foraging for snails with the help of some of the locals. | AUSTRALIA | English-100 | RPT | PG | |
| 2021-06-27 | 1830 | 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 | |
| 2021-06-27 | 1900 | 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 | |
| 2021-06-27 | 1930 | Made In Britain | Made In Britain Series 1 Ep 5 | John Prescott is in search of the quintessentially British staple of tea and biscuits. He visits the Typhoo tea factory in Liverpool, and the Fox's biscuits factory in Batley. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-06-27 | 2025 | Destination Flavour Down Under Bitesize | Destination Flavour Down Under Bitesize Series 1 Ep 1 | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-27 | 2030 | Rick Stein's Long Weekends | Bordeaux | The series starts in autumnal Bordeaux. Rick arrives just in time for ceps and judges a local wine contest. He hires a 2CV for an excursion to the coast - abundant with mussels and oysters. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2021-06-27 | 2135 | Hairy Bikers' Best Of British | Fowl | The Bikers take a culinary journey through time and celebrate the history of British food. They highlight that there is so much more to British fowl than roast chicken. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-06-27 | 2245 | Peter Kuruvita's Coastal Kitchen | Peter Kuruvita's Coastal Kitchen Series 2 Ep 4 | Peter explores something close to his heart - sustainable farming and fishing practices. He learns about the delights of permaculture and speaks with an organic farmer. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-27 | 2310 | Peter Kuruvita's Coastal Kitchen | Peter Kuruvita's Coastal Kitchen Series 2 Ep 5 | Peter is known throughout the world as a seafood chef and the Margaret River region has provided an exceptional opportunity for him to explore his passion. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-27 | 2340 | Jamie & Jimmy's Food Fight Club | Chris Moyles | Jamie takes two British favourites - a curry and a Sunday roast and mashes them together to make his Empire lamb, while Jimmy builds a DIY smoker and serves up a smorgasbord of treats. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-06-27 | 2435 | Made In Britain | Made In Britain Series 1 Ep 5 | John Prescott is in search of the quintessentially British staple of tea and biscuits. He visits the Typhoo tea factory in Liverpool, and the Fox's biscuits factory in Batley. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-06-27 | 2530 | Rick Stein's Long Weekends | Bordeaux | The series starts in autumnal Bordeaux. Rick arrives just in time for ceps and judges a local wine contest. He hires a 2CV for an excursion to the coast - abundant with mussels and oysters. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2021-06-27 | 2635 | Hairy Bikers' Best Of British | Fowl | The Bikers take a culinary journey through time and celebrate the history of British food. They highlight that there is so much more to British fowl than roast chicken. | UNITED KINGDOM | English-100 | RPT | PG | |
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| 2021-06-28 | 0500 | 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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| 2021-06-28 | 0700 | 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 | |
| 2021-06-28 | 0730 | Jamie & Jimmy's Food Fight Club | Chris Moyles | Jamie takes two British favourites - a curry and a Sunday roast and mashes them together to make his Empire lamb, while Jimmy builds a DIY smoker and serves up a smorgasbord of treats. | UNITED KINGDOM | English-100 | RPT | PG | |
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| 2021-06-28 | 1145 | Tropical Gourmet: New Caledonia | Isle Of Pines | In The Isle of Pines, Justine prepares pan-fried Mahi Mahi with a bold sweet and sour sauce, and later goes foraging for snails with the help of some of the locals. | AUSTRALIA | English-100 | RPT | PG | |
| 2021-06-28 | 1215 | Destination Flavour China Bitesize | Destination Flavour China Bitesize Series 1 Ep 9 | All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2021-06-28 | 1225 | 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 |
| 2021-06-28 | 1230 | 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 | |
| 2021-06-28 | 1300 | Peter Kuruvita's Coastal Kitchen | Peter Kuruvita's Coastal Kitchen Series 2 Ep 6 | Having explored a truly exceptional part of the world, Peter culminates his journey in Margaret River by delving into the world of gourmet foods. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-28 | 1330 | Food Lovers' Guide To Australia | Food Lovers Guide To Australia Series 3 Ep 10 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Tasmanian cheese with a Czech cheese pioneer, and Vietnamese vegetable carving. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-28 | 1400 | Cook's Pantry With Matt Sinclair | Cook's Pantry With Matt Sinclair Series 2, The Ep 49 | Matt kicks things off with a feast for the whole family with his Shepherd's pie, while Michael shares a dessert with a unique twist - hazelnut spread and strawberry pizza. | AUSTRALIA | English-100 | RPT | G | |
| 2021-06-28 | 1430 | Pati's Mexican Table | Cancun: We Meet Again | Pati explores the Yucatan Peninsula, tasting some of the most inventive dishes at the Crab House, like their Alaskan Wontons. | USA | English-100 | RPT | PG | |
| 2021-06-28 | 1500 | The Chefs' Line | Turkish | Apprentice chef Cagin from Turkish restaurant Anason goes up against four home cooks | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-28 | 1530 | Lidia's Italy | Lidia's Italy Series 3 Ep 11 | Lidia visits Le Sfogline - a pasta shop in the city of Bologna, well known by locals for their delicate hand-rolled pasta. She later makes her own fresh tagliatelle with meat sauce with walnut pesto. | USA | English-100 | RPT | G | |
| 2021-06-28 | 1600 | Martha Bakes | Naturally Gluten-Free | Join Martha as she creates three enticing desserts that happen to be naturally gluten-free: lemon-cornmeal cake, spiced pumpkin pie with a crisp rice crust, and a flourless chocolate-walnut torte. | USA | English-100 | RPT | G | |
| 2021-06-28 | 1630 | Palisa Anderson's Water Heart Food | Third Culture Cooks | Palisa meets up with two old friends - fellow second-generation Thais Ari Walpole and Mahalia Barnes. They visit the Sydney Fish Market, and cook some delicious Thai-inspired recipes. | AUSTRALIA | English-100 | RPT | G | Y |

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|------------|------|--|---|--|----------------|-------------|-----|----|---|
| 2021-06-28 | 1700 | Africa On A Plate | Imlil, Morocco | Chef Zama Memela treks up into Morocco's Atlas Mountains where she travels local-style by mule learning about the Berber culture and the use of fresh nuts and dates combined in food. | USA | English-100 | RPT | G | |
| 2021-06-28 | 1730 | The Cook And The Chef | Quails And Momos | Maggie and Simon demonstrate how a little bird like quail can pack a big punch. Simon's chilli quail is a crispy explosion of flavours, and Maggie uses quince paste. | AUSTRALIA | English-100 | RPT | G | |
| 2021-06-28 | 1800 | French Food Safari | French Food Safari Series 1 Episode 6 | Maeve and Guillaume spend a day in a small French village with top-selling cookbook author Stephane Reynaud and then join passionate Parisienne baker Fabrice le Bourdat in his busy bakery. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-28 | 1830 | Luke Nguyen's France | Marseille | Luke travels to Marseille, the capital of Provence, to immerse himself in this seaside city's food and art culture where he cooks salt and pepper cuttlefish. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-28 | 1900 | The Cook Up with Adam Liaw | Cheese On Top | Aussie favourite home cook hero Lyndey Milan and Fabbrica chef Hugh Piper are in the Cook Up kitchen chatting cheese with host, Adam Liaw. They explore the best ways to use cheese on top of anything and everything! | AUSTRALIA | English-100 | | PG | |
| 2021-06-28 | 1930 | Asia Unplated With Diana Chan | North Indian | Inspired by the heavy curries and fragrant spices of India's north, Diana cooks a traditional lamb korma. Prominent chef Adam D'Sylva shares his Bengali fish curry recipe, ideal for a midweek dinner. | AUSTRALIA | English-100 | RPT | G | |
| 2021-06-28 | 2000 | John Torode's Asia | Hong Kong Traditional | John Torode finds himself in the bustling metropolis of Hong Kong looking for traditional dishes. His first stop is the Lan Kwai Fong district where he explores the markets. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-06-28 | 2030 | Hairy Biker's Route 66 | Hairy Biker's Route 66 Series 1 Ep 6 | For the last leg of their odyssey, the bikers are going west to California. First, they make a small detour to Las Vegas, where they are going to learn how to make the best mashed potato in the world. | UNITED KINGDOM | English-100 | | PG | |
| 2021-06-28 | 2130 | Mystery Diners | Red Ink | Uche, owner of The Anchor Bar and Tattoo in Atlanta, contacts Charles after noticing a drop in food and tattoo sales. Meagen and Justin go undercover to see if the two problems are related. | USA | English-100 | | PG | |
| 2021-06-28 | 2200 | The Cook Up with Adam Liaw | Cheese On Top | Aussie favourite home cook hero Lyndey Milan and Fabbrica chef Hugh Piper are in the Cook Up kitchen chatting cheese with host, Adam Liaw. They explore the best ways to use cheese on top of anything and everything! | AUSTRALIA | English-100 | RPT | PG | |
| 2021-06-28 | 2230 | The Cook And The Chef | Quails And Momos | Maggie and Simon demonstrate how a little bird like quail can pack a big punch. Simon's chilli quail is a crispy explosion of flavours, and Maggie uses quince paste. | AUSTRALIA | English-100 | RPT | G | |
| 2021-06-28 | 2300 | French Food Safari | French Food Safari Series 1 Episode 6 | Maeve and Guillaume spend a day in a small French village with top-selling cookbook author Stephane Reynaud and then join passionate Parisienne baker Fabrice le Bourdat in his busy bakery. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-28 | 2330 | Luke Nguyen's France | Marseille | Luke travels to Marseille, the capital of Provence, to immerse himself in this seaside city's food and art culture where he cooks salt and pepper cuttlefish. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-28 | 2400 | The Chefs' Line | Turkish | Apprentice chef Cagin from Turkish restaurant Anason goes up against four home cooks | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-28 | 2430 | Ready Steady Cook UK | Ready Steady Cook UK Series 18/19 Ep 21 | Ainsley Harriott hosts the classic 20-minute cooking challenge. His guests today are round-the-world yachtswoman Tracy Edwards and mountaineer Annabelle Bond. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-06-28 | 2520 | Destination Flavour Down Under Bitesize | Destination Flavour Down Under Bitesize Series 1 Ep 1 | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand. | AUSTRALIA | English-100 | RPT | G | Y |
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| 2021-06-28 | 2630 | Hairy Biker's Route 66 | Hairy Biker's Route 66 Series 1 Ep 6 | For the last leg of their odyssey, the bikers are going west to California. First, they make a small detour to Las Vegas, where they are going to learn how to make the best mashed potato in the world. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-06-28 | 2730 | Mystery Diners | Red Ink | Uche, owner of The Anchor Bar and Tattoo in Atlanta, contacts Charles after noticing a drop in food and tattoo sales. Meagen and Justin go undercover to see if the two problems are related. | USA | English-100 | RPT | PG | |

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|------------|------|---|--|--|----------------|-------------|-----|----|---|
| 2021-06-28 | 2800 | Food Lovers' Guide To Australia | Food Lovers Guide To Australia Series 3 Ep 10 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Tasmanian cheese with a Czech cheese pioneer, and Vietnamese vegetable carving. | AUSTRALIA | English-100 | RPT | G | Y |
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| 2021-06-29 | 0500 | Pati's Mexican Table | Cancun: We Meet Again | Pati explores the Yucatan Peninsula, tasting some of the most inventive dishes at the Crab House, like their Alaskan Wontons. | USA | English-100 | RPT | PG | |
| 2021-06-29 | 0530 | The Chefs' Line | Turkish | Apprentice chef Cagin from Turkish restaurant Anason goes up against four home cooks | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-29 | 0600 | Lidia's Italy | Lidia's Italy Series 3 Ep 11 | Lidia visits Le Sfogline - a pasta shop in the city of Bologna, well known by locals for their delicate hand-rolled pasta. She later makes her own fresh tagliatelle with meat sauce with walnut pesto. | USA | English-100 | RPT | G | |
| 2021-06-29 | 0630 | Martha Bakes | Naturally Gluten-Free | Join Martha as she creates three enticing desserts that happen to be naturally gluten-free - lemon-cornmeal cake, spiced pumpkin pie with a crisp rice crust, and a flourless chocolate-walnut torte. | USA | English-100 | RPT | G | |
| 2021-06-29 | 0700 | Palisa Anderson's Water Heart Food | Third Culture Cooks | Palisa meets up with two old friends - fellow second-generation Thais Ari Walpole and Mahalia Barnes. They visit the Sydney Fish Market, and cook some delicious Thai-inspired recipes. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-29 | 0730 | Africa On A Plate | Imlil, Morocco | Chef Zama Memela treks up into Morocco's Atlas Mountains where she travels local-style by mule learning about the Berber culture and the use of fresh nuts and dates combined in food. | USA | English-100 | RPT | G | |
| 2021-06-29 | 0800 | The Cook And The Chef | Quails And Momos | Maggie and Simon demonstrate how a little bird like quail can pack a big punch. Simon's chilli quail is a crispy explosion of flavours, and Maggie uses quince paste. | AUSTRALIA | English-100 | RPT | G | |
| 2021-06-29 | 0830 | French Food Safari | French Food Safari Series 1 Episode 6 | Maeve and Guillaume spend a day in a small French village with top-selling cookbook author Stephane Reynaud and then join passionate Parisienne baker Fabrice le Bourdat in his busy bakery. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-29 | 0900 | Luke Nguyen's France | Marseille | Luke travels to Marseille, the capital of Provence, to immerse himself in this seaside city's food and art culture where he cooks salt and pepper cuttlefish. | AUSTRALIA | English-100 | RPT | G | Y |
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| 2021-06-29 | 1000 | John Torode's Asia | Hong Kong Traditional | John Torode finds himself in the bustling metropolis of Hong Kong looking for traditional dishes. His first stop is the Lan Kwai Fong district where he explores the markets. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-06-29 | 1030 | Lidia's Italy | Lidia's Italy Series 3 Ep 11 | Lidia visits Le Sfogline - a pasta shop in the city of Bologna, well known by locals for their delicate hand-rolled pasta. She later makes her own fresh tagliatelle with meat sauce with walnut pesto. | USA | English-100 | RPT | G | |
| 2021-06-29 | 1100 | The Cook Up with Adam Liaw | Cheese On Top | Aussie favourite home cook hero Lyndey Milan and Fabbrica chef Hugh Piper are in the Cook Up kitchen chatting cheese with host, Adam Liaw. They explore the best ways to use cheese on top of anything and everything! | AUSTRALIA | English-100 | RPT | PG | |
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| 2021-06-29 | 1330 | Food Lovers' Guide To Australia | Food Lovers Guide To Australia Series 3 Ep 11 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, jam and pickle ladies, bush food and berries, and Thai and Malaysian cuisines. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-29 | 1400 | Cook's Pantry With Matt Sinclair | Cook's Pantry With Matt Sinclair Series 2, The Ep 50 | Courtney makes salmon and fennel tarts, while Michael makes a dish with plenty of history - chicken tikka masala, and for dessert Matt prepares a classic creme caramel. | AUSTRALIA | English-100 | RPT | G | |
| 2021-06-29 | 1430 | Pati's Mexican Table | Turkey Day | Pati is preparing an epic Thanksgiving meal like no other, because this one has a Yucatecan twist. Trade in your turkey for a citrus brined bird. | USA | English-100 | RPT | PG | |

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|------------|------|--|---|--|----------------|-------------|-----|----|---|
| 2021-06-29 | 1500 | The Chefs' Line | Turkish | Station chef Inal from Turkish restaurant Anason goes up against three passionate home cooks in a showcase of culinary excellence. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-29 | 1530 | Lidia's Italy | Lidia's Italy Series 3 Ep 12 | Its all about fontina - a pungent cheese from the mountains of Valle dAosta - as Lidia feasts on veal chops with fontina, along with a delicious fondue valle dAosta-style. | USA | English-100 | RPT | G | |
| 2021-06-29 | 1600 | Martha Bakes | Breads And Rolls | Martha demonstrates how to bake her favourite styles of bread with alternative flours, including honey-wheat Parker House rolls, wholewheat pita bread, and molasses-oat bread. | USA | English-100 | RPT | G | |
| 2021-06-29 | 1630 | Palisa Anderson's Water Heart Food | On Origins | Palisa meets two well-known Sydney-based chefs - Paul Carmichael and Martin Boetz - to explore how cuisines from different countries can mingle and influence each other. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-29 | 1700 | Africa On A Plate | Essaouira | The historic seaside town of Essaouira is the breathtaking setting for chef Zama Memela's next adventure. Taking part in a spice tour educates her on the local spices. | USA | English-100 | RPT | G | |
| 2021-06-29 | 1730 | The Cook And The Chef | Truffles | With a truffle from WA, Simon and Maggie Beer use a sophisticated ingredient in the simplest of ways - on scrambled eggs, pasta, boiled potatoes and, amazingly, on salt and vinegar chips. | AUSTRALIA | English-100 | RPT | G | |
| 2021-06-29 | 1800 | French Food Safari | French Food Safari Series 1 Episode 7 | Maeve and Guillaume experience join France's truffle king Pierre-Jean Pebeyre and his dog Alfonse as they try to find the edible fungus known as the black diamond. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-29 | 1830 | Luke Nguyen's France | Nice | Luke travels to Nice, the jewel of the French Riviera, where the fresh produce is as beautiful as the scenery. He learns the art of cooking a Nicoise salad. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-29 | 1900 | The Cook Up with Adam Liaw | Shortcrust Pastry | Adam is joined in the kitchen by food writer and TV chef, Janelle Bloom and Sydney restaurant China Doll head chef Frank Shek to give their ideas on how to take shortcrust pastry to the next level. | AUSTRALIA | English-100 | | PG | |
| 2021-06-29 | 1930 | Food Safari | Syrian | Syrian food is one of the most vibrant cuisines of the Middle East, full of herbs, spices and traditions stretching back many generations. Maeve learns the essential ingredients. | AUSTRALIA | English-100 | | G | Y |
| 2021-06-29 | 2000 | David Rocco's Dolce South East Asia | New Saigon | David explores the incredible food scene of Saigon and meets a few Viet-Kiew who have now returned to their ancestral home, looking for new opportunities that are now available in this dynamic city. | CANADA | English-100 | | PG | |
| 2021-06-29 | 2030 | Jamie's Kitchen | Jamie's Kitchen Series 1 Ep 4 | Jamie sends the trainees on placements for a month, working alongside professional chefs in some of London's top restaurants. It's a fantastic opportunity for the trainees but a test as well. | UNITED KINGDOM | English-100 | | PG | |
| 2021-06-29 | 2130 | Mystery Diners | Tour Bust | Danny and his son Danny Jr. own the Star Cafe and Star Coaches in Atlanta. They are concerned about missing food in their kitchen and a rise in fuel expenses on their tour buses. | USA | English-100 | | PG | |
| 2021-06-29 | 2200 | The Cook Up with Adam Liaw | Shortcrust Pastry | Adam is joined in the kitchen by food writer and TV chef, Janelle Bloom and Sydney restaurant China Doll head chef Frank Shek to give their ideas on how to take shortcrust pastry to the next level. | AUSTRALIA | English-100 | RPT | PG | |
| 2021-06-29 | 2230 | The Cook And The Chef | Truffles | With a truffle from WA, Simon and Maggie Beer use a sophisticated ingredient in the simplest of ways - on scrambled eggs, pasta, boiled potatoes and, amazingly, on salt and vinegar chips. | AUSTRALIA | English-100 | RPT | G | |
| 2021-06-29 | 2300 | French Food Safari | French Food Safari Series 1 Episode 7 | Maeve and Guillaume experience join France's truffle king Pierre-Jean Pebeyre and his dog Alfonse as they try to find the edible fungus known as the black diamond. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-29 | 2330 | Luke Nguyen's France | Nice | Luke travels to Nice, the jewel of the French Riviera, where the fresh produce is as beautiful as the scenery. He learns the art of cooking a Nicoise salad. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-29 | 2400 | The Chefs' Line | Turkish | Station chef Inal from Turkish restaurant Anason goes up against three passionate home cooks in a showcase of culinary excellence. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-29 | 2430 | Ready Steady Cook UK | Ready Steady Cook UK Series 18/19 Ep 22 | Ainsley Harriott welcomes stylist Nicky Hambleton-Jones and hairdresser Andrew Barton alongside Tony Tobin and Lesley Waters as he hosts the classic 20-minute cooking challenge. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-06-29 | 2520 | Destination Flavour Down Under Bitesize | Destination Flavour Down Under Bitesize Series 1 Ep 2 | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand. | AUSTRALIA | English-100 | RPT | G | Y |

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|------------|------|--|--|--|----------------|-------------|-----|----|---|
| 2021-06-29 | 2530 | Food Safari | Syrian | Syrian food is one of the most vibrant cuisines of the Middle East, full of herbs, spices and traditions stretching back many generations. Maeve learns the essential ingredients. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-29 | 2600 | David Rocco's Dolce South East Asia | New Saigon | David explores the incredible food scene of Saigon and meets a few Viet-Kiew who have now returned to their ancestral home, looking for new opportunities that are now available in this dynamic city. | CANADA | English-100 | RPT | PG | |
| 2021-06-29 | 2630 | Jamie's Kitchen | Jamie's Kitchen Series 1 Ep 4 | Jamie sends the trainees on placements for a month, working alongside professional chefs in some of London's top restaurants. It's a fantastic opportunity for the trainees but also a test as well. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-06-29 | 2730 | Mystery Diners | Tour Bust | Danny and his son Danny Jr. own the Star Cafe and Star Coaches in Atlanta. They are concerned about missing food in their kitchen and a rise in fuel expenses on their tour buses. | USA | English-100 | RPT | PG | |
| 2021-06-29 | 2800 | Food Lovers' Guide To Australia | Food Lovers Guide To Australia Series 3 Ep 11 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, jam and pickle ladies, bush food and berries, and Thai and Malaysian cuisines. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-29 | 2830 | Cook's Pantry With Matt Sinclair | Cook's Pantry With Matt Sinclair Series 2, The Ep 50 | Courtney makes salmon and fennel tarts, while Michael makes a dish with plenty of history - chicken tikka masala, and for dessert Matt prepares a classic creme caramel. | AUSTRALIA | English-100 | RPT | G | |
| 2021-06-30 | 0500 | Pati's Mexican Table | Turkey Day | Pati is preparing an epic Thanksgiving meal like no other, because this one has a Yucatecan twist. Trade in your turkey for a citrus brined bird. | USA | English-100 | RPT | PG | |
| 2021-06-30 | 0530 | The Chefs' Line | Turkish | Station chef Inal from Turkish restaurant Anason goes up against three passionate home cooks in a showcase of culinary excellence. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-30 | 0600 | Lidia's Italy | Lidia's Italy Series 3 Ep 12 | Its all about fontina - a pungent cheese from the mountains of Valle dAosta - as Lidia feasts on veal chops with fontina, along with a delicious fondue valle dAosta-style. | USA | English-100 | RPT | G | |
| 2021-06-30 | 0630 | Martha Bakes | Breads And Rolls | Martha demonstrates how to bake her favourite styles of bread with alternative flours, including honey-wheat Parker House rolls, wholewheat pita bread, and molasses-oat bread. | USA | English-100 | RPT | G | |
| 2021-06-30 | 0700 | Palisa Anderson's Water Heart Food | On Origins | Palisa meets two well-known Sydney-based chefs - Paul Carmichael and Martin Boetz - to explore how cuisines from different countries can mingle and influence each other. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-30 | 0730 | Africa On A Plate | Essaouira | The historic seaside town of Essaouira is the breathtaking setting for chef Zama Memela's next adventure. Taking part in a spice tour educates her on the local spices. | USA | English-100 | RPT | G | |
| 2021-06-30 | 0800 | The Cook And The Chef | Truffles | With a truffle from WA, Simon and Maggie Beer use a sophisticated ingredient in the simplest of ways - on scrambled eggs, pasta, boiled potatoes and, amazingly, on salt and vinegar chips. | AUSTRALIA | English-100 | RPT | G | |
| 2021-06-30 | 0830 | French Food Safari | French Food Safari Series 1 Episode 7 | Maeve and Guillaume experience join France's truffle king Pierre-Jean Pebeyre and his dog Alfonse as they try to find the edible fungus known as the black diamond. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-30 | 0900 | Luke Nguyen's France | Nice | Luke travels to Nice, the jewel of the French Riviera, where the fresh produce is as beautiful as the scenery. He learns the art of cooking a Nicoise salad. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-30 | 0930 | Food Safari | Syrian | Syrian food is one of the most vibrant cuisines of the Middle East, full of herbs, spices and traditions stretching back many generations. Maeve learns the essential ingredients. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-30 | 1000 | David Rocco's Dolce South East Asia | New Saigon | David explores the incredible food scene of Saigon and meets a few Viet-Kiew who have now returned to their ancestral home, looking for new opportunities that are now available in this dynamic city. | CANADA | English-100 | RPT | PG | |
| 2021-06-30 | 1030 | Lidia's Italy | Lidia's Italy Series 3 Ep 12 | Its all about fontina - a pungent cheese from the mountains of Valle dAosta - as Lidia feasts on veal chops with fontina, along with a delicious fondue valle dAosta-style. | USA | English-100 | RPT | G | |
| 2021-06-30 | 1100 | The Cook Up with Adam Liaw | Shortcrust Pastry | Adam is joined in the kitchen by food writer and TV chef, Janelle Bloom and Sydney restaurant China Doll head chef Frank Shek to give their ideas on how to take shortcrust pastry to the next level. | AUSTRALIA | English-100 | RPT | PG | |
| 2021-06-30 | 1130 | Jamie's Kitchen | Jamie's Kitchen Series 1 Ep 4 | Jamie sends the trainees on placements for a month, working alongside professional chefs in some of London's top restaurants. It's a fantastic opportunity for the trainees but also a test as well. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-06-30 | 1230 | French Food Safari | French Food Safari Series 1 Episode 7 | Maeve and Guillaume experience join France's truffle king Pierre-Jean Pebeyre and his dog Alfonse as they try to find the edible fungus known as the black diamond. | AUSTRALIA | English-100 | RPT | G | Y |

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|------------|------|---|--|--|----------------|-------------|-----|----|---|
| 2021-06-30 | 1300 | Pati's Mexican Table | Alan Goes To College | Pati's eldest son, Alan, is heading off to college. Pati wants to make sure he's well prepared with some basic cooking techniques since mum won't be doing the cooking at school. | USA | English-100 | RPT | PG | |
| 2021-06-30 | 1330 | Food Lovers' Guide To Australia | Food Lovers Guide To Australia Series 3 Ep 12 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Japanese buckwheat noodles in Sydney, and oxtail soup in Perth's Swan Valley. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-30 | 1400 | Cook's Pantry With Matt Sinclair | Cook's Pantry With Matt Sinclair Series 2, The Ep 51 | Michael kicks things off with guest MasterChef contestant Sashi Cheliah, who shares how to cook Bang Bang chicken. Matt is joined by guest Sarah Todd who cooks a family favourite - sausage rolls. | AUSTRALIA | English-100 | RPT | G | |
| 2021-06-30 | 1430 | Pati's Mexican Table | Jose Andres Takes Over | Pati invites her good friend and celebrity chef, Jose Andres, to cook with her. They join forces in her kitchen to whip together a series of Mexican and Spanish influenced recipes. | USA | English-100 | RPT | PG | |
| 2021-06-30 | 1500 | The Chefs' Line | Turkish | Sous chef Ozga from Turkish restaurant Anason battles two passionate home cooks in a showdown of Turkish cuisine. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-30 | 1530 | Lidia's Italy | Lidia's Italy Series 3 Ep 13 | Lidia is in Valle d'Aosta where hearty foods dominate the mountainous landscape, and are paired with high quality French-style wines - an example of true border cuisine. | USA | English-100 | RPT | G | |
| 2021-06-30 | 1600 | Martha Bakes | Rethinking Cake | Martha gives three traditional cakes a healthy twist - a roulade made with oat flour and fresh berry cream, a chocolate and buckwheat torte, and a zucchini and almond cake. | USA | English-100 | RPT | G | |
| 2021-06-30 | 1630 | Palisa Anderson's Water Heart Food | Sauce Of It All, The | Palisa visits two well-known Byron-based chefs - Ben Devlin and Jason Saxby - to explore the idea of combining traditional cooking methods with the use of the local ingredients. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-30 | 1700 | Africa On A Plate | Morocco Fusion | Morocco has so much to offer among its cuisine. Chef Zama Memela tries marinated salmon and is finally introduced to the famed pigeon pie. | USA | English-100 | RPT | G | |
| 2021-06-30 | 1730 | The Cook And The Chef | 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 | RPT | G | |
| 2021-06-30 | 1800 | French Food Safari | French Food Safari Series 1 Episode 8 | Maeve and Guillaume get the lowdown on how a top-class kitchen works by joining Guillaume Brahimi for a busy night at his restaurant to see how his exquisite meals are created and served. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-30 | 1830 | Luke Nguyen's France | Biarritz And Ile D'oleron | Luke explores France's southwest, sampling Basque delicacies in Biarritz and oysters on the island of d'Oleron. Pastry chef Didier shows him how to make a gateau cake. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-30 | 1900 | The Cook Up with Adam Liaw | Chicken Wings | Adam is joined in The Cook Up Kitchen by two food loving friends for a half hour of good fun and conversation as they cook up a tonight's special dish - chicken wings. | AUSTRALIA | English-100 | | PG | |
| 2021-06-30 | 1930 | Nigella Kitchen | Rags To Riches | Truly heavenly meals don't have to start life with painfully expensive ingredients. Nigella's got a whole host of sublime recipes up her sleeve that hail from far more modest beginnings. | UNITED KINGDOM | English-100 | | G | |
| 2021-06-30 | 2000 | Poh & Co. | Great Wall Of China Plates, The | Poh is back as she perfects mushroom risotto, learns tea-blending techniques from a doyen and reveals her secret to roasting marshmallows. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-30 | 2030 | Rick Stein's Cornwall | Rick Stein's Cornwall Series 1 Ep 7 | Rick explores one of Cornwall's hidden secrets, the stunning Fowey Estuary, joining his friend on a boat trip to learn about the history of the area and getting a view of the beautiful river bank. | UNITED KINGDOM | English-100 | | PG | |
| 2021-06-30 | 2100 | Rick Stein's Fruits Of The Sea | Rick Stein's Fruits Of The Sea Series 1 Ep 2 | The mullet are running up the estuary and Rick has his eye on them. He takes his friend, Brian Bate, for a spot of fishing. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-06-30 | 2130 | Mystery Diners | Skating On Thin Ice | After noticing missing food and merchandise, the owners of Epic Rollertainment in Murrieta, California, contact Charles for help. | USA | English-100 | | PG | |
| 2021-06-30 | 2200 | The Cook Up with Adam Liaw | Chicken Wings | Adam is joined in The Cook Up Kitchen by two food loving friends for a half hour of good fun and conversation as they cook up a tonight's special dish - chicken wings | AUSTRALIA | English-100 | RPT | PG | |
| 2021-06-30 | 2230 | The Cook And The Chef | 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 | RPT | G | |

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|------------|------|--|---|--|----------------|-------------|-----|----|---|
| 2021-06-30 | 2300 | French Food Safari | French Food Safari Series 1 Episode 8 | Maeve and Guillaume get the lowdown on how a top-class kitchen works by joining Guillaume Brahimi for a busy night at his restaurant to see how his exquisite meals are created and served. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-30 | 2330 | Luke Nguyen's France | Biarritz And Ile D'oleron | Luke explores France's southwest, sampling Basque delicacies in Biarritz and oysters on the island of d'Oleron. Pastry chef Didier shows him how to make a gateau cake. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-30 | 2400 | The Chefs' Line | Turkish | Sous chef Ozga from Turkish restaurant Anason battles two passionate home cooks in a showdown of Turkish cuisine. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-30 | 2430 | Ready Steady Cook UK | Ready Steady Cook UK Series 18/19 Ep 23 | In this special Sport Relief edition, comedian and TV presenter Nick Hancock joins forces with former England cricket captain Allan Lamb and chefs Lesley Waters and Richard Phillips. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-06-30 | 2520 | Destination Flavour Down Under Bitesize | Destination Flavour Down Under Bitesize Series 1 Ep 3 | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-30 | 2530 | Nigella Kitchen | Rags To Riches | Truly heavenly meals don't have to start life with painfully expensive ingredients. Nigella's got a whole host of sublime recipes up her sleeve that hail from far more modest beginnings. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-06-30 | 2600 | Poh & Co. | Great Wall Of China Plates, The | Poh is back as she perfects mushroom risotto, learns tea-blending techniques from a doyen and reveals her secret to roasting marshmallows. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-30 | 2630 | Rick Stein's Cornwall | Rick Stein's Cornwall Series 1 Ep 7 | Rick explores one of Cornwall's hidden secrets, the stunning Fowey Estuary, joining his friend on a boat trip to learn about the history of the area and getting a view of the beautiful river bank. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-06-30 | 2700 | Rick Stein's Fruits Of The Sea | Rick Stein's Fruits Of The Sea Series 1 Ep 2 | The mullet are running up the estuary and Rick has his eye on them. He takes his friend, Brian Bate, for a spot of fishing. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-06-30 | 2730 | Mystery Diners | Skating On Thin Ice | After noticing missing food and merchandise, the owners of Epic Rollertainment in Murrieta, California, contact Charles for help. | USA | English-100 | RPT | PG | |
| 2021-06-30 | 2800 | Food Lovers' Guide To Australia | Food Lovers Guide To Australia Series 3 Ep 12 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Japanese buckwheat noodles in Sydney, and oxtail soup in Perth's Swan Valley. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-06-30 | 2830 | Cook's Pantry With Matt Sinclair | Cook's Pantry With Matt Sinclair Series 2, The Ep 51 | Michael kicks things off with guest MasterChef contestant Sashi Cheliah, who shares how to cook Bang Bang chicken. Matt is joined by guest Sarah Todd who cooks a family favourite - sausage rolls. | AUSTRALIA | English-100 | RPT | G | |
| 2021-07-01 | 0500 | Nigella Kitchen | Rags To Riches | Truly heavenly meals don't have to start life with painfully expensive ingredients. Nigella's got a whole host of sublime recipes up her sleeve that hail from far more modest beginnings. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-07-01 | 0530 | The Chefs' Line | Turkish | Sous chef Ozga from Turkish restaurant Anason battles two passionate home cooks in a showdown of Turkish cuisine. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-01 | 0600 | Lidia's Italy | Lidia's Italy Series 3 Ep 13 | Lidia is in Valle d'Aosta where hearty foods dominate the mountainous landscape, and are paired with high quality French-style wines - an example of true border cuisine. | USA | English-100 | RPT | G | |
| 2021-07-01 | 0630 | Martha Bakes | Rethinking Cake | Martha gives three traditional cakes a healthy twist - a roulade made with oat flour and fresh berry cream, a chocolate and buckwheat torte, and a zucchini and almond cake. | USA | English-100 | RPT | G | |
| 2021-07-01 | 0700 | Palisa Anderson's Water Heart Food | Sauce Of It All, The | Palisa visits two well-known Byron-based chefs - Ben Devlin and Jason Saxby - to explore the idea of combining traditional cooking methods with the use of the local ingredients. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-01 | 0730 | Africa On A Plate | Morocco Fusion | Morocco has so much to offer among its cuisine. Chef Zama Memela tries marinated salmon and is finally introduced to the famed pigeon pie. | USA | English-100 | RPT | G | |
| 2021-07-01 | 0800 | Food Lovers' Guide To Australia | Food Lovers Guide To Australia Series 3 Ep 12 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Japanese buckwheat noodles in Sydney, and oxtail soup in Perth's Swan Valley. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-01 | 0830 | Cook's Pantry With Matt Sinclair | Cook's Pantry With Matt Sinclair Series 2, The Ep 2 | Out in the picturesque olive groves of Cobram Estate, Matt serves up a nostalgic and delicious beef stroganoff with olive oil mash, while Courtney prepares a beetroot cured salmon. | AUSTRALIA | English-100 | RPT | G | |

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|------------|------|---|--|--|----------------|---------------------|-----|----|---|
| 2021-07-01 | 0900 | Luke Nguyen's France | Biarritz And Ile D'oleron | Luke explores France's southwest, sampling Basque delicacies in Biarritz and oysters on the island of d'Oleron. Pastry chef Didier shows him how to make a gateau cake. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-01 | 0930 | Nigella Kitchen | Rags To Riches | Truly heavenly meals don't have to start life with painfully expensive ingredients. Nigella's got a whole host of sublime recipes up her sleeve that hail from far more modest beginnings. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-07-01 | 1000 | Poh & Co. | Great Wall Of China Plates, The | Poh is back as she perfects mushroom risotto, learns tea-blending techniques from a doyen and reveals her secret to roasting marshmallows. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-01 | 1030 | Lidia's Italy | Lidia's Italy Series 3 Ep 13 | Lidia is in Valle d'Aosta where hearty foods dominate the mountainous landscape, and are paired with high quality French-style wines - an example of true border cuisine. | USA | English-100 | RPT | G | |
| 2021-07-01 | 1100 | The Cook Up with Adam Liaw | Chicken Wings | Adam is joined in The Cook Up Kitchen by two food loving friends for a half hour of good fun and conversation as they cook up a tonight's special dish - chicken wings | AUSTRALIA | English-100 | RPT | PG | |
| 2021-07-01 | 1130 | Rick Stein's Cornwall | Rick Stein's Cornwall Series 1 Ep 7 | Rick explores one of Cornwall's hidden secrets, the stunning Fowey Estuary, joining his friend on a boat trip to learn about the history of the area and getting a view of the beautiful river bank. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-07-01 | 1200 | Rick Stein's Fruits Of The Sea | Rick Stein's Fruits Of The Sea Series 1 Ep 2 | The mullet are running up the estuary and Rick has his eye on them. He takes his friend, Brian Bate, for a spot of fishing. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-07-01 | 1230 | Africa On A Plate | Morocco Fusion | Morocco has so much to offer among its cuisine. Chef Zama Memela tries marinated salmon and is finally introduced to the famed pigeon pie. | USA | English-100 | RPT | G | |
| 2021-07-01 | 1300 | Mystery Diners | Skating On Thin Ice | After noticing missing food and merchandise, the owners of Epic Rollertainment in Murrieta, California, contact Charles for help. | USA | English-100 | RPT | PG | |
| 2021-07-01 | 1330 | Food Lovers' Guide To Australia | Food Lovers Guide To Australia Series 3 Ep 13 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, all there is to know about olive oil, and a third generation Aussie bee keeper. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-01 | 1400 | Cook's Pantry With Matt Sinclair | Cook's Pantry With Matt Sinclair Series 2, The Ep 52 | Matt makes a brekfast favourite with a twist - chia and quinoa chai-spiced porridge, while Courtney shares a simple and healthy vegetarian dish with her stuffed tomatoes. | AUSTRALIA | English-100 | RPT | G | |
| 2021-07-01 | 1430 | Pati's Mexican Table | One Day In Oaxaca | Pati shows viewers how to get the most out of one day in the city of Oaxaca. In 24 hours, she takes in the top sights, meets up with a local guide, and goes to the market for lunch. | USA | English-100 | RPT | G | |
| 2021-07-01 | 1500 | The Chefs' Line | Turkish | In the final showdown, executive chef Somer from Turkish restaurant Anason in Sydney goes up against this week's best cook in the ultimate David vs. Goliath battle. | AUSTRALIA | nglish-99; Turkish- | RPT | G | Y |
| 2021-07-01 | 1530 | Lidia's Italy | Lidia's Italy Series 3 Ep 14 | Every region in Italy has its traditional pasta products and in Umbria, strangozzi is a particular shape that reigns. These delicate handmade pastas are omnipresent in this region. | USA | English-100 | RPT | G | |
| 2021-07-01 | 1600 | Martha Bakes | Wholesome Breakfast | Martha shares three healthy breakfast recipes designed to get people eating breakfast every day - Irish-style rye bread, wholewheat popovers, and a speedy date and nut loaf. | USA | English-100 | RPT | G | |
| 2021-07-01 | 1630 | Palisa Anderson's Water Heart Food | Cooking Country | In Thailand, foraging for wild ingredients and living off what the land provides is a big part of the way people live. In Byron, Indigenous woman Arabella Douglas forages for native ingredients. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2021-07-01 | 1700 | Africa On A Plate | Cooking With Zama: Morocco | This episode provides detailed recipe information from Chef Zama Memela's journey through Morocco for easy duplication at home. | USA | English-100 | RPT | PG | |
| 2021-07-01 | 1730 | The Cook And The Chef | 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. | AUSTRALIA | English-100 | RPT | G | |
| 2021-07-01 | 1800 | French Food Safari | French Food Safari Series 1 Episode 9 | Maeve and Guillaume are taken on a tour of one of the top Parisienne kitchens with three Michelin-starred chef Guy Savoy, who cooks up some of his signature dishes. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-01 | 1830 | Luke Nguyen's France | Ile D'oleron | Luke continues his journey around the oyster island of D'Oleron before exploring the food traditions of the Loire Valley. | AUSTRALIA | English-100 | RPT | G | Y |

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|------------|------|--|---|---|----------------|---------------------|-----|---|----|---|
| 2021-07-01 | 1900 | The Cook Up with Adam Liaw | Sweet Potato | Recipe developer Breda Fenn and Maitre d' of Momofuku Seibo, Kylie Javier Ashton come by the Cook Up kitchen to whip up their favourite sweet potato dishes with Adam Liaw. | AUSTRALIA | English-100 | | | PG | |
| 2021-07-01 | 1930 | Australia's Food Bowl | Australia's Food Bowl With Stefano De Pieri Series 1 Ep 6 | The rich red soil of Mildura, coupled with water from the mighty Murray River, provide the perfect conditions to grow vegetables - and Stefano loves to cook with the freshest local vegetables around. | AUSTRALIA | English-100 | | | PG | |
| 2021-07-01 | 2000 | Middle East Feast With Shane Delia | Sunday Lunch | 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 | |
| 2021-07-01 | 2030 | Jimmy Shu's Taste of The Territory | Seafood | At one of Darwin's wharfs Jimmy meets self-taught chef Rachael Ciesolka, who shows Jimmy how to cook her signature lemon citrus mud crab dish. | AUSTRALIA | English-100 | RPT | G | | Y |
| 2021-07-01 | 2100 | Rick Stein's French Odyssey | Rick Stein's French Odyssey Series 1 Ep 1 | Award-winning chef Rick Stein's in France for a gastronomic journey through the waterways of France, travelling by barge on the Canal du Midi from Bordeaux to Marseilles for the best food and wine. | UNITED KINGDOM | English-100 | RPT | G | | |
| 2021-07-01 | 2130 | Mystery Diners | Drive-Thru Drama | Byron, owner of B-Man's Teriyaki and Burgers in Pasadena, becomes suspicious when he notices a drop in customers. Charles sends in Kiel and Eliot, who uncover a problem with the drive-thru staff. | USA | English-100 | | | PG | |
| 2021-07-01 | 2200 | The Cook Up with Adam Liaw | Sweet Potato | Recipe developer Breda Fenn and Maitre d' of Momofuku Seibo, Kylie Javier Ashton come by the Cook Up kitchen to whip up their favourite sweet potato dishes with Adam Liaw. | AUSTRALIA | English-100 | RPT | | PG | |
| 2021-07-01 | 2230 | The Cook And The Chef | 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. | AUSTRALIA | English-100 | RPT | G | | |
| 2021-07-01 | 2300 | French Food Safari | French Food Safari Series 1 Episode 9 | Maeve and Guillaume are taken on a tour of one of the top Parisienne kitchens with three Michelin-starred chef Guy Savoy, who cooks up some of his signature dishes. | AUSTRALIA | English-100 | RPT | G | | Y |
| 2021-07-01 | 2330 | Luke Nguyen's France | Ile D'oleron | Luke continues his journey around the oyster island of D'Oleron before exploring the food traditions of the Loire Valley. | AUSTRALIA | English-100 | RPT | G | | Y |
| 2021-07-01 | 2400 | The Chefs' Line | Turkish | In the final showdown, executive chef Somer from Turkish restaurant Anason in Sydney goes up against this week's best cook in the ultimate David vs. Goliath battle. | AUSTRALIA | nglish-99; Turkish- | RPT | G | | Y |
| 2021-07-01 | 2430 | Ready Steady Cook UK | Ready Steady Cook UK Series 18/19 Ep 24 | The jokes are flying thick and fast, as Bradley Walsh and Joe Pasquale join chefs Gino D'Acampo and Lesley Waters for today's classic 20-minute cooking challenge, with host Ainsley Harriott. | UNITED KINGDOM | English-100 | RPT | G | | |
| 2021-07-01 | 2520 | Destination Flavour Down Under Bitesize | Destination Flavour Down Under Bitesize Series 1 Ep 4 | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand. | AUSTRALIA | English-100 | RPT | G | | Y |
| 2021-07-01 | 2530 | Australia's Food Bowl | Australia's Food Bowl With Stefano De Pieri Series 1 Ep 6 | The rich red soil of Mildura, coupled with water from the mighty Murray River, provide the perfect conditions to grow vegetables - and Stefano loves to cook with the freshest local vegetables around. | AUSTRALIA | English-100 | RPT | | PG | |
| 2021-07-01 | 2600 | Middle East Feast With Shane Delia | Sunday Lunch | 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 | |
| 2021-07-01 | 2630 | Jimmy Shu's Taste of The Territory | Seafood | At one of Darwin's wharfs Jimmy meets self-taught chef Rachael Ciesolka, who shows Jimmy how to cook her signature lemon citrus mud crab dish. | AUSTRALIA | English-100 | RPT | G | | Y |
| 2021-07-01 | 2700 | Rick Stein's French Odyssey | Rick Stein's French Odyssey Series 1 Ep 1 | Award-winning chef Rick Stein's in France for a gastronomic journey through the waterways of France, travelling by barge on the Canal du Midi from Bordeaux to Marseilles for the best food and wine. | UNITED KINGDOM | English-100 | RPT | G | | |
| 2021-07-01 | 2730 | Mystery Diners | Drive-Thru Drama | Byron, owner of B-Man's Teriyaki and Burgers in Pasadena, becomes suspicious when he notices a drop in customers. Charles sends in Kiel and Eliot, who uncover a problem with the drive-thru staff. | USA | English-100 | RPT | | PG | |
| 2021-07-01 | 2800 | Food Lovers' Guide To Australia | Food Lovers Guide To Australia Series 3 Ep 13 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, all there is to know about olive oil, and a third generation Aussie bee keeper. | AUSTRALIA | English-100 | RPT | G | | Y |

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|------------|------|---|---|---|----------------|---------------------|-----|----|---|
| 2021-07-01 | 2830 | Cook's Pantry With Matt Sinclair | Cook's Pantry With Matt Sinclair Series 2, The Ep 52 | Matt makes a brekfast favourite with a twist - chia and quinoa chai-spiced porridge, while Courtney shares a simple and healthy vegetarian dish with her stuffed tomatoes. | AUSTRALIA | English-100 | RPT | G | |
| 2021-07-02 | 0500 | Pati's Mexican Table | One Day In Oaxaca | Pati shows viewers how to get the most out of one day in the city of Oaxaca. In 24 hours, she takes in the top sights, meets up with a local guide, and goes to the market for lunch. | USA | English-100 | RPT | G | |
| 2021-07-02 | 0530 | The Chefs' Line | Turkish | In the final showdown, executive chef Somer from Turkish restaurant Anason in Sydney goes up against this week's best cook in the ultimate David vs. Goliath battle. | AUSTRALIA | nglish-99; Turkish- | RPT | G | Y |
| 2021-07-02 | 0600 | Lidia's Italy | Lidia's Italy Series 3 Ep 14 | Every region in Italy has its traditional pasta products and in Umbria, strangozzi is a particular shape that reigns. These delicate handmade pastas are omnipresent in this region. | USA | English-100 | RPT | G | |
| 2021-07-02 | 0630 | Martha Bakes | Wholesome Breakfast | Martha shares three healthy breakfast recipes designed to get people eating breakfast every day - Irish-style rye bread, wholewheat popovers, and a speedy date and nut loaf. | USA | English-100 | RPT | G | |
| 2021-07-02 | 0700 | Palisa Anderson's Water Heart Food | Cooking Country | In Thailand, foraging for wild ingredients and living off what the land provides is a big part of the way people live. In Byron, Indigenous woman Arabella Douglas forages for native ingredients. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2021-07-02 | 0730 | Africa On A Plate | Cooking With Zama: Morocco | This episode provides detailed recipe information from Chef Zama Memela's journey through Morocco for easy duplication at home. | USA | English-100 | RPT | PG | |
| 2021-07-02 | 0800 | The Cook And The Chef | 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. | AUSTRALIA | English-100 | RPT | G | |
| 2021-07-02 | 0830 | French Food Safari | French Food Safari Series 1 Episode 9 | Maeve and Guillaume are taken on a tour of one of the top Parisienne kitchens with three Michelin-starred chef Guy Savoy, who cooks up some of his signature dishes. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-02 | 0900 | Luke Nguyen's France | Ile D'oleron | Luke continues his journey around the oyster island of D'Oleron before exploring the food traditions of the Loire Valley. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-02 | 0930 | Australia's Food Bowl | Australia's Food Bowl With Stefano De Pieri Series 1 Ep 6 | The rich red soil of Mildura, coupled with water from the mighty Murray River, provide the perfect conditions to grow vegetables - and Stefano loves to cook with the freshest local vegetables around. | AUSTRALIA | English-100 | RPT | PG | |
| 2021-07-02 | 1000 | Middle East Feast With Shane Delia | Sunday Lunch | 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 | |
| 2021-07-02 | 1030 | Lidia's Italy | Lidia's Italy Series 3 Ep 14 | Every region in Italy has its traditional pasta products and in Umbria, strangozzi is a particular shape that reigns. These delicate handmade pastas are omnipresent in this region. | USA | English-100 | RPT | G | |
| 2021-07-02 | 1100 | The Cook Up with Adam Liaw | Sweet Potato | Recipe developer Breda Fenn and Maitre d' of Momofuku Seibo, Kylie Javier Ashton come by the Cook Up kitchen to whip up their favourite sweet potato dishes with Adam Liaw. | AUSTRALIA | English-100 | RPT | PG | |
| 2021-07-02 | 1130 | Jimmy Shu's Taste of The Territory | Seafood | At one of Darwin's wharfs Jimmy meets self-taught chef Rachael Ciesolka, who shows Jimmy how to cook her signature lemon citrus mud crab dish. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-02 | 1200 | Rick Stein's French Odyssey | Rick Stein's French Odyssey Series 1 Ep 1 | Award-winning chef Rick Stein's in France for a gastronomic journey through the waterways of France, travelling by barge on the Canal du Midi from Bordeaux to Marseilles for the best food and wine. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-07-02 | 1230 | French Food Safari | French Food Safari Series 1 Episode 9 | Maeve and Guillaume are taken on a tour of one of the top Parisienne kitchens with three Michelin-starred chef Guy Savoy, who cooks up some of his signature dishes. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-02 | 1300 | Mystery Diners | Drive-Thru Drama | Byron, owner of B-Man's Teriyaki and Burgers in Pasadena, becomes suspicious when he notices a drop in customers. Charles sends in Kiel and Eliot, who uncover a problem with the drive-thru staff. | USA | English-100 | RPT | PG | |
| 2021-07-02 | 1330 | Food Lovers' Guide To Australia | Food Lovers Guide To Australia Series 4 Ep 1 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, two young indigenous women travel the outback to cook at a huge bush carnival. | AUSTRALIA | English-100 | RPT | G | Y |

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|------------|------|--|---|--|----------------|-------------|-----|----|---|
| 2021-07-02 | 1400 | Cook's Pantry With Matt Sinclair | Cook's Pantry With Matt Sinclair Series 2, The Ep 53 | Matt uses one of Australia's favourite cookies - the Anzac biscuit - to prepare Anzac ice cream sandwiches. Courtney shares her speedy paella recipe, and Michael makes a Mexican-style fondue. | AUSTRALIA | English-100 | RPT | G | |
| 2021-07-02 | 1430 | Pati's Mexican Table | History Of Oaxaca Cuisine | Pati takes viewers on a deep dive into the history of Oaxacan cuisine from its pre-Hispanic origins, to the introduction of Spanish techniques, and finally modern day movements. | USA | English-100 | RPT | PG | |
| 2021-07-02 | 1500 | The Chefs' Line | Turkish | Maeve O'Meara takes us inside the kitchen of Turkish restaurant Anason where she learns how to make cured salmon pastrima, atom and slow roasted lamb shoulder with executive chef Somer. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-02 | 1530 | Lidia's Italy | Lidia's Italy Series 3 Ep 15 | The scenery in Umbria is breathtakingly simple, tranquil, and somewhat mystic. Lidia explores this beauty, along with an age old tradition of making ceramics, together with two passionate artisans. | USA | English-100 | RPT | G | |
| 2021-07-02 | 1600 | Cocoa: Beyond The Bean | Cocoa: Beyond The Bean | Have you ever wondered where chocolate comes from? Come along with Kirsten Tibballs as she explores the process of growing cocoa in Ghana, West Africa. | AUSTRALIA | English-100 | RPT | G | |
| 2021-07-02 | 1700 | Africa On A Plate | Lesotho | Chef Zama Memela is in Lesotho, where the snow shines as does the mountainous country's cuisine featuring fresh river trout and local vegetables. | USA | English-100 | RPT | PG | |
| 2021-07-02 | 1730 | Food Safari | French Safari Part 1 | Maeve meets up with top chef Guillaume Brahimi, owner and chef of Bennelong Restaurant at the Sydney Opera House, and TV chef Gabriel Gate. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-02 | 1800 | Food Safari | French Safari Part 2 | Chef Guillaume Brahimi gives Maeve a guide to essential fresh ingredients - from herbs to vegetables - then shows how to cook the perfect steak and the potatoes. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-02 | 1830 | Luke Nguyen's France | Loire Valley And Saint Malo | Luke experiences life and food on the Loire River before finishing his culinary journey through France in the seaside town of St Malo. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-02 | 1900 | The Cook Up with Adam Liaw | On The Bone | Host Adam Liaw is joined in the Cook Up kitchen by executive chef at Mjolner, Joachim Borenius and comedian Lizzy Hoo as they create their ultimate meat on the bone dishes. | AUSTRALIA | English-100 | | | |
| 2021-07-02 | 1930 | River Cottage Australia | River Cottage Australia One Hours Series 2 Ep 4 | Paul has always known that farm life isn't easy, but when he's faced with a tough task his experiences from last season prove to be useful. | UNITED KINGDOM | English-100 | RPT | PG | Y |
| 2021-07-02 | 2030 | Jamie's Food Escapes | Andalucia | Jamie travels to Andalucia in Southern Spain where he eats heavenly cakes cooked by nuns, and joins in the community festivities as he cooks a giant paella for a whole village. | UNITED KINGDOM | English-100 | | PG | |
| 2021-07-02 | 2130 | Mystery Diners | Street Vendor Violation | After noticing lacklustre dinner sales, Freddy and Abdi of Supperclub in LA need help. When Charles sends in his mystery diners, they discover the staff is using a street vendor to line their pockets. | USA | English-100 | | PG | |
| 2021-07-02 | 2200 | The Cook Up with Adam Liaw | On The Bone | Host Adam Liaw is joined in the Cook Up kitchen by executive chef at Mjolner, Joachim Borenius and comedian Lizzy Hoo as they create their ultimate meat on the bone dishes. | AUSTRALIA | English-100 | RPT | | |
| 2021-07-02 | 2230 | Food Safari | French Safari Part 1 | Maeve meets up with top chef Guillaume Brahimi, owner and chef of Bennelong Restaurant at the Sydney Opera House, and TV chef Gabriel Gate. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-02 | 2300 | Food Safari | French Safari Part 2 | Chef Guillaume Brahimi gives Maeve a guide to essential fresh ingredients - from herbs to vegetables - then shows how to cook the perfect steak and the potatoes. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-02 | 2330 | Luke Nguyen's France | Loire Valley And Saint Malo | Luke experiences life and food on the Loire River before finishing his culinary journey through France in the seaside town of St Malo. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-02 | 2400 | The Chefs' Line | Turkish | Maeve O'Meara takes us inside the kitchen of Turkish restaurant Anason where she learns how to make cured salmon pastrima, atom and slow roasted lamb shoulder with executive chef Somer. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-02 | 2430 | Ready Steady Cook UK | Ready Steady Cook UK Series 18/19 Ep 25 | No blue flashing lights but plenty of action as Casualty stars Jane Hazlegrove and Marr Bardock join chefs James Tanner and Lesley Waters for another classic 20-minute cooking challenge. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-07-02 | 2520 | Destination Flavour Down Under Bitesize | Destination Flavour Down Under Bitesize Series 1 Ep 5 | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand. | AUSTRALIA | English-100 | RPT | G | Y |

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|------------|------|---|--|--|----------------|-------------|-----|----|---|
| 2021-07-02 | 2530 | River Cottage Australia | River Cottage Australia One Hours Series 2 Ep 4 | Paul has always known that farm life isn't easy, but when he's faced with a tough task his experiences from last season prove to be useful. | UNITED KINGDOM | English-100 | RPT | PG | Y |
| 2021-07-02 | 2630 | Jamie's Food Escapes | Andalucia | Jamie travels to Andalucia in Southern Spain where he eats heavenly cakes cooked by nuns, and joins in the community festivities as he cooks a giant paella for a whole village. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-07-02 | 2730 | Mystery Diners | Street Vendor Violation | After noticing lacklustre dinner sales, Freddy and Abdi of Supperclub in LA need help. When Charles sends in his mystery diners, they discover the staff is using a street vendor to line their pockets. | USA | English-100 | RPT | PG | |
| 2021-07-02 | 2800 | Food Lovers' Guide To Australia | Food Lovers Guide To Australia Series 4 Ep 1 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, two young indigenous women travel the outback to cook at a huge bush carnival. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-02 | 2830 | Cook's Pantry With Matt Sinclair | Cook's Pantry With Matt Sinclair Series 2, The Ep 53 | Matt uses one of Australia's favourite cookies - the Anzac biscuit - to prepare Anzac ice cream sandwiches. Courtney shares her speedy paella recipe, and Michael makes a Mexican-style fondue. | AUSTRALIA | English-100 | RPT | G | |
| 2021-07-03 | 0500 | Pati's Mexican Table | History Of Oaxaca Cuisine | Pati takes viewers on a deep dive into the history of Oaxacan cuisine from its pre-Hispanic origins, to the introduction of Spanish techniques, and finally modern day movements. | USA | English-100 | RPT | PG | |
| 2021-07-03 | 0530 | The Chefs' Line | Turkish | Maeve O'Meara takes us inside the kitchen of Turkish restaurant Anason where she learns how to make cured salmon pastrima, atom and slow roasted lamb shoulder with executive chef Somer. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-03 | 0600 | Lidia's Italy | Lidia's Italy Series 3 Ep 15 | The scenery in Umbria is breathtakingly simple, tranquil, and somewhat mystic. Lidia explores this beauty, along with an age old tradition of making ceramics, together with two passionate artisans. | USA | English-100 | RPT | G | |
| 2021-07-03 | 0630 | Cocoa: Beyond The Bean | Cocoa: Beyond The Bean | Have you ever wondered where chocolate comes from? Come along with Kirsten Tibballs as she explores the process of growing cocoa in Ghana, West Africa. | AUSTRALIA | English-100 | RPT | G | |
| 2021-07-03 | 0730 | Africa On A Plate | Lesotho | Chef Zama Memela is in Lesotho, where the snow shines as does the mountainous country's cuisine featuring fresh river trout and local vegetables. | USA | English-100 | RPT | PG | |
| 2021-07-03 | 0800 | Food Safari | French Safari Part 1 | Maeve meets up with top chef Guillaume Brahimi, owner and chef of Bennelong Restaurant at the Sydney Opera House, and TV chef Gabriel Gate. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-03 | 0830 | Food Safari | French Safari Part 2 | Chef Guillaume Brahimi gives Maeve a guide to essential fresh ingredients - from herbs to vegetables - then shows how to cook the perfect steak and the potatoes. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-03 | 0900 | Luke Nguyen's France | Loire Valley And Saint Malo | Luke experiences life and food on the Loire River before finishing his culinary journey through France in the seaside town of St Malo. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-03 | 0930 | River Cottage Australia | River Cottage Australia One Hours Series 2 Ep 4 | Paul has always known that farm life isn't easy, but when he's faced with a tough task his experiences from last season prove to be useful. | UNITED KINGDOM | English-100 | RPT | PG | Y |
| 2021-07-03 | 1030 | Lidia's Italy | Lidia's Italy Series 3 Ep 15 | The scenery in Umbria is breathtakingly simple, tranquil, and somewhat mystic. Lidia explores this beauty, along with an age old tradition of making ceramics, together with two passionate artisans. | USA | English-100 | RPT | G | |
| 2021-07-03 | 1100 | The Cook Up with Adam Liaw | On The Bone | Host Adam Liaw is joined in the Cook Up kitchen by executive chef at Mjolner, Joachim Borenus and comedian Lizzy Hoo as they create their ultimate meat on the bone dishes. | AUSTRALIA | English-100 | RPT | | |
| 2021-07-03 | 1130 | Jamie's Food Escapes | Andalucia | Jamie travels to Andalucia in Southern Spain where he eats heavenly cakes cooked by nuns, and joins in the community festivities as he cooks a giant paella for a whole village. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-07-03 | 1230 | Food Safari | French Safari Part 2 | Chef Guillaume Brahimi gives Maeve a guide to essential fresh ingredients - from herbs to vegetables - then shows how to cook the perfect steak and the potatoes. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-03 | 1300 | Mystery Diners | Street Vendor Violation | After noticing lacklustre dinner sales, Freddy and Abdi of Supperclub in LA need help. When Charles sends in his mystery diners, they discover the staff is using a street vendor to line their pockets. | USA | English-100 | RPT | PG | |
| 2021-07-03 | 1330 | Africa On A Plate | Maseru, Lesotho | Chef Zama Memela finds herself in Maseru, the capital city of the mountain Kingdom of Lesotho. | USA | English-100 | RPT | PG | |

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|------------|------|---|--|--|----------------|-------------|-----|----|---|
| 2021-07-03 | 1400 | Living On The Veg | Living On The Veg Series 1 Ep 1 | Henry and Ian kick things off with their take on a British classic - a plant-based Sunday roast - before whipping up a grilled cheese melt using their homemade vegan cheese. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-07-03 | 1455 | Poh & Co. Bitesize | Poh & Co. Bitesize Series 2 Ep 1 | Poh and Co. invites you into the always delicious world of acclaimed cook, artist and lover of life - Poh Ling Yeow. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-03 | 1500 | Beautiful Baking With Juliet Sear | Beautiful Baking With Juliet Sear Series 1 Ep 4 | Juliet focuses on dough as she prepares breakfast bagels, donuts, and cinnamon rolls. Master baker Richard Bertinet gives a lesson in baking the perfect sourdough. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-07-03 | 1555 | Destination Flavour Scandinavia Bitesize | Destination Flavour Scandinavia Bitesize Series 1 Ep 1 | Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-03 | 1600 | Secret Meat Business | Filipino | Adrian whips up a simple Filipino recipe that has delicious Spanish and Chinese influences. A taste of Manila. | AUSTRALIA | English-100 | RPT | G | |
| 2021-07-03 | 1630 | Secret Meat Business | Italian | From the small village of Telve in Italy and into your kitchen, Adrian's making one of his childhood favourites. | AUSTRALIA | English-100 | RPT | G | |
| 2021-07-03 | 1700 | Pacific Island Food Revolution | Fiji | After a strong showing by the three Fijian teams in the first round, all three are returning to compete in the second round - but only one team will make it through to the finals! | NEW ZEALAND | English-100 | RPT | PG | |
| 2021-07-03 | 1755 | 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 |
| 2021-07-03 | 1800 | Cheese Slices | Goats Cheese | Will Studd journeys to the village of Sainte Maure de Touraine to attend the annual Goats Cheese fair. In the Judge's Hall he finds out what to look for in a perfect chevre. | AUSTRALIA | English-100 | RPT | G | |
| 2021-07-03 | 1830 | Rick Stein's German Bite | Rick Stein's German Bite | Chef Rick Stein sets out on a German voyage with his usual appetite seeking out tantalising culinary gems. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2021-07-03 | 1935 | Remarkable Places To Eat | Bristol | Fred Sirieix is heading to Bristol for a winter treat in the company of old friend and former boss Michel Roux Junior. Bristol is home to one of the UK's most vibrant and creative food scenes. | UNITED KINGDOM | English-100 | | PG | |
| 2021-07-03 | 2040 | Ainsley's Mediterranean Cookbook | Corsica: Ajaccio | Ainsley's kicking off his journey across the Mediterranean in style on board a 44 ft catamaran, visiting the stunning island of Corsica. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-07-03 | 2130 | Hairy Bikers' Best Of British | Markets | The Bikers take a culinary journey through time and celebrate the history of British food. They celebrate the great British marketplace and all the delicious foods to be found within them. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-07-03 | 2240 | Pacific Island Food Revolution | Fiji | After a strong showing by the three Fijian teams in the first round, all three are returning to compete in the second round - but only one team will make it through to the finals! | NEW ZEALAND | English-100 | RPT | PG | |
| 2021-07-03 | 2335 | Rick Stein's German Bite | Rick Stein's German Bite | Chef Rick Stein sets out on a German voyage with his usual appetite seeking out tantalising culinary gems. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2021-07-03 | 2440 | Remarkable Places To Eat | Bristol | Fred Sirieix is heading to Bristol for a winter treat in the company of old friend and former boss Michel Roux Junior. Bristol is home to one of the UK's most vibrant and creative food scenes. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-07-03 | 2545 | Ainsley's Mediterranean Cookbook | Corsica: Ajaccio | Ainsley's kicking off his journey across the Mediterranean in style on board a 44 ft catamaran, visiting the stunning island of Corsica. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-07-03 | 2635 | Hairy Bikers' Best Of British | Markets | The Bikers take a culinary journey through time and celebrate the history of British food. They celebrate the great British marketplace and all the delicious foods to be found within them. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-07-03 | 2740 | Living On The Veg | Living On The Veg Series 1 Ep 1 | Henry and Ian kick things off with their take on a British classic - a plant-based Sunday roast - before whipping up a grilled cheese melt using their homemade vegan cheese. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-07-03 | 2835 | Secret Meat Business | Filipino | Adrian whips up a simple Filipino recipe that has delicious Spanish and Chinese influences. A taste of Manila. | AUSTRALIA | English-100 | RPT | G | |