



**WEEK 28: Sunday, 9 July - Saturday, 15 July 2023 - ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2023-07-09	0500	<b>Field Trip With Curtis Stone</b>	Central Coast	Heading up the coast on California's Highway 1, Curtis visits a couple who turned from tech to cheesemaking, savours sea urchin, and finds inspiration at seaweed and abalone farms in Monterey.	USA	English-100		PG		
2023-07-09	0530	<b>Masters Of Savours</b>	Masters Of Truffle	Learn the secrets of this precious tuber, and how the truffle has grown from scented mushrooms to the highly coveted "black diamond" in just a few years.	FRANCE	English-100		PG		
2023-07-09	0630	<b>The Cook Up With Adam Liaw</b>	Naidoc: Warrigal Greens	This week we're celebrating NAIDOC Week. Starting it off, Adam and the Cook Up kitchen hosts Gumbaynggirr man Kyah Lulman and proud Whadjuk Noongar woman Narelda Jacobs.	AUSTRALIA	English-100	RPT	G	Y	
2023-07-09	0700	<b>The Cook Up With Adam Liaw</b>	Naidoc: Design Your Own National Dish	Rockpool chef and proud Palawa man Luke Bourke, BrothaBlack of the Yiman nation and Indigenous mentor Shannon Williams and Adam are in the Cook Up kitchen as they design their own national dishes.	AUSTRALIA	English-100	RPT	G	Y	
2023-07-09	0730	<b>The Cook Up With Adam Liaw</b>	Naidoc: National Dish From Your Country	Anaiwan man Dean Widders and Nornie Bero from the Meriam people in the Torres Strait join Adam in the Cook Up kitchen to create dishes that are inspired by the Indigenous Country they come from.	AUSTRALIA	English-100	RPT	G	Y	
2023-07-09	0800	<b>The Cook Up With Adam Liaw</b>	Naidoc: Native Herbs	Kamilaroi woman Jayde Harris and Gamilaroi woman Nakkiah Lui are in the Cook Up kitchen with Adam to create dishes that showcase native Indigenous herbs.	AUSTRALIA	English-100	RPT	G	Y	
2023-07-09	0830	<b>The Cook Up With Adam Liaw</b>	Naidoc: Cheese	To round out NAIDOC Week, Adam and the Cook Up kitchen host Darug countrymen Sam and Luke Bourke, who create their ultimate cheesy dishes.	AUSTRALIA	English-100	RPT	G	Y	
2023-07-09	0900	<b>Field Trip With Curtis Stone</b>	Central Coast	Heading up the coast on California's Highway 1, Curtis visits a couple who turned from tech to cheesemaking, savours sea urchin, and finds inspiration at seaweed and abalone farms in Monterey.	USA	English-100		PG		
2023-07-09	0930	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 2 Ep 1	Michel cooks a fabulous lunch of lamb, seasonal vegetables and rose jus, then meets a forager to pick wild herbs and vegetables, which he serves with pan-fried fillets of Mediterranean scorpion fish.	UNITED KINGDOM	English-100		G		Y
2023-07-09	1025	<b>Please Eat Slowly Bitesize</b>	Claypot Rice	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor shares his best tips to create your own!	AUSTRALIA	English-100		G		
2023-07-09	1030	<b>John Torode's Korean Food Tour</b>	Fish And Sea	John travels south to Busan, a lively beach city on the South coast, which has Korea's best and biggest seafood market. At Jagalchi market, he samples the mackerel for breakfast.	UNITED KINGDOM	English-100		PG		
2023-07-09	1125	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 9	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y

2023-07-09	1130	<b>Masters Of Savours</b>	Masters Of Truffle	Learn the secrets of this precious tuber, and how the truffle has grown from scented mushrooms to the highly coveted "black diamond" in just a few years.	FRANCE	English-100		PG		
2023-07-09	1230	<b>Field Trip With Curtis Stone</b>	Central Coast	Heading up the coast on California's Highway 1, Curtis visits a couple who turned from tech to cheesemaking, savours sea urchin, and finds inspiration at seaweed and abalone farms in Monterey.	USA	English-100		PG		
2023-07-09	1300	<b>Field Trip With Curtis Stone</b>	Umbria	Among medieval towns, dense forests, and winding cobblestone streets, a trip to Umbria finds Curtis chasing canine companions for black truffles and getting a tutorial from a master of porchetta.	USA	English-100		PG		Y
2023-07-09	1330	<b>The Cook Up With Adam Liaw</b>	Naidoc: Warrigal Greens	This week we're celebrating NAIDOC Week. Starting it off, Adam and the Cook Up kitchen hosts Gumbaynggirr man Kyah Lulman and proud Whadjuk Noongar woman Narelda Jacobs.	AUSTRALIA	English-100	RPT	G	Y	
2023-07-09	1400	<b>The Cook Up With Adam Liaw</b>	Beach Dinner	NAIDOC Week host Nornie Bero is joined by presenter Matty Mills and visual artist Gail Mabo to make memorable beach dinners.	AUSTRALIA	English-100	RPT	PG	Y	
2023-07-09	1430	<b>The Cook Up With Adam Liaw</b>	Luscious Leaves	We're celebrating NAIDOC Week with host Nornie Bero, actor Bjorn Stewart, Currie Country's Arabella Douglas and a whole lot of luscious leaves!	AUSTRALIA	English-100	RPT	PG	Y	
2023-07-09	1500	<b>The Cook Up With Adam Liaw</b>	Pepperberries	The NAIDOC Week celebrations continue with bushfood educator Jody Orcher, podcaster Rowdie Walden and host Nornie Bero's favourite native ingredient, pepperberry.	AUSTRALIA	English-100	RPT	PG	Y	
2023-07-09	1530	<b>The Cook Up With Adam Liaw</b>	Family Pie	It's NAIDOC Week on The Cook Up, and Warndu's Damien Coulthard, Haus of Dizzy's Kristy Dickinson and host Nornie Bero are making family pie.	AUSTRALIA	English-100	RPT	PG		
2023-07-09	1600	<b>The Cook Up With Adam Liaw</b>	Native Twist	Astrophysicist Kirsten Banks and Yerrabingin's Christian Hampson join NAIDOC Week host Nornie Bero to cook food with a native twist.	AUSTRALIA	English-100		PG		
2023-07-09	1630	<b>John Torode's Ireland</b>	Kinsale And Dingle On The Wild Atlantic Way	Just outside Cork, John goes to the pretty little seaside village of Kinsale. Local restaurateur Martin Shanhan shows John round the town and it's brightly coloured houses and restaurants and cafes.	IRELAND	English-100		G		
2023-07-09	1725	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 4	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-07-09	1730	<b>Taste The Nation With Padma Lakshmi</b>	What Is Chop Suey Anyway?	In San Francisco, Padma explores how Chinese immigrants and Chinese-Americans are broadening the understanding of the diversity and complexity of Chinese cuisine.	USA	English-100		PG		Y
2023-07-09	1805	<b>Mary Makes It Easy</b>	Taco Tuesday	Mary celebrates the perfect fiesta with pork carnitas, homemade pico de gallo, tacos dorados de papa with cotija cheese, and a bubbly bevy of pineapple spritz.	CANADA	English-100		G		
2023-07-09	1830	<b>Food Chain: From Source To Table</b>	Pork And Corn	Chef Ming uncovers a strange trend in the prices of various cuts of pork and comes face to face with a menace that's threatening our food supply.	SINGAPORE	English-100		PG		Y
2023-07-09	1930	<b>Hairy Bikers Northern Exposure</b>	Russia	The bikers preconceptions of Russia are challenged as they spend a night back-stage at the ballet courtesy of one of Russia's most powerful Oligarchs.	UNITED KINGDOM	English-100		PG		

2023-07-09	2040	<b>Gordon Ramsay Uncharted</b>	Sumatra's Stunning Highlands	Chef Gordon Ramsay's quest to master the world's most fascinating cuisines lands him on the Indonesian island of Sumatra where he risks his safety and his pride to acquire the ingredients he needs.	UNITED KINGDOM	English-100		PG		Y
2023-07-09	2135	<b>Anthony Bourdain: No Reservations</b>	Romania	Anthony and Zamir are off on an adventure to celebrate Zamir's birthday in Romania, a land of vampire tales, communist regimes and a rich culinary history.	USA	English-100	RPT	PG		
2023-07-09	2230	<b>Anthony Bourdain: Parts Unknown</b>	Cajun Mardi Gras	In this celebration of Louisiana's Cajun culture, complete with Zydeco music and a crawfish boil, Bourdain goes off the beaten path and takes part in the less familiar Mardi Gras traditions.	USA	English-100		PG		
2023-07-09	2325	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 5	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-07-09	2330	<b>Anthony Bourdain: Parts Unknown</b>	Kenya	Bourdain introduces fellow television host W. Kamau Bell to the distinctive sights, tastes, and sounds of Kenya. They take a Matatu party bus ride, and share a meal of goat's head soup.	USA	English-100		PG		
2023-07-09	2425	<b>Please Eat Slowly Bitesize</b>	Hand Pull Noodle	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100		G		
2023-07-09	2430	<b>John Torode's Ireland</b>	Kinsale And Dingle On The Wild Atlantic Way	Just outside Cork, John goes to the pretty little seaside village of Kinsale. Local restaurateur Martin Shanhan shows John round the town and it's brightly coloured houses and restaurants and cafes.	IRELAND	English-100		G		
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2023-07-09	2625	<b>Please Eat Slowly Bitesize</b>	Steam Fish	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100		G		
2023-07-09	2630	<b>Hairy Bikers Northern Exposure</b>	Russia	The bikers' preconceptions of Russia are challenged as they spend a night back-stage at the ballet courtesy of one of Russia's most powerful Oligarchs.	UNITED KINGDOM	English-100		PG		
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2023-07-10	1230	<b>The Cook And The Chef</b>	Bbq's	Maggie and Simon celebrate the BBQ and show viewers how to get the most from it - be it for starters, main courses and even desserts.	AUSTRALIA	English-100		PG		
2023-07-10	1300	<b>Eating Inn</b>	Spago Part 2	Chef Wolfgang gives us the very surprising answer to the question posed in episode Spago Part 1. Our host chef Phil and chef Wolfgang have a heart to heart about Spago's life, history and philosophy.	SINGAPORE	English-100		PG		
2023-07-10	1330	<b>David Rocco's Dolce South East Asia</b>	Being A Refugee	David is in Kuala Lumpur. KL has a long history of being the landing place for many different people - which has given it a reputation for being a diverse and culturally open society.	CANADA	English-100		G		
2023-07-10	1400	<b>A New Zealand Food Story</b>	Spearfishing	Ben travels up to French Pass in the Marlborough Sounds to go spearfishing for butterfish, then visits the Marlborough Farmers Market, meeting the Cranky Goat Cheesemaker.	NEW ZEALAND	English-100		PG		
2023-07-10	1430	<b>Ainsley's Good Mood Food</b>	Something Sweet	Ainsley is feeling sweet in today's show, and has added a little sweetness to his dishes, starting off with Vietnamese caramel chilli chicken, a spicy and sweet one-pan wonder!	UNITED KINGDOM	English-100		G		

2023-07-10	1525	<b>Please Eat Slowly Bitesize</b>	Dumplings	Victor shares his tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right.	AUSTRALIA	English-100		G		
2023-07-10	1530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Sienna Miller	The cafe's menu this week includes Sienna Miller's rich Tuscan duck ragu with pici pasta and Jamie's whole sea bass baked in salt.	UNITED KINGDOM	English-100		PG		
2023-07-10	1625	<b>Destination Flavour Fillers</b>	Destination Flavour Bitesize Series 1 Ep 1	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y	
2023-07-10	1630	<b>Mary Makes It Easy</b>	What Are Ya, Chicken?	Mary offers four exciting ways to expand your chicken repertoire so it will never be boring or dry again.	CANADA	English-100		G		
2023-07-10	1700	<b>Martha Bakes</b>	Classic New England	Maple, cranberries, Boston cream pie cupcakes, and blueberries all have what in common? New England!	USA	English-100		G		
2023-07-10	1730	<b>Cooking With Curtis</b>	Trevor	Trevor fancies himself more of a bartender than cook. He hopes to wow his girlfriend, Leah, who he calls the "Queen of Cuisine" with Curtis on his side.	USA	English-100		G		
2023-07-10	1800	<b>The Cook And The Chef</b>	An Autumn Party	Maggie introduces Simon to her outdoor wood-fired oven, and he uses it to make some pottery with a very special meal inside. Autumn is Maggie's favourite season.	AUSTRALIA	English-100		G		
2023-07-10	1830	<b>French Food Safari</b>	French Food Safari Series 1	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	Y
2023-07-10	1900	<b>The Cook Up With Adam Liaw</b>	One Pan Spicy Chicken	Two guests, four words: chef Annita Potter and Khanh Ong's Wild Food host, Khanh Ong, are with Adam making one pan spicy chicken.	AUSTRALIA	English-100		PG		
2023-07-10	1930	<b>Luke Nguyen's Food Trail</b>	Luke Nguyen's Food Trail Series 1 Ep 8	Luke takes us to his top 3 traditional Pho Restaurants in Saigon and explains the differences between the styles of Pho Broth found throughout Vietnam. Luke then takes us behind the scenes at Grain.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-07-10	2000	<b>Cook Like An Italian With Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 1 Ep 2	Silvia shares her family's most cherished meals, starting with her Nonna's Sunday lunch spectacular, a rich sausage stew served at the table over a giant bed of soft polenta.	AUSTRALIA	Enya-100		G	Y	Y
2023-07-10	2030	<b>Rick Stein's Far Eastern Odyssey</b>	Malaysia And Sri Lanka	Rick is spoilt for choice as he explores the multi-faceted food of Penang, an appealing mix of indigenous Malay, Indian and Chinese with a bit of British charm thrown in for good measure.	UNITED KINGDOM	English-100	RPT	PG	Y	
2023-07-10	2140	<b>Food Unwrapped</b>	Venison, Red Wine, Milk	Kate's in France, finding out whether a glass of red wine a day really does keep the doctor away.	UNITED KINGDOM	English-100		PG		
2023-07-10	2205	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 5	Rick goes fishing for his favourite oysters, makes a delicious fish soup and discovers the all-but-forgotten story of Cornwall's ancient capital, Lostwithiel.	UNITED KINGDOM	English-100		G		
2023-07-10	2235	<b>The Cook Up With Adam Liaw</b>	One Pan Spicy Chicken	Two guests, four words: chef Annita Potter and Khanh Ong's Wild Food host, Khanh Ong, are with Adam making one pan spicy chicken.	AUSTRALIA	English-100		PG		

2023-07-10	2305	<b>Anthony Bourdain: A Cook's Tour</b>	Portugal To France: Stuffed Like A Pig	Visiting his boss's family farm, Tony helps slaughter and feast on a pig the family has been fattening all year.	USA	English-100					M
2023-07-10	2330	<b>French Food Safari</b>	French Food Safari Series 1	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		Y
2023-07-10	2400	<b>Bizarre Foods: Delicious Destinations</b>	Tahiti	From a Polynesian twist on ceviche to freshwater shrimp coated in a sweet, coconut-curry sauce, Andrew sets sail on a culinary voyage through the signature dishes of Tahiti.	USA	English-100		G			
2023-07-10	2430	<b>Luke Nguyen's Food Trail</b>	Luke Nguyen's Food Trail Series 1 Ep 8	Luke takes us to his top 3 traditional Pho Restaurants in Saigon and explains the differences between the styles of Pho Broth found throughout Vietnam. Luke then takes us behind the scenes at Grain.	AUSTRALIA	English-100	RPT	G	Y		Y
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2023-07-11	1200	<b>Cook Like An Italian With Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 1 Ep 2	Silvia shares her family's most cherished meals, starting with her Nonna's Sunday lunch spectacular, a rich sausage stew served at the table over a giant bed of soft polenta.	AUSTRALIA	Enya-100		G	Y	Y
2023-07-11	1230	<b>Food Unwrapped</b>	Venison, Red Wine, Milk	Kate's in France, finding out whether a glass of red wine a day really does keep the doctor away.	UNITED KINGDOM	English-100		PG		
2023-07-11	1300	<b>Eating Inn</b>	Justin And Chinoiserie	Chef Justin Quek at "Justin" & "Chinoiserie" is another Singapore Chef that's larger than life...even though he's only 5'4 tall. This little dynamo is maybe Singapore's favourite culinary son.	SINGAPORE	English-100		PG		
2023-07-11	1330	<b>David Rocco's Dolce South East Asia</b>	Women's Power	Over a few delicious meals, David meets several inspiring female activists who share their experiences with sexism and discrimination, and what it is like to live as a Muslim woman in Malaysia	CANADA	English-100		PG		
2023-07-11	1400	<b>A New Zealand Food Story</b>	Bay Of Plenty	From avocado and truffles to macadamia and vanilla, the stunning Bay of Plenty is a growers' paradise. Join Ben as he learns the secrets to its delicious produce.	NEW ZEALAND	English-100		PG		
2023-07-11	1430	<b>Ainsley's Good Mood Food</b>	Dairy	Ainsley is celebrating dairy and all the wonderful things that can be made with it. His first dish brings a taste of the Mediterranean with a Greek lamb burger topped with feta and mint.	UNITED KINGDOM	English-100		G		
2023-07-11	1525	<b>Please Eat Slowly Bitesize</b>	Yee Sang	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100		G		
2023-07-11	1530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Amanda Holden	Jamie reinvents the humble roast chicken with not one, but two blow out recipes - chicken in a crust and beer butt chicken, while Amanda Holden cooks an authentic Greek moussaka.	UNITED KINGDOM	English-100		PG		
2023-07-11	1625	<b>Destination Flavour Fillers</b>	Destination Flavour Bitesize Series 1 Ep 2	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y	

2023-07-11	1630	<b>Mary Makes It Easy</b>	Date Night	Preparing a meal for a special someone is nerve wracking for cooks at any level. Mary settles your nerves for date night by serving up four recipes sure to impress your special guest.	CANADA	English-100		G		
2023-07-11	1700	<b>Martha Bakes</b>	Mid-Atlantic	Martha shares four regional favourites - peach cake, Kaiser rolls, crumb cake, and black and white cookies.	USA	English-100		G		
2023-07-11	1730	<b>Cooking With Curtis</b>	David	David is a meat and potatoes kind of guy but wants to celebrate his wife, Valerie, who lost 50 pounds after adopting a plant-based diet. Curtis helps David create an innovative, vegetable-forward menu	USA	English-100		G		
2023-07-11	1800	<b>The Cook And The Chef</b>	Autumn Fruit And Nuts	Its Autumn and the new seasons array of Fruit and Nuts sees Maggie and Simon whip up a collection of captivating flavours. For Maggie, Autumn means Vintage in the Barossa.	AUSTRALIA	English-100		G		
2023-07-11	1830	<b>French Food Safari</b>	French Food Safari Series 1	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	Y
2023-07-11	1900	<b>The Cook Up With Adam Liaw</b>	Sweet Enough	Global food sensation Alison Roman and award-winning chef Federica Andrisani join Adam to make the good stuff: food that's just sweet enough.	AUSTRALIA	English-100		PG		
2023-07-11	1930	<b>Luke Nguyen's Food Trail</b>	Luke Nguyen's Food Trail Series 1 Ep 9	Only weeks away from the grand opening, Luke takes us on a guided behind the scenes tour of his restaurant Vietnam House. The nerves have been building with the opening of Luke's dream.	AUSTRALIA	English-100	RPT	G	Y	
2023-07-11	2000	<b>Donal's Meals In Minutes</b>	Lunch Box Meals	This entire episode is based around meals you can whip up yourself at home and bring them to work for lunchtime. They're simple, quick and best of all they're super tasty.	IRELAND	English-100		G		
2023-07-11	2030	<b>Jamie's Ultimate Veg</b>	Jamie's Ultimate Veg Series 1 Ep 5	Jamie feels the love for vegetables in British-Caribbean cuisine and delivers a flavourful pumpkin rice and butter bean stew.	UNITED KINGDOM	English-100		G		
2023-07-11	2130	<b>Food Unwrapped</b>	Caviar, Whiskey, Honey	Caviar is associated with luxury and wealth, but Kate discovers how some varieties of the delicacy are sold with a relatively low price tag.	UNITED KINGDOM	English-100		PG		
2023-07-11	2200	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 6	Rick visits an ancient Cornish deer farm, then returns to his kitchen in Padstow to make a magnificent venison wellington.	UNITED KINGDOM	English-100		PG		
2023-07-11	2230	<b>The Cook Up With Adam Liaw</b>	Sweet Enough	Global food sensation Alison Roman and award-winning chef Federica Andrisani join Adam to make the good stuff: food that's just sweet enough.	AUSTRALIA	English-100		PG		
2023-07-11	2300	<b>Anthony Bourdain: A Cook's Tour</b>	Highland Grub	Beginning in Glasgow, Tony experiences the heart-clogging glory of deep-fried pizza, deep-fried mars bars, and deep-fried pickled eggs!	USA	English-100		PG		
2023-07-11	2330	<b>French Food Safari</b>	French Food Safari Series 1	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	Y
2023-07-11	2400	<b>Bizarre Foods: Delicious Destinations</b>	Puerto Vallarta	Andrew Zimmern heads to Mexico's Pacific, Puerto Vallarta to explore the local cuisine. He finds local favourites reimagined to the delight of visitors.	USA	English-100		G		
2023-07-11	2430	<b>Luke Nguyen's Food Trail</b>	Luke Nguyen's Food Trail Series 1 Ep 9	Only weeks away from the grand opening, Luke takes us on a guided behind the scenes tour of his restaurant Vietnam House. The nerves have been building with the opening of Luke's dream.	AUSTRALIA	English-100	RPT	G	Y	



2023-07-11	2500	<b>Eating Inn</b>	Justin And Chinoiserie	Chef Justin Quek at "Justin" & "Chinoiserie" is another Singapore Chef that's larger than life...even though he's only 5'4 tall. This little dynamo is maybe Singapore's favourite culinary son.	SINGAPORE	English-100		PG	
2023-07-11	2530	<b>David Rocco's Dolce South East Asia</b>	Women's Power	Over a few delicious meals, David meets several inspiring female activists who share their experiences with sexism and discrimination, and what it is like to live as a Muslim woman in Malaysia	CANADA	English-100		PG	
2023-07-11	2600	<b>Donal's Meals In Minutes</b>	Lunch Box Meals	This entire episode is based around meals you can whip up yourself at home and bring them to work for lunchtime. They're simple, quick and best of all they're super tasty.	IRELAND	English-100		G	
2023-07-11	2630	<b>Jamie's Ultimate Veg</b>	Jamie's Ultimate Veg Series 1 Ep 5	Jamie feels the love for vegetables in British-Caribbean cuisine and delivers a flavourful pumpkin rice and butter bean stew.	UNITED KINGDOM	English-100		G	
2023-07-11	2725	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 6	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2023-07-11	2730	<b>Ainsley's Good Mood Food</b>	Dairy	Ainsley is celebrating dairy and all the wonderful things that can be made with it. His first dish brings a taste of the Mediterranean with a Greek lamb burger topped with feta and mint.	UNITED KINGDOM	English-100		G	
2023-07-11	2825	<b>Please Eat Slowly Bitesize</b>	Yee Sang	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100		G	
2023-07-11	2830	<b>A New Zealand Food Story</b>	Bay Of Plenty	From avocado and truffles to macadamia and vanilla, the stunning Bay of Plenty is a growers' paradise. Join Ben as he learns the secrets to its delicious produce.	NEW ZEALAND	English-100		PG	
2023-07-12	0500	<b>Mary Makes It Easy</b>	Date Night	Preparing a meal for a special someone is nerve wracking for cooks at any level. Mary settles your nerves for date night by serving up four recipes sure to impress your special guest.	CANADA	English-100		G	
2023-07-12	0530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Amanda Holden	Jamie reinvents the humble roast chicken with not one, but two blow out recipes - chicken in a crust and beer butt chicken, while Amanda Holden cooks an authentic Greek moussaka.	UNITED KINGDOM	English-100		PG	
2023-07-12	0625	<b>Destination Flavour Fillers</b>	Destination Flavour Bitesize Series 1 Ep 2	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y
2023-07-12	0630	<b>Jamie's Ultimate Veg</b>	Jamie's Ultimate Veg Series 1 Ep 5	Jamie feels the love for vegetables in British-Caribbean cuisine and delivers a flavourful pumpkin rice and butter bean stew.	UNITED KINGDOM	English-100		G	
2023-07-12	0725	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 6	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2023-07-12	0730	<b>Food Unwrapped</b>	Caviar, Whiskey, Honey	Caviar is associated with luxury and wealth, but Kate discovers how some varieties of the delicacy are sold with a relatively low price tag.	UNITED KINGDOM	English-100		PG	
2023-07-12	0800	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 6	Rick visits an ancient Cornish deer farm, then returns to his kitchen in Padstow to make a magnificent venison wellington.	UNITED KINGDOM	English-100		PG	
2023-07-12	0830	<b>Ainsley's Good Mood Food</b>	Dairy	Ainsley is celebrating dairy and all the wonderful things that can be made with it. His first dish brings a taste of the Mediterranean with a Greek lamb burger topped with feta and mint.	UNITED KINGDOM	English-100		G	

2023-07-12	0925	<b>Please Eat Slowly Bitesize</b>	Yee Sang	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100		G	
2023-07-12	0930	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Amanda Holden	Jamie reinvents the humble roast chicken with not one, but two blow out recipes - chicken in a crust and beer butt chicken, while Amanda Holden cooks an authentic Greek moussaka.	UNITED KINGDOM	English-100		PG	
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2023-07-12	1100	<b>The Cook Up With Adam Liaw</b>	Sweet Enough	Global food sensation Alison Roman and award-winning chef Federica Andrisani join Adam to make the good stuff: food that's just sweet enough.	AUSTRALIA	English-100		PG	
2023-07-12	1130	<b>Cooking With Curtis</b>	David	David is a meat and potatoes kind of guy but wants to celebrate his wife, Valerie, who lost 50 pounds after adopting a plant-based diet. Curtis helps David create an innovative, vegetable-forward menu	USA	English-100		G	
2023-07-12	1200	<b>Donal's Meals In Minutes</b>	Lunch Box Meals	This entire episode is based around meals you can whip up yourself at home and bring them to work for lunchtime. They're simple, quick and best of all they're super tasty.	IRELAND	English-100		G	
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2023-07-12	1300	<b>Eating Inn</b>	Bread Street Part 1	BSK is Gordon's idea of what a great modern English pub should be and our host, Chef Phil goes about finding out if Gordon's ambition lives up to his exulted reputation.	SINGAPORE	English-100		G	
2023-07-12	1330	<b>David Rocco's Dolce South East Asia</b>	Three Inspiring Stories	In Kuala Lumpur, David meets a few inspiring people who through food, have taken a leap of faith, which made a difference in their lives and in the lives of others.	CANADA	English-100		PG	
2023-07-12	1400	<b>A New Zealand Food Story</b>	Whanganui	Ben goes hunting with All Black legend Glenn Osborne, who teaches Ben a thing or two about eels.	NEW ZEALAND	English-100		PG	
2023-07-12	1430	<b>Ainsley's Good Mood Food</b>	Going Green	A dose of greens is sure to make you feel good and Ainsley's dishes are packed with them. On a visit to Vertical Future, Ainsley gets a glimpse at how we can grow fresh produce in a revolutionary way.	UNITED KINGDOM	English-100		G	
2023-07-12	1525	<b>Please Eat Slowly Bitesize</b>	Hand Pull Noodle	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100		G	
2023-07-12	1530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	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		PG	
2023-07-12	1625	<b>Destination Flavour Fillers</b>	Destination Flavour Bitesize Series 1 Ep 3	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y
2023-07-12	1630	<b>Mary Makes It Easy</b>	One Pot Wonders	Cleaning up the mess is the only part of cooking that Mary doesn't like. Her husband Aaron typically takes on dish duty, so this time Mary gives him a break with four one-pot wonders.	CANADA	English-100		G	

2023-07-12	1700	<b>Martha Bakes</b>	Midwest	Martha makes four regional classics meant for sharing - cherry pie, gooey butter cake, kranssekake, and navy bean pie.	USA	English-100		G		
2023-07-12	1730	<b>Cooking With Curtis</b>	Lubumba	Impressed with her neighbor's rigorous schedule as a nurse at a children's hospital, Lubumba wants to treat Nida to a special meal. As a self-taught cook, Lu solicits Curtis' assistance.	USA	English-100		G		
2023-07-12	1800	<b>The Cook And The Chef</b>	Autumn Fruit And Veg	Simon takes some new seasons vegetables and shows us how to pickle ginger and daikon, while Maggie uses ginger to make an eggplant salad.	AUSTRALIA	English-100		PG		
2023-07-12	1830	<b>French Food Safari</b>	French Food Safari Series 1	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	Y
2023-07-12	1900	<b>The Cook Up With Adam Liaw</b>	In A Pinch	In a pinch with dinner? Paralympic athlete Isis Holt, Grain of the Silos Food Director Massimo Mele and Adam are here to help.	AUSTRALIA	English-100		PG		
2023-07-12	1930	<b>Luke Nguyen's Food Trail</b>	Luke Nguyen's Food Trail Series 1 Ep 10	Luke hits the ground running in Hong Kong taking us to a few of his favourite spots to eat and drink in Hong Kong. Luke explores the hustle and bustle of the city to show his favourite food spots.	AUSTRALIA	English-100	RPT	G	Y	
2023-07-12	2000	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 2	At the Restaurant Le Grilladin des mers at Isle d'Oleron, Rick enjoys Clams in White Garlic Sauce, and savours the simple dish of freshly caught Eels cooked in Garlic Butter and Parsley.	UNITED KINGDOM	English-100		G		
2023-07-12	2030	<b>Guillaume's Paris</b>	Guillaume's Paris Series 1 Ep 3	Guillaume Brahimi discovers some of the wonderful bistros in the 5th and 6th arrondissements, and meets Yves Camdeborde, the creator of the 'Bistronomy' food movement.	AUSTRALIA	English-70; French-30	RPT	G	Y	Y
2023-07-12	2100	<b>Guillaume's Paris</b>	Guillaume's Paris Series 1 Ep 4	Chef Guillaume Brahimi enjoys the finer things in Paris life that can only be found in the 7th and 8th Arrondissements, including a visit to the iconic Jules Verne restaurant in the Eiffel Tower.	AUSTRALIA	English-70; French-30	RPT	G	Y	Y
2023-07-12	2130	<b>Food Unwrapped</b>	Wasabi, Asparagus, Fresh Fish	Matt travels to a secret location to track down the only wasabi plants grown in the UK, and stings his nostrils in the process!	UNITED KINGDOM	English-100		PG		
2023-07-12	2200	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 7	Rick explores his passion for fresh and unusual salad leaves with a trip around an organic market garden called Soul Farm, and is inspired to make a radicchio tart.	UNITED KINGDOM	English-100		PG		
2023-07-12	2230	<b>The Cook Up With Adam Liaw</b>	In A Pinch	In a pinch with dinner? Paralympic athlete Isis Holt, Grain of the Silos Food Director Massimo Mele and Adam are here to help.	AUSTRALIA	English-100		PG		
2023-07-12	2300	<b>Anthony Bourdain: A Cook's Tour</b>	Food Tastes Better With Sand Between Your Toes	In the Caribbean paradise of St. Martin, Tony eats a healthy Rastafarian meal with a freedom fighter, helps prepare grub for a food caravan, and discovers foodstuffs not available in America.	USA	English-100		PG		
2023-07-12	2330	<b>French Food Safari</b>	French Food Safari Series 1	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	Y
2023-07-12	2400	<b>Bizarre Foods: Delicious Destinations</b>	Merida	Andrew Zimmern ventures to Merida, the capital of the Mexican state of Yucatan, to explore the Mayan and Spanish-influenced culture and cuisine.	USA	English-100		G		Y

2023-07-12	2430	<b>Luke Nguyen's Food Trail</b>	Luke Nguyen's Food Trail Series 1 Ep 10	Luke hits the ground running in Hong Kong taking us to a few of his favourite spots to eat and drink in Hong Kong. Luke explores the hustle and bustle of the city to show his favourite food spots.	AUSTRALIA	English-100	RPT	G	Y	
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2023-07-12	2630	<b>Guillaume's Paris</b>	Guillaume's Paris Series 1 Ep 3	Guillaume Brahimi discovers some of the wonderful bistros in the 5th and 6th arrondissements, and meets Yves Camdeborde, the creator of the 'Bistronomy' food movement.	AUSTRALIA	English-70; French-30	RPT	G	Y	Y
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2023-07-12	2730	<b>Ainsley's Good Mood Food</b>	Going Green	A dose of greens is sure to make you feel good and Ainsley's dishes are packed with them. On a visit to Vertical Future, Ainsley gets a glimpse at how we can grow fresh produce in a revolutionary way.	UNITED KINGDOM	English-100		G		
2023-07-12	2825	<b>Please Eat Slowly Bitesize</b>	Hand Pull Noodle	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100		G		
2023-07-12	2830	<b>A New Zealand Food Story</b>	Whanganui	Ben goes hunting with All Black legend Glenn Osborne, who teaches Ben a thing or two about eels.	NEW ZEALAND	English-100		PG		
2023-07-13	0500	<b>Mary Makes It Easy</b>	One Pot Wonders	Cleaning up the mess is the only part of cooking that Mary doesn't like. Her husband Aaron typically takes on dish duty, so this time Mary gives him a break with four one-pot wonders.	CANADA	English-100		G		
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2023-07-13	0625	<b>Destination Flavour Fillers</b>	Destination Flavour Bitesize Series 1 Ep 3	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y	
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2023-07-13	0730	<b>Food Unwrapped</b>	Wasabi, Asparagus, Fresh Fish	Matt travels to a secret location to track down the only wasabi plants grown in the UK, and stings his nostrils in the process!	UNITED KINGDOM	English-100		PG		

2023-07-13	0800	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 7	Rick explores his passion for fresh and unusual salad leaves with a trip around an organic market garden called Soul Farm, and is inspired to make a radicchio tart.	UNITED KINGDOM	English-100			PG
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2023-07-13	1130	<b>Cooking With Curtis</b>	Lubumba	Impressed with her neighbor's rigorous schedule as a nurse at a children's hospital, Lubumba wants to treat Nida to a special meal. As a self-taught cook, Lu solicits Curtis' assistance.	USA	English-100			G
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2023-07-13	1300	<b>Eating Inn</b>	Bread Street Part 2	The surprises keep coming at Breadstreet Kitchen. Gordon explains his love for Singapore and hails its cuisine as one of the best in the world.	SINGAPORE	English-100			G
2023-07-13	1330	<b>David Rocco's Dolce South East Asia</b>	Singapore	David heads to Singapore. a truly diverse place where you can find just about any kind of food and the opportunity for a better life is available for all	CANADA	English-100			PG
2023-07-13	1400	<b>A New Zealand Food Story</b>	Southland	This week Ben is in Southland, where he visits the natural beauty of Granity Downs and tries to perfect the art of making cheese rolls.	NEW ZEALAND	English-100			PG
2023-07-13	1430	<b>Ainsley's Good Mood Food</b>	Fruit And Berries	Fruits and Berries take centre stage in all the dishes in today's show. Ainsley shows that fruits and berries can add amazing flavours to a savoury dish or be the start of a sensational dessert.	UNITED KINGDOM	English-100			G
2023-07-13	1525	<b>Please Eat Slowly Bitesize</b>	Steam Fish	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100			G

2023-07-13	1530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	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		PG		
2023-07-13	1625	<b>Destination Flavour Fillers</b>	Destination Flavour Bitesize Series 1 Ep 4	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y	
2023-07-13	1630	<b>Mary Makes It Easy</b>	Feelin' France-Y	Mary gives a quick crash course in French cuisine with recipes that sound fancy but demystify classic techniques. First, she infuses the classy grilled cheese sandwich known as Croque Madame.	CANADA	English-100		G		
2023-07-13	1700	<b>Martha Bakes</b>	Northwest	Join Martha as she shares four regional favourites using blackberries, figs, potatoes, and hazelnuts.	USA	English-100		G		
2023-07-13	1730	<b>Mad Good Food</b>	Spring Time	Chef Derrell Smith is ready for springtime and makes a family meal bloom with braised lamb shanks, lemon couscous and a seasonal watermelon and feta salad.	USA	English-100		PG		Y
2023-07-13	1800	<b>The Cook And The Chef</b>	Favourite Things	Maggie takes us crabbing with her grandchildren and shows us from sea to pot why these blue crabs are a favourite. Simon's favourite is chilli which he sources with the help of two Malaysian chefs.	AUSTRALIA	English-100		G		
2023-07-13	1830	<b>French Food Safari</b>	French Food Safari Series 1	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	PG	Y	Y
2023-07-13	1900	<b>The Cook Up With Adam Liaw</b>	Pasta With Punch	Let's... get ready... to eat pasta! Chef Gaspar Tse, entertainer Brihony Dawson and Adam weigh in with their pasta with punch.	AUSTRALIA	English-100		PG		
2023-07-13	1930	<b>Luke Nguyen's Food Trail</b>	Luke Nguyen's Food Trail Series 1 Ep 11	Inspired by his Hakka Heritage tracing back to Hong Kong, Luke wanted to influence Vietnamese cuisine in Hong Kong by combining flavours from all over Vietnam.	AUSTRALIA	English-100	RPT	PG	Y	
2023-07-13	2000	<b>Made In Italy With Silvia Colloca</b>	Made In Italy With Silvia Colloca Series 1 Ep 1	In this sumptuous and picturesque new series, Silvia Colloca journeys back to her Italian homeland to introduce her family and present her love of healthy, hearty Italian fare.	AUSTRALIA	English-100	RPT	G	Y	
2023-07-13	2030	<b>Rick Stein's Long Weekends</b>	Vienna	Rick Stein visits Vienna - the city that once ran the Austro-Hungarian Empire and continues to be home to comfort dishes like tafelspitz and goulash.	UNITED KINGDOM	English-100	RPT	G	Y	
2023-07-13	2135	<b>Food Unwrapped</b>	Bacon, Mozzarella, Snails	Intrepid traveller and top taster Kate Quilton is in Italy meeting the makers of mozzarella. In the Campania region, she learns the ancient techniques used to produce the cheese.	UNITED KINGDOM	English-100		PG		
2023-07-13	2200	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 8	After a merry visit to a maker of botanical spirits, Rick adds a cheeky nip to his version of the Platinum Pud, the official pudding of our late Queen's Jubilee.	UNITED KINGDOM	English-100		G		
2023-07-13	2230	<b>The Cook Up With Adam Liaw</b>	Pasta With Punch	Let's... get ready... to eat pasta! Chef Gaspar Tse, entertainer Brihony Dawson and Adam weigh in with their pasta with punch.	AUSTRALIA	English-100		PG		
2023-07-13	2300	<b>Anthony Bourdain: A Cook's Tour</b>	No Beads, No Bourbon Street	In New Orleans, Louisiana, Tony catches a Bayou alligator, cools off with a world-famous snow cone and eats jambalaya with a dancing chef.	USA	English-100		PG		
2023-07-13	2330	<b>French Food Safari</b>	French Food Safari Series 1	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	PG	Y	Y

2023-07-13	2400	<b>Bizarre Foods: Delicious Destinations</b>	El Paso	Andrew Zimmern is in El Paso, where Texas meets Mexico on the border as well as in the kitchen. The city is filled with Tex-Mex cuisine as well as Mexican classics.	USA	English-100		G	
2023-07-13	2430	<b>Luke Nguyen's Food Trail</b>	Luke Nguyen's Food Trail Series 1 Ep 11	Inspired by his Hakka Heritage tracing back to Hong Kong, Luke wanted to influence Vietnamese cuisine in Hong Kong by combining flavours from all over Vietnam.	AUSTRALIA	English-100	RPT	PG	Y
2023-07-13	2500	<b>Eating Inn</b>	Bread Street Part 2	The surprises keep coming at Breadstreet Kitchen. Gordon explains his love for Singapore and hails its cuisine as one of the best in the world.	SINGAPORE	English-100		G	
2023-07-13	2530	<b>David Rocco's Dolce South East Asia</b>	Singapore	David heads to Singapore. a truly diverse place where you can find just about any kind of food and the opportunity for a better life is available for all	CANADA	English-100		PG	
2023-07-13	2600	<b>Made In Italy With Silvia Colloca</b>	Made In Italy With Silvia Colloca Series 1 Ep 1	In this sumptuous and picturesque new series, Silvia Colloca journeys back to her Italian homeland to introduce her family and present her love of healthy, hearty Italian fare.	AUSTRALIA	English-100	RPT	G	Y
2023-07-13	2630	<b>Rick Stein's Long Weekends</b>	Vienna	Rick Stein visits Vienna - the city that once ran the Austro-Hungarian Empire and continues to be home to comfort dishes like tafelspitz and goulash.	UNITED KINGDOM	English-100	RPT	G	Y
2023-07-13	2735	<b>Ainsley's Good Mood Food</b>	Fruit And Berries	Fruits and Berries take centre stage in all the dishes in today's show. Ainsley shows that fruits and berries can add amazing flavours to a savoury dish or be the start of a sensational dessert.	UNITED KINGDOM	English-100		G	
2023-07-13	2830	<b>A New Zealand Food Story</b>	Southland	This week Ben is in Southland, where he visits the natural beauty of Granity Downs and tries to perfect the art of making cheese rolls.	NEW ZEALAND	English-100		PG	
2023-07-14	0500	<b>Mary Makes It Easy</b>	Feelin' France-Y	Mary gives a quick crash course in French cuisine with recipes that sound fancy but demystify classic techniques. First, she infuses the classy grilled cheese sandwich known as Croque Madame.	CANADA	English-100		G	
2023-07-14	0530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	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		PG	
2023-07-14	0625	<b>Destination Flavour Fillers</b>	Destination Flavour Bitesize Series 1 Ep 4	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y
2023-07-14	0630	<b>Rick Stein's Long Weekends</b>	Vienna	Rick Stein visits Vienna - the city that once ran the Austro-Hungarian Empire and continues to be home to comfort dishes like tafelspitz and goulash.	UNITED KINGDOM	English-100	RPT	G	Y
2023-07-14	0735	<b>Food Unwrapped</b>	Bacon, Mozzarella, Snails	Intrepid traveller and top taster Kate Quilton is in Italy meeting the makers of mozzarella. In the Campania region, she learns the ancient techniques used to produce the cheese.	UNITED KINGDOM	English-100		PG	
2023-07-14	0800	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 8	After a merry visit to a maker of botanical spirits, Rick adds a cheeky nip to his version of the Platinum Pud, the official pudding of our late Queen's Jubilee.	UNITED KINGDOM	English-100		G	
2023-07-14	0830	<b>Ainsley's Good Mood Food</b>	Fruit And Berries	Fruits and Berries take centre stage in all the dishes in today's show. Ainsley shows that fruits and berries can add amazing flavours to a savoury dish or be the start of a sensational dessert.	UNITED KINGDOM	English-100		G	

2023-07-14	0925	<b>Please Eat Slowly Bitesize</b>	Steam Fish	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100		G	
2023-07-14	0930	<b>Jamie &amp; Jimmy's Food Fight Club</b>	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		PG	
2023-07-14	1025	<b>Destination Flavour Fillers</b>	Destination Flavour Bitesize Series 1 Ep 4	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y
2023-07-14	1030	<b>Mary Makes It Easy</b>	Feelin' France-Y	Mary gives a quick crash course in French cuisine with recipes that sound fancy but demystify classic techniques. First, she infuses the classy grilled cheese sandwich known as Croque Madame.	CANADA	English-100		G	
2023-07-14	1100	<b>The Cook Up With Adam Liaw</b>	Pasta With Punch	Let's... get ready... to eat pasta! Chef Gaspar Tse, entertainer Brihony Dawson and Adam weigh in with their pasta with punch.	AUSTRALIA	English-100		PG	
2023-07-14	1130	<b>Mad Good Food</b>	Spring Time	Chef Derrell Smith is ready for springtime and makes a family meal bloom with braised lamb shanks, lemon couscous and a seasonal watermelon and feta salad.	USA	English-100		PG	Y
2023-07-14	1200	<b>Made In Italy With Silvia Colloca</b>	Made In Italy With Silvia Colloca Series 1 Ep 1	In this sumptuous and picturesque new series, Silvia Colloca journeys back to her Italian homeland to introduce her family and present her love of healthy, hearty Italian fare.	AUSTRALIA	English-100	RPT	G	Y
2023-07-14	1230	<b>Food Unwrapped</b>	Bacon, Mozzarella, Snails	Intrepid traveller and top taster Kate Quilton is in Italy meeting the makers of mozzarella. In the Campania region, she learns the ancient techniques used to produce the cheese.	UNITED KINGDOM	English-100		PG	
2023-07-14	1300	<b>Eating Inn</b>	Viceroy Part 1, The	Set in the highlands of exotic Bali the story of the Viceroy and its Aperitif restaurant epitomise the intent of the Eating Inn Series.	SINGAPORE	English-100		PG	
2023-07-14	1330	<b>David Rocco's Dolce South East Asia</b>	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	
2023-07-14	1400	<b>A New Zealand Food Story</b>	Auckland	Back in his home city of Auckland, Ben fishes for flounder on the Manukau, learns more about goats and checks out a mushroom farm.	NEW ZEALAND	English-100		PG	
2023-07-14	1430	<b>Ainsley's Good Mood Food</b>	Seaside Delights	Ainsley is rejoicing in everything the sea and the seaside has to offer. His first cook is a great way to spice up midweek meals, harissa crusted cod with quick chickpea, spinach and tomato stew.	UNITED KINGDOM	English-100		PG	
2023-07-14	1525	<b>Please Eat Slowly Bitesize</b>	Claypot Rice	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor shares his best tips to create your own!	AUSTRALIA	English-100		G	
2023-07-14	1530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Jennifer Saunders	The cafe's menu is packed with feasts for the weekend - Jimmy serves his very own DIY champagne cider, and Jamie meets up with two old mates to cook Italian porchetta.	UNITED KINGDOM	English-100		PG	
2023-07-14	1625	<b>Destination Flavour Fillers</b>	Destination Flavour Bitesize Series 1 Ep 5	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y



2023-07-14	1630	<b>Mary Makes It Easy</b>	Get Ahead	Getting ahead always sounds like a great idea but not if it means eating the same dish for seven days straight. Mary shows how versatile meal planning can be with four easy recipes.	CANADA	English-100		G		
2023-07-14	1700	<b>Martha Bakes</b>	Southern Classics	Martha shares three of her favourite Southern classics including hummingbird cake, sweet potato pie, and hot milk cake.	USA	English-100		G		
2023-07-14	1730	<b>Mad Good Food</b>	Sunday Supper	Derrell is serving up Sunday supper with his signature meatballs with creamy polenta, parmesan crisps and a spicy gremolata for the family meal. Solo meals are full of flavour with a meatball soup.	USA	English-100		PG		Y
2023-07-14	1800	<b>The Cook And The Chef</b>	Rubbish Fish	Cape Jervis fisherman, Alan Robertson supplies our Cook and Chef with Gummy shark and Eagle Ray, the catch you might have once thrown back.	AUSTRALIA	English-100		PG		
2023-07-14	1830	<b>French Food Safari</b>	French Food Safari Series 1	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	Y
2023-07-14	1900	<b>The Cook Up With Adam Liaw</b>	Soup To Nuts	It's Easy Entertaining with The Cook Up, and Adam has enlisted stylist Lucy Tweed and comedian Adam Spencer to help cover everything from soup to nuts.	AUSTRALIA	English-100		PG		
2023-07-14	1930	<b>Luke Nguyen's Food Trail</b>	Luke Nguyen's Food Trail Series 1 Ep 12	Exploring the traditional style of Cantonese specialties, Luke hikes to a Dim Sum house where he helps prepare some of their most popular dim sum - a Quail Egg Siu Mai, and Steamed Rice rolls.	AUSTRALIA	English-100	RPT	G		Y
2023-07-14	2000	<b>Gok Wan's Easy Asian</b>	Crowd Pleasers	Gok shares three sure-fire crowd pleasers: crispy springs rolls packed with Asian spiced veg, delectable Thai fish cakes and Mongolian glazed wings.	UNITED KINGDOM	English-100		G		
2023-07-14	2030	<b>Khanh Ong's Wild Food</b>	Khanh Ong's Wild Food Series 1 Ep 9	Khanh explores local farm gates for inspiration, and braves the tempestuous oceans of Tasmania in search of the prized Bluefin tuna.	AUSTRALIA	English-100		PG		
2023-07-14	2125	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 2, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2023-07-14	2130	<b>Food Unwrapped</b>	Mushrooms, Liquorice, Bean Sprouts	The mushrooms available in shops come in many shapes and varieties; expert mushroom producers show Jimmy the techniques needed to make it autumn all year round.	UNITED KINGDOM	English-100		PG		
2023-07-14	2200	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 9	Rick's idea of bliss is to spend an afternoon gutting a freshly caught fish, then using it to make a dish of steamed seabass with garlic, ginger and spring onions.	UNITED KINGDOM	English-100		PG		
2023-07-14	2230	<b>The Cook Up With Adam Liaw</b>	Soup To Nuts	It's Easy Entertaining with The Cook Up, and Adam has enlisted stylist Lucy Tweed and comedian Adam Spencer to help cover everything from soup to nuts.	AUSTRALIA	English-100		PG		
2023-07-14	2300	<b>Anthony Bourdain: A Cook's Tour</b>	Mystical World	Salvador da Bahia offers fruitful local markets, and rich Bahian cuisine. Here, Tony experiences the culinary talents of the famous Bahian artist of the kitchen - Chef Dada.	USA	English-100		PG		
2023-07-14	2330	<b>French Food Safari</b>	French Food Safari Series 1	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	Y
2023-07-14	2400	<b>Bizarre Foods: Delicious Destinations</b>	Bay Area	California's East Bay area is a thriving multi-ethnic community. Andrew Zimmern highlights the culinary hot spots where diverse cuisines are being served up traditional style.	USA	English-100		G		

2023-07-14	2430	<b>Luke Nguyen's Food Trail</b>	Luke Nguyen's Food Trail Series 1 Ep 12	Exploring the traditional style of Cantonese specialties, Luke hikes to a Dim Sum house where he helps prepare some of their most popular dim sum - a Quail Egg Siu Mai, and Steamed Rice rolls.	AUSTRALIA	English-100	RPT	G	Y
2023-07-14	2500	<b>Eating Inn</b>	Viceroy Part 1, The	Set in the highlands of exotic Bali the story of the Viceroy and its Aperitif restaurant epitomise the intent of the Eating Inn Series.	SINGAPORE	English-100		PG	
2023-07-14	2530	<b>David Rocco's Dolce South East Asia</b>	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	
2023-07-14	2600	<b>Gok Wan's Easy Asian</b>	Crowd Pleasers	Gok shares three sure-fire crowd pleasers: crispy springs rolls packed with Asian spiced veg, delectable Thai fish cakes and Mongolian glazed wings.	UNITED KINGDOM	English-100		G	
2023-07-14	2630	<b>Khanh Ong's Wild Food</b>	Khanh Ong's Wild Food Series 1 Ep 9	Khanh explores local farm gates for inspiration, and braves the tempestuous oceans of Tasmania in search of the prized Bluefin tuna.	AUSTRALIA	English-100		PG	
2023-07-14	2725	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 2, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
2023-07-14	2730	<b>Ainsley's Good Mood Food</b>	Seaside Delights	Ainsley is rejoicing in everything the sea and the seaside has to offer. His first cook is a great way to spice up midweek meals, harissa crusted cod with quick chickpea, spinach and tomato stew.	UNITED KINGDOM	English-100		PG	
2023-07-14	2825	<b>Please Eat Slowly Bitesize</b>	Claypot Rice	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor shares his best tips to create your own!	AUSTRALIA	English-100		G	
2023-07-14	2830	<b>A New Zealand Food Story</b>	Auckland	Back in his home city of Auckland, Ben fishes for flounder on the Manukau, learns more about goats and checks out a mushroom farm.	NEW ZEALAND	English-100		PG	
2023-07-15	0500	<b>Mary Makes It Easy</b>	Get Ahead	Getting ahead always sounds like a great idea but not if it means eating the same dish for seven days straight. Mary shows how versatile meal planning can be with four easy recipes.	CANADA	English-100		G	
2023-07-15	0530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Jennifer Saunders	The cafe's menu is packed with feasts for the weekend - Jimmy serves his very own DIY champagne cider, and Jamie meets up with two old mates to cook Italian porchetta.	UNITED KINGDOM	English-100		PG	
2023-07-15	0625	<b>Destination Flavour Fillers</b>	Destination Flavour Bitesize Series 1 Ep 5	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y
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2023-07-15	0725	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 2, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
2023-07-15	0730	<b>Food Unwrapped</b>	Mushrooms, Liquorice, Bean Sprouts	The mushrooms available in shops come in many shapes and varieties; expert mushroom producers show Jimmy the techniques needed to make it autumn all year round.	UNITED KINGDOM	English-100		PG	
2023-07-15	0800	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 9	Rick's idea of bliss is to spend an afternoon gutting a freshly caught fish, then using it to make a dish of steamed seabass with garlic, ginger and spring onions.	UNITED KINGDOM	English-100		PG	

2023-07-15	0830	<b>Ainsley's Good Mood Food</b>	Seaside Delights	Ainsley is rejoicing in everything the sea and the seaside has to offer. His first cook is a great way to spice up midweek meals, harissa crusted cod with quick chickpea, spinach and tomato stew.	UNITED KINGDOM	English-100		PG		
2023-07-15	0925	<b>Please Eat Slowly Bitesize</b>	Claypot Rice	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor shares his best tips to create your own!	AUSTRALIA	English-100		G		
2023-07-15	0930	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Jennifer Saunders	The cafe's menu is packed with feasts for the weekend - Jimmy serves his very own DIY champagne cider, and Jamie meets up with two old mates to cook Italian porchetta.	UNITED KINGDOM	English-100		PG		
2023-07-15	1025	<b>Destination Flavour Fillers</b>	Destination Flavour Bitesize Series 1 Ep 5	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y	
2023-07-15	1030	<b>Mary Makes It Easy</b>	Get Ahead	Getting ahead always sounds like a great idea but not if it means eating the same dish for seven days straight. Mary shows how versatile meal planning can be with four easy recipes.	CANADA	English-100		G		
2023-07-15	1100	<b>The Cook Up With Adam Liaw</b>	Soup To Nuts	It's Easy Entertaining with The Cook Up, and Adam has enlisted stylist Lucy Tweed and comedian Adam Spencer to help cover everything from soup to nuts.	AUSTRALIA	English-100		PG		
2023-07-15	1130	<b>Mad Good Food</b>	Sunday Supper	Derrell is serving up Sunday supper with his signature meatballs with creamy polenta, parmesan crisps and a spicy gremolata for the family meal. Solo meals are full of flavour with a meatball soup.	USA	English-100		PG		Y
2023-07-15	1200	<b>Gok Wan's Easy Asian</b>	Crowd Pleasers	Gok shares three sure-fire crowd pleasers: crispy springs rolls packed with Asian spiced veg, delectable Thai fish cakes and Mongolian glazed wings.	UNITED KINGDOM	English-100		G		
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2023-07-15	1425	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 2, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	
2023-07-15	1430	<b>Mary Makes It Easy</b>	Get Ahead	Getting ahead always sounds like a great idea but not if it means eating the same dish for seven days straight. Mary shows how versatile meal planning can be with four easy recipes.	CANADA	English-100		G		
2023-07-15	1500	<b>Luke Nguyen's Food Trail</b>	Luke Nguyen's Food Trail Series 1 Ep 13	Luke and Lynne bask in the sites of Victoria Harbour before Luke cooks a traditional Chinese XO Sauce paired with Clams. Luke visits local favourite Michelin star restaurant Duddles.	AUSTRALIA	English-100	RPT	PG	Y	
2023-07-15	1530	<b>French Food Safari</b>	French Food Safari Series 1	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	Y
2023-07-15	1600	<b>A New Zealand Food Story</b>	Northland	Ben continues the final leg of his journey discovering the wonders of the far north of the country, and what better way than to finish with dessert?	NEW ZEALAND	English-100		PG		

2023-07-15	1630	<b>John Torode's Ireland</b>	County Clare And The Burren	John meets Stephen Hegarty, local farmer and Burren expert, and they go for a walk on the limestone pavement of The Burren.	IRELAND	English-100		G	
2023-07-15	1725	<b>Destination Flavour Scandinavia Bitesize</b>	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
2023-07-15	1730	<b>Pacific Island Food Revolution</b>	Pacific Island Food Revolution Series 3 Ep 6	In the final episode of Pacific Island Food Revolution, our teams are tasked with making a healthy feast for our special tasting panel of judges.	NEW ZEALAND	English-100		PG	
2023-07-15	1825	<b>Please Eat Slowly Bitesize</b>	Mango Crepe	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100		G	
2023-07-15	1830	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 2 Ep 2	Enthused by a visit to an artisan ice-cream maker, Michel creates a simple but spectacular strawberry ice-cream Bombe Alaska. Then Michel invites his in-laws over for a feast of calf's tongue.	UNITED KINGDOM	English-100		G	Y
2023-07-15	1930	<b>John Torode's Korean Food Tour</b>	Harvest	Autumn brings both the rice harvest and Chuseok, Korean harvest festival, the most important festival of the year. In his Gangnam kitchen, John makes japchae - Korean glass noodles.	UNITED KINGDOM	English-100		G	Y
2023-07-15	2030	<b>Masters Of Savours</b>	Masters Of Cheese	From the Roquefort cellars to the Swiss mountain pastures, this episode introduces us to the passionate people devoting their time to protecting local traditions in cheese-making.	FRANCE	English-100		PG	
2023-07-15	2130	<b>Anthony Bourdain: No Reservations</b>	Jamaica	Jamaica is a vibrant, colourful land full of resorts and reggae music. Anthony is travelling there to uncover the lesser-known Jamaica.	USA	English-100	RPT	PG	
2023-07-15	2225	<b>Please Eat Slowly Bitesize</b>	Hand Pull Noodle	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100		G	
2023-07-15	2230	<b>Anthony Bourdain: Parts Unknown</b>	Far West Texas	Bourdain travels to the untamed land of Big Bend, Texas near the Mexican border - an area that pits man against nature, and in which the land usually wins.	USA	English-100		PG	Y
2023-07-15	2325	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 13, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
2023-07-15	2330	<b>Anthony Bourdain: Parts Unknown</b>	Lower East Side	Bourdain takes a personal journey through this formerly bohemian New York City neighborhood, as he meets, shares meals and reflects with music, film, and art trailblazers.	USA	English-100		PG	
2023-07-15	2425	<b>Please Eat Slowly Bitesize</b>	Steam Fish	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100		G	
2023-07-15	2430	<b>John Torode's Ireland</b>	County Clare And The Burren	John meets Stephen Hegarty, local farmer and Burren expert, and they go for a walk on the limestone pavement of The Burren.	IRELAND	English-100		G	
2023-07-15	2525	<b>Destination Flavour Scandinavia Bitesize</b>	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
2023-07-15	2530	<b>Field Trip With Curtis Stone</b>	Margaret River	In the Margaret River region, Curtis meets with a rancher raising grass-fed Shorthorn cattle; fishes for marron, a large freshwater crayfish; and visits winemaker Vanya Cullen's biodynamic vineyard.	USA	English-100		G	
2023-07-15	2600	<b>Field Trip With Curtis Stone</b>	Rioja	Curtis and friends from Maude travel to the misty mountains of Spain to milk goats, forage for mushrooms with a Michelin-starred chef, and uncork a sixty-year-old bottle of Grenache.	USA	English-100		G	Y

2023-07-15	2630	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 2 Ep 2	Enthused by a visit to an artisan ice-cream maker, Michel creates a simple but spectacular strawberry ice-cream Bombe Alaska. Then Michel invites his in-laws over for a feast of calf's tongue.	UNITED KINGDOM	English-100	G	Y
2023-07-15	2725	<b>Please Eat Slowly Bitesize</b>	Hand Pull Noodle	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100	G	