



**WEEK 29: Sunday, 16 July - Saturday, 22 July 2023 - ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2023-07-16	0500	<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
2023-07-16	0530	<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		
2023-07-16	0630	<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		
2023-07-16	0725	<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	
2023-07-16	0730	<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		
2023-07-16	0800	<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
2023-07-16	0830	<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
2023-07-16	0925	<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		
2023-07-16	0930	<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
2023-07-16	1025	<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	
2023-07-16	1030	<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		
2023-07-16	1130	<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 restaurnt Duddles.	AUSTRALIA	English-100	RPT	PG	Y	

2023-07-16	1200	<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
2023-07-16	1230	<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		
2023-07-16	1300	<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		
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2023-07-16	1400	<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	RPT	PG	Y	
2023-07-16	1430	<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	RPT	PG	Y	
2023-07-16	1500	<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	RPT	PG		
2023-07-16	1530	<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	RPT	PG		
2023-07-16	1600	<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		
2023-07-16	1630	<b>John Torode's Ireland</b>	Aran Islands, Galway And Return To Dublin	John goes to meet David and Jenny O'Halloran of Blath Na Mara at their seaweed factory. Jenny is a local and David is from New Zealand and together they forage and sell seaweed.	IRELAND	English-100		G		
2023-07-16	1725	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 1	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
2023-07-16	1730	<b>Taste The Nation With Padma Lakshmi</b>	Where The Kabob Is Hot	Padma tastes her way through Los Angeles, sampling one of her favourite cuisines - Persian food, one kebab at a time.	USA	English-100		PG		Y
2023-07-16	1805	<b>Flat Out Food</b>	Flat Out Food Series 1 Ep 1	Jenn visits an organic grain farmer, a baker, and a whiskey maker to learn about the various uses of wheat.	CANADA	English-100				
2023-07-16	1830	<b>Food Chain: From Source To Table</b>	Wake Up Call Restaurants	COVID-19 has forced more than a thousand restaurants to close in Singapore. Fighting to save his own business, Chef Ming Tan embarks on a mission to find out how to make restaurants more resilient.	SINGAPORE	English-100		PG		Y
2023-07-16	1930	<b>Hairy Bikers Northern Exposure</b>	Finland	The bikers fall immediately in love with the beautiful and tranquil lakes of Finland and enjoy what they think will be a completely different change of pace from the intensity of St Petersburg.	UNITED KINGDOM	English-100		PG		

2023-07-16	2035	<b>Gordon Ramsay Uncharted</b>	Guyana's Jungle Wild's	Chef Ramsay heads deep into the South American rainforest to explore the culinary roots of Guyana. After rappelling from a helicopter into the jungle, he hunts for toothy caiman with his bare hands.	UNITED KINGDOM	English-100		PG		
2023-07-16	2130	<b>Anthony Bourdain: No Reservations</b>	Hawaii	Anthony heads to arguably the most exotic state in the US, Hawaii. There he enjoys surfing, visits a volcano, and samples the local culture, including a luau.	USA	English-100	RPT	PG		Y
2023-07-16	2225	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 2	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
2023-07-16	2230	<b>Anthony Bourdain: Parts Unknown</b>	Asturias, Spain	Bourdain travels to the enchanted region of Asturias, Spain with chef and humanitarian Jose Andres, as he makes a return to his homeland.	USA	English-100		PG		
2023-07-16	2325	<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		
2023-07-16	2330	<b>Anthony Bourdain: Parts Unknown</b>	Indonesia	A shadow puppet performance provides an entry into understanding Indonesia - a country comprised of thousands of islands whose people endured political turmoil.	USA	English-100		PG		Y
2023-07-16	2425	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 1, 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	
2023-07-16	2430	<b>John Torode's Ireland</b>	Aran Islands, Galway And Return To Dublin	John goes to meet David and Jenny O'Halloran of Blath Na Mara at their seaweed factory. Jenny is a local and David is from New Zealand and together they forage and sell seaweed.	IRELAND	English-100		G		
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2023-07-16	2530	<b>Taste The Nation With Padma Lakshmi</b>	Where The Kabob Is Hot	Padma tastes her way through Los Angeles, sampling one of her favourite cuisines - Persian food, one kebab at a time.	USA	English-100		PG		Y
2023-07-16	2605	<b>Flat Out Food</b>	Flat Out Food Series 1 Ep 1	Jenn visits an organic grain farmer, a baker, and a whiskey maker to learn about the various uses of wheat.	CANADA	English-100				
2023-07-16	2630	<b>Food Chain: From Source To Table</b>	Wake Up Call Restaurants	COVID-19 has forced more than a thousand restaurants to close in Singapore. Fighting to save his own business, Chef Ming Tan embarks on a mission to find out how to make restaurants more resilient.	SINGAPORE	English-100		PG		Y
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2023-07-17	1305	<b>Eating Inn</b>	Viceroy Part 2, The	We get blown away by how many uses the humble pumpkin can be prepared and how it transforms from the lowly vegetable we love and are so familiar with to something magical and even more delicious.	SINGAPORE	English-100		G	
2023-07-17	1330	<b>David Rocco's Dolce South East Asia</b>	New Saigon	David explores the incredible food scene of Saigon and meets a few Viet-Kieu who have now returned to their ancestral home, looking for new opportunities that are now available in this dynamic city.	CANADA	English-100		PG	
2023-07-17	1400	<b>Rachel Khoo's Simple Pleasures</b>	Tips And Tricks	Rachel Khoo gives us her culinary tips and tricks of the trade for creating breathtaking food at home. With Rachel's knowledge and hints, ordinary ingredients can be elevated into extraordinary meals.	USA	English-100		G	
2023-07-17	1430	<b>Ainsley's Food We Love</b>	Ainsley's Food We Love Series 1	Ainsley kicks off his culinary trip down memory lane by showcasing dishes and recipes which celebrate holidays. Starting with a fresh spicy seafood linguine with chilli and cherry tomatoes.	UNITED KINGDOM	English-100		G	

2023-07-17	1525	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 3, 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	
2023-07-17	1530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Kate Hudson	Kate Hudson cooks up an authentic Goan vindaloo, Jamie cooks his ultimate Southern fried chicken, and Jimmy serves wood-fired Italian pizzas fresh from his DIY flowerpot oven.	UNITED KINGDOM	English-100		G		
2023-07-17	1625	<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		
2023-07-17	1630	<b>Mary Makes It Easy</b>	Love Letter To Leftovers	Leftovers can seem uninspiring, but Mary gives them new life by showing how to use them as ingredients in brand new recipes. Starting with leftover risotto.	CANADA	English-100		G		
2023-07-17	1700	<b>Martha Bakes</b>	New England	Martha serves up dishes deeply rooted in tradition including apple pie, brown bread, a lemon-blueberry tart, and hermit bars.	USA	English-100		G		
2023-07-17	1730	<b>Mad Good Food</b>	Guys Night Out	Chef Derrell Smith shares his 'Guys' Night Out' favourite moment and meal of lemon pepper chicken wings and loaded fries from his days in Houston playing football.	USA	English-100		PG		
2023-07-17	1800	<b>James Martin's French Adventure</b>	James Martin's French Adventure Series 1 Ep 1	James's first stop on his French Adventure takes him back to the place that inspired his passion for food, St Emilion. He visits the legendary Chateau Cheval Blanc to cook up his first dish.	UNITED KINGDOM	English-100				
2023-07-17	1900	<b>The Cook Up With Adam Liaw</b>	Easy Peasy	Looking for some easy peasy recipes? Look no further than The Cook Up kitchen tonight, where Adam, host Osher Guunsberg and chef Tom Walton will be aiming to please with their peas.	AUSTRALIA	English-100		PG		
2023-07-17	1930	<b>Luke Nguyen's France</b>	Paris	Follows Luke's latest journey as his appetite for food leads him out of Asia and into France, the culinary wonderland that shaped his ancestral home, Vietnam.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-07-17	2000	<b>Cook Like An Italian With Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 1 Ep 3	Nothing Silvia makes will be measured or mixed with kitchen appliances, it's all hands on, starting with delicious mini pizzas made from leftover bread, and a delicate prawn and lemon risotto.	AUSTRALIA	Enya-100		G	Y	
2023-07-17	2030	<b>Rick Stein's Far Eastern Odyssey</b>	Sri Lanka And Bali	In Sri Lanka, Rick Stein discovers a wealth of spicy vegetable curries. In Colombo, he meets one the country's most respected chefs and tastes an unforgettable chilli crab.	UNITED KINGDOM	English-100	RPT	G	Y	
2023-07-17	2135	<b>Food Unwrapped</b>	Rock, Black Pudding, Watermelons	Kate investigates how it's possible to grow juicy watermelons in one of the driest parts of Europe.	UNITED KINGDOM	English-100		PG	Y	
2023-07-17	2205	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 10	Rick drops in on the fishing port of Boscastle and finds a fabulous seafood restaurant. Then a trip to Cornwall's only organic mushroom farm inspires him to cook a stir fry with lion's mane mushrooms.	UNITED KINGDOM	English-100		PG		
2023-07-17	2235	<b>The Cook Up With Adam Liaw</b>	Easy Peasy	Looking for some easy peasy recipes? Look no further than The Cook Up kitchen tonight, where Adam, host Osher Guunsberg and chef Tom Walton will be aiming to please with their peas.	AUSTRALIA	English-100		PG		
2023-07-17	2305	<b>Anthony Bourdain: A Cook's Tour</b>	How To Be A Carioca	What is a Carioca? These lovable scamps love the beach, flirting, and hanging out at restaurants and bars. Tony gives the lifestyle a try.	USA	English-100		PG		

2023-07-17	2330	<b>The Cook And The Chef</b>	Planning	Preparing for Christmas in June is not the norm for most of us, but for Maggie and Simon it's the ideal time to plan ahead and 'put down' some ingredients to mature nicely for the festive season.	AUSTRALIA	English-100		G		
2023-07-17	2400	<b>Bizarre Foods: Delicious Destinations</b>	Aruba	Andrew Zimmern takes a culinary tour of Aruba, where the climate is as warm as the people. He indulges in local favorites like hearty Dutch pea soup, seafood cazuela and cashew cake.	USA	English-100		G		
2023-07-17	2430	<b>Luke Nguyen's France</b>	Paris	Follows Luke's latest journey as his appetite for food leads him out of Asia and into France, the culinary wonderland that shaped his ancestral home, Vietnam.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-07-17	2500	<b>David Rocco's Dolce South East Asia</b>	New Saigon	David explores the incredible food scene of Saigon and meets a few Viet-Kieu who have now returned to their ancestral home, looking for new opportunities that are now available in this dynamic city.	CANADA	English-100		PG		
2023-07-17	2530	<b>Rachel Khoo's Simple Pleasures</b>	Tips And Tricks	Rachel Khoo gives us her culinary tips and tricks of the trade for creating breathtaking food at home. With Rachel's knowledge and hints, ordinary ingredients can be elevated into extraordinary meals.	USA	English-100		G		
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2023-07-17	2735	<b>Ainsley's Food We Love</b>	Ainsley's Food We Love Series 1	Ainsley kicks off his culinary trip down memory lane by showcasing dishes and recipes which celebrate holidays. Starting with a fresh spicy seafood linguine with chilli and cherry tomatoes.	UNITED KINGDOM	English-100		G		
2023-07-17	2825	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 3, 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	
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2023-07-18	0935	<b>James Martin's French Adventure</b>	James Martin's French Adventure Series 1 Ep 1	James's first stop on his French Adventure takes him back to the place that inspired his passion for food, St Emilion. He visits the legendary Chateau Cheval Blanc to cook up his first dish.	UNITED KINGDOM	English-100				
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2023-07-18	1100	<b>The Cook Up With Adam Liaw</b>	Easy Peasy	Looking for some easy peasy recipes? Look no further than The Cook Up kitchen tonight, where Adam, host Osher Guunsberg and chef Tom Walton will be aiming to please with their peas.	AUSTRALIA	English-100			PG	
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2023-07-18	1300	<b>Eating Inn</b>	Black Tap	Black Tap is a true enigma. A New York born and bred concept its not only known for its seriously frivolous crazy shake deserts, its also renowned for its range of craft beers and burgers.	SINGAPORE	English-100			PG	
2023-07-18	1330	<b>David Rocco's Dolce South East Asia</b>	Phnom Penh, A New Start	In the 1970s Cambodia was a blossoming country until the Civil War. David meets a few locals who through music, dance, and the culinary arts are helping to heal a nation and reconnect with its past.	CANADA	English-100			PG	
2023-07-18	1400	<b>Rachel Khoo's Simple Pleasures</b>	Make Your Own	Rachel Khoo shares her favorite recipes that she loves to make in her own kitchen. Although it's often easier to buy shop-bought meals,	USA	English-100			G	
2023-07-18	1430	<b>Ainsley's Food We Love</b>	Ainsley's Food We Love Series 1 Ep 2	Ainsley pays culinary homage to the dishes that our mums used to make, from brown chicken stew, rice and peas, teatime cupcakes, and delicious garlic bread.	UNITED KINGDOM	English-100			G	
2023-07-18	1525	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 4, 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	
2023-07-18	1530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Tinie Tempah	Tinie Tempah cooks suya - a Nigerian street food classic, Jamie makes his ultimate salt and pepper squid, and Jimmy serves authentic Italian gelato from a DIY ice cream maker.	UNITED KINGDOM	English-100			G	
2023-07-18	1625	<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	
2023-07-18	1630	<b>Mary Makes It Easy</b>	Cheese Please	This week Mary pays homage to fromage with four recipes where cheese is the star. For summertime grilling, Paneer Tikka puts the Indian cheese dish on the barbecue.	CANADA	English-100			G	

2023-07-18	1700	<b>Martha Bakes</b>	Gulf	Martha shares quintessentially Southern recipes including caramel cake, Mississippi mud tart, Lane cake, and cheese straws.	USA	English-100		G	
2023-07-18	1730	<b>Mad Good Food</b>	Taco Tuesday	Chef Derrell Smith is doing 'Taco Tuesday' his own delicious way with pernil tacos, Mexican street corn and homemade guacamole. The fiesta continues with solo meals of pork empanadas.	USA	English-100		PG	Y
2023-07-18	1800	<b>James Martin's French Adventure</b>	James Martin's French Adventure Series 1 Ep 2	After cooking up a delicious fish stew on the banks of the canal, James hops aboard a boat and tastes a traditional cuttlefish lunch.	UNITED KINGDOM	English-100			
2023-07-18	1900	<b>The Cook Up With Adam Liaw</b>	Brought To You Buy The Letter C	Tonight on The Cook Up, chef Nadeem Turkia, cooking instructor Nige Sithirasegaram and Adam ensure every dish is brought to you by the letter 'C'.	AUSTRALIA	English-100		PG	
2023-07-18	1930	<b>Luke Nguyen's France</b>	Paris	Luke digs deeper into Parisian culture. He sets up a kitchen on a rooftop to cook the original version of the French dish that became Vietnam's staple, pho.	AUSTRALIA	English-100	RPT	G	Y
2023-07-18	2000	<b>Donal's Meals In Minutes</b>	Low And Slow	In this episode, Donal looks at slow cooking and the meals tonight all cook over the course of a few hours and they can all be prepared quickly - giving you time to do other things.	IRELAND	English-100		G	
2023-07-18	2030	<b>Jamie's Ultimate Veg</b>	Jamie's Ultimate Veg Series 1 Ep 6	Jamie gets inspired by breakfasts while in Jerusalem, then rustles up spinach pancakes. He makes a creamy risotto with amazing roasted tomato, and visits a cookery class with a healthy twist.	UNITED KINGDOM	English-100		G	
2023-07-18	2130	<b>Food Unwrapped</b>	Salt, Jellied Eels, Tonic Water	Most people want to eat less salt, but how does a person make something "low-salt"? Jimmy finds out how some food producers are using seaweed to reduce their salt content.	UNITED KINGDOM	English-100		PG	Y
2023-07-18	2200	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 2 Ep 1	Rick Stein launches his new series about his home county of Cornwall with a trip back in time to his early days running a nightclub in Padstow.	UNITED KINGDOM	English-100		PG	
2023-07-18	2230	<b>The Cook Up With Adam Liaw</b>	Brought To You Buy The Letter C	Tonight on The Cook Up, chef Nadeem Turkia, cooking instructor Nige Sithirasegaram and Adam ensure every dish is brought to you by the letter 'C'.	AUSTRALIA	English-100		PG	
2023-07-18	2300	<b>Anthony Bourdain: A Cook's Tour</b>	Elements Of A Great Bar	Join Tony on his quest to characterize the perfect bar in New York City. Discover the importance of a maniacal bartender and the proper chemical makeup of drinks.	USA	English-100		PG	
2023-07-18	2330	<b>The Cook And The Chef</b>	German Influence, A	Maggie Beer is passionate about the Barossa Valley and it's German Heritage. She's a proud spokesperson for the area and its many and varied food producers.	AUSTRALIA	English-100		G	
2023-07-18	2400	<b>Bizarre Foods: Delicious Destinations</b>	Curacao	Andrew enjoys the bold and tropical flavors of Curacao, a small Caribbean island off the coast of Venezuela. The former Dutch trading hub has a local cuisine that blends its diverse history with food.	USA	English-100		PG	Y
2023-07-18	2430	<b>Luke Nguyen's France</b>	Paris	Luke digs deeper into Parisian culture. He sets up a kitchen on a rooftop to cook the original version of the French dish that became Vietnam's staple, pho.	AUSTRALIA	English-100	RPT	G	Y
2023-07-18	2500	<b>David Rocco's Dolce South East Asia</b>	Phnom Penh, A New Start	In the 1970s Cambodia was a blossoming country until the Civil War. David meets a few locals who through music, dance, and the culinary arts are helping to heal a nation and reconnect with its past.	CANADA	English-100		PG	
2023-07-18	2530	<b>Rachel Khoo's Simple Pleasures</b>	Make Your Own	Rachel Khoo shares her favorite recipes that she loves to make in her own kitchen. Although it's often easier to buy shop-bought meals,	USA	English-100		G	

2023-07-18	2600	<b>Donal's Meals In Minutes</b>	Low And Slow	In this episode, Donal looks at slow cooking and the meals tonight all cook over the course of a few hours and they can all be prepared quickly - giving you time to do other things.	IRELAND	English-100		G	
2023-07-18	2630	<b>Jamie's Ultimate Veg</b>	Jamie's Ultimate Veg Series 1 Ep 6	Jamie gets inspired by breakfasts while in Jerusalem, then rustles up spinach pancakes. He makes a creamy risotto with amazing roasted tomato, and visits a cookery class with a healthy twist.	UNITED KINGDOM	English-100		G	
2023-07-18	2725	<b>Destination Flavour Singapore Bitesize</b>	Janice Wong	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	
2023-07-18	2730	<b>Ainsley's Food We Love</b>	Ainsley's Food We Love Series 1 Ep 2	Ainsley pays culinary homage to the dishes that our mums used to make, from brown chicken stew, rice and peas, teatime cupcakes, and delicious garlic bread.	UNITED KINGDOM	English-100		G	
2023-07-18	2825	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 4, 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
2023-07-18	2830	<b>Mary Makes It Easy</b>	Cheese Please	This week Mary pays homage to fromage with four recipes where cheese is the star. For summertime grilling, Paneer Tikka puts the Indian cheese dish on the barbecue.	CANADA	English-100		G	
2023-07-19	0500	<b>Mad Good Food</b>	Taco Tuesday	Chef Derrell Smith is doing 'Taco Tuesday' his own delicious way with pernil tacos, Mexican street corn and homemade guacamole. The fiesta continues with solo meals of pork empanadas.	USA	English-100		PG	Y
2023-07-19	0530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Tinie Tempah	Tinie Tempah cooks suya - a Nigerian street food classic, Jamie makes his ultimate salt and pepper squid, and Jimmy serves authentic Italian gelato from a DIY ice cream maker.	UNITED KINGDOM	English-100		G	
2023-07-19	0625	<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	
2023-07-19	0630	<b>Mary Makes It Easy</b>	Cheese Please	This week Mary pays homage to fromage with four recipes where cheese is the star. For summertime grilling, Paneer Tikka puts the Indian cheese dish on the barbecue.	CANADA	English-100		G	
2023-07-19	0700	<b>Martha Bakes</b>	Gulf	Martha shares quintessentially Southern recipes including caramel cake, Mississippi mud tart, Lane cake, and cheese straws.	USA	English-100		G	
2023-07-19	0730	<b>Ainsley's Food We Love</b>	Ainsley's Food We Love Series 1 Ep 2	Ainsley pays culinary homage to the dishes that our mums used to make, from brown chicken stew, rice and peas, teatime cupcakes, and delicious garlic bread.	UNITED KINGDOM	English-100		G	
2023-07-19	0825	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 4, 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
2023-07-19	0830	<b>Jamie's Ultimate Veg</b>	Jamie's Ultimate Veg Series 1 Ep 6	Jamie gets inspired by breakfasts while in Jerusalem, then rustles up spinach pancakes. He makes a creamy risotto with amazing roasted tomato, and visits a cookery class with a healthy twist.	UNITED KINGDOM	English-100		G	
2023-07-19	0925	<b>Destination Flavour Singapore Bitesize</b>	Janice Wong	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	
2023-07-19	0930	<b>James Martin's French Adventure</b>	James Martin's French Adventure Series 1 Ep 2	After cooking up a delicious fish stew on the banks of the canal, James hops aboard a boat and tastes a traditional cuttlefish lunch.	UNITED KINGDOM	English-100			

2023-07-19	1025	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 5	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
2023-07-19	1030	<b>Luke Nguyen's France</b>	Paris	Luke digs deeper into Parisian culture. He sets up a kitchen on a rooftop to cook the original version of the French dish that became Vietnam's staple, pho.	AUSTRALIA	English-100	RPT	G	Y	
2023-07-19	1100	<b>The Cook Up With Adam Liaw</b>	Brought To You Buy The Letter C	Tonight on The Cook Up, chef Nadeem Turkia, cooking instructor Nige Sithirasegaram and Adam ensure every dish is brought to you by the letter 'C'.	AUSTRALIA	English-100		PG		
2023-07-19	1130	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 2 Ep 1	Rick Stein launches his new series about his home county of Cornwall with a trip back in time to his early days running a nightclub in Padstow.	UNITED KINGDOM	English-100		PG		
2023-07-19	1200	<b>Donal's Meals In Minutes</b>	Low And Slow	In this episode, Donal looks at slow cooking and the meals tonight all cook over the course of a few hours and they can all be prepared quickly - giving you time to do other things.	IRELAND	English-100		G		
2023-07-19	1230	<b>Jamie's Ultimate Veg</b>	Jamie's Ultimate Veg Series 1 Ep 6	Jamie gets inspired by breakfasts while in Jerusalem, then rustles up spinach pancakes. He makes a creamy risotto with amazing roasted tomato, and visits a cookery class with a healthy twist.	UNITED KINGDOM	English-100		G		
2023-07-19	1330	<b>David Rocco's Dolce South East Asia</b>	Siem Reap Art Will Save Cambodia	The famed temples of Angkor Wat withstood the civil war of the 1970s and today the town of Siem Reap and the temples have become a tourist destination and a bustling centre for arts, culture and food.	CANADA	English-100		PG		
2023-07-19	1400	<b>Rachel Khoo's Simple Pleasures</b>	My Childhood Favorites	Rachel Khoo reimagines some all-time favorite dishes with a modern twist. She conjures up a hearty beef and butternut squash stew that's perfect for a cold day.	USA	English-100		G		
2023-07-19	1430	<b>Ainsley's Food We Love</b>	Ainsley's Food We Love Series 1 Ep 3	Ainsley is in the kitchen as he is inspired by the great retro dishes of the past. He starts his Forgotten Classics menu with a sumptuous minced beef, potato, and onion pie served with buttery greens.	UNITED KINGDOM	English-100		G		
2023-07-19	1525	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 5, 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	
2023-07-19	1530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Hugh Bonneville	Hugh Bonneville serves up an authentic pad Thai, Jamie cooks an overnight roasted pork shoulder, and Jimmy builds an offset smoker to create a real-deal Southern-style barbecue brisket.	UNITED KINGDOM	English-100		PG		
2023-07-19	1625	<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		
2023-07-19	1630	<b>Mary Makes It Easy</b>	Meatless Monday	Not every meal needs to have meat as the star. Whether its for health, the environment, or any other reason, lots of people are trying their hand at Meatless Mondays.	CANADA	English-100		G		
2023-07-19	1700	<b>Martha Bakes</b>	Pennsylvania Dutch	Martha shares recipes for Pennsylvania Dutch specialties including Montgomery pie, whoopie pies, and apple dumplings.	USA	English-100		G		
2023-07-19	1730	<b>Mad Good Food</b>	Mothers Day	Mother's Day has a special place in Chef Derrell's life. He shares his favourite family meal of shrimp with grits, cheddar biscuits and stories from past celebrations.	USA	English-100		PG		Y
2023-07-19	1800	<b>James Martin's French Adventure</b>	James Martin's French Adventure Series 1 Ep 3	James visits Languedoc, famous for its wine and the hearty meaty dish, cassoulet. After stopping at a roadside fruit stall, James creates a great fresh recipe.	UNITED KINGDOM	English-100				

2023-07-19	1900	<b>The Cook Up With Adam Liaw</b>	Old School Cooking	Class is in session: comedian Frida Deguise and Indigenous culinary consultant Sam May join Adam for an ode to old school cooking.	AUSTRALIA	English-100		PG		
2023-07-19	1930	<b>Luke Nguyen's France</b>	Strasbourg (Alsace)	Luke heads to Strasbourg where he develops a taste for all things Alsatian. There he discovers the secrets behind Strasbourg's most famous dish, choucroute.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-07-19	2000	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 3	Journeying along the Canal Lateral a la Garonne, Rick fishes for freshwater herring, visits the markets of Nerac and Cadillac to create a pork and garlic dish, and cooks a prune and almond tart.	UNITED KINGDOM	English-100		G		
2023-07-19	2030	<b>Guillaume's Paris</b>	Guillaume's Paris Series 1 Ep 5	Chef Guillaume Brahimi searches for the best bread in Paris and visits Opera Garnier, a spectacular music venue which inspired a famous Paris dessert.	AUSTRALIA	English-70; French-30	RPT	PG	Y	
2023-07-19	2100	<b>Guillaume's Paris</b>	Guillaume's Paris Series 1 Ep 6	Chef Guillaume Brahimi explores the 11th and 12th arrondissements of Paris to discover best food experiences in the city. Guillaume visits the chocolate factory of Alain Ducasse.	AUSTRALIA	English-70; French-30	RPT	G	Y	Y
2023-07-19	2130	<b>Food Unwrapped</b>	Onions, Steak, Stuffed Olives	Is pricey aged steak worth the wait? Jimmy visits a top butcher to find out how aged beef is produced and whether it's possible to age steaks at home.	UNITED KINGDOM	English-100		PG		Y
2023-07-19	2200	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 2 Ep 2	Rick Stein travels to St Ives to tell us about one of Britain's little-known artists, Alfred Wallis. In the shadow of Bodmin Moor Rick visits a very rare collection of Medieval stained-glass windows.	UNITED KINGDOM	English-100		PG		
2023-07-19	2230	<b>The Cook Up With Adam Liaw</b>	Old School Cooking	Class is in session: comedian Frida Deguise and Indigenous culinary consultant Sam May join Adam for an ode to old school cooking.	AUSTRALIA	English-100		PG		
2023-07-19	2300	<b>Anthony Bourdain: A Cook's Tour</b>	Struggle For The Soul Of America, The	Tony travels to the grain-belt capital of Minneapolis, Minnesota to experience firsthand the conflict between creative independent operators and generic franchises.	USA	English-100		PG		
2023-07-19	2330	<b>The Cook And The Chef</b>	Winter And Chocolate	The weather's cooler, the ugg boots are on, and the fires are roaring. Before the Winter Blues hit, why not cheer up with some chocolate.	AUSTRALIA	English-100		G		
2023-07-19	2400	<b>Bizarre Foods: Delicious Destinations</b>	Seville	Andrew explores the city of Seville, Spain, where socializing includes long nights of communal eating and drinking. With impeccable delicacies like the cured ham of Iberico pig and gazpacho.	USA	English-100		G		Y
2023-07-19	2430	<b>Luke Nguyen's France</b>	Strasbourg (Alsace)	Luke heads to Strasbourg where he develops a taste for all things Alsatian. There he discovers the secrets behind Strasbourg's most famous dish, choucroute.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-07-19	2500	<b>David Rocco's Dolce South East Asia</b>	Siem Reap Art Will Save Cambodia	The famed temples of Angkor Wat withstood the civil war of the 1970s and today the town of Siem Reap and the temples have become a tourist destination and a bustling centre for arts, culture and food.	CANADA	English-100		PG		
2023-07-19	2530	<b>Rachel Khoo's Simple Pleasures</b>	My Childhood Favorites	Rachel Khoo reimagines some all-time favorite dishes with a modern twist. She conjures up a hearty beef and butternut squash stew that's perfect for a cold day.	USA	English-100		G		
2023-07-19	2600	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 3	Journeying along the Canal Lateral a la Garonne, Rick fishes for freshwater herring, visits the markets of Nerac and Cadillac to create a pork and garlic dish, and cooks a prune and almond tart.	UNITED KINGDOM	English-100		G		

2023-07-19	2630	<b>Guillaume's Paris</b>	Guillaume's Paris Series 1 Ep 5	Chef Guillaume Brahimi searches for the best bread in Paris and visits Opera Garnier, a spectacular music venue which inspired a famous Paris dessert.	AUSTRALIA	English-70; French-30	RPT	PG	Y	
2023-07-19	2700	<b>Guillaume's Paris</b>	Guillaume's Paris Series 1 Ep 6	Chef Guillaume Brahimi explores the 11th and 12th arrondissements of Paris to discover best food experiences in the city. Guillaume visits the chocolate factory of Alain Ducasse.	AUSTRALIA	English-70; French-30	RPT	G	Y	Y
2023-07-19	2730	<b>Ainsley's Food We Love</b>	Ainsley's Food We Love Series 1 Ep 3	Ainsley is in the kitchen as he is inspired by the great retro dishes of the past. He starts his Forgotten Classics menu with a sumptuous minced beef, potato, and onion pie served with buttery greens.	UNITED KINGDOM	English-100		G		
2023-07-19	2825	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 5, 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	
2023-07-19	2830	<b>Mary Makes It Easy</b>	Meatless Monday	Not every meal needs to have meat as the star. Whether its for health, the environment, or any other reason, lots of people are trying their hand at Meatless Mondays.	CANADA	English-100		G		
2023-07-20	0500	<b>Mad Good Food</b>	Mothers Day	Mother's Day has a special place in Chef Derrell's life. He shares his favourite family meal of shrimp with grits, cheddar biscuits and stories from past celebrations.	USA	English-100		PG		Y
2023-07-20	0530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Hugh Bonneville	Hugh Bonneville serves up an authentic pad Thai, Jamie cooks an overnight roasted pork shoulder, and Jimmy builds an offset smoker to create a real-deal Southern-style barbeque brisket.	UNITED KINGDOM	English-100		PG		
2023-07-20	0625	<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		
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2023-07-20	0700	<b>Martha Bakes</b>	Pennsylvania Dutch	Martha shares recipes for Pennsylvania Dutch specialties including Montgomery pie, whoopie pies, and apple dumplings.	USA	English-100		G		
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2023-07-20	0825	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 5, 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	
2023-07-20	0830	<b>Guillaume's Paris</b>	Guillaume's Paris Series 1 Ep 5	Chef Guillaume Brahimi searches for the best bread in Paris and visits Opera Garnier, a spectacular music venue which inspired a famous Paris dessert.	AUSTRALIA	English-70; French-30	RPT	PG	Y	
2023-07-20	0900	<b>Guillaume's Paris</b>	Guillaume's Paris Series 1 Ep 6	Chef Guillaume Brahimi explores the 11th and 12th arrondissements of Paris to discover best food experiences in the city. Guillaume visits the chocolate factory of Alain Ducasse.	AUSTRALIA	English-70; French-30	RPT	G	Y	Y
2023-07-20	0930	<b>James Martin's French Adventure</b>	James Martin's French Adventure Series 1 Ep 3	James visits Languedoc, famous for its wine and the hearty meaty dish, cassoulet. After stopping at a roadside fruit stall, James creates a great fresh recipe.	UNITED KINGDOM	English-100				

2023-07-20	1025	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 6	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
2023-07-20	1030	<b>Luke Nguyen's France</b>	Strasbourg (Alsace)	Luke heads to Strasbourg where he develops a taste for all things Alsatian. There he discovers the secrets behind Strasbourg's most famous dish, choucroute.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-07-20	1100	<b>The Cook Up With Adam Liaw</b>	Old School Cooking	Class is in session: comedian Frida Deguise and Indigenous culinary consultant Sam May join Adam for an ode to old school cooking.	AUSTRALIA	English-100		PG		
2023-07-20	1130	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 2 Ep 2	Rick Stein travels to St Ives to tell us about one of Britain's little-known artists, Alfred Wallis. In the shadow of Bodmin Moor Rick visits a very rare collection of Medieval stained-glass windows.	UNITED KINGDOM	English-100		PG		
2023-07-20	1200	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 3	Journeying along the Canal Lateral a la Garonne, Rick fishes for freshwater herring, visits the markets of Nerac and Cadillac to create a pork and garlic dish, and cooks a prune and almond tart.	UNITED KINGDOM	English-100		G		
2023-07-20	1230	<b>Guillaume's Paris</b>	Guillaume's Paris Series 1 Ep 5	Chef Guillaume Brahimi searches for the best bread in Paris and visits Opera Garnier, a spectacular music venue which inspired a famous Paris dessert.	AUSTRALIA	English-70; French-30	RPT	PG	Y	
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2023-07-20	1330	<b>David Rocco's Dolce South East Asia</b>	Simple Life, The	In the busy city of Bangkok, David meets a few locals who through food and architecture are champions and activists for a simpler and perhaps a better way of living.	CANADA	English-100		PG		
2023-07-20	1400	<b>Rachel Khoo's Simple Pleasures</b>	Tasty Parcels	Sometimes the best things in life come in small packages, and that is certainly the case with the dishes Rachel Khoo creates. Rachel raids her cupboards to create delicious meals from few ingredients.	USA	English-100		G		
2023-07-20	1430	<b>Ainsley's Food We Love</b>	Ainsley's Food We Love Series 1 Ep 4	Ainsley is inspired by the great dishes of the school canteen. He starts off with a sumptuous shepherd's pie with minted peas. Pussycat Doll Kimberly Wyatt joins him for a cheese and bean tortilla.	UNITED KINGDOM	English-100		G		
2023-07-20	1525	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 6, 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	
2023-07-20	1530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Ellie Goulding	Ellie Goulding relives the junk food of her past, when she gives the 'dirty burger' a vegan twist, Jamie cooks an indulgent Japanese steaming ramen, and Jimmy reinvents the humble roast chicken.	UNITED KINGDOM	English-100		PG		
2023-07-20	1625	<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		
2023-07-20	1630	<b>Mary Makes It Easy</b>	Fast Food Fixes	Mary loves restaurant takeout. So, for these recipes she's delivering fast food flavours at home with dishes that are simple to make and even better to personalize as your own.	CANADA	English-100		G		Y
2023-07-20	1700	<b>Martha Bakes</b>	South Atlantic	Entertaining wouldn't be complete without a delicious dessert, and these South Atlantic classics are sure to impress.	USA	English-100		G		



2023-07-20	2630	<b>Rick Stein's Long Weekends</b>	Bologna	Rick Stein visits Bologna in northern Italy, a city so famous for its food that it's known as the stomach of Italy. He learns how to make the local fresh egg pasta used for tortellini.	UNITED KINGDOM	English-100	RPT	G	Y	
2023-07-20	2735	<b>Ainsley's Food We Love</b>	Ainsley's Food We Love Series 1 Ep 4	Ainsley is inspired by the great dishes of the school canteen. He starts off with a sumptuous shepherd's pie with minted peas. Pussycat Doll Kimberly Wyatt joins him for a cheese and bean tortilla.	UNITED KINGDOM	English-100		G		
2023-07-20	2830	<b>Mary Makes It Easy</b>	Fast Food Fixes	Mary loves restaurant takeout. So, for these recipes she's delivering fast food flavours at home with dishes that are simple to make and even better to personalize as your own.	CANADA	English-100		G	Y	
2023-07-21	0500	<b>Mad Good Food</b>	Break Up Meals	Chef Derrell prepares his delicious lobster mac n' cheese, fire-roasted tomato bisque with lobster grilled cheese sandwiches and zucchini ribbon rolls.	USA	English-100		PG		
2023-07-21	0530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Ellie Goulding	Ellie Goulding relives the junk food of her past, when she gives the 'dirty burger' a vegan twist, Jamie cooks an indulgent Japanese steaming ramen, and Jimmy reinvents the humble roast chicken.	UNITED KINGDOM	English-100		PG		
2023-07-21	0625	<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		
2023-07-21	0630	<b>Mary Makes It Easy</b>	Fast Food Fixes	Mary loves restaurant takeout. So, for these recipes she's delivering fast food flavours at home with dishes that are simple to make and even better to personalize as your own.	CANADA	English-100		G	Y	
2023-07-21	0700	<b>Martha Bakes</b>	South Atlantic	Entertaining wouldn't be complete without a delicious dessert, and these South Atlantic classics are sure to impress.	USA	English-100		G		
2023-07-21	0730	<b>Ainsley's Food We Love</b>	Ainsley's Food We Love Series 1 Ep 4	Ainsley is inspired by the great dishes of the school canteen. He starts off with a sumptuous shepherd's pie with minted peas. Pussycat Doll Kimberly Wyatt joins him for a cheese and bean tortilla.	UNITED KINGDOM	English-100		G		
2023-07-21	0825	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 6, 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	
2023-07-21	0830	<b>Rick Stein's Long Weekends</b>	Bologna	Rick Stein visits Bologna in northern Italy, a city so famous for its food that it's known as the stomach of Italy. He learns how to make the local fresh egg pasta used for tortellini.	UNITED KINGDOM	English-100	RPT	G	Y	
2023-07-21	0935	<b>James Martin's French Adventure</b>	James Martin's French Adventure Series 1 Ep 4	Inspired by a visit to a distillery, James uses Cognac for his first al fresco cook. He then meets a miller who still uses traditional methods to make award-winning brioche loaves.	UNITED KINGDOM	English-100				
2023-07-21	1030	<b>Luke Nguyen's France</b>	Port Lesney (Franche-Comte)	Luke's journey takes him to the Franche-Comte where he finds age-old recipes and experiences new levels of decadence.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-07-21	1100	<b>The Cook Up With Adam Liaw</b>	Garden Grills	We've got grills, they're multiplying! Adam, Afghan food legend Durkhanai Ayubi and Rockpool Bar & Grill's Corey Costelloe grab food from the garden and give it a grilling!	AUSTRALIA	English-100		PG		
2023-07-21	1130	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 2 Ep 3	Rick meets Springwatch presenter and biologist Gillian Burke who takes Rick on a walk through a rare habitat called an Atlantic Temperate Rainforest, on the banks of the Helford River.	UNITED KINGDOM	English-100		PG		

2023-07-21	1200	<b>Made In Italy With Silvia Colloca</b>	Made In Italy With Silvia Colloca Series 1 Ep 2	Silvia Colloca returns to her family home in Italy, and with the help of her sister, she demonstrates how to make a fool proof potato gnocchi with zucchini and pecorino sauce.	AUSTRALIA	English-100	RPT	G	Y	
2023-07-21	1230	<b>Rick Stein's Long Weekends</b>	Bologna	Rick Stein visits Bologna in northern Italy, a city so famous for its food that it's known as the stomach of Italy. He learns how to make the local fresh egg pasta used for tortellini.	UNITED KINGDOM	English-100	RPT	G	Y	
2023-07-21	1335	<b>David Rocco's Dolce South East Asia</b>	Women Of Bangkok	David heads to Bangkok, the capital and cultural hub of Thailand, where he meets three generations of women who are contributing to its success, including a young climate change activist.	CANADA	English-100		PG		
2023-07-21	1400	<b>Rachel Khoo's Simple Pleasures</b>	Taste Of Travel, A	Rachel Khoo prepares her favorite recipes from her culinary travels. Rachel creates an Irish-inspired soda bread to accompany a French tapenade.	USA	English-100		G		
2023-07-21	1430	<b>Ainsley's Food We Love</b>	Ainsley's Food We Love Series 1 Ep 5	Ainsley is in his kitchen where it's time for that Great British tradition - tea! Time to pop the kettle on. Ainsley is joined in the kitchen by actor, singer, and dancer John Partridge.	UNITED KINGDOM	English-100		G		
2023-07-21	1525	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 7, 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	
2023-07-21	1530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Michael Sheen	Michael Sheen returns to his roots when he cooks the national dish of Wales - a delicious lamb cawl, Jamie wows the diners with his winter nights chilli, and Jimmy builds a DIY peking duck oven.	UNITED KINGDOM	English-100		G		
2023-07-21	1625	<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		
2023-07-21	1630	<b>Mary Makes It Easy</b>	Let Them Eat Cake	Cake is the star of the show and Mary has three foolproof cake recipes to make sure your next celebration is a hit.	CANADA	English-100		G		
2023-07-21	1700	<b>Martha Bakes</b>	West	From layer cake to upside-down cake, Martha shares four favourite recipes to add to your repertoire.	USA	English-100		G		
2023-07-21	1730	<b>Mad Good Food</b>	Summer Cook Out	Chef Derrell kicks off the summer with a traditional Low-Country Boil, shrimp Po-Boy sandwich with jerk mayonnaise and a light potato corn chowder.	USA	English-100		PG		
2023-07-21	1800	<b>James Martin's French Adventure</b>	James Martin's French Adventure Series 1 Ep 5	James visits a region known for its traditional hearty cuisine, buried treasures and a love of all things duck, the Dordogne! After a visit to a market to find some ingredients, James makes a delicious summer pudding.	UNITED KINGDOM	English-100				
2023-07-21	1900	<b>The Cook Up With Adam Liaw</b>	Eat With Your Hands	It's Easy Entertaining, and tonight we're ditching the cutlery! La Popular Taqueria's Daniella Guevara Munoz and KJ.LA's creator, Kylie Javier Ashton, are here to lend Adam a hand.	AUSTRALIA	English-100		PG		
2023-07-21	1930	<b>Luke Nguyen's France</b>	Lyon	Luke heads to Lyon, the food capital of France. He makes a salad Lyonnaise after teaming up with celebrity chef Gregory Cuilleron, then explores Lyon's famous silk tunnels.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-07-21	2000	<b>Poh &amp; Co.</b>	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	

2023-07-21	2030	<b>Khanh Ong's Wild Food</b>	Khanh Ong's Wild Food Series 1 Ep 10	Khanh Ong sets up camp on the magnificent Mornington Peninsula to cook a three course meal inspired by his travels.	AUSTRALIA	English-100		PG		
2023-07-21	2130	<b>Cheese Slices</b>	Brazil - Clandestine Cheeses Of Brazil	The Minas region of Brazil produces as much raw milk cheese as France, but most of it is illegal. Will takes a flight to the stunning Canastra ranges to learn about the traditional farm cheese.	AUSTRALIA	English-100		PG		
2023-07-21	2200	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 2 Ep 4	Cornwall has more than its fair share of folktales. Perhaps the most famous is found near Land's End, where Rick recounts the tale of the Mermaid of Zennor.	UNITED KINGDOM	English-100		PG		
2023-07-21	2230	<b>The Cook Up With Adam Liaw</b>	Eat With Your Hands	It's Easy Entertaining, and tonight we're ditching the cutlery! La Popular Taqueria's Daniella Guevara Munoz and KJ.LA's creator, Kylie Javier Ashton, are here to lend Adam a hand.	AUSTRALIA	English-100		PG		
2023-07-21	2300	<b>Anthony Bourdain: A Cook's Tour</b>	Singapore: New York In Twenty Years	Tony sets out to find the real Singapore, with its multicultural restaurants and food markets. He samples prescription food dishes and explores the Geyland Serai Marke.	USA	English-100		PG		
2023-07-21	2330	<b>The Cook And The Chef</b>	Old Favourites	Maggie and Simon bring back some Old Favourites and, of course, reveal secrets that take your cooking to another level. Inspired by tradition and a gift of a pot from his Mum.	AUSTRALIA	English-100		G		
2023-07-21	2400	<b>Bizarre Foods: Delicious Destinations</b>	Delhi	From tandoori chicken to goat kebabs and samosas to deep-fried dough balls, Andrew Zimmern finds that Delhi's iconic cuisine succeeds in unifying the 24 million people in this vibrant metropolis.	USA	English-100		G		Y
2023-07-21	2430	<b>Luke Nguyen's France</b>	Lyon	Luke heads to Lyon, the food capital of France. He makes a salad Lyonnaise after teaming up with celebrity chef Gregory Cuilleron, then explores Lyon's famous silk tunnels.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-07-21	2500	<b>David Rocco's Dolce South East Asia</b>	Women Of Bangkok	David heads to Bangkok, the capital and cultural hub of Thailand, where he meets three generations of women who are contributing to its success, including a young climate change activist.	CANADA	English-100		PG		
2023-07-21	2530	<b>Rachel Khoo's Simple Pleasures</b>	Taste Of Travel, A	Rachel Khoo prepares her favorite recipes from her culinary travels. Rachel creates an Irish-inspired soda bread to accompany a French tapenade.	USA	English-100		G		
2023-07-21	2600	<b>Poh &amp; Co.</b>	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	
2023-07-21	2630	<b>Khanh Ong's Wild Food</b>	Khanh Ong's Wild Food Series 1 Ep 10	Khanh Ong sets up camp on the magnificent Mornington Peninsula to cook a three course meal inspired by his travels.	AUSTRALIA	English-100		PG		
2023-07-21	2730	<b>Ainsley's Food We Love</b>	Ainsley's Food We Love Series 1 Ep 5	Ainsley is in his kitchen where it's time for that Great British tradition - tea! Time to pop the kettle on. Ainsley is joined in the kitchen by actor, singer, and dancer John Partridge.	UNITED KINGDOM	English-100		G		
2023-07-21	2825	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 7, 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	
2023-07-21	2830	<b>Mary Makes It Easy</b>	Let Them Eat Cake	Cake is the star of the show and Mary has three foolproof cake recipes to make sure your next celebration is a hit.	CANADA	English-100		G		
2023-07-22	0500	<b>Mad Good Food</b>	Summer Cook Out	Chef Derrell kicks off the summer with a traditional Low-Country Boil, shrimp Po-Boy sandwich with jerk mayonnaise and a light potato corn chowder.	USA	English-100		PG		

2023-07-22	0530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Michael Sheen	Michael Sheen returns to his roots when he cooks the national dish of Wales - a delicious lamb cawl, Jamie wows the diners with his winter nights chilli, and Jimmy builds a DIY peking duck oven.	UNITED KINGDOM	English-100		G		
2023-07-22	0625	<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		
2023-07-22	0630	<b>Mary Makes It Easy</b>	Let Them Eat Cake	Cake is the star of the show and Mary has three foolproof cake recipes to make sure your next celebration is a hit.	CANADA	English-100		G		
2023-07-22	0700	<b>Martha Bakes</b>	West	From layer cake to upside-down cake, Martha shares four favourite recipes to add to your repertoire.	USA	English-100		G		
2023-07-22	0730	<b>Ainsley's Food We Love</b>	Ainsley's Food We Love Series 1 Ep 5	Ainsley is in his kitchen where it's time for that Great British tradition - tea! Time to pop the kettle on. Ainsley is joined in the kitchen by actor, singer, and dancer John Partridge.	UNITED KINGDOM	English-100		G		
2023-07-22	0825	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 7, 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
2023-07-22	0830	<b>Khanh Ong's Wild Food</b>	Khanh Ong's Wild Food Series 1 Ep 10	Khanh Ong sets up camp on the magnificent Mornington Peninsula to cook a three course meal inspired by his travels.	AUSTRALIA	English-100		PG		
2023-07-22	0930	<b>James Martin's French Adventure</b>	James Martin's French Adventure Series 1 Ep 5	James visits a region known for its traditional hearty cuisine, buried treasures and a love of all things duck, the Dordogne! After a visit to a market to find some ingredients, James makes a delicious summer pudding.	UNITED KINGDOM	English-100		G		
2023-07-22	1025	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2023-07-22	1030	<b>Luke Nguyen's France</b>	Lyon	Luke heads to Lyon, the food capital of France. He makes a salad Lyonnaise after teaming up with celebrity chef Gregory Cuilleron, then explores Lyon's famous silk tunnels.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-07-22	1100	<b>The Cook Up With Adam Liaw</b>	Eat With Your Hands	It's Easy Entertaining, and tonight we're ditching the cutlery! La Popular Taqueria's Daniella Guevara Munoz and KJ.LA's creator, Kylie Javier Ashton, are here to lend Adam a hand.	AUSTRALIA	English-100		PG		
2023-07-22	1130	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 2 Ep 4	Cornwall has more than its fair share of folktales. Perhaps the most famous is found near Land's End, where Rick recounts the tale of the Mermaid of Zennor.	UNITED KINGDOM	English-100		PG		
2023-07-22	1200	<b>Poh &amp; Co.</b>	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
2023-07-22	1230	<b>Khanh Ong's Wild Food</b>	Khanh Ong's Wild Food Series 1 Ep 10	Khanh Ong sets up camp on the magnificent Mornington Peninsula to cook a three course meal inspired by his travels.	AUSTRALIA	English-100		PG		
2023-07-22	1330	<b>Rachel Khoo's Simple Pleasures</b>	Taste Of Travel, A	Rachel Khoo prepares her favorite recipes from her culinary travels. Rachel creates an Irish-inspired soda bread to accompany a French tapenade.	USA	English-100		G		
2023-07-22	1400	<b>Mary Makes It Easy</b>	Let Them Eat Cake	Cake is the star of the show and Mary has three foolproof cake recipes to make sure your next celebration is a hit.	CANADA	English-100		G		

2023-07-22	1430	<b>Mad Good Food</b>	Summer Cook Out	Chef Derrell kicks off the summer with a traditional Low-Country Boil, shrimp Po-Boy sandwich with jerk mayonnaise and a light potato corn chowder.	USA	English-100		PG		
2023-07-22	1500	<b>Good Tucker</b>	Upali's	Suren and Matt visit Upali's, a stalwart of Sri Lankan cuisine in Victoria, where they learn how to make a delicious Jaffna crab curry.	AUSTRALIA	English-100		G		
2023-07-22	1530	<b>Cheese Slices</b>	Spain - Traditional Galician Cheese	Galicia is known as 'Green Spain' and its high rainfall is perfect for dairy farming. Home to over a million cows, this beautiful region is well known for its mysterious Celtic past.	AUSTRALIA	English-100		G		
2023-07-22	1600	<b>Cheese Slices</b>	Canada - Artisan Cheeses Of British Columbia	The growing consumer awareness of artisan cheese in Canada has recently spread to the Pacific West Coast of British Columbia.	AUSTRALIA	English-100		G		
2023-07-22	1630	<b>Ottolenghi's Mediterranean Island Feast</b>	Corsica	Yotam travels to the stunning French island of Corsica, where he discovers how the lush green landscape, called the maquis, flavours and infuses the food, from charcuterie and olive oil.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2023-07-22	1725	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 4, 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	
2023-07-22	1730	<b>Field Trip With Curtis Stone</b>	South Australia	Curtis and his team from Maude meet up with winemaker Chester Osborn to taste wine on the rooftop of the D'arenberg Cube, before heading to Hutton Vale Farm to get a tiring lesson in sheep shearing.	USA	English-100		PG		
2023-07-22	1800	<b>Field Trip With Curtis Stone</b>	Rome	Curtis journeys to the heart of Rome to experience the cuisine of the city. He starts his travels visiting a local butcher who specialises in organ meats and meets a former chef turned pizza maker.	USA	English-100		G		Y
2023-07-22	1830	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 2 Ep 3	Michel visits an artisanal vermouth distillery in the Provencal countryside before barbecuing king-size scallops with white vermouth sauce. Then he creates oreillettes and crepes suzette for dessert.	UNITED KINGDOM	English-100		PG		Y
2023-07-22	1930	<b>John Torode's Korean Food Tour</b>	Kimchi	Kimchi is one of the world's superfoods. Every family has a recipe and no meal is eaten in Korea without kimchi. In Mangwon Market in Seoul, John visits the stalls selling hundreds of different types.	UNITED KINGDOM	English-100		G		
2023-07-22	2030	<b>Masters Of Savours</b>	Masters Of Chocolate	The Mayas and the Aztecs were the first to treasure the cocoa bean, which they believed had divine powers. Since then, chocolate has become a universal product and a source of gustative pleasure.	FRANCE	English-100		PG		
2023-07-22	2130	<b>Anthony Bourdain: No Reservations</b>	Into The Fire New York	Anthony Bourdain accepts the challenge to return to Les Halles to work his old Tuesday double shift.	USA	English-100		PG		
2023-07-22	2225	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 5, 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	
2023-07-22	2230	<b>Anthony Bourdain: Parts Unknown</b>	Parts Unknown Behind The Scenes	A closer look at Bourdain's relationship with his crew - the team that travelled with him and slogged through the trenches - which was like no other in his life.	USA	English-100		PG		Y
2023-07-22	2325	<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		
2023-07-22	2330	<b>Cheese Slices</b>	Spain - Traditional Galician Cheese	Galicia is known as 'Green Spain' and its high rainfall is perfect for dairy farming. Home to over a million cows, this beautiful region is well known for its mysterious Celtic past.	AUSTRALIA	English-100		G		

2023-07-22	2400	<b>Cheese Slices</b>	Canada - Artisan Cheeses Of British Columbia	The growing consumer awareness of artisan cheese in Canada has recently spread to the Pacific West Coast of British Columbia.	AUSTRALIA	English-100		G		
2023-07-22	2430	<b>Ottolenghi's Mediterranean Island Feast</b>	Corsica	Yotam travels to the stunning French island of Corsica, where he discovers how the lush green landscape, called the maquis, flavours and infuses the food, from charcuterie and olive oil.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2023-07-22	2525	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 4, 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	
2023-07-22	2530	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 2 Ep 3	Michel visits an artisanal vermouth distillery in the Provençal countryside before barbecuing king-size scallops with white vermouth sauce. Then he creates oreillettes and crepes suzette for dessert.	UNITED KINGDOM	English-100		PG		Y
2023-07-22	2625	<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	
2023-07-22	2630	<b>John Torode's Korean Food Tour</b>	Kimchi	Kimchi is one of the world's superfoods. Every family has a recipe and no meal is eaten in Korea without kimchi. In Mangwon Market in Seoul, John visits the stalls selling hundreds of different types.	UNITED KINGDOM	English-100		G		
2023-07-22	2725	<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		
2023-07-22	2730	<b>Masters Of Savours</b>	Masters Of Chocolate	The Mayas and the Aztecs were the first to treasure the cocoa bean, which they believed had divine powers. Since then, chocolate has become a universal product and a source of gustative pleasure.	FRANCE	English-100		PG		
2023-07-22	2830	<b>Good Tucker</b>	Upali's	Suren and Matt visit Upali's, a stalwart of Sri Lankan cuisine in Victoria, where they learn how to make a delicious Jaffna crab curry.	AUSTRALIA	English-100		G		

