



**WEEK 30: Sunday, 18 July - Saturday, 24 July 2021 ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Capt
2021-07-18	0500	<b>Secret Meat Business</b>	Argentinean	Adrian is up to his elbows in beef ribs, taking a traditional Argentinean dish to a whole new level.	AUSTRALIA	English-100	RPT	G	
2021-07-18	0530	<b>Beautiful Baking With Juliet Sear</b>	Beautiful Baking With Juliet Sear Series 1 Ep 6	Juliet prepares desserts that are perfect for when the holiday season rolls around. She makes a festive reindeer cake, a gingerbread house cake, a candy cane cake, and snowmen cakes.	UNITED KINGDOM	English-100	RPT	G	
2021-07-18	0625	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2021-07-18	0630	<b>Pacific Island Food Revolution</b>	Samoa	The two remaining Samoan teams go head to head as husband and wife -Team Orator - take on dad and daughter team - The Family Cooks. Who will make it through to the finals?	NEW ZEALAND	English-100	RPT	G	
2021-07-18	0725	<b>Poh &amp; Co. Bitesize</b>	Family	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-07-18	0730	<b>Ainsley's Mediterranean Cookbook</b>	Sardinia: Olbia	Ainsley's Mediterranean exploration continues on the Italian island of Sardinia where he gets immersed in a truly classic Sardinian culinary experience - cooking suckling pig over an open fire.	UNITED KINGDOM	English-100	RPT	G	
2021-07-18	0830	<b>Hairy Bikers' Best Of British</b>	Potatoes	The Bikers explore the history behind Britain's greatest staple food - the humble potato, from a warming Lancashire potato and butter pie, to a delicious chicken casserole with potato cobbler.	UNITED KINGDOM	English-100	RPT	G	
2021-07-18	0940	<b>Secret Meat Business</b>	Argentinean	Adrian is up to his elbows in beef ribs, taking a traditional Argentinean dish to a whole new level.	AUSTRALIA	English-100	RPT	G	
2021-07-18	1005	<b>Secret Meat Business</b>	Japanese	Japanese pancakes at their finest. This combination of chicken, soba noodles and traditional flavours makes for a super impressive dish.	AUSTRALIA	English-100	RPT	G	
2021-07-18	1030	<b>Our Food, Our Family</b>	Algieri Family, The	It's love, war, and meatballs as Michela samples dishes with the Allgieri family in Snowdonia. At a food-filled family reunion in their old Snowdonia farmhouse, Michela unravels a family mystery.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-18	1100	<b>Our Food, Our Family</b>	Aslam Family, The	Michela is in Cardiff to meet the Aslam family - four generations of food lovers. Between mouthfuls of mouth-watering curries, can Michela coax their secret spice mix from the family?	UNITED KINGDOM	English-100	RPT	PG	
2021-07-18	1130	<b>Remarkable Places To Eat</b>	New Forest	Fred Sirieix heads to The New Forest with former greengrocer Chris Bavin as his guide. Chris spent many a happy family holiday camping in the forest as a child and is a huge fan of the area.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-18	1235	<b>Living On The Veg</b>	Living On The Veg Series 1 Ep 3	The boys prepare their version of Britain's favourite cake - the Victoria sponge, and later prepare a cowboy-inspired pizza, served up Texan-style with smoky, spiced tofu and Bourbon sauce.	UNITED KINGDOM	English-100	RPT	G	
2021-07-18	1330	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 65	Matt prepares red curry rice, while Courtney is joined by guest Scotty McRae to make an old favourite - the ultimate cheese toastie!	AUSTRALIA	English-100	RPT	G	
2021-07-18	1400	<b>The Cook Up with Adam Liaw</b>	Crustaceans	Author of The Australian Fish and Seafood cookbook Anthony Huckstep and owner of LP's Quality Meats Luke Powell join Adam Liaw in The Cook Up kitchen to create their favourite crustacean recipes.	AUSTRALIA	English-100	RPT	PG	
2021-07-18	1430	<b>The Cook Up with Adam Liaw</b>	Shellfish	Host Adam Liaw and guests Giovanni Pilu of Pilu restaurant and Acme famed chef Mitch Orr share how to make their favourite shellfish recipes in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG	
2021-07-18	1500	<b>The Cook Up with Adam Liaw</b>	Chicken Thigh	Insight's Kumi Taguchi and Sokyō's Chase Kojima take over The Cook Up kitchen as they chat and create some of their favourite chicken thigh dishes with host Adam Liaw.	AUSTRALIA	English-100	RPT	PG	



2021-07-18	1530	<b>The Cook Up with Adam Liaw</b>	Bring A Plate	The Cook Up host Adam Liaw invites Uccello's Nigel Ward and dessert queen Anna Polyviou into the kitchen to create some easy plate options that you can take to your next family BBQ.	AUSTRALIA	English-100	RPT	PG	
2021-07-18	1600	<b>The Cook Up with Adam Liaw</b>	The Cook Up with Adam Liaw Series 1 Ep 65	Sydney's Cebu Lechon owner Will Mahusay and food photographer Luisa Brimble join Adam Liaw in The Cook Up kitchen as they create their ultimate Filipino dishes.	AUSTRALIA	English-100	RPT	PG	
2021-07-18	1630	<b>The Cook And The Chef</b>	Oysters And Pastry	For Simon this week's show is all about pastry, while Maggie heads off on another food adventure, hunting for great oysters on SA's Eyre Peninsula.	AUSTRALIA	English-100	RPT	G	
2021-07-18	1700	<b>The Cook And The Chef</b>	Tasmanian Fresh	Maggie travels to Tasmania and samples some of the wonderful produce that the Apple Isle has to offer.	AUSTRALIA	English-100	RPT	G	
2021-07-18	1730	<b>Michela's Tuscan Kitchen</b>	Michela's Tuscan Kitchen Series 1 Ep 2	Welsh-Italian home cook Michela Chiappa showcases the best of Tuscan cuisine, travelling to Tuscany to meet the producers of delicious local ingredients.	UNITED KINGDOM	English-100	RPT	G	
2021-07-18	1800	<b>Tropical Gourmet: New Caledonia</b>	Tropical Fruits	A whole coral trout is going on the barbecue as Justine prepares lunch by the waters edge. Then Jerome from the Meridian elevates chicken and vegetables to a fine dining standard.	AUSTRALIA	English-100	RPT	PG	
2021-07-18	1830	<b>Australia's Food Bowl</b>	Almonds And Bees	Stefano travels to Hattah-Kulkyne National Park in the Mallee district to see local beekeeper Roger Moser who has thousands of bees in hives. He has been bringing his bees here for forty years.	AUSTRALIA	English-100	RPT	PG	
2021-07-18	1900	<b>Middle East Feast With Shane Delia</b>	Breakfast	Layered with spices and full of flavour, Shane shares some inspiration and the art to a good Middle Eastern breakfast feast that is a guaranteed great way to start the day.	AUSTRALIA	English-100	RPT	PG	
2021-07-18	1930	<b>Luke Nguyen's Memories Of The Mekong</b>	Luke Nguyen's Memories Of The Mekong Series 1 Ep 2	In part two of Memories of the Mekong, Luke ventures deeper into the region exploring the culinary wonders and ancient cultures of Laos, Cambodia and Vietnam.	AUSTRALIA	English-100	RPT	G	Y
2021-07-18	2035	<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		G	Y
2021-07-18	2140	<b>Hairy Bikers' Best Of British</b>	Beef	The Bikers explore British world-class beef, and champion it in a beef and suet pudding, as well as an oxtail soup.	UNITED KINGDOM	English-100	RPT	G	
2021-07-18	2250	<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	
2021-07-18	2300	<b>Tropical Gourmet: New Caledonia</b>	Tropical Fruits	A whole coral trout is going on the barbecue as Justine prepares lunch by the waters edge. Then Jerome from the Meridian elevates chicken and vegetables to a fine dining standard.	AUSTRALIA	English-100	RPT	PG	
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2021-07-18	2400	<b>Middle East Feast With Shane Delia</b>	Breakfast	Layered with spices and full of flavour, Shane shares some inspiration and the art to a good Middle Eastern breakfast feast that is a guaranteed great way to start the day.	AUSTRALIA	English-100	RPT	PG	
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2021-07-18	2535	<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
2021-07-18	2640	<b>Hairy Bikers' Best Of British</b>	Beef	The Bikers explore British world-class beef, and champion it in a beef and suet pudding, as well as an oxtail soup.	UNITED KINGDOM	English-100	RPT	G	
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2021-07-19	1330	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Series 4 Ep 12	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, the fishermen of Ceduna, cake decorating with Amanda Way, and the dancing ginger growers.	AUSTRALIA	English-100	RPT	G	Y
2021-07-19	1400	<b>Sarah Graham Cooks Cape Town</b>	Home After The Move	Things are finally almost unpacked after a big move, and it's time to celebrate with friends. Sarah cooks a sweet potato and coconut milk soup, chicken korma bunny chows, and a chickpea salad.	SOUTH AFRICA	English-100	RPT	G	
2021-07-19	1430	<b>Pati's Mexican Table</b>	More Than Just A Meal	Pati makes a few family staples with recipes that have many different uses. Perfect for busy families on the go, these recipes can be set aside or kept in the fridge to use later.	USA	English-100	RPT	G	
2021-07-19	1500	<b>The Chefs' Line</b>	Greek	Four home cooks with a passion for Greek cuisine battle it out with the chefs' line from Sydney restaurant Alpha. Chef Matthew goes up against the four home cooks.	AUSTRALIA	English-100	RPT	G	Y
2021-07-19	1530	<b>Lidia's Italy</b>	Lidia's Italy Series 4 Ep 1	Lidia travels to Calabria, a region widely known for their variety of peppers. Lidia shows us how to use these peppers, along with red onions, potatoes, and other vegetables to create a salad.	USA	English-100	RPT	G	
2021-07-19	1600	<b>Annabel Langbein: Free Range Cook</b>	Cherry Picker's Picnic	It's cherry season, and Annabel sets off on an adventure with young friends to fill their baskets with juicy, plump fruit and prepares a picnic for the occasion including a bacon and egg pie.	NEW ZEALAND	English-100	RPT	G	

2021-07-19	1630	<b>Bake With Anna Olson</b>	Cobblers And Crisps	Cobblers and crisps are the comfort food of the dessert world, and they share a common presentation of crunchy topping baked over fruit. Anna shares her favourite versions.	CANADA	English-100	RPT	G	
2021-07-19	1700	<b>Vanishing Foods</b>	Eating Nose To Tail	Aun explores nose-to-tail eating - where no part of an animal goes to waste, and things get heady in the Phillipines with the pricey cabeza de jabali - cold cuts of meat made with a boar's head.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-19	1730	<b>The Cook And The Chef</b>	Oats And Goats Cheese	If you enjoy the smell of freshly baked bread, you won't able to resist Maggie's oat, raisin and fennel bread. Irresistibly rich, it's perfect at any time, but especially for breakfast.	AUSTRALIA	English-100		G	
2021-07-19	1800	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 11	Giada De Laurentiis transports her guests to the exotic island of Sicily with a Sicilian menu that features Bucatini a la Clams Casino, Cannoli Panna Cotta, Simple Eggplant Parm and Nonna Pizza.	USA	English-100		PG	
2021-07-19	1830	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 11	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-19	1900	<b>The Cook Up with Adam Liaw</b>	Meat-Free Monday	Adam Liaw brings Yellow's Nina Huynh and food and travel writer Yasmin Newman into The Cook Up kitchen to test out their favourite meat free dishes to start off your week.	AUSTRALIA	English-100		PG	
2021-07-19	1930	<b>Asia Unplated With Diana Chan</b>	Korean	Chef and owner of Atlas Dining, Charlie Carrington shows Diana how to ferment kimchi at home before cooking up a beef bulgogi, a dish of marinated beef cooked at high heat.	AUSTRALIA	English-100	RPT	G	
2021-07-19	2000	<b>John Torode's Asia</b>	Macau Fusion	As a former Portuguese colony, influences on Macanese cuisine come from all over the globe, and it's with this in mind that John finds himself tucking into one of the spiciest dishes he's come across.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-19	2030	<b>Amy Schumer Learns To Cook</b>	Pasta Night	Amy and her husband, chef Chris Fischer, decide the only way to handle being quarantined is a good carbo-load. Chris starts the feast with two kinds of pasta - broccoli pasta and mushroom pasta.	USA	English-100		PG	
2021-07-19	2100	<b>Adam Liaw's Road Trip For Good</b>	Tathra, Tallangatta & Kingscote	Adam heads Kangaroo Island in South Australia where he meets one of the first and biggest organic honey producers in Australia - Peter Davis - who lost 500 out of his 800 hives in one day.	AUSTRALIA	English-100	RPT	PG	Y
2021-07-19	2130	<b>Mystery Diners</b>	Rigged Rental	Steve, owner of Nashville Street Tacos in Nashville, believes somebody is using his apartment above his restaurant while he's out of town. Charles sends in James and Brooke to investigate.	USA	English-100		PG	
2021-07-19	2200	<b>The Cook Up with Adam Liaw</b>	Meat-Free Monday	Adam Liaw brings Yellow's Nina Huynh and food and travel writer Yasmin Newman into The Cook Up kitchen to test out their favourite meat free dishes to start off your week.	AUSTRALIA	English-100	RPT	PG	
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2021-07-19	2330	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 11	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-19	2400	<b>The Chefs' Line</b>	Greek	Four home cooks with a passion for Greek cuisine battle it out with the chefs' line from Sydney restaurant Alpha. Chef Matthew goes up against the four home cooks.	AUSTRALIA	English-100	RPT	G	Y
2021-07-19	2430	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 36	Ice skating stars Jayne Torvill and Christopher Dean are in the kitchen today as Ainsley Harriott hosts another 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G	
2021-07-19	2520	<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
2021-07-19	2530	<b>Asia Unplated With Diana Chan</b>	Korean	Chef and owner of Atlas Dining, Charlie Carrington shows Diana how to ferment kimchi at home before cooking up a beef bulgogi, a dish of marinated beef cooked at high heat.	AUSTRALIA	English-100	RPT	G	
2021-07-19	2600	<b>John Torode's Asia</b>	Macau Fusion	As a former Portuguese colony, influences on Macanese cuisine come from all over the globe, and it's with this in mind that John finds himself tucking into one of the spiciest dishes he's come across.	UNITED KINGDOM	English-100	RPT	PG	



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2021-07-19	2800	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Series 4 Ep 12	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, the fishermen of Ceduna, cake decorating with Amanda Way, and the dancing ginger growers.	AUSTRALIA	English-100	RPT	G	Y
2021-07-19	2830	<b>Sarah Graham Cooks Cape Town</b>	Home After The Move	Things are finally almost unpacked after a big move, and it's time to celebrate with friends. Sarah cooks a sweet potato and coconut milk soup, chicken korma bunny chows, and a chickpea salad.	SOUTH AFRICA	English-100	RPT	G	
2021-07-20	0500	<b>Pati's Mexican Table</b>	More Than Just A Meal	Pati makes a few family staples with recipes that have many different uses. Perfect for busy families on the go, these recipes can be set aside or kept in the fridge to use later.	USA	English-100	RPT	G	
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2021-07-20	0600	<b>Lidia's Italy</b>	Lidia's Italy Series 4 Ep 1	Lidia travels to Calabria, a region widely known for their variety of peppers. Lidia shows us how to use these peppers, along with red onions, potatoes, and other vegetables to create a salad.	USA	English-100	RPT	G	
2021-07-20	0630	<b>Annabel Langbein: Free Range Cook</b>	Cherry Picker's Picnic	It's cherry season, and Annabel sets off on an adventure with young friends to fill their baskets with juicy, plump fruit and prepares a picnic for the occasion including a bacon and egg pie.	NEW ZEALAND	English-100	RPT	G	
2021-07-20	0700	<b>Bake With Anna Olson</b>	Cobblers And Crisps	Cobblers and crisps are the comfort food of the dessert world, and they share a common presentation of crunchy topping baked over fruit. Anna shares her favourite versions.	CANADA	English-100	RPT	G	
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2021-07-20	1030	<b>The Chefs' Line</b>	Greek	Four home cooks with a passion for Greek cuisine battle it out with the chefs' line from Sydney restaurant Alpha. Chef Matthew goes up against the four home cooks.	AUSTRALIA	English-100	RPT	G	Y
2021-07-20	1100	<b>The Cook Up with Adam Liaw</b>	Meat-Free Monday	Adam Liaw brings Yellow's Nina Huynh and food and travel writer Yasmin Newman into The Cook Up kitchen to test out their favourite meat free dishes to start off your week.	AUSTRALIA	English-100	RPT	PG	
2021-07-20	1130	<b>Amy Schumer Learns To Cook</b>	Pasta Night	Amy and her husband, chef Chris Fischer, decide the only way to handle being quarantined is a good carbo-load. Chris starts the feast with two kinds of pasta - broccoli pasta and mushroom pasta.	USA	English-100	RPT	PG	
2021-07-20	1225	<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

2021-07-20	1230	<b>Mystery Diners</b>	Rigged Rental	Steve, owner of Nashville Street Tacos in Nashville, believes somebody is using his apartment above his restaurant while he's out of town. Charles sends in James and Brooke to investigate.	USA	English-100	RPT	PG	
2021-07-20	1300	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 11	Giada De Laurentiis transports her guests to the exotic island of Sicily with a Sicilian menu that features Bucatini a la Clams Casino, Cannoli Panna Cotta, Simple Eggplant Parm and Nonna Pizza.	USA	English-100	RPT	PG	
2021-07-20	1330	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Series 4 Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to an Aussie rainforest to look for bunya nuts, and tasting fruit gelato.	AUSTRALIA	English-100	RPT	G	Y
2021-07-20	1400	<b>Sarah Graham Cooks Cape Town</b>	Trafford's Early Supper Visit	Sarah's husband is away on a business trip, so a group of family friends and their children are coming over to have an early supper.	SOUTH AFRICA	English-100	RPT	G	
2021-07-20	1430	<b>Pati's Mexican Table</b>	One Day In Oaxaca	Pati shows viewers how to get the most out of one day in the city of Oaxaca. In 24 hours, she takes in the top sights, meets up with a local guide, and goes to the market for lunch.	USA	English-100	RPT	G	
2021-07-20	1500	<b>The Chefs' Line</b>	Greek	Station Chef Natalia Gaspari represents her restaurant, Alpha, and goes up against three passionate home cooks. Natalia's hoping that her professional training and heritage will give her the edge.	AUSTRALIA	English-100	RPT	G	Y
2021-07-20	1530	<b>Lidia's Italy</b>	Lidia's Italy Series 4 Ep 2	Lidia travels to Sardegna - the second largest island in the Mediterranean - known for its beautiful granite rocks. With the help of her two grandson's, Lidia prepares a baked fregola casserole.	USA	English-100	RPT	PG	
2021-07-20	1600	<b>Annabel Langbein: Free Range Cook</b>	To Market To Market	Every Sunday morning Annabel makes the 30-minute journey in her trusty yellow truck to the farmers' market in Old Cromwell Town to stock up on the best local produce.	NEW ZEALAND	English-100	RPT	G	
2021-07-20	1630	<b>Bake With Anna Olson</b>	Danishes	Anna shares her techniques for achieving the balace of a rich dough with a hint of flakiness with her Danish recipes.	CANADA	English-100	RPT	G	
2021-07-20	1700	<b>Vanishing Foods</b>	Eating Better Than Kings	Aun examines a dish originally created by China's literati - Henan's Zu An smoked mandarin fish, that requires demanding fire control and intricate flower knife work.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-20	1730	<b>The Cook And The Chef</b>	Pepper And Salt	Maggie and Simon demonstrate why salt and pepper feature as giants in culinary history. Simon makes a real pepper sauce that turns a steak into so much more than a pub meal.	AUSTRALIA	English-100		G	
2021-07-20	1800	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 12	Giada plans a movie night out under the stars. The dishes are some of her favourites that include salted chocolate cake, tricolore arancini, grilled polpette kababs and mind-blowing turkey sandwiches.	USA	English-100		PG	
2021-07-20	1830	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 12	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-20	1900	<b>The Cook Up with Adam Liaw</b>	Tray Bake Dinner In 20 Minutes	The Cook Up host Adam Liaw invites Saturday Night Pasta cookbook author Elizabeth Hewson and Good Food Guides editor Myffy Rigby into the kitchen to create their best tray bake dinner in 20 minutes.	AUSTRALIA	English-100		PG	
2021-07-20	1930	<b>Destination Flavour Japan</b>	Destination Flavour - Japan Series 1 Ep 1	Adam Liaw is taking food lovers on a journey of culinary discovery through Japan. First stop - Hokkaido - known by Australians for its snow, but to the Japanese it is a gourmet paradise.	AUSTRALIA	English-85; Japanese-	RPT	G	Y
2021-07-20	2000	<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	
2021-07-20	2030	<b>Jamie's Kitchen</b>	Jamie's Kitchen Series 1 Ep 7	While Jamie is on paternity leave the trainee chefs start taking days off work behind his back. And when he returns to the restaurant he discovers that two of them have decided to throw in the towel.	UNITED KINGDOM	English-100		PG	
2021-07-20	2130	<b>Mystery Diners</b>	Tables Turned	Charles and his undercover team risk it all to bust the boss. For the first time ever, the sting is conducted from inside the restaurant to see if the horrifying accusations against the boss are true.	USA	English-100		PG	
2021-07-20	2200	<b>The Cook Up with Adam Liaw</b>	Tray Bake Dinner In 20 Minutes	The Cook Up host Adam Liaw invites Saturday Night Pasta cookbook author Elizabeth Hewson and Good Food Guides editor Myffy Rigby into the kitchen to create their best tray bake dinner in 20 minutes.	AUSTRALIA	English-100	RPT	PG	
2021-07-20	2230	<b>The Cook And The Chef</b>	Pepper And Salt	Maggie and Simon demonstrate why salt and pepper feature as giants in culinary history. Simon makes a real pepper sauce that turns a steak into so much more than a pub meal.	AUSTRALIA	English-100	RPT	G	
2021-07-20	2300	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 12	Giada plans a movie night out under the stars. The dishes are some of her favourites that include salted chocolate cake, tricolore arancini, grilled polpette kababs and mind-blowing turkey sandwiches.	USA	English-100	RPT	PG	

2021-07-20	2330	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 12	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-20	2400	<b>The Chefs' Line</b>	Greek	Station Chef Natalia Gaspari represents her restaurant, Alpha, and goes up against three passionate home cooks. Natalia's hoping that her professional training and heritage will give her the edge.	AUSTRALIA	English-100	RPT	G	Y
2021-07-20	2430	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 37	TV property show presenters Melissa Porter and Dominic Littlewood are in the kitchen today, as Ainsley Harriott hosts a classic 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G	
2021-07-20	2520	<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
2021-07-20	2530	<b>Destination Flavour Japan</b>	Destination Flavour - Japan Series 1 Ep 1	Adam Liaw is taking food lovers on a journey of culinary discovery through Japan. First stop - Hokkaido - known by Australians for its snow, but to the Japanese it is a gourmet paradise.	AUSTRALIA	English-85; Japanese	RPT	G	Y
2021-07-20	2600	<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	RPT	PG	
2021-07-20	2630	<b>Jamie's Kitchen</b>	Jamie's Kitchen Series 1 Ep 7	While Jamie is on paternity leave the trainee chefs start taking days off work behind his back. And when he returns to the restaurant he discovers that two of them have decided to throw in the towel.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-20	2730	<b>Mystery Diners</b>	Tables Turned	Charles and undercover his team risk it all to bust the boss. For the first time ever, the sting is conducted from inside the restaurant to see if the horrifying accusations against the boss are true.	USA	English-100	RPT	PG	
2021-07-20	2800	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Series 4 Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to an Aussie rainforest to look for bunya nuts, and tasting fruit gelato.	AUSTRALIA	English-100	RPT	G	Y
2021-07-20	2830	<b>Sarah Graham Cooks Cape Town</b>	Trafford's Early Supper Visit	Sarah's husband is away on a business trip, so a group of family friends and their children are coming over to have an early supper.	SOUTH AFRICA	English-100	RPT	G	
2021-07-21	0500	<b>Pati's Mexican Table</b>	One Day In Oaxaca	Pati shows viewers how to get the most out of one day in the city of Oaxaca. In 24 hours, she takes in the top sights, meets up with a local guide, and goes to the market for lunch.	USA	English-100	RPT	G	
2021-07-21	0530	<b>The Chefs' Line</b>	Greek	Station Chef Natalia Gaspari represents her restaurant, Alpha, and goes up against three passionate home cooks. Natalia's hoping that her professional training and heritage will give her the edge.	AUSTRALIA	English-100	RPT	G	Y
2021-07-21	0600	<b>Lidia's Italy</b>	Lidia's Italy Series 4 Ep 2	Lidia travels to Sardegna - the second largest island in the Mediterranean - known for its beautiful granite rocks. With the help of her two grandson's, Lidia prepares a baked fregola casserole.	USA	English-100	RPT	PG	
2021-07-21	0630	<b>Annabel Langbein: Free Range Cook</b>	To Market To Market	Every Sunday morning Annabel makes the 30-minute journey in her trusty yellow truck to the farmers' market in Old Cromwell Town to stock up on the best local produce.	NEW ZEALAND	English-100	RPT	G	
2021-07-21	0700	<b>Bake With Anna Olson</b>	Danishes	Anna shares her techniques for achieving the balace of a rich dough with a hint of flakiness with her Danish recipes.	CANADA	English-100	RPT	G	
2021-07-21	0730	<b>Vanishing Foods</b>	Eating Better Than Kings	Aun examines a dish originally created by China's literati - Henan's Zu An smoked mandarin fish, that requires demanding fire control and intricate flower knife work.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-21	0800	<b>The Cook And The Chef</b>	Pepper And Salt	Maggie and Simon demonstrate why salt and pepper feature as giants in culinary history. Simon makes a real pepper sauce that turns a steak into so much more than a pub meal.	AUSTRALIA	English-100	RPT	G	
2021-07-21	0830	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 12	Giada plans a movie night out under the stars. The dishes are some of her favourites that include salted chocolate cake, tricolore arancini, grilled polpette kababs and mind-blowing turkey sandwiches.	USA	English-100	RPT	PG	
2021-07-21	0900	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 12	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-21	0930	<b>Destination Flavour Japan</b>	Destination Flavour - Japan Series 1 Ep 1	Adam Liaw is taking food lovers on a journey of culinary discovery through Japan. First stop - Hokkaido - known by Australians for its snow, but to the Japanese it is a gourmet paradise.	AUSTRALIA	English-85; Japanese	RPT	G	Y



2021-07-21	1000	<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	RPT	PG	
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2021-07-21	1100	<b>The Cook Up with Adam Liaw</b>	Tray Bake Dinner In 20 Minutes	The Cook Up host Adam Liaw invites Saturday Night Pasta cookbook author Elizabeth Hewson and Good Food Guides editor Myffy Rigby into the kitchen to create their best tray bake dinner in 20 minutes.	AUSTRALIA	English-100	RPT	PG	
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2021-07-21	1230	<b>Vanishing Foods</b>	Soul Food	Aun explores obanzai, or traditional cooking - among the four styles of cooking that make up Kyoto's cuisine.	UNITED KINGDOM	English-100	RPT	G	
2021-07-21	1300	<b>Vanishing Foods</b>	Pork Perfection	Aun examines babi tohay - a Singaporean Peranakan braised pork dish made from grago prawns and a sauce that takes 30 days to perfect.	UNITED KINGDOM	English-100	RPT	G	
2021-07-21	1330	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 1	Maeve gets an old family recipe from a famous Broome clan, the singing Pigram Brothers, and Joanna hangs out with chef Simmon Hawke, who cooks snails Italian style.	AUSTRALIA	English-100	RPT	G	Y
2021-07-21	1400	<b>Sarah Graham Cooks Cape Town</b>	Food Barn Noordhoek	No trip to Noordhoek is complete without a visit to the Food Barn. Sarah meets up with chef Franck Dangereux to see if she can prise his mushroom and truffle ravioli recipe out of him.	SOUTH AFRICA	English-100	RPT	G	
2021-07-21	1430	<b>Pati's Mexican Table</b>	Tijuana's Culinary Revolution	One of the most up and coming food destinations in all of Mexico, Tijuana is full of young, fresh talent across the culinary scene.	USA	English-100	RPT	G	
2021-07-21	1500	<b>The Chefs' Line</b>	Greek	Sous Chef Michael from Greek restaurant Alpha goes up against two passionate home cooks. He hopes the restaurant cooking tastes like what yia yia would make, but with a professional edge.	AUSTRALIA	English-100	RPT	G	Y
2021-07-21	1530	<b>Lidia's Italy</b>	Lidia's Italy Series 4 Ep 3	Lidia visits the region of Molise - an area well known for its olive oil and fresh fish. Lidia prepares a traditional Molise meal including a fish soup with vegetables, as well as taccozze pasta.	USA	English-100	RPT	PG	
2021-07-21	1600	<b>Annabel Langbein: Free Range Cook</b>	Show Me The Honey	Annabel needs to replenish one of her pantry essentials - honey. She travels to stunning Alexandra for her favourite organic honey and on the way learns a few tips for cooking with this sweet treat.	NEW ZEALAND	English-100	RPT	G	
2021-07-21	1630	<b>Bake With Anna Olson</b>	Flourless Cakes	Anna showcases some classic and contemporary cakes made using ingredients other than flour, and with that comes the lesson in how to achieve delicate and moist cakes made without wheat flour.	CANADA	English-100	RPT	G	
2021-07-21	1700	<b>For The Love Of Bread</b>	Athens	Athens - one of the world's oldest cities - has a long history of baking. Andrew Connole of Sonoma meets the bakers and tastes their bread and shares stories of Greece's rich history with bread.	AUSTRALIA	English-100	RPT	G	
2021-07-21	1730	<b>The Cook And The Chef</b>	Trout And Eggs	Maggie uses her trout in a green tomato salsa, combining sweet and savoury flavours to perfection. Simon shows us how to smoke our own trout and combines big flakes of the fish with mayonnaise.	AUSTRALIA	English-100		G	
2021-07-21	1800	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 13	Giada and her daughter Jade host an Easter-themed family brunch with a menu that includes Giada's spin on traditional Italian holiday dishes. She whips up Italian cinnamon rolls and eggs benedict.	USA	English-100		PG	
2021-07-21	1830	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 13	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-21	1900	<b>The Cook Up with Adam Liaw</b>	Banana	SBS Science and Technology TV presenter Rae Johnson and Bake Club's Aneka Manning deliver up some amazing creations involving banana in the Cook Up kitchen with Adam Liaw.	AUSTRALIA	English-100		PG	
2021-07-21	1930	<b>Nigella Kitchen</b>	Kitchen Comforts	It's a long weekend of comfort cooking in Nigella's Kitchen where the food is delicious and the cooking is easy. The action starts on Friday night with a fast and fabulous supper.	UNITED KINGDOM	English-100	RPT	G	
2021-07-21	2000	<b>Poh &amp; Co.</b>	Friends	Poh and her bestie Sarah create three unique ice cream flavours and go on a road trip in an attempt to break into the ice cream business.	AUSTRALIA	English-100	RPT	G	Y
2021-07-21	2030	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 1 Ep 10	After a swim at one of Cornwall's picturesque hidden coves, Rick cooks a simple sea bass recipe, showing us how to make the perfect homemade mayonnaise. Rick also introduces us to his artist niece.	UNITED KINGDOM	English-100		PG	



2021-07-21	2100	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 5	One of Britain's most popular fish is plaice, which Rick cooks in a special sauce, made with red wine, leeks and parma ham. He names the sauce after his sons band - Pablo.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-21	2130	<b>Mystery Diners</b>	Raiding The Bar	Mystery Diners outfit a Los Angeles bar with cameras to see if a bartender is over pouring for customers, giving away too many free drinks and over tipping himself.	USA	English-100	RPT	PG	
2021-07-21	2200	<b>The Cook Up with Adam Liaw</b>	Banana	SBS Science and Technology TV presenter Rae Johnson and Bake Club's Anneka Manning deliver up some amazing creations involving banana in the Cook Up kitchen with Adam Liaw.	AUSTRALIA	English-100	RPT	PG	
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2021-07-21	2430	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 38	TV psychologist Anjula Mutanda and life coach Jenni Trent Hughes join Ainsley Harriott for another classic 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G	
2021-07-21	2520	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 3	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
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2021-07-22	0600	<b>Lidia's Italy</b>	Lidia's Italy Series 4 Ep 3	Lidia visits the region of Molise - an area well known for its olive oil and fresh fish. Lidia prepares a traditional Molise meal including a fish soup with vegetables, as well as tacozze pasta.	USA	English-100	RPT	PG	
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2021-07-22	1100	<b>The Cook Up with Adam Liaw</b>	Banana	SBS Science and Technology TV presenter Rae Johnson and Bake Club's Anneka Manning deliver up some amazing creations involving banana in the Cook Up kitchen with Adam Liaw.	AUSTRALIA	English-100	RPT	PG	
2021-07-22	1130	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 1 Ep 10	After a swim at one of Cornwall's picturesque hidden coves, Rick cooks a simple sea bass recipe, showing us how to make the perfect homemade mayonnaise. Rick also introduces us to his artist niece.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-22	1200	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 5	One of Britain's most popular fish is plaice, which Rick cooks in a special sauce, made with red wine, leeks and parma ham. He names the sauce after his sons band - Pablo.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-22	1230	<b>Mystery Diners</b>	Raiding The Bar	Mystery Diners outfit a Los Angeles bar with cameras to see if a bartender is over pouring for customers, giving away too many free drinks and over tipping himself.	USA	English-100	RPT	PG	
2021-07-22	1300	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 13	Giada and her daughter Jade host an Easter-themed family brunch with a menu that includes Giada's spin on traditional Italian holiday dishes. She whips up Italian cinnamon rolls and eggs benedict.	USA	English-100	RPT	PG	
2021-07-22	1330	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 2	Joanna goes on a fishing trip with the sea cucumber divers of the far north, and Maeve meets the most passionate eggplant grower ever in Carnarvon, Western Australia.	AUSTRALIA	English-100	RPT	G	Y
2021-07-22	1400	<b>Sarah Graham Cooks Cape Town</b>	Grand Tasting Affair	Not wanting to mess with a working formulae, wine expert and Rob's best friend Allister Kreft is bringing the wine, while Sarah is cooking, and everyone else is eating.	SOUTH AFRICA	English-100	RPT	G	
2021-07-22	1430	<b>Pati's Mexican Table</b>	Tijuana: Stories From The Border	Life on the border is a melting pot of cultures and cuisines that creates a unique culinary scene like no other. As a Mexican immigrant who lives in America, Pati spent her life combining cuisines.	USA	English-100	RPT	G	
2021-07-22	1500	<b>The Chefs' Line</b>	Greek	The best home cook has made it to the end of the line. They must take on Executive Chef Peter Conistis. Can the passion of a talented home cook beat the top chef of Alpha?	AUSTRALIA	English-100	RPT	G	Y
2021-07-22	1530	<b>Lidia's Italy</b>	Lidia's Italy Series 4 Ep 4	Lidia travels to the region of Abruzzo where she goes from the highlands to the seashore exploring the beautiful scenery and fresh food.	USA	English-100	RPT	PG	
2021-07-22	1600	<b>Annabel Langbein: Free Range Cook</b>	Good Egg, A	Annabel travels to Waimate to gather eggs from mad keen poultry enthusiast John Davies.	NEW ZEALAND	English-100	RPT	G	
2021-07-22	1630	<b>Bake With Anna Olson</b>	Biscotti	Anna shares her recipes for biscotti, which translates from Italian to mean twice baked. From classic, crunchy biscotti to a more tender version, Anna shares everything you need to know.	CANADA	English-100	RPT	G	
2021-07-22	1700	<b>For The Love Of Bread</b>	Malta	Malta is known for its sun, sea and simple way of life. Join Andrew Connole as he finds the best bakers and experiences the very best of local Maltese food.	AUSTRALIA	English-100	RPT	G	
2021-07-22	1730	<b>The Cook And The Chef</b>	Bush Tucker And Buffalo Mozzarella	Maggie's lightly cooked marinated roo sits perfectly with beetroot and anchovy butter, while the bold texture of Simon's emu holds up to a slow cook in a rich, sweet curry.	AUSTRALIA	English-100		G	



2021-07-22	1800	<b>Barefoot Contessa: Back To Basics</b>	Farmstand	It is all about farm-to-table cooking for Ina Garten's spring feast, with a dinner, side dish, salad and dessert inspired by the farm stand - and including a rosemary rack of lamb with easy tzatziki.	USA	English-100			
2021-07-22	1830	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 14	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-22	1900	<b>The Cook Up with Adam Liaw</b>	Favourite Ingredient	The Cook Up Kitchen hosts Nomad head chef Jacqui Challinor and former head chef at Claude's Chui Lee Luk as they show case their favourite ingredients with host Adam Liaw.	AUSTRALIA	English-100		PG	
2021-07-22	1930	<b>Australia's Food Bowl</b>	Darling Barka	Barkindji man and respected Elder, Uncle Peter Peterson meets Stefano and tells him about life growing up on the Barka (Darling River) and its significance to the lives of the Indigenous communities.	AUSTRALIA	English-100		PG	
2021-07-22	2000	<b>Middle East Feast With Shane Delia</b>	Middle Eastern Sweets	'Sweet' is certainly the keyword in today's episode featuring Middle Eastern sweets. With layered pastries, fragrant syrups, crunchy nuts and dried fruits, Shane features the best on show.	AUSTRALIA	English-100		PG	
2021-07-22	2030	<b>Jimmy Shu's Taste of The Territory</b>	Paddock To Plate	Jimmy visits the breathtaking landscapes of Kakadu to find out about Top End bush foods that Aboriginal people have been eating for thousands of years.	AUSTRALIA	English-100	RPT	G	Y
2021-07-22	2100	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 4	In the city of Agen, Rick indulges in a four-course lunch at the Buffet de la Gare before heading off to cook a traditional Agen dish of Rabbit with local prunes.	UNITED KINGDOM	English-100	RPT	G	
2021-07-22	2130	<b>Mystery Diners</b>	Catering On The Side	Mystery Diners go undercover to see if a recently hired chef may be plotting more than just the items on the menu.	USA	English-100	RPT	PG	
2021-07-22	2200	<b>The Cook Up with Adam Liaw</b>	Favourite Ingredient	The Cook Up Kitchen hosts Nomad head chef Jacqui Challinor and former head chef at Claude's Chui Lee Luk as they show case their favourite ingredients with host Adam Liaw.	AUSTRALIA	English-100	RPT	PG	
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2021-07-22	2300	<b>Barefoot Contessa: Back To Basics</b>	Farmstand	It is all about farm-to-table cooking for Ina Garten's spring feast, with a dinner, side dish, salad and dessert inspired by the farm stand - and including a rosemary rack of lamb with easy tzatziki.	USA	English-100	RPT		
2021-07-22	2330	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 14	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-22	2400	<b>The Chefs' Line</b>	Greek	The best home cook has made it to the end of the line. They must take on Executive Chef Peter Conistis. Can the passion of a talented home cook beat the top chef of Alpha?	AUSTRALIA	English-100	RPT	G	Y
2021-07-22	2430	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 39	Wildlife TV presenters Nigel Marvin and Ellie Harrison join Ainsley Harriott for another classic 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G	
2021-07-22	2520	<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
2021-07-22	2530	<b>Australia's Food Bowl</b>	Darling Barka	Barkindji man and respected Elder, Uncle Peter Peterson meets Stefano and tells him about life growing up on the Barka (Darling River) and its significance to the lives of the Indigenous communities.	AUSTRALIA	English-100	RPT	PG	
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2021-07-22	2700	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 4	In the city of Agen, Rick indulges in a four-course lunch at the Buffet de la Gare before heading off to cook a traditional Agen dish of Rabbit with local prunes.	UNITED KINGDOM	English-100	RPT	G	
2021-07-22	2730	<b>Mystery Diners</b>	Catering On The Side	Mystery Diners go undercover to see if a recently hired chef may be plotting more than just the items on the menu.	USA	English-100	RPT	PG	

2021-07-22	2800	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 2	Joanna goes on a fishing trip with the sea cucumber divers of the far north, and Maeve meets the most passionate eggplant grower ever in Carnarvon, Western Australia.	AUSTRALIA	English-100	RPT	G	Y
2021-07-22	2830	<b>Sarah Graham Cooks Cape Town</b>	Grand Tasting Affair	Not wanting to mess with a working formulae, wine expert and Rob's best friend Allister Kreft is bringing the wine, while Sarah is cooking, and everyone else is eating.	SOUTH AFRICA	English-100	RPT	G	
2021-07-23	0500	<b>Pati's Mexican Table</b>	Tijuana: Stories From The Border	Life on the border is a melting pot of cultures and cuisines that creates a unique culinary scene like no other. As a Mexican immigrant who lives in America, Pati spent her life combining cuisines.	USA	English-100	RPT	G	
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2021-07-23	0800	<b>The Cook And The Chef</b>	Bush Tucker And Buffalo Mozzarella	Maggie's lightly cooked marinated roo sits perfectly with beetroot and anchovy butter, while the bold texture of Simon's emu holds up to a slow cook in a rich, sweet curry.	AUSTRALIA	English-100	RPT	G	
2021-07-23	0830	<b>Barefoot Contessa: Back To Basics</b>	Farmstand	It is all about farm-to-table cooking for Ina Garten's spring feast, with a dinner, side dish, salad and dessert inspired by the farm stand - and including a rosemary rack of lamb with easy tzatziki.	USA	English-100	RPT		
2021-07-23	0900	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 14	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	PG	
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2021-07-23	1330	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 3	Maeve stops at a Greek taverna at the edge of the desert for bouzouki and souvlaki among the opal mines, and Joanna joins a group of lotus eaters (literally) in far north NSW.	AUSTRALIA	English-100	RPT	G	Y
2021-07-23	1400	<b>Sarah Graham Cooks Cape Town</b>	Weekend Away	Sarah's family and close friends spend a relaxing weekend away at the seaside. It's an opportunity for the adults to try their hand at fishing and for the children to enjoy building sandcastles.	SOUTH AFRICA	English-100	RPT	G	



2021-07-23	1430	<b>Pati's Mexican Table</b>	Ensenada's Epic Seafood	The port town of Ensenada is a seafood mecca. Fresh fish is everywhere you look, and this hub for seafood exportation is also the gateway to Mexican wine country.	USA	English-100	RPT	PG	
2021-07-23	1500	<b>The Chefs' Line</b>	Greek	Maeve goes inside the kitchen of Alpha restaurant as she and the chefs reminisce about the week, and delve into delicious new dishes like loukamades, lobster haloumi tart, and baklava muffins.	AUSTRALIA	English-100	RPT	G	Y
2021-07-23	1530	<b>Lidia's Italy</b>	Lidia's Italy Series 4 Ep 5	Lidia travels to the north eastern part of Sardegna - a region known for it's rich and complex foods. Join Lidia as she creates a zuppa filled with savoy cabbage, provolone, and pecorino cheese.	USA	English-100	RPT	G	
2021-07-23	1600	<b>Annabel Langbein: Free Range Cook</b>	Girlfriends Go Fishing In Dusk	When Annabel is offered a weekend on a charter boat in remote Dusky Sound, she invites a couple of girlfriends to join her. After a day of fishing they all relax and celebrate their catch.	NEW ZEALAND	English-100	RPT	PG	
2021-07-23	1630	<b>Bake With Anna Olson</b>	Bars	Anna showcases a number of her favourite recipes for the widely popular baked treat - the bar, from a simple one-bowl granola bar recipe to a distinctly Canadian Nanaimo bar.	CANADA	English-100	RPT	G	
2021-07-23	1700	<b>For The Love Of Bread</b>	Germany	Andrew Connole explores Berlin's bustling baking community, where many artisan bakers are carving their own niche in this competitive and growing market.	AUSTRALIA	English-100	RPT	G	
2021-07-23	1730	<b>The Cook And The Chef</b>	Diabetic Diet, A	Maggie and Simon demonstrate how good nutrition and flavour can go hand in hand. Maggie's spelt pasta with pumpkin, and her mushroom, barley, and sherry soup ticks all the boxes.	AUSTRALIA	English-100		G	
2021-07-23	1800	<b>Barefoot Contessa: Back To Basics</b>	Seafood	Ina Garten is sharing all her seafood secrets and pro tips, starting with her recipe for Cioppino, a satisfying one-pot stew with cod, shrimp, scallops and mussels.	USA	English-100			
2021-07-23	1830	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 15	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-23	1900	<b>The Cook Up with Adam Liaw</b>	Orange	Head chef and owner of Sydney restaurant Marque, Mark Best and the queen of home baking, Katherine Sabbath dive into the universe of oranges and try out their favourite recipes with host Adam Liaw.	AUSTRALIA	English-100		PG	
2021-07-23	1930	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 7	Living so close to the coast has many advantages, like learning how to forage for seaside food. As a valuable member of the community, Paul helps out the largest fire service in the world, the RFS.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-07-23	2030	<b>Jamie's Food Escapes</b>	French Pyrenees, The	Jamie visits the French Pyrenees, where, although the people are not wealthy, they eat like kings. The food here is rich and fatty, yet they have the highest life-expectancy in France.	UNITED KINGDOM	English-100		PG	
2021-07-23	2130	<b>Mystery Diners</b>	Bringing Down The Haus	Mystery Diners go undercover at a German restaurant to find out if the owners' nephew is qualified for the job.	USA	English-100	RPT	PG	
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2021-07-23	2430	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 40	Celebrity hairdressers Trevor Sorbie and Nicky Clarke team up with Ainsley Harriott for another classic 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G	
2021-07-23	2520	<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
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2021-07-24	1300	<b>Barefoot Contessa: Back To Basics</b>	Seafood	Ina Garten is sharing all her seafood secrets and pro tips, starting with her recipe for Cioppino, a satisfying one-pot stew with cod, shrimp, scallops and mussels.	USA	English-100	RPT		
2021-07-24	1330	<b>Pati's Mexican Table</b>	Ensenada's Epic Seafood	The port town of Ensenada is a seafood mecca. Fresh fish is everywhere you look, and this hub for seafood exportation is also the gateway to Mexican wine country.	USA	English-100	RPT	PG	
2021-07-24	1400	<b>Living On The Veg</b>	Living On The Veg Series 1 Ep 4	Great British Bake Off's Prue Leith joins the boys in the kitchen and they hope to impress her with their mushroom Wellington - an ideal centrepiece for dinner parties.	UNITED KINGDOM	English-100	RPT	PG	



2021-07-24	1455	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 3	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-07-24	1500	<b>Beautiful Baking With Juliet Sear</b>	Beautiful Baking With Juliet Sear Series 1 Ep 7	Juliet creates edible Christmas gifts for friends and family. There are rosemary and parmesan shortbreads, charcoal Christmas tree crackers for cheese, and mini Christmas pudding cake pops.	UNITED KINGDOM	English-100	RPT	G	
2021-07-24	1555	<b>Destination Flavour Bitesize</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
2021-07-24	1600	<b>Secret Meat Business</b>	Korean	Inspired by a Korean fan, Adrian's making his version of beef bulgogi: marinated and grilled meat with some classic Korean flavours.	AUSTRALIA	English-100	RPT	G	
2021-07-24	1630	<b>Secret Meat Business</b>	Turkish	Adrian creates a fantastic Turkish chicken dish, fresh and juicy. Complete with homemade flat bread, it's a dinner party delight.	AUSTRALIA	English-100	RPT	G	
2021-07-24	1700	<b>Pacific Island Food Revolution</b>	Kai Class	The four finalist teams from each country are finally together in the Revolution Kitchen in Suva. In a surprising twist, it's their individual mentors who are doing the cooking.	NEW ZEALAND	English-100	RPT	G	
2021-07-24	1755	<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
2021-07-24	1800	<b>Cheese Slices</b>	Camembert	Camembert is a potent symbol of French cheese making and is copied all over the world. Will visits the tiny village of Camembert where it all began, and the nearby dairy of Monsieur Durand.	AUSTRALIA	English-100	RPT	PG	
2021-07-24	1830	<b>Our Food, Our Family</b>	Nevin Family, The	Michela Chiappa is in Abercynon for the fascinating and touching story of the Nevin family. 57-year-old food lover Kemi Nevin is Mum to three grown-up children, and runs a successful café'.	UNITED KINGDOM	English-100		PG	
2021-07-24	1900	<b>Our Food, Our Family</b>	Blytt-Jorden Family, The	Michela Chiappa is on the stunning Gower coast to meet and eat with an unexpected community of newcomers to the area. The Blytt-Jordens are three generations of Norwegians who have moved there	UNITED KINGDOM	English-100		PG	
2021-07-24	1930	<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		G	Y
2021-07-24	2025	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 12	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2021-07-24	2030	<b>Ainsley's Mediterranean Cookbook</b>	Sardinia: Siniscola And Oliena	Ainsley is on a foodie voyage across the Mediterranean and finds himself exploring the mountains and countryside of Sardinia, tasting marvellous local produce, and trying a mountain lamb stew.	UNITED KINGDOM	English-100	RPT	G	
2021-07-24	2125	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 3	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-07-24	2130	<b>Hairy Bikers' Best Of British</b>	1970s, The	The Bikers revisit the 1970s - a decade which is all too often unfairly stigmatised for its food. They show how a well-prepared chicken cordon bleu, and banoffee pie can be a gastronomic delight.	UNITED KINGDOM	English-100	RPT	G	
2021-07-24	2230	<b>Living On The Veg</b>	Living On The Veg Series 1 Ep 4	Great British Bake Off's Prue Leith joins the boys in the kitchen and they hope to impress her with their mushroom Wellington - an ideal centrepiece for dinner parties.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-24	2325	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 3	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-07-24	2330	<b>Our Food, Our Family</b>	Nevin Family, The	Michela Chiappa is in Abercynon for the fascinating and touching story of the Nevin family. 57-year-old food lover Kemi Nevin is Mum to three grown-up children, and runs a successful café'.	UNITED KINGDOM	English-100	RPT	PG	
2021-07-24	2400	<b>Our Food, Our Family</b>	Blytt-Jorden Family, The	Michela Chiappa is on the stunning Gower coast to meet and eat with an unexpected community of newcomers to the area. The Blytt-Jordens are three generations of Norwegians who have moved there	UNITED KINGDOM	English-100	RPT	PG	
2021-07-24	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
2021-07-24	2525	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 8	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y

2021-07-24	2530	<b>Ainsley's Mediterranean Cookbook</b>	Sardinia: Siniscola And Oliena	Ainsley is on a foodie voyage across the Mediterranean and finds himself exploring the mountains and countryside of Sardinia, tasting marvellous local produce, and trying a mountain lamb stew.	UNITED KINGDOM	English-100	RPT	G	
2021-07-24	2625	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 3	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-07-24	2630	<b>Hairy Bikers' Best Of British</b>	1970s, The	The Bikers revisit the 1970s - a decade which is all too often unfairly stigmatised for its food. They show how a well-prepared chicken cordon bleu, and banoffee pie can be a gastronomic delight.	UNITED KINGDOM	English-100	RPT	G	
2021-07-24	2730	<b>Pacific Island Food Revolution</b>	Kai Class	The four finalist teams from each country are finally together in the Revolution Kitchen in Suva. In a surprising twist, it's their individual mentors who are doing the cooking.	NEW ZEALAND	English-100	RPT	G	
2021-07-24	2825	<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
2021-07-24	2830	<b>Cheese Slices</b>	Camembert	Camembert is a potent symbol of French cheese making and is copied all over the world. Will visits the tiny village of Camembert where it all began, and the nearby dairy of Monsieur Durand.	AUSTRALIA	English-100	RPT	PG	