



WEEK 31: Sunday, 25 July - Saturday, 31 July 2021 ALL MARKETS

| Date | Start Time | Title | Episode Title | Digital Epg Synopsis | Country of Origin | Language | Repeat | Classification | Closed Captions |
|------------|------------|---|--|---|-------------------|-------------|--------|----------------|-----------------|
| 2021-07-25 | 0500 | Secret Meat Business | 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 | |
| 2021-07-25 | 0530 | Living On The Veg | 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 | |
| 2021-07-25 | 0625 | Poh & Co. Bitesize | 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 |
| 2021-07-25 | 0630 | Beautiful Baking With Juliet Sear | 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 | |
| 2021-07-25 | 0725 | Destination Flavour Bitesize | 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 |
| 2021-07-25 | 0730 | Pacific Island Food Revolution | 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 | |
| 2021-07-25 | 0825 | Destination Flavour Scandinavia Bitesize | 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 |
| 2021-07-25 | 0830 | Ottolenghi's Mediterranean Island Feast | 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 |
| 2021-07-25 | 0925 | Destination Flavour China Bitesize | 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 |
| 2021-07-25 | 0930 | Ainsley's Mediterranean Cookbook | 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 | |
| 2021-07-25 | 1025 | Poh & Co. Bitesize | 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 |
| 2021-07-25 | 1030 | Hairy Bikers' Best Of British | 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 | |
| 2021-07-25 | 1130 | Living On The Veg | 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 | |
| 2021-07-25 | 1225 | Poh & Co. Bitesize | 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 |
| 2021-07-25 | 1230 | Secret Meat Business | 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 | |
| 2021-07-25 | 1300 | Our Food, Our Family | Nevin Family, The | Michela Chiappa is in Abercynon for the fascinating and touching story of the Nevin family, including food lover Kemi Nevin and her three grown-up children. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-07-25 | 1330 | The Cook And The Chef | Best In Season | Maggie searches for the perfect tomato which she then uses to make a tomato bruschetta. Simon, not to be outdone, makes his own version of bruschetta using pear and goats cheese. | AUSTRALIA | English-100 | | G | |

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|------------|------|---|--|--|----------------|-------------|-----|----|---|
| 2021-07-25 | 1400 | The Cook Up with Adam Liaw | 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 the week. | AUSTRALIA | English-100 | RPT | PG | |
| 2021-07-25 | 1430 | The Cook Up with Adam Liaw | Tray Bake | 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 | |
| 2021-07-25 | 1500 | The Cook Up with Adam Liaw | 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 | |
| 2021-07-25 | 1530 | The Cook Up with Adam Liaw | 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 | |
| 2021-07-25 | 1600 | The Cook Up with Adam Liaw | 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 | RPT | PG | |
| 2021-07-25 | 1630 | The Cook And The Chef | Summer Lunch, A | Maggie Beer and Simon Bryant go squidding and it's easy to see that this is a new experience for Maggie. Back in the kitchen Simon cleans the squid while Maggie gets started on her dishes. | AUSTRALIA | English-100 | | G | |
| 2021-07-25 | 1700 | The Cook And The Chef | Orchard, The | Maggie shows how to make a wonderful makes peach jam, sharing a new method to check when it is ready to set, makes a simple peach and prosciutto salad and finishes with a peach drink. | AUSTRALIA | English-100 | | G | |
| 2021-07-25 | 1730 | Michela's Tuscan Kitchen | Michela's Tuscan Kitchen Series 1 Ep 3 | Michela serves bagna cauda - a warm creamy anchovy based sauce - ideal for dipping vegetables and crusty bread, and a quick and simple tuna and lemon spaghetti. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-07-25 | 1800 | Tropical Gourmet: New Caledonia | Noumea Market | Justine takes some of Noumea's native root vegetables to put a spin on potato fritters. Then with some of the world's finest vanilla, local chef Christophe bakes his silky creme brulee. | AUSTRALIA | English-100 | RPT | PG | |
| 2021-07-25 | 1830 | Australia's Food Bowl | 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 | |
| 2021-07-25 | 1900 | Middle East Feast With Shane Delia | Middle Eastern Sweets | With layered pastries, fragrant syrups, crunchy nuts, and dried fruits on show, Shane offers the best of pure indulgent Middle Eastern sweets that are the perfect end to any feast. | AUSTRALIA | English-100 | RPT | PG | |
| 2021-07-25 | 1930 | Weekend Breaks With Gregg Wallace | Budapest | Gregg travels to the popular city of Budapest to sample their famous foods - from goulash to rich cakes in grand cafes to endless varieties of breakfast sausages this is a city that doesn't hold back. | UNITED KINGDOM | English-100 | | PG | |
| 2021-07-25 | 2030 | Rick Stein's Long Weekends | 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 | | G | Y |
| 2021-07-25 | 2140 | Hairy Bikers' Best Of British | Francophile | The Bikers look across the Channel to see how their French neighbours have influenced the British style of cooking and eating over the centuries. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-07-25 | 2245 | Michela's Tuscan Kitchen | Michela's Tuscan Kitchen Series 1 Ep 3 | Michela serves bagna cauda - a warm creamy anchovy based sauce - ideal for dipping vegetables and crusty bread, and a quick and simple tuna and lemon spaghetti. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-07-25 | 2315 | Tropical Gourmet: New Caledonia | Noumea Market | Justine takes some of Noumea's native root vegetables to put a spin on potato fritters. Then with some of the world's finest vanilla, local chef Christophe bakes his silky creme brulee. | AUSTRALIA | English-100 | RPT | PG | |
| 2021-07-25 | 2345 | Australia's Food Bowl | 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 | |
| 2021-07-25 | 2415 | Middle East Feast With Shane Delia | Middle Eastern Sweets | With layered pastries, fragrant syrups, crunchy nuts, and dried fruits on show, Shane offers the best of pure indulgent Middle Eastern sweets that are the perfect end to any feast. | AUSTRALIA | English-100 | RPT | PG | |
| 2021-07-25 | 2445 | Weekend Breaks With Gregg Wallace | Budapest | Gregg travels to the popular city of Budapest to sample their famous foods - from goulash to rich cakes in grand cafes to endless varieties of breakfast sausages this is a city that doesn't hold back. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-07-25 | 2545 | Rick Stein's Long Weekends | 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 |
| 2021-07-25 | 2655 | Hairy Bikers' Best Of British | Francophile | The Bikers look across the Channel to see how their French neighbours have influenced the British style of cooking and eating over the centuries. | UNITED KINGDOM | English-100 | RPT | G | |

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|------------|------|---|--|--|----------------|-------------|-----|----|---|
| 2021-07-25 | 2800 | The Cook And The Chef | Orchard, The | Maggie shows how to make a wonderful makes peach jam, sharing a new method to check when it is ready to set, makes a simple peach and prosciutto salad and finishes with a peach drink. | AUSTRALIA | English-100 | RPT | G | |
| 2021-07-25 | 2830 | Michela's Tuscan Kitchen | Michela's Tuscan Kitchen Series 1 Ep 3 | Michela serves bagna cauda - a warm creamy anchovy based sauce - ideal for dipping vegetables and crusty bread, and a quick and simple tuna and lemon spaghetti. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-07-26 | 0500 | The Cook Up with Adam Liaw | 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 the week. | AUSTRALIA | English-100 | RPT | PG | |
| 2021-07-26 | 0530 | The Cook Up with Adam Liaw | Tray Bake | 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 | |
| 2021-07-26 | 0600 | The Cook Up with Adam Liaw | 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 | |
| 2021-07-26 | 0630 | The Cook Up with Adam Liaw | 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 | |
| 2021-07-26 | 0700 | The Cook Up with Adam Liaw | 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 | RPT | PG | |
| 2021-07-26 | 0730 | Michela's Tuscan Kitchen | Michela's Tuscan Kitchen Series 1 Ep 3 | Michela serves bagna cauda - a warm creamy anchovy based sauce - ideal for dipping vegetables and crusty bread, and a quick and simple tuna and lemon spaghetti. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-07-26 | 0800 | Tropical Gourmet: New Caledonia | Noumea Market | Justine takes some of Noumea's native root vegetables to put a spin on potato fritters. Then with some of the world's finest vanilla, local chef Christophe bakes his silky creme brulee. | AUSTRALIA | English-100 | RPT | PG | |
| 2021-07-26 | 0830 | Australia's Food Bowl | 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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| 2021-07-26 | 1030 | Rick Stein's Long Weekends | 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 |
| 2021-07-26 | 1135 | Hairy Bikers' Best Of British | Francophile | The Bikers look across the Channel to see how their French neighbours have influenced the British style of cooking and eating over the centuries. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-07-26 | 1240 | Australia's Food Bowl | 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 | |
| 2021-07-26 | 1310 | Middle East Feast With Shane Delia | Middle Eastern Sweets | With layered pastries, fragrant syrups, crunchy nuts, and dried fruits on show, Shane offers the best of pure indulgent Middle Eastern sweets that are the perfect end to any feast. | AUSTRALIA | English-100 | RPT | PG | |
| 2021-07-26 | 1340 | Food Lovers' Guide To Australia | Food Lovers Guide To Australia Series 5 Ep 4 | Joanna visits the Hmong community of Innisfail in far north Queensland who use every part of the banana plant for eating, and Maeve sits down to Sunday lunch Sri Lankan-style. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-26 | 1410 | Sarah Graham Cooks Cape Town | Bo-Kaap Cooking Lesson | Sarah heads to well-known Cape Malay cuisine exponent Faldela Tolker's home in the Bo-Kaap for a Cape Malay cooking lesson. | SOUTH AFRICA | English-100 | RPT | G | |
| 2021-07-26 | 1435 | Pati's Mexican Table | Baja Breakfast | While in Valle De Guadalupe, Pati visits one of the most legendary cooks in the area, Dona Esthela, who makes the best breakfast as far as the eye can see. | USA | English-100 | RPT | G | |
| 2021-07-26 | 1500 | The Chefs' Line | Indian | Apprentice chef Alyssa from Indian restaurant Tonka goes up against four passionate home cooks, who all share a love for Indian food. | AUSTRALIA | English-100 | RPT | G | Y |

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|------------|------|--|---|---|----------------|-------------|-----|----|---|
| 2021-07-26 | 1530 | Lidia's Italy | Lidia's Italy Series 4 Ep 6 | Join Lidia as she travels to Liguria - a region all about herbs and vegetables. Lidia begins by making a simple rice and zucchini crostada, made with fresh dough and ricotta cheese. | USA | English-100 | RPT | G | |
| 2021-07-26 | 1600 | Annabel Langbein: Free Range Cook | Garlic Harvest, The | Annabel heads off to harvest garlic with her neighbours and her dinner menu is designed for her teenage children and their friends. | NEW ZEALAND | English-100 | RPT | G | |
| 2021-07-26 | 1630 | Bake With Anna Olson | Caramel | Who doesn't love caramel? Learning to make a basic caramel opens the patisserie door to so many desserts and delights, from classic to creative. | CANADA | English-100 | RPT | G | |
| 2021-07-26 | 1700 | For The Love Of Bread | Paris | Andrew is in Paris where he visits Sucre for pain au chocolat and Stohrer - one of the oldest patisseries in Paris founded in 1730 with impeccable presentation. | AUSTRALIA | English-100 | RPT | G | |
| 2021-07-26 | 1730 | The Cook And The Chef | Dried Food And Eels | Simon visits a Vietnamese supermarket, and he's like a kid in a candy store. Maggie has asked Simon to pick up some bonito and dried shiitake mushrooms, but he's also looking for inspiration. | AUSTRALIA | English-100 | | G | |
| 2021-07-26 | 1800 | Barefoot Contessa: Back To Basics | Tex Mex Entertaining | Ina Garten has all the bases covered when it comes to Tex-Mex entertaining. She makes a light and airy tres leches cake with berries, and her crowd-pleasing pork posole is a spicy main course. | USA | English-100 | | PG | |
| 2021-07-26 | 1830 | Come Dine With Me UK | Come Dine With Me UK Series 15 Ep 16 | 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 | |
| 2021-07-26 | 1900 | The Cook Up with Adam Liaw | Lamb Ribs | Master Chef alumni Amina Elshafei and home cook and wife of Manu Feidel, Clarissa Feidel, show you their lamb ribs secrets. Host Adam Liaw also reveals his childhood favourite recipe. | AUSTRALIA | English-100 | | PG | |
| 2021-07-26 | 1930 | Asia Unplated With Diana Chan | Indonesian | Diana showcases her favourite spicy Indonesian relish, sambal matah, on top of a glorious whole snapper. Former MasterChef contestant Jess Lemon shares one of her best street food snacks - gado gado. | AUSTRALIA | English-100 | RPT | G | |
| 2021-07-26 | 2000 | John Torode's Asia | Bangkok | Bangkok is where it all started for John 20 years ago, and a return to Thailand - the home of his favourite Asian cuisine - has him giddy with delight. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-07-26 | 2030 | Amy Schumer Learns To Cook | Lunch Break | Amy and her chef husband Chris dig into a comfort food staple - sandwiches. Chris teaches Amy the art of making sandwiches, including a roasted vegetable sandwich with feta. | USA | English-100 | | PG | |
| 2021-07-26 | 2100 | Adam Liaw's Road Trip For Good | Beechworth, Hay Valley & Batlow | Adam's journey continues to the Adelaide Hills in South Australia. Known for its avant-garde, cool climate wines, the region's winemakers are doing it tough. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2021-07-26 | 2130 | Mystery Diners | Big Earl's Gone Wild | Mystery Diners go undercover as a waitress and a flirty customer in hopes of scoring invitations to an after-hours bash after hearing rumours of late-night staff parties. | USA | English-100 | RPT | PG | |
| 2021-07-26 | 2200 | The Cook Up with Adam Liaw | Lamb Ribs | Master Chef alumni Amina Elshafei and home cook and wife of Manu Feidel, Clarissa Feidel, show you their lamb ribs secrets. Host Adam Liaw also reveals his childhood favourite recipe. | AUSTRALIA | English-100 | RPT | PG | |
| 2021-07-26 | 2230 | The Cook And The Chef | Dried Food And Eels | Simon visits a Vietnamese supermarket, and he's like a kid in a candy store. Maggie has asked Simon to pick up some bonito and dried shiitake mushrooms, but he's also looking for inspiration. | AUSTRALIA | English-100 | RPT | G | |
| 2021-07-26 | 2300 | Barefoot Contessa: Back To Basics | Tex Mex Entertaining | Ina Garten has all the bases covered when it comes to Tex-Mex entertaining. She makes a light and airy tres leches cake with berries, and her crowd-pleasing pork posole is a spicy main course. | USA | English-100 | RPT | PG | |
| 2021-07-26 | 2330 | Come Dine With Me UK | Come Dine With Me UK Series 15 Ep 16 | 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 | |
| 2021-07-26 | 2400 | The Chefs' Line | Indian | Apprentice chef Alyssa from Indian restaurant Tonka goes up against four passionate home cooks, who all share a love for Indian food. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-26 | 2430 | Ready Steady Cook UK | Ready Steady Cook UK Series 18/19 Ep 41 | Classical singing stars Jonathan Ansell and Hayley Westenra swap arias for aprons and join Harriott in the kitchen for another 20 minute cooking challenge. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-07-26 | 2520 | Destination Flavour Down Under Bitesize | Destination Flavour Down Under Bitesize Series 1 Ep 1 | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-26 | 2530 | Asia Unplated With Diana Chan | Indonesian | Diana showcases her favourite spicy Indonesian relish, sambal matah, on top of a glorious whole snapper. Former MasterChef contestant Jess Lemon shares one of her best street food snacks - gado gado. | AUSTRALIA | English-100 | RPT | G | |

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|------------|------|--|--|---|----------------|-------------|-----|----|---|
| 2021-07-26 | 2600 | John Torode's Asia | Bangkok | Bangkok is where it all started for John 20 years ago, and a return to Thailand - the home of his favourite Asian cuisine - has him giddy with delight. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-07-26 | 2630 | Amy Schumer Learns To Cook | Lunch Break | Amy and her chef husband Chris dig into a comfort food staple - sandwiches. Chris teaches Amy the art of making sandwiches, including a roasted vegetable sandwich with feta. | USA | English-100 | RPT | PG | |
| 2021-07-26 | 2700 | Adam Liaw's Road Trip For Good | Beechworth, Hay Valley & Batlow | Adam's journey continues to the Adelaide Hills in South Australia. Known for its avant-garde, cool climate wines, the region's winemakers are doing it tough. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2021-07-26 | 2730 | Mystery Diners | Big Earl's Gone Wild | Mystery Diners go undercover as a waitress and a flirty customer in hopes of scoring invitations to an after-hours bash after hearing rumours of late-night staff parties. | USA | English-100 | RPT | PG | |
| 2021-07-26 | 2800 | Food Lovers' Guide To Australia | Food Lovers Guide To Australia Series 5 Ep 4 | Joanna visits the Hmong community of Innisfail in far north Queensland who use every part of the banana plant for eating, and Maeve sits down to Sunday lunch Sri Lankan-style. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-26 | 2830 | Sarah Graham Cooks Cape Town | Bo-Kaap Cooking Lesson | Sarah heads to well-known Cape Malay cuisine exponent Faldela Tolker's home in the Bo-Kaap for a Cape Malay cooking lesson. | SOUTH AFRICA | English-100 | RPT | G | |
| 2021-07-27 | 0500 | Pati's Mexican Table | Baja Breakfast | While in Valle De Guadalupe, Pati visits one of the most legendary cooks in the area, Dona Esthela, who makes the best breakfast as far as the eye can see. | USA | English-100 | RPT | G | |
| 2021-07-27 | 0530 | The Chefs' Line | Indian | Apprentice chef Alyssa from Indian restaurant Tonka goes up against four passionate home cooks, who all share a love for Indian food. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-27 | 0600 | Lidia's Italy | Lidia's Italy Series 4 Ep 6 | Join Lidia as she travels to Liguria - a region all about herbs and vegetables. Lidia begins by making a simple rice and zucchini crostada, made with fresh dough and ricotta cheese. | USA | English-100 | RPT | G | |
| 2021-07-27 | 0630 | Annabel Langbein: Free Range Cook | Garlic Harvest, The | Annabel heads off to harvest garlic with her neighbours and her dinner menu is designed for her teenage children and their friends. | NEW ZEALAND | English-100 | RPT | G | |
| 2021-07-27 | 0700 | Bake With Anna Olson | Caramel | Who doesn't love caramel? Learning to make a basic caramel opens the patisserie door to so many desserts and delights, from classic to creative. | CANADA | English-100 | RPT | G | |
| 2021-07-27 | 0730 | For The Love Of Bread | Paris | Andrew is in Paris where he visits Sucre for pain au chocolat and Stohrer - one of the oldest patisseries in Paris founded in 1730 with impeccable presentation. | AUSTRALIA | English-100 | RPT | G | |
| 2021-07-27 | 0800 | The Cook And The Chef | Dried Food And Eels | Simon visits a Vietnamese supermarket, and he's like a kid in a candy store. Maggie has asked Simon to pick up some bonito and dried shiitake mushrooms, but he's also looking for inspiration. | AUSTRALIA | English-100 | RPT | G | |
| 2021-07-27 | 0830 | Barefoot Contessa: Back To Basics | Tex Mex Entertaining | Ina Garten has all the bases covered when it comes to Tex-Mex entertaining. She makes a light and airy tres leches cake with berries, and her crowd-pleasing pork posole is a spicy main course. | USA | English-100 | RPT | PG | |
| 2021-07-27 | 0900 | Come Dine With Me UK | Come Dine With Me UK Series 15 Ep 16 | 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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| 2021-07-27 | 1230 | Barefoot Contessa: Back To Basics | Tex Mex Entertaining | Ina Garten has all the bases covered when it comes to Tex-Mex entertaining. She makes a light and airy tres leches cake with berries, and her crowd-pleasing pork posole is a spicy main course. | USA | English-100 | RPT | PG | |
| 2021-07-27 | 1300 | Come Dine With Me UK | Come Dine With Me UK Series 15 Ep 16 | 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 | |
| 2021-07-27 | 1330 | Food Lovers' Guide To Australia | Food Lovers Guide To Australia Series 5 Ep 5 | Maeve O'Meara learns some of the secrets of our best cheddar from Tasmania, while Joanna Savill gets to taste several varieties of pomegranates at a farm in Robinvale, Victoria. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-27 | 1400 | Sarah Graham Cooks Cape Town | Eligin Wine Farm | Sarah and Rob visit their friend Allister Kreft's small wine farm in Elgin. Belfield is one of the smallest commercial wine farms in South Africa and is a family-run affair. | SOUTH AFRICA | English-100 | RPT | G | |
| 2021-07-27 | 1430 | Pati's Mexican Table | Mexican Wine Country | With over 100 wineries, Valle de Guadalupe has become the hottest new destination, with people traveling from all over to discover this new and exciting region. | USA | English-100 | RPT | G | |
| 2021-07-27 | 1500 | The Chefs' Line | Indian | Station Chef Sundar Singh steps up to represent his restaurant. Sundar is hoping that his professional training and heritage will give him the edge. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-27 | 1530 | Lidia's Italy | Lidia's Italy Series 4 Ep 7 | Lidia travels to Basilicata - a small region known for fish and capsicums. Join Lidia in the kitchen as she incorporates these capsicums into each dish she creates. | USA | English-100 | RPT | G | |
| 2021-07-27 | 1600 | Annabel Langbein: Free Range Cook | Green Grapes For Verjuice | Annabel takes off in her little jetboat to collect sour green grapes, the vital ingredient needed to make a batch of verjuice. | NEW ZEALAND | English-100 | RPT | G | |
| 2021-07-27 | 1630 | Bake With Anna Olson | Pate Sucree | Anna shows how to prepare the delicate sugar-based pastry that is pate sucree, and includes tips and tricks to make it even more versatile. | CANADA | English-100 | RPT | G | |
| 2021-07-27 | 1700 | For The Love Of Bread | London | Andrew heads to London where he visits the 2000 year old Borough Market. He also meets with the team behind the iconic St. John restaurant - Fergus Henderson and Trevor Gulliver. | AUSTRALIA | English-100 | RPT | G | |
| 2021-07-27 | 1730 | The Cook And The Chef | Quince And Pork | Maggie tells the story of how and why she developed her love for this unusual fruit and takes us back to the planting of her Quince Orchard. She goes on to prepare a Quince dessert. | AUSTRALIA | English-100 | | G | |
| 2021-07-27 | 1800 | Barefoot Contessa: Back To Basics | Cook With A Pro | Ina gets a cooking masterclass with three amazing professional chefs. She learns how to make the most incredible roasted carrot tart, perfect crepes and chocolate sauce, plus all the secrets of pasta. | USA | English-100 | | PG | |
| 2021-07-27 | 1830 | Come Dine With Me UK | Come Dine With Me UK Series 15 Ep 17 | 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 | |
| 2021-07-27 | 1900 | The Cook Up with Adam Liaw | Naughty By Nice | Nel owner and head chef Nelly Robinson and Bondi Harvest's Taylor Cullen create their favourite naughty but nice recipes with host Adam Liaw in The Cook up kitchen. | AUSTRALIA | English-100 | | PG | |
| 2021-07-27 | 1930 | Destination Flavour Japan | Destination Flavour - Japan Series 1 Ep 2 | Adam Liaw goes to sea with the Japanese fishermen who caught the 'million dollar tuna', and then meets the soy sauce maker who saved most of his staff from the 2011 tsunami. | AUSTRALIA | English-80; Japanese-20 | RPT | G | Y |
| 2021-07-27 | 2000 | David Rocco's Dolce South East Asia | Women Of Bangkok | Bangkok is the cultural hub of Thailand. David meets three generations of women who are contributing to Bangkok's success - from a Michelin Star street food stall owner, to a seven-year-old climate change activist. | CANADA | English-100 | | PG | |
| 2021-07-27 | 2030 | Jamie's Great Britain | East End, The | In this new six-part series, Jamie Oliver is taking to the road, travelling the length and breadth of Blighty, in search of new ideas and inspiration for recipes and to find out what makes British food great. | UNITED KINGDOM | English-100 | | PG | |
| 2021-07-27 | 2130 | Mystery Diners | F For Effort | A Mystery Diner goes undercover as a waiter and discovers several problem employees who are threatening patrons, drinking on the job and eating customers' food. | USA | English-100 | RPT | PG | |
| 2021-07-27 | 2200 | The Cook Up with Adam Liaw | Naughty By Nice | Nel owner and head chef Nelly Robinson and Bondi Harvest's Taylor Cullen create their favourite naughty but nice recipes with host Adam Liaw in The Cook up kitchen. | AUSTRALIA | English-100 | RPT | PG | |
| 2021-07-27 | 2230 | The Cook And The Chef | Quince And Pork | Maggie tells the story of how and why she developed her love for this unusual fruit and takes us back to the planting of her Quince Orchard. She goes on to prepare a Quince dessert. | AUSTRALIA | English-100 | RPT | G | |

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|------------|------|--|---|--|----------------|-------------------------|-----|----|---|
| 2021-07-27 | 2300 | Barefoot Contessa: Back To Basics | Cook With A Pro | Ina gets a cooking masterclass with three professional chefs. She learns how to make the most incredible roasted carrot tart, perfect crepes and chocolate sauce, plus all the secrets of pasta. | USA | English-100 | RPT | PG | |
| 2021-07-27 | 2330 | Come Dine With Me UK | Come Dine With Me UK Series 15 Ep 17 | 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 | |
| 2021-07-27 | 2400 | The Chefs' Line | Indian | Station Chef Sundar Singh steps up to represent his restaurant. Sundar is hoping that his professional training and heritage will give him the edge. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-27 | 2430 | Ready Steady Cook UK | Ready Steady Cook UK Series 18/19 Ep 42 | Actress Sally Lindsay and comedian Craig Hill team up with Ainsley Harriott for another classic 20-minute cooking challenge. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-07-27 | 2520 | Destination Flavour Down Under Bitesize | Destination Flavour Down Under Bitesize Series 1 Ep 2 | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-27 | 2530 | Destination Flavour Japan | Destination Flavour - Japan Series 1 Ep 2 | Adam Liaw goes to sea with the Japanese fishermen who caught the 'million dollar tuna', and then meets the soy sauce maker who saved most of his staff from the 2011 tsunami. | AUSTRALIA | English-80; Japanese-20 | RPT | G | Y |
| 2021-07-27 | 2600 | David Rocco's Dolce South East Asia | Women Of Bangkok | Bangkok is the cultural hub of Thailand. David meets three generations of women who are contributing to Bangkok's success - from a Michelin Star street food stall owner, to a seven-year-old climate change activist. | CANADA | English-100 | RPT | PG | |
| 2021-07-27 | 2630 | Jamie's Great Britain | East End, The | Jamie Oliver is taking to the road, travelling the length and breadth of Blighty, in search of new ideas and inspiration for recipes and to find out what makes British food great. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-07-27 | 2730 | Mystery Diners | F For Effort | A Mystery Diner goes undercover as a waiter and discovers several problem employees who are threatening patrons, drinking on the job and eating customers' food. | USA | English-100 | RPT | PG | |
| 2021-07-27 | 2800 | Food Lovers' Guide To Australia | Food Lovers Guide To Australia Series 5 Ep 5 | Maeve O'Meara learns some of the secrets of our best cheddar from Tasmania, while Joanna Savill gets to taste several varieties of pomegranates at a farm in Robinvale, Victoria. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-27 | 2830 | Sarah Graham Cooks Cape Town | Eligin Wine Farm | Sarah and Rob visit their friend Allister Kreft's small wine farm in Elgin. Belfield is one of the smallest commercial wine farms in South Africa and is a family-run affair. | SOUTH AFRICA | English-100 | RPT | G | |
| 2021-07-28 | 0500 | Pati's Mexican Table | Mexican Wine Country | With over 100 wineries, Valle de Guadalupe has become the hottest new destination, with people traveling from all over to discover this new and exciting region. | USA | English-100 | RPT | G | |
| 2021-07-28 | 0530 | The Chefs' Line | Indian | Station Chef Sundar Singh steps up to represent his restaurant. Sundar is hoping that his professional training and heritage will give him the edge. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-28 | 0600 | Lidia's Italy | Lidia's Italy Series 4 Ep 7 | Lidia travels to Basilicata - a small region known for fish and capsicums. Join Lidia in the kitchen as she incorporates these capsicums into each dish she creates. | USA | English-100 | RPT | G | |
| 2021-07-28 | 0630 | Annabel Langbein: Free Range Cook | Green Grapes For Verjuice | Annabel takes off in her little jetboat to collect sour green grapes, the vital ingredient needed to make a batch of verjuice. | NEW ZEALAND | English-100 | RPT | G | |
| 2021-07-28 | 0700 | Bake With Anna Olson | Pate Sucree | Anna shows how to prepare the delicate sugar-based pastry that is pate sucee, and includes tips and tricks to make it even more versatile. | CANADA | English-100 | RPT | G | |
| 2021-07-28 | 0730 | For The Love Of Bread | London | Andrew heads to London where he visits the 2000 year old Borough Market. He also meets with the team behind the iconic St. John restaurant - Fergus Henderson and Trevor Gulliver. | AUSTRALIA | English-100 | RPT | G | |
| 2021-07-28 | 0800 | The Cook And The Chef | Quince And Pork | Maggie tells the story of how and why she developed her love for this unusual fruit and takes us back to the planting of her Quince Orchard. She goes on to prepare a Quince dessert. | AUSTRALIA | English-100 | RPT | G | |
| 2021-07-28 | 0830 | Barefoot Contessa: Back To Basics | Cook With A Pro | Ina gets a cooking masterclass with three professional chefs. She learns how to make the most incredible roasted carrot tart, perfect crepes and chocolate sauce, plus all the secrets of pasta. | USA | English-100 | RPT | PG | |
| 2021-07-28 | 0900 | Come Dine With Me UK | Come Dine With Me UK Series 15 Ep 17 | 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 | |
| 2021-07-28 | 0930 | Destination Flavour Japan | Destination Flavour - Japan Series 1 Ep 2 | Adam Liaw goes to sea with the Japanese fishermen who caught the 'million dollar tuna', and then meets the soy sauce maker who saved most of his staff from the 2011 tsunami. | AUSTRALIA | English-80; Japanese-20 | RPT | G | Y |

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|------------|------|--|--|--|----------------|-------------|-----|----|---|
| 2021-07-28 | 1000 | David Rocco's Dolce South East Asia | Women Of Bangkok | Bangkok is the cultural hub of Thailand. David meets three generations of women who are contributing to Bangkok's success - from a Michelin Star street food stall owner, to a seven-year-old climate change activist. | CANADA | English-100 | RPT | PG | |
| 2021-07-28 | 1030 | Mystery Diners | F For Effort | A Mystery Diner goes undercover as a waiter and discovers several problem employees who are threatening patrons, drinking on the job and eating customers' food. | USA | English-100 | RPT | PG | |
| 2021-07-28 | 1100 | The Cook Up with Adam Liaw | Naughty By Nice | Nel owner and head chef Nelly Robinson and Bondi Harvest's Taylor Cullen create their favourite naughty but nice recipes with host Adam Liaw in The Cook up kitchen. | AUSTRALIA | English-100 | RPT | PG | |
| 2021-07-28 | 1130 | Jamie's Great Britain | East End, The | Jamie Oliver is taking to the road, travelling the length and breadth of Blighty, in search of new ideas and inspiration for recipes and to find out what makes British food great. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-07-28 | 1230 | Barefoot Contessa: Back To Basics | Cook With A Pro | Ina gets a cooking masterclass with three professional chefs. She learns how to make the most incredible roasted carrot tart, perfect crepes and chocolate sauce, plus all the secrets of pasta. | USA | English-100 | RPT | PG | |
| 2021-07-28 | 1300 | Come Dine With Me UK | Come Dine With Me UK Series 15 Ep 17 | 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 | |
| 2021-07-28 | 1330 | Food Lovers' Guide To Australia | Food Lovers Guide To Australia Series 5 Ep 6 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Joanna helps build a pit oven close to the Kakadu wetlands, and Maeve enjoys Greek Easter. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-28 | 1400 | Sarah Graham Cooks Cape Town | Moyo At Spier | Sarah visits Moyo, a popular African Cuisine experience at Spier Wine Farm near Stellenbosch. Sarah shares some of her own recipes and learns to make two of the signature Moyo dishes. | SOUTH AFRICA | English-100 | RPT | G | |
| 2021-07-28 | 1430 | Pati's Mexican Table | Loreto Baja's Hidden Gem | One of Baja's most well kept secrets has Pati on a mission to explore this town bite-by-bite. Loreto is a small town on the Gulf of California with big excitement and a rich history. | USA | English-100 | RPT | G | |
| 2021-07-28 | 1500 | The Chefs' Line | Indian | Sous Chef Kaylene Tan from Indian restaurant Tonka goes up against two passionate home cooks. Witness the competition, camaraderie and spectacular skills of these talented cooks and chefs. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-28 | 1530 | Lidia's Italy | Lidia's Italy Series 4 Ep 8 | Lidia travels up to the beautiful hills of Calabria. Join her as she demonstrates what a true shepherd's meal is with rigatoni alla pastora - a simple pasta dish made with sausage and ricotta cheese. | USA | English-100 | RPT | G | |
| 2021-07-28 | 1600 | Annabel Langbein: Free Range Cook | Big Cheese, The | Annabel travels to Oamaru to source the perfect cheese to use in a caramaliesed onion and cheese tart from local cheese making company, Whitestone. | NEW ZEALAND | English-100 | RPT | G | |
| 2021-07-28 | 1630 | Bake With Anna Olson | Marzipan | Marzipan is made simply from ground almonds mixed with sugar to achieve a paste, but it has so many uses in the dessert world. Anna showcases marzipan from its fundamental creation to its many uses. | CANADA | English-100 | RPT | G | |
| 2021-07-28 | 1700 | For The Love Of Bread | Austria | Andrew heads to Vienna where he visits the Crust and Crumb Bread Festival. This annual festival brings together bakers from across Austria with live demonstrations, competitions, and a marketplace. | AUSTRALIA | English-100 | RPT | G | |
| 2021-07-28 | 1730 | The Cook And The Chef | 100th Special | The Cook and the Chef is 100 episodes old and to celebrate, Simon has organised a visit from Peter Cundall of Gardening Australia. Peter has a look at Simon's garden. | AUSTRALIA | English-100 | | G | |
| 2021-07-28 | 1800 | Barefoot Contessa: Back To Basics | Perfect Pastry | Ina Garten shares tips and ideas for cooking with sweet, savoury and even store-bought pastry. She starts with her foolproof sweet pastry dough for a showstopping French fig tart. | USA | English-100 | | PG | |
| 2021-07-28 | 1830 | Come Dine With Me UK | Come Dine With Me UK Series 15 Ep 18 | 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 | |
| 2021-07-28 | 1900 | The Cook Up with Adam Liaw | Honey | Uccello's Nigel Ward and Pastry queen Anna Polyviou create some Italian and Greek favourites that showcase honey in The Cook Up kitchen with Adam Liaw. | AUSTRALIA | English-100 | | PG | |
| 2021-07-28 | 1930 | Nigella Kitchen | Kitchen Tourist | Nigella doesn't need to leave the house to travel - she has the whole world at her fingertips, visiting all corners of the globe from her kitchen. | UNITED KINGDOM | English-100 | | G | |
| 2021-07-28 | 2000 | Poh & Co. | Outback Adventures With Pojo | With their business expanding, Poh and Jono's lives are about to get seriously hectic. They seek some serenity in a motorhome and head out back to the magnificent Flinders Ranges. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-28 | 2030 | Rick Stein's Cornwall | Rick Stein's Cornwall Series 1 Ep 11 | Rick explores the beating heart of the post-war British modern art movement in the seaside town of St Ives, before heading out to sea to fish for a delicious seasonal visitor, the red mullet. | UNITED KINGDOM | English-100 | | PG | |

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|------------|------|--|---|---|----------------|-------------|-----|----|---|
| 2021-07-28 | 2100 | Rick Stein's Fruits Of The Sea | Rick Stein's Fruits Of The Sea Series 1 Ep 6 | The most important day in Padstow's calendar has the locals beating out the spirits of winter and welcoming summer. May Day means the little town is full of beating drums and laughter. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-07-28 | 2130 | Mystery Diners | Managing Disaster | Mystery Diners go undercover as waitresses to see if the manager of Amaro Pizzeria and Vino Lounge in Arizona is hiring attractive waitresses over qualified ones. | USA | English-100 | RPT | PG | |
| 2021-07-28 | 2200 | The Cook Up with Adam Liaw | Honey | Uccello's Nigel Ward and Pastry queen Anna Polyviou create some Italian and Greek favourites that showcase honey in The Cook Up kitchen with Adam Liaw. | AUSTRALIA | English-100 | RPT | PG | |
| 2021-07-28 | 2230 | The Cook And The Chef | 100th Special | The Cook and the Chef is 100 episodes old and to celebrate Simon has organised a visit from Peter Cundall of gardening Australia. Peter has a look at Simon's garden. | AUSTRALIA | English-100 | RPT | G | |
| 2021-07-28 | 2300 | Barefoot Contessa: Back To Basics | Perfect Pastry | Ina Garten shares tips and ideas for cooking with sweet, savoury and even store-bought pastry. She starts with her foolproof sweet pastry dough for a showstopping French fig tart. | USA | English-100 | RPT | PG | |
| 2021-07-28 | 2330 | Come Dine With Me UK | Come Dine With Me UK Series 15 Ep 18 | 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 | |
| 2021-07-28 | 2400 | The Chefs' Line | Indian | Sous Chef Kaylene Tan from Indian restaurant Tonka goes up against two passionate home cooks. Witness the competition, camaraderie and spectacular skills of these talented cooks and chefs. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-28 | 2430 | Ready Steady Cook UK | Ready Steady Cook UK Series 18/19 Ep 43 | Actress Faith Brown and designer Scott Henshall are determined to make a good impression in the kitchen as Ainsley Harriott hosts another classic 20-minute cooking challenge. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-07-28 | 2520 | Destination Flavour Down Under Bitesize | Destination Flavour Down Under Bitesize Series 1 Ep 3 | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-28 | 2530 | Nigella Kitchen | Kitchen Tourist | Nigella doesn't need to leave the house to travel - she has the whole world at her fingertips, visiting all corners of the globe from her kitchen. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-07-28 | 2600 | Poh & Co. | Outback Adventures With Pojo | With their business expanding, Poh and Jono's lives are about to get seriously hectic. They seek some serenity in a motorhome and head out back to the magnificent Flinders Ranges. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-28 | 2630 | Rick Stein's Cornwall | Rick Stein's Cornwall Series 1 Ep 11 | Rick explores the beating heart of the post-war British modern art movement in the seaside town of St Ives, before heading out to sea to fish for a delicious seasonal visitor, the red mullet. | UNITED KINGDOM | English-100 | RPT | PG | |
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| 2021-07-28 | 2830 | Sarah Graham Cooks Cape Town | Moyo At Spier | Sarah visits Moyo, a popular African Cuisine experience at Spier Wine Farm near Stellenbosch. Sarah shares some of her own recipes and learns to make two of the signature Moyo dishes. | SOUTH AFRICA | English-100 | RPT | G | |
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| 2021-07-29 | 0530 | The Chefs' Line | Indian | Sous Chef Kaylene Tan from Indian restaurant Tonka goes up against two passionate home cooks. Witness the competition, camaraderie and spectacular skills of these talented cooks and chefs. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-29 | 0600 | Lidia's Italy | Lidia's Italy Series 4 Ep 8 | Lidia travels up to the beautiful hills of Calabria. Join her as she demonstrates what a true shepherd's meal is with rigatoni alla pastora - a simple pasta dish made with sausage and ricotta cheese. | USA | English-100 | RPT | G | |
| 2021-07-29 | 0630 | Annabel Langbein: Free Range Cook | Big Cheese, The | Annabel travels to Oamaru to source the perfect cheese to use in a caramalised onion and cheese tart from local cheese making company, Whitestone. | NEW ZEALAND | English-100 | RPT | G | |
| 2021-07-29 | 0700 | Bake With Anna Olson | Marzipan | Marzipan is made simply from ground almonds mixed with sugar to achieve a paste, but it has so many uses in the dessert world. Anna showcases marzipan from its fundamental creation to its many uses. | CANADA | English-100 | RPT | G | |

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|------------|------|--|--|--|----------------|-------------|-----|----|---|
| 2021-07-29 | 0730 | For The Love Of Bread | Austria | Andrew heads to Vienna where he visits the Crust and Crumb Bread Festival. This annual festival brings together bakers from across Austria with live demonstrations, competitions, and a marketplace. | AUSTRALIA | English-100 | RPT | G | |
| 2021-07-29 | 0800 | The Cook And The Chef | 100th Special | The Cook and the Chef is 100 episodes old and to celebrate Simon has organised a visit from Peter Cundall of gardening Australia. Peter has a look at Simon's garden. | AUSTRALIA | English-100 | RPT | G | |
| 2021-07-29 | 0830 | Barefoot Contessa: Back To Basics | Perfect Pastry | Ina Garten shares tips and ideas for cooking with sweet, savoury and even store-bought pastry. She starts with her foolproof sweet pastry dough for a showstopping French fig tart. | USA | English-100 | RPT | PG | |
| 2021-07-29 | 0900 | Come Dine With Me UK | Come Dine With Me UK Series 15 Ep 18 | 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 | |
| 2021-07-29 | 0930 | Nigella Kitchen | Kitchen Tourist | Nigella doesn't need to leave the house to travel - she has the whole world at her fingertips, visiting all corners of the globe from her kitchen. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-07-29 | 1000 | Poh & Co. | Outback Adventures With Pojo | With their business expanding, Poh and Jono's lives are about to get seriously hectic. They seek some serenity in a motorhome and head out back to the magnificent Flinders Ranges. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-29 | 1030 | Mystery Diners | Managing Disaster | Mystery Diners go undercover as waitresses to see if the manager of Amaro Pizzeria and Vino Lounge in Arizona is hiring attractive waitresses over qualified ones. | USA | English-100 | RPT | PG | |
| 2021-07-29 | 1100 | The Cook Up with Adam Liaw | Honey | Uccello's Nigel Ward and Pastry queen Anna Polyviou create some Italian and Greek favourites that showcase honey in The Cook Up kitchen with Adam Liaw. | AUSTRALIA | English-100 | RPT | PG | |
| 2021-07-29 | 1130 | Rick Stein's Cornwall | Rick Stein's Cornwall Series 1 Ep 11 | Rick explores the beating heart of the post-war British modern art movement in the seaside town of St Ives, before heading out to sea to fish for a delicious seasonal visitor, the red mullet. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-07-29 | 1200 | Rick Stein's Fruits Of The Sea | Rick Stein's Fruits Of The Sea Series 1 Ep 6 | The most important day in Padstow's calendar has the locals beating out the spirits of winter and welcoming summer. May Day means the little town is full of beating drums and laughter. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-07-29 | 1230 | Barefoot Contessa: Back To Basics | Perfect Pastry | Ina Garten shares tips and ideas for cooking with sweet, savoury and even store-bought pastry. She starts with her foolproof sweet pastry dough for a showstopping French fig tart. | USA | English-100 | RPT | PG | |
| 2021-07-29 | 1300 | Come Dine With Me UK | Come Dine With Me UK Series 15 Ep 18 | 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 | |
| 2021-07-29 | 1330 | Food Lovers' Guide To Australia | Food Lovers Guide To Australia Series 5 Ep 7 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maeve visits a Tasmanian walnut farm, and Joanna tries goat meat, Moroccan style. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-29 | 1400 | Sarah Graham Cooks Cape Town | Ishay Govender | Saran and Ishay Govender prepare a lunch for fellow foodie blogger friends, featuring family recipes with global influences. | SOUTH AFRICA | English-100 | RPT | G | |
| 2021-07-29 | 1430 | Pati's Mexican Table | La Paz The Heart Of Baja Sur | Pati will explore the beauty and wonder of La Paz, the capital of Baja Sur. This breathtaking Baja destination has drawn her to visit its waters. | USA | English-100 | RPT | G | |
| 2021-07-29 | 1500 | The Chefs' Line | Indian | The best home cook has made it to the end of the line. They take on Executive Chef Adam D'Sylva from Indian restaurant, Tonka. Can the passion of a home cook beat a professional chef? | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-29 | 1530 | Lidia's Italy | Lidia's Italy Series 4 Ep 9 | Lidia travels to Molise - a beautiful region known for great fishing and fresh seafood. Join Lidia as she explores this regions true culture by making spaghetti alla tornolla. | USA | English-100 | RPT | PG | |
| 2021-07-29 | 1600 | Annabel Langbein: Free Range Cook | Fisherman's Luck | Annabel's fishing for salmon on stunning Lake Wanaka and if she's lucky she'll be serving up a starter of tea smoked salmon, with parmesan and basil dimples. | NEW ZEALAND | English-100 | RPT | G | |
| 2021-07-29 | 1630 | Bake With Anna Olson | Italian Meringue | Italian meringue is made from whipping egg whites and pouring in boiled sugar, giving the meringue strength and structure to be used in many ways. | CANADA | English-100 | RPT | G | |
| 2021-07-29 | 1700 | For The Love Of Bread | Copenhagen | No foodie trip to Copenhagen would be complete without dining at Noma and Andrew was fortunate to meet with Rene Redzepi where they discussed food, culture, and the pursuit of excellence. | AUSTRALIA | English-100 | RPT | G | |
| 2021-07-29 | 1730 | The Cook And The Chef | Land Of The Long White Cloud | The Cook and the Chef cross the Tasman to explore New Zealand, a land with rugged mountains, pristine waters and - most importantly - great produce. Maggie and Simon kick off their journey in Rotorua. | AUSTRALIA | English-100 | | G | |

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|------------|------|--|---|---|----------------|-------------|-----|----|---|
| 2021-07-29 | 1800 | Barefoot Contessa: Back To Basics | Portable Food | It's food on the move with Ina Garten as she shares pro tips for perfect portable eats. She makes moist lemon poppy seed cake for an afternoon snack at work and tomato mozzarella pan bagnat for lunch. | USA | English-100 | | PG | |
| 2021-07-29 | 1830 | Come Dine With Me UK | Come Dine With Me UK Series 15 Ep 19 | 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 | |
| 2021-07-29 | 1900 | The Cook Up with Adam Liaw | Four Ingredient Pasta | Comedian Joel Creasey and Radio/TV presenter Myf Warhurst join Adam Liaw in The Cook Up kitchen as they create their favourite pasta using just four ingredients! | AUSTRALIA | English-100 | | PG | |
| 2021-07-29 | 1930 | Australia's Food Bowl | Communities | Many farming families have a long history of growing produce and Stefano meets some of the inspiring people around Mildura who have been working the land for generations. | AUSTRALIA | English-100 | | PG | |
| 2021-07-29 | 2000 | Middle East Feast With Shane Delia | Israeli | Israel has a diverse food culture, with a strong connection to Mediterranean flavours. Shane is joined in the kitchen by special guest Ehud Malka and offers up an entire feast of brilliant Israeli cuisine. | AUSTRALIA | English-100 | | PG | |
| 2021-07-29 | 2030 | Jimmy Shu's Taste of The Territory | Dessert | Jimmy takes us to meet Darwin's only chocolatier Leo Cleanthous at his boutique chocolate cafe Bumble Bean Chocolates. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-29 | 2100 | Rick Stein's French Odyssey | Rick Stein's French Odyssey Series 1 Ep 5 | Deeper into South West France, Rick joins a local fisherman in search of pike and zander on the River Tarn at Moissac, and cooks Pike in Pinot Noir, a popular Duck Confit with Braised Red Cabbage. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-07-29 | 2130 | Mystery Diners | Grumpy Tom | Chef 'Grumpy Tom' has a knack for disrespecting everyone in his restaurant, including the new owner. Jessica's undercover to prove just how grumpy Tom is and how his attitude affects business. | USA | English-100 | RPT | PG | |
| 2021-07-29 | 2200 | The Cook Up with Adam Liaw | Four Ingredient Pasta | Comedian Joel Creasey and Radio/TV presenter Myf Warhurst join Adam Liaw in The Cook Up kitchen as they create their favourite pasta using just four ingredients! | AUSTRALIA | English-100 | RPT | PG | |
| 2021-07-29 | 2230 | The Cook And The Chef | Land Of The Long White Cloud | The Cook and the Chef cross the Tasman to explore New Zealand, a land with rugged mountains, pristine waters and - most importantly - great produce. Maggie and Simon kick off their journey in Rotorua. | AUSTRALIA | English-100 | RPT | G | |
| 2021-07-29 | 2300 | Barefoot Contessa: Back To Basics | Portable Food | It's food on the move with Ina Garten as she shares pro tips for perfect portable eats. She makes moist lemon poppy seed cake for an afternoon snack at work and tomato mozzarella pan bagnat for lunch. | USA | English-100 | RPT | PG | |
| 2021-07-29 | 2330 | Come Dine With Me UK | Come Dine With Me UK Series 15 Ep 19 | 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 | |
| 2021-07-29 | 2400 | The Chefs' Line | Indian | The best home cook has made it to the end of the line. They take on Executive Chef Adam D'Sylva from Indian restaurant, Tonka. Can the passion of a home cook beat a professional chef? | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-29 | 2430 | Ready Steady Cook UK | Ready Steady Cook UK Series 18/19 Ep 44 | Soccer AM presenters Helen Chamberlain and Andy Goldstein join Ainsley Harriott for another classic 20-minute cooking challenge. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-07-29 | 2520 | Destination Flavour Down Under Bitesize | Destination Flavour Down Under Bitesize Series 1 Ep 4 | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-29 | 2530 | Australia's Food Bowl | Communities | Many farming families have a long history of growing produce and Stefano meets some of the inspiring people around Mildura who have been working the land for generations. | AUSTRALIA | English-100 | RPT | PG | |
| 2021-07-29 | 2600 | Middle East Feast With Shane Delia | Israeli | Israel has a diverse food culture, with a strong connection to Mediterranean flavours. Shane is joined in the kitchen by special guest Ehud Malka and offers up an entire feast of brilliant Israeli cuisine. | AUSTRALIA | English-100 | RPT | PG | |
| 2021-07-29 | 2630 | Jimmy Shu's Taste of The Territory | Dessert | Jimmy takes us to meet Darwin's only chocolatier Leo Cleanthous at his boutique chocolate cafe Bumble Bean Chocolates. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-29 | 2700 | Rick Stein's French Odyssey | Rick Stein's French Odyssey Series 1 Ep 5 | Deeper into South West France, Rick joins a local fisherman in search of pike and zander on the River Tarn at Moissac, and cooks Pike in Pinot Noir, a popular Duck Confit with Braised Red Cabbage. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-07-29 | 2730 | Mystery Diners | Grumpy Tom | Chef 'Grumpy Tom' has a knack for disrespecting everyone in his restaurant, including the new owner. Jessica's undercover to prove just how grumpy Tom is and how his attitude affects business. | USA | English-100 | RPT | PG | |
| 2021-07-29 | 2800 | Food Lovers' Guide To Australia | Food Lovers Guide To Australia Series 5 Ep 7 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maeve visits a Tasmanian walnut farm, and Joanna tries goat meat, Moroccan style. | AUSTRALIA | English-100 | RPT | G | Y |

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|------------|------|---|--|---|----------------|-------------|-----|----|---|
| 2021-07-29 | 2830 | Sarah Graham Cooks Cape Town | Ishay Govender | Saran and Ishay Govender prepare a lunch for fellow foodie blogger friends, featuring family recipes with global influences. | SOUTH AFRICA | English-100 | RPT | G | |
| 2021-07-30 | 0500 | Pati's Mexican Table | La Paz The Heart Of Baja Sur | Pati will explore the beauty and wonder of La Paz, the capital of Baja Sur. This breathtaking Baja destination has drawn her to visit its waters. | USA | English-100 | RPT | G | |
| 2021-07-30 | 0530 | The Chefs' Line | Indian | The best home cook has made it to the end of the line. They take on Executive Chef Adam D'Sylva from Indian restaurant, Tonka. Can the passion of a home cook beat a professional chef? | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-30 | 0600 | Lidia's Italy | Lidia's Italy Series 4 Ep 9 | Lidia travels to Molise - a beautiful region known for great fishing and fresh seafood. Join Lidia as she explores this regions true culture by making spaghetti alla tornolla. | USA | English-100 | RPT | PG | |
| 2021-07-30 | 0630 | Annabel Langbein: Free Range Cook | Fisherman's Luck | Annabel's fishing for salmon on stunning Lake Wanaka and if she's lucky she'll be serving up a starter of tea smoked salmon, with parmesan and basil dimples. | NEW ZEALAND | English-100 | RPT | G | |
| 2021-07-30 | 0700 | Bake With Anna Olson | Italian Meringue | Italian meringue is made from whipping egg whites and pouring in boiled sugar, giving the meringue strength and structure to be used in many ways. | CANADA | English-100 | RPT | G | |
| 2021-07-30 | 0730 | For The Love Of Bread | Copenhagen | No foodie trip to Copenhagen would be complete without dining at Noma and Andrew was fortunate to meet with Rene Redzepi where they discussed food, culture, and the pursuit of excellence. | AUSTRALIA | English-100 | RPT | G | |
| 2021-07-30 | 0800 | The Cook And The Chef | Land Of The Long White Cloud | The Cook and the Chef cross the Tasman to explore New Zealand, a land with rugged mountains, pristine waters and - most importantly - great produce. Maggie and Simon kick off their journey in Rotorua. | AUSTRALIA | English-100 | RPT | G | |
| 2021-07-30 | 0830 | Barefoot Contessa: Back To Basics | Portable Food | It's food on the move with Ina Garten as she shares pro tips for perfect portable eats. She makes moist lemon poppy seed cake for an afternoon snack at work and tomato mozzarella pan bagnat for lunch. | USA | English-100 | RPT | PG | |
| 2021-07-30 | 0900 | Come Dine With Me UK | Come Dine With Me UK Series 15 Ep 19 | 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 | |
| 2021-07-30 | 0930 | Australia's Food Bowl | Communities | Many farming families have a long history of growing produce and Stefano meets some of the inspiring people around Mildura who have been working the land for generations. | AUSTRALIA | English-100 | RPT | PG | |
| 2021-07-30 | 1000 | Middle East Feast With Shane Delia | Israeli | Israel has a diverse food culture, with a strong connection to Mediterranean flavours. Shane is joined in the kitchen by special guest Ehud Malka and offers up an entire feast of brilliant Israeli cuisine. | AUSTRALIA | English-100 | RPT | PG | |
| 2021-07-30 | 1030 | Mystery Diners | Grumpy Tom | Chef 'Grumpy Tom' has a knack for disrespecting everyone in his restaurant, including the new owner. Jessica's undercover to prove just how grumpy Tom is and how his attitude affects business. | USA | English-100 | RPT | PG | |
| 2021-07-30 | 1100 | The Cook Up with Adam Liaw | Four Ingredient Pasta | Comedian Joel Creasey and Radio/TV presenter Myf Warhurst join Adam Liaw in The Cook Up kitchen as they create their favourite pasta using just four ingredients! | AUSTRALIA | English-100 | RPT | PG | |
| 2021-07-30 | 1130 | Jimmy Shu's Taste of The Territory | Dessert | Jimmy takes us to meet Darwin's only chocolatier Leo Cleanthous at his boutique chocolate cafe Bumble Bean Chocolates. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-30 | 1200 | Rick Stein's French Odyssey | Rick Stein's French Odyssey Series 1 Ep 5 | Deeper into South West France, Rick joins a local fisherman in search of pike and zander on the River Tarn at Moissac, and cooks Pike in Pinot Noir, a popular Duck Confit with Braised Red Cabbage. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-07-30 | 1230 | Barefoot Contessa: Back To Basics | Portable Food | It's food on the move with Ina Garten as she shares pro tips for perfect portable eats. She makes moist lemon poppy seed cake for an afternoon snack at work and tomato mozzarella pan bagnat for lunch. | USA | English-100 | RPT | PG | |
| 2021-07-30 | 1300 | Come Dine With Me UK | Come Dine With Me UK Series 15 Ep 19 | 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 | |
| 2021-07-30 | 1330 | Food Lovers' Guide To Australia | Food Lovers Guide To Australia Series 5 Ep 8 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Joanna is in Broome to hear the stories of the Chinese settlers who live there. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-30 | 1400 | Sarah Graham Cooks Cape Town | Home Alone | Sarah is at home for a quiet evening with the kitchen all to herself, so it's time to make her favourites - fish cakes, and slow cooked chicken. She also gets ahead on some baking. | SOUTH AFRICA | English-100 | RPT | G | |
| 2021-07-30 | 1430 | Pati's Mexican Table | Road Trippin' With Javier Plascencia | Pati spends a day with one of Baja's most celebrated chefs, Javier Plascencia. He gives Pati a tour of the Baja he knows and loves, exploring the areas of Todos Santos and Pescadero. | USA | English-100 | RPT | PG | |

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|------------|------|--|---|--|----------------|-------------|-----|----|---|
| 2021-07-30 | 1500 | The Chefs' Line | Indian | Maeve O'Meara and the chefs' line reminisce about the week and delve into delicious new dishes, including a lesson on how to shape Naan bread, carrot halwa, and Tonka's most popular dish, lamb curry. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-30 | 1530 | Lidia's Italy | Lidia's Italy Series 4 Ep 10 | Lidia travels to the Italian island of Sardegna where she catches fresh lobster for a refreshing salad filled with celery and tomatoes, in a light egg dressing. | USA | English-100 | RPT | G | |
| 2021-07-30 | 1600 | Annabel Langbein: Free Range Cook | Boutique Brewers | Annabel travels to picturesque Arrowtown, to source the best cooking beer to make a batch of morish vegetable pakoras. | NEW ZEALAND | English-100 | RPT | G | |
| 2021-07-30 | 1630 | Bake With Anna Olson | Icebox Cookies | Icebox cookies came into fashion in the early 1900's, when iceboxes were used to keep food chilled, and are still as popular as ever. Anna shows a number of traditional styles. | CANADA | English-100 | RPT | G | |
| 2021-07-30 | 1700 | For The Love Of Bread | San Francisco | Petaluma in Sonoma County is known as 'the bread basket' of San Francisco. Andrew meets with Kathleen and Aaron Weber of Della Fattoria Bakery and visits Roti Roti to savour their porchetta rolls. | AUSTRALIA | English-100 | RPT | G | |
| 2021-07-30 | 1730 | The Cook And The Chef | Kumara And Venison | Maggie and Simon show us more beautiful produce from the Land of the Long White Cloud. Maggie finds some delicious Kumara, a Maori word for sweet potato while Simon discovers New Zealand Venison. | AUSTRALIA | English-100 | | G | |
| 2021-07-30 | 1800 | Barefoot Contessa: Back To Basics | Good Grilling | Ina is fired up and sharing her advice for grilling and barbecuing like a pro. To start, hot coals work their magic on her Tuscan grilled Cornish hens, and she amps up the flavour on foolproof ribs and BBQ sauce. | USA | English-100 | | PG | |
| 2021-07-30 | 1830 | Come Dine With Me UK | Come Dine With Me UK Series 15 Ep 20 | 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 | |
| 2021-07-30 | 1900 | The Cook Up with Adam Liaw | Sauce | Host Adam Liaw is joined by TV and radio personality Yumi Stynes and creator of the 'The Family Law' Benjamin Law to showcase their favourite sauces that can be used as an accompaniment to any dish. | AUSTRALIA | English-100 | | PG | |
| 2021-07-30 | 1930 | River Cottage Australia | River Cottage Australia One Hours Series 2 Ep 8 | It's Paul's first summer on the farm and he eagerly waits for his sows Dolly and Pinky to give birth. This year the bar is being set even higher for the final feast at River Cottage. | UNITED KINGDOM | English-100 | RPT | PG | Y |
| 2021-07-30 | 2030 | Jamie's Food Escapes | Athens | The food in Athens is all about simple ingredients, simply put together. Jamie goes spear fishing off a local island, meets bee keepers who produce amazing honey, and makes goats cheese with a monk. | UNITED KINGDOM | English-100 | | PG | |
| 2021-07-30 | 2130 | Mystery Diners | Undercover Brother | The owner of a Las Vegas bistro fears his restaurant manager may not be doing the greatest job in his role. The hardest part: the manager is his brother. | USA | English-100 | RPT | PG | |
| 2021-07-30 | 2200 | The Cook Up with Adam Liaw | Sauce | Host Adam Liaw is joined by TV and radio personality Yumi Stynes and creator of the 'The Family Law' Benjamin Law to showcase their favourite sauces that can be used as an accompaniment to any dish. | AUSTRALIA | English-100 | RPT | PG | |
| 2021-07-30 | 2230 | The Cook And The Chef | Kumara And Venison | Maggie and Simon show us more beautiful produce from the Land of the Long White Cloud. Maggie finds some delicious Kumara, a Maori word for sweet potato while Simon discovers New Zealand Venison. | AUSTRALIA | English-100 | RPT | G | |
| 2021-07-30 | 2300 | Barefoot Contessa: Back To Basics | Good Grilling | Ina is fired up and sharing her advice for grilling and barbecuing like a pro. To start, hot coals work their magic on her Tuscan grilled Cornish hens, and she amps up the flavour on foolproof ribs and BBQ sauce. | USA | English-100 | RPT | PG | |
| 2021-07-30 | 2330 | Come Dine With Me UK | Come Dine With Me UK Series 15 Ep 20 | 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 | |
| 2021-07-30 | 2400 | The Chefs' Line | Indian | Maeve O'Meara and the chefs' line reminisce about the week and delve into delicious new dishes, including a lesson on how to shape Naan bread, carrot halwa, and Tonka's most popular dish, lamb curry. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-30 | 2430 | Ready Steady Cook UK | Ready Steady Cook UK Series 18/19 Ep 45 | Garden designers Kim Wilde and Diarmuid Gavin join Ainsley Harriott for another classic 20-minute cooking challenge. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-07-30 | 2520 | Destination Flavour Down Under Bitesize | Destination Flavour Down Under Bitesize Series 1 Ep 5 | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-30 | 2530 | River Cottage Australia | River Cottage Australia One Hours Series 2 Ep 8 | It's Paul's first summer on the farm and he eagerly waits for his sows Dolly and Pinky to give birth. This year the bar is being set even higher for the final feast at River Cottage. | UNITED KINGDOM | English-100 | RPT | PG | Y |
| 2021-07-30 | 2630 | Jamie's Food Escapes | Athens | The food in Athens is all about simple ingredients, simply put together. Jamie goes spear fishing off a local island, meets bee keepers who produce amazing honey, and makes goats cheese with a monk. | UNITED KINGDOM | English-100 | RPT | PG | |

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|------------|------|--|---|--|----------------|-------------|-----|----|---|
| 2021-07-30 | 2730 | Mystery Diners | Undercover Brother | The owner of a Las Vegas bistro fears his restaurant manager may not be doing the greatest job in his role. The hardest part: the manager is his brother. | USA | English-100 | RPT | PG | |
| 2021-07-30 | 2800 | Food Lovers' Guide To Australia | Food Lovers Guide To Australia Series 5 Ep 8 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Joanna is in Broome to hear the stories of the Chinese settlers who live there. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-30 | 2830 | Sarah Graham Cooks Cape Town | Home Alone | Sarah is at home for a quiet evening with the kitchen all to herself, so it's time to make her favourites - fish cakes, and slow cooked chicken. She also gets ahead on some baking. | SOUTH AFRICA | English-100 | RPT | G | |
| 2021-07-31 | 0500 | Pati's Mexican Table | Road Trippin' With Javier Plascencia | Pati spends a day with one of Baja's most celebrated chefs, Javier Plascencia. He gives Pati a tour of the Baja he knows and loves, exploring the areas of Todos Santos and Pescadero. | USA | English-100 | RPT | PG | |
| 2021-07-31 | 0530 | The Chefs' Line | Indian | Maeve O'Meara and the chefs' line reminisce about the week and delve into delicious new dishes, including a lesson on how to shape Naan bread, carrot halwa, and Tonka's most popular dish, lamb curry. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-31 | 0600 | Lidia's Italy | Lidia's Italy Series 4 Ep 10 | Lidia travels to the Italian island of Sardegna where she catches fresh lobster for a refreshing salad filled with celery and tomatoes, in a light egg dressing. | USA | English-100 | RPT | G | |
| 2021-07-31 | 0630 | Annabel Langbein: Free Range Cook | Boutique Brewers | Annabel travels to picturesque Arrowtown, to source the best cooking beer to make a batch of morish vegetable pakoras. | NEW ZEALAND | English-100 | RPT | G | |
| 2021-07-31 | 0700 | Bake With Anna Olson | Icebox Cookies | Icebox cookies came into fashion in the early 1900's, when iceboxes were used to keep food chilled, and are still as popular as ever. Anna shows a number of traditional styles. | CANADA | English-100 | RPT | G | |
| 2021-07-31 | 0730 | For The Love Of Bread | San Francisco | Petaluma in Sonoma County is known as 'the bread basket' of San Francisco. Andrew meets with Kathleen and Aaron Weber of Della Fattoria Bakery and visits Roti Roti to savour their porchetta rolls. | AUSTRALIA | English-100 | RPT | G | |
| 2021-07-31 | 0800 | The Cook And The Chef | Kumara And Venison | Maggie and Simon show us more beautiful produce from the Land of the Long White Cloud. Maggie finds some delicious Kumara, a Maori word for sweet potato while Simon discovers New Zealand Venison. | AUSTRALIA | English-100 | RPT | G | |
| 2021-07-31 | 0830 | Barefoot Contessa: Back To Basics | Good Grilling | Ina is fired up and sharing her advice for grilling and barbecuing like a pro. To start, hot coals work their magic on her Tuscan grilled Cornish hens, and she amps up the flavour on foolproof ribs and BBQ sauce. | USA | English-100 | RPT | PG | |
| 2021-07-31 | 0900 | Come Dine With Me UK | Come Dine With Me UK Series 15 Ep 20 | 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 | |
| 2021-07-31 | 0930 | River Cottage Australia | River Cottage Australia One Hours Series 2 Ep 8 | It's Paul's first summer on the farm and he eagerly waits for his sows Dolly and Pinky to give birth. This year the bar is being set even higher for the final feast at River Cottage. | UNITED KINGDOM | English-100 | RPT | PG | Y |
| 2021-07-31 | 1030 | Mystery Diners | Undercover Brother | The owner of a Las Vegas bistro fears his restaurant manager may not be doing the greatest job in his role. The hardest part: the manager is his brother. | USA | English-100 | RPT | PG | |
| 2021-07-31 | 1100 | The Cook Up with Adam Liaw | Sauce | Host Adam Liaw is joined by TV and radio personality Yumi Stynes and creator of the 'The Family Law' Benjamin Law to showcase their favourite sauces that can be used as an accompaniment to any dish. | AUSTRALIA | English-100 | RPT | PG | |
| 2021-07-31 | 1130 | Jamie's Food Escapes | Athens | The food in Athens is all about simple ingredients, simply put together. Jamie goes spear fishing off a local island, meets bee keepers who produce amazing honey, and makes goats cheese with a monk. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-07-31 | 1230 | Barefoot Contessa: Back To Basics | Good Grilling | Ina is fired up and sharing her advice for grilling and barbecuing like a pro. To start, hot coals work their magic on her Tuscan grilled Cornish hens, and she amps up the flavour on foolproof ribs and BBQ sauce. | USA | English-100 | RPT | PG | |
| 2021-07-31 | 1300 | Come Dine With Me UK | Come Dine With Me UK Series 15 Ep 20 | 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 | |
| 2021-07-31 | 1330 | The Cook And The Chef | Kumara And Venison | Maggie and Simon show us more beautiful produce from the Land of the Long White Cloud. Maggie finds some delicious Kumara, a Maori word for sweet potato while Simon discovers New Zealand Venison. | AUSTRALIA | English-100 | RPT | G | |
| 2021-07-31 | 1400 | Living On The Veg | Living On The Veg Series 1 Ep 5 | Henry and Ian's first dish will set your taste buds tingling with all the flavours of Thailand in their Thai-no-fishcakes! | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-07-31 | 1455 | Poh & Co. Bitesize | Garden, The | Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow. | AUSTRALIA | English-100 | RPT | G | Y |

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|------------|------|---|--|---|----------------|-------------|-----|----|---|
| 2021-07-31 | 1500 | Beautiful Baking With Juliet Sear | Beautiful Baking With Juliet Sear Series 1 Ep 8 | Juliet prepares some special bakes for Christmas, including baked party canapes, a brussels sprouts tarte tatin, and a spectacular chocolate orange profiteroles tower. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-07-31 | 1555 | Destination Flavour - Japan | Destination Flavour Japan Bitesize Series 1 Ep 10 | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-31 | 1600 | Watts On The Grill | Fruit On The Q | Fruit can elevate a master barbequer's repertoire to all new heights, so why not impress your family and friends with a fruit forward dinner? Spencer shows you how to do it. | CANADA | English-100 | RPT | G | |
| 2021-07-31 | 1630 | Watts On The Grill | Allium In The Family | Spencer focuses on grilling alliums - the group of flowing plants including onions, garlic, green onions, chives, and much more. Sun's out, barbeques on - it's gonna be good. | CANADA | English-100 | RPT | G | |
| 2021-07-31 | 1700 | Pacific Island Food Revolution | Biodiversity | The four finalist teams come together in the Revolution Kitchen in Suva where the focus is on protecting the abundant biodiversity of the Pacific. | NEW ZEALAND | English-100 | RPT | G | |
| 2021-07-31 | 1755 | Destination Flavour Down Under Bitesize | Destination Flavour Down Under Bitesize Series 1 Ep 10 | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-31 | 1800 | Cheese Slices | Cheddar | The world's most copied cheese is cheddar, which originally came from the green countryside of Somerset in England. Will travels to meet the last two farm producers of cloth bound cheddar. | AUSTRALIA | English-100 | RPT | G | |
| 2021-07-31 | 1830 | Plat Du Tour | Paris Brest | Guillaume Brahimi shares some of his favourite mouth-watering French classics. Today, he is making his dad's favourite dessert cake, the light and airy Paris Brest. | AUSTRALIA | English-100 | | PG | |
| 2021-07-31 | 1900 | Plat Du Tour | Kouign-Amann | Guillaume shows us a traditional Breton dessert that is all about enjoying life to the fullest. The kouign-amann is known as the 'fattiest pastry in all of Europe', and is all about butter. | AUSTRALIA | English-100 | | PG | |
| 2021-07-31 | 1930 | Ottolenghi's Mediterranean Island Feasts | Mallorca | On the Spanish Island of Mallorca, Yotam searches for authentic local cuisine, discovering wonderful local ingredients including ruby red prawns, the star ingredient in his version of paella. | UNITED KINGDOM | English-100 | | G | Y |
| 2021-07-31 | 2025 | Poh & Co. Bitesize | Poh & Co. Bitesize Series 2 Ep 4 | Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-31 | 2030 | Ainsley's Mediterranean Cookbook | Marrakesh Part 1 | Ainsley's Mediterranean adventure takes him to Morocco, where he's exploring the sights and smells of Marrakesh, as he takes a trip around the food stalls of Jemaa el-Fna square. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-07-31 | 2125 | Poh & Co. Bitesize | Poh & Co. Bitesize Series 2 Ep 5 | Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-07-31 | 2130 | Hairy Bikers' Best Of British | Pork | The Bikers celebrate the British love affair with pigs and pork - perhaps the animal which has given more to British food culture than any other. They prepare a traditional gala pie. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-07-31 | 2240 | Pacific Island Food Revolution | Biodiversity | The four finalist teams come together in the Revolution Kitchen in Suva where the focus is on protecting the abundant biodiversity of the Pacific. | NEW ZEALAND | English-100 | RPT | G | |
| 2021-07-31 | 2335 | Cheese Slices | Cheddar | The world's most copied cheese is cheddar, which originally came from the green countryside of Somerset in England. Will travels to meet the last two farm producers of cloth bound cheddar. | AUSTRALIA | English-100 | RPT | G | |
| 2021-07-31 | 2405 | Plat Du Tour | Paris Brest | Guillaume Brahimi shares some of his favourite mouth-watering French classics. Today, he is making his dad's favourite dessert cake, the light and airy Paris Brest. | AUSTRALIA | English-100 | RPT | PG | |
| 2021-07-31 | 2435 | Ottolenghi's Mediterranean Island Feasts | Mallorca | On the Spanish Island of Mallorca, Yotam searches for authentic local cuisine, discovering wonderful local ingredients including ruby red prawns, the star ingredient in his version of paella. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2021-07-31 | 2530 | Ainsley's Mediterranean Cookbook | Marrakesh Part 1 | Ainsley's Mediterranean adventure takes him to Morocco, where he's exploring the sights and smells of Marrakesh, as he takes a trip around the food stalls of Jemaa el-Fna square. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-07-31 | 2625 | Hairy Bikers' Best Of British | Pork | The Bikers celebrate the British love affair with pigs and pork - perhaps the animal which has given more to British food culture than any other. They prepare a traditional gala pie. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-07-31 | 2735 | Living On The Veg | Living On The Veg Series 1 Ep 5 | Henry and Ian's first dish will set your taste buds tingling with all the flavours of Thailand in their Thai-no-fishcakes! | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-07-31 | 2830 | Plat Du Tour | Kouign-Amann | Guillaume shows us a traditional Breton dessert that is all about enjoying life to the fullest. The kouign-amann is known as the 'fattiest pastry in all of Europe', and is all about butter. | AUSTRALIA | English-100 | RPT | PG | |