



**WEEK 32: Sunday, 1 August - Saturday, 7 August 2021 ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Egg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Cap
2021-08-01	0500	<b>Watts On The Grill</b>	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	
2021-08-01	0530	<b>Beautiful Baking With Juliet Sear</b>	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	
2021-08-01	0625	<b>Destination Flavour - Japan</b>	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
2021-08-01	0630	<b>Pacific Island Food Revolution</b>	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	
2021-08-01	0725	<b>Destination Flavour Down Under Bitesize</b>	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
2021-08-01	0730	<b>Watts On The Grill</b>	Allium In The Family	Spencer focuses on grilling alliums - the group of flowering 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	
2021-08-01	0800	<b>Cheese Slices</b>	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	
2021-08-01	0830	<b>Plat Du Tour</b>	Paris Brest	Guillaume shares some of his favourite French classics, including his dad's favourite cake - the Paris Brest. This light and airy dessert is presented in the shape of a bicycle wheel.	AUSTRALIA	English-100	RPT	PG	
2021-08-01	0900	<b>Plat Du Tour</b>	Kouign-Amann	Guillaume shares his recipe for a traditional Breton dessert that is all about enjoying life to the fullest. The kouign-amann is known as the richest pastry in all of Europe, and is all about butter.	AUSTRALIA	English-100	RPT	G	
2021-08-01	0930	<b>Ottolenghi's Mediterranean Island Feasts</b>	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
2021-08-01	1025	<b>Poh &amp; Co. Bitesize</b>	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
2021-08-01	1030	<b>Ainsley's Mediterranean Cookbook</b>	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	
2021-08-01	1125	<b>Poh &amp; Co. Bitesize</b>	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
2021-08-01	1130	<b>Hairy Bikers' Best Of British</b>	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	
2021-08-01	1235	<b>Living On The Veg</b>	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	
2021-08-01	1330	<b>Watts On The Grill</b>	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	
2021-08-01	1400	<b>The Cook Up with Adam Liaw</b>	Lamb Ribs	MasterChef alumni Amina Elshafei and home cook Clarissa Feidel share their lamb ribs secrets. Host Adam Liaw also reveals his childhood favourite recipe.	AUSTRALIA	English-100	RPT	PG	



2021-08-01	1430	<b>The Cook Up with Adam Liaw</b>	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	
2021-08-01	1500	<b>The Cook Up with Adam Liaw</b>	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	
2021-08-01	1530	<b>The Cook Up with Adam Liaw</b>	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	
2021-08-01	1600	<b>The Cook Up with Adam Liaw</b>	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	
2021-08-01	1630	<b>The Cook And The Chef</b>	Brunch	Maggie has happily been up at the crack of dawn to collect the fresh eggs, and extols the virtue of happy chooks and free range eggs. Simon brings her a present to try out, a white truffle.	AUSTRALIA	English-100		G	
2021-08-01	1700	<b>The Cook And The Chef</b>	Late Summer Lunch, A	Maggie and Simon show their different approaches to cooking. Maggie cooks a hearty meal for the family, while Simon gives a restaurant touch to his meal.	AUSTRALIA	English-100		G	
2021-08-01	1730	<b>Michela's Tuscan Kitchen</b>	Michela's Tuscan Kitchen Series 1 Ep 4	Michela finds delicious deep fried polenta in Livorno - a traditional street food snack, a deli specialising in wild boar products in San Gimignano, and bee keeps in Montalcino, tasting local honey.	UNITED KINGDOM	English-100	RPT	G	
2021-08-01	1800	<b>Tropical Gourmet: New Caledonia</b>	Cooking With Gabi	Justine goes fishing and gathers a spectacular array of fresh seafood for a beachside barbeque. Later, using delicious local ingredients, she puts together a simple parrotfish salad.	AUSTRALIA	English-100	RPT	PG	
2021-08-01	1830	<b>Australia's Food Bowl</b>	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	
2021-08-01	1900	<b>Middle East Feast With Shane Delia</b>	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	
2021-08-01	1930	<b>Weekend Breaks With Gregg Wallace</b>	Edinburgh	Gregg explores Edinburgh, taking in one of the UKs most distinctive food scenes. He learns about its rich larder with one of its finest chefs, Tom Kitchen, as they cook up a feast of grouse and langoustines.	UNITED KINGDOM	English-100		PG	
2021-08-01	2030	<b>Rick Stein's Spain</b>	Rick Stein's Spain Series 1 Ep 1	Rick Stein's Spanish journey begins in Galicia where he eats tortillas de patata in the King's favourite restaurant. Next Rick enters the Basque Country.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-01	2140	<b>Hairy Bikers' Best Of British</b>	Shellfish	They Bikers make the most of Britain's outstanding shellfish - cooking up a hearty beef and oyster pie, and an exquisite crab and scallop mornay. They also help throw a crayfish party.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-01	2250	<b>Poh &amp; Co. Bitesize</b>	Small Business	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-08-01	2300	<b>Tropical Gourmet: New Caledonia</b>	Cooking With Gabi	Justine goes fishing and gathers a spectacular array of fresh seafood for a beachside barbeque. Later, using delicious local ingredients, she puts together a simple parrotfish salad.	AUSTRALIA	English-100	RPT	PG	
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2021-08-01	2640	<b>Hairy Bikers' Best Of British</b>	Shelfish	They Bikers make the most of Britain's outstanding shellfish - cooking up a hearty beef and oyster pie, and an exquisite crab and scallop mornay. They also help throw a crayfish party.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-01	2750	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 6	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y
2021-08-01	2800	<b>The Cook Up with Adam Liaw</b>	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	
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2021-08-02	0500	<b>The Cook Up with Adam Liaw</b>	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	
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2021-08-02	1150	<b>Destination Flavour Singapore Bitesize</b>	Lamb Kebabs	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	
2021-08-02	1200	<b>Tropical Gourmet: New Caledonia</b>	Cooking With Gabi	Justine goes fishing and gathers a spectacular array of fresh seafood for a beachside barbeque. Later, using delicious local ingredients, she puts together a simple parrotfish salad.	AUSTRALIA	English-100	RPT	PG	
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2021-08-02	1330	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 9	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maeve visits the southern blue-fin tuna pens off the South Australian coast.	AUSTRALIA	English-100	RPT	G	Y

2021-08-02	1400	<b>Sarah Graham Cooks Cape Town</b>	Stellenbosch	Rob's Aunt Sue and Uncle Chris are renowned for their annual potjie and paella New Year Cook Offs. The competition is fierce and the results delicious.	SOUTH AFRICA	English-100	RPT	G	
2021-08-02	1430	<b>The Incredible Spice Men</b>	East Sussex	Tony and Cyrus celebrate the freshness of the local fish of East Sussex, and show how even the taste of the freshest fish can be enhanced with spices by cooking Dover sole with lime and ginger.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-02	1500	<b>The Chefs' Line</b>	Lebanese	The home cooks this week share a love for Lebanese food. They'll compete against Apprentice Chef Jonathon lim, who didn't have any knowledge of Lebanese cuisine before starting at Nour.	AUSTRALIA	English-100	RPT	PG	Y
2021-08-02	1530	<b>Lidia's Italy</b>	Lidia's Italy Series 4 Ep 11	Lidia travels to Liguria - a region all about flowers, herbs, and lot's of vegetables. With the help of her granddaughter Julia, Lidia creates a soup filled with lots of fresh vegetables.	USA	English-100	RPT	G	
2021-08-02	1600	<b>Annabel Langbein: Free Range Cook</b>	Annabel's Choice	Annabel's at the Agricultural & Pastoral show in search of Wanaka's best home made chutney - which she recreates to serve with her best ever bread.	NEW ZEALAND	English-100	RPT	G	
2021-08-02	1630	<b>Bake With Anna Olson</b>	Buttercream	The most popular of frostings, buttercream comes in various flavours, and also in a variety of techniques. Anna demonstrates the basic styles of buttercream frosting.	CANADA	English-100	RPT	G	
2021-08-02	1700	<b>The Perfect Serve</b>	Perfect Serve Series 1, The Ep 1	From the heart of Melbourne, we take a look inside the AO Chef Series, a unique and innovative pop-up dining experience that has become a highlight of the Australian Open.	AUSTRALIA	English-100	RPT	PG	Y
2021-08-02	1730	<b>The Cook And The Chef</b>	Salmon And Wasabi	Maggie and Simon's culinary adventure in New Zealand continues this week as we find Simon on the South Island checking out the amazing Wasabi plant and visiting a salmon farm near Mount Cook.	AUSTRALIA	English-100		G	
2021-08-02	1800	<b>Barefoot Contessa: Back To Basics</b>	Herbs All Ways	Ina Garten is cooking with her favourite herbs and sharing tips for turning up the flavour. dill, chives, and basil shine in her heirloom tomatoes with herbed ricotta.	USA	English-100		PG	
2021-08-02	1830	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 21	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	
2021-08-02	1900	<b>The Cook Up with Adam Liaw</b>	Soup	Cookbook author and chef Analiese Gregory and Monday Morning Cooking Club's Lisa Goldberg join Adam Liaw in The Cook Up kitchen to recreate their favourite soups.	AUSTRALIA	English-100		PG	
2021-08-02	1930	<b>Asia Unplated With Diana Chan</b>	South Indian	Diana is joined by restaurateur Sarah Todd who shares her recipe for vindaloo pork ribs topped with Goan bhel, before cooking a vegetarian dish of baked cauliflower with pineapple sansav.	AUSTRALIA	English-100	RPT	G	
2021-08-02	2000	<b>John Torode's Asia</b>	Maldives	John Torode is in the tropical island paradise of Maldives in the Indian Ocean to explore its two sides - local life and the glossy five-star resorts.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-02	2030	<b>Amy Schumer Learns To Cook</b>	Picnic, Soup And Salad	Amy and Chris pack a picnic lunch to take advantage of the summer weather. Amy starts things off with a margarita 'to go', while Chris makes pesto pasta salad, a chicken cutlet BLT and brownies for dessert.	USA	English-100		M	
2021-08-02	2125	<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
2021-08-02	2130	<b>Mystery Diners</b>	Tipping Point, The	Charles Stiles and the Mystery Diners investigate a rumour that a recently promoted head waiter isn't evenly distributing the pooled tips.	USA	English-100	RPT	PG	
2021-08-02	2200	<b>The Cook Up with Adam Liaw</b>	Soup	Cookbook author and chef Analiese Gregory and Monday Morning Cooking Club's Lisa Goldberg join Adam Liaw in The Cook Up kitchen to recreate their favourite soups.	AUSTRALIA	English-100	RPT	PG	
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2021-08-02	2400	<b>The Chefs' Line</b>	Lebanese	The home cooks this week share a love for Lebanese food. They'll compete against Apprentice Chef Jonathon Iim, who didn't have any knowledge of Lebanese cuisine before starting at Nour.	AUSTRALIA	English-100	RPT	PG	Y
2021-08-02	2430	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 46	Olympic silver medal badminton duo Gail Emms and Nathan Robertson are on opposite sides in the kitchen today as Ainsley Harriott referees another classic 20-minute cookery challenge.	UNITED KINGDOM	English-100	RPT	G	
2021-08-02	2520	<b>Poh &amp; Co. Bitesize</b>	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
2021-08-02	2530	<b>Asia Unplated With Diana Chan</b>	South Indian	Diana is joined by restaurateur Sarah Todd who shares her recipe for vindaloo pork ribs topped with Goan bhel, before cooking a vegetarian dish of baked cauliflower with pineapple sansav.	AUSTRALIA	English-100	RPT	G	
2021-08-02	2600	<b>John Torode's Asia</b>	Maldives	John Torode is in the tropical island paradise of Maldives in the Indian Ocean to explore its two sides - local life and the glossy five-star resorts.	UNITED KINGDOM	English-100	RPT	PG	
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2021-08-02	2800	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 9	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maeve visits the southern blue-fin tuna pens off the South Australian coast.	AUSTRALIA	English-100	RPT	G	Y
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2021-08-03	0600	<b>Lidia's Italy</b>	Lidia's Italy Series 4 Ep 11	Lidia travels to Liguria - a region all about flowers, herbs, and lots of vegetables. With the help of her granddaughter Julia, Lidia creates a soup filled with lots of fresh vegetables.	USA	English-100	RPT	G	
2021-08-03	0630	<b>Annabel Langbein: Free Range Cook</b>	Annabel's Choice	Annabel's at the Agricultural & Pastoral show in search of Wanaka's best home made chutney - which she recreates to serve with her best ever bread.	NEW ZEALAND	English-100	RPT	G	
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2021-08-03	0730	<b>The Perfect Serve</b>	Perfect Serve Series 1, The Ep 1	From the heart of Melbourne, we take a look inside the AO Chef Series, a unique and innovative pop-up dining experience that has become a highlight of the Australian Open.	AUSTRALIA	English-100	RPT	PG	Y
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2021-08-03	0930	<b>Asia Unplated With Diana Chan</b>	South Indian	Diana is joined by restaurateur Sarah Todd who shares her recipe for vindaloo pork ribs topped with Goan bhel, before cooking a vegetarian dish of baked cauliflower with pineapple sansav.	AUSTRALIA	English-100	RPT	G	

2021-08-03	1000	<b>John Torode's Asia</b>	Maldives	John Torode is in the tropical island paradise of Maldives in the Indian Ocean to explore its two sides - local life and the glossy five-star resorts.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-03	1030	<b>Mystery Diners</b>	Tipping Point, The	Charles Stiles and the Mystery Diners investigate a rumour that a recently promoted head waiter isn't evenly distributing the pooled tips.	USA	English-100	RPT	PG	
2021-08-03	1100	<b>The Cook Up with Adam Liaw</b>	Soup	Cookbook author and chef Analiese Gregory and Monday Morning Cooking Club's Lisa Goldberg join Adam Liaw in The Cook Up kitchen to recreate their favourite soups.	AUSTRALIA	English-100	RPT	PG	
2021-08-03	1130	<b>Amy Schumer Learns To Cook</b>	Picnic, Soup And Salad	Amy and Chris pack a picnic lunch to take advantage of the summer weather. Amy starts things off with a margarita 'to go', while Chris makes pesto pasta salad, a chicken cutlet BLT and brownies for dessert.	USA	English-100	RPT	M	
2021-08-03	1225	<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
2021-08-03	1230	<b>The Cook And The Chef</b>	Salmon And Wasabi	Maggie and Simon's culinary adventure in New Zealand continues this week as we find Simon on the South Island checking out the amazing Wasabi plant and visiting a salmon farm near Mount Cook.	AUSTRALIA	English-100	RPT	G	
2021-08-03	1300	<b>Barefoot Contessa: Back To Basics</b>	Herbs All Ways	Ina Garten is cooking with her favourite herbs and sharing tips for turning up the flavour. dill, chives, and basil shine in her heirloom tomatoes with herbed ricotta.	USA	English-100	RPT	PG	
2021-08-03	1330	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 10	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve discovers the secrets of saffron, and a few facts about the world's most costly spice.	AUSTRALIA	English-100	RPT	G	Y
2021-08-03	1400	<b>Sarah Graham Cooks Cape Town</b>	Saldanha Community Lunch	Sarah designs and cooks with local ingredients for a group of retired fishermen, using fresh fish and vegetables from the community.	SOUTH AFRICA	English-100	RPT	G	
2021-08-03	1430	<b>The Incredible Spice Men</b>	South Wales	Tony and Cyrus begin in the Cothi Valley in Carmarthenshire where they make fresh goats' cheese from the milk of animals feeding on wildflowers, herbs, and berries.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-03	1500	<b>The Chefs' Line</b>	Lebanese	Watch station chef Lily from Lebanese restaurant Nour go up against three passionate home cooks and chefs. Who will make it to the chefs' line?	AUSTRALIA	English-100	RPT	G	Y
2021-08-03	1530	<b>Lidia's Italy</b>	Lidia's Italy Series 4 Ep 12	Lidia travels to Calabria - a region with beautiful beaches and rugged mountains. With the help of her son Joe, Lidia creates a baked Cavatapi in a tomato sauce with fresh provolone.	USA	English-100	RPT	G	
2021-08-03	1600	<b>Annabel Langbein: Free Range Cook</b>	White Gold	Annabel is in Haast with friends for a spot of whitebaiting. On the menu she's cooking whitebait souffles, a fragrant seafood bowl with spicy garlic croutons and strawberry cloud cake.	NEW ZEALAND	English-100	RPT	G	
2021-08-03	1630	<b>Bake With Anna Olson</b>	Petite Fours	French petit fours, or 'little cakes' are truly something special. These individual, two-bite sweets are each baked in a particular pan, and have a very interesting story behind them.	CANADA	English-100	RPT	G	
2021-08-03	1700	<b>The Perfect Serve</b>	Perfect Serve Series 1, The Ep 2	Take an intimate look into the process chefs go through to conceive, source, and test their menus. Join them on their journey as they travel far and wide, meeting farmers, growers, and producers.	AUSTRALIA	English-100	RPT	PG	Y
2021-08-03	1730	<b>The Cook And The Chef</b>	Olives And Mussels	Maggie and Simon continue their food Odyssey in the Land of the Long White Cloud. On New Zealand's North Island, Maggie discovers a microclimate responsible for some wonderful produce.	AUSTRALIA	English-100		G	
2021-08-03	1800	<b>Lorraine Pascale: Home Cooking Made Easy</b>	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 1	Pasta has made it onto the comfort menu with Lorraine's easy home-made cracked black pepper pasta which is fantastic with a simple pancetta, mushroom and parmesan sauce made from standby ingredients.	UNITED KINGDOM	English-100	RPT	G	
2021-08-03	1830	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 22	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	
2021-08-03	1900	<b>The Cook Up with Adam Liaw</b>	Winter Favourite	Ethiopian chef Tinsae Elsdon and head chef at The Old Fitz Anna Ugarte Carral come by to show host Adam Liaw their ultimate winter favourites in The Cook Up kitchen.	AUSTRALIA	English-100		PG	
2021-08-03	1930	<b>Destination Flavour Japan</b>	Destination Flavour - Japan Series 1 Ep 3	In his wife's hometown, Adam Liaw uncovers the secrets to superb sake, samples some of the world's best sushi and prepares a classic Japanese dish with his mother-in-law.	AUSTRALIA	English-75; Japanese-25		G	Y

2021-08-03	2000	<b>David Rocco's Dolce South East Asia</b>	Art In The Gallery	In Thailand, art and food offers a sense of hope and plays an important role in revitalising towns and villages, inspiring a new connection with the locals, who may have left for the city in the past.	CANADA	English-100		PG	
2021-08-03	2030	<b>Jamie's Great Britain</b>	Yorkshire	Jamie travels to Yorkshire where he uncovers the impact the Industrial Revolution had here on everything from the people on the streets to the food on plates.	UNITED KINGDOM	English-100		PG	
2021-08-03	2130	<b>Mystery Diners</b>	Something Smells Fishy	Complaints about the quality of fish at this restaurant reveals that a recently hired chef may not be honest about what's in his high-priced dishes.	USA	English-100	RPT	PG	
2021-08-03	2200	<b>The Cook Up with Adam Liaw</b>	Winter Favourite	Ethiopian chef Tinsae Elsdon and head chef at The Old Fitz Anna Ugarte Carral come by to show host Adam Liaw their ultimate winter favourites in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG	
2021-08-03	2230	<b>The Cook And The Chef</b>	Olives And Mussels	Maggie and Simon continue their food Odyssey in the Land of the Long White Cloud. On New Zealand's North Island, Maggie discovers a microclimate responsible for some wonderful produce.	AUSTRALIA	English-100	RPT	G	
2021-08-03	2300	<b>Lorraine Pascale: Home Cooking Made Easy</b>	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 1	Pasta has made it onto the comfort menu with Lorraine's easy home-made cracked black pepper pasta which is fantastic with a simple pancetta, mushroom and parmesan sauce made from standby ingredients.	UNITED KINGDOM	English-100	RPT	G	
2021-08-03	2330	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 22	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	
2021-08-03	2400	<b>The Chefs' Line</b>	Lebanese	Watch station chef Lily from Lebanese restaurant Nour go up against three passionate home cooks and chefs. Who will make it to the chefs' line?	AUSTRALIA	English-100	RPT	G	Y
2021-08-03	2430	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 47	Dancing On Ice celebrity contestants Natalie Pinkham and Aggie McKenzie join Ainsley Harriott for another 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G	
2021-08-03	2520	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 6	Welcome to the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-08-03	2530	<b>Destination Flavour Japan</b>	Destination Flavour - Japan Series 1 Ep 3	In his wife's hometown, Adam Liaw uncovers the secrets to superb sake, samples some of the world's best sushi and prepares a classic Japanese dish with his mother-in-law.	AUSTRALIA	English-75; Japanese-25	RPT	G	Y
2021-08-03	2600	<b>David Rocco's Dolce South East Asia</b>	Art In The Gallery	In Thailand, art and food offers a sense of hope and plays an important role in revitalising towns and villages, inspiring a new connection with the locals, who may have left for the city in the past.	CANADA	English-100	RPT	PG	
2021-08-03	2630	<b>Jamie's Great Britain</b>	Yorkshire	Jamie travels to Yorkshire where he uncovers the impact the Industrial Revolution had here on everything from the people on the streets to the food on plates.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-03	2730	<b>Mystery Diners</b>	Something Smells Fishy	Complaints about the quality of fish at this restaurant reveals that a recently hired chef may not be honest about what's in his high-priced dishes.	USA	English-100	RPT	PG	
2021-08-03	2800	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 10	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve discovers the secrets of saffron, and a few facts about the world's most costly spice.	AUSTRALIA	English-100	RPT	G	Y
2021-08-03	2830	<b>Sarah Graham Cooks Cape Town</b>	Saldanha Community Lunch	Sarah designs and cooks with local ingredients for a group of retired fishermen, using fresh fish and vegetables from the community.	SOUTH AFRICA	English-100	RPT	G	
2021-08-04	0500	<b>The Incredible Spice Men</b>	South Wales	Tony and Cyrus begin in the Cothi Valley in Carmarthenshire where they make fresh goats' cheese from the milk of animals feeding on wildflowers, herbs, and berries.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-04	0530	<b>The Chefs' Line</b>	Lebanese	Watch station chef Lily from Lebanese restaurant Nour go up against three passionate home cooks and chefs. Who will make it to the chefs' line?	AUSTRALIA	English-100	RPT	G	Y
2021-08-04	0600	<b>Lidia's Italy</b>	Lidia's Italy Series 4 Ep 12	Lidia travels to Calabria - a region with beautiful beaches and rugged mountains. With the help of her son Joe, Lidia creates a baked Cavatapi in a tomato sauce with fresh provolone.	USA	English-100	RPT	G	
2021-08-04	0630	<b>Annabel Langbein: Free Range Cook</b>	White Gold	Annabel is in Haast with friends for a spot of whitebaiting. On the menu she's cooking whitebait souffles, a fragrant seafood bowl with spicy garlic croutons and strawberry cloud cake.	NEW ZEALAND	English-100	RPT	G	



2021-08-04	0700	<b>Bake With Anna Olson</b>	Petite Fours	French petit fours, or 'little cakes' are truly something special. These individual, two-bite sweets are each baked in a particular pan, and have a very interesting story behind them.	CANADA	English-100	RPT	G	
2021-08-04	0730	<b>The Perfect Serve</b>	Perfect Serve Series 1, The Ep 2	Take an intimate look into the process chefs go through to conceive, source, and test their menus. Join them on their journey as they travel far and wide, meeting farmers, growers, and producers.	AUSTRALIA	English-100	RPT	PG	Y
2021-08-04	0800	<b>The Cook And The Chef</b>	Olives And Mussels	Maggie and Simon continue their food Odyssey in the Land of the Long White Cloud. On New Zealand's North Island, Maggie discovers a microclimate responsible for some wonderful produce.	AUSTRALIA	English-100	RPT	G	
2021-08-04	0830	<b>Lorraine Pascale: Home Cooking Made Easy</b>	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 1	Pasta has made it onto the comfort menu with Lorraine's easy home-made cracked black pepper pasta which is fantastic with a simple pancetta, mushroom and parmesan sauce made from standby ingredients.	UNITED KINGDOM	English-100	RPT	G	
2021-08-04	0900	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 22	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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2021-08-04	1330	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 11	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve goes blue swimmer crab harvesting, and Joanna visits the rice paddies of the Riverina.	AUSTRALIA	English-100	RPT	G	Y
2021-08-04	1400	<b>Sarah Graham Cooks Cape Town</b>	Rob's 30th Party	In celebration of husband Rob's 30th Birthday, Sarah collaborates with celebrity chef Neill Anthony to design a dinner party that fuses childhood food nostalgia with gourmet influences.	SOUTH AFRICA	English-100	RPT	G	
2021-08-04	1430	<b>The Incredible Spice Men</b>	Edinburgh And The Borders	Keen to showcase the best of Scottish produce, Tony makes cranachan - a traditional desert made with Scotland's finest honey, raspberries, oatmeal, and whisky enveloped in double cream.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-04	1500	<b>The Chefs' Line</b>	Lebanese	Sous chef Ran Kimelfeld takes on two passionate home cooks. He's experimental with food and always knew he wanted to be a chef. Who will make it to the end of the chefs' line?	AUSTRALIA	English-100	RPT	G	Y
2021-08-04	1530	<b>Lidia's Italy</b>	Lidia's Italy Series 4 Ep 13	Lidia travels to the beautiful region of Sardegna where she makes two wonderful eggplant dishes, and a delicious prune cake for dessert.	USA	English-100	RPT	G	
2021-08-04	1600	<b>Annabel Langbein: Free Range Cook</b>	High Country Muster	It's all go on the farm because it's the annual muster so Annabel whips up a treat of sticky buns for the hungry farmers.	NEW ZEALAND	English-100	RPT	G	
2021-08-04	1630	<b>Bake With Anna Olson</b>	Flat Breads	Flatbreads are a common bread style around the world, with each culture having its own style. Anna showcases a number of the most popular or common flatbreads.	CANADA	English-100	RPT	G	
2021-08-04	1700	<b>The Perfect Serve</b>	Perfect Serve Series 1, The Ep 3	The pressure begins to mount on the three chefs as the AO draws nearer and they need to complete their menus. Analiese goes to great lengths to source the freshest produce.	AUSTRALIA	English-100	RPT	PG	Y



2021-08-04	1730	<b>The Cook And The Chef</b>	Feijoa And Kiwi Fruit	Maggie and Simon discover how New Zealanders adopted and realised the commercial potential of two beautiful fruits - feijoa and kiwifruit.	AUSTRALIA	English-100		G	
2021-08-04	1800	<b>Lorraine Pascale: Home Cooking Made Easy</b>	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 2	It's Lorraine's favourite meal of the week - Sunday lunch. Comforting, leisurely and easy with her slow roast pork shoulder with crispy crackling, garlic roast vegetables, and gravy.	UNITED KINGDOM	English-100	RPT	G	
2021-08-04	1830	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 23	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	
2021-08-04	1900	<b>The Cook Up with Adam Liaw</b>	Curry	Music icon Jimmy Barnes and his wife Jane join Adam Liaw in The Cook Up kitchen to create their ultimate winter curries.	AUSTRALIA	English-100		PG	
2021-08-04	1930	<b>Nigella Kitchen</b>	Can't Live Without	Nigella shares the secrets of food and flavours she just can't live without. Lemon plays the starring role in a deliciously moist lemon polenta cake, the perfect teatime treat or dinner party dessert.	UNITED KINGDOM	English-100		G	
2021-08-04	2000	<b>Poh &amp; Co.</b>	Who Done It/ Love Story	Poh makes a Malaysian dessert for Sara's mum, cooks up her favourite brownie recipe and hosts a memorial tea in honour of her first Scottie dog, Zed.	AUSTRALIA	English-100	RPT	G	Y
2021-08-04	2030	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 1 Ep 12	Rick is on the beautiful Roseland Peninsula. At one of the county's oldest butchers, Rick looks into the ancient practice of ageing meat, before demonstrating how to properly cook a steak.	UNITED KINGDOM	English-100		PG	
2021-08-04	2100	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 7	It is the day of the Seafood Restaurant staff's barbeque, where cooks, cleaners and waiters get together on the beach for a really good time. Rick cooks a suitably special dish - spicy seafood curry.	UNITED KINGDOM	English-100	RPT	G	
2021-08-04	2130	<b>Mystery Diners</b>	Valet Disservice	Complaints about a valet service sends Mystery Diners undercover to show just how detrimental a bad valet can be to a restaurant's business.	USA	English-100	RPT	PG	
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2021-08-04	2300	<b>Lorraine Pascale: Home Cooking Made Easy</b>	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 2	It's Lorraine's favourite meal of the week - Sunday lunch. Comforting, leisurely and easy with her slow roast pork shoulder with crispy crackling, garlic roast vegetables, and gravy.	UNITED KINGDOM	English-100	RPT	G	
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2021-08-04	2400	<b>The Chefs' Line</b>	Lebanese	Sous chef Ran Kimelfeld takes on two passionate home cooks. He's experimental with food and always knew he wanted to be a chef. Who will make it to the end of the chefs' line?	AUSTRALIA	English-100	RPT	G	Y
2021-08-04	2430	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 48	Holby Blue stars Chloe Newman and Jimmy Akinbola join Harriott in the kitchen for another classic cooking challenge.	UNITED KINGDOM	English-100	RPT	G	
2021-08-04	2520	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 7	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-08-04	2530	<b>Nigella Kitchen</b>	Can't Live Without	Nigella shares the secrets of food and flavours she just can't live without. Lemon plays the starring role in a deliciously moist lemon polenta cake, the perfect teatime treat or dinner party dessert.	UNITED KINGDOM	English-100	RPT	G	
2021-08-04	2600	<b>Poh &amp; Co.</b>	Who Done It/ Love Story	Poh makes a Malaysian dessert for Sara's mum, cooks up her favourite brownie recipe and hosts a memorial tea in honour of her first Scottie dog, Zed.	AUSTRALIA	English-100	RPT	G	Y
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2021-08-05	1000	<b>Poh &amp; Co.</b>	Who Done It/ Love Story	Poh makes a Malaysian dessert for Sara's mum, cooks up her favourite brownie recipe and hosts a memorial tea in honour of her first Scottie dog, Zed.	AUSTRALIA	English-100	RPT	G	Y
2021-08-05	1030	<b>Mystery Diners</b>	Valet Disservice	Complaints about a valet service sends Mystery Diners undercover to show just how detrimental a bad valet can be to a restaurant's business.	USA	English-100	RPT	PG	
2021-08-05	1100	<b>The Cook Up with Adam Liaw</b>	Curry	Music icon Jimmy Barnes and his wife Jane join Adam Liaw in The Cook Up kitchen to create their ultimate winter curries.	AUSTRALIA	English-100	RPT	PG	
2021-08-05	1130	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 1 Ep 12	Rick is on the beautiful Roseland Peninsula. At one of the county's oldest butchers, Rick looks into the ancient practice of ageing meat, before demonstrating how to properly cook a steak.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-05	1200	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 7	It is the day of the Seafood Restaurant staff's barbeque, where cooks, cleaners and waiters get together on the beach for a really good time. Rick cooks a suitably special dish - spicy seafood curry.	UNITED KINGDOM	English-100	RPT	G	
2021-08-05	1230	<b>The Cook And The Chef</b>	Feijoa And Kiwi Fruit	Maggie and Simon discover how New Zealanders adopted and realised the commercial potential of two beautiful fruits - feijoa and kiwifruit.	AUSTRALIA	English-100	RPT	G	
2021-08-05	1300	<b>Lorraine Pascale: Home Cooking Made Easy</b>	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 2	It's Lorraine's favourite meal of the week - Sunday lunch. Comforting, leisurely and easy with her slow roast pork shoulder with crispy crackling, garlic roast vegetables, and gravy.	UNITED KINGDOM	English-100	RPT	G	



2021-08-05	1330	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 12	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve discovers how luscious strawberries can make the perfect love potion.	AUSTRALIA	English-100	RPT	G	Y
2021-08-05	1400	<b>Bill's Kitchen: Notting Hill</b>	Day Off, A	In his new London home, Bill is busy running his new restaurant, the hours are long but a day off is a chance to cook up some Granger favourites.	UNITED KINGDOM	English-100	RPT	G	
2021-08-05	1430	<b>The Incredible Spice Men</b>	West Suffolk	In early summer, the fields of west Suffolk blaze with yellow rapeseed flowers. Cyrus and Tony discuss the virtues of rapeseed oil and use it to cook cinnamon, ginger, and red chilli chicken wings.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-05	1500	<b>The Chefs' Line</b>	Lebanese	Watch Executive Chef Roy from Lebanese restaurant Nour go up against this week's best home cook. This is the ultimate David vs Goliath battle. Can the passion of a home cook beat a professional chef?	AUSTRALIA	English-100	RPT	G	Y
2021-08-05	1530	<b>Lidia's Italy</b>	Lidia's Italy Series 4 Ep 14	Witness a marriage of flavours as Lidia travels to the beautiful region of Basilicata, where she makes a traditional wedding soup full of flavours like escarole, fennel, and meatballs.	USA	English-100	RPT	G	
2021-08-05	1600	<b>Annabel Langbein: Free Range Cook</b>	Lunch On The Grill	Annabel Langbein cooks a Middle Eastern-inspired al fresco lunch for the grape pickers at Mt Maude vineyard in New Zealand's Central Otago.	NEW ZEALAND	English-100	RPT	G	
2021-08-05	1630	<b>Bake With Anna Olson</b>	Savoury Pies	Anna showcases the dough recipe that best suits savoury pie fillings, and adapts common pastry principles to achieve a flaky and tender savoury result.	CANADA	English-100	RPT	G	
2021-08-05	1700	<b>The Perfect Serve</b>	Perfect Serve Series 1, The Ep 4	Along with the world's best tennis players, Bo Songvisava touches down in Melbourne to kick off the AO Chef Series.	AUSTRALIA	English-100	RPT	PG	Y
2021-08-05	1730	<b>The Cook And The Chef</b>	Lamb And Saffron	Maggie and Simon conclude their six week New Zealand odyssey. Simon checks out New Zealand lamb, one of the most iconic of all that countries products.	AUSTRALIA	English-100		PG	
2021-08-05	1800	<b>Lorraine Pascale: Home Cooking Made Easy</b>	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 3	Lorraine prepares a gorgeous, hearty Spanish paella with sherry, chorizo, and prawns - the ideal one-pan help yourself dish for a fun night in with friends and family.	UNITED KINGDOM	English-100	RPT	G	
2021-08-05	1830	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 24	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	
2021-08-05	1900	<b>The Cook Up with Adam Liaw</b>	Pie (Savoury)	Host Adam Liaw is joined by recipe developer Breda Fenn and maitre d' of Momofuku Seibo fame, Kylie Javier Ashton, who come by The Cook Up kitchen to whip up their favourite pie recipes.	AUSTRALIA	English-100		PG	
2021-08-05	1930	<b>Field Trip With Curtis Stone</b>	Field Trip With Curtis Stone Series 1 Ep 1	Curtis searches for inspiration in the vineyards, countryside, and shore of the Margaret River region in the southwest corner of Australia. He meets with a rancher raising grass-fed Shorthorn cattle.	USA	English-100			
2021-08-05	2000	<b>Middle East Feast With Shane Delia</b>	Freshly Baked	Nothing says Middle Eastern hospitality like fresh pastries do. Shane and special guest Haikal Raji offer their best dough and bread recipes, the heart and soul of Middle Eastern food culture	AUSTRALIA	English-100		PG	
2021-08-05	2030	<b>Jimmy Shu's Taste of The Territory</b>	Taste Of The Top End	Jimmy is in the Darwin CBD, where he takes us into the kitchen of his own award winning restaurant Hanuman, that opened in 1992. Jimmy cooks one of his favourite dishes from his childhood.	AUSTRALIA	English-100	RPT	G	Y
2021-08-05	2100	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 6	In the historic city of Toulouse, the Victor Hugo Market inspires Rick to cook Toulouse Sausage Languedocienne, before using the freshest fish for a classic Pissaladiere.	UNITED KINGDOM	English-100	RPT	G	
2021-08-05	2130	<b>Mystery Diners</b>	Getting A Leg Up	A former waiter has threatened a lawsuit against owner Derrick, so to appease him Derrick made him a host - but his laziness hasn't stopped.	USA	English-100	RPT	PG	
2021-08-05	2200	<b>The Cook Up with Adam Liaw</b>	Pie (Savoury)	Host Adam Liaw is joined by recipe developer Breda Fenn and maitre d' of Momofuku Seibo fame, Kylie Javier Ashton, who come by The Cook Up kitchen to whip up their favourite pie recipes.	AUSTRALIA	English-100	RPT	PG	
2021-08-05	2230	<b>The Cook And The Chef</b>	Lamb And Saffron	Maggie and Simon conclude their six week New Zealand odyssey. Simon checks out New Zealand lamb, one of the most iconic of all that countries products.	AUSTRALIA	English-100	RPT	PG	

2021-08-05	2300	<b>Lorraine Pascale: Home Cooking Made Easy</b>	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 3	Lorraine prepares a gorgeous, hearty Spanish paella with sherry, chorizo, and prawns - the ideal one-pan help yourself dish for a fun night in with friends and family.	UNITED KINGDOM	English-100	RPT	G	
2021-08-05	2330	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 24	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	
2021-08-05	2400	<b>The Chefs' Line</b>	Lebanese	Watch Executive Chef Roy from Lebanese restaurant Nour go up against this week's best home cook. This is the ultimate David vs Goliath battle. Can the passion of a home cook beat a professional chef?	AUSTRALIA	English-100	RPT	G	Y
2021-08-05	2430	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 49	TV presenter Amanda Lamb and celebrity hairdresser Richard Ward join Ainsley Harriott for another classic 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G	
2021-08-05	2520	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 8	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-08-05	2530	<b>Field Trip With Curtis Stone</b>	Field Trip With Curtis Stone Series 1 Ep 1	Curtis searches for inspiration in the vineyards, countryside, and shore of the Margaret River region in the southwest corner of Australia. He meets with a rancher raising grass-fed Shorthorn cattle.	USA	English-100	RPT		
2021-08-05	2600	<b>Middle East Feast With Shane Delia</b>	Freshly Baked	Nothing says Middle Eastern hospitality like fresh pastries do. Shane and special guest Haikal Raji offer their best dough and bread recipes, the heart and soul of Middle Eastern food culture	AUSTRALIA	English-100	RPT	PG	
2021-08-05	2630	<b>Jimmy Shu's Taste of The Territory</b>	Taste Of The Top End	Jimmy is in the Darwin CBD, where he takes us into the kitchen of his own award winning restaurant Hanuman, that opened in 1992. Jimmy cooks one of his favourite dishes from his childhood.	AUSTRALIA	English-100	RPT	G	Y
2021-08-05	2700	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 6	In the historic city of Toulouse, the Victor Hugo Market inspires Rick to cook Toulouse Sausage Languedocienne, before using the freshest fish for a classic Pissaladiere.	UNITED KINGDOM	English-100	RPT	G	
2021-08-05	2730	<b>Mystery Diners</b>	Getting A Leg Up	A former waiter has threatened a lawsuit against owner Derrick, so to appease him Derrick made him a host - but his laziness hasn't stopped.	USA	English-100	RPT	PG	
2021-08-05	2800	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 12	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve discovers how luscious strawberries can make the perfect love potion.	AUSTRALIA	English-100	RPT	G	Y
2021-08-05	2830	<b>Bill's Kitchen: Notting Hill</b>	Day Off, A	In his new London home, Bill is busy running his new restaurant, the hours are long but a day off is a chance to cook up some Granger favourites.	UNITED KINGDOM	English-100	RPT	G	
2021-08-06	0500	<b>The Incredible Spice Men</b>	West Suffolk	In early summer, the fields of west Suffolk blaze with yellow rapeseed flowers. Cyrus and Tony discuss the virtues of rapeseed oil and use it to cook cinnamon, ginger, and red chilli chicken wings.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-06	0530	<b>The Chefs' Line</b>	Lebanese	Watch Executive Chef Roy from Lebanese restaurant Nour go up against this week's best home cook. This is the ultimate David vs Goliath battle. Can the passion of a home cook beat a professional chef?	AUSTRALIA	English-100	RPT	G	Y
2021-08-06	0600	<b>Lidia's Italy</b>	Lidia's Italy Series 4 Ep 14	Witness a marriage of flavours as Lidia travels to the beautiful region of Basilicata, where she makes a traditional wedding soup full of flavours like escarole, fennel, and meatballs.	USA	English-100	RPT	G	
2021-08-06	0630	<b>Annabel Langbein: Free Range Cook</b>	Lunch On The Grill	Annabel Langbein cooks a Middle Eastern-inspired al fresco lunch for the grape pickers at Mt Maude vineyard in New Zealand's Central Otago.	NEW ZEALAND	English-100	RPT	G	
2021-08-06	0700	<b>Bake With Anna Olson</b>	Savoury Pies	Anna showcases the dough recipe that best suits savoury pie fillings, and adapts common pastry principles to achieve a flaky and tender savoury result.	CANADA	English-100	RPT	G	
2021-08-06	0730	<b>The Perfect Serve</b>	Perfect Serve Series 1, The Ep 4	Along with the world's best tennis players, Bo Songvisava touches down in Melbourne to kick off the AO Chef Series.	AUSTRALIA	English-100	RPT	PG	Y
2021-08-06	0800	<b>The Cook And The Chef</b>	Lamb And Saffron	Maggie and Simon conclude their six week New Zealand odyssey. Simon checks out New Zealand lamb, one of the most iconic of all that countries products.	AUSTRALIA	English-100	RPT	PG	



2021-08-06	0830	<b>Lorraine Pascale: Home Cooking Made Easy</b>	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 3	Lorraine prepares a gorgeous, hearty Spanish paella with sherry, chorizo, and prawns - the ideal one-pan help yourself dish for a fun night in with friends and family.	UNITED KINGDOM	English-100	RPT	G	
2021-08-06	0900	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 24	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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2021-08-06	1030	<b>Mystery Diners</b>	Getting A Leg Up	A former waiter has threatened a lawsuit against owner Derrick, so to appease him Derrick made him a host - but his laziness hasn't stopped.	USA	English-100	RPT	PG	
2021-08-06	1100	<b>The Cook Up with Adam Liaw</b>	Pie (Savoury)	Host Adam Liaw is joined by recipe developer Breda Fenn and maitre d' of Momofuku Seibo fame, Kylie Javier Ashton, who come by The Cook Up kitchen to whip up their favourite pie recipes.	AUSTRALIA	English-100	RPT	PG	
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2021-08-06	1200	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 6	In the historic city of Toulouse, the Victor Hugo Market inspires Rick to cook Toulouse Sausage Languedocienne, before using the freshest fish for a classic Pissaladiere.	UNITED KINGDOM	English-100	RPT	G	
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2021-08-06	1330	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve visits the old Sun Pictures - a Broome institution, and Joanna discovers pistachios.	AUSTRALIA	English-100	RPT	G	Y
2021-08-06	1400	<b>Bill's Kitchen: Notting Hill</b>	Home From Home	Although Bill is now settled in London, he still travels the world and finds inspiration wherever he goes but like all travellers he loves it when he comes home to cook in his family kitchen.	UNITED KINGDOM	English-100	RPT	G	
2021-08-06	1430	<b>The Incredible Spice Men</b>	Somerset	Tony and Cyrus are in Somerset - famous for cider and aged Cheddar cheese. They add some spices to these classics to serve up something special.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-06	1500	<b>The Chefs' Line</b>	Lebanese	Inside the kitchen of modern Lebanese restaurant Nour, Maeve O'Meara and the chefs' line will reminisce about the week and delve into delicious new dishes.	AUSTRALIA	English-100	RPT	G	Y
2021-08-06	1530	<b>Lidia's Italy</b>	Lidia's Italy Series 4 Ep 15	Lidia visits Liguria - a region known for its blue fish, tuna, and green vegetables. Join Lidia as she makes green beans, along with a beautiful tuna cooked Genoa-style with anchovies, and mushrooms.	USA	English-100	RPT	G	
2021-08-06	1600	<b>Annabel Langbein: Free Range Cook</b>	Decadent Dinner, A	Annabel helicopters deep into the Southern Alps high country of New Zealand to cook a hearty lunch for the deer musters.	NEW ZEALAND	English-100	RPT	G	
2021-08-06	1630	<b>Bake With Anna Olson</b>	Sponge Cakes	Light and airy, sponge cakes embody that great balance of technique and creativity and this lesson shows how limitless the options are.	CANADA	English-100	RPT	G	
2021-08-06	1700	<b>The Perfect Serve</b>	Perfect Serve Series 1, The Ep 5	Following on from Bo's stellar AO Chef Series dinner, the pressure is now on Sarah and Analiese to rise to the task. Some last minute changes to the schedule put Sarah on the back foot.	AUSTRALIA	English-100	RPT	PG	Y
2021-08-06	1730	<b>The Cook And The Chef</b>	Root Veg And Guinea Fowl	After the exhilaration of the New Zealand trip, this week's show opens with Maggie back on home soil - and almost knee deep in it too. She's trekking through mud with vegetable grower Dominic Scarfo.	AUSTRALIA	English-100		G	
2021-08-06	1800	<b>Lorraine Pascale: Home Cooking Made Easy</b>	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 4	Lorraine brings the taste of Spain to the table with her Rioja braised lamb shanks with chorizo and garlic, served with her buttery fast baked mashed potato.	UNITED KINGDOM	English-100	RPT	G	

2021-08-06	1830	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 25	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	
2021-08-06	1900	<b>The Cook Up with Adam Liaw</b>	Toasties	Adam Liaw, Delicious magazine's Phoebe Wood and political satirist Mark Humphries are in The Cook Up kitchen making their very best toasties. A must see for some new ideas on making an old favourite.	AUSTRALIA	English-100		PG	
2021-08-06	1930	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 1	In over a year, Paul's farm has grown from a hobby farm into a serious small holder, but without proper infrastructure, he needs to plan for the future.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-08-06	2030	<b>Jamie's Ultimate Veg</b>	Jamie's Ultimate Veg Series 1 Ep 1	Jamie kicks things off by celebrating vegetables in a game-changing cottage pie. He gets inspired by amazing Indian street food, and prepares a mighty mac 'n' cheese full of greens.	UNITED KINGDOM	English-100	RPT	G	
2021-08-06	2125	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 16	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2021-08-06	2130	<b>Mystery Diners</b>	Raising The Stakes	The owner of a Moroccan-themed restaurant in California believes his manager may have a gambling problem that's affecting his ability to do his job.	USA	English-100	RPT	PG	
2021-08-06	2200	<b>The Cook Up with Adam Liaw</b>	Toasties	Adam Liaw, Delicious magazine's Phoebe Wood and political satirist Mark Humphries are in The Cook Up kitchen making their very best toasties. A must see for some new ideas on making an old favourite.	AUSTRALIA	English-100	RPT	PG	
2021-08-06	2230	<b>The Cook And The Chef</b>	Root Veg And Guinea Fowl	After the exhilaration of the New Zealand trip, this week's show opens with Maggie back on home soil - and almost knee deep in it too. She's trekking through mud with vegetable grower Dominic Scarfo.	AUSTRALIA	English-100	RPT	G	
2021-08-06	2300	<b>Lorraine Pascale: Home Cooking Made Easy</b>	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 4	Lorraine brings the taste of Spain to the table with her Rioja braised lamb shanks with chorizo and garlic, served with her buttery fast baked mashed potato.	UNITED KINGDOM	English-100	RPT	G	
2021-08-06	2330	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 25	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	
2021-08-06	2400	<b>The Chefs' Line</b>	Lebanese	Inside the kitchen of modern Lebanese restaurant Nour, Maeve O'Meara and the chefs' line will reminisce about the week and delve into delicious new dishes.	AUSTRALIA	English-100	RPT	G	Y
2021-08-06	2430	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 50	Rugby player Matt Dawson and Olympic athlete Roger Black go head to head in a bid to take the honours on Ainsley Harriot's classic 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G	
2021-08-06	2520	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 9	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-08-06	2530	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 1	In over a year, Paul's farm has grown from a hobby farm into a serious small holder, but without proper infrastructure, he needs to plan for the future.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-08-06	2630	<b>Jamie's Ultimate Veg</b>	Jamie's Ultimate Veg Series 1 Ep 1	Jamie kicks things off by celebrating vegetables in a game-changing cottage pie. He gets inspired by amazing Indian street food, and prepares a mighty mac 'n' cheese full of greens.	UNITED KINGDOM	English-100	RPT	G	
2021-08-06	2725	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 16	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2021-08-06	2730	<b>Mystery Diners</b>	Raising The Stakes	The owner of a Moroccan-themed restaurant in California believes his manager may have a gambling problem that's affecting his ability to do his job.	USA	English-100	RPT	PG	
2021-08-06	2800	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve visits the old Sun Pictures - a Broome institution, and Joanna discovers pistachios.	AUSTRALIA	English-100	RPT	G	Y
2021-08-06	2830	<b>Bill's Kitchen: Notting Hill</b>	Home From Home	Although Bill is now settled in London, he still travels the world and finds inspiration wherever he goes but like all travellers he loves it when he comes home to cook in his family kitchen.	UNITED KINGDOM	English-100	RPT	G	
2021-08-07	0500	<b>The Incredible Spice Men</b>	Somerset	Tony and Cyrus are in Somerset - famous for cider and aged Cheddar cheese. They add some spices to these classics to serve up something special.	UNITED KINGDOM	English-100	RPT	G	Y



2021-08-07	0530	<b>The Chefs' Line</b>	Lebanese	Inside the kitchen of modern Lebanese restaurant Nour, Maeve O'Meara and the chefs' line will reminisce about the week and delve into delicious new dishes.	AUSTRALIA	English-100	RPT	G	Y
2021-08-07	0600	<b>Lidia's Italy</b>	Lidia's Italy Series 4 Ep 15	Lidia visits Liguria - a region known for its blue fish, tuna, and green vegetables. Join Lidia as she makes green beans, along with a beautiful tuna cooked Genoa-style with anchovies, and mushrooms.	USA	English-100	RPT	G	
2021-08-07	0630	<b>Annabel Langbein: Free Range Cook</b>	Decadent Dinner, A	Annabel helicopters deep into the Southern Alps high country of New Zealand to cook a hearty lunch for the deer musters.	NEW ZEALAND	English-100	RPT	G	
2021-08-07	0700	<b>Bake With Anna Olson</b>	Sponge Cakes	Light and airy, sponge cakes embody that great balance of technique and creativity and this lesson shows how limitless the options are.	CANADA	English-100	RPT	G	
2021-08-07	0730	<b>The Perfect Serve</b>	Perfect Serve Series 1, The Ep 5	Following on from Bo's stellar AO Chef Series dinner, the pressure is now on Sarah and Analiese to rise to the task. Some last minute changes to the schedule put Sarah on the back foot.	AUSTRALIA	English-100	RPT	PG	Y
2021-08-07	0800	<b>The Cook And The Chef</b>	Root Veg And Guinea Fowl	After the exhilaration of the New Zealand trip, this week's show opens with Maggie back on home soil - and almost knee deep in it too. She's trekking through mud with vegetable grower Dominic Scarfo.	AUSTRALIA	English-100	RPT	G	
2021-08-07	0830	<b>Lorraine Pascale: Home Cooking Made Easy</b>	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 4	Lorraine brings the taste of Spain to the table with her Rioja braised lamb shanks with chorizo and garlic, served with her buttery fast baked mashed potato.	UNITED KINGDOM	English-100	RPT	G	
2021-08-07	0900	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 25	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	
2021-08-07	0930	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 1	In over a year, Paul's farm has grown from a hobby farm into a serious small holder, but without proper infrastructure, he needs to plan for the future.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-08-07	1030	<b>Mystery Diners</b>	Raising The Stakes	The owner of a Moroccan-themed restaurant in California believes his manager may have a gambling problem that's affecting his ability to do his job.	USA	English-100	RPT	PG	
2021-08-07	1100	<b>The Cook Up with Adam Liaw</b>	Toasties	Adam Liaw, Delicious magazine's Phoebe Wood and political satirist Mark Humphries are in The Cook Up kitchen making their very best toasties. A must see for some new ideas on making an old favourite.	AUSTRALIA	English-100	RPT	PG	
2021-08-07	1130	<b>Jamie's Ultimate Veg</b>	Jamie's Ultimate Veg Series 1 Ep 1	Jamie kicks things off by celebrating vegetables in a game-changing cottage pie. He gets inspired by amazing Indian street food, and prepares a mighty mac 'n' cheese full of greens.	UNITED KINGDOM	English-100	RPT	G	
2021-08-07	1225	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 16	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2021-08-07	1230	<b>The Cook And The Chef</b>	Root Veg And Guinea Fowl	After the exhilaration of the New Zealand trip this week's show opens with Maggie back on home soil - and almost knee deep in it too. She's trekking through mud with vegetable grower Dominic Scarfo.	AUSTRALIA	English-100	RPT	G	
2021-08-07	1300	<b>Lorraine Pascale: Home Cooking Made Easy</b>	Lorraine Pascale: Home Cooking Made Easy Series 1 Ep 4	Lorraine brings the taste of Spain to the table with her Rioja braised lamb shanks with chorizo and garlic, served with her buttery fast baked mashed potato.	UNITED KINGDOM	English-100	RPT	G	
2021-08-07	1330	<b>The Perfect Serve</b>	Perfect Serve Series 1, The Ep 5	Following on from Bo's stellar AO Chef Series dinner, the pressure is now on Sarah and Analiese to rise to the task. Some last minute changes to the schedule put Sarah on the back foot.	AUSTRALIA	English-100	RPT	PG	Y
2021-08-07	1400	<b>Living On The Veg</b>	Living On The Veg Series 1 Ep 6	Henry and Ian cook up a comforting classic - shepherds pie, as well as sushi with delicious vegan fillings that are sure to impress.	UNITED KINGDOM	English-100	RPT	G	
2021-08-07	1455	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2021-08-07	1500	<b>Beautiful Baking With Juliet Sear</b>	Beautiful Baking With Juliet Sear Series 1 Ep 9	Juliet is joined by chef Merrilees Parker who serves up a range of party food perfect for a New Years Eve party including baked baby potatoes filled with smoked mackerel pate, and beetroots with feta.	UNITED KINGDOM	English-100	RPT	G	
2021-08-07	1555	<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	

2021-08-07	1600	<b>Watts On The Grill</b>	Cheesy Bbq	When thinking about the barbeque, cheese might not be the first thing that comes to mind, but for Spencer, cheese turns any cook's barbeque repertoire from good to great.	CANADA	English-100	RPT	G	
2021-08-07	1630	<b>Watts On The Grill</b>	Achin For Bacon	Bacon. Sweet, salty, smoky bacon. Spencer shares four of his favourite bacon recipes, all done on the barbeque.	CANADA	English-100	RPT	G	
2021-08-07	1700	<b>Pacific Island Food Revolution</b>	Kids' Lunches	The remaining three teams fight it out in the Revolution Kitchen. Samoa, Fiji, and The Kingdom of Tonga go head-to-head to see which two countries will have a place in the grand finale!	NEW ZEALAND	English-100	RPT	PG	
2021-08-07	1755	<b>Destination Flavour Down Under Bitesize</b>	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
2021-08-07	1800	<b>Cheese Slices</b>	Compte	Comte is one of the most popular cheeses in France and the most important of all those made under the strict French appellation system. Will traces the links between farmer, cheese maker and affineur.	AUSTRALIA	English-100	RPT	G	
2021-08-07	1830	<b>Plat du Tour</b>	Plat Du Tour Series 1 (30min Version) Ep 1	Guillaume shares the secrets to a great ratatouille, a delicious roasted shoulder of lamb, a twice baked Roquefort soufflé, as well as a traditional bouillabaisse, and finishes with an ile flottante.	AUSTRALIA	English-100	RPT	PG	
2021-08-07	1900	<b>Plat du Tour</b>	Plat Du Tour Series 1 (30min Version) Ep 2	Guillaume shares a delicious mussel recipe, traditional steak frites, a flavourful swordfish dish, and celebrates the Australian Granny Smith apple with his tarte tatin.	AUSTRALIA	English-100	RPT	PG	
2021-08-07	1930	<b>Ottolenghi's Mediterranean Island Feast</b>	Crete	Yotam visits Crete and explores its rich culinary history. In the ancient capital of Heraklion, Yotam makes a variation of the Cretan meze dakos, a marriage of tomatoes, crumbled feta, olives and oregano.	UNITED KINGDOM	English-100		G	Y
2021-08-07	2025	<b>Destination Flavour Bitesize</b>	Destination Flavour Bitesize Series 1 Ep 9	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
2021-08-07	2030	<b>Ainsley's Mediterranean Cookbook</b>	Marrakesh Part 2	Ainsley's exploration of Marrakesh continues and this time he's getting his hands dirty as he gets a pottery lesson. He explores the craft souks before cooking up a delicious vegetable tagine.	UNITED KINGDOM	English-100	RPT	G	
2021-08-07	2125	<b>Poh &amp; Co. Bitesize</b>	Community	Welcome to the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-08-07	2130	<b>Hairy Bikers' Best Of British</b>	Apples And Pears	The Bikers explore the British obsession with apples, as well as the slightly smaller passion for pears. They combine two of Britain's greatest ingredients in a beef and apple tagine.	UNITED KINGDOM	English-100	RPT	G	
2021-08-07	2240	<b>Pacific Island Food Revolution</b>	Kids' Lunches	The remaining three teams fight it out in the Revolution Kitchen. Samoa, Fiji, and The Kingdom of Tonga go head-to-head to see which two countries will have a place in the grand finale!	NEW ZEALAND	English-100	RPT	PG	
2021-08-07	2335	<b>Beautiful Baking With Juliet Sear</b>	Beautiful Baking With Juliet Sear Series 1 Ep 9	Juliet is joined by chef Merrilees Parker who serves up a range of party food perfect for a New Years Eve party including baked baby potatoes filled with smoked mackerel pate, and beetroots with feta.	UNITED KINGDOM	English-100	RPT	G	
2021-08-07	2430	<b>Plat du Tour</b>	Plat Du Tour Series 1 (30min Version) Ep 1	Guillaume shares the secrets to a great ratatouille, a delicious roasted shoulder of lamb, a twice baked Roquefort soufflé, as well as a traditional bouillabaisse, and finishes with an ile flottante.	AUSTRALIA	English-100	RPT	PG	
2021-08-07	2500	<b>Plat du Tour</b>	Plat Du Tour Series 1 (30min Version) Ep 2	Guillaume shares a delicious mussel recipe, traditional steak frites, a flavourful swordfish dish, and celebrates the Australian Granny Smith apple with his tarte tatin.	AUSTRALIA	English-100	RPT	PG	
2021-08-07	2530	<b>Ottolenghi's Mediterranean Island Feast</b>	Crete	Yotam visits Crete and explores its rich culinary history. In the ancient capital of Heraklion, Yotam makes a variation of the Cretan meze dakos, a marriage of tomatoes, crumbled feta, olives and oregano.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-07	2625	<b>Ainsley's Mediterranean Cookbook</b>	Marrakesh Part 2	Ainsley's exploration of Marrakesh continues and this time he's getting his hands dirty as he gets a pottery lesson. He explores the craft souks before cooking up a delicious vegetable tagine.	UNITED KINGDOM	English-100	RPT	G	
2021-08-07	2720	<b>Hairy Bikers' Best Of British</b>	Apples And Pears	The Bikers explore the British obsession with apples, as well as the slightly smaller passion for pears. They combine two of Britain's greatest ingredients in a beef and apple tagine.	UNITED KINGDOM	English-100	RPT	G	
2021-08-07	2830	<b>Watts On The Grill</b>	Cheesy Bbq	When thinking about the barbeque, cheese might not be the first thing that comes to mind, but for Spencer, cheese turns any cook's barbeque repertoire from good to great.	CANADA	English-100	RPT	G	