



WEEK 34: Sunday, 15 August - Saturday, 21 August 2021 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Cap
2021-08-15	0500	Watts On The Grill	Grilled Veggies	Spencer Watts shares his tips and tricks for getting the most flavour as possible out of vegetables by cooking them on the barbeque.	CANADA	English-100	RPT+H4:H8	G	
2021-08-15	0530	Beautiful Baking With Juliet Sear	Beautiful Baking With Juliet Sear Series 1 Ep 10	Juliet creates recipes perfect for starting a new year, including savoury breakfast muffins and granola protein bars. Doctor and television presenter Ranj Singh serves up her healthy lasagne.	UNITED KINGDOM	English-100	RPT	G	
2021-08-15	0625	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 2	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-08-15	0630	Pacific Island Food Revolution	Grand Finale: Food And Faith	It is the grand finale at Revolution Kitchen, as Team Tonga and Team Fiji battle it out to be the winners of Pacific Island Food Revolution - Season Two.	NEW ZEALAND	English-100	RPT	PG	
2021-08-15	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
2021-08-15	0730	Cheese Slices	Ireland	Ireland's history of making cheese dates back to ancient Celtic times. Will explores the spectacularly rugged west coast of Ireland to try some of the more unusual cheese varieties.	AUSTRALIA	English-100	RPT	G	
2021-08-15	0800	Cheese Slices	Roquefort	With a fascinating history that dates back to Roman times, the importance of Roquefort cheese cannot be underestimated. Will visits a typical dairy to look at a unique breed of milking ewes.	AUSTRALIA	English-100	RPT	G	
2021-08-15	0830	Ottolenghi's Mediterranean Island Feast	Sardinia	Yotam travels to Sardinia to explore the island's unique food traditions and flavours. In the beautiful fishing port of Bosa, he cooks up a freshly caught lobster.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-15	0925	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
2021-08-15	0930	Ainsley's Mediterranean Cookbook	Seville	Ainsley's Mediterranean travels have brought him to southern Spain where he's in stunning Seville, soaking up the sunshine and of course, discovering lots of lovely food.	UNITED KINGDOM	English-100	RPT	G	
2021-08-15	1025	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
2021-08-15	1030	Hairy Bikers' Best Of British	Woodlands	Dave and Si enter the larder of the British woodlands, revealing the hidden foodie gems that can be found within them. They prepare a wild boar ragu.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-15	1135	Living On The Veg	Living On The Veg Series 1 Ep 7	Henry and Ian create a warming jackfruit chilli, followed by their vegan- friendly, gooey camembert hedgehog. Anna Jones brings a taste of Korea to the kitchen with her carrot and sesame pancakes.	UNITED KINGDOM	English-100	RPT	G	
2021-08-15	1230	Beautiful Baking With Juliet Sear	Beautiful Baking With Juliet Sear Series 1 Ep 10	Juliet creates recipes perfect for starting a new year, including savoury breakfast muffins and granola protein bars. Doctor and television presenter Ranj Singh serves up her healthy lasagne.	UNITED KINGDOM	English-100	RPT	G	
2021-08-15	1325	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 2	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-08-15	1330	Born To Cook: Jack Stein Down Under	Abalone, Truffles And Cherries	Jack Stein is in the Margaret River for the annual pilgrimage to Gourmet Escape. Jack's on a mission to find fresh inspiration and unique inspiration in the foodie Mecca of Australia's South-West.	AUSTRALIA	English-100	RPT	G	
2021-08-15	1400	The Cook Up with Adam Liaw	Family Meals In 20 Minutes	Every Night of the Week's Lucy Tweed and renowned butcher Anthony Puharich are in The Cook Up kitchen with host Adam Liaw, showcasing their best twenty-minute family meals for any night of the week.	AUSTRALIA	English-100	RPT	PG	

2021-08-15	1430	The Cook Up with Adam Liaw	Japanese	The Feed's Marc Fennell and executive chef and founder of Sokyo, Chase Kojima, challenge host Adam Liaw to a Japanese food cook-off in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG	
2021-08-15	1500	The Cook Up with Adam Liaw	Spinach	Host Adam Liaw, author and food critic Anthony Huckstep, and owner of LP's Quality Meats, Luke Powell, cook up a storm as they re-create their favourite spinach dishes.	AUSTRALIA	English-100	RPT	PG	
2021-08-15	1530	The Cook Up with Adam Liaw	Ricotta	Sardinian native and Pilu owner Giovanni Pilu and Acme famed chef Mitch Orr take over The Cook Up kitchen as they re-create their favourite beloved ricotta dishes alongside series host, Adam Liaw.	AUSTRALIA	English-100	RPT	PG	
2021-08-15	1600	The Cook Up with Adam Liaw	Mushrooms	Host Adam Liaw is joined by former Ready Steady Cook presenter Janelle Bloom and China Doll head chef Frank Shek as they serve up their favourite mushroom dishes in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG	
2021-08-15	1630	The Cook And The Chef	Pizzas	Not many of us are lucky enough to have a wood oven in the back yard. But all is not lost. If you want to make brilliant home cooked pizzas, all you need is a conventional oven.	AUSTRALIA	English-100		PG	
2021-08-15	1700	The Cook And The Chef	Easter In Cooking	It's Easter and Simon surprises Maggie with a chilli Easter Egg whipped up at work under the expert eyes of his pastry chefs. Maggie's no fan of chilli but Simon's determined to win her over.	AUSTRALIA	English-100		G	
2021-08-15	1730	Michela's Tuscan Kitchen	Michela's Tuscan Kitchen Series 1 Ep 6	A trip to a red onion farm in Certaldo in the region of Tuscany inspires Michela to prepare a mouth-watering panzanella salad - a local speciality made with fresh onion, tomato, and stale bread.	UNITED KINGDOM	English-100	RPT	G	
2021-08-15	1800	Amazon Taste	Farinha	Chef Thiago Castanho goes to the city of Bragança at Northeast of Pará State to see the production process of the cassava flour, considered Pará's best flour.	BRAZIL	English-50; Portuguese-50		PG	
2021-08-15	1830	Amazon Taste	Cacau	Cocoa, the base ingredient of chocolate, has its origin in the Amazon rainforest. To find out the story, Thiago Castanho goes to the Ver-o-Peso Market in Belém and the community plantation at Combu Island.	BRAZIL	English-50; Portuguese-50		PG	
2021-08-15	1900	Middle East Feast With Shane Delia	Comfort Food	Tom Sarafian joins host Shane Delia in the kitchen to focus on the best of slow-cooked comfort food, and Shane gives the secrets to his impressive slow-roasted lamb shoulder.	AUSTRALIA	English-100	RPT	PG	
2021-08-15	1930	Weekend Breaks With Gregg Wallace	Venice	Gregg heads to Venice, possibly Europe's most glamorous city, where he learns how to make one of their most iconic dishes, sea bass in salt crust, and sees some of the finest art of the Renaissance period.	UNITED KINGDOM	English-100		PG	
2021-08-15	2030	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 3	The blue sea of the Mediterranean beckons. Rick is invited to a beautiful beach party at La Pelosa, where everyone gets stuck into preparing lunch.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-15	2140	Hairy Bikers' Best Of British	Sheep	Dave and Si take a closer look at British sheep, which have provided Britain with milk, meat, and wool for thousands of years. In the Best of British kitchen they rustle up a classic hogget stew.	UNITED KINGDOM	English-100	RPT	G	
2021-08-15	2250	Destination Flavour Singapore Bitesize	Hainanese Chicken	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	
2021-08-15	2300	Amazon Taste	Farinha	Chef Thiago Castanho goes to the city of Bragança at Northeast of Pará State to see the production process of the cassava flour, considered Pará's best flour.	BRAZIL	English-50; Portuguese-50	RPT	PG	
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2021-08-15	2400	Middle East Feast With Shane Delia	Comfort Food	Tom Sarafian joins host Shane Delia in the kitchen to focus on the best of slow-cooked comfort food, and Shane gives the secrets to his impressive slow-roasted lamb shoulder.	AUSTRALIA	English-100	RPT	PG	
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2021-08-15	2530	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 3	The blue sea of the Mediterranean beckons. Rick is invited to a beautiful beach party at La Pelosa, where everyone gets stuck into preparing lunch.	UNITED KINGDOM	English-100	RPT	G	Y

2021-08-15	2640	Hairy Bikers' Best Of British	Sheep	Dave and Si take a closer look at British sheep, which have provided Britain with milk, meat, and wool for thousands of years. In the Best of British kitchen they rustle up a classic hogget stew.	UNITED KINGDOM	English-100	RPT	G	
2021-08-15	2750	Poh & Co. Bitesize	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
2021-08-15	2800	The Cook And The Chef	Easter In Cooking	It's Easter and Simon surprises Maggie with a chilli Easter Egg whipped up at work under the expert eyes of his pastry chefs. Maggie's no fan of chilli but Simon's determined to win her over.	AUSTRALIA	English-100	RPT	G	
2021-08-15	2830	Michela's Tuscan Kitchen	Michela's Tuscan Kitchen Series 1 Ep 6	A trip to a red onion farm in Certaldo in the region of Tuscany inspires Michela to prepare a mouth-watering panzanella salad - a local speciality made with fresh onion, tomato, and stale bread.	UNITED KINGDOM	English-100	RPT	G	
2021-08-16	0500	The Cook Up with Adam Liaw	Family Meals In 20 Minutes	Every Night of the Week's Lucy Tweed and renowned butcher Anthony Puharich are in The Cook Up kitchen with host Adam Liaw, showcasing their best twenty-minute family meals for any night of the week.	AUSTRALIA	English-100	RPT	PG	
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2021-08-16	0600	The Cook Up with Adam Liaw	Spinach	Host Adam Liaw, author and food critic Anthony Huckstep, and owner of LP's Quality Meats, Luke Powell, cook up a storm as they re-create their favourite spinach dishes.	AUSTRALIA	English-100	RPT	PG	
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2021-08-16	1050	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2021-08-16	1100	Amazon Taste	Cacau	Cocoa, the base ingredient of chocolate, has its origin in the Amazon rainforest. To find out the story, Thiago Castanho goes to the Ver-o-Peso Market in Belém and the community plantation at Combu Island.	BRAZIL	English-50; Portuguese-50	RPT	PG	
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2021-08-16	1200	Middle East Feast With Shane Delia	Comfort Food	Tom Sarafian joins host Shane Delia in the kitchen to focus on the best of slow-cooked comfort food, and Shane gives the secrets to his impressive slow-roasted lamb shoulder.	AUSTRALIA	English-100	RPT	PG	
2021-08-16	1230	Weekend Breaks With Gregg Wallace	Venice	Gregg heads to Venice, possibly Europe's most glamorous city, where he learns how to make one of their most iconic dishes, sea bass in salt crust, and sees some of the finest art of the Renaissance period.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-16	1330	Donal's Kitchen Hero	Baking With Kids	With a long summer holiday to contend with and the sunshine not guaranteed, Donal comes up with a way to keep his nephews and neices occupied - baking biscuits and cakes.	IRELAND	English-100	RPT	G	
2021-08-16	1400	Bill's Kitchen: Notting Hill	City Life	For Bill, the big attraction of London's food scene is its diversity. it's one of the few cities where you could be have Brazilian BBQ's for breakfast and snack on Burrito's for lunch.	UNITED KINGDOM	English-100	RPT	G	
2021-08-16	1430	Pati's Mexican Table	El Fuerte, Magic Town	Pati travels to the northern part of Sinaloa and the town of El Fuerte, one of Mexico's 'Pueblos Magicos' or magic towns.	USA	English-100	RPT	G	

2021-08-16	1500	The Chefs' Line	Spanish	Four home cooks with a passion for Spanish cuisine will battle it out with the chefs' line from Bar Lourinha. It's a battle between profession & passion. Who'll make it to the end of the chefs' line?	AUSTRALIA	English-100	RPT	G	Y
2021-08-16	1530	Lidia's Italy	Lidia's Italy Series 4 Ep 21	Join Lidia as she travels to Le Marche - a region known for its beautiful hills and mountains where you will certainly find lambs and sheep roaming. Lidia creates a wonderful meatloaf with ricotta.	USA	English-100	RPT	G	
2021-08-16	1600	Annabel Langbein: Free Range Cook	Fiesta For Friends	Annabel picks heritage apples, then returns to her lakeside cabin to cook a Mexican-style feast of succulent slow-cooked pork with smoky chilli beans and guacamole, followed by apple and berry sorbet.	NEW ZEALAND	English-100	RPT	G	
2021-08-16	1630	Bake With Anna Olson	Muffins	Muffins are a staple for mornings and snack breaks, and their small portioning make them an easy treat. Anna shares her recipe for classic blueberry streusel muffins.	CANADA	English-100	RPT	G	
2021-08-16	1700	Destination Flavour Down Under	Australia - New South Wales North Coast	Adam sources the famous Yamba prawns straight from the trawler. Heading further north to Byron Bay, Adam visits a must-see produce attraction, the Mullumbimby farmers market.	AUSTRALIA	English-100	RPT	G	Y
2021-08-16	1730	The Cook And The Chef	Coffee And Macadamia Nuts	This week take a trip with Maggie to the stunning sub tropical hinterland of Northern New South Wales where she explores a macadamia plantation and sips locally grown coffee.	AUSTRALIA	English-100		G	
2021-08-16	1800	Choccywoccydoodah	Christmas Comes Early	It's November but in the world of Choccywoccydoodah that means one thing: Christmas! Chief cake artist Dave takes on his biggest challenge for the festive window display - a 1.2m chocolate stag.	UNITED KINGDOM	English-100		PG	
2021-08-16	1830	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 31	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	
2021-08-16	1900	The Cook Up with Adam Liaw	Macadamia	Bake Club's Anneka Manning and SBS science and technology journalist Rae Johnson join host Adam Liaw in The Cook Up kitchen to chat about an Aussie nut favourite - the Macadamia.	AUSTRALIA	English-100		PG	
2021-08-16	1930	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 5 Ep 1	Jamie Oliver and Jimmy Doherty are back in their cafe at the end of Southend Pier cooking up feasts for the weekend. Tonight's special guest is one of Britain's best-loved comedians, John Bishop.	UNITED KINGDOM	English-100		PG	
2021-08-16	2030	Amy Schumer Learns To Cook	Takeout Faves And Finger Foods	Amy and Chris recreate their favourite NYC takeout meals. Chris teaches Amy how to make Scarpetta's famous spaghetti and tomato sauce, along with Amy's favourite - shrimp in lobster sauce with rice.	USA	English-100		PG	
2021-08-16	2125	Poh & Co. Bitesize	Love...And Pizza!	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-08-16	2130	Mystery Diners	My Brother's Keeper	The owner of Capo's in Las Vegas hears complaints that his brother and manager is acting inappropriately with guests. Mystery Diners discover a much bigger problem.	USA	English-100	RPT	PG	
2021-08-16	2200	The Cook Up with Adam Liaw	Macadamia	Bake Club's Anneka Manning and SBS science and technology journalist Rae Johnson join host Adam Liaw in The Cook Up kitchen to chat about an Aussie nut favourite - the Macadamia.	AUSTRALIA	English-100	RPT	PG	
2021-08-16	2230	The Cook And The Chef	Coffee And Macadamia Nuts	This week take a trip with Maggie to the stunning sub tropical hinterland of Northern New South Wales where she explores a macadamia plantation and sips locally grown coffee.	AUSTRALIA	English-100	RPT	G	
2021-08-16	2300	Choccywoccydoodah	Christmas Comes Early	It's November but in the world of Choccywoccydoodah that means one thing: Christmas! Chief cake artist Dave takes on his biggest challenge for the festive window display - a 1.2m chocolate stag.	UNITED KINGDOM	English-100	RPT	PG	
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2021-08-16	2400	The Chefs' Line	Spanish	Four home cooks with a passion for Spanish cuisine will battle it out with the chefs' line from Bar Lourinha. It's a battle between profession & passion. Who'll make it to the end of the chefs' line?	AUSTRALIA	English-100	RPT	G	Y
2021-08-16	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 56	TV presenters Angelica Bell and Michael Underwood go head to head in the kitchen in another classic 20-minute cooking challenge with Ainsley Harriott.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-16	2520	Destination Flavour Bitesize	Destination Flavour Bitesize Series 1 Ep 1	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y

2021-08-16	2530	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 5 Ep 1	Jamie Oliver and Jimmy Doherty are back in their cafe at the end of Southend Pier cooking up feasts for the weekend. Tonight's special guest is one of Britain's best-loved comedians, John Bishop.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-16	2630	Amy Schumer Learns To Cook	Takeout Faves And Finger Foods	Amy and Chris recreate their favourite NYC takeout meals. Chris teaches Amy how to make Scarpetta's famous spaghetti and tomato sauce, along with Amy's favourite - shrimp in lobster sauce with rice.	USA	English-100	RPT	PG	
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2021-08-16	2830	Bill's Kitchen: Notting Hill	City Life	For Bill, the big attraction of London's food scene is its diversity. it's one of the few cities where you could be have Brazilian BBQ's for breakfast and snack on Burrito's for lunch.	UNITED KINGDOM	English-100	RPT	G	
2021-08-17	0500	Pati's Mexican Table	El Fuerte, Magic Town	Pati travels to the northern part of Sinaloa and the town of El Fuerte, one of Mexico's 'Pueblos Magicos' or magic towns.	USA	English-100	RPT	G	
2021-08-17	0530	The Chefs' Line	Spanish	Four home cooks with a passion for Spanish cuisine will battle it out with the chefs' line from Bar Lourinha. It's a battle between profession & passion. Who'll make it to the end of the chefs' line?	AUSTRALIA	English-100	RPT	G	Y
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2021-08-17	0700	Bake With Anna Olson	Muffins	Muffins are a staple for mornings and snack breaks, and their small portioning make them an easy treat. Anna shares her recipe for classic blueberry streusel muffins.	CANADA	English-100	RPT	G	
2021-08-17	0730	Destination Flavour Down Under	Australia - New South Wales North Coast	Adam sources the famous Yamba prawns straight from the trawler. Heading further north to Byron Bay, Adam visits a must-see produce attraction, the Mullumbimby farmers market.	AUSTRALIA	English-100	RPT	G	Y
2021-08-17	0800	Choccywoccydoodah	Christmas Comes Early	It's November but in the world of Choccywoccydoodah that means one thing: Christmas! Chief cake artist Dave takes on his biggest challenge for the festive window display - a 1.2m chocolate stag.	UNITED KINGDOM	English-100	RPT	PG	
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2021-08-17	0930	Amy Schumer Learns To Cook	Takeout Faves And Finger Foods	Amy and Chris recreate their favourite NYC takeout meals. Chris teaches Amy how to make Scarpetta's famous spaghetti and tomato sauce, along with Amy's favourite - shrimp in lobster sauce with rice.	USA	English-100	RPT	PG	
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2021-08-17	1330	Donal's Kitchen Hero	Barbeque	Donal prepares dishes to take on a barbeque, including spatchcock chicken, sticky barbeque spare ribs, red cabbage and carrot coleslaw, chorizo, rocket and red onion salad, and some mojitos.	IRELAND	English-100	RPT	G	
2021-08-17	1400	Bill's Kitchen: Notting Hill	Street Food	Bill is planning a small street party for a few mates, and the recipes he has chosen reflect his greatest street food memories.	UNITED KINGDOM	English-100	RPT	G	
2021-08-17	1430	Pati's Mexican Table	Jinetes, Adventure In The Mountains	Pati travels into the mountains of Sinaloa to the tiny village of Jinetes - a place that appears to be stuck in time.	USA	English-100	RPT	G	
2021-08-17	1500	The Chefs' Line	Spanish	Station chef Tomoka from Spanish restaurant Bar Lourinha goes up against three passionate home cooks. Witness the competition, camaraderie and spectacular skills of these talented cooks and chefs.	AUSTRALIA	English-100	RPT	G	Y
2021-08-17	1530	Lidia's Italy	Lidia's Italy Series 4 Ep 22	Lidia travels to Valle D'Aosta - a region known for its cheese and dairy. With the help of Chef Cody from Felidia Kansas City, Lidia demonstrates how to make three delicious hearty recipes.	USA	English-100	RPT	G	
2021-08-17	1600	Annabel Langbein: Free Range Cook	French Country Table, A	Annabel visits her neighbour's hazelnut orchard for the autumn harvest, cooking up a rib-sticking pea and ham soup and a spiced apple cake for lunch.	NEW ZEALAND	English-100	RPT	PG	
2021-08-17	1630	Bake With Anna Olson	Waffles	Waffles are definitely a part of a baker's repertoire and their woven waffles shape is now known the world around. Anna explores North American, Italian, and Belgian-styles of waffles.	CANADA	English-100	RPT	G	
2021-08-17	1700	Destination Flavour Down Under	Australia - Victoria	On a tour of the Victorian High Country, one of the great food centres of Australia, Adam is on a mission to track down all the ingredients necessary for the perfect picnic.	AUSTRALIA	English-100	RPT	G	Y
2021-08-17	1730	The Cook And The Chef	Cheese And Crabs	When it comes to fine cheeses we're spoilt for choice in Australia, there are over one hundred different varieties being produced by Cheese Wright's all around the country.	AUSTRALIA	English-100		G	
2021-08-17	1800	Choccywoccydoodah	All You Need Is Love	The chocolatiers at Choccywoccydoodah are in the business of love. Today they make a massive heart for Dannii Minogue's dressing room and build a spectacular winter wonderland wedding cake.	UNITED KINGDOM	English-100		PG	
2021-08-17	1830	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 32	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	
2021-08-17	1900	The Cook Up with Adam Liaw	Long Pasta	Host Adam Liaw is joined in The Cook Up kitchen by Italian home cook Silvia Colloca and restaurateur and owner of Nel, Nelly Robinson, as they give their take on an Italian staple - long pasta.	AUSTRALIA	English-100		PG	
2021-08-17	1930	Destination Flavour Japan	Destination Flavour - Japan Series 1 Ep 5	In the urban sprawl of Tokyo, Adam Liaw explores a food culture which sustains the 'salaryman' workers in style and retains the culinary traditions of the annual Cherry Blossom Festival.	AUSTRALIA	English-80; Japanese-20	RPT	G	Y
2021-08-17	2000	David Rocco's Dolce Africa	Maasai People, The	The Rocco family journeys into the Maasai Mara and spend a day with the nomadic Maasai tribe. David gets a lesson on what it's like to be a traditional Maasai warrior, from their rituals to their feasts.	CANADA	English-100		PG	
2021-08-17	2030	Jamie's Great Britain	Heart Of England	This week Jamie's road trip takes him to the heart of England - The Midlands. Leicester is his first stop, where he uncovers the impact the British Empire's love for spice had on Britain's food culture.	UNITED KINGDOM	English-100		PG	
2021-08-17	2130	Mystery Diners	Love Hurts	When two employees who recently broke up disrupt staff harmony and start affecting sales, the Mystery Diners go undercover to get to the bottom of this lovers' quarrel.	USA	English-100	RPT	PG	
2021-08-17	2200	The Cook Up with Adam Liaw	Long Pasta	Host Adam Liaw is joined in The Cook Up kitchen by Italian home cook Silvia Colloca and restaurateur and owner of Nel, Nelly Robinson, as they give their take on an Italian staple - long pasta.	AUSTRALIA	English-100	RPT	PG	
2021-08-17	2230	The Cook And The Chef	Cheese And Crabs	When it comes to fine cheeses we're spoilt for choice in Australia, there are over one hundred different varieties being produced by Cheese Wright's all around the country.	AUSTRALIA	English-100	RPT	G	

2021-08-17	2300	Choccywoccydoodah	All You Need Is Love	The chocolatiers at Choccywoccydoodah are in the business of love. Today they make a massive heart for Dannii Minogue's dressing room and build a spectacular winter wonderland wedding cake.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-17	2330	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 32	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	
2021-08-17	2400	The Chefs' Line	Spanish	Station chef Tomoka from Spanish restaurant Bar Lourinha goes up against three passionate home cooks. Witness the competition, camaraderie and spectacular skills of these talented cooks and chefs.	AUSTRALIA	English-100	RPT	G	Y
2021-08-17	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 57	Motoring journalist Tom Ford and racing driver Jason Plato swap engine oil for olive oil and rev up for another classic 20-minute cooking challenge with Ainsley Harriott.	UNITED KINGDOM	English-100	RPT	G	
2021-08-17	2520	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
2021-08-17	2530	Destination Flavour Japan	Destination Flavour - Japan Series 1 Ep 5	In the urban sprawl of Tokyo, Adam Liaw explores a food culture which sustains the 'salaryman' workers in style and retains the culinary traditions of the annual Cherry Blossom Festival.	AUSTRALIA	English-80; Japanese-20	RPT	G	Y
2021-08-17	2600	David Rocco's Dolce Africa	Maasai People, The	The Rocco family journeys into the Maasai Mara and spend a day with the nomadic Maasai tribe. David gets a lesson on what it's like to be a traditional Maasai warrior, from their rituals to their feasts.	CANADA	English-100	RPT	PG	
2021-08-17	2630	Jamie's Great Britain	Heart Of England	This week Jamie's road trip takes him to the heart of England - The Midlands. Leicester is his first stop, where he uncovers the impact the British Empire's love for spice had on Britain's food culture.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-17	2730	Mystery Diners	Love Hurts	When two employees who recently broke up disrupt staff harmony and start affecting sales, the Mystery Diners go undercover to get to the bottom of this lovers' quarrel.	USA	English-100	RPT	PG	
2021-08-17	2800	Donal's Kitchen Hero	Barbeque	Donal prepares dishes to take on a barbeque, including spatchcock chicken, sticky barbeque spare ribs, red cabbage and carrot coleslaw, chorizo, rocket and red onion salad, and some mojitos.	IRELAND	English-100	RPT	G	
2021-08-17	2830	Bill's Kitchen: Notting Hill	Street Food	Bill is planning a small street party for a few mates, and the recipes he has chosen reflect his greatest street food memories.	UNITED KINGDOM	English-100	RPT	G	
2021-08-18	0500	Pati's Mexican Table	Jinetes, Adventure In The Mountains	Pati travels into the mountains of Sinaloa to the tiny village of Jinetes - a place that appears to be stuck in time.	USA	English-100	RPT	G	
2021-08-18	0530	The Chefs' Line	Spanish	Station chef Tomoka from Spanish restaurant Bar Lourinha goes up against three passionate home cooks. Witness the competition, camaraderie and spectacular skills of these talented cooks and chefs.	AUSTRALIA	English-100	RPT	G	Y
2021-08-18	0600	Lidia's Italy	Lidia's Italy Series 4 Ep 22	Lidia travels to Valle D'Aosta - a region known for its cheese and dairy. With the help of Chef Cody from Felidia Kansas City, Lidia demonstrates how to make three delicious hearty recipes.	USA	English-100	RPT	G	
2021-08-18	0630	Annabel Langbein: Free Range Cook	French Country Table, A	Annabel visits her neighbour's hazelnut orchard for the autumn harvest, cooking up a rib-sticking pea and ham soup and a spiced apple cake for lunch.	NEW ZEALAND	English-100	RPT	PG	
2021-08-18	0700	Bake With Anna Olson	Waffles	Waffles are definitely a part of a baker's repertoire and their woven waffles shape is now known the world around. Anna explores North American, Italian, and Belgian-styles of waffles.	CANADA	English-100	RPT	G	
2021-08-18	0730	Destination Flavour Down Under	Australia - Victoria	On a tour of the Victorian High Country, one of the great food centres of Australia, Adam is on a mission to track down all the ingredients necessary for the perfect picnic.	AUSTRALIA	English-100	RPT	G	Y
2021-08-18	0800	Choccywoccydoodah	All You Need Is Love	The chocolatiers at Choccywoccydoodah are in the business of love. Today they make a massive heart for Dannii Minogue's dressing room and build a spectacular winter wonderland wedding cake.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-18	0830	Destination Flavour Japan	Destination Flavour - Japan Series 1 Ep 5	In the urban sprawl of Tokyo, Adam Liaw explores a food culture which sustains the 'salaryman' workers in style and retains the culinary traditions of the annual Cherry Blossom Festival.	AUSTRALIA	English-80; Japanese-20	RPT	G	Y
2021-08-18	0900	David Rocco's Dolce Africa	Maasai People, The	The Rocco family journeys into the Maasai Mara and spend a day with the nomadic Maasai tribe. David gets a lesson on what it's like to be a traditional Maasai warrior, from their rituals to their feasts.	CANADA	English-100	RPT	PG	

2021-08-18	0930	Jamie's Great Britain	Heart Of England	This week Jamie's road trip takes him to the heart of England - The Midlands. Leicester is his first stop, where he uncovers the impact the British Empire's love for spice had on Britain's food culture.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-18	1030	Mystery Diners	Love Hurts	When two employees who recently broke up disrupt staff harmony and start affecting sales, the Mystery Diners go undercover to get to the bottom of this lovers' quarrel.	USA	English-100	RPT	PG	
2021-08-18	1100	The Cook Up with Adam Liaw	Long Pasta	Host Adam Liaw is joined in The Cook Up kitchen by Italian home cook Silvia Colloca and restaurateur and owner of Nel, Nelly Robinson, as they give their take on an Italian staple - long pasta.	AUSTRALIA	English-100	RPT	PG	
2021-08-18	1130	Bake With Anna Olson	Waffles	Waffles are definitely a part of a baker's repertoire and their woven waffles shape is now known the world around. Anna explores North American, Italian, and Belgian-styles of waffles.	CANADA	English-100	RPT	G	
2021-08-18	1200	Destination Flavour Down Under	Australia - Victoria	On a tour of the Victorian High Country, one of the great food centres of Australia, Adam is on a mission to track down all the ingredients necessary for the perfect picnic.	AUSTRALIA	English-100	RPT	G	Y
2021-08-18	1230	Choccywoccydoodah	All You Need Is Love	The chocolatiers at Choccywoccydoodah are in the business of love. Today they make a massive heart for Dannii Minogue's dressing room and build a spectacular winter wonderland wedding cake.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-18	1300	The Cook And The Chef	Cheese And Crabs	When it comes to fine cheeses we're spoilt for choice in Australia, there are over one hundred different varieties being produced by Cheese Wright's all around the country.	AUSTRALIA	English-100	RPT	G	
2021-08-18	1330	Donal's Kitchen Hero	Food For Romance	Donal cooks dinner for his girlfriend. He serves up a platter of baked shellfish, a chicken tagine with pomegranate, and a white chocolate and blueberry cheesecake.	IRELAND	English-100	RPT	G	
2021-08-18	1400	Bill's Kitchen: Notting Hill	No Place Like Home	Bill's move from Sydney to Notting Hill has got him thinking of how he discovered food for the first time.	UNITED KINGDOM	English-100	RPT	G	
2021-08-18	1430	Pati's Mexican Table	El Chepe, Railway To The Past	Pati visits El Chepe - originally conceived as a trade route linking cattle markets in Kansas City to the nearest Pacific Ocean port in Mexico, which is Topolobampo.	USA	English-100	RPT	PG	
2021-08-18	1500	The Chefs' Line	Spanish	Sous chef Oscar from Spanish restaurant Bar Lourinha goes up against two talented home cooks. Who can make the tastiest churros - a professional chef or a home cook?	AUSTRALIA	English-100	RPT	G	Y
2021-08-18	1530	Lidia's Italy	Lidia's Italy Series 4 Ep 23	Join Lidia as she travels to Trentino Alto Adige - a beautiful region known for hiking, skiing, and apple picking. Lidia makes three wonderful recipes all containing fresh apples.	USA	English-100	RPT	G	
2021-08-18	1600	Annabel Langbein: Free Range Cook	Fish On The Menu	Always up for an adventure, Annabel wades in boots and all to net for flounder on a Nelson beach at the northern tip of New Zealand's South Island.	NEW ZEALAND	English-100	RPT	PG	
2021-08-18	1630	Bake With Anna Olson	Fruit Mousse	Fruit mousses are a staple in patisseries, and come in all sorts of colours and shapes. Anna starts the lesson by preparing her easy lime mousse.	CANADA	English-100	RPT	G	
2021-08-18	1700	Destination Flavour Down Under	New Zealand - North Island	Adam explores New Zealand's North Island starting in the majestic kauri forests in the north. He visits Dargaville, the kumara capital of NZ, then a kiwifruit farm in Te Puke.	AUSTRALIA	English-100	RPT	G	Y
2021-08-18	1730	The Cook And The Chef	Bananas And Artichokes	On a recent trip to the Tweed Valley, Maggie was really taken with how all the banana plantations were scattered high across the mountain slopes.	AUSTRALIA	English-100		G	
2021-08-18	1800	Choccywoccydoodah	An Occasion To Remember	On this occasion Choccywoccydoodah make some of their biggest cakes ever - including a cake for TV presenter Zoe Ball's landmark 40th birthday, and confectionery for a charity event featuring Fatboy Slim.	UNITED KINGDOM	English-100		PG	
2021-08-18	1830	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 33	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	
2021-08-18	1900	The Cook Up with Adam Liaw	Eggplant	Host Adam Liaw cooks with sisters and owners of Syrian restaurant Almond Bar, Carol and Sharon Salloum, as they dissect the eggplant and show what dishes can be made with this much-loved vegetable.	AUSTRALIA	English-100		PG	
2021-08-18	1930	Nigella Kitchen	I Did It My Way	Nigella is putting her very own stamp on some seriously fabulous and favourite recipes. First up, tiramisu, a luscious Italian dessert made even more incredible with hazelnut liqueur.	UNITED KINGDOM	English-100		G	

2021-08-18	2000	Poh & Co.	Central Markets Are Go	Opening day is fast approaching, so Jono and the lads rush to fit out the Central Market cafe, while Poh creates two brilliant new recipes.	AUSTRALIA	English-100	RPT	G	Y
2021-08-18	2030	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 14	Rick explores the rich and diverse history of the remote coastal area of West Penwith. And from the safety of his kitchen, Rick tells us how he tasted his first exotic French fish stew, known as a bouillabaisse.	UNITED KINGDOM	English-100		PG	
2021-08-18	2100	Rick Stein's Seafood Odyssey	Suffolk And Naples	Contemplating life over a bottle of wine against the backdrop of the bay of Naples, Rick has found the perfect place, and person, to start his Seafood Odyssey.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-18	2130	Mystery Diners	Where's The Beef?	When the owner of Via Brasil is concerned that meat sales aren't being reflected in his register, Mystery Diners go undercover to discover the manager's doing a lot more than giving away free steak.	USA	English-100	RPT	PG	
2021-08-18	2200	The Cook Up with Adam Liaw	Eggplant	Host Adam Liaw cooks with sisters and owners of Syrian restaurant Almond Bar, Carol and Sharon Salloum, as they dissect the eggplant and show what dishes can be made with this much-loved vegetable.	AUSTRALIA	English-100	RPT	PG	
2021-08-18	2230	The Cook And The Chef	Bananas And Artichokes	On a recent trip to the Tweed Valley, Maggie was really taken with how all the banana plantations were scattered high across the mountain slopes.	AUSTRALIA	English-100	RPT	G	
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2021-08-18	2330	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 33	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	
2021-08-18	2400	The Chefs' Line	Spanish	Sous chef Oscar from Spanish restaurant Bar Lourinha goes up against two talented home cooks. Who can make the tastiest churros - a professional chef or a home cook?	AUSTRALIA	English-100	RPT	G	Y
2021-08-18	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 58	Radio presenters Christian O'Connell and Iain Lee turn up the volume in the kitchen today as Ainsley Harriott hosts another edition of the 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G	
2021-08-18	2520	Destination Flavour Bitesize	Destination Flavour Bitesize Series 1 Ep 3	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y
2021-08-18	2530	Nigella Kitchen	I Did It My Way	Nigella is putting her very own stamp on some seriously fabulous and favourite recipes. First up, tiramisu, a luscious Italian dessert made even more incredible with hazelnut liqueur.	UNITED KINGDOM	English-100	RPT	G	
2021-08-18	2600	Poh & Co.	Central Markets Are Go	Opening day is fast approaching, so Jono and the lads rush to fit out the Central Market cafe, while Poh creates two brilliant new recipes.	AUSTRALIA	English-100	RPT	G	Y
2021-08-18	2630	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 14	Rick explores the rich and diverse history of the remote coastal area of West Penwith. And from the safety of his kitchen, Rick tells us how he tasted his first exotic French fish stew, known as a bouillabaisse.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-18	2700	Rick Stein's Seafood Odyssey	Suffolk And Naples	Contemplating life over a bottle of wine against the backdrop of the bay of Naples, Rick has found the perfect place, and person, to start his Seafood Odyssey.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-18	2730	Mystery Diners	Where's The Beef?	When the owner of Via Brasil is concerned that meat sales aren't being reflected in his register, Mystery Diners go undercover to discover the manager's doing a lot more than giving away free steak.	USA	English-100	RPT	PG	
2021-08-18	2800	Donal's Kitchen Hero	Food For Romance	Donal cooks dinner for his girlfriend. He serves up a platter of baked shellfish, a chicken tagine with pomegranate, and a white chocolate and blueberry cheesecake.	IRELAND	English-100	RPT	G	
2021-08-18	2830	Bill's Kitchen: Notting Hill	No Place Like Home	Bill's move from Sydney to Notting Hill has got him thinking of how he discovered food for the first time.	UNITED KINGDOM	English-100	RPT	G	
2021-08-19	0500	Pati's Mexican Table	El Chepe, Railway To The Past	Pati visits El Chepe - originally conceived as a trade route linking cattle markets in Kansas City to the nearest Pacific Ocean port in Mexico, which is Topolobampo.	USA	English-100	RPT	PG	
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2021-08-19	0600	Lidia's Italy	Lidia's Italy Series 4 Ep 23	Join Lidia as she travels to Trentino Alto Adige - a beautiful region known for hiking, skiing, and apple picking. Lidia makes three wonderful recipes all containing fresh apples.	USA	English-100	RPT	G	
2021-08-19	0630	Annabel Langbein: Free Range Cook	Fish On The Menu	Always up for an adventure, Annabel wades in boots and all to net for flounder on a Nelson beach at the northern tip of New Zealand's South Island.	NEW ZEALAND	English-100	RPT	PG	
2021-08-19	0700	Bake With Anna Olson	Fruit Mousse	Fruit mousses are a staple in patisseries, and come in all sorts of colours and shapes. Anna starts the lesson by preparing her easy lime mousse.	CANADA	English-100	RPT	G	
2021-08-19	0730	Destination Flavour Down Under	New Zealand - North Island	Adam explores New Zealand's North Island starting in the majestic kauri forests in the north. He visits Dargaville, the kumara capital of NZ, then a kiwifruit farm in Te Puke.	AUSTRALIA	English-100	RPT	G	Y
2021-08-19	0800	Choccywoccydoodah	An Occasion To Remember	On this occasion Choccywoccydoodah make some of their biggest cakes ever - including a cake for TV presenter Zoe Ball's landmark 40th birthday, and confectionery for a charity event featuring Fatboy Slim.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-19	0830	Nigella Kitchen	I Did It My Way	Nigella is putting her very own stamp on some seriously fabulous and favourite recipes. First up, tiramisu, a luscious Italian dessert made even more incredible with hazelnut liqueur.	UNITED KINGDOM	English-100	RPT	G	
2021-08-19	0900	Poh & Co.	Central Markets Are Go	Opening day is fast approaching, so Jono and the lads rush to fit out the Central Market cafe, while Poh creates two brilliant new recipes.	AUSTRALIA	English-100	RPT	G	Y
2021-08-19	0930	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 14	Rick explores the rich and diverse history of the remote coastal area of West Penwith. And from the safety of his kitchen, Rick tells us how he tasted his first exotic French fish stew, known as a bouillabaisse.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-19	1000	Rick Stein's Seafood Odyssey	Suffolk And Naples	Contemplating life over a bottle of wine against the backdrop of the bay of Naples, Rick has found the perfect place, and person, to start his Seafood Odyssey.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-19	1030	Mystery Diners	Where's The Beef?	When the owner of Via Brasil is concerned that meat sales aren't being reflected in his register, Mystery Diners go undercover to discover the manager's doing a lot more than giving away free steak.	USA	English-100	RPT	PG	
2021-08-19	1100	The Cook Up with Adam Liaw	Eggplant	Host Adam Liaw cooks with sisters and owners of Syrian restaurant Almond Bar, Carol and Sharon Salloum, as they dissect the eggplant and show what dishes can be made with this much-loved vegetable.	AUSTRALIA	English-100	RPT	PG	
2021-08-19	1130	Bake With Anna Olson	Fruit Mousse	Fruit mousses are a staple in patisseries, and come in all sorts of colours and shapes. Anna starts the lesson by preparing her easy lime mousse.	CANADA	English-100	RPT	G	
2021-08-19	1200	Destination Flavour Down Under	New Zealand - North Island	Adam explores New Zealand's North Island starting in the majestic kauri forests in the north. He visits Dargaville, the kumara capital of NZ, then a kiwifruit farm in Te Puke.	AUSTRALIA	English-100	RPT	G	Y
2021-08-19	1230	Choccywoccydoodah	An Occasion To Remember	On this occasion Choccywoccydoodah make some of their biggest cakes ever - including a cake for TV presenter Zoe Ball's landmark 40th birthday, and confectionery for a charity event featuring Fatboy Slim.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-19	1300	The Cook And The Chef	Bananas And Artichokes	On a recent trip to the Tweed Valley, Maggie was really taken with how all the banana plantations were scattered high across the mountain slopes.	AUSTRALIA	English-100	RPT	G	
2021-08-19	1330	Donal's Kitchen Hero	Gone Fishin'	A mackerel fishing trip inspires Donal to cook mussels, fish and chips, and mackerel with chilli and garlic, which he cooks on the boat.	IRELAND	English-100	RPT	G	
2021-08-19	1400	Rachel Khoo's Cosmopolitan Cook	Istanbul	Immersing herself in different cultures, Rachel captures the special things she finds in her notebook and uses these gems of inspiration back in her London kitchen.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-19	1430	Pati's Mexican Table	Mocorito, The Land Of Chilorio	Pati visits Mocorito - a quiet, colourful colonial town founded in 1594, known for one of Sinaloa's most beloved recipes - a slow-simmered pork dish called chilorio.	USA	English-100	RPT	G	
2021-08-19	1500	The Chefs' Line	Spanish	Executive chef Matt McConnell from Spanish restaurant Bar Lourinha goes up against the best of the home cooks. The final showdown is a Paella battle. Can a home cook beat a professional chef?	AUSTRALIA	English-100	RPT	G	Y
2021-08-19	1530	Lidia's Italy	Lidia's Italy Series 4 Ep 24	Lidia travels to Umbria where she creates two delicious dishes - strangozzi with veal and chicken liver sauce, and pork chops with capers, lemon, and pepperoncino.	USA	English-100	RPT	G	
2021-08-19	1600	Annabel Langbein: Free Range Cook	Life's A Picnic	Annabel and her daughter Rose head off to a local Wanaka orchard to pick one of the South Island's most eagerly anticipated stone fruits - apricots.	NEW ZEALAND	English-100	RPT	G	

2021-08-19	1630	Bake With Anna Olson	Ice Cream	Pastry chefs are responsible for making their own ice cream in restaurants, and their creativity can really shine through. Anna prepares green apple sorbet, as well as a classic chocolate gelato.	CANADA	English-100	RPT	G	
2021-08-19	1700	Destination Flavour Down Under	New Zealand - Northern South Island	Adam takes a short ferry ride across the Cook Strait to New Zealand's South Island, headed for Akaroa, a historic French settlement nestled in the heart of an ancient volcano.	AUSTRALIA	English-100	RPT	G	Y
2021-08-19	1730	The Cook And The Chef	Cooking In A Restaurant	Simon is deep in discussion with the Hotel's Maitre d' Atef. Simon and Atef are looking at some changes in the menu and deciding on a corresponding change in the recommended wine match.	AUSTRALIA	English-100		G	
2021-08-19	1800	Choccywoccydoodah	Special Delivery	This time the team have two special cake deliveries. The first is a cake to Victoria Smurfitt's mum to celebrate her 60th birthday. And the second, to hard rock band Saxon in concert in Wales.	UNITED KINGDOM	English-100		PG	
2021-08-19	1830	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 34	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	
2021-08-19	1900	The Cook Up with Adam Liaw	Goat Cheese	Owner and founder of Sydney restaurant Marque, Mark Best, and caterer to the stars, Jaimee Foley, join host Adam Liaw in The Cook Up kitchen to cook and eat their favourite goat cheese dishes.	AUSTRALIA	English-100		PG	
2021-08-19	1930	Field Trip With Curtis Stone	Central Coast	Heading up the coast on California's Highway 1, Curtis visits with a couple who turned from tech to cheesemaking, savours sea urchin, and finds inspiration at seaweed and abalone farms in Monterey.	USA	English-100		PG	
2021-08-19	2000	Middle East Feast With Shane Delia	BBQ	Using cooking methods that have been perfected over time, Shane brings beautiful smoky flavours to some prawns, and Emir Ukur joins in with his recipe for the most famous Middle Eastern dish, kebab.	AUSTRALIA	English-100		PG	
2021-08-19	2030	Gino's Italian Escape	Secrets Of Sardinia	Gino leaves the coast behind and heads deep into the mountains, to unlock the secrets to Sardinia. The island is home to more 100 year olds than any other, and it's all down to its landscape and diet.	UNITED KINGDOM	English-100	RPT	G	
2021-08-19	2100	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 8	Rick shows the French there's at least one Englishman who knows there's more to cooking than just opening a can, and the air is soon redolent with the savoury smell of Lamb Ragout with beans.	UNITED KINGDOM	English-100	RPT	G	
2021-08-19	2130	Mystery Diners	Cheese-Burglar	When the owners of Cheeseburger Baby in Miami, Florida, notice a discrepancy in their register, they suspect an ex-convict employee is stealing from them.	USA	English-100	RPT	PG	
2021-08-19	2200	The Cook Up with Adam Liaw	Goat Cheese	Owner and founder of Sydney restaurant Marque, Mark Best, and caterer to the stars, Jaimee Foley, join host Adam Liaw in The Cook Up kitchen to cook and eat their favourite goat cheese dishes.	AUSTRALIA	English-100	RPT	PG	
2021-08-19	2230	The Cook And The Chef	Cooking In A Restaurant	Simon is deep in discussion with the Hotel's Maitre d' Atef. Simon and Atef are looking at some changes in the menu and deciding on a corresponding change in the recommended wine match.	AUSTRALIA	English-100	RPT	G	
2021-08-19	2300	Choccywoccydoodah	Special Delivery	This time the team have two special cake deliveries. The first is a cake to Victoria Smurfitt's mum to celebrate her 60th birthday. And the second, to hard rock band Saxon in concert in Wales.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-19	2330	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 34	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	
2021-08-19	2400	The Chefs' Line	Spanish	Executive chef Matt McConnell from Spanish restaurant Bar Lourinha goes up against the best of the home cooks. The final showdown is a Paella battle. Can a home cook beat a professional chef?	AUSTRALIA	English-100	RPT	G	Y
2021-08-19	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 59	Hitting the high notes in the kitchen are Elaine Paige and Barbara Dickson as Ainsley Harriott hosts another classic 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G	
2021-08-19	2520	Destination Flavour Bitesize	Destination Flavour Bitesize Series 1 Ep 4	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y
2021-08-19	2530	Field Trip With Curtis Stone	Central Coast	Heading up the coast on California's Highway 1, Curtis visits with a couple who turned from tech to cheesemaking, savours sea urchin, and finds inspiration at seaweed and abalone farms in Monterey.	USA	English-100	RPT	PG	

2021-08-19	2600	Middle East Feast With Shane Delia	BBQ	Using cooking methods that have been perfected over time, Shane brings beautiful smoky flavours to some prawns, and Emir Ukur joins in with his recipe for the most famous Middle Eastern dish, kebab.	AUSTRALIA	English-100	RPT	PG	
2021-08-19	2630	Gino's Italian Escape	Secrets Of Sardinia	Gino leaves the coast behind and heads deep into the mountains, to unlock the secrets to Sardinia. The island is home to more 100 year olds than any other, and it's all down to its landscape and diet.	UNITED KINGDOM	English-100	RPT	G	
2021-08-19	2700	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 8	Rick shows the French there's at least one Englishman who knows there's more to cooking than just opening a can, and the air is soon redolent with the savoury smell of Lamb Ragout with beans.	UNITED KINGDOM	English-100	RPT	G	
2021-08-19	2730	Mystery Diners	Cheese-Burglar	When the owners of Cheeseburger Baby in Miami, Florida, notice a discrepancy in their register, they suspect an ex-convict employee is stealing from them.	USA	English-100	RPT	PG	
2021-08-19	2800	Donal's Kitchen Hero	Gone Fishin'	A mackerel fishing trip inspires Donal to cook mussels, fish and chips, and mackerel with chilli and garlic, which he cooks on the boat.	IRELAND	English-100	RPT	G	
2021-08-19	2830	Rachel Khoo's Cosmopolitan Cook	Istanbul	Immersing herself in different cultures, Rachel captures the special things she finds in her notebook and uses these gems of inspiration back in her London kitchen.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-20	0500	Pati's Mexican Table	Mocorito, The Land Of Chilorio	Pati visits Mocorito - a quiet, colourful colonial town founded in 1594, known for one of Sinaloa's most beloved recipes - a slow-simmered pork dish called chilorio.	USA	English-100	RPT	G	
2021-08-20	0530	The Chefs' Line	Spanish	Executive chef Matt McConnell from Spanish restaurant Bar Lourinha goes up against the best of the home cooks. The final showdown is a Paella battle. Can a home cook beat a professional chef?	AUSTRALIA	English-100	RPT	G	Y
2021-08-20	0600	Lidia's Italy	Lidia's Italy Series 4 Ep 24	Lidia travels to Umbria where she creates two delicious dishes - strangozzi with veal and chicken liver sauce, and pork chops with capers, lemon, and pepperoncino.	USA	English-100	RPT	G	
2021-08-20	0630	Annabel Langbein: Free Range Cook	Life's A Picnic	Annabel and her daughter Rose head off to a local Wanaka orchard to pick one of the South Island's most eagerly anticipated stone fruits - apricots.	NEW ZEALAND	English-100	RPT	G	
2021-08-20	0700	Bake With Anna Olson	Ice Cream	Pastry chefs are responsible for making their own ice cream in restaurants, and their creativity can really shine through. Anna prepares green apple sorbet, as well as a classic chocolate gelato.	CANADA	English-100	RPT	G	
2021-08-20	0730	Destination Flavour Down Under	New Zealand - Northern South Island	Adam takes a short ferry ride across the Cook Strait to New Zealand's South Island, headed for Akaroa, a historic French settlement nestled in the heart of an ancient volcano.	AUSTRALIA	English-100	RPT	G	Y
2021-08-20	0800	Choccywoccydoodah	Special Delivery	This time the team have two special cake deliveries. The first is a cake to Victoria Smurfitt's mum to celebrate her 60th birthday. And the second, to hard rock band Saxon in concert in Wales.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-20	0830	Field Trip With Curtis Stone	Central Coast	Heading up the coast on California's Highway 1, Curtis visits with a couple who turned from tech to cheesemaking, savours sea urchin, and finds inspiration at seaweed and abalone farms in Monterey.	USA	English-100	RPT	PG	
2021-08-20	0900	Middle East Feast With Shane Delia	BBQ	Using cooking methods that have been perfected over time, Shane brings beautiful smoky flavours to some prawns, and Emir Ukur joins in with his recipe for the most famous Middle Eastern dish, kebab.	AUSTRALIA	English-100	RPT	PG	
2021-08-20	0930	Gino's Italian Escape	Secrets Of Sardinia	Gino leaves the coast behind and heads deep into the mountains, to unlock the secrets to Sardinia. The island is home to more 100 year olds than any other, and it's all down to its landscape and diet.	UNITED KINGDOM	English-100	RPT	G	
2021-08-20	1000	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 8	Rick shows the French there's at least one Englishman who knows there's more to cooking than just opening a can, and the air is soon redolent with the savoury smell of Lamb Ragout with beans.	UNITED KINGDOM	English-100	RPT	G	
2021-08-20	1030	Mystery Diners	Cheese-Burglar	When the owners of Cheeseburger Baby in Miami, Florida, notice a discrepancy in their register, they suspect an ex-convict employee is stealing from them.	USA	English-100	RPT	PG	
2021-08-20	1100	The Cook Up with Adam Liaw	Goat Cheese	Owner and founder of Sydney restaurant Marque, Mark Best, and caterer to the stars, Jaimee Foley, join host Adam Liaw in The Cook Up kitchen to cook and eat their favourite goat cheese dishes.	AUSTRALIA	English-100	RPT	PG	

2021-08-20	1130	Bake With Anna Olson	Ice Cream	Pastry chefs are responsible for making their own ice cream in restaurants, and their creativity can really shine through. Anna prepares green apple sorbet, as well as a classic chocolate gelato.	CANADA	English-100	RPT	G	
2021-08-20	1200	Destination Flavour Down Under	New Zealand - Northern South Island	Adam takes a short ferry ride across the Cook Strait to New Zealand's South Island, headed for Akaroa, a historic French settlement nestled in the heart of an ancient volcano.	AUSTRALIA	English-100	RPT	G	Y
2021-08-20	1230	Choccywoccydoodah	Special Delivery	This time the team have two special cake deliveries. The first is a cake to Victoria Smurfitt's mum to celebrate her 60th birthday. And the second, to hard rock band Saxon in concert in Wales.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-20	1300	The Cook And The Chef	Cooking In A Restaurant	Simon is deep in discussion with the Hotel's Maitre d' Atef. Simon and Atef are looking at some changes in the menu and deciding on a corresponding change in the recommended wine match.	AUSTRALIA	English-100	RPT	G	
2021-08-20	1330	Donal's Kitchen Hero	Birthday Party	Donal's hosting a birthday party and decides to go for food that's easily eaten standing up, rather than a formal dinner party. The menu includes Swedish meatballs, and shredded duck salad.	IRELAND	English-100	RPT	G	
2021-08-20	1400	Rachel Khoo's Cosmopolitan Cook	Amalfi Coast	Rachel heads to the stunning Italian Amalfi Coast where she cooks family-style at a cliff-side restaurant. Back at home in London she makes speedy courgette spaghetti and a lemon lava cake.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-20	1430	Pati's Mexican Table	Celestino And Las Barras	Pati meets with a local restaurant owner in Celestino Gasca, and helps her cook one of Sinaloa's most iconic recipes - pescado zarandeado.	USA	English-100	RPT	PG	
2021-08-20	1500	The Chefs' Line	Spanish	Inside the kitchen of Spanish restaurant Bar Lourinha, Maeve O'Meara and the chefs' line delve into delicious new dishes, including their house chorizo, prawn croquette, clams, and tora de queso.	AUSTRALIA	English-100	RPT	G	Y
2021-08-20	1530	Lidia's Italy	Lidia's Italy Series 4 Ep 25	Lidia travels to Emilia Romagna where she creates three wonderful dishes made of vegetables. She begins by making sweet and sour onions, followed by erbazzone with a delicious squash filling.	USA	English-100	RPT	G	
2021-08-20	1600	Annabel Langbein: Free Range Cook	Effortless Entertaining	Annabel milks goats at her neighbours' farm and makes haloumi to grill on skewers with prawns and zucchini. Also on the menu are flash-roasted salmon fillets with pesto, and molten chocolate pots.	NEW ZEALAND	English-100	RPT	G	
2021-08-20	1630	Bake With Anna Olson	Swiss Meringue	Anna shares her tips and tricks for preparing the perfect Swiss meringue. She makes Swiss meringue raspberry gems, chocolate divinity candy, and a lemon swiss buttercream hatbox cake.	CANADA	English-100	RPT	G	
2021-08-20	1700	Destination Flavour Down Under	New Zealand - Southern South Island	In tonight's final episode, Adam takes a scenic route to Gore and Invercargill on New Zealand's South Island, before heading to stunning Lake Wakatipu.	AUSTRALIA	English-100	RPT	G	Y
2021-08-20	1730	The Cook And The Chef	Anlaby A Country Homestead	Maggie replicates beautiful lamb pies that she created for a charity event, while Simon gives shepherd's pie a vegetarian spin. Also on the menu is chocolate and lots of it.	AUSTRALIA	English-100		G	
2021-08-20	1800	Choccywoccydoodah	Eat Cake And Be Merry	This time around the crew have two very festive cakes to make. The first is a christening cake with a teddy on top and the second, a giant Cinderella cake for the cast at the Theatre Royal in Brighton.	UNITED KINGDOM	English-100		PG	
2021-08-20	1830	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 35	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	
2021-08-20	1900	The Cook Up with Adam Liaw	Rosemary	Adam Liaw hosts Every Night of the Week's Lucy Tweed and acclaimed chef and owner of Woodcut, Ross Lusted, in The Cook Up kitchen, dissecting the herb rosemary.	AUSTRALIA	English-100		PG	
2021-08-20	1930	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 3	Tough times are ahead for Paul when he asks home butcher and friend Matt to help him slaughter his first goat, but when Paul helps to rebuild a community garden the goat goes to a good cause.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-08-20	2030	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 3	Jamie packs in the veg with his big, bold black bean burger. He gets inspired by some gorgeous greens in the Middle East, and creates some crunch with a double corn salad.	UNITED KINGDOM	English-100	RPT	G	
2021-08-20	2125	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 8	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y
2021-08-20	2130	Mystery Diners	Dining In The Dark	After receiving complaints about theft and inappropriate touching during a monthly 'Dining in the Dark' event, Hernan, the owner of Catharsis in Miami, Florida, contacts Charles Stiles for help.	USA	English-100	RPT	PG	

2021-08-20	2200	The Cook Up with Adam Liaw	Rosemary	Adam Liaw hosts Every Night of the Week's Lucy Tweed and acclaimed chef and owner of Woodcut, Ross Lusted, in the Cook Up kitchen, dissecting the herb rosemary.	AUSTRALIA	English-100	RPT	PG	
2021-08-20	2230	The Cook And The Chef	Anlaby A Country Homestead	Maggie replicates beautiful lamb pies that she created for a charity event, while Simon gives shepherd's pie a vegetarian spin. Also on the menu is chocolate and lots of it.	AUSTRALIA	English-100	RPT	G	
2021-08-20	2300	Choccywoccydoodah	Eat Cake And Be Merry	This time around the crew have two very festive cakes to make. The first is a christening cake with a teddy on top and the second, a giant Cinderella cake for the cast at the Theatre Royal in Brighton.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-20	2330	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 35	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	
2021-08-20	2400	The Chefs' Line	Spanish	Inside the kitchen of Spanish restaurant Bar Lourinha, Maeve O'Meara and the chefs' line delve into delicious new dishes, including their house chorizo, prawn croquette, clams, and tora de queso.	AUSTRALIA	English-100	RPT	G	Y
2021-08-20	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 60	TV doctors Christian Jessen and Pixie McKenna swap stethoscopes for spatulas in another classic 20-minute cooking challenge with Ainsley Harriott.	UNITED KINGDOM	English-100	RPT	G	
2021-08-20	2520	Destination Flavour Bitesize	Destination Flavour Bitesize Series 1 Ep 5	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y
2021-08-20	2530	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 3	Tough times are ahead for Paul when he asks home butcher and friend Matt to help him slaughter his first goat, but when Paul helps to rebuild a community garden the goat goes to a good cause.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-08-20	2630	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 3	Jamie packs in the veg with his big, bold black bean burger. He gets inspired by some gorgeous greens in the Middle East, and creates some crunch with a double corn salad.	UNITED KINGDOM	English-100	RPT	G	
2021-08-20	2725	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 8	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y
2021-08-20	2730	Mystery Diners	Dining In The Dark	After receiving complaints about theft and inappropriate touching during a monthly 'Dining in the Dark' event, Hernan, the owner of Catharsis in Miami, Florida, contacts Charles Stiles for help.	USA	English-100	RPT	PG	
2021-08-20	2800	Donal's Kitchen Hero	Birthday Party	Donal's hosting a birthday party and decides to go for food that's easily eaten standing up, rather than a formal dinner party. The menu includes Swedish meatballs, and shredded duck salad.	IRELAND	English-100	RPT	G	
2021-08-20	2830	Rachel Khoo's Cosmopolitan Cook	Amalfi Coast	Rachel heads to the stunning Italian Amalfi Coast where she cooks family-style at a cliff-side restaurant. Back at home in London she makes speedy courgette spaghetti and a lemon lava cake.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-21	0500	Pati's Mexican Table	Celestino And Las Barras	Pati meets with a local restaurant owner in Celestino Gasca, and helps her cook one of Sinaloa's most iconic recipes - pescado zarandeado.	USA	English-100	RPT	PG	
2021-08-21	0530	The Chefs' Line	Spanish	Inside the kitchen of Spanish restaurant Bar Lourinha, Maeve O'Meara and the chefs' line delve into delicious new dishes, including their house chorizo, prawn croquette, clams, and tora de queso.	AUSTRALIA	English-100	RPT	G	Y
2021-08-21	0600	Lidia's Italy	Lidia's Italy Series 4 Ep 25	Lidia travels to Emilia Romagna where she creates three wonderful dishes made of vegetables. She begins by making sweet and sour onions, followed by erbazzone with a delicious squash filling.	USA	English-100	RPT	G	
2021-08-21	0630	Annabel Langbein: Free Range Cook	Effortless Entertaining	Annabel milks goats at her neighbours' farm and makes haloumi to grill on skewers with prawns and zucchini. Also on the menu are flash-roasted salmon fillets with pesto, and molten chocolate pots.	NEW ZEALAND	English-100	RPT	G	
2021-08-21	0700	Bake With Anna Olson	Swiss Meringue	Anna shares her tips and tricks for preparing the perfect Swiss meringue. She makes Swiss meringue raspberry gems, chocolate divinity candy, and a lemon swiss buttercream hatbox cake.	CANADA	English-100	RPT	G	
2021-08-21	0730	Destination Flavour Down Under	New Zealand - Southern South Island	In the final episode, Adam takes a scenic route to Gore and Invercargill on New Zealand's South Island, before heading to stunning Lake Wakatipu.	AUSTRALIA	English-100	RPT	G	Y
2021-08-21	0800	Choccywoccydoodah	Eat Cake And Be Merry	This time around the crew have two very festive cakes to make. The first is a christening cake with a teddy on top and the second, a giant Cinderella cake for the cast at the Theatre Royal in Brighton.	UNITED KINGDOM	English-100	RPT	PG	

2021-08-21	0830	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 3	Tough times are ahead for Paul when he asks home butcher and friend Matt to help him slaughter his first goat, but when Paul helps to rebuild a community garden the goat goes to a good cause.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-08-21	0930	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 3	Jamie packs in the veg with his big, bold black bean burger. He gets inspired by some gorgeous greens in the Middle East, and creates some crunch with a double corn salad.	UNITED KINGDOM	English-100	RPT	G	
2021-08-21	1025	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 8	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y
2021-08-21	1030	Mystery Diners	Dining In The Dark	After receiving complaints about theft and inappropriate touching during a monthly 'Dining in the Dark' event, Hernan, the owner of Catharsis in Miami, Florida, contacts Charles Stiles for help.	USA	English-100	RPT	PG	
2021-08-21	1100	The Cook Up with Adam Liaw	Rosemary	Adam Liaw hosts Every Night of the Week's Lucy Tweed and acclaimed chef and owner of Woodcut, Ross Lusted, in the Cook Up kitchen, dissecting the herb rosemary.	AUSTRALIA	English-100	RPT	PG	
2021-08-21	1130	Bake With Anna Olson	Swiss Meringue	Anna shares her tips and tricks for preparing the perfect Swiss meringue. She makes Swiss meringue raspberry gems, chocolate divinity candy, and a lemon swiss buttercream hatbox cake.	CANADA	English-100	RPT	G	
2021-08-21	1200	Destination Flavour Down Under	New Zealand - Southern South Island	In the final episode, Adam takes a scenic route to Gore and Invercargill on New Zealand's South Island, before heading to stunning Lake Wakatipu.	AUSTRALIA	English-100	RPT	G	Y
2021-08-21	1230	Choccywoccydoodah	Eat Cake And Be Merry	This time around the crew have two very festive cakes to make. The first is a christening cake with a teddy on top and the second, a giant Cinderella cake for the cast at the Theatre Royal in Brighton.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-21	1300	The Cook And The Chef	Anlaby A Country Homestead	Maggie replicates beautiful lamb pies that she created for a charity event, while Simon gives shepherd's pie a vegetarian spin. Also on the menu is chocolate and lots of it.	AUSTRALIA	English-100	RPT	G	
2021-08-21	1330	Lidia's Italy	Lidia's Italy Series 4 Ep 26	Lidia travels to Lombardy - a region known for its gorgeous scenery and beautiful fashion. Join Lidia as she shows us the beauty of flavour by creating braised cabbage rolls stuffed with sausage.	USA	English-100	RPT	G	
2021-08-21	1400	Living On The Veg	Living On The Veg Series 1 Ep 8	The boys kick things of with one of Britain's favourite takeaway dishes made vegan - duck pancakes - and then dish up spicy cauliflower 'wings' with ranch sauce.	UNITED KINGDOM	English-100	RPT	G	
2021-08-21	1455	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 1	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
2021-08-21	1500	Rhodes Across Italy	Lazio	Gary Rhodes starts his grand tour of Italian cuisine in Rome, the nation's historic capital. Gary and his sous-chefs Marc and Claire are on a mission to uncover the true tastes and flavours of Lazio.	UNITED KINGDOM	English-100	RPT	G	
2021-08-21	1555	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 1	Poh and Co. invites you into the always delicious world of acclaimed cook, artist and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-08-21	1600	Watts On The Grill	Fire And Spice	Chef Spencer Watts kicks things up a notch with four spicy recipes on the grill that'll heat up your tastebuds.	CANADA	English-100	RPT	G	
2021-08-21	1630	Watts On The Grill	Spanish Flare	Chef Spencer Watts ventures through the barbeque culture of Spain with classic recipes including habanero chargrilled octopus, and paella.	CANADA	English-100	RPT	G	
2021-08-21	1700	Heston's Recipe For Romance	Heston's Recipe For Romance	Heston Blumenthal teams up with science and psychology experts to try and develop a meal that will affect how people in a relationship feel about each other. Is there a recipe for romance?	UNITED KINGDOM	English-100	RPT	PG	Y
2021-08-21	1755	Destination Flavour Singapore Bitesize	Lamb Kebabs	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	
2021-08-21	1800	Cheese Slices	Spain	Will travels to the land of Don Quixote to look at Manchego cheese before heading for the annual cheese fair at the medieval city of Trujillo and looking at cheese made from Merino ewes milk.	AUSTRALIA	English-100	RPT	G	
2021-08-21	1830	Cheese Slices	Australia	Australia has developed an enviable reputation for its very efficient pasture based dairy system and significant exports of cheddar, butter, and skimmed milk.	AUSTRALIA	English-100	RPT	G	

2021-08-21	1900	Born To Cook: Jack Stein Down Under	Crabs, Figs And Marron	Jack Stein is in Augusta to meet with weathered fisherman, Mick. After a quick surf with Taj Burrow, he heads to a fig orchard where he learns about the history of figs in Australia.	AUSTRALIA	English-100	RPT	G	
2021-08-21	1930	Yotam Ottolenghi's Mediterranean Feasts	Morocco	Renowned chef Yotam Ottolenghi travels the southern and eastern Mediterranean to discover the cuisine of these far flung places. Yotam's journey begins in Morocco.	UNITED KINGDOM	English-100		G	Y
2021-08-21	2025	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2021-08-21	2030	Ainsley's Mediterranean Cookbook	Granada	Ainsley is exploring the glorious Mediterranean region of southern Spain and his journey has brought him to the gastronomic hotspot that is Granada, where he's on the Moorish spice.	UNITED KINGDOM	English-100	RPT	G	
2021-08-21	2125	Poh & Co. Bitesize	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
2021-08-21	2130	Hairy Bikers' Best Of British	Comfort Food	The Bikers enjoy the flavours of their home as they explore Britain's love of comfort food. As well as a classic rice pudding, the Bikers prepare their own tastes of home, with Dave's stuffed cabbage.	UNITED KINGDOM	English-100	RPT	G	
2021-08-21	2240	Nigella Kitchen	Devilishly Good	It's time for some seriously delicious eating and in Nigella's kitchen every mouthful is devilishly good. First up is her fabulous, fiery, red jumbo chilli sauce with tortilla chips.	UNITED KINGDOM	English-100	RPT	G	
2021-08-21	2310	Born To Cook: Jack Stein Down Under	Crabs, Figs And Marron	Jack Stein is in Augusta to meet with weathered fisherman, Mick. After a quick surf with Taj Burrow, he heads to a fig orchard where he learns about the history of figs in Australia.	AUSTRALIA	English-100	RPT	G	
2021-08-21	2340	Heston's Recipe For Romance	Heston's Recipe For Romance	Heston Blumenthal teams up with science and psychology experts to try and develop a meal that will affect how people in a relationship feel about each other. Is there a recipe for romance?	UNITED KINGDOM	English-100	RPT	PG	Y
2021-08-21	2435	Yotam Ottolenghi's Mediterranean Feasts	Morocco	Renowned chef Yotam Ottolenghi travels the southern and eastern Mediterranean to discover the cuisine of these far flung places. Yotam's journey begins in Morocco.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-21	2530	Ainsley's Mediterranean Cookbook	Granada	Ainsley is exploring the glorious Mediterranean region of southern Spain and his journey has brought him to the gastronomic hotspot that is Granada, where he's on the Moorish spice.	UNITED KINGDOM	English-100	RPT	G	
2021-08-21	2625	Poh & Co. Bitesize	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
2021-08-21	2630	Hairy Bikers' Best Of British	Comfort Food	The Bikers enjoy the flavours of their home as they explore Britain's love of comfort food. As well as a classic rice pudding, the Bikers prepare their own tastes of home, with Dave's stuffed cabbage.	UNITED KINGDOM	English-100	RPT	G	
2021-08-21	2735	Rhodes Across Italy	Lazio	Gary Rhodes starts his grand tour of Italian cuisine in Rome, the nation's historic capital. Gary and his sous-chefs Marc and Claire are on a mission to uncover the true tastes and flavours of Lazio.	UNITED KINGDOM	English-100	RPT	G	
2021-08-21	2830	Nigella Kitchen	Devilishly Good	It's time for some seriously delicious eating and in Nigella's kitchen every mouthful is devilishly good. First up is her fabulous, fiery, red jumbo chilli sauce with tortilla chips.	UNITED KINGDOM	English-100	RPT	G	