



WEEK 35: Sunday, 22 August - Saturday, 28 August 2021 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Cap
2021-08-22	0500	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	
2021-08-22	0530	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	
2021-08-22	0625	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
2021-08-22	0630	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	
2021-08-22	0700	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	
2021-08-22	0730	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
2021-08-22	0825	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	
2021-08-22	0830	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	
2021-08-22	0900	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	
2021-08-22	0930	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	
2021-08-22	1000	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
2021-08-22	1055	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
2021-08-22	1100	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	
2021-08-22	1155	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
2021-08-22	1200	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	
2021-08-22	1305	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	
2021-08-22	1335	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	

2021-08-22	1400	The Cook Up with Adam Liaw	Macadamia	Bake Club's Aneka 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		
2021-08-22	1430	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		
2021-08-22	1500	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		
2021-08-22	1530	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		
2021-08-22	1600	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		
2021-08-22	1630	The Cook And The Chef	Cooking With Kids	School Holidays mean finding things for the kids to do and Maggie and Simon get some kids busy looking for mushrooms and picking plums. Simon also visits a Mussel farm in Port Lincoln.	AUSTRALIA	English-100			G	
2021-08-22	1700	The Cook And The Chef	Cooking With Grapes	Raise a toast to the glorious grape as Simon and Maggie celebrate with the fruit of the vine. In Maggie's Barossa kitchen, they showcase a range of savoury and sweet dishes cooked with whole grapes.	AUSTRALIA	English-100			G	
2021-08-22	1730	Michela's Tuscan Kitchen	Michela's Tuscan Kitchen Series 1 Ep 7	Michela samples the delights of fresh truffles grown in the hills around Siena, and revives her love for chickpeas upon discovering a unique chickpea pancake in a back street local eatery.	UNITED KINGDOM	English-100	RPT		G	
2021-08-22	1800	Amazon Taste	Cupuacu	Thiago goes to the city of Tome-Acu, where the cupuacu plantation unites the Japanese and Brazilian cultures with the production of one of the most used fruits in the region's cuisine.	BRAZIL	English-50; Portuguese-50			PG	
2021-08-22	1830	Amazon Taste	Crab	In Braganca, crab is one of the most appreciated ingredients in the local cuisine. In the mangroves, Thiago learns about the extraction of the crabs and its importance to the region's economy.	BRAZIL	English-50; Portuguese-50			PG	
2021-08-22	1900	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		G	
2021-08-22	1930	Weekend Breaks With Gregg Wallace	Munich	Gregg heads to Munich to discover a city that has done more to shape our image of Germany than any other. Over three days, he gets stuck into schnitzels, mountains of pork and, of course, the beer.	UNITED KINGDOM	English-100			PG	
2021-08-22	2030	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 4	Rick heads for the little known region of Extremadura, which is famous for pimenton and Spain's most celebrated ham - Iberico.	UNITED KINGDOM	English-100	RPT		G	Y
2021-08-22	2140	Hairy Bikers' Best Of British	1960s, The	Dave and Si return to the 1960s - a decade of music, fashion, and food trends which are still with us today. They prepare steak Diane and profiteroles and meet a restaurateur who made eating out cool.	UNITED KINGDOM	English-100	RPT		PG	
2021-08-22	2250	Destination Flavour Bitesize	Destination Flavour Bitesize Series 1 Ep 10	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
2021-08-22	2300	Nigella Kitchen	Safety In Numbers	It is Christmas, and Nigella is having a fabulous easy drinks party. On the menu there are meltingly tender turkey meatballs in tomato sauce and a must-have party recipe.	UNITED KINGDOM	English-100	RPT		G	
2021-08-22	2330	Amazon Taste	Crab	In Braganca, crab is one of the most appreciated ingredients in the local cuisine. In the mangroves, Thiago learns about the extraction of the crabs and its importance to the region's economy.	BRAZIL	English-50; Portuguese-50	RPT		PG	
2021-08-22	2400	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		G	
2021-08-22	2430	Weekend Breaks With Gregg Wallace	Munich	Gregg heads to Munich to discover a city that has done more to shape our image of Germany than any other. Over three days, he gets stuck into schnitzels, mountains of pork and, of course, the beer.	UNITED KINGDOM	English-100	RPT		PG	
2021-08-22	2530	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 4	Rick heads for the little known region of Extremadura, which is famous for pimenton and Spain's most celebrated ham - Iberico.	UNITED KINGDOM	English-100	RPT		G	Y

2021-08-22	2640	Hairy Bikers' Best Of British	1960s, The	Dave and Si return to the 1960s - a decade of music, fashion, and food trends which are still with us today. They prepare steak Diane and profiteroles and meet a restaurateur who made eating out cool.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-22	2750	Destination Flavour Bitesize	Destination Flavour Bitesize Series 1 Ep 10	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
2021-08-22	2800	The Cook And The Chef	Cooking With Kids	School Holidays mean finding things for the kids to do and Maggie and Simon get some kids busy looking for mushrooms and picking plums. Simon also visits a Mussel farm in Port Lincoln.	AUSTRALIA	English-100	RPT	G	
2021-08-22	2830	The Cook And The Chef	Cooking With Grapes	Raise a toast to the glorious grape as Simon and Maggie celebrate with the fruit of the vine. In Maggie's Barossa kitchen, they showcase a range of savoury and sweet dishes cooked with whole grapes.	AUSTRALIA	English-100	RPT	G	
2021-08-23	0500	The Cook Up with Adam Liaw	Macadamia	Bake Club's Aneka 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	
2021-08-23	0530	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	
2021-08-23	0600	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	
2021-08-23	0630	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	
2021-08-23	0700	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	
2021-08-23	0730	Michela's Tuscan Kitchen	Michela's Tuscan Kitchen Series 1 Ep 7	Michela samples the delights of fresh truffles grown in the hills around Siena, and revives her love for chickpeas upon discovering a unique chickpea pancake in a back street local eatery.	UNITED KINGDOM	English-100	RPT	G	
2021-08-23	0800	Amazon Taste	Cupuacu	Thiago goes to the city of Tome-Acu, where the cupuacu plantation unites the Japanese and Brazilian cultures with the production of one of the most used fruits in the region's cuisine.	BRAZIL	English-50; Portuguese-50	RPT	PG	
2021-08-23	0830	Amazon Taste	Crab	In Braganca, crab is one of the most appreciated ingredients in the local cuisine. In the mangroves, Thiago learns about the extraction of the crabs and its importance to the region's economy.	BRAZIL	English-50; Portuguese-50	RPT	PG	
2021-08-23	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	G	
2021-08-23	0930	Weekend Breaks With Gregg Wallace	Munich	Gregg heads to Munich to discover a city that has done more to shape our image of Germany than any other. Over three days, he gets stuck into schnitzels, mountains of pork and, of course, the beer.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-23	1030	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 4	Rick heads for the little known region of Extremadura, which is famous for pimenton and Spain's most celebrated ham - Iberico.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-23	1140	Hairy Bikers' Best Of British	1960s, The	Dave and Si return to the 1960s - a decade of music, fashion, and food trends which are still with us today. They prepare steak Diane and profiteroles and meet a restaurateur who made eating out cool.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-23	1250	Destination Flavour Bitesize	Destination Flavour Bitesize Series 1 Ep 10	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
2021-08-23	1300	Amazon Taste	Cupuacu	Thiago goes to the city of Tome-Acu, where the cupuacu plantation unites the Japanese and Brazilian cultures with the production of one of the most used fruits in the region's cuisine.	BRAZIL	English-50; Portuguese-50	RPT	PG	
2021-08-23	1330	Donal's Kitchen Hero	Sunday Lunch	Donal cooks Sunday lunch for the women who taught him how to cook - his mother and grandmother. He serves simple garlic and rosemary roast lamb with asparagus, carrots, and potato dauphinoise.	IRELAND	English-100	RPT	G	
2021-08-23	1400	Rachel Khoo's Cosmopolitan Cook	Costa Brava	Costa Brava - Rachel visits the rugged and romantic Catalonian coastline and explores its coves to uncover some local foodie secrets. Back Home she makes Burnt Leek Parcels with a Romesco Sauce.	UNITED KINGDOM	English-100	RPT	G	Y

2021-08-23	1430	Pati's Mexican Table	Bread Basket, The	Pati visits home cooks and iconic restaurants all over Sinaloa, sampling some of the state's most iconic dishes.	USA	English-100	RPT	G	
2021-08-23	1500	The Chefs' Line	French	Watch apprentice chef Tara from French restaurant Montrachet go up against four passionate home cooks. It's a battle between profession and passion. Who will make it to the end of the chefs' line?	AUSTRALIA	English-100	RPT	G	Y
2021-08-23	1530	Lidia's Kitchen	Layering Italian Flavours	Lidia prepares a light version of chicken parmigiana, and a simple steamed broccoli dish with red wine vinegar and hard boiled eggs.	USA	English-100	RPT	G	
2021-08-23	1600	Annabel Langbein: Free Range Cook	Ultimate Barbeque, The	Annabel Langbein jetboats across Lake Wanaka to pick luscious raspberries, then returns to her cabin to cook a glorious dinner of barbecued chicken and vegetables from her garden.	NEW ZEALAND	English-100	RPT	G	
2021-08-23	1630	Bake With Anna Olson	Fruit Preserves	Anna shares her favourite preserved fruit recipes - perfect to use as fillings for countless desserts, including strawberry jam and marmalade.	CANADA	English-100	RPT	G	
2021-08-23	1700	Destination Flavour China	Beijing	Adam Liaw arrives in his Mum's home town of Beijing to begin a culinary, historical and personal journey through the ancient country of China.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y
2021-08-23	1730	The Cook And The Chef	Produce Of Two Islands	South of Hobart in the delightfully named Sandlfy Simon found Gordon and Jane Brown growing an unusual crop: Green Tea.	AUSTRALIA	English-100		G	
2021-08-23	1800	Choccywoccydoodah	Spring Is In The Air	The Choccywoccydoodah crew are back with more fantastical cakes than ever! It's Easter and the team creates a giant Easter egg as a gift for Paul O'Grady and a royalty-themed window display.	UNITED KINGDOM	English-100		PG	
2021-08-23	1830	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 36	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	
2021-08-23	1900	The Cook Up with Adam Liaw	Pork Chops	Host Adam Liaw is joined by Universal and Paramount owner Christine Manfield and The Cook's Co-Op and ex-Longrain owner Martin Boetz in The Cook Up kitchen to dish up their ultimate pork chop recipes.	AUSTRALIA	English-100		PG	
2021-08-23	1930	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 5 Ep 2	This week Hollywood A-lister Salma Hayek is swapping the big screen for the cafe kitchen. On the menu, inspired by Salma's father's roots, is delicious Lebanese kibbeh.	UNITED KINGDOM	English-100		PG	
2021-08-23	2030	Amy Schumer Learns To Cook	Amy's Steakhouse Dinner, Bbq	Amy is ready to show off her chef skills by taking the lead and attempting to cook her favourite meal - a classic steakhouse dinner featuring seared skirt steak and creamed spinach.	USA	English-100		PG	
2021-08-23	2125	Poh & Co. Bitesize	Garden, The	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-08-23	2130	Mystery Diners	Party Monster	Mystery Diners go undercover to discover why George's has a dramatic loss in revenue - and find that the staff are taking the 'have fun' policy to the next level.	USA	English-100	RPT	PG	
2021-08-23	2200	The Cook Up with Adam Liaw	Pork Chops	Host Adam Liaw is joined by Universal and Paramount owner Christine Manfield and The Cook's Co-Op and ex-Longrain owner Martin Boetz in The Cook Up kitchen to dish up their ultimate pork chop recipes.	AUSTRALIA	English-100	RPT	PG	
2021-08-23	2230	The Cook And The Chef	Produce Of Two Islands	South of Hobart in the delightfully named Sandlfy Simon found Gordon and Jane Brown growing an unusual crop: Green Tea.	AUSTRALIA	English-100	RPT	G	
2021-08-23	2300	Choccywoccydoodah	Spring Is In The Air	The Choccywoccydoodah crew are back with more fantastical cakes than ever! It's Easter and the team creates a giant Easter egg as a gift for Paul O'Grady and a royalty-themed window display.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-23	2330	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 36	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	
2021-08-23	2400	The Chefs' Line	French	Watch apprentice chef Tara from French restaurant Montrachet go up against four passionate home cooks. It's a battle between profession and passion. Who will make it to the end of the chefs' line?	AUSTRALIA	English-100	RPT	G	Y
2021-08-23	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 61	Classical singing stars Jonathan Ansell and Hayley Westenra swap arias for aprons and join Harriott in the kitchen for another 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G	

2021-08-23	2520	Destination Flavour Bitesize	Destination Flavour Bitesize Series 1 Ep 6	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
2021-08-23	2530	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 5 Ep 2	This week Hollywood A-lister Salma Hayek is swapping the big screen for the cafe kitchen. On the menu, inspired by Salma's father's roots, is delicious Lebanese kibbeh.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-23	2630	Amy Schumer Learns To Cook	Amy's Steakhouse Dinner, Bbq	Amy is ready to show off her chef skills by taking the lead and attempting to cook her favourite meal - a classic steakhouse dinner featuring seared skirt steak and creamed spinach.	USA	English-100	RPT	PG	
2021-08-23	2725	Poh & Co. Bitesize	Garden, The	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-08-23	2730	Mystery Diners	Party Monster	Mystery Diners go undercover to discover why George's has a dramatic loss in revenue - and find that the staff are taking the 'have fun' policy to the next level.	USA	English-100	RPT	PG	
2021-08-23	2800	Donal's Kitchen Hero	Sunday Lunch	Donal cooks Sunday lunch for the women who taught him how to cook - his mother and grandmother. He serves simple garlic and rosemary roast lamb with asparagus, carrots, and potato dauphinoise.	IRELAND	English-100	RPT	G	
2021-08-23	2830	Rachel Khoo's Cosmopolitan Cook	Costa Brava	Costa Brava - Rachel visits the rugged and romantic Catalonian coastline and explores its coves to uncover some local foodie secrets. Back Home she makes Burnt Leek Parcels with a Romesco Sauce.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-24	0500	Pati's Mexican Table	Bread Basket, The	Pati visits home cooks and iconic restaurants all over Sinaloa, sampling some of the state's most iconic dishes.	USA	English-100	RPT	G	
2021-08-24	0530	The Chefs' Line	French	Watch apprentice chef Tara from French restaurant Montrachet go up against four passionate home cooks. It's a battle between profession and passion. Who will make it to the end of the chefs' line?	AUSTRALIA	English-100	RPT	G	Y
2021-08-24	0600	Lidia's Kitchen	Layering Italian Flavours	Lidia prepares a light version of chicken parmigiana, and a simple steamed broccoli dish with red wine vinegar and hard boiled eggs.	USA	English-100	RPT	G	
2021-08-24	0630	Annabel Langbein: Free Range Cook	Ultimate Barbeque, The	Annabel Langbein jetboats across Lake Wanaka to pick luscious raspberries, then returns to her cabin to cook a glorious dinner of barbecued chicken and vegetables from her garden.	NEW ZEALAND	English-100	RPT	G	
2021-08-24	0700	Bake With Anna Olson	Fruit Preserves	Anna shares her favourite preserved fruit recipes - perfect to use as fillings for countless desserts, including strawberry jam and marmalade.	CANADA	English-100	RPT	G	
2021-08-24	0730	Destination Flavour China	Beijing	Adam Liaw arrives in his Mum's home town of Beijing to begin a culinary, historical and personal journey through the ancient country of China.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y
2021-08-24	0800	The Cook And The Chef	Produce Of Two Islands	South of Hobart in the delightfully named Sandfly Simon found Gordon and Jane Brown growing an unusual crop: Green Tea.	AUSTRALIA	English-100	RPT	G	
2021-08-24	0830	Choccywoccydoodah	Spring Is In The Air	The Choccywoccydoodah crew are back with more fantastical cakes than ever! It's Easter and the team creates a giant Easter egg as a gift for Paul O'Grady and a royalty-themed window display.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-24	0900	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 36	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	
2021-08-24	0930	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 5 Ep 2	This week Hollywood A-lister Salma Hayek is swapping the big screen for the cafe kitchen. On the menu, inspired by Salma's father's roots, is delicious Lebanese kibbeh.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-24	1030	Mystery Diners	Party Monster	Mystery Diners go undercover to discover why George's has a dramatic loss in revenue - and find that the staff are taking the 'have fun' policy to the next level.	USA	English-100	RPT	PG	
2021-08-24	1100	The Cook Up with Adam Liaw	Pork Chops	Host Adam Liaw is joined by Universal and Paramount owner Christine Manfield and The Cook's Co-Op and ex-Longrain owner Martin Boetz in The Cook Up kitchen to dish up their ultimate pork chop recipes.	AUSTRALIA	English-100	RPT	PG	
2021-08-24	1130	Amy Schumer Learns To Cook	Amy's Steakhouse Dinner, Bbq	Amy is ready to show off her chef skills by taking the lead and attempting to cook her favourite meal - a classic steakhouse dinner featuring seared skirt steak and creamed spinach.	USA	English-100	RPT	PG	
2021-08-24	1225	Poh & Co. Bitesize	Garden, The	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y

2021-08-24	1230	The Cook And The Chef	Produce Of Two Islands	South of Hobart in the delightfully named Sandlfy Simon found Gordon and Jane Brown growing an unusual crop: Green Tea.	AUSTRALIA	English-100	RPT	G	
2021-08-24	1300	Choccywoccydoodah	Spring Is In The Air	The Choccywoccydoodah crew are back with more fantastical cakes than ever! It's Easter and the team creates a giant Easter egg as a gift for Paul O'Grady and a royalty-themed window display.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-24	1330	Donal's Kitchen Hero	Last Minute Fixes	You're tired, it's late, but you need to eat, so Donal cooks some of his fail-safe stand-by dishes - vodka penne, spaghetti amatriciana, scrambled eggs with bagels, and an omelette with avocado.	IRELAND	English-100	RPT	G	
2021-08-24	1400	Rachel Khoo's Cosmopolitan Cook	Provence	Rachel takes in the rural beauty of Provence as she explores the mountain towns and olive groves to be inspired by some passionate food producers.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-24	1430	Pati's Mexican Table	Home Cooking Sinaloa Style	Known as 'Mexico's Bread Basket,' Sinaloa produces about 40 percent of the meat and produce consumed in all of Mexico. Pati travels the countryside - to farms and fisheries.	USA	English-100	RPT	PG	
2021-08-24	1500	The Chefs' Line	French	Watch station chef Tom from French restaurant Montrachet go 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
2021-08-24	1530	Lidia's Kitchen	Poached Eggs	Lidia shares her recipes for a warm mushroom salad, eggs poached in tomato sauce and served with grilled country bread, and an Italian hazelnut cookie made with meringue.	USA	English-100	RPT	G	
2021-08-24	1600	Annabel Langbein: Free Range Cook	Asian Inspiration	Spring has sprung in Annabel Langbein's Wanaka garden and she's already picking the first crisp snow peas of the season to use in a zingy Thai carrot salad.	NEW ZEALAND	English-100	RPT	G	
2021-08-24	1630	Bake With Anna Olson	Flourless Cookies	Anna's covered flourless cakes, pies, and tarts, and now some delicious flourless cookie recipes are in order. First up are Anna's almond butter thumbprint cookies.	CANADA	English-100	RPT	G	
2021-08-24	1700	Destination Flavour China	Anhui	Adam visits the beautiful, mountainous province of Anhui, home to one of the eight great regional cuisines of China. Anhui cuisine is hearty, peasant food that uses seasonal, wild produce.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y
2021-08-24	1730	The Cook And The Chef	Lobster And Mushrooms	Kangaroo Island is one of Maggie's favourite destinations, its magnificent coastline and pristine waters provide an abundance of superb seafood for the locals.	AUSTRALIA	English-100		G	
2021-08-24	1800	Choccywoccydoodah	Square Pegs In Round Holes	The team makes an eccentric window display and a cake for Boy George's 50th birthday, and a new member of staff, Rebecca, begins her first week.	UNITED KINGDOM	English-100		PG	
2021-08-24	1830	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 37	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	
2021-08-24	1900	The Cook Up with Adam Liaw	Five Ingredient Dinner	The Cook Up kitchen plays host to Adam Liaw, viking and executive chef at Mjolner, Joachim Borenius, and comedian Lizzy Hoo who whip up their ultimate and easy five ingredient dinners.	AUSTRALIA	English-100		PG	
2021-08-24	1930	Destination Flavour Japan	Destination Flavour - Japan Series 1 Ep 6	Adam Liaw trolls the restaurants of food-crazy Tokyo to find food as diverse as Yakitori made from the reproductive organs of chickens to a degustation delight called 'soil 2013'.	AUSTRALIA	English-78; Japanese-22	RPT	G	Y
2021-08-24	2000	David Rocco's Dolce Africa	Streets Of Joburg	David spends the day exploring Johannesburg, a city whose street art scene has caused it to become the cutting edge of modern art in Africa. He joins with local graffiti artists to learn its history.	CANADA	English-100		PG	
2021-08-24	2030	Jamie's Great Britain	West Country, The	Jamie visits the West Country - famous for its pasties, cheddar and delicious scrumpy cider. However, Jamie's in search of less traditional fare too, and tastes some Jamaican cooking in Bristol.	UNITED KINGDOM	English-100		PG	
2021-08-24	2130	Mystery Diners	Catch Of The Day	Garcia's Seafood Grille and Fish Market's unusually low haul in crab claws calls in the Mystery Diners to find out where the seafood is going missing.	USA	English-100	RPT	PG	
2021-08-24	2200	The Cook Up with Adam Liaw	Five Ingredient Dinner	The Cook Up kitchen plays host to Adam Liaw, viking and executive chef at Mjolner, Joachim Borenius, and comedian Lizzy Hoo who whip up their ultimate and easy five ingredient dinners.	AUSTRALIA	English-100	RPT	PG	
2021-08-24	2230	The Cook And The Chef	Lobster And Mushrooms	Kangaroo Island is one of Maggie's favourite destinations, its magnificent coastline and pristine waters provide an abundance of superb seafood for the locals.	AUSTRALIA	English-100	RPT	G	

2021-08-24	2300	Choccywoccydoodah	Square Pegs In Round Holes	The team makes an eccentric window display and a cake for Boy George's 50th birthday, and a new member of staff, Rebecca, begins her first week.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-24	2330	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 37	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	
2021-08-24	2400	The Chefs' Line	French	Watch station chef Tom from French restaurant Montrachet go 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
2021-08-24	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 62	Coast presenters Miranda Krestovnikoff and Nick Crane are the guests as Ainsley Harriott hosts another classic 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G	
2021-08-24	2520	Destination Flavour Bitesize	Destination Flavour Bitesize Series 1 Ep 7	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
2021-08-24	2530	Destination Flavour Japan	Destination Flavour - Japan Series 1 Ep 6	Adam Liaw trolls the restaurants of food-crazy Tokyo to find food as diverse as Yakitori made from the reproductive organs of chickens to a degustation delight called 'soil 2013'.	AUSTRALIA	English-78; Japanese-22	RPT	G	Y
2021-08-24	2600	David Rocco's Dolce Africa	Streets Of Joburg	David spends the day exploring Johannesburg, a city whose street art scene has caused it to become the cutting edge of modern art in Africa. He joins with local graffiti artists to learn its history.	CANADA	English-100	RPT	PG	
2021-08-24	2630	Jamie's Great Britain	West Country, The	Jamie visits the West Country - famous for its pasties, cheddar and delicious scrumpy cider. However, Jamie's in search of less traditional fare too, and tastes some Jamaican cooking in Bristol.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-24	2730	Mystery Diners	Catch Of The Day	Garcia's Seafood Grille and Fish Market's unusually low haul in crab claws calls in the Mystery Diners to find out where the seafood is going missing.	USA	English-100	RPT	PG	
2021-08-24	2800	Donal's Kitchen Hero	Last Minute Fixes	You're tired, it's late, but you need to eat, so Donal cooks some of his fail-safe stand-by dishes - vodka penne, spaghetti amatriciana, scrambled eggs with bagels, and an omelette with avocado.	IRELAND	English-100	RPT	G	
2021-08-24	2830	Rachel Khoo's Cosmopolitan Cook	Provence	Rachel takes in the rural beauty of Provence as she explores the mountain towns and olive groves to be inspired by some passionate food producers.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-25	0500	Pati's Mexican Table	Home Cooking Sinaloa Style	Known as 'Mexico's Bread Basket,' Sinaloa produces about 40 percent of the meat and produce consumed in all of Mexico. Pati travels the countryside - to farms and fisheries.	USA	English-100	RPT	PG	
2021-08-25	0530	The Chefs' Line	French	Watch station chef Tom from French restaurant Montrachet go 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
2021-08-25	0600	Lidia's Kitchen	Poached Eggs	Lidia shares her recipes for a warm mushroom salad, eggs poached in tomato sauce and served with grilled country bread, and an Italian hazelnut cookie made with meringue.	USA	English-100	RPT	G	
2021-08-25	0630	Annabel Langbein: Free Range Cook	Asian Inspiration	Spring has sprung in Annabel Langbein's Wanaka garden and she's already picking the first crisp snow peas of the season to use in a zingy Thai carrot salad.	NEW ZEALAND	English-100	RPT	G	
2021-08-25	0700	Bake With Anna Olson	Flourless Cookies	Anna's covered flourless cakes, pies, and tarts, and now some delicious flourless cookie recipes are in order. First up are Anna's almond butter thumbprint cookies.	CANADA	English-100	RPT	G	
2021-08-25	0730	Destination Flavour China	Anhui	Adam visits the beautiful, mountainous province of Anhui, home to one of the eight great regional cuisines of China. Anhui cuisine is hearty, peasant food that uses seasonal, wild produce.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y
2021-08-25	0800	The Cook And The Chef	Lobster And Mushrooms	Kangaroo Island is one of Maggie's favourite destinations, its magnificent coastline and pristine waters provide an abundance of superb seafood for the locals.	AUSTRALIA	English-100	RPT	G	
2021-08-25	0830	Choccywoccydoodah	Square Pegs In Round Holes	The team makes an eccentric window display and a cake for Boy George's 50th birthday, and a new member of staff, Rebecca, begins her first week.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-25	0900	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 37	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	

2021-08-25	0930	Destination Flavour Japan	Destination Flavour - Japan Series 1 Ep 6	Adam Liaw trolls the restaurants of food-crazy Tokyo to find food as diverse as Yakitori made from the reproductive organs of chickens to a degustation delight called 'soil 2013'.	AUSTRALIA	English-78; Japanese-22	RPT	G	Y
2021-08-25	1000	David Rocco's Dolce Africa	Streets Of Joburg	David spends the day exploring Johannesburg, a city whose street art scene has caused it to become the cutting edge of modern art in Africa. He joins with local graffiti artists to learn its history.	CANADA	English-100	RPT	PG	
2021-08-25	1030	Mystery Diners	Catch Of The Day	Garcia's Seafood Grille and Fish Market's unusually low haul in crab claws calls in the Mystery Diners to find out where the seafood is going missing.	USA	English-100	RPT	PG	
2021-08-25	1100	The Cook Up with Adam Liaw	Five Ingredient Dinner	The Cook Up kitchen plays host to Adam Liaw, viking and executive chef at Mjolner, Joachim Borenius, and comedian Lizzy Hoo who whip up their ultimate and easy five ingredient dinners.	AUSTRALIA	English-100	RPT	PG	
2021-08-25	1130	Jamie's Great Britain	West Country, The	Jamie visits the West Country - famous for its pasties, cheddar and delicious scrumpy cider. However, Jamie's in search of less traditional fare too, and tastes some Jamaican cooking in Bristol.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-25	1230	The Cook And The Chef	Lobster And Mushrooms	Kangaroo Island is one of Maggie's favourite destinations, its magnificent coastline and pristine waters provide an abundance of superb seafood for the locals.	AUSTRALIA	English-100	RPT	G	
2021-08-25	1300	Choccywoccydoodah	Square Pegs In Round Holes	The team makes an eccentric window display and a cake for Boy George's 50th birthday, and a new member of staff, Rebecca, begins her first week.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-25	1330	Donal's Kitchen Hero	Food For A Crowd	Donal provides food for the cast of Dublin's Beauty and the Best production including jumbo chicken sandwiches, hummus with crispy pitta bread, and rocky road chocolate bars.	IRELAND	English-100	RPT	G	
2021-08-25	1400	Rachel Khoo's Cosmopolitan Cook	Stockholm	Rachel takes in the cool of Sweden's capital to discover why Scandinavian food is so fashionable right now and is inspired by some traditional Swedish baking.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-25	1430	Pati's Mexican Table	How Do You Say Tucson?	Pati travels north of the border to Tucson, Arizona, a city that claims to have the best 23 miles of Mexican food anywhere in the world.	USA	English-100	RPT	G	
2021-08-25	1500	The Chefs' Line	French	Watch sous chef Jamie from French restaurant Montrachet compete against two passionate home cooks. Can a delicious home cooked meal beat the refinement of a restaurant dish?	AUSTRALIA	English-100	RPT	G	Y
2021-08-25	1530	Lidia's Kitchen	All About Chicken	Lidia shares her favourite chicken recipes - roasted chicken, seared chicken breast with mushrooms, and paprika drumsticks with capsicum.	USA	English-100	RPT	G	
2021-08-25	1600	Annabel Langbein: Free Range Cook	Celebration Of Spring, A	Annabel heads north to sunny Hawkes Bay to meet a farmer who specialises in tender, grass-fed wagyu beef, and stops at a local organic asparagus farm along the way.	NEW ZEALAND	English-100	RPT	G	
2021-08-25	1630	Bake With Anna Olson	Crackers	Anna always has a few styles of homemade crackers on hand. She shares some of her favourites recipes, including pumpkin seed and date spice crackers, Graham crackers, and cheddar shortbread.	CANADA	English-100	RPT	G	
2021-08-25	1700	Destination Flavour China	Jiangsu And Zhejiang	Adam's journey to explore China's history through its food continues as he visits the provinces of Jiangsu and Zhejiang, both considered part of the eight great regional cuisines of China.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y
2021-08-25	1730	The Cook And The Chef	Seaweed And Scallops	The East Coast of Tasmania has to be one of the most beautiful stretches of coastline anywhere in the world, but when Simon visits he's not just interested in the dazzling scenery.	AUSTRALIA	English-100		G	
2021-08-25	1800	Choccywoccydoodah	Queen Of Cakes, The	Boss Christine pushes the team to their limits as she creates their most extravagant Choccywoccydoodah summer window display ever. But the pressure mounts as the costs continue to rise.	UNITED KINGDOM	English-100		PG	
2021-08-25	1830	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 38	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	
2021-08-25	1900	The Cook Up with Adam Liaw	Late Night Snack	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 ultimate late-night snack.	AUSTRALIA	English-100		PG	
2021-08-25	1930	Giada Entertains	Pastabilities	Giada invites her friends over to enjoy a pasta party together. They feast on a menu that includes malloreddus with shrimp and arugula as well as pappardelle with sausage ragu.	USA	English-100		PG	

2021-08-25	2000	Poh & Co.	Brand New Life, A	It's opening day at the Central Market Cafe and the group is nervous and excited. The future of the cafe is unknown, but right now Poh is making new friends.	AUSTRALIA	English-100	RPT	G	Y
2021-08-25	2030	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 15	As Rick's Cornish odyssey comes to an end he takes a city break in Truro, where he tours the magnificent cathedral and later dines with a family who are passionate about offal.	UNITED KINGDOM	English-100		PG	
2021-08-25	2100	Rick Stein's Seafood Odyssey	India And Cornwall	Rick flees the restaurant to seek comfort from the sea. Thirty miles out of Padstow, he begins to calm down. Veteran fisherman Ivan Bates introduces Rick to the joys of fishing.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-25	2130	Mystery Diners	All In The Family	The Mystery Diners are called in to a family-run restaurant in New Orleans when the owner becomes fed up with the lack of respect from his relative employees.	USA	English-100	RPT	PG	
2021-08-25	2200	The Cook Up with Adam Liaw	Late Night Snack	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 ultimate late-night snack.	AUSTRALIA	English-100	RPT	PG	
2021-08-25	2230	The Cook And The Chef	Seaweed And Scallops	The East Coast of Tasmania has to be one of the most beautiful stretches of coastline anywhere in the world, but when Simon visits he's not just interested in the dazzling scenery.	AUSTRALIA	English-100	RPT	G	
2021-08-25	2300	Choccywoccydoodah	Queen Of Cakes, The	Boss Christine pushes the team to their limits as she creates their most extravagant Choccywoccydoodah summer window display ever. But the pressure mounts as the costs continue to rise.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-25	2330	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 38	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	
2021-08-25	2400	The Chefs' Line	French	Watch sous chef Jamie from French restaurant Montrachet compete against two passionate home cooks. Can a delicious home cooked meal beat the refinement of a restaurant dish?	AUSTRALIA	English-100	RPT	G	Y
2021-08-25	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 63	Daytime TV presenters Lorne Spicer and Mark Franks try turning bargain food shopping into a culinary bonanza as Ainsley Harriott hosts another 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G	
2021-08-25	2520	Destination Flavour Bitesize	Destination Flavour Bitesize Series 1 Ep 8	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
2021-08-25	2530	Giada Entertains	Pastabilities	Giada invites her friends over to enjoy a pasta party together. They feast on a menu that includes malloreddus with shrimp and arugula as well as pappardelle with sausage ragu.	USA	English-100	RPT	PG	
2021-08-25	2600	Poh & Co.	Brand New Life, A	It's opening day at the Central Market Cafe and the group is nervous and excited. The future of the cafe is unknown, but right now Poh is making new friends.	AUSTRALIA	English-100	RPT	G	Y
2021-08-25	2630	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 15	As Rick's Cornish odyssey comes to an end he takes a city break in Truro, where he tours the magnificent cathedral and later dines with a family who are passionate about offal.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-25	2700	Rick Stein's Seafood Odyssey	India And Cornwall	Rick flees the restaurant to seek comfort from the sea. Thirty miles out of Padstow, he begins to calm down. Veteran fisherman Ivan Bates introduces Rick to the joys of fishing.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-25	2730	Mystery Diners	All In The Family	The Mystery Diners are called in to a family-run restaurant in New Orleans when the owner becomes fed up with the lack of respect from his relative employees.	USA	English-100	RPT	PG	
2021-08-25	2800	Donal's Kitchen Hero	Food For A Crowd	Donal provides food for the cast of Dublin's Beauty and the Best production including jumbo chicken sandwiches, hummus with crispy pitta bread, and rocky road chocolate bars.	IRELAND	English-100	RPT	G	
2021-08-25	2830	Rachel Khoo's Cosmopolitan Cook	Stockholm	Rachel takes in the cool of Sweden's capital to discover why Scandinavian food is so fashionable right now and is inspired by some traditional Swedish baking.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-26	0500	Pati's Mexican Table	How Do You Say Tucson?	Pati travels north of the border to Tucson, Arizona, a city that claims to have the best 23 miles of Mexican food anywhere in the world.	USA	English-100	RPT	G	
2021-08-26	0530	The Chefs' Line	French	Watch sous chef Jamie from French restaurant Montrachet compete against two passionate home cooks. Can a delicious home cooked meal beat the refinement of a restaurant dish?	AUSTRALIA	English-100	RPT	G	Y

2021-08-26	0600	Lidia's Kitchen	All About Chicken	Lidia shares her favourite chicken recipes - roasted chicken, seared chicken breast with mushrooms, and paprika drumsticks with capsicum.	USA	English-100	RPT	G	
2021-08-26	0630	Annabel Langbein: Free Range Cook	Celebration Of Spring, A	Annabel heads north to sunny Hawkes Bay to meet a farmer who specialises in tender, grass-fed wagyu beef, and stops at a local organic asparagus farm along the way.	NEW ZEALAND	English-100	RPT	G	
2021-08-26	0700	Bake With Anna Olson	Crackers	Anna always has a few styles of homemade crackers on hand. She shares some of her favourites recipes, including pumpkin seed and date spice crackers, Graham crackers, and cheddar shortbread.	CANADA	English-100	RPT	G	
2021-08-26	0730	Destination Flavour China	Jiangsu And Zhejiang	Adam's journey to explore China's history through its food continues as he visits the provinces of Jiangsu and Zhejiang, both considered part of the eight great regional cuisines of China.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y
2021-08-26	0800	The Cook And The Chef	Seaweed And Scallops	The East Coast of Tasmania has to be one of the most beautiful stretches of coastline anywhere in the world, but when Simon visits he's not just interested in the dazzling scenery.	AUSTRALIA	English-100	RPT	G	
2021-08-26	0830	Choccywoccydoodah	Queen Of Cakes, The	Boss Christine pushes the team to their limits as she creates their most extravagant Choccywoccydoodah summer window display ever. But the pressure mounts as the costs continue to rise.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-26	0900	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 38	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	
2021-08-26	0930	Giada Entertains	Pastabilities	Giada invites her friends over to enjoy a pasta party together. They feast on a menu that includes malloreddus with shrimp and arugula as well as pappardelle with sausage ragu.	USA	English-100	RPT	PG	
2021-08-26	1000	Poh & Co.	Brand New Life, A	It's opening day at the Central Market Cafe and the group is nervous and excited. The future of the cafe is unknown, but right now Poh is making new friends.	AUSTRALIA	English-100	RPT	G	Y
2021-08-26	1030	Mystery Diners	All In The Family	The Mystery Diners are called in to a family-run restaurant in New Orleans when the owner becomes fed up with the lack of respect from his relative employees.	USA	English-100	RPT	PG	
2021-08-26	1100	The Cook Up with Adam Liaw	Late Night Snack	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 ultimate late-night snack.	AUSTRALIA	English-100	RPT	PG	
2021-08-26	1130	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 15	As Rick's Cornish odyssey comes to an end he takes a city break in Truro, where he tours the magnificent cathedral and later dines with a family who are passionate about offal.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-26	1200	Rick Stein's Seafood Odyssey	India And Cornwall	Rick flees the restaurant to seek comfort from the sea. Thirty miles out of Padstow, he begins to calm down. Veteran fisherman Ivan Bates introduces Rick to the joys of fishing.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-26	1230	The Cook And The Chef	Seaweed And Scallops	The East Coast of Tasmania has to be one of the most beautiful stretches of coastline anywhere in the world, but when Simon visits he's not just interested in the dazzling scenery.	AUSTRALIA	English-100	RPT	G	
2021-08-26	1300	Choccywoccydoodah	Queen Of Cakes, The	Boss Christine pushes the team to their limits as she creates their most extravagant Choccywoccydoodah summer window display ever. But the pressure mounts as the costs continue to rise.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-26	1330	Donal's Kitchen Hero	Christmas Special	Donal travels to the far north, above the Arctic Circle, to the world's original Ice Hotel in Kiruna to make baked ham, gravadlax, and a special Christmas rice pudding.	IRELAND	English-100	RPT	G	
2021-08-26	1400	Rachel Khoo's Cosmopolitan Cook	Princes' Islands	Rachel takes things easy as she hops on a boat to the tranquil Princes' Islands. Back home Rachel cooks butternut filo pastry snails and a pistachio yoghurt cake with pomegranate.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-26	1430	Hemsley & Hemsley: Healthy And Delicious	Hemsley & Hemsley: Healthy And Delicious Series 1 Ep 1	Sisters Jasmine and Melissa Hemsley create nourishing dishes that will warm you up on a cold day and offer nutritionally high alternatives to the carbs we often crave when it's chilly outside.	UNITED KINGDOM	English-100	RPT	G	
2021-08-26	1500	The Chefs' Line	French	Head Chef Shannon from French restaurant Montrachet goes 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
2021-08-26	1530	Lidia's Kitchen	Salt	Lidia prepares salted cod fritters, penne rigate in vodka sauce, and a chunky beef and beer stew.	USA	English-100	RPT	G	

2021-08-26	1600	Annabel Langbein: Free Range Cook	Fresh From The Farm	Annabel loves to forage, and spring is the perfect time of year to gather tender watercress. She is in her element visiting a sustainable farm, where she also collects fresh eggs.	NEW ZEALAND	English-100	RPT	G	
2021-08-26	1630	Bake With Anna Olson	Creme Anglaise	A basic English custard sauce is a familiar companion to plated cakes, tarts and other desserts, but it is also the foundation for other pastry chef creations.	CANADA	English-100	RPT	G	
2021-08-26	1700	Destination Flavour China	Shanghai	Adam takes a side trip to a city he knew all-too-well during his years working as a corporate lawyer for the Disney company - Shanghai.	AUSTRALIA	English-70; Mandarin-30	RPT	PG	Y
2021-08-26	1730	The Cook And The Chef	Beetroot And Pepper	Maggie and Simon demonstrate how to bring out the best of the brilliant beetroot, and then spice up some delicious dishes with Native Tasmanian Pepper berry.	AUSTRALIA	English-100		G	
2021-08-26	1800	Choccywoccydoodah	Cake, Sweat And Tiers	Chief chocolatier Dave is off on holiday leaving his ambitious assistant Tom to step into his shoes The only problem is that Tom has seventeen cakes to make in five days and cannot miss his deadlines!	UNITED KINGDOM	English-100		PG	
2021-08-26	1830	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 39	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	G	
2021-08-26	1900	The Cook Up with Adam Liaw	Avocado	Host Adam Liaw is joined by Andrew Bowden from Andy Bowdy Pastry and Australian Woman's Weekly cooking queen Pamela Clark to cook their favourite avocado dishes.	AUSTRALIA	English-100		PG	
2021-08-26	1930	Field Trip With Curtis Stone	Umbria	Among medieval towns, dense forests, and winding cobblestone streets, a trip to Umbria finds Curtis chasing canine companions for black truffles and getting a tutorial from a master of porchetta.	USA	English-100		PG	
2021-08-26	2000	Middle East Feast With Shane Delia	Meze	Shane is helped in the kitchen by special guests Linda Jones and Joseph Abboud to bring a perfect feast of meze (an assortment of small Middle Eastern dishes) to the table.	AUSTRALIA	English-100		PG	
2021-08-26	2030	Gino's Italian Escape	Southern Sardinia	Gino is back on the road again, leaving the mountains and heading south to the coast and the capital of Sardinia. On his way he takes a fishing trip.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-26	2100	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 9	Rick is in his element when he arrives at Lake Thau because the dishes he prepares and devours are predominantly seafood. He cooks seafood ragout, using produce fresh from the fishing boats.	UNITED KINGDOM	English-100	RPT	G	
2021-08-26	2130	Mystery Diners	Friends With Benefits	Mystery Diners Nicole and Tom go undercover and discover a manager is hiring her incompetent friends who prevent a restaurant from thriving.	USA	English-100	RPT	PG	
2021-08-26	2200	The Cook Up with Adam Liaw	Avocado	Host Adam Liaw is joined by Andrew Bowden from Andy Bowdy Pastry and Australian Woman's Weekly cooking queen Pamela Clark to cook their favourite avocado dishes.	AUSTRALIA	English-100	RPT	PG	
2021-08-26	2230	The Cook And The Chef	Beetroot And Pepper	Maggie and Simon demonstrate how to bring out the best of the brilliant beetroot, and then spice up some delicious dishes with Native Tasmanian Pepper berry.	AUSTRALIA	English-100	RPT	G	
2021-08-26	2300	Choccywoccydoodah	Cake, Sweat And Tiers	Chief chocolatier Dave is off on holiday leaving his ambitious assistant Tom to step into his shoes The only problem is that Tom has seventeen cakes to make in five days and cannot miss his deadlines!	UNITED KINGDOM	English-100	RPT	PG	
2021-08-26	2330	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 39	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	G	
2021-08-26	2400	The Chefs' Line	French	Head Chef Shannon from French restaurant Montrachet goes 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
2021-08-26	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 64	Spandau Ballet singer Tony Hadley and radio presenter Sarah Champion face off in the kitchen as Ainsley Harriott hosts another 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G	
2021-08-26	2520	Destination Flavour Bitesize	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

2021-08-26	2530	Field Trip With Curtis Stone	Umbria	Among medieval towns, dense forests, and winding cobblestone streets, a trip to Umbria finds Curtis chasing canine companions for black truffles and getting a tutorial from a master of porchetta.	USA	English-100	RPT	PG	
2021-08-26	2600	Middle East Feast With Shane Delia	Meze	Shane is helped in the kitchen by special guests Linda Jones and Joseph Abboud to bring a perfect feast of meze (an assortment of small Middle Eastern dishes) to the table.	AUSTRALIA	English-100	RPT	PG	
2021-08-26	2630	Gino's Italian Escape	Southern Sardinia	Gino is back on the road again, leaving the mountains and heading south to the coast and the capital of Sardinia. On his way he takes a fishing trip.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-26	2700	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 9	Rick is in his element when he arrives at Lake Thau because the dishes he prepares and devours are predominantly seafood. He cooks seafood ragout, using produce fresh from the fishing boats.	UNITED KINGDOM	English-100	RPT	G	
2021-08-26	2730	Mystery Diners	Friends With Benefits	Mystery Diners Nicole and Tom go undercover and discover a manager is hiring her incompetent friends who prevent a restaurant from thriving.	USA	English-100	RPT	PG	
2021-08-26	2800	Donal's Kitchen Hero	Christmas Special	Donal travels to the far north, above the Arctic Circle, to the world's original Ice Hotel in Kiruna to make baked ham, gravadlax, and a special Christmas rice pudding.	IRELAND	English-100	RPT	G	
2021-08-26	2830	Rachel Khoo's Cosmopolitan Cook	Princes' Islands	Rachel takes things easy as she hops on a boat to the tranquil Princes' Islands. Back home Rachel cooks butternut filo pastry snails and a pistachio yoghurt cake with pomegranate.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-27	0500	Hemsley & Hemsley: Healthy And Delicious	Hemsley & Hemsley: Healthy And Delicious Series 1 Ep 1	Sisters Jasmine and Melissa Hemsley create nourishing dishes that will warm you up on a cold day and offer nutritionally high alternatives to the carbs we often crave when it's chilly outside.	UNITED KINGDOM	English-100	RPT	G	
2021-08-27	0530	The Chefs' Line	French	Head Chef Shannon from French restaurant Montrachet goes 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
2021-08-27	0600	Lidia's Kitchen	Salt	Lidia prepares salted cod fritters, penne rigate in vodka sauce, and a chunky beef and beer stew.	USA	English-100	RPT	G	
2021-08-27	0630	Annabel Langbein: Free Range Cook	Fresh From The Farm	Annabel loves to forage, and spring is the perfect time of year to gather tender watercress. She is in her element visiting a sustainable farm, where she also collects fresh eggs.	NEW ZEALAND	English-100	RPT	G	
2021-08-27	0700	Bake With Anna Olson	Creme Anglaise	A basic English custard sauce is a familiar companion to plated cakes, tarts and other desserts, but it is also the foundation for other pastry chef creations.	CANADA	English-100	RPT	G	
2021-08-27	0730	Destination Flavour China	Shanghai	Adam takes a side trip to a city he knew all-too-well during his years working as a corporate lawyer for the Disney company - Shanghai.	AUSTRALIA	English-70; Mandarin-30	RPT	PG	Y
2021-08-27	0800	The Cook And The Chef	Beetroot And Pepper	Maggie and Simon demonstrate how to bring out the best of the brilliant beetroot, and then spice up some delicious dishes with Native Tasmanian Pepper berry.	AUSTRALIA	English-100	RPT	G	
2021-08-27	0830	Choccywoccydoodah	Cake, Sweat And Tiers	Chief chocolatier Dave is off on holiday leaving his ambitious assistant Tom to step into his shoes The only problem is that Tom has seventeen cakes to make in five days and cannot miss his deadlines!	UNITED KINGDOM	English-100	RPT	PG	
2021-08-27	0900	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 39	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	G	
2021-08-27	0930	Field Trip With Curtis Stone	Umbria	Among medieval towns, dense forests, and winding cobblestone streets, a trip to Umbria finds Curtis chasing canine companions for black truffles and getting a tutorial from a master of porchetta.	USA	English-100	RPT	PG	
2021-08-27	1000	Middle East Feast With Shane Delia	Meze	Shane is helped in the kitchen by special guests Linda Jones and Joseph Abboud to bring a perfect feast of meze (an assortment of small Middle Eastern dishes) to the table.	AUSTRALIA	English-100	RPT	PG	
2021-08-27	1030	Mystery Diners	Friends With Benefits	Mystery Diners Nicole and Tom go undercover and discover a manager is hiring her incompetent friends who prevent a restaurant from thriving.	USA	English-100	RPT	PG	
2021-08-27	1100	The Cook Up with Adam Liaw	Avocado	Host Adam Liaw is joined by Andrew Bowden from Andy Bowdy Pastry and Australian Woman's Weekly cooking queen Pamela Clark to cook their favourite avocado dishes.	AUSTRALIA	English-100	RPT	PG	

2021-08-27	1130	Gino's Italian Escape	Southern Sardinia	Gino is back on the road again, leaving the mountains and heading south to the coast and the capital of Sardinia. On his way he takes a fishing trip.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-27	1200	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 9	Rick is in his element when he arrives at Lake Thau because the dishes he prepares and devours are predominantly seafood. He cooks seafood ragout, using produce fresh from the fishing boats.	UNITED KINGDOM	English-100	RPT	G	
2021-08-27	1230	The Cook And The Chef	Beetroot And Pepper	Maggie and Simon demonstrate how to bring out the best of the brilliant beetroot, and then spice up some delicious dishes with Native Tasmanian Pepper berry.	AUSTRALIA	English-100	RPT	G	
2021-08-27	1300	Choccywoccydoodah	Cake, Sweat And Tiers	Chief chocolatier Dave is off on holiday leaving his ambitious assistant Tom to step into his shoes The only problem is that Tom has seventeen cakes to make in five days and cannot miss his deadlines!	UNITED KINGDOM	English-100	RPT	PG	
2021-08-27	1330	Donal's Kitchen Hero	Donal's Kitchen Hero Series 2 Ep 1	Donal visits the School of Culinary Arts, at the Dublin Institute of Technology, and prepares cheap, healthy and tasty recipes for students including a beetroot and feta salad and chickpea burgers.	IRELAND	English-100	RPT	G	
2021-08-27	1400	Rachel Khoo's Cosmopolitan Cook	Naples	Rachel re-visits her favourite Italian city - Naples - and explores its fast-paced streets and feels the heat in the kitchen of a very particular pizza chef.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-27	1430	Hemsley & Hemsley: Healthy And Delicious	Hemsley & Hemsley: Healthy And Delicious Series 1 Ep 2	Jasmine and Melissa visit The Crystal Palace Market to collect ingredients for a feast made up of huevos rancheros and a chocolate molten pot with figs and mango cashew cream.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-27	1500	The Chefs' Line	French	Maeve O'Meara takes us inside the kitchen of French restaurant Montrachet. Head Chef Shannon cooks up beautiful bread and a tasty pink lady apple and frangipani tart.	AUSTRALIA	English-100	RPT	G	Y
2021-08-27	1530	Lidia's Kitchen	Gnocchi	Lidia shares her favourite gnocchi recipes - butternut squash gnocchi, and a plum-filled gnocchi made with toasted breadcrumbs, cinnamon, and butter.	USA	English-100	RPT	G	
2021-08-27	1600	Annabel Langbein: Free Range Cook	Dinner In A Flash	Nothing sings spring like strawberries, so Annabel is keen to get her hands on the first berries of the new season. She ventures north to a Hawkes Bay strawberry farm with a gift for the farmer.	NEW ZEALAND	English-100	RPT	G	
2021-08-27	1630	Bake With Anna Olson	Pancakes	Anna shares some of her favourite styles of pancakes, and remember - pancakes aren't just for breakfast - they can be dessert, too!	CANADA	English-100	RPT	G	
2021-08-27	1700	Destination Flavour China	Shandong	Shandong cuisine is regarded as one of the most influential schools of Chinese food culture. Adam visits the region's capital, Jinan, to sample a dish seen as a regional highlight.	AUSTRALIA	English-70; Mandarin-30	RPT	PG	Y
2021-08-27	1730	The Cook And The Chef	Christmas Holidays	At Christmas time, Maggie loves to get as much food preparation as possible out of the way before Christmas day. This year she's managed to enlist the help of her five grandchildren.	AUSTRALIA	English-100		G	
2021-08-27	1800	Choccywoccydoodah	On The Front Line	Our chocolatiers are saluting the work of those who risk their lives in the line of duty. They deliver a jaw dropping cake to a charity dinner that's raising money for injured service men and women.	UNITED KINGDOM	English-100		PG	
2021-08-27	1830	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 40	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	
2021-08-27	1900	The Cook Up with Adam Liaw	Pistachio	Ozharvest's head chef Travis Harvey and Turkish born Ester head chef Ozge Kalvo chat and cook with host Adam Liaw about all things pistachio in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG	
2021-08-27	1930	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 4	In an attempt to make a quicker profit, Paul decides to add hens and honey to his farm, and goes on a road trip to find out how. Digger proves he's got the nose for truffle hunting.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-08-27	2030	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 4	Jamie showcases vegetables in his scruffy eggplant lasagne. He explores Asia's biggest fruit and vegetable market, then shows how to pack a punch with an incredible bean salad.	UNITED KINGDOM	English-100	RPT	G	
2021-08-27	2125	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 9	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
2021-08-27	2130	Mystery Diners	No Laughing Matter	The owner of a seafood joint in New Orleans is concerned that his manager is more focused on his amateur comedy career than managing a restaurant.	USA	English-100	RPT	PG	

2021-08-27	2200	The Cook Up with Adam Liaw	Pistachio	Ozharvest's head chef Travis Harvey and Turkish born Ester head chef Ozge Kalvo chat and cook with host Adam Liaw about all things pistachio in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG	
2021-08-27	2230	The Cook And The Chef	Christmas Holidays	At Christmas time, Maggie loves to get as much food preparation as possible out of the way before Christmas day. This year she's managed to enlist the help of her five grandchildren.	AUSTRALIA	English-100	RPT	G	
2021-08-27	2300	Choccywoccydoodah	On The Front Line	Our chocolatiers are saluting the work of those who risk their lives in the line of duty. They deliver a jaw dropping cake to a charity dinner that's raising money for injured service men and women.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-27	2330	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 40	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	
2021-08-27	2400	The Chefs' Line	French	Maeve O'Meara takes us inside the kitchen of French restaurant Montrachet. Head Chef Shannon cooks up beautiful bread and a tasty pink lady apple and frangipani tart.	AUSTRALIA	English-100	RPT	G	Y
2021-08-27	2430	Ready Steady Cook UK	Ready Steady Cook UK Series 18/19 Ep 65	Singing stars Sarah Brightman and Lesley Garrett hit the high notes as they team up with Gino D'Acampo and guest chef Franck Pontais, as Ainsley Harriott hosts a special edition of the cook off.	UNITED KINGDOM	English-100	RPT	G	
2021-08-27	2520	Destination Flavour Bitesize	Destination Flavour Bitesize Series 1 Ep 10	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
2021-08-27	2530	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 4	In an attempt to make a quicker profit, Paul decides to add hens and honey to his farm, and goes on a road trip to find out how. Digger proves he's got the nose for truffle hunting.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-08-27	2630	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 4	Jamie showcases vegetables in his scruffy eggplant lasagne. He explores Asia's biggest fruit and vegetable market, then shows how to pack a punch with an incredible bean salad.	UNITED KINGDOM	English-100	RPT	G	
2021-08-27	2725	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 9	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
2021-08-27	2730	Mystery Diners	No Laughing Matter	The owner of a seafood joint in New Orleans is concerned that his manager is more focused on his amateur comedy career than managing a restaurant.	USA	English-100	RPT	PG	
2021-08-27	2800	Donal's Kitchen Hero	Donal's Kitchen Hero Series 2 Ep 1	Donal visits the School of Culinary Arts, at the Dublin Institute of Technology, and prepares cheap, healthy and tasty recipes for students including a beetroot and feta salad and chickpea burgers.	IRELAND	English-100	RPT	G	
2021-08-27	2830	Rachel Khoo's Cosmopolitan Cook	Naples	Rachel re-visits her favourite Italian city - Naples - and explores its fast-paced streets and feels the heat in the kitchen of a very particular pizza chef.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-28	0500	Hemsley & Hemsley: Healthy And Delicious	Hemsley & Hemsley: Healthy And Delicious Series 1 Ep 2	Jasmine and Melissa visit The Crystal Palace Market to collect ingredients for a feast made up of huevos rancheros and a chocolate molten pot with figs and mango cashew cream.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-28	0530	The Chefs' Line	French	Maeve O'Meara takes us inside the kitchen of French restaurant Montrachet. Head Chef Shannon cooks up beautiful bread and a tasty pink lady apple and frangipani tart.	AUSTRALIA	English-100	RPT	G	Y
2021-08-28	0600	Lidia's Kitchen	Gnocchi	Lidia shares her favourite gnocchi recipes - butternut squash gnocchi, and a plum-filled gnocchi made with toasted breadcrumbs, cinnamon, and butter.	USA	English-100	RPT	G	
2021-08-28	0630	Annabel Langbein: Free Range Cook	Dinner In A Flash	Nothing sings spring like strawberries, so Annabel is keen to get her hands on the first berries of the new season. She ventures north to a Hawkes Bay strawberry farm with a gift for the farmer.	NEW ZEALAND	English-100	RPT	G	
2021-08-28	0700	Bake With Anna Olson	Pancakes	Anna shares some of her favourite styles of pancakes, and remember - pancakes aren't just for breakfast - they can be dessert, too!	CANADA	English-100	RPT	G	
2021-08-28	0730	Destination Flavour China	Shandong	Shandong cuisine is regarded as one of the most influential schools of Chinese food culture. Adam visits the region's capital, Jinan, to sample a dish seen as a regional highlight.	AUSTRALIA	English-70; Mandarin-30	RPT	PG	Y
2021-08-28	0800	The Cook And The Chef	Christmas Holidays	At Christmas time, Maggie loves to get as much food preparation as possible out of the way before Christmas day. This year she's managed to enlist the help of her five grandchildren.	AUSTRALIA	English-100	RPT	G	

2021-08-28	0830	Choccywoccydoodah	On The Front Line	Our chocolatiers are saluting the work of those who risk their lives in the line of duty. They deliver a jaw dropping cake to a charity dinner that's raising money for injured service men and women.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-28	0900	Come Dine With Me UK	Come Dine With Me UK Series 15 Ep 40	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	
2021-08-28	0930	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 4	In an attempt to make a quicker profit, Paul decides to add hens and honey to his farm, and goes on a road trip to find out how. Digger proves he's got the nose for truffle hunting.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-08-28	1030	Mystery Diners	No Laughing Matter	The owner of a seafood joint in New Orleans is concerned that his manager is more focused on his amateur comedy career than managing a restaurant.	USA	English-100	RPT	PG	
2021-08-28	1100	The Cook Up with Adam Liaw	Pistachio	Ozharvest's head chef Travis Harvey and Turkish born Ester head chef Ozge Kalvo chat and cook with host Adam Liaw about all things pistachio in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG	
2021-08-28	1130	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 4	Jamie showcases vegetables in his scruffy eggplant lasagne. He explores Asia's biggest fruit and vegetable market, then shows how to pack a punch with an incredible bean salad.	UNITED KINGDOM	English-100	RPT	G	
2021-08-28	1225	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 9	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
2021-08-28	1230	The Cook And The Chef	Christmas Holidays	At Christmas time, Maggie loves to get as much food preparation as possible out of the way before Christmas day. This year she's managed to enlist the help of her five grandchildren.	AUSTRALIA	English-100	RPT	G	
2021-08-28	1300	Choccywoccydoodah	On The Front Line	Our chocolatiers are saluting the work of those who risk their lives in the line of duty. They deliver a jaw dropping cake to a charity dinner that's raising money for injured service men and women.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-28	1330	Annabel Langbein: Free Range Cook	Dinner In A Flash	Nothing sings spring like strawberries, so Annabel is keen to get her hands on the first berries of the new season. She ventures north to a Hawkes Bay strawberry farm with a gift for the farmer.	NEW ZEALAND	English-100	RPT	G	
2021-08-28	1400	Living On The Veg	Living On The Veg Series 1 Ep 9	Henry and Ian serve up a comforting dish of plant-based meatballs, mash, and gravy, as well as their baked banana French toast topped off with a warm berry compote.	UNITED KINGDOM	English-100	RPT	G	
2021-08-28	1455	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 2	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
2021-08-28	1500	Rhodes Across Italy	Sicily	Gary Rhodes is in Sicily to discover and enjoy the unique cuisine of this wonderful island. He prepares pasta with sardines and wild fennel, lamb stew with mint, and a hearty side dish.	UNITED KINGDOM	English-100	RPT	G	
2021-08-28	1555	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
2021-08-28	1600	Watts On The Grill	Butter Did It, The	It's all about creamy, velvety butter as chef Spencer Watts shows us that butter makes everything better with some of his favourite recipes.	CANADA	English-100	RPT	G	
2021-08-28	1630	Heston's Dinner In Space	Heston's Space Food Series 1 Ep 1	Heston undergoes space training where he experiences zero gravity amongst other challenging conditions. Inspired by the occasion, he also creates some delicious space food.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-28	1725	Poh & Co. Bitesize	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
2021-08-28	1730	Watts On The Grill	Salt Rocks	It's about to get real savoury! Host Spencer Watts gets creative with the grill by cooking on salt, curing with salt, and then cooking inside of salt.	CANADA	English-100	RPT	G	
2021-08-28	1800	Cheese Slices	Stilton	Stilton has been known as the King of English cheeses for more than two centuries, and unlike its traditional cousins, it has never been copied elsewhere.	AUSTRALIA	English-100	RPT	G	
2021-08-28	1830	Cheese Slices	USA	Will Studd visits the finest cheese shops in down town New York to find out what's driving this extraordinary change, before visiting upstate Vermont, where he meets a new generation of cheese makers.	AUSTRALIA	English-100	RPT	G	

2021-08-28	1900	Born To Cook: Jack Stein Down Under	Red Wine, Finger Limes And Capers	Jack Stein heads to a winery where he blends his own Pinot Noir and enjoys a home-cooked lamb shank. At an elusive finger lime orchard, he sees the budding citrus caviar in Pemberton.	AUSTRALIA	English-100	RPT	PG	
2021-08-28	1930	Yotam Ottolenghi's Mediterranean Feasts	Turkey	Yotam's journey continues in Turkey's most historical and cultural city, Istanbul. There he tastes fish from the magnificent waters of the Bosphorus and is amazed by local vegetables.	UNITED KINGDOM	English-100		G	Y
2021-08-28	2025	Destination Flavour Scandinavia Bitesize	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
2021-08-28	2030	Ainsley's Mediterranean Cookbook	Jordan: Amman	Ainsley's adventure takes him east - to Jordan - where he's exploring how the Med has influenced the recipes and ingredients of this region. He visits markets, and catches up with old friends.	UNITED KINGDOM	English-100	RPT	G	
2021-08-28	2125	Poh & Co. Bitesize	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
2021-08-28	2130	Hairy Bikers' Best Of British	Food And Religion	The Bikers explore the delicious relationship between food and faith, and celebrate the vast range of faith-based dishes available in Britain today. They rustle up a delicious Simnel cake.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-28	2240	Heston's Dinner In Space	Heston's Space Food Series 1 Ep 1	Heston undergoes space training where he experiences zero gravity amongst other challenging conditions. Inspired by the occasion, he also creates some delicious space food.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-28	2335	Cheese Slices	Stilton	Stilton has been known as the King of English cheeses for more than two centuries, and unlike its traditional cousins, it has never been copied elsewhere.	AUSTRALIA	English-100	RPT	G	
2021-08-28	2405	Cheese Slices	USA	Will Studd visits the finest cheese shops in down town New York to find out what's driving this extraordinary change, before visiting upstate Vermont, where he meets a new generation of cheese makers.	AUSTRALIA	English-100	RPT	G	
2021-08-28	2435	Yotam Ottolenghi's Mediterranean Feasts	Turkey	Yotam's journey continues in Turkey's most historical and cultural city, Istanbul. There he tastes fish from the magnificent waters of the Bosphorus and is amazed by local vegetables.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-28	2530	Ainsley's Mediterranean Cookbook	Jordan: Amman	Ainsley's adventure takes him east - to Jordan - where he's exploring how the Med has influenced the recipes and ingredients of this region. He visits markets, and catches up with old friends.	UNITED KINGDOM	English-100	RPT	G	
2021-08-28	2625	Poh & Co. Bitesize	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
2021-08-28	2630	Hairy Bikers' Best Of British	Food And Religion	The Bikers explore the delicious relationship between food and faith, and celebrate the vast range of faith-based dishes available in Britain today. They rustle up a delicious Simnel cake.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-28	2735	Living On The Veg	Living On The Veg Series 1 Ep 9	Henry and Ian serve up a comforting dish of plant-based meatballs, mash, and gravy, as well as their baked banana French toast topped off with a warm berry compote.	UNITED KINGDOM	English-100	RPT	G	
2021-08-28	2830	Born To Cook: Jack Stein Down Under	Red Wine, Finger Limes And Capers	Jack Stein heads to a winery where he blends his own Pinot Noir and enjoys a home-cooked lamb shank. At an elusive finger lime orchard, he sees the budding citrus caviar in Pemberton.	AUSTRALIA	English-100	RPT	PG	