



**WEEK 36: Sunday, 29 August - Saturday, 4 September 2021 ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Egg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Cap
2021-08-29	0500	<b>Watts On The Grill</b>	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	
2021-08-29	0530	<b>Rhodes Across Italy</b>	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	
2021-08-29	0625	<b>Poh &amp; Co. Bitesize</b>	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
2021-08-29	0630	<b>Heston's Dinner In Space</b>	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
2021-08-29	0725	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 8	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-08-29	0730	<b>Yotam Ottolenghi's Mediterranean Feasts</b>	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
2021-08-29	0825	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2021-08-29	0830	<b>Ainsley's Mediterranean Cookbook</b>	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	
2021-08-29	0925	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 8	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-08-29	0930	<b>Hairy Bikers' Best Of British</b>	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	
2021-08-29	1040	<b>Living On The Veg</b>	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	
2021-08-29	1135	<b>Rhodes Across Italy</b>	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	
2021-08-29	1230	<b>Watts On The Grill</b>	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	
2021-08-29	1300	<b>Heston's Dinner In Space</b>	Heston's Space Food Series 1 Ep 2	Heston and his team create a nostalgic menu for the first ever dinner party in space. With meals reminiscent of Tim's childhood, Heston puts his out-of-this-world twist on a bacon sandwich.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-29	1355	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 9	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-08-29	1400	<b>The Cook Up with Adam Liaw</b>	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	
2021-08-29	1430	<b>The Cook Up with Adam Liaw</b>	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	



2021-08-29	1500	<b>The Cook Up with Adam Liaw</b>	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	
2021-08-29	1530	<b>The Cook Up with Adam Liaw</b>	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	
2021-08-29	1600	<b>The Cook Up with Adam Liaw</b>	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	
2021-08-29	1630	<b>The Cook And The Chef</b>	BBQ's	Maggie and Simon celebrate the BBQ and show viewers how to get the most from it - be it for starters, main courses and even desserts.	AUSTRALIA	English-100		PG	
2021-08-29	1700	<b>The Cook And The Chef</b>	An Autumn Party	Maggie introduces Simon to her outdoor wood-fired oven, and he uses it to make some pottery with a very special meal inside. Autumn is Maggie's favourite season.	AUSTRALIA	English-100		G	
2021-08-29	1730	<b>Michela's Tuscan Kitchen</b>	Michela's Tuscan Kitchen Series 1 Ep 8	Michela is back in Tuscany where she explores an olive estate during the annual olive harvest in the south of the region. Back in her kitchen she prepares rainbow ricotta gnocchi.	UNITED KINGDOM	English-100	RPT	G	
2021-08-29	1800	<b>Amazon Taste</b>	Cheese	Besides the beautiful landscapes, the Marajo archipelago is also known for making cheese from buffalo milk. Thiago Castanho travels to Marajo Island to experience this 200-year-old tradition.	BRAZIL	English-50; Portuguese-50		PG	
2021-08-29	1830	<b>Amazon Taste</b>	Acai	Thiago Castanho travels to the Tacajos Community and talks to harvesters to discover the origin of the delicious purple fruit from the palm tree that became known worldwide - the acai.	BRAZIL	English-50; Portuguese-50		PG	
2021-08-29	1900	<b>Middle East Feast With Shane Delia</b>	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	G	
2021-08-29	1930	<b>Weekend Breaks With Gregg Wallace</b>	Athens	Gregg travels to Athens to explore its history and its amazing Mediterranean cuisine, including filo pies, amazing souvlaki and donuts, which were given out millennia ago at the original Olympics.	UNITED KINGDOM	English-100		PG	
2021-08-29	2030	<b>Rick Stein's Long Weekends</b>	Bordeaux	The series starts in autumnal Bordeaux. Rick arrives just in time for ceps and judges a local wine contest. He hires a 2CV for an excursion to the coast - abundant with mussels and oysters.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-29	2140	<b>Hairy Bikers' Best Of British</b>	Dairy	The Bikers pay tribute to Britain's dairy industry in all of its forms. Whether milk, cheese, cream or yoghurt, it is an industry to be proud of. They prepare a classic cheese and onion turn-over.	UNITED KINGDOM	English-100	RPT	G	
2021-08-29	2250	<b>Poh &amp; Co. Bitesize</b>	Celebration	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-08-29	2300	<b>Amazon Taste</b>	Cheese	Besides the beautiful landscapes, the Marajo archipelago is also known for making cheese from buffalo milk. Thiago Castanho travels to Marajo Island to experience this 200-year-old tradition.	BRAZIL	English-50; Portuguese-50	RPT	PG	
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2021-08-29	2400	<b>Middle East Feast With Shane Delia</b>	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	G	
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2021-08-29	2530	<b>Rick Stein's Long Weekends</b>	Bordeaux	The series starts in autumnal Bordeaux. Rick arrives just in time for ceps and judges a local wine contest. He hires a 2CV for an excursion to the coast - abundant with mussels and oysters.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-29	2640	<b>Hairy Bikers' Best Of British</b>	Dairy	The Bikers pay tribute to Britain's dairy industry in all of its forms. Whether milk, cheese, cream or yoghurt, it is an industry to be proud of. They prepare a classic cheese and onion turn-over.	UNITED KINGDOM	English-100	RPT	G	
2021-08-29	2750	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 3	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y

2021-08-29	2800	<b>The Cook And The Chef</b>	An Autumn Party	Maggie introduces Simon to her outdoor wood-fired oven, and he uses it to make some pottery with a very special meal inside. Autumn is Maggie's favourite season.	AUSTRALIA	English-100	RPT	G	
2021-08-29	2830	<b>Michela's Tuscan Kitchen</b>	Michela's Tuscan Kitchen Series 1 Ep 8	Michela is back in Tuscany where she explores an olive estate during the annual olive harvest in the south of the region. Back in her kitchen she prepares rainbow ricotta gnocchi.	UNITED KINGDOM	English-100	RPT	G	
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2021-08-30	0830	<b>Heston's Dinner In Space</b>	Heston's Space Food Series 1 Ep 2	Heston and his team create a nostalgic menu for the first ever dinner party in space. With meals reminiscent of Tim's childhood, Heston puts his out-of-this-world twist on a bacon sandwich.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-30	0925	<b>Destination Flavour Singapore Bitesize</b>	Singapore Chilli Crab	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	PG	
2021-08-30	0930	<b>Weekend Breaks With Gregg Wallace</b>	Athens	Gregg travels to Athens to explore its history and its amazing Mediterranean cuisine, including filo pies, amazing souvlaki and donuts, which were given out millennia ago at the original Olympics.	UNITED KINGDOM	English-100	RPT	PG	
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2021-08-30	1250	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 17	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2021-08-30	1300	<b>Amazon Taste</b>	Acai	Thiago Castanho travels to the Tacajos Community and talks to harvesters to discover the origin of the delicious purple fruit from the palm tree that became known worldwide - the acai.	BRAZIL	English-50; Portuguese-50	RPT	PG	
2021-08-30	1330	<b>Donal's Kitchen Hero</b>	Donal's Kitchen Hero Series 2 Ep 2	Traditionally, many Irish households, both urban and rural, had a pig. Today, keeping a pig is becoming popular again, and Donal visits teenage brothers who have started a small pig farming business.	IRELAND	English-100	RPT	G	
2021-08-30	1400	<b>Rachel Khoo's Cosmopolitan Cook</b>	Swedish Archipelago	Rachel indulges her passion for the great outdoors. Inspired by both the woodland and the water she shows off her fishing skills and cooks Scandinavian style at the waterside.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-30	1430	<b>Hemsley &amp; Hemsley: Healthy And Delicious</b>	Hemsley & Hemsley: Healthy And Delicious Series 1 Ep 3	Jasmine and Melissa visit London's Borough Market to collect nutrient-rich ingredients to use in their go-to green smoothies and quicker-than-toast zucchini and egg breakfast salad.	UNITED KINGDOM	English-100	RPT	G	
2021-08-30	1500	<b>The Chefs' Line</b>	Japanese	Four home cooks with a passion for Japanese cuisine battle it out with the chefs' line from Sydney restaurant Sokyo.	AUSTRALIA	English-100	RPT	G	Y

2021-08-30	1530	<b>Lidia's Kitchen</b>	Cooking With Wine	Lidia prepares sausage crostini with taleggio cheese, linguine with white clam sauce, and braised beef rolls with prosciutto, provolone, and raisins.	USA	English-100	RPT	G	
2021-08-30	1600	<b>Annabel Langbein: Free Range Cook</b>	Tex-Mex On The Grill	Back in spring, Annabel planted a traditional Mexican three-sisters garden of corn, beans and zucchini, and now it's time to harvest her fresh produce and transform it into a Tex-Mex style meal.	NEW ZEALAND	English-100	RPT	G	
2021-08-30	1630	<b>Bake With Anna Olson</b>	Souffles	Some may tremble at the thought of making a souffle, but Anna will share the tips and tools needed to make a fluffy, airy souffle with utmost confidence.	CANADA	English-100	RPT	G	
2021-08-30	1700	<b>Destination Flavour China</b>	Yunnan	Whilst the Han ethnic group makes up 92% of Chinas population, Yunnan holds the largest number of ethnic minority groups, with 25 here out of the 55 that are recognised.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y
2021-08-30	1730	<b>The Cook And The Chef</b>	Australia Now	Simon and Maggie reflect on the state of the Australian food scene in 2008 and prepare what they consider to be truly Australian meals. Maggie tells Simon about the amazing changes she's seen.	AUSTRALIA	English-100		G	
2021-08-30	1800	<b>Choccywoccydoodah</b>	Star Is Born, A	All the world's a stage for our star struck chocolatiers as Justin Lee Collins gets a Rock of Ages birthday creation that turns up the glam to eleven. Plus, a Rocky Horror wedding cake!	UNITED KINGDOM	English-100		PG	
2021-08-30	1830	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 41	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	
2021-08-30	1900	<b>The Cook Up with Adam Liaw</b>	Signature Dish At Home	Sardinian native and Pilu owner Giovanni Pilu and Acme famed chef Mitch Orr take over The Cook Up kitchen as they re-create their restaurant signature dish alongside series host Adam Liaw.	AUSTRALIA	English-100		PG	
2021-08-30	1930	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Jamie & Jimmy's Food Fight Club Series 5 Ep 3	This week sees everyone's favourite Mean Girl bring some Hollywood glamour to the cafe, as Lindsay Lohan hits Southend. On the cafe menu is a chicken pot pie as well as some NY-inspired meatballs.	UNITED KINGDOM	English-100		PG	
2021-08-30	2030	<b>Hairy Bikers Chocolate Challenge</b>	Hairy Bikers Chocolate Challenge Series 1 Ep 1	Hairy Biker duo Si King and Dave Myers are giving seven creative chocolate fans the chance of a lifetime - the opportunity to create their very own chocolate bar that will be manufactured and sold.	UNITED KINGDOM	English-100		PG	
2021-08-30	2130	<b>Mystery Diners</b>	Too Many Cooks	After investigating complaints about fighting between the cooks and a bartender who brings wild animals into a restaurant for entertainment, Mystery Diners discover a waitress causing all the drama.	USA	English-100	RPT	PG	
2021-08-30	2200	<b>The Cook Up with Adam Liaw</b>	Signature Dish At Home	Sardinian native and Pilu owner Giovanni Pilu and Acme famed chef Mitch Orr take over The Cook Up kitchen as they re-create their restaurant signature dish alongside series host Adam Liaw.	AUSTRALIA	English-100	RPT	PG	
2021-08-30	2230	<b>The Cook And The Chef</b>	Australia Now	Simon and Maggie reflect on the state of the Australian food scene in 2008 and prepare what they consider to be truly Australian meals. Maggie tells Simon about the amazing changes she's seen.	AUSTRALIA	English-100	RPT	G	
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2021-08-30	2400	<b>The Chefs' Line</b>	Japanese	Four home cooks with a passion for Japanese cuisine battle it out with the chefs' line from Sydney restaurant Sokyo.	AUSTRALIA	English-100	RPT	G	Y
2021-08-30	2430	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 66	Holby City stars Adrian Edmondson and Rakie Ayola exchange stethoscopes for kitchen pinnies as Ainsley Harriott hosts a special Caribbean edition of the classic 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-30	2520	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 3	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
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2021-08-31	0730	<b>Destination Flavour China</b>	Yunnan	Whilst the Han ethnic group makes up 92% of Chinas population, Yunnan holds the largest number of ethnic minority groups, with 25 here out of the 55 that are recognised.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y
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2021-08-31	1130	<b>Hairy Bikers Chocolate Challenge</b>	Hairy Bikers Chocolate Challenge Series 1 Ep 1	Hairy Biker duo Si King and Dave Myers are giving seven creative chocolate fans the chance of a lifetime - the opportunity to create their very own chocolate bar that will be manufactured and sold.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-31	1230	<b>Rachel Khoo's Cosmopolitan Cook</b>	Nice	Rachel gets into the swing of the cosmopolitan Riviera town of Nice, uncovering foodie gems in its charming back streets and meeting some hip young chefs cooking with bohemian flair.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-31	1300	<b>Rachel Khoo's Cosmopolitan Cook</b>	Barcelona	Rachel explores Barcelona, taking in the quirkiness and creativity of this vibrant city. Back home, she cooks savoury churros with a red pepper dipping sauce.	UNITED KINGDOM	English-100	RPT	G	Y
2021-08-31	1330	<b>Donal's Kitchen Hero</b>	Donal's Kitchen Hero Series 2 Ep 3	Donal's career in food started as an award-winning blogger. He hosts a dinner party for a group of fellow food bloggers at home, and cooks a squash and coconut soup, porchetta, and banana puddings.	IRELAND	English-100	RPT	G	
2021-08-31	1400	<b>The Cellar Door: New Zealand</b>	Goldie Estate	George Gayler embarks on a mission to unearth some of the best libations New Zealand has to offer. First stop, the amazing Waiheke Island and the historic Goldie Estate.	AUSTRALIA	English-100	RPT	G	

2021-08-31	1430	<b>Hemsley &amp; Hemsley: Healthy And Delicious</b>	Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 4	Jasmine and Melissa serve up their favourite comfort foods and are joined in the kitchen by their mum to make chicken tinola - a Filipino chicken soup.	UNITED KINGDOM	English-100	RPT	G	
2021-08-31	1500	<b>The Chefs' Line</b>	Japanese	Station chef Alex from Japanese restaurant Sokyo 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
2021-08-31	1530	<b>Lidia's Kitchen</b>	All About Eggs	Lidia shares her favourite egg recipes - a simple chicken stock with ribbons of egg and spinach, frittata with ricotta, tomatoes, onions, and basil, and baked eggplant with eggs.	USA	English-100	RPT	G	
2021-08-31	1600	<b>Annabel Langbein: Free Range Cook</b>	Salad Days	Always up for an adventure, Annabel Langbein treks north to a buffalo farm to meet a couple making sublime buffalo yoghurt and cheeses.	NEW ZEALAND	English-100	RPT	G	
2021-08-31	1630	<b>Bake With Anna Olson</b>	Charlottes	A charlotte is a dessert with a cake exterior holding a fruit, mousse, or other filling within - as opposed to layered. These look pretty from the outside, and reveal gorgeous fillings once sliced.	CANADA	English-100	RPT	G	
2021-08-31	1700	<b>Destination Flavour China</b>	Sichuan And Hunan	On his journey discovering China's history through its food, Adam's next stops are the fiery provinces of Sichuan and Hunan, both part of the eight great regional cuisines.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y
2021-08-31	1730	<b>The Cook And The Chef</b>	Italian Influence	From pasta to gelati, tomatoes to octopus - Italian migrants have contributed enormously to our Australian way of life. Maggie's love of Italian opera and food is well known.	AUSTRALIA	English-100		G	
2021-08-31	1800	<b>Choccywoccydoodah</b>	We'll Meet Again	The team at Choccywoccydoodah make some dreams come true when they hand over the cake design to some creative school children. Plus, Rebecca and Jim deliver a cake to a living legend, Dame Vera Lynn.	UNITED KINGDOM	English-100		PG	
2021-08-31	1830	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 42	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	
2021-08-31	1900	<b>The Cook Up with Adam Liaw</b>	T-Bone	Vic Meat's butcher and owner Anthony Puharich and LP's Quality Meats owner Luke Powell join The Cook Up host Adam Liaw in The Cook Up kitchen talking, cooking and eating all things T-Bone!	AUSTRALIA	English-100		PG	
2021-08-31	1930	<b>Destination Flavour Japan</b>	Destination Flavour - Japan Series 1 Ep 7	In Kyoto, Adam Liaw takes us on a journey of discovery we meet a Tea Master, a Maiko and Michelin Star chef who makes risotto into sushi.	AUSTRALIA	English-85; Japanese-15	RPT	G	Y
2021-08-31	2000	<b>David Rocco's Dolce Africa</b>	Hallelujah Soweto	Through the locals and their delicious BBQ, David discovers that there's more to Soweto than meets the eye. He also finds a powerful art and dance culture that's full of passion and energy.	CANADA	English-100		PG	
2021-08-31	2030	<b>Jamie's Great Britain</b>	Scotland	Jamie concludes his round-Britain road trip on the west coast of Scotland. There he finds that haggis is being given a West Indian twist in Glasgow's oldest Scottish restaurant.	UNITED KINGDOM	English-100		PG	
2021-08-31	2130	<b>Mystery Diners</b>	Barbecue Blues	Mystery Diners go on a taste-test to see if one of the employees is selling the secret family recipe for barbecue sauce.	USA	English-100	RPT	PG	
2021-08-31	2200	<b>The Cook Up with Adam Liaw</b>	T-Bone	Vic Meat's butcher and owner Anthony Puharich and LP's Quality Meats owner Luke Powell join The Cook Up host Adam Liaw in The Cook Up kitchen talking, cooking and eating all things T-Bone!	AUSTRALIA	English-100	RPT	PG	
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2021-08-31	2300	<b>Choccywoccydoodah</b>	We'll Meet Again	The team at Choccywoccydoodah make some dreams come true when they hand over the cake design to some creative school children. Plus, Rebecca and Jim deliver a cake to a living legend, Dame Vera Lynn.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-31	2330	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 42	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	
2021-08-31	2400	<b>The Chefs' Line</b>	Japanese	Station chef Alex from Japanese restaurant Sokyo 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
2021-08-31	2430	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 67	TV presenters Anneka Rice and Annabel Croft team up with Ainsley Harriott for another classic 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G	

2021-08-31	2520	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 4	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-08-31	2530	<b>Destination Flavour Japan</b>	Destination Flavour - Japan Series 1 Ep 7	In Kyoto, Adam Liaw takes us on a journey of discovery we meet a Tea Master, a Maiko and Michelin Star chef who makes risotto into sushi.	AUSTRALIA	English-85; Japanese-15	RPT	G	Y
2021-08-31	2600	<b>David Rocco's Dolce Africa</b>	Hallelujah Soweto	Through the locals and their delicious BBQ, David discovers that there's more to Soweto than meets the eye. He also finds a powerful art and dance culture that's full of passion and energy.	CANADA	English-100	RPT	PG	
2021-08-31	2630	<b>Jamie's Great Britain</b>	Scotland	Jamie concludes his round-Britain road trip on the west coast of Scotland. There he finds that haggis is being given a West Indian twist in Glasgow's oldest Scottish restaurant.	UNITED KINGDOM	English-100	RPT	PG	
2021-08-31	2730	<b>Mystery Diners</b>	Barbecue Blues	Mystery Diners go on a taste-test to see if one of the employees is selling the secret family recipe for barbecue sauce.	USA	English-100	RPT	PG	
2021-08-31	2800	<b>Donal's Kitchen Hero</b>	Donal's Kitchen Hero Series 2 Ep 3	Donal's career in food started as an award-winning blogger. He hosts a dinner party for a group of fellow food bloggers at home, and cooks a squash and coconut soup, porchetta, and banana puddings.	IRELAND	English-100	RPT	G	
2021-08-31	2830	<b>The Cellar Door: New Zealand</b>	Goldie Estate	George Gayler embarks on a mission to unearth some of the best libations New Zealand has to offer. First stop, the amazing Waiheke Island and the historic Goldie Estate.	AUSTRALIA	English-100	RPT	G	
2021-09-01	0500	<b>Hemsley &amp; Hemsley: Healthy And Delicious</b>	Hemsley & Hemsley: Healthy And Delicious Series 1 Ep 4	Jasmine and Melissa serve up their favourite comfort foods and are joined in the kitchen by their mum to make chicken tinola - a Filipino chicken soup.	UNITED KINGDOM	English-100	RPT	G	
2021-09-01	0530	<b>The Chefs' Line</b>	Japanese	Station chef Alex from Japanese restaurant Sokyo 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
2021-09-01	0600	<b>Lidia's Kitchen</b>	All About Eggs	Lidia shares her favourite egg recipes - a simple chicken stock with ribbons of egg and spinach, frittata with ricotta, tomatoes, onions, and basil, and baked eggplant with eggs.	USA	English-100	RPT	G	
2021-09-01	0630	<b>Annabel Langbein: Free Range Cook</b>	Salad Days	Always up for an adventure, Annabel Langbein treks north to a buffalo farm to meet a couple making sublime buffalo yoghurt and cheeses.	NEW ZEALAND	English-100	RPT	G	
2021-09-01	0700	<b>Bake With Anna Olson</b>	Charlottes	A charlotte is a dessert with a cake exterior holding a fruit, mousse, or other filling within - as opposed to layered. These look pretty from the outside, and reveal gorgeous fillings once sliced.	CANADA	English-100	RPT	G	
2021-09-01	0730	<b>Destination Flavour China</b>	Sichuan And Hunan	On his journey discovering China's history through its food, Adam's next stops are the fiery provinces of Sichuan and Hunan, both part of the eight great regional cuisines.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y
2021-09-01	0800	<b>The Cook And The Chef</b>	Italian Influence	From pasta to gelati, tomatoes to octopus - Italian migrants have contributed enormously to our Australian way of life. Maggie's love of Italian opera and food is well known.	AUSTRALIA	English-100	RPT	G	
2021-09-01	0830	<b>Choccywoccydoodah</b>	We'll Meet Again	The team at Choccywoccydoodah make some dreams come true when they hand over the cake design to some creative school children. Plus, Rebecca and Jim deliver a cake to a living legend, Dame Vera Lynn.	UNITED KINGDOM	English-100	RPT	PG	
2021-09-01	0900	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 42	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	PG	
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2021-09-01	1030	<b>Mystery Diners</b>	Barbecue Blues	Mystery Diners go on a taste-test to see if one of the employees is selling the secret family recipe for barbecue sauce.	USA	English-100	RPT	PG	
2021-09-01	1100	<b>The Cook Up with Adam Liaw</b>	T-Bone	Vic Meat's butcher and owner Anthony Puharich and LP's Quality Meats owner Luke Powell join The Cook Up host Adam Liaw in The Cook Up kitchen talking, cooking and eating all things T-Bone!	AUSTRALIA	English-100	RPT	PG	



2021-09-01	1130	<b>Jamie's Great Britain</b>	Scotland	Jamie concludes his round-Britain road trip on the west coast of Scotland. There he finds that haggis is being given a West Indian twist in Glasgow's oldest Scottish restaurant.	UNITED KINGDOM	English-100	RPT	PG	
2021-09-01	1230	<b>Choccywoccydoodah</b>	We'll Meet Again	The team at Choccywoccydoodah make some dreams come true when they hand over the cake design to some creative school children. Plus, Rebecca and Jim deliver a cake to a living legend, Dame Vera Lynn.	UNITED KINGDOM	English-100	RPT	PG	
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2021-09-01	1330	<b>Donal's Kitchen Hero</b>	Donal's Kitchen Hero Series 2 Ep 4	Donal heads for Drogheda where he gets a baking masterclass in the Brown Hound Bakery. He then cooks a delicious rustic rhubarb tart, lemon slices, and a carrot and cardamom cake.	IRELAND	English-100	RPT	G	
2021-09-01	1400	<b>The Cellar Door: New Zealand</b>	McLeods Brewery	George Gayler travels along the North Island, starting off in Waipu with a visit to McLeods Brewery, and then heads south to Matamata to take in the sights at the Hobbiton Movie Set.	AUSTRALIA	English-100	RPT	G	
2021-09-01	1430	<b>Hemsley &amp; Hemsley: Healthy And Delicious</b>	Hemsley & Hemsley: Healthy And Delicious Series 1 Ep 5	Jasmine and Melissa share their favourite on-the-go recipes including a chicken and sesame noodle salad in a jar and their dark chocolate and coconut paradise bars.	UNITED KINGDOM	English-100	RPT	G	
2021-09-01	1500	<b>The Chefs' Line</b>	Japanese	Sous chef Daniel from Japanese restaurant Sokyo goes up against two passionate home cooks. Who will make it to the end of the chefs' line?	AUSTRALIA	English-100	RPT	G	Y
2021-09-01	1530	<b>Lidia's Kitchen</b>	Italian Garden, The	Italy is one big garden with a year round growing season. Vegetables are often the stars of the meal, and Lidia highlights the versatility of delicious bitter vegetables including broccoli rabe.	USA	English-100	RPT	G	
2021-09-01	1600	<b>Annabel Langbein: Free Range Cook</b>	Catch Of The Day	Annabel Langbein is up early, roasting a chicken to take on a fishing expedition. She's in her element as she helps the local fishermen bait their kontiki torpedo and then prepares them lunch.	NEW ZEALAND	English-100	RPT	G	
2021-09-01	1630	<b>Bake With Anna Olson</b>	Country Breads	Nothing beats the smell of fresh bread coming out of the oven and these rustic styles will have you running to the kitchen to bake.	CANADA	English-100	RPT	G	
2021-09-01	1700	<b>Destination Flavour China</b>	Fujian	On his journey discovering China's history through its food, Adam comes to another one of the eight great regional cuisines - Fujian - a place with a long history of migration.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y
2021-09-01	1730	<b>The Cook And The Chef</b>	Fusion Food	Simon and Maggie marvel at the British success in putting their own stamp on a Pakistani curry and then celebrate the cross-cultural cuisine of Australia's own 'Father Of Fusion', Cheong Liew.	AUSTRALIA	English-100		G	
2021-09-01	1800	<b>Choccywoccydoodah</b>	Can't Stand The Heat	The temperature's rising and the pressure is on for the chocolatiers as The Observer Food Magazine commissions a tenth anniversary birthday cake for their front cover.	UNITED KINGDOM	English-100		PG	
2021-09-01	1830	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 43	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	
2021-09-01	1900	<b>The Cook Up with Adam Liaw</b>	Lunchbox Snack	Filipino Chef and owner of Sydney restaurant Cebu Lechon Will Mahusay and MasterChef alumni Hoda Hannaway catch up with Adam Liaw in The Cook Up kitchen as they create their ultimate lunchbox snacks.	AUSTRALIA	English-100		PG	
2021-09-01	1930	<b>Giada Entertains</b>	TV Dinners	Giada invites her friends over for a casual-but-delicious menu that includes tamari spiced nuts, sweet and crunchy jicama slaw, sausage hoagies and chocolate almond butter sandwich cookies.	USA	English-100		PG	
2021-09-01	2000	<b>Kylie Kwong: Heart And Soul</b>	Bamboo	Pickled bamboo sounds exotic but bottling your own is simple enough. Kylie uses this unusual ingredient to flavour her mouth-watering salads.	AUSTRALIA	English-100	RPT	G	Y
2021-09-01	2030	<b>Rick Stein's Taste Of The Sea</b>	Rick Stein's Taste Of The Sea Series 1 Ep 1	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100	RPT	PG	
2021-09-01	2100	<b>Rick Stein's Seafood Odyssey</b>	Spain And Britain	Rick experiences such a moment when he visits the small seaside village of Mousehole in his native Cornwall.	UNITED KINGDOM	English-100	RPT	PG	
2021-09-01	2130	<b>Mystery Diners</b>	Off The Menu	When the owner of Zio Cecio hears rave reviews about Tex-Mex food being served in his Italian restaurant, Mystery Diners discover that his employees are running a secret side business.	USA	English-100	RPT	PG	
2021-09-01	2200	<b>The Cook Up with Adam Liaw</b>	Lunchbox Snack	Filipino Chef and owner of Sydney restaurant Cebu Lechon Will Mahusay and MasterChef alumni Hoda Hannaway catch up with Adam Liaw in The Cook Up kitchen as they create their ultimate lunchbox snacks.	AUSTRALIA	English-100	RPT	PG	



2021-09-01	2230	<b>The Cook And The Chef</b>	Fusion Food	Simon and Maggie marvel at the British success in putting their own stamp on a Pakistani curry and then celebrate the cross-cultural cuisine of Australia's own 'Father Of Fusion', Cheong Liew.	AUSTRALIA	English-100	RPT	G	
2021-09-01	2300	<b>Choccywoccydoodah</b>	Can't Stand The Heat	The temperature's rising and the pressure is on for the chocolatiers as The Observer Food Magazine commissions a tenth anniversary birthday cake for their front cover.	UNITED KINGDOM	English-100	RPT	PG	
2021-09-01	2330	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 43	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	
2021-09-01	2400	<b>The Chefs' Line</b>	Japanese	Sous chef Daniel from Japanese restaurant Sokyo goes up against two passionate home cooks. Who will make it to the end of the chefs' line?	AUSTRALIA	English-100	RPT	G	Y
2021-09-01	2430	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 68	Paralympian sporting stars Dame Tanni Grey-Thompson and Natasha Baker fight it out for the cookery gold medal as Ainsley Harriott presides over another 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G	
2021-09-01	2520	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 5	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-09-01	2530	<b>Giada Entertains</b>	TV Dinners	Giada invites her friends over for a casual-but-delicious menu that includes tamari spiced nuts, sweet and crunchy jicama slaw, sausage hoagies and chocolate almond butter sandwich cookies.	USA	English-100	RPT	PG	
2021-09-01	2600	<b>Kylie Kwong: Heart And Soul</b>	Bamboo	Pickled bamboo sounds exotic but bottling your own is simple enough. Kylie uses this unusual ingredient to flavour her mouth-watering salads.	AUSTRALIA	English-100	RPT	G	Y
2021-09-01	2630	<b>Rick Stein's Taste Of The Sea</b>	Rick Stein's Taste Of The Sea Series 1 Ep 1	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100	RPT	PG	
2021-09-01	2700	<b>Rick Stein's Seafood Odyssey</b>	Spain And Britain	Rick experiences such a moment when he visits the small seaside village of Mousehole in his native Cornwall.	UNITED KINGDOM	English-100	RPT	PG	
2021-09-01	2730	<b>Mystery Diners</b>	Off The Menu	When the owner of Zio Cecio hears rave reviews about Tex-Mex food being served in his Italian restaurant, Mystery Diners discover that his employees are running a secret side business.	USA	English-100	RPT	PG	
2021-09-01	2800	<b>Donal's Kitchen Hero</b>	Donal's Kitchen Hero Series 2 Ep 4	Donal heads for Drogheda where he gets a baking masterclass in the Brown Hound Bakery. He then cooks a delicious rustic rhubarb tart, lemon slices, and a carrot and cardamom cake.	IRELAND	English-100	RPT	G	
2021-09-01	2830	<b>The Cellar Door: New Zealand</b>	McLeods Brewery	George Gayler travels along the North Island, starting off in Waipu with a visit to McLeods Brewery, and then heads south to Matamata to take in the sights at the Hobbiton Movie Set.	AUSTRALIA	English-100	RPT	G	
2021-09-02	0500	<b>Hemsley &amp; Hemsley: Healthy And Delicious</b>	Hemsley & Hemsley: Healthy And Delicious Series 1 Ep 5	Jasmine and Melissa share their favourite on-the-go recipes including a chicken and sesame noodle salad in a jar and their dark chocolate and coconut paradise bars.	UNITED KINGDOM	English-100	RPT	G	
2021-09-02	0530	<b>The Chefs' Line</b>	Japanese	Sous chef Daniel from Japanese restaurant Sokyo goes up against two passionate home cooks. Who will make it to the end of the chefs' line?	AUSTRALIA	English-100	RPT	G	Y
2021-09-02	0600	<b>Lidia's Kitchen</b>	Italian Garden, The	Italy is one big garden with a year round growing season. Vegetables are often the stars of the meal, and Lidia highlights the versatility of delicious bitter vegetables including broccoli rabe.	USA	English-100	RPT	G	
2021-09-02	0630	<b>Annabel Langbein: Free Range Cook</b>	Catch Of The Day	Annabel Langbein is up early, roasting a chicken to take on a fishing expedition. She's in her element as she helps the local fishermen bait their kontiki torpedo and then prepares them lunch.	NEW ZEALAND	English-100	RPT	G	
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2021-09-02	0800	<b>The Cook And The Chef</b>	Fusion Food	Simon and Maggie marvel at the British success in putting their own stamp on a Pakistani curry and then celebrate the cross-cultural cuisine of Australia's own 'Father Of Fusion', Cheong Liew.	AUSTRALIA	English-100	RPT	G	

2021-09-02	0830	<b>Choccywoccydoodah</b>	Can't Stand The Heat	The temperature's rising and the pressure is on for the chocolatiers as The Observer Food Magazine commissions a tenth anniversary birthday cake for their front cover.	UNITED KINGDOM	English-100	RPT	PG	
2021-09-02	0900	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 43	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	PG	
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2021-09-02	1230	<b>Choccywoccydoodah</b>	Can't Stand The Heat	The temperature's rising and the pressure is on for the chocolatiers as The Observer Food Magazine commissions a tenth anniversary birthday cake for their front cover.	UNITED KINGDOM	English-100	RPT	PG	
2021-09-02	1300	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 43	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	
2021-09-02	1330	<b>Donal's Kitchen Hero</b>	Donal's Kitchen Hero Series 2 Ep 5	Donal visits the fire station at Kilbarrack in Dublin and meets fireman Vinnie Savage who is responsible for cooking meals for his colleagues.	IRELAND	English-100	RPT	G	
2021-09-02	1400	<b>The Cellar Door: New Zealand</b>	Te Mata Estate	George Gayler heads to the oldest winery in New Zealand - the historic Te Mata Estate - nestled in the beautiful Hawkes Bay region, and she even helps out on the vineyard.	AUSTRALIA	English-100	RPT	G	
2021-09-02	1430	<b>Hemsley &amp; Hemsley: Healthy And Delicious</b>	Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 6	Always on the lookout for alternatives to refined sugar, Jasmine and Melissa visit two urban beekeepers who are making raw honey with London bees.	UNITED KINGDOM	English-100	RPT	G	
2021-09-02	1500	<b>The Chefs' Line</b>	Japanese	Head chef Chase from Japanese restaurant Sokyo goes up against this week's best home cook. This is the ultimate David versus Goliath battle. Can the passion of a home cook beat a professional chef?	AUSTRALIA	English-100	RPT	G	Y
2021-09-02	1530	<b>Lidia's Kitchen</b>	Ragu	Lidia prepares two types of ragu - lamb and pepper, and chestnut and mushroom.	USA	English-100	RPT	G	
2021-09-02	1600	<b>Annabel Langbein: Free Range Cook</b>	At My Italian Table	It's autumn and Annabel Langbein is making the most of her seasonal harvests, cooking up a big batch of a versatile tomato passata to use as the base for winter recipes.	NEW ZEALAND	English-100	RPT	G	
2021-09-02	1630	<b>Bake With Anna Olson</b>	Candy	Yay! Candy! A pastry kitchen can also include a confectionery, where candies are made. Anna prepares the staples that every pastry chef learns to make.	CANADA	English-100	RPT	G	
2021-09-02	1700	<b>Destination Flavour China</b>	Hong Kong And Guandong	Hong Kong looms on the horizon, its glittering peaks towering over the lush foliage tumbling down the steep peaks that punctuate the city.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y
2021-09-02	1730	<b>The Cook And The Chef</b>	Vego's	Simon and Maggie go vegetarian, proving a meat free diet is far from bland and boring. While vegetarianism has always being part of Indian and Asian culture, it didn't really kick off until the 1800s.	AUSTRALIA	English-100		G	
2021-09-02	1800	<b>Choccywoccydoodah</b>	When Cupid Strikes	It's a nice day for a blood wedding when a coven of twisted wedding planners get a gory surprise after Boss Christine booby traps their cake for a glamorous photo shoot in a castle!	UNITED KINGDOM	English-100		PG	
2021-09-02	1830	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 44	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	



2021-09-02	1900	<b>The Cook Up with Adam Liaw</b>	Parmesan	The Cook Up kitchen plays host to Sydney restaurant Nel's Nelly Robinson and Italian home cook Silvia Colloca as they tackle another much-loved Italian staple, Parmesan!	AUSTRALIA	English-100		PG	
2021-09-02	1930	<b>Field Trip With Curtis Stone</b>	Margaret River	In the Margaret River region, Curtis meets with a rancher raising grass-fed Shorthorn cattle; fishes for marron, a large freshwater crayfish; and visits winemaker Vanya Cullen's biodynamic vineyard.	USA	English-100		PG	
2021-09-02	2000	<b>Nigellissima</b>	Nigellissima Series 1 Ep 1	Nigella introduces us to her love of Italian food through Sicilian pasta with tomatoes, garlic, and almonds. There's also a mid-week family feast of tagliata - a juicy steak cut into thin slices.	UNITED KINGDOM	English-100	RPT	G	Y
2021-09-02	2030	<b>Gino's Italian Escape</b>	Sicily Street Food	Gino says arrivederci to Sardinia and arrives in the capital city of Sicily - Palermo. Home of the mafia, a vibrant street food culture and rich history, this portside city stops Gino in his tracks.	UNITED KINGDOM	English-100	RPT	PG	
2021-09-02	2100	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 10	It's the last leg of Rick's culinary cruise through France but the country still has plenty of delicious reasons not to hasten its end. A perfect bouillabaisse is a fitting end to a memorable journey.	UNITED KINGDOM	English-100	RPT	PG	
2021-09-02	2130	<b>Mystery Diners</b>	Chop Shop	After noticing a drop in revenue at his Dallas restaurant, Rick needs to convince his retired mother to resume her position as manager.	USA	English-100	RPT	PG	
2021-09-02	2200	<b>The Cook Up with Adam Liaw</b>	Parmesan	The Cook Up kitchen plays host to Sydney restaurant Nel's Nelly Robinson and Italian home cook Silvia Colloca as they tackle another much-loved Italian staple, Parmesan!	AUSTRALIA	English-100	RPT	PG	
2021-09-02	2230	<b>The Cook And The Chef</b>	Vego's	Simon and Maggie go vegetarian, proving a meat free diet is far from bland and boring. While vegetarianism has always been part of Indian and Asian culture, it didn't really kick off until the 1800s.	AUSTRALIA	English-100	RPT	G	
2021-09-02	2300	<b>Choccywoccydoodah</b>	When Cupid Strikes	It's a nice day for a blood wedding when a coven of twisted wedding planners get a gory surprise after Boss Christine booby traps their cake for a glamorous photo shoot in a castle!	UNITED KINGDOM	English-100	RPT	PG	
2021-09-02	2330	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 44	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	
2021-09-02	2400	<b>The Chefs' Line</b>	Japanese	Head chef Chase from Japanese restaurant Sokyo goes up against this week's best home cook. This is the ultimate David versus Goliath battle. Can the passion of a home cook beat a professional chef?	AUSTRALIA	English-100	RPT	G	Y
2021-09-02	2430	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 69	Comedian Alan Davies and TV presenter Lisa Rogers are the star guests for another classic 20-minute cooking challenge with Ainsley Harriott.	UNITED KINGDOM	English-100	RPT	G	
2021-09-02	2520	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 6	Welcome to the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-09-02	2530	<b>Field Trip With Curtis Stone</b>	Margaret River	In the Margaret River region, Curtis meets with a rancher raising grass-fed Shorthorn cattle; fishes for marron, a large freshwater crayfish; and visits winemaker Vanya Cullen's biodynamic vineyard.	USA	English-100	RPT	PG	
2021-09-02	2600	<b>Nigellissima</b>	Nigellissima Series 1 Ep 1	Nigella introduces us to her love of Italian food through Sicilian pasta with tomatoes, garlic, and almonds. There's also a mid-week family feast of tagliata - a juicy steak cut into thin slices.	UNITED KINGDOM	English-100	RPT	G	Y
2021-09-02	2630	<b>Gino's Italian Escape</b>	Sicily Street Food	Gino says arrivederci to Sardinia and arrives in the capital city of Sicily - Palermo. Home of the mafia, a vibrant street food culture and rich history, this portside city stops Gino in his tracks.	UNITED KINGDOM	English-100	RPT	PG	
2021-09-02	2700	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 10	It's the last leg of Rick's culinary cruise through France but the country still has plenty of delicious reasons not to hasten its end. A perfect bouillabaisse is a fitting end to a memorable journey.	UNITED KINGDOM	English-100	RPT	PG	
2021-09-02	2730	<b>Mystery Diners</b>	Chop Shop	After noticing a drop in revenue at his Dallas restaurant, Rick needs to convince his retired mother to resume her position as manager.	USA	English-100	RPT	PG	
2021-09-02	2800	<b>Donal's Kitchen Hero</b>	Donal's Kitchen Hero Series 2 Ep 5	Donal visits the fire station at Kilbarrack in Dublin and meets fireman Vinnie Savage who is responsible for cooking meals for his colleagues.	IRELAND	English-100	RPT	G	

2021-09-02	2830	<b>The Cellar Door: New Zealand</b>	Te Mata Estate	George Gayler heads to the oldest winery in New Zealand - the historic Te Mata Estate - nestled in the beautiful Hawkes Bay region, and she even helps out on the vineyard.	AUSTRALIA	English-100	RPT	G	
2021-09-03	0500	<b>Hemsley &amp; Hemsley: Healthy And Delicious</b>	Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 6	Always on the lookout for alternatives to refined sugar, Jasmine and Melissa visit two urban beekeepers who are making raw honey with London bees.	UNITED KINGDOM	English-100	RPT	G	
2021-09-03	0530	<b>The Chefs' Line</b>	Japanese	Head chef Chase from Japanese restaurant Sokyo goes up against this week's best home cook. This is the ultimate David versus Goliath battle. Can the passion of a home cook beat a professional chef?	AUSTRALIA	English-100	RPT	G	Y
2021-09-03	0600	<b>Lidia's Kitchen</b>	Ragu	Lidia prepares two types of ragu - lamb and pepper, and chestnut and mushroom.	USA	English-100	RPT	G	
2021-09-03	0630	<b>Annabel Langbein: Free Range Cook</b>	At My Italian Table	It's autumn and Annabel Langbein is making the most of her seasonal harvests, cooking up a big batch of a versatile tomato passata to use as the base for winter recipes.	NEW ZEALAND	English-100	RPT	G	
2021-09-03	0700	<b>Bake With Anna Olson</b>	Candy	Yay! Candy! A pastry kitchen can also include a confectionery, where candies are made. Anna prepares the staples that every pastry chef learns to make.	CANADA	English-100	RPT	G	
2021-09-03	0730	<b>Destination Flavour China</b>	Hong Kong And Guandong	Hong Kong looms on the horizon, its glittering peaks towering over the lush foliage tumbling down the steep peaks that punctuate the city.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y
2021-09-03	0800	<b>The Cook And The Chef</b>	Vego's	Simon and Maggie go vegetarian, proving a meat free diet is far from bland and boring. While vegetarianism has always being part of Indian and Asian culture, it didn't really kick off until the 1800s.	AUSTRALIA	English-100	RPT	G	
2021-09-03	0830	<b>Choccywoccydoodah</b>	When Cupid Strikes	It's a nice day for a blood wedding when a coven of twisted wedding planners get a gory surprise after Boss Christine booby traps their cake for a glamorous photo shoot in a castle!	UNITED KINGDOM	English-100	RPT	PG	
2021-09-03	0900	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 44	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	
2021-09-03	0930	<b>Field Trip With Curtis Stone</b>	Margaret River	In the Margaret River region, Curtis meets with a rancher raising grass-fed Shorthorn cattle; fishes for marron, a large freshwater crayfish; and visits winemaker Vanya Cullen's biodynamic vineyard.	USA	English-100	RPT	PG	
2021-09-03	1000	<b>Nigellissima</b>	Nigellissima Series 1 Ep 1	Nigella introduces us to her love of Italian food through Sicilian pasta with tomatoes, garlic, and almonds. There's also a mid-week family feast of tagliata - a juicy steak cut into thin slices.	UNITED KINGDOM	English-100	RPT	G	Y
2021-09-03	1030	<b>Mystery Diners</b>	Chop Shop	After noticing a drop in revenue at his Dallas restaurant, Rick needs to convince his retired mother to resume her position as manager.	USA	English-100	RPT	PG	
2021-09-03	1100	<b>The Cook Up with Adam Liaw</b>	Parmesan	The Cook Up kitchen plays host to Sydney restaurant Nel's Nelly Robinson and Italian home cook Silvia Colloca as they tackle another much-loved Italian staple, Parmesan!	AUSTRALIA	English-100	RPT	PG	
2021-09-03	1130	<b>Gino's Italian Escape</b>	Sicily Street Food	Gino says arrivederci to Sardinia and arrives in the capital city of Sicily - Palermo. Home of the mafia, a vibrant street food culture and rich history, this portside city stops Gino in his tracks.	UNITED KINGDOM	English-100	RPT	PG	
2021-09-03	1200	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 10	It's the last leg of Rick's culinary cruise through France but the country still has plenty of delicious reasons not to hasten its end. A perfect bouillabaisse is a fitting end to a memorable journey.	UNITED KINGDOM	English-100	RPT	PG	
2021-09-03	1230	<b>Choccywoccydoodah</b>	When Cupid Strikes	It's a nice day for a blood wedding when a coven of twisted wedding planners get a gory surprise after Boss Christine booby traps their cake for a glamorous photo shoot in a castle!	UNITED KINGDOM	English-100	RPT	PG	
2021-09-03	1300	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 44	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	
2021-09-03	1330	<b>Donal's Kitchen Hero</b>	Donal's Kitchen Hero Series 2 Ep 6	Donal visits Nicky's Plaice fishmongers in Howth for a masterclass in filleting fish from Martin McLoughlin. He cooks Maki rolls, Asian-style sea bass parcels, and a smoked mackerel salad.	IRELAND	English-100	RPT	G	
2021-09-03	1400	<b>The Cellar Door: New Zealand</b>	Lawsons Dry Hills	Host George Gayler makes her way from the North Island to the South, on the Interislander ferry from Wellington to Picton, and from there she travels to Blenheim.	AUSTRALIA	English-100	RPT	G	



2021-09-03	1430	<b>Hemsley &amp; Hemsley: Healthy And Delicious</b>	Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 7	It's hard to get children to eat healthily all the time but foodie sisters Jasmine and Melissa have just the recipes to ensure little ones enjoy their food while still getting optimum nutrition.	UNITED KINGDOM	English-100	RPT	G	
2021-09-03	1500	<b>The Chefs' Line</b>	Japanese	Inside Japanese restaurant Sokyo, Maeve O'Meara learns the art of sushi and sashimi and experiences executive chef Chase's creation of slow-cooked and grilled lamb chop in miso and vegemite sauce.	AUSTRALIA	English-100	RPT	G	Y
2021-09-03	1530	<b>Lidia's Kitchen</b>	Italian American Favorites	Lidia prepares Italian-American favourites including Caesar salad, baked eggplant stuffed with meat and vegetables, and stuffed mushrooms.	USA	English-100	RPT	G	
2021-09-03	1600	<b>Annabel Langbein: Free Range Cook</b>	Touch Of Spice, A	Annabel Langbein celebrates autumn's bountiful natural harvests with a foraging expedition to a neighbour's prolific walnut tree. In return she invites him and his family for dinner.	NEW ZEALAND	English-100	RPT	G	
2021-09-03	1630	<b>Bake With Anna Olson</b>	Icings And Glazes	Having a good repertoire of icings and glazes add flair and panache to cakes and cookies. Here we get a handle on the major styles and some delicious recipes where they are used.	CANADA	English-100	RPT	G	
2021-09-03	1700	<b>Destination Flavour China</b>	Hainan Island	Adam arrives in Hainan, ready for the Liaw family reunion. After months apart, he's meeting his wife and two kids here in Haikou, to join him at the family reunion.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y
2021-09-03	1730	<b>The Cook And The Chef</b>	All The Tea And China	Simon and Maggie are holding a tea party to celebrate the days when afternoon teas, complete with cakes and cucumber sandwiches, were quite the done thing.	AUSTRALIA	English-100		G	
2021-09-03	1800	<b>Choccywoccydoodah</b>	Fun Of The Fair	Chocolatier Dave is in his element when he gets to make a vintage cake spectacular for design guru Wayne Hemingway. It's to be in the spotlight at his summer festival at the Royal Festival Hall.	UNITED KINGDOM	English-100		PG	
2021-09-03	1830	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 45	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	
2021-09-03	1900	<b>The Cook Up with Adam Liaw</b>	One Pot Meal	Delicious magazine's Phoebe Wood and comedian and political satirist Mark Humphries are in The Cook Up kitchen with host Adam Liaw, as they create their ultimate one pot wonders!	AUSTRALIA	English-100		PG	
2021-09-03	1930	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 5	Paul welcomes visitors to the farm. His dad arrives for the first time and they go on a camping trip to hunt feral deer.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-09-03	2030	<b>Jamie's Ultimate Veg</b>	Jamie's Ultimate Veg Series 1 Ep 5	Jamie feels the love for vegetables in British-Caribbean cuisine and delivers a flavourful pumpkin rice and butter bean stew.	UNITED KINGDOM	English-100	RPT	G	
2021-09-03	2125	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 10	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y
2021-09-03	2130	<b>Mystery Diners</b>	An Officer And A Gentleman	Keith's ex-military manager is being too strict, so Mystery Diners go undercover to discover that the staff is planning a mutiny.	USA	English-100	RPT	PG	
2021-09-03	2200	<b>The Cook Up with Adam Liaw</b>	One Pot Meal	Delicious magazine's Phoebe Wood and comedian and political satirist Mark Humphries are in The Cook Up kitchen with host Adam Liaw, as they create their ultimate one pot wonders!	AUSTRALIA	English-100	RPT	PG	
2021-09-03	2230	<b>The Cook And The Chef</b>	All The Tea And China	Simon and Maggie are holding a tea party to celebrate the days when afternoon teas, complete with cakes and cucumber sandwiches, were quite the done thing.	AUSTRALIA	English-100	RPT	G	
2021-09-03	2300	<b>Choccywoccydoodah</b>	Fun Of The Fair	Chocolatier Dave is in his element when he gets to make a vintage cake spectacular for design guru Wayne Hemingway. It's to be in the spotlight at his summer festival at the Royal Festival Hall.	UNITED KINGDOM	English-100	RPT	PG	
2021-09-03	2330	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 45	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	
2021-09-03	2400	<b>The Chefs' Line</b>	Japanese	Inside Japanese restaurant Sokyo, Maeve O'Meara learns the art of sushi and sashimi and experiences executive chef Chase's creation of slow-cooked and grilled lamb chop in miso and vegemite sauce.	AUSTRALIA	English-100	RPT	G	Y
2021-09-03	2430	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 70	Doctors cast members Stirling Gallacher and Sean Gleeson scrub up in the kitchen today with Gino D'Acampo and guest chef Sophie Michell as Ainsley Harriott hosts a classic 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G	

2021-09-03	2520	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 7	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-09-03	2530	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 5	Paul welcomes visitors to the farm. His dad arrives for the first time and they go on a camping trip to hunt feral deer.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-09-03	2630	<b>Jamie's Ultimate Veg</b>	Jamie's Ultimate Veg Series 1 Ep 5	Jamie feels the love for vegetables in British-Caribbean cuisine and delivers a flavourful pumpkin rice and butter bean stew.	UNITED KINGDOM	English-100	RPT	G	
2021-09-03	2725	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 10	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y
2021-09-03	2730	<b>Mystery Diners</b>	An Officer And A Gentleman	Keith's ex-military manager is being too strict, so Mystery Diners go undercover to discover that the staff is planning a mutiny.	USA	English-100	RPT	PG	
2021-09-03	2800	<b>Donal's Kitchen Hero</b>	Donal's Kitchen Hero Series 2 Ep 6	Donal visits Nicky's Plaice fishmongers in Howth for a masterclass in filleting fish from Martin McLoughlin. He cooks Maki rolls, Asian-style sea bass parcels, and a smoked mackerel salad.	IRELAND	English-100	RPT	G	
2021-09-03	2830	<b>The Cellar Door: New Zealand</b>	Lawsons Dry Hills	Host George Gayler makes her way from the North Island to the South, on the Interislander ferry from Wellington to Picton, and from there she travels to Blenheim.	AUSTRALIA	English-100	RPT	G	
2021-09-04	0500	<b>Hemsley &amp; Hemsley: Healthy And Delicious</b>	Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 7	It's hard to get children to eat healthily all the time but foodie sisters Jasmine and Melissa have just the recipes to ensure little ones enjoy their food while still getting optimum nutrition.	UNITED KINGDOM	English-100	RPT	G	
2021-09-04	0530	<b>The Chefs' Line</b>	Japanese	Inside Japanese restaurant Sokyo, Maeve O'Meara learns the art of sushi and sashimi and experiences executive chef Chase's creation of slow-cooked and grilled lamb chop in miso and vegemite sauce.	AUSTRALIA	English-100	RPT	G	Y
2021-09-04	0600	<b>Lidia's Kitchen</b>	Italian American Favorites	Lidia prepares Italian-American favourites including Caesar salad, baked eggplant stuffed with meat and vegetables, and stuffed mushrooms.	USA	English-100	RPT	G	
2021-09-04	0630	<b>Annabel Langbein: Free Range Cook</b>	Touch Of Spice, A	Annabel Langbein celebrates autumn's bountiful natural harvests with a foraging expedition to a neighbour's prolific walnut tree. In return she invites him and his family for dinner.	NEW ZEALAND	English-100	RPT	G	
2021-09-04	0700	<b>Bake With Anna Olson</b>	Icings And Glazes	Having a good repertoire of icings and glazes add flair and panache to cakes and cookies. Here we get a handle on the major styles and some delicious recipes where they are used.	CANADA	English-100	RPT	G	
2021-09-04	0730	<b>Destination Flavour China</b>	Hainan Island	Adam arrives in Hainan, ready for the Liaw family reunion. After months apart, he's meeting his wife and two kids here in Haikou, to join him at the family reunion.	AUSTRALIA	English-70; Mandarin-30	RPT	G	Y
2021-09-04	0800	<b>The Cook And The Chef</b>	All The Tea And China	Simon and Maggie are holding a tea party to celebrate the days when afternoon teas, complete with cakes and cucumber sandwiches, were quite the done thing.	AUSTRALIA	English-100	RPT	G	
2021-09-04	0830	<b>Choccywoccydoodah</b>	Fun Of The Fair	Chocolatier Dave is in his element when he gets to make a vintage cake spectacular for design guru Wayne Hemingway. It's to be in the spotlight at his summer festival at the Royal Festival Hall.	UNITED KINGDOM	English-100	RPT	PG	
2021-09-04	0900	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 45	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	
2021-09-04	0930	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 5	Paul welcomes visitors to the farm. His dad arrives for the first time and they go on a camping trip to hunt feral deer.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-09-04	1030	<b>Mystery Diners</b>	An Officer And A Gentleman	Keith's ex-military manager is being too strict, so Mystery Diners go undercover to discover that the staff is planning a mutiny.	USA	English-100	RPT	PG	
2021-09-04	1100	<b>The Cook Up with Adam Liaw</b>	One Pot Meal	Delicious magazine's Phoebe Wood and comedian and political satirist Mark Humphries are in The Cook Up kitchen with host Adam Liaw, as they create their ultimate one pot wonders!	AUSTRALIA	English-100	RPT	PG	
2021-09-04	1130	<b>Jamie's Ultimate Veg</b>	Jamie's Ultimate Veg Series 1 Ep 5	Jamie feels the love for vegetables in British-Caribbean cuisine and delivers a flavourful pumpkin rice and butter bean stew.	UNITED KINGDOM	English-100	RPT	G	



2021-09-04	1225	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 10	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y
2021-09-04	1230	<b>Choccywoccydoodah</b>	Fun Of The Fair	Chocolatier Dave is in his element when he gets to make a vintage cake spectacular for design guru Wayne Hemingway. It's to be in the spotlight at his summer festival at the Royal Festival Hall.	UNITED KINGDOM	English-100	RPT	PG	
2021-09-04	1300	<b>Mystery Diners</b>	Cooking The Books	The owners of Sisley Italian Kitchen believe their bookkeeper is responsible for revenue discrepancy.	USA	English-100	RPT	PG	
2021-09-04	1330	<b>Living On The Veg</b>	Living On The Veg Series 1 Ep 10	Henry and Ian kick things off with their spin on a British classic with their vegan 'fish' pie, then Rachel Ama joins them in the kitchen to cook her harissa eggplant hotpot.	UNITED KINGDOM	English-100	RPT	G	
2021-09-04	1425	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 3	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
2021-09-04	1430	<b>Rhodes Across Italy</b>	Campania	Gary Rhodes' journey of Italian culinary discovery reaches Campania, home to Naples, the Amalfi Coast - and pizza! Gary visits old Naples to track down the origins of pizza.	UNITED KINGDOM	English-100	RPT	PG	
2021-09-04	1525	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 3	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-09-04	1530	<b>Watts On The Grill</b>	Cocoa Q	Chocolate on the barbeque? Who knew? Chef Spencer Watts shows his sweet side with four decadent recipes.	CANADA	English-100	RPT	G	
2021-09-04	1600	<b>Watts On The Grill</b>	Art Wood, The	No barbeque show would be complete without a celebration of wood. Chef Spencer Watts shares his top tips for achieving smoky flavours with melt-in-your-mouth recipes.	CANADA	English-100	RPT	G	
2021-09-04	1630	<b>Jonathan Phang's Gourmet Express</b>	Venice To London	Jonathan Phang, a self-confessed bon viveur with a passion for gastronomy, sets off on a gourmet journey crossing continents aboard some of the world's most elegant trains.	UNITED KINGDOM	English-100	RPT	G	Y
2021-09-04	1725	<b>Poh &amp; Co. Bitesize</b>	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
2021-09-04	1730	<b>Delia's How To Cook</b>	Eggs: Boiling And Scrambling	From how to test for freshness, to how to boil, poach, and scramble eggs to perfection, Delia explains all you need to know about the humble egg.	UNITED KINGDOM	English-100	RPT	G	
2021-09-04	1800	<b>Cheese Slices</b>	Cheeses Of Greece	The ancient Greeks regarded cheese as Food of the Gods, and it's no surprise that in Greece today, the consumption of cheese per head of population is the highest in the world.	AUSTRALIA	English-100	RPT	G	
2021-09-04	1830	<b>Cheese Slices</b>	Basque Sheperds Cheeses	Will visits the pretty village of Espelette to sample its red peppers, before travelling into the mountains to one of the few remaining traditional shepherds huts where where they milk ewe's by hand.	AUSTRALIA	English-100	RPT	G	
2021-09-04	1900	<b>Born To Cook: Jack Stein Down Under</b>	Pork, Venison And Gin	Jack Stein visits some rare-breed pigs, visits the first venison farm in Western Australia & ends with a trip to Limeburners where he makes an 'ode to the English Meadow' gin at Cameron's Giniversity.	AUSTRALIA	English-100	RPT	G	
2021-09-04	1930	<b>Yotam Ottolenghi's Mediterranean Feasts</b>	Tunisia	In one of North Africa's most popular holiday destinations, Yotam dines on the freshest fish, discovers the national obsession with fiery harissa paste, and samples spicy sausages.	UNITED KINGDOM	English-100		G	Y
2021-09-04	2025	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2021-09-04	2030	<b>Ainsley's Mediterranean Cookbook</b>	Jordan: Petra And Aqaba	Ainsley visits the stunning city of Petra, finding out about its hidden history, and he sets up his traveling kitchen at Ayla Resort, where chicken shawarma is on the menu.	UNITED KINGDOM	English-100	RPT	G	
2021-09-04	2125	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 9	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-09-04	2130	<b>Anthony Bourdain: Parts Unknown</b>	Myanmar	Anthony and his crew explore the beautiful and fabled area of Myanmar in Asia to indulge in the local cuisines of a country that had been, until recently, off-limits to outsiders.	USA	English-100		M	
2021-09-04	2225	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 8	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

2021-09-04	2230	<b>Anthony Bourdain: Parts Unknown</b>	Los Angeles	Tony examines the meeting point of Asian, Mexican, and Latino culture in modern Los Angeles. He talks to Roy Choi, a Korean-American who created a new form of gastronomy with his LA based Kogi trucks.	USA	English-100			M	
2021-09-04	2325	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 9	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
2021-09-04	2330	<b>Jonathan Phang's Gourmet Express</b>	Venice To London	Jonathan Phang, a self-confessed bon viveur with a passion for gastronomy, sets off on a gourmet journey crossing continents aboard some of the world's most elegant trains.	UNITED KINGDOM	English-100	RPT	G		Y
2021-09-04	2425	<b>Poh &amp; Co. Bitesize</b>	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
2021-09-04	2430	<b>Yotam Ottolenghi's Mediterranean Feasts</b>	Tunisia	In one of North Africa's most popular holiday destinations, Yotam dines on the freshest fish, discovers the national obsession with fiery harissa paste, and samples spicy sausages.	UNITED KINGDOM	English-100	RPT	G		Y
2021-09-04	2525	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2021-09-04	2530	<b>Ainsley's Mediterranean Cookbook</b>	Jordan: Petra And Aqaba	Ainsley visits the stunning city of Petra, finding out about its hidden history, and he sets up his traveling kitchen at Ayla Resort, where chicken shawarma is on the menu.	UNITED KINGDOM	English-100	RPT	G		
2021-09-04	2625	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 9	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G		Y
2021-09-04	2630	<b>Anthony Bourdain: Parts Unknown</b>	Myanmar	Anthony and his crew explore the beautiful and fabled area of Myanmar in Asia to indulge in the local cuisines of a country that had been, until recently, off-limits to outsiders.	USA	English-100	RPT	M		
2021-09-04	2725	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 8	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
2021-09-04	2730	<b>Anthony Bourdain: Parts Unknown</b>	Los Angeles	Tony examines the meeting point of Asian, Mexican, and Latino culture in modern Los Angeles. He talks to Roy Choi, a Korean-American who created a new form of gastronomy with his LA based Kogi trucks.	USA	English-100	RPT	M		
2021-09-04	2825	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 9	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
2021-09-04	2830	<b>Born To Cook: Jack Stein Down Under</b>	Pork, Venison And Gin	Jack Stein visits some rare-breed pigs, visits the first venison farm in Western Australia & ends with a trip to Limeburners where he makes an 'ode to the English Meadow' gin at Cameron's Giniversity.	AUSTRALIA	English-100	RPT	G		