



WEEK 37: Sunday, 5 September - Saturday, 11 September 2021 ALL MARKETS

| Date | Start Time | Title | Episode Title | Digital Egg Synopsis | Country of Origin | Language | Repeat | Classification | Closed Cap |
|------------|------------|---|--|--|-------------------|-------------|--------|----------------|------------|
| 2021-09-05 | 0500 | Watts On The Grill | Cocoa Q | Chocolate on the barbeque? Who knew? Chef Spencer Watts shows his sweet side with four decadent recipes. | CANADA | English-100 | RPT | G | |
| 2021-09-05 | 0530 | Living On The Veg | 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 | |
| 2021-09-05 | 0625 | Destination Flavour - Japan | 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 |
| 2021-09-05 | 0630 | Rhodes Across Italy | 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 | |
| 2021-09-05 | 0725 | Poh & Co. Bitesize | Poh & Co. Bitesize Series 2 Ep 3 | Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-05 | 0730 | Jonathan Phang's Gourmet Express | 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 |
| 2021-09-05 | 0825 | Poh & Co. Bitesize | Love...And Pizza! | Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-05 | 0830 | Yotam Ottolenghi's Mediterranean Feasts | 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 |
| 2021-09-05 | 0925 | Destination Flavour Scandinavia Bitesize | Destination Flavour Scandinavia Bitesize Series 1 Ep 3 | Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-05 | 0930 | Ainsley's Mediterranean Cookbook | Jordan: Petra And Aqaba | Ainsley visits the stunning city of Petra, finding out about its hidden history, and he sets up his travelling kitchen at Ayla Resort, where chicken shawarma is on the menu. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-09-05 | 1025 | Poh & Co. Bitesize | 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 |
| 2021-09-05 | 1030 | Anthony Bourdain: Parts Unknown | 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 | |
| 2021-09-05 | 1125 | Destination Flavour Down Under Bitesize | 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 |
| 2021-09-05 | 1130 | Anthony Bourdain: Parts Unknown | 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 | |
| 2021-09-05 | 1225 | Destination Flavour Down Under Bitesize | 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 |
| 2021-09-05 | 1230 | Living On The Veg | 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 | |
| 2021-09-05 | 1325 | Destination Flavour - Japan | 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 |

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|------------|------|--|--|---|----------------|------------------------------|-----|----|---|
| 2021-09-05 | 1330 | Watts On The Grill | 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 | |
| 2021-09-05 | 1400 | The Cook Up with Adam Liaw | 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 | |
| 2021-09-05 | 1430 | The Cook Up with Adam Liaw | 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 | |
| 2021-09-05 | 1500 | The Cook Up with Adam Liaw | 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 | |
| 2021-09-05 | 1530 | The Cook Up with Adam Liaw | 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 | |
| 2021-09-05 | 1600 | The Cook Up with Adam Liaw | 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 | |
| 2021-09-05 | 1630 | The Cook And The Chef | Autumn Fruit And Nuts | Its Autumn and the new seasons array of Fruit and Nuts sees Maggie and Simon whip up a collection of captivating flavours. For Maggie, Autumn means Vintage in the Barossa. | AUSTRALIA | English-100 | | G | |
| 2021-09-05 | 1700 | The Cook And The Chef | Autumn Fruit And Veg | Simon takes some new seasons vegetables and shows us how to pickle ginger and daikon, while Maggie uses ginger to make an eggplant salad. | AUSTRALIA | English-100 | | PG | |
| 2021-09-05 | 1730 | Michela's Tuscan Kitchen | Michela's Tuscan Kitchen Series 1 Ep 9 | Michela uncovers the best seasonal, locally grown fruit and vegetables, and the creamiest of ricottas, and uses them to dish up a twist on an old favourite with a wonderful porcini mushroom lasagne. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-09-05 | 1800 | Amazon Taste | Oyster | Thiago Castanho travels to the Pereru de Fatima community to learn more about the oysters of the 'Sao de Caetano de Odivelas' village and the oyster harvesting process. | BRAZIL | English-50; Portuguese-50 | | PG | |
| 2021-09-05 | 1830 | Amazon Taste | Tucuma | Thiago heads to Manaus, capital of the Brazilian state of Amazonas. For the inhabitants of Manaus, Tucuma is a fruit that is part of their routine from breakfast to dinner. | BRAZIL | English-50; Portuguese-50 | | PG | |
| 2021-09-05 | 1900 | Nigellissima | Nigellissima Series 1 Ep 2 | Nigella Lawson's mission to show how easy it is to bring the spirit of Italy into the kitchen continues as she shares the secrets of her celebratory Italian roast chicken. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2021-09-05 | 1930 | Weekend Breaks With Gregg Wallace | York | In York, Gregg Wallace visits the famous Minster, climbs the city walls and meets one of Yorkshire's best chefs who cooks a menu filled with one of his favourite ingredients, rhubarb. | UNITED KINGDOM | English-100 | | G | |
| 2021-09-05 | 2030 | Rick Stein's Long Weekends | Reykjavik | Rick Stein heads north towards the Arctic Circle to explore the culinary delights of Reykjavik. A perfect winter break enriched with a smorgasbord of the best Iceland has to offer. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2021-09-05 | 2140 | Anthony Bourdain: Parts Unknown | Colombia | Tony travels through several regions of Colombia from the mountains down to the Caribbean coast to the coca leaf growing inlands formerly controlled by drug cartels. | USA | English-100 | | M | |
| 2021-09-05 | 2235 | Anthony Bourdain: Parts Unknown | Libya | Tony explores Libya from top to bottom through the hip-hop music of anti-Qaddafi rapper expats, Italian restaurants, tribal allegiances and post-war uncertainty. | USA | English-100 | | M | |
| 2021-09-05 | 2330 | Amazon Taste | Oyster | Thiago Castanho travels to the Pereru de Fatima community to learn more about the oysters of the 'Sao de Caetano de Odivelas' village and the oyster harvesting process. | BRAZIL | English-50; Portuguese-50 | RPT | PG | |
| 2021-09-05 | 2400 | Amazon Taste | Tucuma | Thiago heads to Manaus, capital of the Brazilian state of Amazonas. For the inhabitants of Manaus, Tucuma is a fruit that is part of their routine from breakfast to dinner. | BRAZIL | English-50; Portuguese-50 | RPT | PG | |
| 2021-09-05 | 2430 | Weekend Breaks With Gregg Wallace | York | In York, Gregg Wallace visits the famous Minster, climbs the city walls and meets one of Yorkshire's best chefs who cooks a menu filled with one of his favourite ingredients, rhubarb. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-09-05 | 2530 | Rick Stein's Long Weekends | Reykjavik | Rick Stein heads north towards the Arctic Circle to explore the culinary delights of Reykjavik. A perfect winter break enriched with a smorgasbord of the best Iceland has to offer. | UNITED KINGDOM | English-100 | RPT | G | Y |

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|------------|------|---|--|--|----------------|------------------------------|-----|----|---|
| 2021-09-05 | 2640 | Anthony Bourdain: Parts Unknown | Colombia | Tony travels through several regions of Colombia from the mountains down to the Caribbean coast to the coca leaf growing inlands formerly controlled by drug cartels. | USA | English-100 | RPT | M | |
| 2021-09-05 | 2735 | Anthony Bourdain: Parts Unknown | Libya | Tony explores Libya from top to bottom through the hip-hop music of anti-Qaddafi rapper expats, Italian restaurants, tribal allegiances and post-war uncertainty. | USA | English-100 | RPT | M | |
| 2021-09-05 | 2830 | Nigellissima | Nigellissima Series 1 Ep 2 | Nigella Lawson's mission to show how easy it is to bring the spirit of Italy into the kitchen continues as she shares the secrets of her celebratory Italian roast chicken. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2021-09-06 | 0500 | The Cook Up with Adam Liaw | 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 | |
| 2021-09-06 | 0530 | The Cook Up with Adam Liaw | 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 | |
| 2021-09-06 | 0600 | The Cook Up with Adam Liaw | 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 | |
| 2021-09-06 | 0630 | The Cook Up with Adam Liaw | 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 | |
| 2021-09-06 | 0700 | The Cook Up with Adam Liaw | 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 | |
| 2021-09-06 | 0730 | Amazon Taste | Oyster | Thiago Castanho travels to the Pereru de Fatima community to learn more about the oysters of the 'Sao de Caetano de Odivelas' village and the oyster harvesting process. | BRAZIL | English-50; Portuguese-50 | RPT | PG | |
| 2021-09-06 | 0800 | Amazon Taste | Tucuma | Thiago heads to Manaus, capital of the Brazilian state of Amazonas. For the inhabitants of Manaus, Tucuma is a fruit that is part of their routine from breakfast to dinner. | BRAZIL | English-50; Portuguese-50 | RPT | PG | |
| 2021-09-06 | 0830 | Weekend Breaks With Gregg Wallace | York | In York, Gregg Wallace visits the famous Minster, climbs the city walls and meets one of Yorkshire's best chefs who cooks a menu filled with one of his favourite ingredients, rhubarb. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-09-06 | 0930 | Rick Stein's Long Weekends | Reykjavik | Rick Stein heads north towards the Arctic Circle to explore the culinary delights of Reykjavik. A perfect winter break enriched with a smorgasbord of the best Iceland has to offer. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2021-09-06 | 1040 | Anthony Bourdain: Parts Unknown | Colombia | Tony travels through several regions of Colombia from the mountains down to the Caribbean coast to the coca leaf growing inlands formerly controlled by drug cartels. | USA | English-100 | RPT | M | |
| 2021-09-06 | 1135 | Anthony Bourdain: Parts Unknown | Libya | Tony explores Libya from top to bottom through the hip-hop music of anti-Qaddafi rapper expats, Italian restaurants, tribal allegiances and post-war uncertainty. | USA | English-100 | RPT | M | |
| 2021-09-06 | 1230 | Amazon Taste | Oyster | Thiago Castanho travels to the Pereru de Fatima community to learn more about the oysters of the 'Sao de Caetano de Odivelas' village and the oyster harvesting process. | BRAZIL | English-50; Portuguese-50 | RPT | PG | |
| 2021-09-06 | 1300 | Amazon Taste | Tucuma | Thiago heads to Manaus, capital of the Brazilian state of Amazonas. For the inhabitants of Manaus, Tucuma is a fruit that is part of their routine from breakfast to dinner. | BRAZIL | English-50; Portuguese-50 | RPT | PG | |
| 2021-09-06 | 1330 | Donal's Kitchen Hero | Donal's Kitchen Hero Series 2 Ep 7 | Donal uses soy sauce, fish sauce and Tabasco sauce, among other things, to make Nasi Goreng, meatballs with linguine, and delicately spiced chicken which he cooks on location at Bloom with Arun Kapil. | IRELAND | English-100 | RPT | G | |
| 2021-09-06 | 1400 | The Cellar Door: New Zealand | Wither Hills | George is still in the beautiful Marlborough wine region where she and the team visit the stunning Wither Hills to take a tour of their impressive cellar door. | AUSTRALIA | English-100 | RPT | G | |
| 2021-09-06 | 1430 | Hemsley & Hemsley: Healthy And Delicious | Hemsley & Hemsley: Healthy And Delicious Series 1 Ep 8 | When throwing a party it's easy for nutrition to take a back seat. Not so for Jasmine and Melissa who have come up with a menu that will impress your guests as well as keep them eating healthily. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-09-06 | 1500 | The Chefs' Line | Mexican | Junior Chef Aaron from Mexican restaurant el Publico in Perth goes up against four home cooks with a passion for Mexican cuisine. Can a home cooked meal beat the refinement of a restaurant dish? | AUSTRALIA | English-100 | RPT | G | Y |

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|------------|------|--|--|--|----------------|-------------|-----|----|---|
| 2021-09-06 | 1530 | Lidia's Kitchen | Fruits And Desserts | Lidia focuses on fruits and desserts as she prepares strawberries with balsamic vinegar, panna cotta with seasonal fruit, nectarines and blueberries in prosecco, and plum crostata. | USA | English-100 | RPT | G | |
| 2021-09-06 | 1600 | Annabel Langbein: Free Range Cook | Harvest Feast, A | Annabel Langbein enjoys a bike ride and a riverside picnic with a Wanaka breadmaker who delivers organic artisanal breads to her customers on an electric cargo bicycle. | NEW ZEALAND | English-100 | RPT | G | |
| 2021-09-06 | 1630 | Bake With Anna Olson | Loaf Cakes | Everyone from a novice baker to professional patissier needs a few really tasty sweet breads. Anna shares her recipes for basic banana bread and a honey-spiced bread called pain d'epices. | CANADA | English-100 | RPT | G | |
| 2021-09-06 | 1700 | Destination Flavour Singapore | Destination Flavour Singapore Series 1 Ep 1 | Adam Liaw travels to the islands of Singapore. He's set a challenge for himself. In 6 weeks, he's going to put on a Salute to Singapore Banquet Dinner for some of the country's top food identities. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-06 | 1730 | The Cook And The Chef | French Connection, The | If you fancy some fine French fare then join Maggie and Simon as they reveal the significant contribution the French have made to the kitchen while tempting us with classics such as Bouillabaisse. | AUSTRALIA | English-100 | | G | |
| 2021-09-06 | 1800 | Choccywoccydoodah | Upstairs, Downstairs | It's all pomp and ceremony when chocolatier Tom makes the biggest and most extravagant of cakes for the Queen Charlotte Ball, where debutantes are presented to the cream of London society. | UNITED KINGDOM | English-100 | | PG | |
| 2021-09-06 | 1830 | Come Dine With Me UK | Come Dine With Me UK Series 15 Ep 46 | 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 | |
| 2021-09-06 | 1900 | The Cook Up with Adam Liaw | Rice Noodles | DJ and author Andrew Levins and Palisa Anderson, host of SBS's Water Heart Food, are in The Cook Up kitchen with host Adam Liaw to share their favourite rice noodle dishes. | AUSTRALIA | English-100 | | PG | |
| 2021-09-06 | 1930 | Jamie & Jimmy's Food Fight Club | Jamie & Jimmy's Food Fight Club Series 5 Ep 4 | This week, one of the UK's favourite TV judges, Alesha Dixon, is in the cafe. Inspired by her previous trip to Mumbai, Alesha and Jamie cook up a fantastic double-marinated spicy prawn dish. | UNITED KINGDOM | English-100 | | PG | |
| 2021-09-06 | 2030 | Hairy Bikers Chocolate Challenge | Hairy Bikers Chocolate Challenge Series 1 Ep 2 | This week the first-time confectioners turn their hand to beautiful bon bons as master chocolatier and judge Ruth Hinks pushes their chocolate capabilities to the limit. | UNITED KINGDOM | English-100 | | PG | |
| 2021-09-06 | 2130 | Luke Nguyen's Vietnam | Luke Nguyen's Vietnam Series 1 Episode 1 | Acclaimed Sydney chef Luke Nguyen returns to the country of his heritage to take a culinary journey through the southern regions of Vietnam. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-06 | 2200 | The Cook Up with Adam Liaw | Rice Noodles | DJ and author Andrew Levins and Palisa Anderson, host of SBS's Water Heart Food, are in The Cook Up kitchen with host Adam Liaw to share their favourite rice noodle dishes. | AUSTRALIA | English-100 | RPT | PG | |
| 2021-09-06 | 2230 | The Cook And The Chef | French Connection, The | If you fancy some fine French fare then join Maggie and Simon as they reveal the significant contribution the French have made to the kitchen while tempting us with classics such as Bouillabaisse. | AUSTRALIA | English-100 | RPT | G | |
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| 2021-09-06 | 2330 | Come Dine With Me UK | Come Dine With Me UK Series 15 Ep 46 | 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 | |
| 2021-09-06 | 2400 | The Chefs' Line | Mexican | Junior Chef Aaron from Mexican restaurant el Publico in Perth goes up against four home cooks with a passion for Mexican cuisine. Can a home cooked meal beat the refinement of a restaurant dish? | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-06 | 2430 | Ready Steady Cook UK | Ready Steady Cook UK Series 18/19 Ep 71 | Rugby players Rory Underwood and Brian Moore tackle each other head on as Ainsley Harriott hosts another edition of the 20-minute cooking challenge. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-09-06 | 2520 | Destination Flavour China Bitesize | Destination Flavour China Bitesize Series 1 Ep 1 | All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-06 | 2530 | Jamie & Jimmy's Food Fight Club | Jamie & Jimmy's Food Fight Club Series 5 Ep 4 | This week, one of the UK's favourite TV judges, Alesha Dixon, is in the cafe. Inspired by her previous trip to Mumbai, Alesha and Jamie cook up a fantastic double-marinated spicy prawn dish. | UNITED KINGDOM | English-100 | RPT | PG | |
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| 2021-09-06 | 2830 | The Cellar Door: New Zealand | Wither Hills | George is still in the beautiful Marlborough wine region where she and the team visit the stunning Wither Hills to take a tour of their impressive cellar door. | AUSTRALIA | English-100 | RPT | G | |
| 2021-09-07 | 0500 | Hemsley & Hemsley: Healthy And Delicious | Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 8 | When throwing a party it's easy for nutrition to take a back seat. Not so for Jasmine and Melissa who have come up with a menu that will impress your guests as well as keep them eating healthily. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-09-07 | 0530 | The Chefs' Line | Mexican | Junior Chef Aaron from Mexican restaurant el Publico in Perth goes up against four home cooks with a passion for Mexican cuisine. Can a home cooked meal beat the refinement of a restaurant dish? | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-07 | 0600 | Lidia's Kitchen | Fruits And Desserts | Lidia focuses on fruits and desserts as she prepares strawberries with balsamic vinegar, panna cotta with seasonal fruit, nectarines and blueberries in prosecco, and plum crostata. | USA | English-100 | RPT | G | |
| 2021-09-07 | 0630 | Annabel Langbein: Free Range Cook | Harvest Feast, A | Annabel Langbein enjoys a bike ride and a riverside picnic with a Wanaka breadmaker who delivers organic artisanal breads to her customers on an electric cargo bicycle. | NEW ZEALAND | English-100 | RPT | G | |
| 2021-09-07 | 0700 | Bake With Anna Olson | Loaf Cakes | Everyone from a novice baker to professional patissier needs a few really tasty sweet breads. Anna shares her recipes for basic banana bread and a honey-spiced bread called pain d'epices. | CANADA | English-100 | RPT | G | |
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| 2021-09-07 | 0800 | Choccywoccydoodah | Upstairs, Downstairs | It's all pomp and ceremony when chocolatier Tom makes the biggest and most extravagant of cakes for the Queen Charlotte Ball, where debutantes are presented to the cream of London society. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-09-07 | 0830 | Jamie & Jimmy's Food Fight Club | Jamie & Jimmy's Food Fight Club Series 5 Ep 4 | This week, one of the UK's favourite TV judges, Alesha Dixon, is in the cafe. Inspired by her previous trip to Mumbai, Alesha and Jamie cook up a fantastic double-marinaded spicy prawn dish. | UNITED KINGDOM | English-100 | RPT | PG | |
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| 2021-09-07 | 1030 | Luke Nguyen's Vietnam | Luke Nguyen's Vietnam Series 1 Episode 1 | Acclaimed Sydney chef Luke Nguyen returns to the country of his heritage to take a culinary journey through the southern regions of Vietnam. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-07 | 1100 | The Cook Up with Adam Liaw | Rice Noodles | DJ and author Andrew Levins and Palisa Anderson, host of SBS's Water Heart Food, are in The Cook Up kitchen with host Adam Liaw to share their favourite rice noodle dishes. | AUSTRALIA | English-100 | RPT | PG | |
| 2021-09-07 | 1130 | Come Dine With Me UK | Come Dine With Me UK Series 15 Ep 46 | 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 | |
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| 2021-09-07 | 1330 | Donal's Kitchen Hero | Donal's Kitchen Hero Series 2 Ep 8 | Donal cooks poultry as he heads to Naas, Co. Kildare to chat to one of a growing number of people keeping chickens in Ireland. He meets Charlie Ganly who keeps chickens in his small suburban garden. | IRELAND | English-100 | RPT | G | |
| 2021-09-07 | 1400 | The Cellar Door: New Zealand | Brancott Estate | The team are still in the Marlborough wine region where host George Gayler pays a visit to the historic Brancott Estate. The idyllic cellar door sits atop a stunning valley and is a must visit. | AUSTRALIA | English-100 | RPT | G | |

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|------------|------|---|--|--|----------------|-------------------------|-----|----|---|
| 2021-09-07 | 1430 | Hemsley & Hemsley: Healthy And Delicious | Hemsley & Hemsley: Healthy And Delicious Series 1 Ep 9 | Foodie sisters Jasmine and Melissa share the perfect menu for a hot day. A cauliflower tabbouleh is the cooling accompaniment to lamb and carrot meatballs for a healthy lunch. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-09-07 | 1500 | The Chefs' Line | Mexican | Station chef Chris from Mexican restaurant el Publico 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 |
| 2021-09-07 | 1530 | Lidia's Kitchen | Crespelle | Lidia shares her favourite crespelle - an Italian-style crepe - dishes, including crespelle manicotti, and chocolate and walnut crespelle. | USA | English-100 | RPT | G | |
| 2021-09-07 | 1600 | Annabel Langbein: Free Range Cook | Food For A Frosty Night | In the depths of winter Annabel Langbein, heads high into New Zealand's stunning Southern Alps to try her hand at dog sledding in the snow. She takes along her famous banana cake to share. | NEW ZEALAND | English-100 | RPT | G | |
| 2021-09-07 | 1630 | Bake With Anna Olson | Fudge | Sweet and decadent - fudge can be a candy or an element in a dessert. Anna shares her recipes for chocolate fudge and New Orleans pecan fudge pralines. | CANADA | English-100 | RPT | G | |
| 2021-09-07 | 1700 | Destination Flavour Singapore | Destination Flavour Singapore Series 1 Ep 2 | Adam's salute to Singapore Banquet Dinner quest continues as he goes in search of inspiration for a meat dish. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2021-09-07 | 1730 | The Cook And The Chef | Australian Native Foods | In this new world of climate change, Australian Native Foods are being seen as foods of the future because they've evolved over thousands of years to suit Australian soils and climate. | AUSTRALIA | English-100 | | G | |
| 2021-09-07 | 1800 | Choccywoccydoodah | Four Legged Friends | As an animal lover, chocolatier Dave is in his element when he has to sculpt a pet menagerie for a cake for the press launch of a virtual game. Meanwhile, Ben creates a poodle inspired cake. | UNITED KINGDOM | English-100 | | PG | |
| 2021-09-07 | 1830 | Come Dine With Me UK | Come Dine With Me UK Series 15 Ep 47 | 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 | |
| 2021-09-07 | 1900 | The Cook Up with Adam Liaw | Mid Week Dinner | The Cook Up host Adam Liaw invites Uccello's Nigel Ward and owner of Monish Cakes, Monica Cavallaro, into the kitchen to create some quick and easy mid-week dinners. | AUSTRALIA | English-100 | | PG | |
| 2021-09-07 | 1930 | Destination Flavour Japan | Destination Flavour - Japan Series 1 Ep 8 | Adam hits the streets to show us Osaka's incredibly delicious array of cheap eats. He spends the day with a retired sumo wrestler, then indulges in some delicious baseball stadium food. | AUSTRALIA | English-70; Japanese-30 | RPT | G | Y |
| 2021-09-07 | 2000 | David Rocco's Dolce Africa | Wedding Crashers | With only twelve hours' notice to attend a wedding in Tanzania's capital city, it's a good thing David is in Dar es Salaam, a major hub of fashion, textiles and trade on Africa's east coast. | CANADA | English-100 | | PG | |
| 2021-09-07 | 2030 | Remarkable Places To Eat | Marrakech | TV chef Andi Oliver takes Fred to Marrakesh to enjoy lamb and couscous at a legendary restaurant, chicken tagine for under \$20, and breakfast on a spectacular roof terrace. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-09-07 | 2130 | Luke Nguyen's Vietnam | Luke Nguyen's Vietnam Series 1 Episode 2 | Tonight, acclaimed Sydney chef Luke Nguyen spends time cooking with his extended family in Ho Chi Minh City. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-07 | 2200 | The Cook Up with Adam Liaw | Mid Week Dinner | The Cook Up host Adam Liaw invites Uccello's Nigel Ward and owner of Monish Cakes, Monica Cavallaro, into the kitchen to create some quick and easy mid-week dinners. | AUSTRALIA | English-100 | RPT | PG | |
| 2021-09-07 | 2230 | The Cook And The Chef | Australian Native Foods | In this new world of climate change, Australian Native Foods are being seen as foods of the future because they've evolved over thousands of years to suit Australian soils and climate. | AUSTRALIA | English-100 | RPT | G | |
| 2021-09-07 | 2300 | Choccywoccydoodah | Four Legged Friends | As an animal lover, chocolatier Dave is in his element when he has to sculpt a pet menagerie for a cake for the press launch of a virtual game. Meanwhile, Ben creates a poodle inspired cake. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-09-07 | 2330 | Come Dine With Me UK | Come Dine With Me UK Series 15 Ep 47 | 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 | |
| 2021-09-07 | 2400 | The Chefs' Line | Mexican | Station chef Chris from Mexican restaurant el Publico 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 |
| 2021-09-07 | 2430 | Ready Steady Cook UK | Ready Steady Cook UK Series 18/19 Ep 72 | Arsenal women's footballers Faye White and Alex Scott team up with Ainsley Harriott for another edition of the 20-minute cooking challenge. | UNITED KINGDOM | English-100 | RPT | G | |

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|------------|------|---|--|--|----------------|-------------------------|-----|----|---|
| 2021-09-07 | 2520 | Destination Flavour China Bitesize | Destination Flavour China Bitesize Series 1 Ep 2 | All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-07 | 2530 | Destination Flavour Japan | Destination Flavour - Japan Series 1 Ep 8 | Adam hits the streets to show us Osaka's incredibly delicious array of cheap eats. He spends the day with a retired sumo wrestler, then indulges in some delicious baseball stadium food. | AUSTRALIA | English-70; Japanese-30 | RPT | G | Y |
| 2021-09-07 | 2600 | David Rocco's Dolce Africa | Wedding Crashers | With only twelve hours' notice to attend a wedding in Tanzania's capital city, it's a good thing David is in Dar es Salaam, a major hub of fashion, textiles and trade on Africa's east coast. | CANADA | English-100 | RPT | PG | |
| 2021-09-07 | 2630 | Remarkable Places To Eat | Marrakech | TV chef Andi Oliver takes Fred to Marrakesh to enjoy lamb and couscous at a legendary restaurant, chicken tagine for under \$20, and breakfast on a spectacular roof terrace. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-09-07 | 2730 | Luke Nguyen's Vietnam | Luke Nguyen's Vietnam Series 1 Episode 2 | Tonight, acclaimed Sydney chef Luke Nguyen spends time cooking with his extended family in Ho Chi Minh City. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-07 | 2800 | Donal's Kitchen Hero | Donal's Kitchen Hero Series 2 Ep 8 | Donal cooks poultry as he heads to Naas, Co. Kildare to chat to one of a growing number of people keeping chickens in Ireland. He meets Charlie Ganly who keeps chickens in his small suburban garden. | IRELAND | English-100 | RPT | G | |
| 2021-09-07 | 2830 | The Cellar Door: New Zealand | Brancott Estate | The team are still in the Marlborough wine region where host George Gayler pays a visit to the historic Brancott Estate. The idyllic cellar door sits atop a stunning valley and is a must visit. | AUSTRALIA | English-100 | RPT | G | |
| 2021-09-08 | 0500 | Hemsley & Hemsley: Healthy And Delicious | Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 9 | Foodie sisters Jasmine and Melissa share the perfect menu for a hot day. A cauliflower tabbouleh is the cooling accompaniment to lamb and carrot meatballs for a healthy lunch. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-09-08 | 0530 | The Chefs' Line | Mexican | Station chef Chris from Mexican restaurant el Publico 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 |
| 2021-09-08 | 0600 | Lidia's Kitchen | Crespelle | Lidia shares her favourite crespelle - an Italian-style crepe - dishes, including crespelle manicotti, and chocolate and walnut crespelle. | USA | English-100 | RPT | G | |
| 2021-09-08 | 0630 | Annabel Langbein: Free Range Cook | Food For A Frosty Night | In the depths of winter Annabel Langbein, heads high into New Zealand's stunning Southern Alps to try her hand at dog sledding in the snow. She takes along her famous banana cake to share. | NEW ZEALAND | English-100 | RPT | G | |
| 2021-09-08 | 0700 | Bake With Anna Olson | Fudge | Sweet and decadent - fudge can be a candy or an element in a dessert. Anna shares her recipes for chocolate fudge and New Orleans pecan fudge pralines. | CANADA | English-100 | RPT | G | |
| 2021-09-08 | 0730 | Destination Flavour Singapore | Destination Flavour Singapore Series 1 Ep 2 | Adam's salute to Singapore Banquet Dinner quest continues as he goes in search of inspiration for a meat dish. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2021-09-08 | 0800 | Choccywoccydoodah | Four Legged Friends | As an animal lover, chocolatier Dave is in his element when he has to sculpt a pet menagerie for a cake for the press launch of a virtual game. Meanwhile, Ben creates a poodle inspired cake. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-09-08 | 0830 | Destination Flavour Japan | Destination Flavour - Japan Series 1 Ep 8 | Adam hits the streets to show us Osaka's incredibly delicious array of cheap eats. He spends the day with a retired sumo wrestler, then indulges in some delicious baseball stadium food. | AUSTRALIA | English-70; Japanese-30 | RPT | G | Y |
| 2021-09-08 | 0900 | David Rocco's Dolce Africa | Wedding Crashers | With only twelve hours' notice to attend a wedding in Tanzania's capital city, it's a good thing David is in Dar es Salaam, a major hub of fashion, textiles and trade on Africa's east coast. | CANADA | English-100 | RPT | PG | |
| 2021-09-08 | 0930 | Remarkable Places To Eat | Marrakech | TV chef Andi Oliver takes Fred to Marrakesh to enjoy lamb and couscous at a legendary restaurant, chicken tagine for under \$20, and breakfast on a spectacular roof terrace. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-09-08 | 1030 | Luke Nguyen's Vietnam | Luke Nguyen's Vietnam Series 1 Episode 2 | Tonight, acclaimed Sydney chef Luke Nguyen spends time cooking with his extended family in Ho Chi Minh City. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-08 | 1100 | The Cook Up with Adam Liaw | Mid Week Dinner | The Cook Up host Adam Liaw invites Uccello's Nigel Ward and owner of Monish Cakes, Monica Cavallaro, into the kitchen to create some quick and easy mid-week dinners. | AUSTRALIA | English-100 | RPT | PG | |
| 2021-09-08 | 1130 | Come Dine With Me UK | Come Dine With Me UK Series 15 Ep 47 | 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 | |

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|------------|------|---|---|--|----------------|-----------------------|-----|----|---|
| 2021-09-08 | 1200 | Annabel Langbein: Free Range Cook | Food For A Frosty Night | In the depths of winter Annabel Langbein, heads high into New Zealand's stunning Southern Alps to try her hand at dog sledding in the snow. She takes along her famous banana cake to share. | NEW ZEALAND | English-100 | RPT | G | |
| 2021-09-08 | 1230 | Destination Flavour Singapore | Destination Flavour Singapore Series 1 Ep 2 | Adam's salute to Singapore Banquet Dinner quest continues as he goes in search of inspiration for a meat dish. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2021-09-08 | 1300 | Choccywoccydoodah | Four Legged Friends | As an animal lover, chocolatier Dave is in his element when he has to sculpt a pet menagerie for a cake for the press launch of a virtual game. Meanwhile, Ben creates a poodle inspired cake. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-09-08 | 1330 | Donal's Kitchen Hero | Donal's Kitchen Hero Series 2 Ep 9 | Donal goes to the National Botanic Gardens to meet Colm Gibson who runs a scheme on behalf of the Environmental Protection Agency which aims to teach people how to reduce their food wastage. | IRELAND | English-100 | RPT | G | |
| 2021-09-08 | 1400 | The Cellar Door: New Zealand | Toi Toi Wines | It's the teams final day in the Marlborough wine region and George starts the day at the historic Marlborough Wine Station where she helps them celebrate their second birthday. | AUSTRALIA | English-100 | RPT | G | |
| 2021-09-08 | 1430 | Hemsley & Hemsley: Healthy And Delicious | Hemsely & Hemsley: Healthy And Delicious Series 1 Ep 10 | Every Sunday the Hemsley sisters batch cook a selection of nutrient rich recipes that will last them all week. For a ready made breakfast they prepare cranberry and quinoa breakfast bars. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-09-08 | 1500 | The Chefs' Line | Mexican | Sous chef Gianni from Mexican restaurant el Publico goes up against two home cooks. Can the passion of a home cook beat the professional skills of a chef? | AUSTRALIA | English-99; Spanish-1 | RPT | G | Y |
| 2021-09-08 | 1530 | Lidia's Kitchen | Agrodolce | Lidia shares her recipe for agrodolce - an Italian-style sweet-and-sour sauce - which she uses to flavour swordfish. | USA | English-100 | RPT | G | |
| 2021-09-08 | 1600 | Annabel Langbein: Free Range Cook | Middle-Eastern Magic | Annabel Langbein pulls on her gumboots to visit a high-country sheep station, where the farmer has mustered his flock for their annual mid-winter shearing. | NEW ZEALAND | English-100 | RPT | G | |
| 2021-09-08 | 1630 | Bake With Anna Olson | Cream Pies | Anna shares her favourite cream pie recipes including chocolate cream pie, double maple cream pie, and mini banoffee pies. | CANADA | English-100 | RPT | G | |
| 2021-09-08 | 1700 | Destination Flavour Singapore | Destination Flavour Singapore Series 1 Ep 3 | At the National Gallery of Singapore, Adam he visits Peranakan food legend Violet Oon's acclaimed restaurant, National Kitchen, which tells the story of Singapore through a distinctive menu. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-08 | 1730 | The Cook And The Chef | Tetsuya Part 1 | Fifty years ago, Australia was gastronomically a very bleak part of the world. In the early 1950s, dining out for Maggie's family often meant a meal at the local Chinese restaurant. | AUSTRALIA | English-100 | | G | |
| 2021-09-08 | 1800 | Choccywoccydoodah | Particular Passion, A | The chocolatiers get into action by making two original and jaw-dropping wedding cakes. The first is modelled on a couple's beloved pet ginger pigs, and the second is plastered in bespoke teddy bears. | UNITED KINGDOM | English-100 | | PG | |
| 2021-09-08 | 1830 | Come Dine With Me UK | Come Dine With Me UK Series 15 Ep 48 | 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 | |
| 2021-09-08 | 1900 | The Cook Up with Adam Liaw | Home Grown | Home cooks Noor Azizah and Rnita Dacho join host Adam Liaw in The Cook Up kitchen to create their ultimate dishes using home grown produce. | AUSTRALIA | English-100 | | PG | |
| 2021-09-08 | 1930 | Giada Entertains | Football Picnic | After a beachside game of tag football, Giada serves her guests an easy, make-ahead meal of pizza paninis, bittersweet chopped salad, sweet potato hummus and, for dessert, fennel and orange fudge. | USA | English-100 | | PG | |
| 2021-09-08 | 2000 | Kylie Kwong: Heart And Soul | Spice | Kylie takes us through her Chinese versions of traditional Australian favourites and introduces us to the cross-cultural mix of modern Australian cooking. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-08 | 2030 | Rick Stein's Taste Of The Sea | Rick Stein's Taste Of The Sea Series 1 Ep 2 | 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 | |
| 2021-09-08 | 2100 | Rick Stein's Seafood Odyssey | Goa And America | It's six o'clock in the morning, and Rick is on a tropical beach in Goa, where the rising sun is shadowing the fishermen as they haul in the first of the day's catch. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-09-08 | 2130 | Luke Nguyen's Vietnam | Luke Nguyen's Vietnam Series 1 Episode 3 | Acclaimed chef Luke Nguyen's journey continues along the mighty Mekong River where he visits his relatives who live on a tributary of the delta. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2021-09-08 | 2200 | The Cook Up with Adam Liaw | Home Grown | Home cooks Noor Azizah and Rnita Dacho join host Adam Liaw in The Cook Up kitchen to create their ultimate dishes using home grown produce. | AUSTRALIA | English-100 | RPT | PG | |

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|------------|------|---|---|--|----------------|-----------------------|-----|----|---|
| 2021-09-08 | 2230 | The Cook And The Chef | Tetsuya Part 1 | Fifty years ago, Australia was gastronomically a very bleak part of the world. In the early 1950s, dining out for Maggie's family often meant a meal at the local Chinese restaurant. | AUSTRALIA | English-100 | RPT | G | |
| 2021-09-08 | 2300 | Choccywoccydoodah | Particular Passion, A | The chocolatiers get into action by making two original and jaw-dropping wedding cakes. The first is modelled on a couple's beloved pet ginger pigs, and the second is plastered in bespoke teddy bears. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-09-08 | 2330 | Come Dine With Me UK | Come Dine With Me UK Series 15 Ep 48 | 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 | |
| 2021-09-08 | 2400 | The Chefs' Line | Mexican | Sous chef Gianni from Mexican restaurant el Publico goes up against two home cooks. Can the passion of a home cook beat the professional skills of a chef? | AUSTRALIA | English-99; Spanish-1 | RPT | G | Y |
| 2021-09-08 | 2430 | Ready Steady Cook UK | Ready Steady Cook UK Series 18/19 Ep 73 | Actor and writers Nigel Planer and Robert Llewellyn tread the boards with James Tanner and guest chef Tony Singh, as Ainsley Harriott hosts a special Indian edition of the classic cooking challenge. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-09-08 | 2520 | Destination Flavour China Bitesize | Destination Flavour China Bitesize Series 1 Ep 3 | All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-08 | 2530 | Giada Entertains | Football Picnic | After a beachside game of tag football, Giada serves her guests an easy, make-ahead meal of pizza paninis, bittersweet chopped salad, sweet potato hummus and, for dessert, fennel and orange fudge. | USA | English-100 | RPT | PG | |
| 2021-09-08 | 2600 | Kylie Kwong: Heart And Soul | Spice | Kylie takes us through her Chinese versions of traditional Australian favourites and introduces us to the cross-cultural mix of modern Australian cooking. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-08 | 2630 | Rick Stein's Taste Of The Sea | Rick Stein's Taste Of The Sea Series 1 Ep 2 | 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 | |
| 2021-09-08 | 2700 | Rick Stein's Seafood Odyssey | Goa And America | It's six o'clock in the morning, and Rick is on a tropical beach in Goa, where the rising sun is shadowing the fishermen as they haul in the first of the day's catch. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-09-08 | 2730 | Luke Nguyen's Vietnam | Luke Nguyen's Vietnam Series 1 Episode 3 | Acclaimed chef Luke Nguyen's journey continues along the mighty Mekong River where he visits his relatives who live on a tributary of the delta. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2021-09-08 | 2800 | Donal's Kitchen Hero | Donal's Kitchen Hero Series 2 Ep 9 | Donal goes to the National Botanic Gardens to meet Colm Gibson who runs a scheme on behalf of the Environmental Protection Agency which aims to teach people how to reduce their food wastage. | IRELAND | English-100 | RPT | G | |
| 2021-09-08 | 2830 | The Cellar Door: New Zealand | Toi Toi Wines | It's the teams final day in the Marlborough wine region and George starts the day at the historic Marlborough Wine Station where she helps them celebrate their second birthday. | AUSTRALIA | English-100 | RPT | G | |
| 2021-09-09 | 0500 | Hemsley & Hemsley: Healthy And Delicious | Hemsley & Hemsley: Healthy And Delicious Series 1 Ep 10 | Every Sunday the Hemsley sisters batch cook a selection of nutrient rich recipes that will last them all week. For a ready made breakfast they prepare cranberry and quinoa breakfast bars. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-09-09 | 0530 | The Chefs' Line | Mexican | Sous chef Gianni from Mexican restaurant el Publico goes up against two home cooks. Can the passion of a home cook beat the professional skills of a chef? | AUSTRALIA | English-99; Spanish-1 | RPT | G | Y |
| 2021-09-09 | 0600 | Lidia's Kitchen | Agrodolce | Lidia shares her recipe for agrodolce - an Italian-style sweet-and-sour sauce - which she uses to flavour swordfish. | USA | English-100 | RPT | G | |
| 2021-09-09 | 0630 | Annabel Langbein: Free Range Cook | Middle-Eastern Magic | Annabel Langbein pulls on her gumboots to visit a high-country sheep station, where the farmer has mustered his flock for their annual mid-winter shearing. | NEW ZEALAND | English-100 | RPT | G | |
| 2021-09-09 | 0700 | Bake With Anna Olson | Cream Pies | Anna shares her favourite cream pie recipes including chocolate cream pie, double maple cream pie, and mini banoffee pies. | CANADA | English-100 | RPT | G | |
| 2021-09-09 | 0730 | Destination Flavour Singapore | Destination Flavour Singapore Series 1 Ep 3 | At the National Gallery of Singapore, Adam he visits Peranakan food legend Violet Oon's acclaimed restaurant, National Kitchen, which tells the story of Singapore through a distinctive menu. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-09 | 0800 | Choccywoccydoodah | Particular Passion, A | The chocolatiers get into action by making two original and jaw-dropping wedding cakes. The first is modelled on a couple's beloved pet ginger pigs, and the second is plastered in bespoke teddy bears. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-09-09 | 0830 | Giada Entertains | Football Picnic | After a beachside game of tag football, Giada serves her guests an easy, make-ahead meal of pizza paninis, bittersweet chopped salad, sweet potato hummus and, for dessert, fennel and orange fudge. | USA | English-100 | RPT | PG | |

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|------------|------|--|---|--|----------------|-----------------------|-----|----|---|
| 2021-09-09 | 0900 | Kylie Kwong: Heart And Soul | Spice | Kylie takes us through her Chinese versions of traditional Australian favourites and introduces us to the cross-cultural mix of modern Australian cooking. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-09 | 0930 | Rick Stein's Taste Of The Sea | Rick Stein's Taste Of The Sea Series 1 Ep 2 | 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 | |
| 2021-09-09 | 1000 | Rick Stein's Seafood Odyssey | Goa And America | It's six o'clock in the morning, and Rick is on a tropical beach in Goa, where the rising sun is shadowing the fishermen as they haul in the first of the day's catch. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-09-09 | 1030 | Luke Nguyen's Vietnam | Luke Nguyen's Vietnam Series 1 Episode 3 | Acclaimed chef Luke Nguyen's journey continues along the mighty Mekong River where he visits his relatives who live on a tributary of the delta. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2021-09-09 | 1100 | The Cook Up with Adam Liaw | Home Grown | Home cooks Noor Azizah and Rnita Dacho join host Adam Liaw in The Cook Up kitchen to create their ultimate dishes using home grown produce. | AUSTRALIA | English-100 | RPT | PG | |
| 2021-09-09 | 1130 | Come Dine With Me UK | Come Dine With Me UK Series 15 Ep 48 | 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 | |
| 2021-09-09 | 1200 | Annabel Langbein: Free Range Cook | Middle-Eastern Magic | Annabel Langbein pulls on her gumboots to visit a high-country sheep station, where the farmer has mustered his flock for their annual mid-winter shearing. | NEW ZEALAND | English-100 | RPT | G | |
| 2021-09-09 | 1230 | Destination Flavour Singapore | Destination Flavour Singapore Series 1 Ep 3 | At the National Gallery of Singapore, Adam he visits Peranakan food legend Violet Oon's acclaimed restaurant, National Kitchen, which tells the story of Singapore through a distinctive menu. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-09 | 1300 | Choccywoccydoodah | Particular Passion, A | The chocolatiers get into action by making two original and jaw-dropping wedding cakes. The first is modelled on a couple's beloved pet ginger pigs, and the second is plastered in bespoke teddy bears. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-09-09 | 1330 | Donal's Kitchen Hero | Donal's Kitchen Hero Series 2 Ep 10 | Donal returns to his old school and meets Miss Fitzgerald, his former Home Economics teacher. He teaches the class how to prepare simple kid-friendly dishes - real homemade pizza, and banana muffins. | IRELAND | English-100 | RPT | G | |
| 2021-09-09 | 1400 | The Cellar Door: New Zealand | Sprig And Fern | Host George Gayler depart Marlborough, heading North-West to the Nelson and Golden Bay region where she visits the rustic Kiwi Spirits Distillery. | AUSTRALIA | English-100 | RPT | G | |
| 2021-09-09 | 1430 | Bonacini's Italy | Basilicata | Chef Michael Bonacini explores the mountainous region of Basilicata. He serves a feast fit for any celebration, beginning with an antipasto that caters to the region's southern heat. | CANADA | English-100 | RPT | PG | |
| 2021-09-09 | 1500 | The Chefs' Line | Mexican | Head chef Tommy from Mexican restaurant El Publico goes up against this week's best home cook. It's the ultimate David versus Goliath battle. Can the passion of a home cook beat a professional chef? | AUSTRALIA | English-99; Spanish-1 | RPT | G | Y |
| 2021-09-09 | 1530 | Lidia's Kitchen | Herbs And Spices | Lidia shares some of her favourite recipes made with herbs and spices, including pickled carrots, and skillet cauliflower with lemon and mint. | USA | English-100 | RPT | G | |
| 2021-09-09 | 1600 | Annabel Langbein: Free Range Cook | Midwinter Feast | The winter solstice is approaching, and Annabel Langbein is looking for a special ingredient for a midwinter feast. | NEW ZEALAND | English-100 | RPT | G | |
| 2021-09-09 | 1630 | Bake With Anna Olson | Savoury Breads | Like sweet quick breads, every baker at any level needs some good savoury quick breads they can make. Anna shares her recipes for classic cornbread, and a jalapeno and cheddar pull-apart bread. | CANADA | English-100 | RPT | G | |
| 2021-09-09 | 1700 | Destination Flavour Singapore | Destination Flavour Singapore Series 1 Ep 4 | Adam goes in search of the best seafood that Singapore has to offer. He journeys offshore to a kitchen on the water, where he demonstrates how to cook Chili Crab. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-09 | 1730 | The Cook And The Chef | 1970's, The | Dust off your flares and fondue set and get set to revive some classic dishes from the 70s as Maggie and Simon celebrate the dawning of Modern Australian food. | AUSTRALIA | English-100 | | G | |
| 2021-09-09 | 1800 | Choccywoccydoodah | Sight To Be Seen, A | The intrepid chocolatiers head to London with a cake that celebrates ten years of the Trafalgar Hotel, a favourite celebrity haunt. Napoleon is immortalised in chocolate for a surprise birthday treat. | UNITED KINGDOM | English-100 | | PG | |
| 2021-09-09 | 1830 | Come Dine With Me UK | Come Dine With Me UK Series 15 Ep 49 | 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 | |
| 2021-09-09 | 1900 | The Cook Up with Adam Liaw | Cheese | Meteorologist and food writer Magdalena Roze and Taste of Australia chef Hayden Quinn chat and create their favourite cheese-inspired dishes with The Cook Up host Adam Liaw. | AUSTRALIA | English-100 | | PG | |

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|------------|------|---|--|--|----------------|-----------------------|-----|----|---|
| 2021-09-09 | 1930 | Field Trip With Curtis Stone | Rioja | Curtis and friends from Maude travel to the misty mountains of Spain to milk goats, forage for mushrooms with a Michelin-starred chef, and uncork a sixty-year-old bottle of Grenache. | USA | English-100 | | PG | |
| 2021-09-09 | 2000 | Nigellissima | Nigellissima Series 1 Ep 3 | Nigella treats her friends to an Italian-style supper of pork loin stuffed with parma ham and oregano, served alongside her speedy mock mash. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2021-09-09 | 2030 | Gino's Italian Escape | Sicily Foodies Paradise | Crossing the island of Sicily, and taking in the beautiful baroque towns of Noto and Modica, Gino learns about chocolate and cassada. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-09-09 | 2100 | Barefoot Contessa: Back To Basics | Store Bought Is Fine | Store-bought ingredients pass the test for Ina Garten as she makes sweets, treats and more. Ready-made shortcuts wow in her raspberry baked Alaska with fresh raspberry sauce. | USA | English-100 | | | |
| 2021-09-09 | 2130 | Luke Nguyen's Vietnam | Luke Nguyen's Vietnam Series 1 Episode 4 | The Vietnamese island of Phu Quoc is well known for its production of fish sauce, and its peppercorn plantations. It's an idyllic location and a relaxing change of pace for Luke. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-09 | 2200 | The Cook Up with Adam Liaw | Cheese | Meteorologist and food writer Magdalena Roze and Taste of Australia chef Hayden Quinn chat and create their favourite cheese-inspired dishes with The Cook Up host Adam Liaw. | AUSTRALIA | English-100 | RPT | PG | |
| 2021-09-09 | 2230 | The Cook And The Chef | 1970's, The | Dust off your flares and fondue set and get set to revive some classic dishes from the 70s as Maggie and Simon celebrate the dawning of Modern Australian food. | AUSTRALIA | English-100 | RPT | G | |
| 2021-09-09 | 2300 | Choccywoccydoodah | Sight To Be Seen, A | The intrepid chocolatiers head to London with a cake that celebrates ten years of the Trafalgar Hotel, a favourite celebrity haunt. Napoleon is immortalised in chocolate for a surprise birthday treat. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-09-09 | 2330 | Come Dine With Me UK | Come Dine With Me UK Series 15 Ep 49 | 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 | |
| 2021-09-09 | 2400 | The Chefs' Line | Mexican | Head chef Tommy from Mexican restaurant El Publico goes up against this week's best home cook. It's the ultimate David versus Goliath battle. Can the passion of a home cook beat a professional chef? | AUSTRALIA | English-99; Spanish-1 | RPT | G | Y |
| 2021-09-09 | 2430 | Ready Steady Cook UK | Ready Steady Cook UK Series 18/19 Ep 74 | Comedy queens Helen Lederer and Hattie Hayridge join James Tanner and guest chef Ching-He Huang, as Ainsley Harriott hosts a special Chinese edition of the classic 20-minute cooking challenge. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-09-09 | 2520 | Destination Flavour China Bitesize | Destination Flavour China Bitesize Series 1 Ep 4 | All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw. | AUSTRALIA | | RPT | G | Y |
| 2021-09-09 | 2530 | Field Trip With Curtis Stone | Rioja | Curtis and friends from Maude travel to the misty mountains of Spain to milk goats, forage for mushrooms with a Michelin-starred chef, and uncork a sixty-year-old bottle of Grenache. | USA | English-100 | RPT | PG | |
| 2021-09-09 | 2600 | Nigellissima | Nigellissima Series 1 Ep 3 | Nigella treats her friends to an Italian-style supper of pork loin stuffed with parma ham and oregano, served alongside her speedy mock mash. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2021-09-09 | 2630 | Gino's Italian Escape | Sicily Foodies Paradise | Crossing the island of Sicily, and taking in the beautiful baroque towns of Noto and Modica, Gino learns about chocolate and cassada. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-09-09 | 2700 | Barefoot Contessa: Back To Basics | Store Bought Is Fine | Store-bought ingredients pass the test for Ina Garten as she makes sweets, treats and more. Ready-made shortcuts wow in her raspberry baked Alaska with fresh raspberry sauce. | USA | English-100 | RPT | | |
| 2021-09-09 | 2730 | Luke Nguyen's Vietnam | Luke Nguyen's Vietnam Series 1 Episode 4 | The Vietnamese island of Phu Quoc is well known for its production of fish sauce, and its peppercorn plantations. It's an idyllic location and a relaxing change of pace for Luke. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-09 | 2800 | Donal's Kitchen Hero | Donal's Kitchen Hero Series 2 Ep 10 | Donal returns to his old school and meets Miss Fitzgerald, his former Home Economics teacher. He teaches the class how to prepare simple kid-friendly dishes - real homemade pizza, and banana muffins. | IRELAND | English-100 | RPT | G | |
| 2021-09-09 | 2830 | The Cellar Door: New Zealand | Sprig And Fern | Host George Gayler depart Marlborough, heading North-West to the Nelson and Golden Bay region where she visits the rustic Kiwi Spirits Distillery. | AUSTRALIA | English-100 | RPT | G | |
| 2021-09-10 | 0500 | Bonacini's Italy | Basilicata | Chef Michael Bonacini explores the mountainous region of Basilicata. He serves a feast fit for any celebration, beginning with an antipasto that caters to the region's southern heat. | CANADA | English-100 | RPT | PG | |

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|------------|------|--|---|--|----------------|-----------------------|-----|----|---|
| 2021-09-10 | 0530 | The Chefs' Line | Mexican | Head chef Tommy from Mexican restaurant El Publico goes up against this week's best home cook. It's the ultimate David versus Goliath battle. Can the passion of a home cook beat a professional chef? | AUSTRALIA | English-99; Spanish-1 | RPT | G | Y |
| 2021-09-10 | 0600 | Lidia's Kitchen | Herbs And Spices | Lidia shares some of her favourite recipes made with herbs and spices, including pickled carrots, and skillet cauliflower with lemon and mint. | USA | English-100 | RPT | G | |
| 2021-09-10 | 0630 | Annabel Langbein: Free Range Cook | Midwinter Feast | The winter solstice is approaching, and Annabel Langbein is looking for a special ingredient for a midwinter feast. | NEW ZEALAND | English-100 | RPT | G | |
| 2021-09-10 | 0700 | Bake With Anna Olson | Savoury Breads | Like sweet quick breads, every baker at any level needs some good savoury quick breads they can make. Anna shares her recipes for classic cornbread, and a jalapeno and cheddar pull-apart bread. | CANADA | English-100 | RPT | G | |
| 2021-09-10 | 0730 | Destination Flavour Singapore | Destination Flavour Singapore Series 1 Ep 4 | Adam goes in search of the best seafood that Singapore has to offer. He journeys offshore to a kitchen on the water, where he demonstrates how to cook Chili Crab. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-10 | 0800 | Choccywoccydoodah | Sight To Be Seen, A | The intrepid chocolatiers head to London with a cake that celebrates ten years of the Trafalgar Hotel, a favourite celebrity haunt. Napoleon is immortalised in chocolate for a surprise birthday treat. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-09-10 | 0830 | Field Trip With Curtis Stone | Rioja | Curtis and friends from Maude travel to the misty mountains of Spain to milk goats, forage for mushrooms with a Michelin-starred chef, and uncork a sixty-year-old bottle of Grenache. | USA | English-100 | RPT | PG | |
| 2021-09-10 | 0900 | Nigellissima | Nigellissima Series 1 Ep 3 | Nigella treats her friends to an Italian-style supper of pork loin stuffed with parma ham and oregano, served alongside her speedy mock mash. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2021-09-10 | 0930 | Gino's Italian Escape | Sicily Foodies Paradise | Crossing the island of Sicily, and taking in the beautiful baroque towns of Noto and Modica, Gino learns about chocolate and cassada. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-09-10 | 1000 | Barefoot Contessa: Back To Basics | Store Bought Is Fine | Store-bought ingredients pass the test for Ina Garten as she makes sweets, treats and more. Ready-made shortcuts wow in her raspberry baked Alaska with fresh raspberry sauce. | USA | English-100 | RPT | | |
| 2021-09-10 | 1030 | Luke Nguyen's Vietnam | Luke Nguyen's Vietnam Series 1 Episode 4 | The Vietnamese island of Phu Quoc is well known for its production of fish sauce, and its peppercorn plantations. It's an idyllic location and a relaxing change of pace for Luke. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-10 | 1100 | The Cook Up with Adam Liaw | Cheese | Meteorologist and food writer Magdalena Roze and Taste of Australia chef Hayden Quinn chat and create their favourite cheese-inspired dishes with The Cook Up host Adam Liaw. | AUSTRALIA | English-100 | RPT | PG | |
| 2021-09-10 | 1130 | Come Dine With Me UK | Come Dine With Me UK Series 15 Ep 49 | 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 | |
| 2021-09-10 | 1200 | Annabel Langbein: Free Range Cook | Midwinter Feast | The winter solstice is approaching, and Annabel Langbein is looking for a special ingredient for a midwinter feast. | NEW ZEALAND | English-100 | RPT | G | |
| 2021-09-10 | 1230 | Destination Flavour Singapore | Destination Flavour Singapore Series 1 Ep 4 | Adam goes in search of the best seafood that Singapore has to offer. He journeys offshore to a kitchen on the water, where he demonstrates how to cook Chili Crab. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-10 | 1300 | Choccywoccydoodah | Sight To Be Seen, A | The intrepid chocolatiers head to London with a cake that celebrates ten years of the Trafalgar Hotel, a favourite celebrity haunt. Napoleon is immortalised in chocolate for a surprise birthday treat. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-09-10 | 1330 | Donal's Kitchen Hero | Donal's Kitchen Hero Series 2 Ep 11 | Fruit-based puddings are on the menu, and Donal makes three of his all-time favourites. Donal makes his uncle Big Do's peach and blackberry cobbler, a jam jumble crumble tart and a rhubarb pannacotta. | IRELAND | English-100 | RPT | G | |
| 2021-09-10 | 1400 | The Cellar Door: New Zealand | Te Kano Estate | George finishes the last leg of her trip in the Central Otago region. She drives south from Nelson before heading out to Richmond to spend the day with Dave and the team at Te Kano Estate. | AUSTRALIA | English-100 | RPT | G | |
| 2021-09-10 | 1430 | Bonacini's Italy | Molisa | Michael highlights the tiny region of Molise, exposing some of its best kept savoury secrets including a multi-layered chicory timbale - a pie filled with fresh chicory and ripe roma tomatoes. | CANADA | English-100 | RPT | G | |
| 2021-09-10 | 1500 | The Chefs' Line | Mexican | Celebrate the fun of Mexican cuisine as Maeve O'Meara takes us inside the kitchen of el Publico. There's more to Mexican than tacos, including a dish that uses Australian Green Ants - the tuna tostada | AUSTRALIA | English-100 | RPT | G | Y |

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|------------|------|---|--|--|----------------|-------------|-----|----|---|
| 2021-09-10 | 1530 | Lidia's Kitchen | Steak House Favorites | Lidia pays tribute to steakhouse favourites. She prepares steak with mushroom sauce and braised escarole, to be served alongside crispy baked potatoes. | USA | English-100 | RPT | G | |
| 2021-09-10 | 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 | |
| 2021-09-10 | 1630 | Bake With Anna Olson | Morning Treats | Anna's covered muffins and coffee cakes, but there are many other pastries and breads that bring joy to a morning coffee, including easy cinnamon twists, and classic crumpets. | CANADA | English-100 | RPT | G | |
| 2021-09-10 | 1700 | Destination Flavour Singapore | Destination Flavour Singapore Series 1 Ep 5 | Adam continues his search for seafood inspiration by heading to the famous Newton Food Centre. He gives a Hawker Stall 101, & demonstrates how to line up a seafood feast like no other for under \$100. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-10 | 1730 | The Cook And The Chef | Vietnamese Food | Maggie ventures bravely into Simon's world of South East Asian cuisine. The Vietnamese dishes Maggie and Simon produce, from soups to crispy fried quail, are clean and fresh. | AUSTRALIA | English-100 | | G | |
| 2021-09-10 | 1800 | Choccywoccydoodah | Hitting The High Notes | Hitting the right note is what these chocolatiers do best. Tonight, they make two cakes that are stand out hits, to mark the anniversary of the Old Grey Whistle Test show and the Urban Music Awards. | UNITED KINGDOM | English-100 | | PG | |
| 2021-09-10 | 1830 | Come Dine With Me UK | Come Dine With Me UK Series 15 Ep 50 | 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 | |
| 2021-09-10 | 1900 | The Cook Up with Adam Liaw | Filipino Sweet | Sydney's Cebu Lechon owner Will Mahusay and food photographer Luisa Brimble join Adam Liaw in The Cook Up kitchen as they create their ultimate Filipino sweets. | AUSTRALIA | English-100 | | PG | |
| 2021-09-10 | 1930 | River Cottage Australia | River Cottage Australia One Hours Series 3 Ep 6 | Paul goes on a wild bee hunt and builds a hive for the farm. He faces the hard task of taking his first pigs born and raised on the farm to the abattoir. | UNITED KINGDOM | English-100 | RPT | PG | Y |
| 2021-09-10 | 2030 | Jamie's Ultimate Veg | Jamie's Ultimate Veg Series 1 Ep 6 | Jamie gets inspired by breakfasts while in Jerusalem, then rustles up spinach pancakes. He makes a creamy risotto with amazing roasted tomato, and visits a cookery class with a healthy twist. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-09-10 | 2125 | Poh & Co. Bitesize | 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 |
| 2021-09-10 | 2130 | Luke Nguyen's Vietnam | Luke Nguyen's Vietnam Series 1 Episode 5 | Chef Luke Nguyen reaches the beautiful beaches of the east coast of Vietnam, stopping to visit relatives in Phan Thiet. In Mui Ne, he creates a razor clam salad on the beach. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-10 | 2200 | The Cook Up with Adam Liaw | Filipino Sweet | Sydney's Cebu Lechon owner Will Mahusay and food photographer Luisa Brimble join Adam Liaw in The Cook Up kitchen as they create their ultimate Filipino sweets. | AUSTRALIA | English-100 | RPT | PG | |
| 2021-09-10 | 2230 | The Cook And The Chef | Vietnamese Food | Maggie ventures bravely into Simon's world of South East Asian cuisine. The Vietnamese dishes Maggie and Simon produce, from soups to crispy fried quail, are clean and fresh. | AUSTRALIA | English-100 | RPT | G | |
| 2021-09-10 | 2300 | Choccywoccydoodah | Hitting The High Notes | Hitting the right note is what these chocolatiers do best. Tonight, they make two cakes that are stand out hits, to mark the anniversary of the Old Grey Whistle Test show and the Urban Music Awards. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-09-10 | 2330 | Come Dine With Me UK | Come Dine With Me UK Series 15 Ep 50 | 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 | |
| 2021-09-10 | 2400 | The Chefs' Line | Mexican | Celebrate the fun of Mexican cuisine as Maeve O'Meara takes us inside the kitchen of el Publico. There's more to Mexican than tacos, including a dish that uses Australian Green Ants - the tuna tostada | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-10 | 2430 | Ready Steady Cook UK | Ready Steady Cook UK Series 18/19 Ep 75 | TV Presenter and Talent Judge Nicki Chapman teams up with gardener Sven Wombwell for another 20-minute cooking challenge hosted by Ainsley Harriott. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-09-10 | 2520 | Destination Flavour China Bitesize | Destination Flavour China Bitesize Series 1 Ep 5 | All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-10 | 2530 | River Cottage Australia | River Cottage Australia One Hours Series 3 Ep 6 | Paul goes on a wild bee hunt and builds a hive for the farm. He faces the hard task of taking his first pigs born and raised on the farm to the abattoir. | UNITED KINGDOM | English-100 | RPT | PG | Y |

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|------------|------|--|---|--|----------------|-------------|-----|----|---|
| 2021-09-10 | 2630 | Jamie's Ultimate Veg | Jamie's Ultimate Veg Series 1 Ep 6 | Jamie gets inspired by breakfasts while in Jerusalem, then rustles up spinach pancakes. He makes a creamy risotto with amazing roasted tomato, and visits a cookery class with a healthy twist. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-09-10 | 2725 | Poh & Co. Bitesize | 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 |
| 2021-09-10 | 2730 | Luke Nguyen's Vietnam | Luke Nguyen's Vietnam Series 1 Episode 5 | Chef Luke Nguyen reaches the beautiful beaches of the east coast of Vietnam, stopping to visit relatives in Phan Thiet. In Mui Ne, he creates a razor clam salad on the beach. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-10 | 2800 | Donal's Kitchen Hero | Donal's Kitchen Hero Series 2 Ep 11 | Fruit-based puddings are on the menu, and Donal makes three of his all-time favourites. Donal makes his uncle Big Do's peach and blackberry cobbler, a jam jumble crumble tart and a rhubarb pannacotta. | IRELAND | English-100 | RPT | G | |
| 2021-09-10 | 2830 | The Cellar Door: New Zealand | Te Kano Estate | George finishes the last leg of her trip in the Central Otago region. She drives south from Nelson before heading out to Richmond to spend the day with Dave and the team at Te Kano Estate. | AUSTRALIA | English-100 | RPT | G | |
| 2021-09-11 | 0500 | Bonacini's Italy | Molisa | Michael highlights the tiny region of Molise, exposing some of its best kept savoury secrets including a multi-layered chicory timbale - a pie filled with fresh chicory and ripe roma tomatoes. | CANADA | English-100 | RPT | G | |
| 2021-09-11 | 0530 | The Chefs' Line | Mexican | Celebrate the fun of Mexican cuisine as Maeve O'Meara takes us inside the kitchen of el Publico. There's more to Mexican than tacos, including a dish that uses Australian Green Ants - the tuna tostada | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-11 | 0600 | Lidia's Kitchen | Steak House Favorites | Lidia pays tribute to steakhouse favourites. She prepares steak with mushroom sauce and braised escarole, to be served alongside crispy baked potatoes. | USA | English-100 | RPT | G | |
| 2021-09-11 | 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 | |
| 2021-09-11 | 0700 | Bake With Anna Olson | Morning Treats | Anna's covered muffins and coffee cakes, but there are many other pastries and breads that bring joy to a morning coffee, including easy cinnamon twists, and classic crumpets. | CANADA | English-100 | RPT | G | |
| 2021-09-11 | 0730 | Destination Flavour Singapore | Destination Flavour Singapore Series 1 Ep 5 | Adam continues his search for seafood inspiration by heading to the famous Newton Food Centre. He gives a Hawker Stall 101, & demonstrates how to line up a seafood feast like no other for under \$100. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-11 | 0800 | Choccywoccydoodah | Hitting The High Notes | Hitting the right note is what these chocolatiers do best. Tonight, they make two cakes that are stand out hits, to mark the anniversary of the Old Grey Whistle Test show and the Urban Music Awards. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2021-09-11 | 0830 | River Cottage Australia | River Cottage Australia One Hours Series 3 Ep 6 | Paul goes on a wild bee hunt and builds a hive for the farm. He faces the hard task of taking his first pigs born and raised on the farm to the abattoir. | UNITED KINGDOM | English-100 | RPT | PG | Y |
| 2021-09-11 | 0930 | Jamie's Ultimate Veg | Jamie's Ultimate Veg Series 1 Ep 6 | Jamie gets inspired by breakfasts while in Jerusalem, then rustles up spinach pancakes. He makes a creamy risotto with amazing roasted tomato, and visits a cookery class with a healthy twist. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-09-11 | 1025 | Poh & Co. Bitesize | 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 |
| 2021-09-11 | 1030 | Luke Nguyen's Vietnam | Luke Nguyen's Vietnam Series 1 Episode 5 | Chef Luke Nguyen reaches the beautiful beaches of the east coast of Vietnam, stopping to visit relatives in Phan Thiet. In Mui Ne, he creates a razor clam salad on the beach. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-11 | 1100 | The Cook Up with Adam Liaw | Filipino Sweet | Sydney's Cebu Lechon owner Will Mahusay and food photographer Luisa Brimble join Adam Liaw in The Cook Up kitchen as they create their ultimate Filipino sweets. | AUSTRALIA | English-100 | RPT | PG | |
| 2021-09-11 | 1130 | Come Dine With Me UK | Come Dine With Me UK Series 15 Ep 50 | 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 | |
| 2021-09-11 | 1200 | 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 | |
| 2021-09-11 | 1230 | Destination Flavour Singapore | Destination Flavour Singapore Series 1 Ep 5 | Adam continues his search for seafood inspiration by heading to the famous Newton Food Centre. He gives a Hawker Stall 101, & demonstrates how to line up a seafood feast like no other for under \$100. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-11 | 1300 | Choccywoccydoodah | Hitting The High Notes | Hitting the right note is what these chocolatiers do best. Tonight, they make two cakes that are stand out hits, to mark the anniversary of the Old Grey Whistle Test show and the Urban Music Awards. | UNITED KINGDOM | English-100 | RPT | PG | |

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|------------|------|---|--|---|----------------|-------------|-----|----|---|
| 2021-09-11 | 1330 | Nadia's Family Feasts | Nadia's Family Feasts Series 1 Ep 1 | Nadia Sawalha is joined by guest chef Masha Renner and together they prepare a full day's menu, including a sausage and bean ragu. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-09-11 | 1425 | Destination Flavour Down Under Bitesize | Destination Flavour Down Under Bitesize Series 1 Ep 1 | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-11 | 1430 | Rhodes Across Italy | Tuscany | Gary Rhodes visits one of Italy's most popular regions - Tuscany - to discover the secrets of its cuisine. He's in the Tuscan hills to cook classic Italian dishes, including chicken cacciatore. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-09-11 | 1525 | 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 |
| 2021-09-11 | 1530 | Watts On The Grill | Fruit On The Q | Fruit can elevate a master barbequer's repertoire to all new heights, so why not impress your family and friends with a fruit forward dinner? Spencer shows you how to do it. | CANADA | English-100 | RPT | G | |
| 2021-09-11 | 1600 | Watts On The Grill | Allium In The Family | Spencer focuses on grilling alliums - the group of flowering plants including onions, garlic, green onions, chives, and much more. Sun's out, barbeques on - it's gonna be good. | CANADA | English-100 | RPT | G | |
| 2021-09-11 | 1630 | Jonathan Phang's Gourmet Express | Bucharest To Istanbul | Jonathan Phang retraces Queen of crime Agatha Christie's footsteps in a journey which inspired her most famous novel - Murder On The Orient Express. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2021-09-11 | 1725 | Destination Flavour - Japan | Destination Flavour Japan Bitesize Series 1 Ep 10 | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-11 | 1730 | Delia's How To Cook | Eggs: Omelettes | Delia continues on the theme of eggs, this time concentrating on the versatile omelette, from light and fluffy, to the classic Spanish tortilla. | UNITED KINGDOM | English-100 | RPT | G | |
| 2021-09-11 | 1800 | Cheese Slices | Massif Central And The Auvergne | The rugged plateau of the Massif Central and Auvergne is famous for rich green pastures and its six benchmark AOC French cheeses. Will explores the differences between three semi hard varieties. | AUSTRALIA | English-100 | RPT | G | |
| 2021-09-11 | 1830 | Cheese Slices | Washed Rind Cheeses Of France | There is nothing like the strong seductive smell of washed rind cheeses to bring back evocative memories of a visit to France. Will travels to the misty Vosges Mountains of Alsace. | AUSTRALIA | English-100 | RPT | G | |
| 2021-09-11 | 1900 | Born To Cook: Jack Stein Down Under | Born To Cook: Jack Stein Down Under Series 2 | Local man Charlie and his two sons take Jack out on the beautiful Lake Argyle, famous for a fish called the Silver Cobbler, and its population of 35,000 crocodiles. | AUSTRALIA | English-100 | RPT | PG | |
| 2021-09-11 | 1930 | Yotam Ottolenghi's Mediterranean Feasts | Israel | Yotam's Mediterranean journey concludes in the country where he grew up - Israel. In Tel Aviv, he explores Israel's freshest produce, samples seafood and cooks with some great chefs. | UNITED KINGDOM | English-100 | | G | Y |
| 2021-09-11 | 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 |
| 2021-09-11 | 2030 | Ainsley's Food We Love | Ainsley's Food We Love Series 1 | Ainsley kicks off his culinary trip down memory lane by showcasing dishes and recipes which celebrate holidays. Starting with a fresh spicy seafood linguine with chilli and cherry tomatoes. | UNITED KINGDOM | English-100 | | | |
| 2021-09-11 | 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 |
| 2021-09-11 | 2130 | Anthony Bourdain: Parts Unknown | Canada | Tony travels to remote areas within the province of Quebec where he samples local delicacies, explores ice fishing and meets two of the most brilliant chefs in Canada, Dave McMillan and Fred Morin. | USA | English-100 | | | M |
| 2021-09-11 | 2225 | Destination Flavour Down Under Bitesize | Destination Flavour Down Under Bitesize Series 1 Ep 3 | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-11 | 2230 | Anthony Bourdain: Parts Unknown | Tangier | Tony explores the Interzone in Tangier, Morocco, where artists like William S. Burroughs and the Rolling Stones sought escape from Western moral prohibitions. | USA | English-100 | | | M |
| 2021-09-11 | 2325 | Destination Flavour Down Under Bitesize | Destination Flavour Down Under Bitesize Series 1 Ep 4 | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-11 | 2330 | Jonathan Phang's Gourmet Express | Bucharest To Istanbul | Jonathan Phang retraces Queen of crime Agatha Christie's footsteps in a journey which inspired her most famous novel - Murder On The Orient Express. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2021-09-11 | 2425 | Destination Flavour - Japan | Destination Flavour Japan Bitesize Series 1 Ep 10 | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south. | AUSTRALIA | English-100 | RPT | G | Y |

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| 2021-09-11 | 2430 | Yotam Ottolenghi's Mediterranean Feasts | Israel | Yotam's Mediterranean journey concludes in the country where he grew up - Israel. In Tel Aviv, he explores Israel's freshest produce, samples seafood and cooks with some great chefs. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2021-09-11 | 2525 | 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 |
| 2021-09-11 | 2530 | Ainsley's Food We Love | Ainsley's Food We Love Series 1 | Ainsley kicks off his culinary trip down memory lane by showcasing dishes and recipes which celebrate holidays. Starting with a fresh spicy seafood linguine with chilli and cherry tomatoes. | UNITED KINGDOM | English-100 | RPT | | |
| 2021-09-11 | 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 |
| 2021-09-11 | 2630 | Anthony Bourdain: Parts Unknown | Canada | Tony travels to remote areas within the province of Quebec where he samples local delicacies, explores ice fishing and meets two of the most brilliant chefs in Canada, Dave McMillan and Fred Morin. | USA | English-100 | RPT | M | |
| 2021-09-11 | 2725 | Destination Flavour Down Under Bitesize | Destination Flavour Down Under Bitesize Series 1 Ep 3 | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-11 | 2730 | Anthony Bourdain: Parts Unknown | Tangier | Tony explores the Interzone in Tangier, Morocco, where artists like William S. Burroughs and the Rolling Stones sought escape from Western moral prohibitions. | USA | English-100 | RPT | M | |
| 2021-09-11 | 2825 | Destination Flavour Down Under Bitesize | Destination Flavour Down Under Bitesize Series 1 Ep 4 | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand. | AUSTRALIA | English-100 | RPT | G | Y |
| 2021-09-11 | 2830 | Born To Cook: Jack Stein Down Under | Born To Cook: Jack Stein Down Under Series 2 | Local man Charlie and his two sons take Jack out on the beautiful Lake Argyle, famous for a fish called the Silver Cobbler, and its population of 35,000 crocodiles. | AUSTRALIA | English-100 | RPT | PG | |