



WEEK 37: Sunday, September 4 - Saturday, 10 September 2022 - ALL MARKETS

| Date | Start Time | Title | Episode Title | Digital Epg Synopsis | Country of Origin | Language | Repeat | Classification | Closed Captions | Subtitles |
|------------|------------|------------------------------------|--|--|-------------------|-------------|--------|----------------|-----------------|-----------|
| 2022-09-04 | 0500 | Eating Inn | Wolfgang Puck Part 2 | Phil and Wolfgang discuss the virtues of classics over innovation. Phil shares a modern take on the classic prawn shrimp cocktail entree. | SINGAPORE | English-100 | | PG | | |
| 2022-09-04 | 0530 | Bake With Anna Olson | Nut Cookies | Chef Anna Olson loves the combination of nuts and cookies - they go hand in hand. She uses nuts to create three different and delicious styles of cookies. | CANADA | English-100 | | G | | |
| 2022-09-04 | 0600 | Bake With Anna Olson | Fancy Frosting | Chef Anna Olson proves that frosting is the best part of a cake or cookie. She uses frosting in three different ways to make three spectacular desserts. | CANADA | English-100 | | G | | |
| 2022-09-04 | 0630 | Martha Bakes | Better (For You) Bake Sale | Martha shares recipes packed with wholesome ingredients perfect for a bake sale - lemon yoghurt cupcakes with raspberry icing, wholewheat sticky buns, and a zesty orange barley pound cake. | USA | English-100 | | G | | |
| 2022-09-04 | 0700 | Martha Bakes | Bakery-Style Cookies | Martha shares four recipes for cookies with a wholesome update - farro chocolate-chunk cookies, spelt-nut crescents, wholewheat almond butter sandwich cookies, and granola cookies. | USA | English-100 | | G | | |
| 2022-09-04 | 0730 | Food In Our Time | Nature | Andre goes back to the very origin of our sustenance - Nature. Food is a gift of nature as much as it is born out of the constraints of the physical environment. | SINGAPORE | English-100 | | PG | | Y |
| 2022-09-04 | 0830 | Cheese Slices | Turkey: Traditional Cheeses Of Turkey | Will visits the spice markets of Istanbul and learns about a rare blue string cheese and Tulum, a traditional cheese matured in goat skin. | AUSTRALIA | English-100 | | G | | |
| 2022-09-04 | 0900 | Cheese Slices | France: The Last Of The Trappist Monk's Cheese | Will looks at how the last examples of Trappist monk's cheese are being made and what the future holds for these classic benchmarks. | AUSTRALIA | English-100 | | G | | |
| 2022-09-04 | 0930 | The Julia Child Challenge | An American Chef In Paris | The home cooks celebrate Julia's time in France by making souffles and a 2-course French meal. | USA | English-100 | | PG | | |
| 2022-09-04 | 1030 | Hairy Biker's Route 66 | Hairy Biker's Route 66 Series 1 Ep 2 | On the second leg of their Route 66 adventure, Dave and Si set out to discover what lies beneath the legend of this iconic road. In Missouri they learn of the Trail of Tears. | UNITED KINGDOM | English-100 | | PG | | |
| 2022-09-04 | 1140 | Jamie's Food Escapes | Andalucia | Jamie travels to Andalucia in Southern Spain where he eats heavenly cakes cooked by nuns, and joins in the community festivities as he cooks a giant paella for a whole village. | UNITED KINGDOM | English-100 | | PG | | |
| 2022-09-04 | 1235 | The Wonderful World Of Cake | Wonderful World Of Cake Series 1, The Ep 6 | We're behind the scenes at ice-cream giants Ben and Jerry's as they reveal their latest creation - the Crumbalanche - an ice-cream cake that's whipping up a frenzy at birthday parties across the land. | UNITED KINGDOM | English-100 | | PG | | |
| 2022-09-04 | 1330 | Martha Bakes | Better (For You) Bake Sale | Martha shares recipes packed with wholesome ingredients perfect for a bake sale - lemon yoghurt cupcakes with raspberry icing, wholewheat sticky buns, and a zesty orange barley pound cake. | USA | English-100 | | G | | |
| 2022-09-04 | 1400 | The Cook Up With Adam Liaw | High Engagement | It's a popularity contest in The Cook Up kitchen as Adam, restaurateur Sharon Salloum and social media cooking star Morgan Hipworth create dishes with high engagement. | | | RPT | PG | | Y |
| 2022-09-04 | 1430 | The Cook Up With Adam Liaw | Pasta Or Noodles | Adam and guests, chef Frank Shek and presenter Alex Lee must pick a side in The Cook Up kitchen as they decide between cooking with pasta or noodles. | | | RPT | PG | | Y |
| 2022-09-04 | 1500 | The Cook Up With Adam Liaw | One Or One Hundred | Restaurateur Callum Hann and comedian Lizzy Hoo join Adam in The Cook Up kitchen to cook dishes that are just as good when you're cooking for one or 100 people. | | | RPT | PG | | Y |
| 2022-09-04 | 1530 | The Cook Up With Adam Liaw | Best In Class | Adam, food icon Stephanie Alexander, and Paralympian Kurt Fearnley are gently competing to see who the Best in Class in The Cook Up kitchen will be. Tune in for the winner! | | | RPT | PG | | Y |
| 2022-09-04 | 1600 | The Cook Up With Adam Liaw | Spring In Your Step | Spring is on its way, and Adam and guests Junda Khoo and Paul Farag are creating a feast of foods set to welcome in the fabulous season of Spring. | | | RPT | PG | | Y |

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|------------|------|--|--|--|----------------|-------------|-----|----|---|
| 2022-09-04 | 1630 | Wok Vs Pot With Marion And Silvia | Wok X Pot With Marion And Silvia Series 1 Ep 2 | Silvia and Marion create the ultimate comforting soups, from traditional Tom Yum, to a vibrant green pea and pancetta soup. | AUSTRALIA | English-100 | PG | | |
| 2022-09-04 | 1700 | The Cook And The Chef | Fabulous Figs | Our fig infatuated cook and chef are kept fully supplied with fruit after Simon finds out how to get his hands on figs all year round. | AUSTRALIA | English-100 | G | | |
| 2022-09-04 | 1730 | Recipes That Made Me | Bangladesh | Nisha Katona meets home cooks inspired by recipes from Bangladesh. She learns how to make an extraordinary beef curry with a citrus tang and a mouth-watering fish dish | USA | English-100 | G | | |
| 2022-09-04 | 1800 | Mary Makes It Easy | Early Bird Baking | Mary shows how embracing your oven and baking for breakfast is the ultimate game changer to switch up your daily grind. | CANADA | English-100 | PG | | |
| 2022-09-04 | 1830 | The Streets With Dan Hong | Streets With Dan Hong Series 1, The Ep 5 | Dan whips up one of his favourites, Zha Jiang Mian, a quintessential Northern Chinese dish of fried noodles topped with a rich sauce. | AUSTRALIA | English-100 | PG | | |
| 2022-09-04 | 1900 | The Cook And The Chef | Ducks | Ducks are on the menu this week and Simon re-visits his culinary past to take on a challenge from ancient China, Peking duck. Meanwhile, Maggie adds her Barossa touch to a traditional French dish. | AUSTRALIA | English-100 | G | | |
| 2022-09-04 | 1930 | Cooking With Curtis | Greg | Greg wants to cook a meal for his husband, Rob, who has supported him as Greg cares for his aging parents. | USA | English-100 | PG | | |
| 2022-09-04 | 2000 | Cooking With Curtis | Nanette | During the pandemic, Nanette cooked her way through Curtis' book, "What's For Dinner?" and started culinary school. | USA | English-100 | PG | | |
| 2022-09-04 | 2030 | Rick Stein's Cabin Fever | Rick Stein's Cabin Fever | Follow Rick Stein's journey from Bordeaux to Marseille during the making of his French Odyssey. | UNITED KINGDOM | English-100 | PG | | |
| 2022-09-04 | 2140 | The Wine Show | Wine Show Series 2, The Ep 6 | In the sixth show in the current series of The Wine Show James Purefoy and Matthew Goode are in the belly of France – the food-obsessed city of Lyon to find a wine for the dessert course of their epic French feast. | UNITED KINGDOM | English-100 | M | Y | |
| 2022-09-04 | 2235 | The Wine Show | Wine Show Series 2, The Ep 7 | Hosts James Purefoy and Matthew Goode introduce us to six wines chosen by some of the world's greatest sommeliers. | UNITED KINGDOM | English-100 | M | Y | Y |
| 2022-09-04 | 2330 | Recipes That Made Me | Bangladesh | Nisha Katona meets home cooks inspired by recipes from Bangladesh. She learns how to make an extraordinary beef curry with a citrus tang and a mouth-watering fish dish | USA | English-100 | G | | |
| 2022-09-04 | 2400 | Mary Makes It Easy | Early Bird Baking | Mary shows how embracing your oven and baking for breakfast is the ultimate game changer to switch up your daily grind. | CANADA | English-100 | PG | | |
| 2022-09-04 | 2430 | The Streets With Dan Hong | Streets With Dan Hong Series 1, The Ep 5 | Dan whips up one of his favourites, Zha Jiang Mian, a quintessential Northern Chinese dish of fried noodles topped with a rich sauce. | AUSTRALIA | English-100 | PG | | |
| 2022-09-04 | 2500 | The Cook And The Chef | Ducks | Ducks are on the menu this week and Simon re-visits his culinary past to take on a challenge from ancient China, Peking duck. Meanwhile, Maggie adds her Barossa touch to a traditional French dish. | AUSTRALIA | English-100 | G | | |
| 2022-09-04 | 2530 | Cooking With Curtis | Greg | Greg wants to cook a meal for his husband, Rob, who has supported him as Greg cares for his aging parents. | USA | English-100 | PG | | |
| 2022-09-04 | 2600 | Cooking With Curtis | Nanette | During the pandemic, Nanette cooked her way through Curtis' book, "What's For Dinner?" and started culinary school. | USA | English-100 | PG | | |
| 2022-09-04 | 2630 | Rick Stein's Cabin Fever | Rick Stein's Cabin Fever | Follow Rick Stein's journey from Bordeaux to Marseille during the making of his French Odyssey. | UNITED KINGDOM | English-100 | PG | | |
| 2022-09-04 | 2740 | The Wine Show | Wine Show Series 2, The Ep 6 | In the sixth show in the current series of The Wine Show James Purefoy and Matthew Goode are in the belly of France – the food-obsessed city of Lyon to find a wine for the dessert course of their epic French feast. | UNITED KINGDOM | English-100 | M | Y | |
| 2022-09-04 | 2830 | The Cook Up With Adam Liaw | High Engagement | It's a popularity contest in The Cook Up kitchen as Adam, restaurateur Sharon Salloum and social media cooking star Morgan Hipworth create dishes with high engagement. | | | RPT | PG | Y |

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|------------|------|--|--|--|----------------|-------------|-----|----|---|
| 2022-09-05 | 0500 | The Cook Up With Adam Liaw | Pasta Or Noodles | Adam and guests, chef Frank Shek and presenter Alex Lee must pick a side in The Cook Up kitchen as they decide between cooking with pasta or noodles. | | | RPT | PG | Y |
| 2022-09-05 | 0530 | The Cook Up With Adam Liaw | One Or One Hundred | Restaurateur Callum Hann and comedian Lizzy Hoo join Adam in The Cook Up kitchen to cook dishes that are just as good when you're cooking for one or 100 people. | | | RPT | PG | Y |
| 2022-09-05 | 0600 | The Cook Up With Adam Liaw | Best In Class | Adam, food icon Stephanie Alexander, and Paralympian Kurt Fearnley are gently competing to see who the Best in Class in The Cook Up kitchen will be. Tune in for the winner! | | | RPT | PG | Y |
| 2022-09-05 | 0630 | The Cook Up With Adam Liaw | Spring In Your Step | Spring is on its way, and Adam and guests Junda Khoo and Paul Farag are creating a feast of foods set to welcome in the fabulous season of Spring. | | | RPT | PG | Y |
| 2022-09-05 | 0700 | The Cook And The Chef | Fabulous Figs | Our fig infatuated cook and chef are kept fully supplied with fruit after Simon finds out how to get his hands on figs all year round. | AUSTRALIA | English-100 | | G | |
| 2022-09-05 | 0730 | Recipes That Made Me | Bangladesh | Nisha Katona meets home cooks inspired by recipes from Bangladesh. She learns how to make an extraordinary beef curry with a citrus tang and a mouth-watering fish dish | USA | English-100 | | G | |
| 2022-09-05 | 0800 | Mary Makes It Easy | Early Bird Baking | Mary shows how embracing your oven and baking for breakfast is the ultimate game changer to switch up your daily grind. | CANADA | English-100 | | PG | |
| 2022-09-05 | 0830 | The Streets With Dan Hong | Streets With Dan Hong Series 1, The Ep 5 | Dan whips up one of his favourites, Zha Jiang Mian, a quintessential Northern Chinese dish of fried noodles topped with a rich sauce. | AUSTRALIA | English-100 | | PG | |
| 2022-09-05 | 0900 | The Cook And The Chef | Ducks | Ducks are on the menu this week and Simon re-visits his culinary past to take on a challenge from ancient China, Peking duck. Meanwhile, Maggie adds her Barossa touch to a traditional French dish. | AUSTRALIA | English-100 | | G | |
| 2022-09-05 | 0930 | Cooking With Curtis | Greg | Greg wants to cook a meal for his husband, Rob, who has supported him as Greg cares for his aging parents. | USA | English-100 | | PG | |
| 2022-09-05 | 1000 | Cooking With Curtis | Nanette | During the pandemic, Nanette cooked her way through Curtis' book, "What's For Dinner?" and started culinary school. | USA | English-100 | | PG | |
| 2022-09-05 | 1030 | Rick Stein's Cabin Fever | Rick Stein's Cabin Fever | Follow Rick Stein's journey from Bordeaux to Marseille during the making of his French Odyssey. | UNITED KINGDOM | English-100 | | PG | |
| 2022-09-05 | 1140 | Wok Vs Pot With Marion And Silvia | Wok X Pot With Marion And Silvia Series 1 Ep 2 | Silvia and Marion create the ultimate comforting soups, from traditional Tom Yum, to a vibrant green pea and pancetta soup. | AUSTRALIA | English-100 | | PG | |
| 2022-09-05 | 1210 | Recipes That Made Me | Bangladesh | Nisha Katona meets home cooks inspired by recipes from Bangladesh. She learns how to make an extraordinary beef curry with a citrus tang and a mouth-watering fish dish | USA | English-100 | | G | |
| 2022-09-05 | 1240 | Lightened Up | Filipino Fare | Chef and health enthusiast, Erwan Heussaff, tackles some traditional Filipino dishes and finds ways to make even the most unhealthy, high fat, high sugar foods a little better for you. | USA | English-100 | | PG | |
| 2022-09-05 | 1305 | Mary Berry's Quick Cooking | Rome | Mary makes her first ever visit to Rome to explore a cuisine that she has always adored. | UNITED KINGDOM | English-100 | | G | |
| 2022-09-05 | 1335 | All The Things | All The Things Series 1 Ep 1 | Cherie introduces the farm, forages for olives, cooks delicious plant-based recipes smoked almond gnocchi and a spectacular carrot cake for her friends at a long lunch. | AUSTRALIA | English-100 | | G | |
| 2022-09-05 | 1400 | Make This Tonight | Short Ribs-A-La-Royce | Chef Royce designed this meal specifically Tastemade watchers in mind! Just for you, he's cooking up mouthwatering, barely clinging-to-the bone short ribs. | USA | English-100 | | G | |
| 2022-09-05 | 1430 | My Market Kitchen | My Market Kitchen Series 4 Ep 26 | Today on the show we are joined by Karen from Asian Inspirations, cooking a delicious Indonesian BBQ Beef Ribs. Then a Naughty Crispy Potatoes dish that will have your mouth watering. | AUSTRALIA | | | G | |
| 2022-09-05 | 1500 | Licence To Grill | Vegetarian Bbq Party | Rob gets challenged by his veggie loving friend to grill up a meatless BBQ. Rob steps up to the grill and demonstrates that he can grill it all! | CANADA | English-100 | | G | |
| 2022-09-05 | 1530 | May's Kitchen | Jordan | Chef May Yacoubi prepares dishes from Jordan, including sajyyeh - a dish typically cooked in the mountainous region of the country's desert. She also makes mansaf - a rich lamb and rice dish. | USA | English-100 | | G | |

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|------------|------|---|---|--|----------------|-------------|-----|----|---|
| 2022-09-05 | 1600 | David Rocco's Dolce Napoli | By The Seaside | David spends time with the Mattiucci Brothers who are known in Naples for their independent fishing operation. | CANADA | English-100 | | PG | |
| 2022-09-05 | 1630 | The Cook And The Chef | Luscious Lunch, A | The season is on the change and Maggie and Simon prepare for an early autumn lunch. As Maggie lives in the Barossa, on Saturdays she shops at the Barossa Market. | AUSTRALIA | English-100 | | PG | |
| 2022-09-05 | 1700 | Nigella Feasts | Chocolate Heaven | Nigella Lawson shares her all-time favourite hall of fame chocolate recipes - beginning with an unbelievably delicious and simple old-fashioned chocolate cake. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2022-09-05 | 1730 | River Cottage Australia | River Cottage Australia One Hours Series 1 Ep 6 | Paul is keen to restore the gully that acts as a natural watercourse on his farm, but it's almost totally overgrown with blackberries. Paul hires a herd of hefty eaters to deal with the problem. | UNITED KINGDOM | English-100 | RPT | PG | Y |
| 2022-09-05 | 1830 | Rick Stein's French Odyssey | 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 | | PG | |
| 2022-09-05 | 1900 | The Cook Up With Adam Liaw | Cook Up With Adam Liaw Series 3, The Ep 21 | Steph Stanhope and Madison Bronte from the Country Women's Association of New South Wales are joining Adam in The Cook Up kitchen to bake their favourite cakes. | | | RPT | PG | Y |
| 2022-09-05 | 1930 | Food Safari | Syrian | Syrian food is one of the most vibrant cuisines of the Middle East, full of herbs, spices and traditions stretching back many generations. Maeve learns the essential ingredients. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-09-05 | 2000 | Poh & Co. | Friends | Poh and her bestie Sarah create three unique ice cream flavours and go on a road trip in an attempt to break into the ice cream business. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-09-05 | 2030 | Jamie & Jimmy's Food Fight Club | Jamie & Jimmy's Food Fight Club Series 5 Ep 6 | This week the boys invite everyone's favourite TV addict to join them in the cafe, as Gogglebox's Scarlett Moffat is put through her paces, learning how to make a family favourite, scotch eggs. | UNITED KINGDOM | English-100 | | G | |
| 2022-09-05 | 2125 | Destination Flavour Singapore Bitesize | Fruit Stall | The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene. | AUSTRALIA | English-100 | RPT | G | |
| 2022-09-05 | 2130 | Come Dine With Me | Gloucestershire 1 | This week's competition comes from in and around charming Cheltenham and glorious Gloucester, where the first to host is self-proclaimed princess and vegetarian, Sheree. | UNITED KINGDOM | English-100 | | G | |
| 2022-09-05 | 2200 | Bizarre Foods: Delicious Destinations | Chesapeake Bay | Andrew highlights the rustic eats of the Chesapeake Bay area, from steamed shellfish doused in J.O. spice to tender Virginia ham. | USA | English-100 | | PG | Y |
| 2022-09-05 | 2230 | The Cook Up With Adam Liaw | Cook Up With Adam Liaw Series 3, The Ep 21 | Steph Stanhope and Madison Bronte from the Country Women's Association of New South Wales are joining Adam in The Cook Up kitchen to bake their favourite cakes. | | | RPT | PG | Y |
| 2022-09-05 | 2300 | Counter Space | Thanks, Honey | Climate change threatens a way of life for Turkish honey producers as Sophia Roe elevates popcorn shrimp with something extra sweet. We meet a beekeeper who explains the link between bees and food. | USA | English-100 | RPT | PG | Y |
| 2022-09-05 | 2330 | Rick Stein's French Odyssey | 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 | | PG | |
| 2022-09-05 | 2400 | David Rocco's Dolce Napoli | By The Seaside | David spends time with the Mattiucci Brothers who are known in Naples for their independent fishing operation. | CANADA | English-100 | | PG | |
| 2022-09-05 | 2430 | The Cook And The Chef | Luscious Lunch, A | The season is on the change and Maggie and Simon prepare for an early autumn lunch. As Maggie lives in the Barossa, on Saturdays she shops at the Barossa Market. | AUSTRALIA | English-100 | | PG | |
| 2022-09-05 | 2500 | Food Safari | Syrian | Syrian food is one of the most vibrant cuisines of the Middle East, full of herbs, spices and traditions stretching back many generations. Maeve learns the essential ingredients. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-09-05 | 2530 | Jamie & Jimmy's Food Fight Club | Jamie & Jimmy's Food Fight Club Series 5 Ep 6 | This week the boys invite everyone's favourite TV addict to join them in the cafe, as Gogglebox's Scarlett Moffat is put through her paces, learning how to make a family favourite, scotch eggs. | UNITED KINGDOM | English-100 | | G | |
| 2022-09-05 | 2625 | Destination Flavour Singapore Bitesize | Fruit Stall | The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene. | AUSTRALIA | English-100 | RPT | G | |
| 2022-09-05 | 2630 | Come Dine With Me | Gloucestershire 1 | This week's competition comes from in and around charming Cheltenham and glorious Gloucester, where the first to host is self-proclaimed princess and vegetarian, Sheree. | UNITED KINGDOM | English-100 | | G | |
| 2022-09-05 | 2700 | Bizarre Foods: Delicious Destinations | Chesapeake Bay | Andrew highlights the rustic eats of the Chesapeake Bay area, from steamed shellfish doused in J.O. spice to tender Virginia ham. | USA | English-100 | | PG | Y |

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| 2022-09-05 | 2830 | My Market Kitchen | My Market Kitchen Series 4 Ep 26 | Today on the show we are joined by Karen from Asian Inspirations, cooking a delicious Indonesian BBQ Beef Ribs. Then a Naughty Crispy Potatoes dish that will have your mouth watering. | AUSTRALIA | | | G | |
| 2022-09-06 | 0500 | Licence To Grill | Vegetarian Bbq Party | Rob gets challenged by his veggie loving friend to grill up a meatless BBQ. Rob steps up to the grill and demonstrates that he can grill it all! | CANADA | English-100 | | G | |
| 2022-09-06 | 0530 | May's Kitchen | Jordan | Chef May Yacoubi prepares dishes from Jordan, including sajyyeh - a dish typically cooked in the mountainous region of the country's desert. She also makes mansaf - a rich lamb and rice dish. | USA | English-100 | | G | |
| 2022-09-06 | 0600 | Lightened Up | Filipino Fare | Chef and health enthusiast, Erwan Heussaff, tackles some traditional Filipino dishes and finds ways to make even the most unhealthy, high fat, high sugar foods a little better for you. | USA | English-100 | | PG | |
| 2022-09-06 | 0630 | Mary Berry's Quick Cooking | Rome | Mary makes her first ever visit to Rome to explore a cuisine that she has always adored. | UNITED KINGDOM | English-100 | | G | |
| 2022-09-06 | 0700 | Nigella Feasts | Chocolate Heaven | Nigella Lawson shares her all-time favourite hall of fame chocolate recipes - beginning with an unbelievably delicious and simple old-fashioned chocolate cake. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2022-09-06 | 0730 | David Rocco's Dolce Napoli | By The Seaside | David spends time with the Mattiucci Brothers who are known in Naples for their independent fishing operation. | CANADA | English-100 | | PG | |
| 2022-09-06 | 0800 | Rick Stein's French Odyssey | 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 | | PG | |
| 2022-09-06 | 0830 | Food Safari | Syrian | Syrian food is one of the most vibrant cuisines of the Middle East, full of herbs, spices and traditions stretching back many generations. Maeve learns the essential ingredients. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-09-06 | 0900 | Poh & Co. | Friends | Poh and her bestie Sarah create three unique ice cream flavours and go on a road trip in an attempt to break into the ice cream business. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-09-06 | 0930 | Jamie & Jimmy's Food Fight Club | Jamie & Jimmy's Food Fight Club Series 5 Ep 6 | This week the boys invite everyone's favourite TV addict to join them in the cafe, as Gogglebox's Scarlett Moffat is put through her paces, learning how to make a family favourite, scotch eggs. | UNITED KINGDOM | English-100 | | G | |
| 2022-09-06 | 1025 | Destination Flavour Singapore Bitesize | Fruit Stall | The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene. | AUSTRALIA | English-100 | RPT | G | |
| 2022-09-06 | 1030 | Come Dine With Me | Gloucestershire 1 | This week's competition comes from in and around charming Cheltenham and glorious Gloucester, where the first to host is self-proclaimed princess and vegetarian, Sheree. | UNITED KINGDOM | English-100 | | G | |
| 2022-09-06 | 1100 | The Cook Up With Adam Liaw | Cook Up With Adam Liaw Series 3, The Ep 21 | Steph Stanhope and Madison Bronte from the Country Women's Association of New South Wales are joining Adam in The Cook Up kitchen to bake their favourite cakes. | | | RPT | PG | Y |
| 2022-09-06 | 1130 | Bizarre Foods: Delicious Destinations | Chesapeake Bay | Andrew highlights the rustic eats of the Chesapeake Bay area, from steamed shellfish doused in J.O. spice to tender Virginia ham. | USA | English-100 | | PG | Y |
| 2022-09-06 | 1200 | David Rocco's Dolce Napoli | By The Seaside | David spends time with the Mattiucci Brothers who are known in Naples for their independent fishing operation. | CANADA | English-100 | | PG | |
| 2022-09-06 | 1230 | Lightened Up | Asian Cuisine | Erwan reinvents some classic Asian dishes like, Korean fried wings and sweet and sour chicken, to show people you don't have to compromise on flavour or quality when making foods a little healthier. | USA | English-100 | | G | |
| 2022-09-06 | 1300 | Mary Berry's Quick Cooking | Festival, The | Mary joins the crowds at her first ever music festival to explore the food pop ups. She gets help from festival Headliner, Rick Astley, who in turn enlists Mary to help on stage. | UNITED KINGDOM | English-100 | | G | |
| 2022-09-06 | 1330 | All The Things | All The Things Series 1 Ep 2 | In Cherie's quest for rebuilding and decorating the stable, she brings fellow renovator and collector Rachel in to style the new space with old and newly found treasures. | AUSTRALIA | English-100 | | G | |
| 2022-09-06 | 1400 | Make This Tonight | Konbi's Greatest Hits! | Chef Akira and Chef Nick bring a little bit of Konbi into your kitchen. First, they teach you the heart of all of the dishes, a basic yet versatile dashi. | USA | English-100 | | G | |
| 2022-09-06 | 1430 | My Market Kitchen | My Market Kitchen Series 4 Ep 27 | Today Khanh and Elena take on a classic winter warmer, Lamb Shanks. Then Khanh whips up a delicious Cherry & Coconut Slice, followed by Elena's Smashed Peas on toast for the budget friendly. | AUSTRALIA | | | G | |

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|------------|------|--|---|--|----------------|---------------------|-----|----|---|---|
| 2022-09-06 | 1500 | Licence To Grill | Tennis Tournament | Rob's Tennis Tournament BBQ is a smash with lamb shanks, roasted garlic mashed potatoes and black bean mussels. His guests all agree when it comes to barbequing Rob has the best serve. | CANADA | English-100 | | G | | |
| 2022-09-06 | 1530 | May's Kitchen | Syrian | Chef May Yacoubi introduces the cuisine of the land of jasmine trees starting with tisiyeh - a simple Syrian breakfast dish - followed by a spice infused casserole called fattet makdous. | USA | English-100 | | G | | |
| 2022-09-06 | 1600 | David Rocco's Dolce Napoli | Procidia Time | David travels just off the coast of Naples to the island of Procida, a place untouched by time, where he takes a walking tour from a local named Mr. Time. | CANADA | English-100 | | PG | | |
| 2022-09-06 | 1630 | The Cook And The Chef | Pizzas | Not many of us are lucky enough to have a wood oven in the back yard. But all is not lost. If you want to make brilliant home cooked pizzas, all you need is a conventional oven. | AUSTRALIA | English-100 | | PG | | |
| 2022-09-06 | 1700 | Nigella Feasts | Food To Go | This is Nigella Lawson to go. It's fabulous portable food - from an entire feast of mushroom pasta bake and stunning cranberry glazed ham. | UNITED KINGDOM | English-100 | RPT | G | Y | |
| 2022-09-06 | 1730 | River Cottage Australia | River Cottage Australia One Hours Series 1 Ep 7 | The local ladies have a big job for Paul and there might be a sweet reward in return. If he can help them paint their headquarters, they've offered to share some of their cake-making secrets with him. | UNITED KINGDOM | English-100 | RPT | PG | Y | |
| 2022-09-06 | 1830 | Food Safari | USA | Food Safari discovers some of the vast range of flavours and dishes that can be found across the expanse of the United States of America. Hosted by Maeve O'Meara. | AUSTRALIA | English-100 | RPT | G | Y | |
| 2022-09-06 | 1900 | The Cook Up With Adam Liaw | Cook Up With Adam Liaw Series 3, The Ep 22 | It's an ode to Italy, as cookbook author Emiko Davies and Journalist Anthony Huckstep join Adam in The Cook Up kitchen to open our eyes to the recipes of Florence. | | | RPT | PG | Y | |
| 2022-09-06 | 1930 | Food Safari | Jewish | In the final episode, Maeve explores the delicious and complex world of Jewish food - full of age-old traditions and customs including a strict dietary code (kasrut). | AUSTRALIA | English-100 | RPT | G | Y | |
| 2022-09-06 | 2000 | Luke Nguyen's Railway Vietnam | Luke Nguyen's Railway Vietnam Series 1 Ep 2 | Luke visits the city of flowers, known as Dalat, where the French influence can be seen everywhere. | AUSTRALIA | lish-98; Vietnamese | RPT | G | Y | Y |
| 2022-09-06 | 2030 | Rick Stein's Long Weekends | Vienna | Rick Stein visits Vienna - the city that once ran the Austro-Hungarian Empire and continues to be home to comfort dishes like tafelspitz and goulash. | UNITED KINGDOM | English-100 | RPT | G | Y | |
| 2022-09-06 | 2135 | Come Dine With Me | Gloucestershire 2 | It's the second night of the competition in Cheltenham and Gloucester and the turn of professional storyteller Chloe to host. | UNITED KINGDOM | English-100 | | G | | |
| 2022-09-06 | 2200 | Bizarre Foods: Delicious Destinations | Boston: A Second Bite | Andrew Zimmern highlights the harbor-influenced eats of Boston, including squid ink black pasta, Irish fish and chips and a cool take on a classic roast beef sandwich. | USA | English-100 | | PG | | |
| 2022-09-06 | 2230 | The Cook Up With Adam Liaw | Cook Up With Adam Liaw Series 3, The Ep 22 | It's an ode to Italy, as cookbook author Emiko Davies and Journalist Anthony Huckstep join Adam in The Cook Up kitchen to open our eyes to the recipes of Florence. | | | RPT | PG | Y | |
| 2022-09-06 | 2300 | Counter Space | Vitamin Sea | Nomadic sea tribes in Malaysia unlock the power of seaweed as Sophia Roe uses the ingredient to make a Semifredo with Furikake crumble; and Bren Smith explains how ocean farming could save the planet. | USA | English-100 | RPT | PG | Y | |
| 2022-09-06 | 2330 | Food Safari | USA | Food Safari discovers some of the vast range of flavours and dishes that can be found across the expanse of the United States of America. Hosted by Maeve O'Meara. | AUSTRALIA | English-100 | RPT | G | Y | |
| 2022-09-06 | 2400 | David Rocco's Dolce Napoli | Procidia Time | David travels just off the coast of Naples to the island of Procida, a place untouched by time, where he takes a walking tour from a local named Mr. Time. | CANADA | English-100 | | PG | | |
| 2022-09-06 | 2430 | The Cook And The Chef | Pizzas | Not many of us are lucky enough to have a wood oven in the back yard. But all is not lost. If you want to make brilliant home cooked pizzas, all you need is a conventional oven. | AUSTRALIA | English-100 | | PG | | |
| 2022-09-06 | 2500 | Food Safari | Jewish | In the final episode, Maeve explores the delicious and complex world of Jewish food - full of age-old traditions and customs including a strict dietary code (kasrut). | AUSTRALIA | English-100 | RPT | G | Y | |
| 2022-09-06 | 2530 | Rick Stein's Long Weekends | Vienna | Rick Stein visits Vienna - the city that once ran the Austro-Hungarian Empire and continues to be home to comfort dishes like tafelspitz and goulash. | UNITED KINGDOM | English-100 | RPT | G | Y | |
| 2022-09-06 | 2635 | Come Dine With Me | Gloucestershire 2 | It's the second night of the competition in Cheltenham and Gloucester and the turn of professional storyteller Chloe to host. | UNITED KINGDOM | English-100 | | G | | |
| 2022-09-06 | 2700 | Bizarre Foods: Delicious Destinations | Boston: A Second Bite | Andrew Zimmern highlights the harbor-influenced eats of Boston, including squid ink black pasta, Irish fish and chips and a cool take on a classic roast beef sandwich. | USA | English-100 | | PG | | |

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|------------|------|--|---|--|----------------|--------------------|-----|--|----|-----|-------------|---|
| 2022-09-06 | 2730 | All The Things | All The Things Series 1 Ep 2 | In Cherie's quest for rebuilding and decorating the stable, she brings fellow renovator and collector Rachel in to style the new space with old and newly found treasures. | AUSTRALIA | English-100 | | | G | | | |
| 2022-09-06 | 2800 | Make This Tonight | Konbi's Greatest Hits! | Chef Akira and Chef Nick bring a little bit of Konbi into your kitchen. First, they teach you the heart of all of the dishes, a basic yet versatile dashi. | USA | English-100 | | | G | | | |
| 2022-09-06 | 2830 | My Market Kitchen | My Market Kitchen Series 4 Ep 27 | Today Khanh and Elena take on a classic winter warmer, Lamb Shanks. Then Khanh whips up a delicious Cherry & Coconut Slice, followed by Elena's Smashed Peas on toast for the budget friendly. | AUSTRALIA | | | | G | | | |
| 2022-09-07 | 0500 | Licence To Grill | Tennis Tournament | Rob's Tennis Tournament BBQ is a smash with lamb shanks, roasted garlic mashed potatoes and black bean mussels. His guests all agree when it comes to barbecuing Rob has the best serve. | CANADA | English-100 | | | G | | | |
| 2022-09-07 | 0530 | May's Kitchen | Syrian | Chef May Yacoubi introduces the cuisine of the land of jasmine trees starting with tisiyeh - a simple Syrian breakfast dish - followed by a spice infused casserole called fattet makdous. | USA | English-100 | | | G | | | |
| 2022-09-07 | 0600 | Lightened Up | Asian Cuisine | Erwan reinvents some classic Asian dishes like, Korean fried wings and sweet and sour chicken, to show people you don't have to compromise on flavour or quality when making foods a little healthier. | USA | English-100 | | | G | | | |
| 2022-09-07 | 0630 | Mary Berry's Quick Cooking | Festival, The | Mary joins the crowds at her first ever music festival to explore the food pop ups. She gets help from festival Headliner, Rick Astley, who in turn enlists Mary to help on stage. | UNITED KINGDOM | English-100 | | | G | | | |
| 2022-09-07 | 0700 | Nigella Feasts | Food To Go | This is Nigella Lawson to go. It's fabulous portable food - from an entire feast of mushroom pasta bake and stunning cranberry glazed ham. | UNITED KINGDOM | English-100 | RPT | | G | | Y | |
| 2022-09-07 | 0730 | David Rocco's Dolce Napoli | Procidia Time | David travels just off the coast of Naples to the island of Procida, a place untouched by time, where he takes a walking tour from a local named Mr. Time. | CANADA | English-100 | | | PG | | | |
| 2022-09-07 | 0800 | Food Safari | USA | Food Safari discovers some of the vast range of flavours and dishes that can be found across the expanse of the United States of America. Hosted by Maeve O'Meara. | AUSTRALIA | English-100 | RPT | | G | | Y | |
| 2022-09-07 | 0830 | Food Safari | Jewish | In the final episode, Maeve explores the delicious and complex world of Jewish food - full of age-old traditions and customs including a strict dietary code (kasrut). | AUSTRALIA | English-100 | RPT | | G | | Y | |
| 2022-09-07 | 0900 | Luke Nguyen's Railway Vietnam | Luke Nguyen's Railway Vietnam Series 1 Ep 2 | Luke visits the city of flowers, known as Dalat, where the French influence can be seen everywhere. | AUSTRALIA | lish-98; Vietname: | RPT | | G | | Y | Y |
| 2022-09-07 | 0930 | Rick Stein's Long Weekends | Vienna | Rick Stein visits Vienna - the city that once ran the Austro-Hungarian Empire and continues to be home to comfort dishes like tafelspitz and goulash. | UNITED KINGDOM | English-100 | RPT | | G | | Y | |
| 2022-09-07 | 1035 | Come Dine With Me | Gloucestershire 2 | It's the second night of the competition in Cheltenham and Gloucester and the turn of professional storyteller Chloe to host. | UNITED KINGDOM | English-100 | | | G | | | |
| 2022-09-07 | 1100 | The Cook Up With Adam Liaw | Cook Up With Adam Liaw Series 3, The Ep 22 | It's an ode to Italy, as cookbook author Emiko Davies and Journalist Anthony Huckstep join Adam in The Cook Up kitchen to open our eyes to the recipes of Florence. | | | RPT | | PG | | Y | |
| 2022-09-07 | 1130 | Bizarre Foods: Delicious Destinations | Boston: A Second Bite | Andrew Zimmern highlights the harbor-influenced eats of Boston, including squid ink black pasta, Irish fish and chips and a cool take on a classic roast beef sandwich. | USA | English-100 | | | PG | | | |
| 2022-09-07 | 1200 | David Rocco's Dolce Napoli | Procidia Time | David travels just off the coast of Naples to the island of Procida, a place untouched by time, where he takes a walking tour from a local named Mr. Time. | CANADA | English-100 | | | PG | | | |
| 2022-09-07 | 1230 | Lightened Up | All About Noodles | Who doesn't love a hot bowl of Ramen or a big plate of Pad Thai? These are dishes so many people love and crave but we don't realize how unhealthy they can be for us. | USA | English-100 | | | PG | | | |
| 2022-09-07 | 1300 | Mary Berry's Quick Cooking | Marrakech | Mary Berry heads to Marrakech in Morocco. Immersed in the mayhem of the medina, she rustles up some quick dishes inspired by the aromatic flavours and smells she experiences. | UNITED KINGDOM | English-100 | | | G | | Y | |
| 2022-09-07 | 1330 | All The Things | All The Things Series 1 Ep 3 | Cherie forages for wild asparagus with her friend Richard, invites some Barossa friends to teach her traditional fruit preserving methods and plans her glasshouse with master innovator Ian. | AUSTRALIA | English-100 | | | G | | | |
| 2022-09-07 | 1400 | Make This Tonight | Stylish" Salmon Hump Day Supper | Chef Parisa's menu tonight? Roasted Salmon with savory, caramelized onions, Mushrooms, and Herbs, with an Arugula Salad with Lemon Sumac Dressing. | | 2020 | 3 | | G | USA | English-100 | |
| 2022-09-07 | 1430 | My Market Kitchen | My Market Kitchen Series 4 Ep 28 | This episode of My Market Kitchen is full of delicious and nutritious dishes meals for you to try at home. First up Elena cooks her Chop Salad, then Khanh whips up a Whisky Fennel Pork meal. | AUSTRALIA | | | | G | | | |
| 2022-09-07 | 1500 | Licence To Grill | Skateboard Dude Party | Rob rewards the community kids for their hard work on the new park skateboard ramp. He 'kick flips' the grill with some maple mustard pork burgers, chicken smoked pizza and corn on the cob. | CANADA | English-100 | | | G | | | |

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|------------|------|--|---|--|----------------|-------------|-----|----|---|
| 2022-09-07 | 1530 | May's Kitchen | Morroco | Chef May Yacoubi introduces Moroccan cuisine beginning with a tomato and lentil based soup called harira, followed by Morocco's famous olive tajine. | USA | English-100 | | G | |
| 2022-09-07 | 1600 | David Rocco's Dolce Napoli | Espresso Espresso | In Naples, coffee is a world onto itself, both culturally and socially. Dark, bittersweet shots of espresso drunk quickly and with purpose is part the Neapolitan's daily routine. | CANADA | English-100 | | PG | Y |
| 2022-09-07 | 1630 | The Cook And The Chef | Easter In Cooking | It's Easter and Simon surprises Maggie with a chilli Easter Egg whipped up at work under the expert eyes of his pastry chefs. Maggie's no fan of chilli but Simon's determined to win her over. | AUSTRALIA | English-100 | | G | |
| 2022-09-07 | 1700 | Nigella Feasts | Exotic Evening | Nigella Lawson's cooking up a delicious bite-sized feast that's perfect to share with a crowd. On the menu are red kidney bean and roasted eggplant dips. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2022-09-07 | 1730 | River Cottage Australia | River Cottage Australia One Hours Series 1 Ep 8 | It's been nearly four months since Hugh returned to River Cottage in the UK to let Paul do it alone. Now he's back, and he's amazed at what he finds. | UNITED KINGDOM | English-100 | RPT | PG | Y |
| 2022-09-07 | 1830 | Food Safari | Food Safari Series 4 Ep 1 | Maeve O'Meara explores the many cuisines of Darwin, including recipes from the city's Greek, Asian and Indigenous groups. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-09-07 | 1900 | The Cook Up With Adam Liaw | Cook Up With Adam Liaw Series 3, The Ep 23 | Cooking a cornerstone of Australian cuisine, Adam is joined in The Cook Up kitchen by food photographer Luisa Brimble and chef Matteo Zamboni for some brilliant breakfasts. | | | RPT | PG | Y |
| 2022-09-07 | 1930 | Rick Stein's Food Heroes | Cornwall | Rick begins the series on home ground - Cornwall. Against a backdrop of stunning scenery, he samples clotted cream and saffron cakes. | UNITED KINGDOM | English-100 | | G | |
| 2022-09-07 | 2000 | The Chocolate Queen | Chocolate Queen Series 2, The Ep 10 | Perfect pairings is on the agenda today with a classix Raspberry Chocolate Mousse, Chocolate Popcorn and the less Conventional Chocolate Glazed Ginger Cake that is a match made in heaven. | AUSTRALIA | English-100 | | PG | |
| 2022-09-07 | 2030 | John Torode's Middle Eas | John Torode's Middle East Series 1 Ep 1 | On this leg of his Middle Eastern adventure John is in Cairo - the largest city in the Middle East and the street food capital of Egypt. John hits the busy city streets to explore the flavours of Cairo and get inspiration for a dish of his own. | CANADA | English-100 | | PG | |
| 2022-09-07 | 2100 | Plat du Tour | Plat Du Tour Series 1 (30min Version) Ep 1 | Guillaume shares the secrets to a great ratatouille, a delicious roasted shoulder of lamb, a twice baked Roquefort souffle, as well as a traditional bouillabaisse, and finishes with an ile flottante. | | English-100 | | PG | |
| 2022-09-07 | 2130 | Come Dine With Me | Gloucestershire 3 | This week's competition comes from in and around Cheltenham and Gloucester, and third to host this week is estate agent Mike, who plans to win over his guests by hosting a relaxed evening. | UNITED KINGDOM | English-100 | | PG | |
| 2022-09-07 | 2200 | Bizarre Foods: Delicious Destinations | Cape Cod | Andrew Zimmern explores the treasures of Cape Cod's coastal cuisine. From fried clams to fresh-caught cod, clambakes to cranberry bog ice cream, the Massachusetts peninsula's culinary scene is cause for summertime celebration. | USA | English-100 | | PG | |
| 2022-09-07 | 2230 | The Cook Up With Adam Liaw | Cook Up With Adam Liaw Series 3, The Ep 23 | Cooking a cornerstone of Australian cuisine, Adam is joined in The Cook Up kitchen by food photographer Luisa Brimble and chef Matteo Zamboni for some brilliant breakfasts. | | | RPT | PG | Y |
| 2022-09-07 | 2300 | Counter Space | Faux Real | An old taste for plant-based meats is back on the menu in China and Sophia gets outside to grill up a convincing new take on shawarma. Dirt Candy's Amanda Cohen sings praises for the humble vegetable. | USA | English-100 | RPT | MA | Y |
| 2022-09-07 | 2330 | Food Safari | Food Safari Series 4 Ep 1 | Maeve O'Meara explores the many cuisines of Darwin, including recipes from the city's Greek, Asian and Indigenous groups. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-09-07 | 2400 | David Rocco's Dolce Napoli | Espresso Espresso | In Naples, coffee is a world onto itself, both culturally and socially. Dark, bittersweet shots of espresso drunk quickly and with purpose is part the Neapolitan's daily routine. | CANADA | English-100 | | PG | Y |
| 2022-09-07 | 2430 | The Cook And The Chef | Easter In Cooking | It's Easter and Simon surprises Maggie with a chilli Easter Egg whipped up at work under the expert eyes of his pastry chefs. Maggie's no fan of chilli but Simon's determined to win her over. | AUSTRALIA | English-100 | | G | |
| 2022-09-07 | 2500 | Rick Stein's Food Heroes | Cornwall | Rick begins the series on home ground - Cornwall. Against a backdrop of stunning scenery, he samples clotted cream and saffron cakes. | UNITED KINGDOM | English-100 | | G | |
| 2022-09-07 | 2530 | John Torode's Middle Eas | John Torode's Middle East Series 1 Ep 1 | On this leg of his Middle Eastern adventure John is in Cairo - the largest city in the Middle East and the street food capital of Egypt. John hits the busy city streets to explore the flavours of Cairo and get inspiration for a dish of his own. | CANADA | English-100 | | PG | |
| 2022-09-07 | 2600 | Plat du Tour | Plat Du Tour Series 1 (30min Version) Ep 1 | Guillaume shares the secrets to a great ratatouille, a delicious roasted shoulder of lamb, a twice baked Roquefort souffle, as well as a traditional bouillabaisse, and finishes with an ile flottante. | | English-100 | | PG | |

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|------------|------|--|--|--|----------------|-------------|------|-----|----|-----|-------------|
| 2022-09-07 | 2630 | Come Dine With Me | Gloucestershire 3 | This week's competition comes from in and around Cheltenham and Gloucester, and third to host this week is estate agent Mike, who plans to win over his guests by hosting a relaxed evening. | UNITED KINGDOM | English-100 | | | PG | | |
| 2022-09-07 | 2700 | Bizarre Foods: Delicious Destinations | Cape Cod | Andrew Zimmern explores the treasures of Cape Cod's coastal cuisine. From fried clams to fresh-caught cod, clambakes to cranberry bog ice cream, the Massachusetts peninsula's culinary scene is cause for summertime celebration. | USA | English-100 | | | PG | | |
| 2022-09-07 | 2730 | All The Things | All The Things Series 1 Ep 3 | Cherie forages for wild asparagus with her friend Richard, invites some Barossa friends to teach her traditional fruit preserving methods and plans her glasshouse with master innovator Ian. | AUSTRALIA | English-100 | | | G | | |
| 2022-09-07 | 2800 | Make This Tonight | Stylish" Salmon Hump Day Supper | Chef Parisa's menu tonight? Roasted Salmon with savory, caramelized onions, Mushrooms, and Herbs, with an Arugula Salad with Lemon Sumac Dressing. | | | 2020 | 3 | G | USA | English-100 |
| 2022-09-07 | 2830 | My Market Kitchen | My Market Kitchen Series 4 Ep 28 | This episode of My Market Kitchen is full of delicious and nutritious dishes meals for you to try at home. First up Elena cooks her Chop Salad, then Khanh whips up a Whisky Fennel Pork meal. | AUSTRALIA | | | | G | | |
| 2022-09-08 | 0500 | Licence To Grill | Skateboard Dude Party | Rob rewards the community kids for their hard work on the new park skateboard ramp. He 'kick flips' the grill with some maple mustard pork burgers, chicken smoked pizza and corn on the cob. | CANADA | English-100 | | | G | | |
| 2022-09-08 | 0530 | May's Kitchen | Morroco | Chef May Yacoubi introduces Moroccan cuisine beginning with a tomato and lentil based soup called harira, followed by Morocco's famous olive tajine. | USA | English-100 | | | G | | |
| 2022-09-08 | 0600 | Lightened Up | All About Noodles | Who doesn't love a hot bowl of Ramen or a big plate of Pad Thai? These are dishes so many people love and crave but we don't realize how unhealthy they can be for us. | USA | English-100 | | | PG | | |
| 2022-09-08 | 0630 | Mary Berry's Quick Cooking | Marrakech | Mary Berry heads to Marrakech in Morocco. Immersed in the mayhem of the medina, she rustles up some quick dishes inspired by the aromatic flavours and smells she experiences. | UNITED KINGDOM | English-100 | | | G | | Y |
| 2022-09-08 | 0700 | Nigella Feasts | Exotic Evening | Nigella Lawson's cooking up a delicious bite-sized feast that's perfect to share with a crowd. On the menu are red kidney bean and roasted eggplant dips. | UNITED KINGDOM | English-100 | RPT | | G | Y | |
| 2022-09-08 | 0730 | David Rocco's Dolce Napoli | Espresso Espresso | In Naples, coffee is a world onto itself, both culturally and socially. Dark, bittersweet shots of espresso drunk quickly and with purpose is part the Neapolitan's daily routine. | CANADA | English-100 | | | PG | | Y |
| 2022-09-08 | 0800 | Food Safari | Food Safari Series 4 Ep 1 | Maeve O'Meara explores the many cuisines of Darwin, including recipes from the city's Greek, Asian and Indigenous groups. | AUSTRALIA | English-100 | RPT | | G | Y | |
| 2022-09-08 | 0830 | Rick Stein's Food Heroes | Cornwall | Rick begins the series on home ground - Cornwall. Against a backdrop of stunning scenery, he samples clotted cream and saffron cakes. | UNITED KINGDOM | English-100 | | | G | | |
| 2022-09-08 | 0900 | The Chocolate Queen | Chocolate Queen Series 2, The Ep 10 | Perfect pairings is on the agenda today with a classix Raspberry Chocolate Mousse, Chocolate Popcorn and the less Conventional Chocolate Glazed Ginger Cake that is a match made in heaven. | AUSTRALIA | English-100 | | | PG | | |
| 2022-09-08 | 0930 | John Torode's Middle Eas | John Torode's Middle East Series 1 Ep 1 | On this leg of his Middle Eastern adventure John is in Cairo - the largest city in the Middle East and the street food capital of Egypt. John hits the busy city streets to explore the flavours of Cairo and get inspiration for a dish of his own. | CANADA | English-100 | | | PG | | |
| 2022-09-08 | 1000 | Plat du Tour | Plat Du Tour Series 1 (30min Version) Ep 1 | Guillaume shares the secrets to a great ratatouille, a delicious roasted shoulder of lamb, a twice baked Roquefort souffle, as well as a traditional bouillabaisse, and finishes with an ile flottante. | | English-100 | | | PG | | |
| 2022-09-08 | 1030 | Come Dine With Me | Gloucestershire 3 | This week's competition comes from in and around Cheltenham and Gloucester, and third to host this week is estate agent Mike, who plans to win over his guests by hosting a relaxed evening. | UNITED KINGDOM | English-100 | | | PG | | |
| 2022-09-08 | 1100 | The Cook Up With Adam Liaw | Cook Up With Adam Liaw Series 3, The Ep 23 | Cooking a cornerstone of Australian cuisine, Adam is joined in The Cook Up kitchen by food photographer Luisa Brimble and chef Matteo Zamboni for some brilliant breakfasts. | | | | RPT | PG | Y | |
| 2022-09-08 | 1130 | Bizarre Foods: Delicious Destinations | Cape Cod | Andrew Zimmern explores the treasures of Cape Cod's coastal cuisine. From fried clams to fresh-caught cod, clambakes to cranberry bog ice cream, the Massachusetts peninsula's culinary scene is cause for summertime celebration. | USA | English-100 | | | PG | | |
| 2022-09-08 | 1200 | David Rocco's Dolce Napoli | Espresso Espresso | In Naples, coffee is a world onto itself, both culturally and socially. Dark, bittersweet shots of espresso drunk quickly and with purpose is part the Neapolitan's daily routine. | CANADA | English-100 | | | PG | | Y |
| 2022-09-08 | 1230 | Lightened Up | More Cheddar The Better, The | Erwan creates healthier alternatives to two classic cheesy dishes: Mac N' Cheese and Grilled Cheese. | USA | English-100 | | | G | | |

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|------------|------|--|---|--|--|----------------|-------------|-----|--|----|---|
| 2022-09-08 | 1300 | Mary Berry's Quick Cooking | Navy, The | Tricks of the Navy. | | UNITED KINGDOM | English-100 | | | PG | |
| 2022-09-08 | 1330 | All The Things | All The Things Series 1 Ep 4 | Cherie ventures once more into the kitchen to knock up a plant-based ravioli with spinach lunch for Michael Keelan who is helping her plan and build a kitchen garden. | | AUSTRALIA | English-100 | | | G | |
| 2022-09-08 | 1400 | Make This Tonight | And If Udon Know, Now You Do | Chef Jason throws down his recipe for plump, homemade Udon Noodles with a steamy pork broth, bruleed onions, wilted greens, fried egg, and finishes it all off with some sweet and sour crab. | | USA | English-100 | | | G | |
| 2022-09-08 | 1430 | My Market Kitchen | My Market Kitchen Series 4 Ep 29 | On this episode of My Market Kitchen Elena cooks a set and forget Chicken Tagine meal for Khanh. Then Khanh shows us his mothers quick Pipis dish. | | AUSTRALIA | English-100 | | | G | |
| 2022-09-08 | 1500 | Licence To Grill | Road Hockey Tournament | Rob's Road Warriors square off with Andy's Ass-phalt Assassins in a road hockey tournament. In the end, everybody wins though with Rob's post game feast of lamb kabobs and grilled carrot salad. | | CANADA | English-100 | | | G | |
| 2022-09-08 | 1530 | Lightened Up | All The Chicken | Erwan creates healthier alternatives to two classic comfort foods: Chicken N' Waffles and Buffalo Wings. | | USA | English-100 | | | PG | |
| 2022-09-08 | 1600 | David Rocco's Dolce Napoli | Capri Way, The | The island of Capri is known for its natural beauty, gorgeous hotels and luxury shopping. | | CANADA | English-100 | | | PG | |
| 2022-09-08 | 1630 | The Cook And The Chef | Cooking With Kids | School Holidays mean finding things for the kids to do and Maggie and Simon get some kids busy looking for mushrooms and picking plums. Simon also visits a Mussel farm in Port Lincoln. | | AUSTRALIA | English-100 | | | G | |
| 2022-09-08 | 1700 | Nigella Feasts | Solitary Sensations | Nigella Lawson cooks and eats even if she's home alone. Everything from delicious snacks to full meals like roasted lamb shank served with creamy pea puree. | | UNITED KINGDOM | English-100 | RPT | | G | Y |
| 2022-09-08 | 1730 | River Cottage Australia | River Cottage Australia One Hours Series 2 Ep 1 | Time has passed and the seasons have changed at River Cottage Australia. Paul West is about to experience his first summer on the land. | | UNITED KINGDOM | English-100 | RPT | | PG | Y |
| 2022-09-08 | 1830 | Food Safari | Food Safari Series 4 Ep 2 | Maeve O'Meara explores the country considered the gourmet destination of South America - Peru - and its infiltration into Australian culture. | | AUSTRALIA | English-100 | RPT | | G | Y |
| 2022-09-08 | 1900 | The Cook Up With Adam Liaw | Cook Up With Adam Liaw Series 3, The Ep 24 | Adam, head chef Nelly Robinson and TV personality Lyndey Milan are making sandwiches. But not just any sandwiches - they're very posh! | | | | RPT | | PG | Y |
| 2022-09-08 | 1930 | Rick Stein's Food Heroes | Southern England | Rick tries some garlic fudge at the Isle of Wight garlic festival. He is more impressed with a bacon buttie that he buys from a stall, and sets off to find its source. | | UNITED KINGDOM | English-100 | | | G | |
| 2022-09-08 | 2000 | The Streets With Dan Hong | Streets With Dan Hong Series 1, The Ep 6 | Dan prepares a beloved Thai street food, Pad Krapow, and shows how quick and easy it is to make at home. | | AUSTRALIA | English-100 | | | PG | |
| 2022-09-08 | 2030 | Jamie's Great Italian Escape | Amalfi | Jamie celebrates his birthday on the Amalfi coast and cooks for his toughest critic. Tension mounts as the chef hopes to prove he has learnt from his Italian experience. | | UNITED KINGDOM | English-100 | | | PG | Y |
| 2022-09-08 | 2100 | Gok Wan's Easy Asian | One Pot Wonders | In this episode Gok Wan shows us how to enjoy home cooking even if life is constantly busy, his three one pot wonders are ideal to make life easy. | | UNITED KINGDOM | English-100 | | | PG | |
| 2022-09-08 | 2130 | Come Dine With Me | Gloucestershire 4 | This week's competition is in and around charming Cheltenham and glorious Gloucester, where fourth host is 'King of Critique' Dan, who's set the bar high - for himself! | | UNITED KINGDOM | English-100 | | | PG | |
| 2022-09-08 | 2200 | Bizarre Foods: Delicious Destinations | Jersey Shore | Andrew Zimmern checks out the inventive and international eats of New Jersey. From all-you-can-eat Brazilian meat to rich seafood stew, potato-loaded hot dogs to Dominican marinated pork, the Garden State's cuisine is diverse. | | USA | English-100 | | | PG | |
| 2022-09-08 | 2230 | The Cook Up With Adam Liaw | Cook Up With Adam Liaw Series 3, The Ep 24 | Adam, head chef Nelly Robinson and TV personality Lyndey Milan are making sandwiches. But not just any sandwiches - they're very posh! | | | | RPT | | PG | Y |
| 2022-09-08 | 2300 | Counter Space | Chocolate Reign | A new generation reclaims Ghanian chocolate, and Sophia Roe makes a hand-cut chocolate pasta with a bacon cream sauce. Sophia then catches a cacao ceremony. | | USA | English-100 | RPT | | PG | |
| 2022-09-08 | 2330 | Food Safari | Food Safari Series 4 Ep 2 | Maeve O'Meara explores the country considered the gourmet destination of South America - Peru - and its infiltration into Australian culture. | | AUSTRALIA | English-100 | RPT | | G | Y |

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|------------|------|--|--|---|----------------|-------------|-----|----|---|
| 2022-09-08 | 2400 | David Rocco's Dolce Napoli | Capri Way, The | The island of Capri is known for its natural beauty, gorgeous hotels and luxury shopping. | CANADA | English-100 | | PG | |
| 2022-09-08 | 2430 | The Cook And The Chef | Cooking With Kids | School Holidays mean finding things for the kids to do and Maggie and Simon get some kids busy looking for mushrooms and picking plums. Simon also visits a Mussel farm in Port Lincoln. | AUSTRALIA | English-100 | | G | |
| 2022-09-08 | 2500 | Rick Stein's Food Heroes | Southern England | Rick tries some garlic fudge at the Isle of Wight garlic festival. He is more impressed with a bacon buttie that he buys from a stall, and sets off to find its source. | UNITED KINGDOM | English-100 | | G | |
| 2022-09-08 | 2530 | Jamie's Great Italian Escape | Amalfi | Jamie celebrates his birthday on the Amalfi coast and cooks for his toughest critic. Tension mounts as the chef hopes to prove he has learnt from his Italian experience. | UNITED KINGDOM | English-100 | | PG | Y |
| 2022-09-08 | 2600 | Gok Wan's Easy Asian | One Pot Wonders | In this episode Gok Wan shows us how to enjoy home cooking even if life is constantly busy, his three one pot wonders are ideal to make life easy. | UNITED KINGDOM | English-100 | | PG | |
| 2022-09-08 | 2630 | Come Dine With Me | Gloucestershire 4 | This week's competition is in and around charming Cheltenham and glorious Gloucester, where fourth host is 'King of Critique' Dan, who's set the bar high - for himself! | UNITED KINGDOM | English-100 | | PG | |
| 2022-09-08 | 2700 | Bizarre Foods: Delicious Destinations | Jersey Shore | Andrew uncovers the boardwalk indulgences of the Jersey Shore. From sticky-sweet saltwater taffy, to slices of tomato pie and Italian subs, the Jersey Shore's culinary scene is a carnival for the taste buds. | USA | English-100 | | PG | |
| 2022-09-08 | 2730 | All The Things | All The Things Series 1 Ep 4 | Cherie ventures once more into the kitchen to knock up a plant-based ravioli with spinach lunch for Michael Keelan who is helping her plan and build a kitchen garden. | AUSTRALIA | English-100 | | G | |
| 2022-09-08 | 2800 | Make This Tonight | And If Udon Know, Now You Do | Chef Jason throws down his recipe for plump, homemade Udon Noodles with a steamy pork broth, bruleed onions, wilted greens, fried egg, and finishes it all off with some sweet and sour crab. | USA | English-100 | | G | |
| 2022-09-08 | 2830 | My Market Kitchen | My Market Kitchen Series 4 Ep 29 | On this episode of My Market Kitchen Elena cooks a set and forget Chicken Tagine meal for Khanh. Then Khanh shows us his mothers quick Pipis dish. | AUSTRALIA | | | G | |
| 2022-09-09 | 0500 | Licence To Grill | Road Hockey Tournament | Rob's Road Warriors square off with Andy's Ass-phalt Assassins in a road hockey tournament. In the end, everybody wins though with Rob's post game feast of lamb kabobs and grilled carrot salad. | CANADA | English-100 | | G | |
| 2022-09-09 | 0530 | Lightened Up | More Cheddar The Better, The | Erwan creates healthier alternatives to two classic cheesy dishes: Mac N' Cheese and Grilled Cheese. | USA | English-100 | | G | |
| 2022-09-09 | 0600 | Lightened Up | All The Chicken | Erwan creates healthier alternatives to two classic comfort foods: Chicken N' Waffles and Buffalo Wings. | USA | English-100 | | PG | |
| 2022-09-09 | 0630 | Mary Berry's Quick Cooking | Navy, The | Tricks of the Navy. | UNITED KINGDOM | English-100 | | PG | |
| 2022-09-09 | 0700 | Nigella Feasts | Solitary Sensations | Nigella Lawson cooks and eats even if she's home alone. Everything from delicious snacks to full meals like roasted lamb shank served with creamy pea puree. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2022-09-09 | 0730 | David Rocco's Dolce Napoli | Capri Way, The | The island of Capri is known for its natural beauty, gorgeous hotels and luxury shopping. | CANADA | English-100 | | PG | |
| 2022-09-09 | 0800 | Food Safari | Food Safari Series 4 Ep 2 | Maeve O'Meara explores the country considered the gourmet destination of South America - Peru - and its infiltration into Australian culture. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-09-09 | 0830 | Rick Stein's Food Heroes | Southern England | Rick tries some garlic fudge at the Isle of Wight garlic festival. He is more impressed with a bacon buttie that he buys from a stall, and sets off to find its source. | UNITED KINGDOM | English-100 | | G | |
| 2022-09-09 | 0900 | The Streets With Dan Hong | Streets With Dan Hong Series 1, The Ep 6 | Dan prepares a beloved Thai street food, Pad Krapow, and shows how quick and easy it is to make at home. | AUSTRALIA | English-100 | | PG | |
| 2022-09-09 | 0930 | Jamie's Great Italian Escape | Amalfi | Jamie celebrates his birthday on the Amalfi coast and cooks for his toughest critic. Tension mounts as the chef hopes to prove he has learnt from his Italian experience. | UNITED KINGDOM | English-100 | | PG | Y |
| 2022-09-09 | 1000 | Gok Wan's Easy Asian | One Pot Wonders | In this episode Gok Wan shows us how to enjoy home cooking even if life is constantly busy, his three one pot wonders are ideal to make life easy. | UNITED KINGDOM | English-100 | | PG | |
| 2022-09-09 | 1030 | Come Dine With Me | Gloucestershire 4 | This week's competition is in and around charming Cheltenham and glorious Gloucester, where fourth host is 'King of Critique' Dan, who's set the bar high - for himself! | UNITED KINGDOM | English-100 | | PG | |

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|------------|------|--|---|--|----------------|-------------|-----|-----|----|---|
| 2022-09-09 | 1100 | The Cook Up With Adam Liaw | Cook Up With Adam Liaw Series 3, The Ep 24 | Adam, head chef Nelly Robinson and TV personality Lyndey Milan are making sandwiches. But not just any sandwiches - they're very posh! | | | | RPT | PG | Y |
| 2022-09-09 | 1130 | Bizarre Foods: Delicious Destinations | Jersey Shore | Andrew Zimmern checks out the inventive and international eats of New Jersey. From all-you-can-eat Brazilian meat to rich seafood stew, potato-loaded hot dogs to Dominican marinated pork, the Garden State's cuisine is diverse. | USA | English-100 | | | PG | |
| 2022-09-09 | 1200 | David Rocco's Dolce Napoli | Capri Way, The | The island of Capri is known for its natural beauty, gorgeous hotels and luxury shopping. | CANADA | English-100 | | | PG | |
| 2022-09-09 | 1230 | Lightened Up | Finger Foods | Erwan creates healthier alternatives to traditional finger foods: Nachos and Pizza. | USA | English-100 | | | PG | |
| 2022-09-09 | 1300 | Mary Berry's Quick Cooking | West End | Mary's Cooking up a treat in the West End. | UNITED KINGDOM | English-100 | | | PG | |
| 2022-09-09 | 1330 | All The Things | All The Things Series 1 Ep 5 | It's all happening on All The Things this week, from disguising a plastic water tank with an old galvanised iron one, to collecting pine cones to make a Christmas wreath. | AUSTRALIA | English-100 | | | G | |
| 2022-09-09 | 1400 | Make This Tonight | Cinderella Shakshuka | Chef Einat puts her uniquely flavorful spin on the iconic, transformative North African egg dish - shakshuka. To go along with it, she shows us how to make her daddy's favourite green s'chug. | USA | English-100 | | | G | |
| 2022-09-09 | 1430 | My Market Kitchen | My Market Kitchen Series 4 Ep 30 | On My Market Kitchen today Elena rolls up some Matcha Pistachio Bliss Balls, then Khanh shows us a tradition savoury pancake called Banh Xeo. | AUSTRALIA | | | | G | |
| 2022-09-09 | 1500 | Licence To Grill | Scuba Dive Bbq | Rob and his mate Jim are planning a week-long scuba diving trip. The problem is they don't know how to scuba dive. Rob offers a scuba dive instructor lunch in exchange for a crash course in diving. | CANADA | English-100 | | | G | |
| 2022-09-09 | 1530 | Lightened Up | Going Vegan | Erwan creates vegan alternatives to a classic American food and an unexpected dessert: Burger and Cheesecake. | USA | English-100 | | | PG | |
| 2022-09-09 | 1600 | David Rocco's Dolce Napoli | Music In Napoli | Naples is a city thriving with culture – and not just food culture | CANADA | English-100 | | | PG | |
| 2022-09-09 | 1630 | The Cook And The Chef | Cooking With Grapes | Raise a toast to the glorious grape as Simon and Maggie celebrate with the fruit of the vine. In Maggie's Barossa kitchen, they showcase a range of savoury and sweet dishes cooked with whole grapes. | AUSTRALIA | English-100 | | | G | |
| 2022-09-09 | 1700 | Nigella Feasts | Just Desserts | Nigella Lawson's crazy for dessert and picks out some of her all-time favourites in her dessert hall of fame, starting with peach melba. | UNITED KINGDOM | English-100 | RPT | | G | Y |
| 2022-09-09 | 1730 | River Cottage Australia | River Cottage Australia One Hours Series 2 Ep 2 | Paul has learnt how to be a dairy farmer the hard way. It's time for Paul to make another tough lesson. How will he cope saying goodbye to another farm favourite? | UNITED KINGDOM | English-100 | RPT | | PG | Y |
| 2022-09-09 | 1830 | Food Safari | Food Safari Series 4 Ep 3 | Maeve O'Meara explores some of the simple dishes of Cypriot food, full of goodness and fresh flavour, based on a handful of key ingredients. | AUSTRALIA | English-100 | RPT | | G | Y |
| 2022-09-09 | 1900 | The Cook Up With Adam Liaw | Cook Up With Adam Liaw Series 3, The Ep 25 | Actor and writer Jenevieve Chang, and journalist Jason Om join Adam in The Cook Up kitchen to create dishes that take less time than anything you can order for delivery. | | | | RPT | PG | Y |
| 2022-09-09 | 1930 | Rick Stein's Food Heroes | London, Midlands And East England | At London's Borough Market, which Rick Stein favourably compares with markets on the continent, he samples a superb eel pie and mash lunch at Manze's. | UNITED KINGDOM | English-100 | | | PG | |
| 2022-09-09 | 2000 | Donna Hay Everyday Fresh | Donna Hay Everyday Fresh Series 1 Ep 4 | Donna prepares a brown rice nasi goreng omelette - a super-flavoured weeknight dinner made all in one pan. She also shares her up-flavoured version of bolognese with the spicy kick of chorizo. | AUSTRALIA | English-100 | | | G | |
| 2022-09-09 | 2030 | Royal Recipes | Pie And Pudding | On today's programme, presenter Michael Buerk and chef Anna Haugh knock up a fastidious queen's favourite pie. | UNITED KINGDOM | English-100 | | | G | |
| 2022-09-09 | 2125 | Destination Flavour Down Under Bitesize | Destination Flavour Down Under Bitesize Series 1 Ep 5 | 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 |
| 2022-09-09 | 2130 | Come Dine With Me | Gloucestershire 5 | Serving up the final food of the week from Cheltenham and Gloucester is equine events organiser Holly. | UNITED KINGDOM | English-100 | | | PG | |

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|------------|------|--|---|--|----------------|-------------|-----|----|---|
| 2022-09-09 | 2200 | Bizarre Foods: Delicious Destinations | New Jersey | Andrew Zimmern checks out the inventive and international eats of New Jersey. From all-you-can-eat Brazilian meat to rich seafood stew, potato-loaded hot dogs to Dominican marinated pork, the Garden State's cuisine is diverse. | USA | English-100 | | PG | |
| 2022-09-09 | 2230 | The Cook Up With Adam Liaw | Cook Up With Adam Liaw Series 3, The Ep 25 | Actor and writer Jenevieve Chang, and journalist Jason Om join Adam in The Cook Up kitchen to create dishes that take less time than anything you can order for delivery. | | | RPT | PG | Y |
| 2022-09-09 | 2300 | Counter Space | Meals Served | A prison in Maine has a solution to the age-old problem of unhealthy food in prisons as Sophia Roe pays homage to instant ramen innovators. And we discuss ice-cream and inspiration with Mikey Cole. | USA | English-100 | RPT | PG | Y |
| 2022-09-09 | 2330 | Food Safari | Food Safari Series 4 Ep 3 | Maeve O'Meara explores some of the simple dishes of Cypriot food, full of goodness and fresh flavour, based on a handful of key ingredients. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-09-09 | 2400 | David Rocco's Dolce Napoli | Music In Napoli | Naples is a city thriving with culture – and not just food culture | CANADA | English-100 | | PG | |
| 2022-09-09 | 2430 | The Cook And The Chef | Cooking With Grapes | Raise a toast to the glorious grape as Simon and Maggie celebrate with the fruit of the vine. In Maggie's Barossa kitchen, they showcase a range of savoury and sweet dishes cooked with whole grapes. | AUSTRALIA | English-100 | | G | |
| 2022-09-09 | 2500 | Rick Stein's Food Heroes | London, Midlands And East England | At London's Borough Market, which Rick Stein favourably compares with markets on the continent, he samples a superb eel pie and mash lunch at Manze's. | UNITED KINGDOM | English-100 | | PG | |
| 2022-09-09 | 2530 | Royal Recipes | Pie And Pudding | On today's programme, presenter Michael Buerk and chef Anna Haugh knock up a fastidious queen's favourite pie. | UNITED KINGDOM | English-100 | | G | |
| 2022-09-09 | 2625 | Destination Flavour Down Under Bitesize | Destination Flavour Down Under Bitesize Series 1 Ep 5 | 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 |
| 2022-09-09 | 2630 | Come Dine With Me | Gloucestershire 5 | Serving up the final food of the week from Cheltenham and Gloucester is equine events organiser Holly. | UNITED KINGDOM | English-100 | | PG | |
| 2022-09-09 | 2700 | Bizarre Foods: Delicious Destinations | New Jersey | Andrew Zimmern checks out the inventive and international eats of New Jersey. From all-you-can-eat Brazilian meat to rich seafood stew, potato-loaded hot dogs to Dominican marinated pork, the Garden State's cuisine is diverse. | USA | English-100 | | PG | |
| 2022-09-09 | 2730 | All The Things | All The Things Series 1 Ep 5 | It's all happening on All The Things this week, from disguising a plastic water tank with an old galvanised iron one, to collecting pine cones to make a Christmas wreath. | AUSTRALIA | English-100 | | G | |
| 2022-09-09 | 2800 | Make This Tonight | Cinderella Shakshuka | Chef Einat puts her uniquely flavorful spin on the iconic, transformative North African egg dish - shakshuka. To go along with it, she shows us how to make her daddy's favourite green s'chug. | USA | English-100 | | G | |
| 2022-09-09 | 2830 | My Market Kitchen | My Market Kitchen Series 4 Ep 30 | On My Market Kitchen today Elena rolls up some Matcha Pistachio Bliss Balls, then Khanh shows us a tradition savoury pancake called Banh Xeo. | AUSTRALIA | | | G | |
| 2022-09-10 | 0500 | Licence To Grill | Scuba Dive Bbq | Rob and his mate Jim are planning a week-long scuba diving trip. The problem is they don't know how to scuba dive. Rob offers a scuba dive instructor lunch in exchange for a crash course in diving. | CANADA | English-100 | | G | |
| 2022-09-10 | 0530 | Lightened Up | Finger Foods | Erwan creates healthier alternatives to traditional finger foods: Nachos and Pizza. | USA | English-100 | | PG | |
| 2022-09-10 | 0600 | Lightened Up | Going Vegan | Erwan creates vegan alternatives to a classic American food and an unexpected dessert: Burger and Cheesecake. | USA | English-100 | | PG | |
| 2022-09-10 | 0630 | Mary Berry's Quick Cooking | West End | Mary's Cooking up a treat in the West End. | UNITED KINGDOM | English-100 | | PG | |
| 2022-09-10 | 0700 | Nigella Feasts | Just Desserts | Nigella Lawson's crazy for dessert and picks out some of her all-time favourites in her dessert hall of fame, starting with peach melba. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2022-09-10 | 0730 | David Rocco's Dolce Napoli | Music In Napoli | Naples is a city thriving with culture – and not just food culture | CANADA | English-100 | | PG | |
| 2022-09-10 | 0800 | Food Safari | Food Safari Series 4 Ep 3 | Maeve O'Meara explores some of the simple dishes of Cypriot food, full of goodness and fresh flavour, based on a handful of key ingredients. | AUSTRALIA | English-100 | RPT | G | Y |

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|------------|------|--|---|--|----------------|-------------|-----|----|---|
| 2022-09-10 | 0830 | Rick Stein's Food Heroes | London, Midlands And East England | At London's Borough Market, which Rick Stein favourably compares with markets on the continent, he samples a superb eel pie and mash lunch at Manze's. | UNITED KINGDOM | English-100 | | PG | |
| 2022-09-10 | 0900 | Donna Hay Everyday Fresh | Donna Hay Everyday Fresh Series 1 Ep 4 | Donna prepares a brown rice nasi goreng omelette - a super-flavoured weeknight dinner made all in one pan. She also shares her up-flavoured version of bolognese with the spicy kick of chorizo. | AUSTRALIA | English-100 | | G | |
| 2022-09-10 | 0930 | Royal Recipes | Pie And Pudding | On today's programme, presenter Michael Buerk and chef Anna Haugh knock up a fastidious queen's favourite pie. | UNITED KINGDOM | English-100 | | G | |
| 2022-09-10 | 1025 | Destination Flavour Down Under Bitesize | Destination Flavour Down Under Bitesize Series 1 Ep 5 | 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 |
| 2022-09-10 | 1030 | Come Dine With Me | Gloucestershire 5 | Serving up the final food of the week from Cheltenham and Gloucester is equine events organiser Holly. | UNITED KINGDOM | English-100 | | PG | |
| 2022-09-10 | 1100 | The Cook Up With Adam Liaw | Cook Up With Adam Liaw Series 3, The Ep 25 | Actor and writer Jenevieve Chang, and journalist Jason Om join Adam in The Cook Up kitchen to create dishes that take less time than anything you can order for delivery. | | | RPT | PG | Y |
| 2022-09-10 | 1130 | Bizarre Foods: Delicious Destinations | New Jersey | Andrew Zimmern checks out the inventive and international eats of New Jersey. From all-you-can-eat Brazilian meat to rich seafood stew, potato-loaded hot dogs to Dominican marinated pork, the Garden State's cuisine is diverse. | USA | English-100 | | PG | |
| 2022-09-10 | 1200 | David Rocco's Dolce Napoli | Music In Napoli | Naples is a city thriving with culture – and not just food culture | CANADA | English-100 | | PG | |
| 2022-09-10 | 1230 | Nigella Feasts | Just Desserts | Nigella Lawson's crazy for dessert and picks out some of her all-time favourites in her dessert hall of fame, starting with peach melba. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2022-09-10 | 1300 | Food Safari | Food Safari Series 4 Ep 2 | Maeve O'Meara explores the country considered the gourmet destination of South America - Peru - and its infiltration into Australian culture. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-09-10 | 1330 | Eating Inn | Bar Roque Part 1 | The very talented but very crazy chef Stefane takes us on a wild ride learning all about what makes his home state of Alsace in France so famously delicious. The style of the venue is open and fun. | SINGAPORE | English-100 | | G | |
| 2022-09-10 | 1400 | Eating Inn | Bar Roque Part 2 | The madness continues in the 'theatre style' atmos of chef Stephan's work environment. As in his home territory Alsace in France everything is about using everything of the animal used in the cooking. | SINGAPORE | English-100 | | G | |
| 2022-09-10 | 1430 | Ainsley's Good Mood Food | Seaside Delights | Ainsley is inspired by the tastes and delights of the seaside - he starts with a taste of Italy making his crab and lemon linguine with pangrattato. | UNITED KINGDOM | English-100 | | G | |
| 2022-09-10 | 1525 | Poh & Co. Bitesize | Poh & Co. Bitesize Series 2 Ep 7 | Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-09-10 | 1530 | Ainsley's Good Mood Food | Fruits And Berries | Ainsley is feeling fruity! In this episode, all his dishes use fruit - he begins with a dish from his travels, Rose Harissa Chicken Tagine with Apricots and Chickpeas. | UNITED KINGDOM | English-100 | | G | |
| 2022-09-10 | 1625 | 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 |
| 2022-09-10 | 1630 | Food In Our Time | Heritage | In this episode, Andre meets storytellers who are preserving and continuing the narrative of humanity through the things we eat. From Japan to Peru to Ghana, our intrepid chef travels to 3 continents. | SINGAPORE | English-100 | | PG | Y |
| 2022-09-10 | 1730 | Adam & Poh's Malaysia In Australia | Adam & Poh's Malaysia In Australia Series 1 Ep 1 | Starting their journey in Tasmania, Adam and Poh head out to find some of the best seafood in the world. Adam goes diving for abalone and sea urchin. | AUSTRALIA | English-100 | | PG | Y |
| 2022-09-10 | 1800 | Cheese Slices | Italy: Rare Mountain Cheeses Of The North East | Will travels to the foothills of the Alps to meet the oldest cheese maker in Italy before heading up to the beautiful Dolomites. | AUSTRALIA | English-100 | | G | |
| 2022-09-10 | 1830 | The Julia Child Challenge | Julia The Spy | The Home Cooks learn about Julia's early life this week in challenges inspired by her time working as a spy for the O.S.S. and traveling around the world. | USA | English-100 | | PG | |
| 2022-09-10 | 1930 | Hairy Biker's Route 66 | Hairy Biker's Route 66 Series 1 Ep 3 | On the third leg of their trip Dave and Si are on the trail of Oklahoma's famous beef. In Oklahoma City the Bikers follow a classic T-bone steak with a Vietnamese pho. | UNITED KINGDOM | English-100 | | PG | |
| 2022-09-10 | 2035 | Jamie's Food Escapes | Stockholm | Jamie loves Swedish cuisine, based around fresh produce, pickling, and preserving. He goes mushroom hunting on one of the of islands surrounding the city, and tries a delicacy called surstromming. | UNITED KINGDOM | English-100 | | PG | |
| 2022-09-10 | 2135 | The Wine Show | Wine Show Series 3, The Ep 1 | Dominic West joins James Purefoy to taste wines at the beautiful HQ in the Douro Valley. | UNITED KINGDOM | English-100 | | | |

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|------------|------|----------------------------------|--------------------------------------|---|----------------|-------------|-----|----|---|
| 2022-09-10 | 2230 | The Wine Show | Wine Show Series 3, The Ep 2 | Matthew Goode & James Purefoy's next road trip challenge takes them to the Douro Valley. | UNITED KINGDOM | English-100 | | | |
| 2022-09-10 | 2325 | Poh & Co. Bitesize | 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 |
| 2022-09-10 | 2330 | The Julia Child Challenge | Julia The Spy | The Home Cooks learn about Julia's early life this week in challenges inspired by her time working as a spy for the O.S.S. and traveling around the world. | USA | English-100 | | PG | |
| 2022-09-10 | 2430 | Hairy Biker's Route 66 | Hairy Biker's Route 66 Series 1 Ep 3 | On the third leg of their trip Dave and Si are on the trail of Oklahoma's famous beef. In Oklahoma City the Bikers follow a classic T-bone steak with a Vietnamese pho. | UNITED KINGDOM | English-100 | | PG | |
| 2022-09-10 | 2535 | Jamie's Food Escapes | Stockholm | Jamie loves Swedish cuisine, based around fresh produce, pickling, and preserving. He goes mushroom hunting on one of the of islands surrounding the city, and tries a delicacy called surstromming. | UNITED KINGDOM | English-100 | | PG | |
| 2022-09-10 | 2635 | The Wine Show | Wine Show Series 3, The Ep 1 | Dominic West joins James Purefoy to taste wines at the beautiful HQ in the Douro Valley. | UNITED KINGDOM | English-100 | | | |
| 2022-09-10 | 2730 | The Wine Show | Wine Show Series 3, The Ep 2 | Matthew Goode & James Purefoy's next road trip challenge takes them to the Douro Valley. | UNITED KINGDOM | English-100 | | | |
| 2022-09-10 | 2825 | Poh & Co. Bitesize | 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 |
| 2022-09-10 | 2830 | Eating Inn | Bar Roque Part 1 | The very talented but very crazy chef Stefane takes us on a wild ride learning all about what makes his home state of Alsace in France so famously delicious. The style of the venue is open and fun. | SINGAPORE | English-100 | | G | |

