

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

Date	Start Time	Title	Episode Tit
2022-09-04	0500	Eating Inn	Wolfgang Puck Part 2
2022-09-04	0530	Bake With Anna Olson	Nut Cookies
2022-09-04	0600	Bake With Anna Olson	Fancy Frosting
2022-09-04	0630	Martha Bakes	Better (For You) Bake
2022-09-04	0700	Martha Bakes	Bakery-Style Cookies
2022-09-04	0730	Food In Our Time	Nature
2022-09-04	0830	Cheese Slices	Turkey: Traditional Ch Turkey
2022-09-04	0900	Cheese Slices	France: The Last Of Th Monk's Cheese
2022-09-04	0930	The Julia Child Challenge	An American Chef In P
2022-09-04	1030	Hairy Biker's Route 66	Hairy Biker's Route 66 2
2022-09-04	1140	Jamie's Food Escapes	Andalucia
2022-09-04	1235	The Wonderful World Of Cake	Wonderful World Of C 1, The Ep 6
2022-09-04	1330	Martha Bakes	Better (For You) Bake
2022-09-04	1400	The Cook Up With Adam Liaw	High Engagement
2022-09-04	1430	The Cook Up With Adam Liaw	Pasta Or Noodles
2022-09-04	1500	The Cook Up With Adam Liaw	One Or One Hundred
2022-09-04	1530	The Cook Up With Adam Liaw	Best In Class
2022-09-04	1600	The Cook Up With Adam Liaw	Spring In Your Step

tle	Digital Epg Synopsis
	Phil and Wolfgang discuss the virtues of classics over innovation. Phil shares a modern
	Chef Anna Olson loves the combination of nuts and cookies - they go hand in hand. Sh styles of cookies.
	Chef Anna Olson proves that frosting is the best part of a cake or cookie. She uses fros spectacular desserts.
Sale	Martha shares recipes packed with wholesome ingredients perfect for a bake sale - ler wholewheat sticky buns, and a zesty orange barley pound cake.
	Martha shares four recipes for cookies with a wholesome update - farro chocolate-chu almond butter sandwich cookies, and granola cookies.
	Andre goes back to the very origin of our sustenance - Nature. Food is a gift of nature a physical environment.
neeses Of	Will visits the spice markets of Istanbul and learns about a rare blue string cheese and
he Trappist	Will looks at how the last examples of Trappist monk's cheese are being made and what
Paris	The home cooks celebrate Julia's time in France by making souffles and a 2-course Frei
6 Series 1 Ep	On the second leg of their Route 66 adventure, Dave and Si set out to discover what lie they learn of the Trail of Tears.
	Jamie travels to Andalucia in Southern Spain where he eats heavenly cakes cooked by cooks a giant paella for a whole village.
Cake Series	We're behind the scenes at ice-cream giants Ben and Jerry's as they reveal their latest that's whipping up a frenzy at birthday parties across the land.
Sale	Martha shares recipes packed with wholesome ingredients perfect for a bake sale - ler wholewheat sticky buns, and a zesty orange barley pound cake.
	It's a popularity contest in The Cook Up kitchen as Adam, restauranteur Sharon Sallour create dishes with high engagement.
	Adam and guests, chef Frank Shek and presenter Alex Lee must pick a side in The Cook pasta or noodles.
	Restaurateur Callum Hann and comedian Lizzy Hoo join Adam in The Cook Up kitchen t cooking for one or 100 people.
	Adam, food icon Stephanie Alexander, and Paralympian Kurt Fearnley are gently comp kitchen will be. Tune in for the winner!
	Spring is on its way, and Adam and guests Junda Khoo and Paul Farag are creating a fea of Spring.

	Country of Origin	Language	Repeat	Classification	<b>Closed Captions</b>	Subtitles
rn take on the classic prawn shrimp cocktail entree.	SINGAPORE	English-100		PG		
She uses nuts to create three different and delicious	CANADA	English-100		G		
osting in three different ways to make three	CANADA	English-100		G		
emon yoghurt cupcakes with raspberry icing,	USA	English-100		G		
hunk cookies, spelt-nut crescents, wholewheat	USA	English-100		G		
e as much as it is born out of the constraints of the	SINGAPORE	English-100		PG		Y
nd Tulum, a traditional cheese matured in goat skin.	AUSTRALIA	English-100		G		
hat the future holds for these classic benchmarks.	AUSTRALIA	English-100		G		
rench meal.	USA	English-100		PG		
lies beneath the legend of this iconic road. In Missouri	UNITED KINGDOM	English-100		PG		
by nuns, and joins in the community festivities as he	UNITED KINGDOM	English-100		PG		
st creation - the Crumbalanche - an ice-cream cake	UNITED KINGDOM	English-100		PG		
emon yoghurt cupcakes with raspberry icing,	USA	English-100		G		
oum and social media cooking star Morgan Hipworth			RPT	PG	Y	
ok Up kitchen as they decide between cooking with			RPT	PG	Y	
n to cook dishes that are just as good when you're			RPT	PG	Y	
npeting to see who the Best in Class in The Cook Up			RPT	PG	Y	
feast of foods set to welcome in the fabulous season			RPT	PG	Y	

2022-09-04	1630	Wok Vs Pot With Marion And Silvia	Wok X Pot With Marion And Silvia Series 1 Ep 2	<sup>a</sup> Silvia and Marion create the ultimate comforting soups, from traditional Tom Yum, to a vibrant green pea and pancetta soup.	AUSTRALIA	English-100
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
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
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
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
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
2022-09-04	1930	<b>Cooking With Curtis</b>	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
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
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
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
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
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
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
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2022-09-04	2530	<b>Cooking With Curtis</b>	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
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
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
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2022-09-04	2830	The Cook Up With Adam Liaw	High Engagement	It's a popularity contest in The Cook Up kitchen as Adam, restauranteur Sharon Salloum and social media cooking star Morgan Hipworth create dishes with high engagement.		

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2022-09-05	0530	The Cook Up With Adam Liaw	One Or One Hundred
2022-09-05	0600	The Cook Up With Adam Liaw	Best In Class
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2022-09-05	0830	The Streets With Dan Hong	Streets With Dan Hong The Ep 5
2022-09-05	0900	The Cook And The Chef	Ducks
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2022-09-05	1030	Rick Stein's Cabin Fever	Rick Stein's Cabin Feve
2022-09-05	1140	Wok Vs Pot With Marion And Silvia	Wok X Pot With Mario Series 1 Ep 2
2022-09-05	1210	Recipes That Made Me	Bangladesh
2022-09-05	1240	Lightened Up	Filipino Fare
2022-09-05	1305	Mary Berry's Quick Cooking	Rome
2022-09-05	1335	All The Things	All The Things Series 1
2022-09-05	1400	Make This Tonight	Short Ribs-A-La-Royce
2022-09-05	1430	My Market Kitchen	My Market Kitchen Sei
2022-09-05	1500	Licence To Grill	Vegetarian Bbq Party
2022-09-05	1530	May's Kitchen	Jordan

Adam and guests, chef Frank Shek and presenter Alex Lee must pick a side in The Cook pasta or noodles.

Restaurateur Callum Hann and comedian Lizzy Hoo join Adam in The Cook Up kitchen to cooking for one or 100 people.

Adam, food icon Stephanie Alexander, and Paralympian Kurt Fearnley are gently compe kitchen will be. Tune in for the winner!

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Chef and health enthusiast, Erwan Heussaff, tackles some traditional Filipino dishes and fat, high sugar foods a little better for you.

Mary makes her first ever visit to Rome to explore a cuisine that she has always adored

1 Ep 1 for her friends at a long lunch.

Chef Royce designed this meal specifically Tastemade watchers in mind! Just for you, h the bone short ribs.

Series 4 Ep 26 Today on the show we are joined by Karen from Asian Inspirations, cooking a delicious I Potatoes dish that will have your mouth watering.

Rob gets challenged by his veggie loving friend to grill up a meatless BBQ. Rob steps up

Chef May Yacoubi prepares dishes from Jordan, including sajyyeh - a dish typically cook desert. She also makes mansaf - a rich lamb and rice dish.

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to cook dishes that are just as good when you're			RPT
peting to see who the Best in Class in The Cook Up			RPT
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he's cooking up mouthwatering, barely clinging-to-	USA	English-100	
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oked in the mountainous region of the country's	USA	English-100	

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2022-09-05	1600	David Rocco's Dolce Napoli	By The Seaside
2022-09-05	1630	The Cook And The Chef	Luscious Lunch, A
2022-09-05	1700	Nigella Feasts	Chocolate Heaven
2022-09-05	1730	River Cottage Australia	River Cottage Australia Series 1 Ep 6
2022-09-05	1830	Rick Stein's French Odyssey	Rick Stein's French Od 1 Ep 10
2022-09-05	1900	The Cook Up With Adam Liaw	Cook Up With Adam Li The Ep 21
2022-09-05	1930	Food Safari	Syrian
2022-09-05	2000	Poh & Co.	Friends
2022-09-05	2030	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Series 5 Ep 6
2022-09-05	2125	Destination Flavour Singapore Bitesize	Fruit Stall
2022-09-05	2130	Come Dine With Me	Gloucestershire 1
2022-09-05	2200	Bizarre Foods: Delicious Destinations	Chesapeake Bay
2022-09-05	2230	The Cook Up With Adam Liaw	Cook Up With Adam Li The Ep 21
2022-09-05	2300	Counter Space	Thanks, Honey
2022-09-05	2330	Rick Stein's French Odyssey	Rick Stein's French Od 1 Ep 10
2022-09-05	2400	David Rocco's Dolce Napoli	By The Seaside
2022-09-05	2430	The Cook And The Chef	Luscious Lunch, A
2022-09-05	2500	Food Safari	Syrian
2022-09-05	2530	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Series 5 Ep 6
2022-09-05	2625	Destination Flavour Singapore Bitesize	Fruit Stall
2022-09-05	2630	Come Dine With Me	Gloucestershire 1
2022-09-05	2700	Bizarre Foods: Delicious Destinations	Chesapeake Bay

David spends time with the Mattiucci Brothers who are known in Naples for their indep

The season is on the change and Maggie and Simon prepare for an early autumn lunch. shops at the Barossa Market.

Nigella Lawson shares her all-time favourite hall of fame chocolate recipes - beginning fashioned chocolate cake.

- lia One Hours Paul is keen to restore the gully that acts as a natural watercourse on his farm, but it's a hires a herd of hefty eaters to deal with the problem.
- dyssey Series It's the last leg of Rick's culinary cruise through France but the country still has plenty o bouillabaisse is a fitting end to a memorable journey.
- Liaw Series 3, Steph Stanhope and Madison Bronte from the Country Women's Association of New So to bake their favourite cakes.

Syrian food is one of the most vibrant cuisines of the Middle East, full of herbs, spices a Maeve learns the essential ingredients.

Poh and her bestie Sarah create three unique ice cream flavours and go on a road trip i

od Fight Club This week the boys invite everyone's favourite TV addict to join them in the cafe, as Go learning how to make a family favourite, scotch eggs.

The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.

This week's competition comes from in and around charming Cheltenham and glorious proclaimed princess and vegetarian, Sheree.

Andrew highlights the rustic eats of the Chesapeake Bay area, from steamed shellfish d

Liaw Series 3, Steph Stanhope and Madison Bronte from the Country Women's Association of New So to bake their favourite cakes.

> Climate change threatens a way of life for Turkish honey producers as Sophia Roe eleva We meet a beekeeper who explains the link between bees and food.

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ependent fishing operation.	CANADA	English-100	
h. As Maggie lives in the Barossa, on Saturdays she	AUSTRALIA	English-100	
g with an unbelievably delicious and simple old-	UNITED KINGDOM	English-100	RPT
s almost totally overgrown with blackberries. Paul	UNITED KINGDOM	English-100	RPT
of delicious reasons not to hasten its end. A perfect	UNITED KINGDOM	English-100	
South Wales are joining Adam in The Cook Up kitchen			RPT
and traditions stretching back many generations.	AUSTRALIA	English-100	RPT
o in an attempt to break into the ice cream business.	AUSTRALIA	English-100	RPT
ogglebox's Scarlett Moffat is put through her paces,	UNITED KINGDOM	English-100	
e.	AUSTRALIA	English-100	RPT
is Gloucester, where the first to host is self-	UNITED KINGDOM	English-100	
doused in J.O. spice to tender Virginia ham.	USA	English-100	
South Wales are joining Adam in The Cook Up kitchen			RPT
vates popcorn shrimp with something extra sweet.	USA	English-100	RPT
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2022-09-05	2730	All The Things	All The Things Series 1
2022-09-05	2800	Make This Tonight	Short Ribs-A-La-Royce
2022-09-05	2830	My Market Kitchen	My Market Kitchen Se
2022-09-06	0500	Licence To Grill	Vegetarian Bbq Party
2022-09-06	0530	May's Kitchen	Jordan
2022-09-06	0600	Lightened Up	Filipino Fare
2022-09-06	0630	Mary Berry's Quick Cooking	Rome
2022-09-06	0700	Nigella Feasts	Chocolate Heaven
2022-09-06	0730	David Rocco's Dolce Napoli	By The Seaside
2022-09-06	0800	Rick Stein's French Odyssey	Rick Stein's French Od 1 Ep 10
2022-09-06	0830	Food Safari	Syrian
2022-09-06	0900	Poh & Co.	Friends
2022-09-06	0930	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Series 5 Ep 6
2022-09-06	1025	Destination Flavour Singapore Bitesize	Fruit Stall
2022-09-06	1030	Come Dine With Me	Gloucestershire 1
2022-09-06	1100	The Cook Up With Adam Liaw	Cook Up With Adam L The Ep 21
2022-09-06	1130	Bizarre Foods: Delicious Destinations	Chesapeake Bay
2022-09-06	1200	David Rocco's Dolce Napoli	By The Seaside
2022-09-06	1230	Lightened Up	Asian Cuisine
2022-09-06	1300	Mary Berry's Quick Cooking	Festival, The
2022-09-06	1330	All The Things	All The Things Series 1
2022-09-06	1400	Make This Tonight	Konbi's Greatest Hits!
2022-09-06	1430	My Market Kitchen	My Market Kitchen Se

	All The Things Series 1 Ep 1	Cherie introduces the farm, forages for olives, cooks delicious plant-based recipes smo for her friends at a long lunch.
	Short Ribs-A-La-Royce	Chef Royce designed this meal specifically Tastemade watchers in mind! Just for you, h the bone short ribs.
	My Market Kitchen Series 4 Ep 26	Today on the show we are joined by Karen from Asian Inspirations, cooking a delicious Potatoes dish that will have your mouth watering.
	Vegetarian Bbq Party	Rob gets challenged by his veggie loving friend to grill up a meatless BBQ. Rob steps up
	Jordan	Chef May Yacoubi prepares dishes from Jordan, including sajyyeh - a dish typically cook desert. She also makes mansaf - a rich lamb and rice dish.
	Filipino Fare	Chef and health enthusiast, Erwan Heussaff, tackles some traditional Filipino dishes and fat, high sugar foods a little better for you.
Cooking	Rome	Mary makes her first ever visit to Rome to explore a cuisine that she has always adored
	Chocolate Heaven	Nigella Lawson shares her all-time favourite hall of fame chocolate recipes - beginning fashioned chocolate cake.
e Napoli	By The Seaside	David spends time with the Mattiucci Brothers who are known in Naples for their indep
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 o bouillabaisse is a fitting end to a memorable journey.
	Syrian	Syrian food is one of the most vibrant cuisines of the Middle East, full of herbs, spices a Maeve learns the essential ingredients.
	Friends	Poh and her bestie Sarah create three unique ice cream flavours and go on a road trip i
od Fight	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 Go learning how to make a family favourite, scotch eggs.
r Singapore	Fruit Stall	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.
e	Gloucestershire 1	This week's competition comes from in and around charming Cheltenham and glorious proclaimed princess and vegetarian, Sheree.
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 So to bake their favourite cakes.
cious	Chesapeake Bay	Andrew highlights the rustic eats of the Chesapeake Bay area, from steamed shellfish d
e Napoli	By The Seaside	David spends time with the Mattiucci Brothers who are known in Naples for their indep
	Asian Cuisine	Erwan reinvents some classic Asian dishes like, Korean fried wings and sweet and sour compromise on flavour or quality when making foods a little healthier.
Cooking	Festival, The	Mary joins the crowds at her first ever music festival to explore the food pop ups. She g turn enlists Mary to help on stage.
	All The Things Series 1 Ep 2	In Cherie's quest for rebuilding and decorating the stable, she brings fellow renovator a old and newly found treasures.
	Konbi's Greatest Hits!	Chef Akira and Chef Nick bring a little bit of Konbi into your kitchen. First, they teach yo dashi.
1	My Market Kitchen Series 4 Ep 27	Today Khanh and Elena take on a classic winter warmer, Lamb Shanks. Then Khanh whi by Elena's Smashed Peas on toast for the budget friendly.

oked almond gnocchi and a spectacular carrot cake	AUSTRALIA	English-100		G	
he's cooking up mouthwatering, barely clinging-to-	USA	English-100		G	
is Indonesian BBQ Beef Ribs. Then a Naughty Crispy	AUSTRALIA			G	
up to the grill and demonstrates that he can grill it all!	CANADA	English-100		G	
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South Wales are joining Adam in The Cook Up kitchen			RPT	PG	Y
doused in J.O. spice to tender Virginia ham.	USA	English-100		PG	
ependent fishing operation.	CANADA	English-100		PG	
r chicken, to show people you don't have to	USA	English-100		G	
e gets help from festival Headliner, Rick Astley, who in	UNITED KINGDOM	English-100		G	
r and collector Rachel in to style the new space with	AUSTRALIA	English-100		G	
you the heart of all of the dishes, a basic yet versatile	USA	English-100		G	
hips up a delicious Cherry & Coconut Slice, followed	AUSTRALIA			G	

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20	)22-09-06	1500	Licence To Grill	Tennis Tournament
20	)22-09-06	1530	May's Kitchen	Syrian
20	022-09-06	1600	David Rocco's Dolce Napoli	Procidia Time
20	)22-09-06	1630	The Cook And The Chef	Pizzas
20	)22-09-06	1700	Nigella Feasts	Food To Go
20	022-09-06	1730	River Cottage Australia	River Cottage Australia Series 1 Ep 7
20	022-09-06	1830	Food Safari	USA
20	022-09-06	1900	The Cook Up With Adam Liaw	Cook Up With Adam Lia The Ep 22
20	022-09-06	1930	Food Safari	Jewish
20	022-09-06	2000	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Series 1 Ep 2
20	)22-09-06	2030	Rick Stein's Long Weekends	Vienna
20	022-09-06	2135	Come Dine With Me	Gloucestershire 2
20	)22-09-06	2200	Bizarre Foods: Delicious Destinations	Boston: A Second Bite
20	022-09-06	2230	The Cook Up With Adam Liaw	Cook Up With Adam Lia The Ep 22
20	)22-09-06	2300	Counter Space	Vitamin Sea
20	022-09-06	2330	Food Safari	USA
20	)22-09-06	2400	David Rocco's Dolce Napoli	Procidia Time
20	022-09-06	2430	The Cook And The Chef	Pizzas
20	022-09-06	2500	Food Safari	Jewish
20	022-09-06	2530	Rick Stein's Long Weekends	Vienna
20	)22-09-06	2635	Come Dine With Me	Gloucestershire 2
20	022-09-06	2700	Bizarre Foods: Delicious Destinations	Boston: A Second Bite

Rob's Tennis Tournament BBQ is a smash with lamb shanks, roasted garlic mashed pota when it comes to barbequing Rob has the best serve. Chef May Yacoubi introduces the cuisine of the land of jasmine trees starting with tisiye spice infused casserole called fattet makdous. David travels just off the coast of Naples to the island of Procida, a place untouched by named Mr. Time. Not many of us are lucky enough to have a wood oven in the back yard. But all is not los pizzas, all you need is a conventional oven. This is Nigella Lawson to go. It's fabulous portable food - from an entire feast of mushro lia One Hours The local ladies have a big job for Paul and there might be a sweet reward in return. If l offered to share some of their cake-making secrets with him. Food Safari discovers some of the vast range of flavours and dishes that can be found a Hosted by Maeve O'Meara. Liaw Series 3, It's an ode to Italy, as cookbook author Emiko Davies and Journalist Anthony Huckstep j to the recipes of Florence. In the final episode, Maeve explores the delicious and complex world of Jewish food - f strict dietary code (kasrut). ay Vietnam Luke visits the city of flowers, known as Dalat, where the French influence can be seen Rick Stein visits Vienna - the city that once ran the Austro-Hungarian Empire and contir goulash. It's the second night of the competition in Cheltenham and Gloucester and the turn of Andrew Zimmern highlights the harbor-influenced eats of Boston, including squid ink b classic roast beef sandwich. Liaw Series 3, It's an ode to Italy, as cookbook author Emiko Davies and Journalist Anthony Huckstep to the recipes of Florence. Nomadic sea tribes in Malaysia unlock the power of seaweed as Sophia Roe uses the in crumble; and Bren Smith explains how ocean farming could save the planet. Food Safari discovers some of the vast range of flavours and dishes that can be found a Hosted by Maeve O'Meara. David travels just off the coast of Naples to the island of Procida, a place untouched by named Mr. Time. Not many of us are lucky enough to have a wood oven in the back yard. But all is not log pizzas, all you need is a conventional oven. In the final episode, Maeve explores the delicious and complex world of Jewish food - f strict dietary code (kasrut). Rick Stein visits Vienna - the city that once ran the Austro-Hungarian Empire and contin goulash. It's the second night of the competition in Cheltenham and Gloucester and the turn of Andrew Zimmern highlights the harbor-influenced eats of Boston, including squid ink bl classic roast beef sandwich.

tatoes and black bean mussels. His guests all agree	CANADA	English-100	
yeh - a simple Syrian breakfast dish - followed by a	USA	English-100	
y time, where he takes a walking tour from a local	CANADA	English-100	
ost. If you want to make brilliant home cooked	AUSTRALIA	English-100	
room pasta bake and stunning cranberry glazed ham.	UNITED KINGDOM	English-100	RPT
<sup>t</sup> he can help them paint their headquarters, they've	UNITED KINGDOM	English-100	RPT
across the expanse of the United States of America.	AUSTRALIA	English-100	RPT
o join Adam in The Cook Up kitchen to open our eyes			RPT
full of age-old traditions and customs including a	AUSTRALIA	English-100	RPT
n everywhere.	AUSTRALIA	lish-98; Vietname	RPT
inues to be home to comfort dishes like tafelspitz and	UNITED KINGDOM	English-100	RPT
f professional storyteller Chloe to host.	UNITED KINGDOM	English-100	
black pasta, Irish fish and chips and a cool take on a	USA	English-100	
o join Adam in The Cook Up kitchen to open our eyes			RPT
ngredient to make a Semifredo with Furikake	USA	English-100	RPT
across the expanse of the United States of America.	AUSTRALIA	English-100	RPT
y time, where he takes a walking tour from a local	CANADA	English-100	
ost. If you want to make brilliant home cooked	AUSTRALIA	English-100	
full of age-old traditions and customs including a	AUSTRALIA	English-100	RPT
inues to be home to comfort dishes like tafelspitz and	UNITED KINGDOM	English-100	RPT
f professional storyteller Chloe to host.	UNITED KINGDOM	English-100	
black pasta, Irish fish and chips and a cool take on a	USA	English-100	

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	2022-09-06	2730	All The Things	All The Things Series 1 Ep 2
	2022-09-06	2800	Make This Tonight	Konbi's Greatest Hits!
	2022-09-06	2830	My Market Kitchen	My Market Kitchen Series 4 E
	2022-09-07	0500	Licence To Grill	Tennis Tournament
	2022-09-07	0530	May's Kitchen	Syrian
	2022-09-07	0600	Lightened Up	Asian Cuisine
-	2022-09-07	0630	Mary Berry's Quick Cooking	Festival, The
	2022-09-07	0700	Nigella Feasts	Food To Go
4	2022-09-07	0730	David Rocco's Dolce Napoli	Procidia Time
-	2022-09-07	0800	Food Safari	USA
	2022-09-07	0830	Food Safari	Jewish
	2022-09-07	0900	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietna Series 1 Ep 2
	2022-09-07	0930	Rick Stein's Long Weekends	Vienna
-	2022-09-07	1035	Come Dine With Me	Gloucestershire 2
	2022-09-07	1100	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Seri The Ep 22
	2022-09-07	1130	Bizarre Foods: Delicious Destinations	Boston: A Second Bite
	2022-09-07	1200	David Rocco's Dolce Napoli	Procidia Time
-	2022-09-07	1230	Lightened Up	All About Noodles
	2022-09-07	1300	Mary Berry's Quick Cooking	Marrakech
4	2022-09-07	1330	All The Things	All The Things Series 1 Ep 3
4	2022-09-07	1400	Make This Tonight	Stylish" Salmon Hump Day Su
-	2022-09-07	1430	My Market Kitchen	My Market Kitchen Series 4 E
	2022-09-07	1500	Licence To Grill	Skateboard Dude Party

gs Series 1 Ep 2	In Cherie's quest for rebuilding and decorating the stable, she brings fellow renovator a old and newly found treasures.
atest Hits!	Chef Akira and Chef Nick bring a little bit of Konbi into your kitchen. First, they teach y dashi.
Kitchen Series 4 Ep 27	Today Khanh and Elena take on a classic winter warmer, Lamb Shanks. Then Khanh wh by Elena's Smashed Peas on toast for the budget friendly.
nament	Rob's Tennis Tournament BBQ is a smash with lamb shanks, roasted garlic mashed pot when it comes to barbequing Rob has the best serve.
	Chef May Yacoubi introduces the cuisine of the land of jasmine trees starting with tisiy spice infused casserole called fattet makdous.
е	Erwan reinvents some classic Asian dishes like, Korean fried wings and sweet and sour compromise on flavour or quality when making foods a little healthier.
9	Mary joins the crowds at her first ever music festival to explore the food pop ups. She g turn enlists Mary to help on stage.
	This is Nigella Lawson to go. It's fabulous portable food - from an entire feast of mushr
ne	David travels just off the coast of Naples to the island of Procida, a place untouched by named Mr. Time.
	Food Safari discovers some of the vast range of flavours and dishes that can be found a Hosted by Maeve O'Meara.
	In the final episode, Maeve explores the delicious and complex world of Jewish food - f strict dietary code (kasrut).
n's Railway Vietnam 2	Luke visits the city of flowers, known as Dalat, where the French influence can be seen
	Rick Stein visits Vienna - the city that once ran the Austro-Hungarian Empire and conting goulash.
hire 2	It's the second night of the competition in Cheltenham and Gloucester and the turn of
th Adam Liaw Series 3,	It's an ode to Italy, as cookbook author Emiko Davies and Journalist Anthony Huckstep to the recipes of Florence.
econd Bite	Andrew Zimmern highlights the harbor-influenced eats of Boston, including squid ink b classic roast beef sandwich.
ne	David travels just off the coast of Naples to the island of Procida, a place untouched by named Mr. Time.
oodles	Who doesn't love a hot bowl of Ramen or a big plate of Pad Thai? These are dishes so r how unhealthy they can be for us.
	Mary Berry heads to Marrakech in Morocco. Immersed in the mayhem of the medina, a aromatic flavours and smells she experiences.
gs Series 1 Ep 3	Cherie forages for wild asparagus with her friend Richard, invites some Barosssa friend and plans her glasshouse with master innovator lan.
non Hump Day Supper	Chef Parisa's menu tonight? Roasted Salmon with savory, caramelized onions, Mushro Sumac Dressing.
Kitchen Series 4 Ep 28	This episode of My Market Kitchen is full of delicious and nutritious dishes meals for yo Salad, then Khanh whips up a Whisky Fennel Pork meal.
Dude Party	Rob rewards the community kids for their hard work on the new park skateboard ramp pork burgers, chicken smoked pizza and corn on the cob.

and collector Rachel in to style the new space with	AUSTRALIA	English-100		G
you the heart of all of the dishes, a basic yet versatile	USA	English-100		G
hips up a delicious Cherry & Coconut Slice, followed	AUSTRALIA			G
tatoes and black bean mussels. His guests all agree	CANADA	English-100		G
yeh - a simple Syrian breakfast dish - followed by a	USA	English-100		G
r chicken, to show people you don't have to	USA	English-100		G
gets help from festival Headliner, Rick Astley, who in	UNITED KINGDOM	English-100		G
room pasta bake and stunning cranberry glazed ham.	UNITED KINGDOM	English-100	RPT	G
y time, where he takes a walking tour from a local	CANADA	English-100		PG
across the expanse of the United States of America.	AUSTRALIA	English-100	RPT	G
full of age-old traditions and customs including a	AUSTRALIA	English-100	RPT	G
n everywhere.	AUSTRALIA	lish-98; Vietname	RPT	G
inues to be home to comfort dishes like tafelspitz and	UNITED KINGDOM	English-100	RPT	G
f professional storyteller Chloe to host.	UNITED KINGDOM	English-100		G
o join Adam in The Cook Up kitchen to open our eyes			RPT	PG
black pasta, Irish fish and chips and a cool take on a	USA	English-100		PG
y time, where he takes a walking tour from a local	CANADA	English-100		PG
many people love and crave but we don't realize	USA	English-100		PG
, she rustles up some quick dishes inspired by the	UNITED KINGDOM	English-100		G
nds to teach her traditional fruit preserving methods	AUSTRALIA	English-100		G
ooms, and Herbs, with an Arugula Salad with Lemon		2020	3	G
ou to try at home. First up Elena cooks her Chop	AUSTRALIA			G
p. He 'kick flips' the grill with some maple mustard	CANADA	English-100		G

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2022-09-07	1530	May's Kitchen	Morroco	Chef May Yacc famous olive t
2022-09-07	1600	David Rocco's Dolce Napoli	Espresso Espresso	In Naples, coff part the Neapo
2022-09-07	1630	The Cook And The Chef	Easter In Cooking	It's Easter and fan of chilli bu
2022-09-07	1700	Nigella Feasts	Exotic Evening	Nigella Lawsor eggplant dips.
2022-09-07	1730	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 8	lt's been nearl what he finds.
2022-09-07	1830	Food Safari	Food Safari Series 4 Ep 1	Maeve O'Mea
2022-09-07	1900	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 3, The Ep 23	Cooking a corr Zamboni for so
2022-09-07	1930	Rick Stein's Food Heroes	Cornwall	Rick begins the
2022-09-07	2000	The Chocolate Queen	Chocolate Queen Series 2, The Ep 10	Perfect pairing Chocolate Glaz
2022-09-07	2030	John Torode's Middle Eas	John Torode's Middle East Series 1 Ep 1	On this leg of h hits the busy c
2022-09-07	2100	Plat du Tour	Plat Du Tour Series 1 (30min Version) Ep 1	Guillaume sha traditional bou
2022-09-07	2130	Come Dine With Me	Gloucestershire 3	This week's co plans to win ov
2022-09-07	2200	Bizarre Foods: Delicious Destinations	Cape Cod	Andrew Zimmo ice cream, the
2022-09-07	2230	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 3, The Ep 23	Cooking a corr Zamboni for so
2022-09-07	2300	Counter Space	Faux Real	An old taste fo Dirt Candy's Ai
2022-09-07	2330	Food Safari	Food Safari Series 4 Ep 1	Maeve O'Mea
2022-09-07	2400	David Rocco's Dolce Napoli	Espresso Espresso	In Naples, coff part the Neapo
2022-09-07	2430	The Cook And The Chef	Easter In Cooking	It's Easter and fan of chilli bu
2022-09-07	2500	Rick Stein's Food Heroes	Cornwall	Rick begins the
2022-09-07	2530	John Torode's Middle Eas	John Torode's Middle East Series 1 Ep 1	On this leg of h hits the busy c
2022-09-07	2600	Plat du Tour	Plat Du Tour Series 1 (30min Version) Ep 1	Guillaume sha traditional bou

'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	
id 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	
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	
ella 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
er 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
d 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
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
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	
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	
n 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	
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	
ne 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	
rre Foods: Delicious tinations	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	
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
nter 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	
d 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
id 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	
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	
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	
n 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	
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	

ased soup called harira, followed by Morocco's	USA	English-100		G	
shots of espresso drunk quickly and with purpose is	CANADA	English-100		PG	
der the expert eyes of his pastry chefs. Maggie's no	AUSTRALIA	English-100		G	
crowd. On the menu are red kidney bean and roasted	UNITED KINGDOM	English-100	RPT	G	Y
ul do it alone. Now he's back, and he's amazed at	UNITED KINGDOM	English-100	RPT	PG	Y
's Greek, Asian and Indigenous groups.	AUSTRALIA	English-100	RPT	G	Y
y food photographer Luisa Brimble and chef Matteo			RPT	PG	Y
nery, he samples clotted cream and saffron cakes.	UNITED KINGDOM	English-100		G	
hocolate Popcorn and the less Conventional	AUSTRALIA	English-100		PG	
ddle East and the street food capital of Egypt. John of his own.	CANADA	English-100		PG	
nb, a twice baked Roquefort souffle, as well as a		English-100		PG	
third to host this week is estate agent Mike, who	UNITED KINGDOM	English-100		PG	
ms to fresh-caught cod, clambakes to cranberry bog ebration.	USA	English-100		PG	
y food photographer Luisa Brimble and chef Matteo			RPT	PG	Y
ide to grill up a convincing new take on shawarma.	USA	English-100	RPT	MA	
's Greek, Asian and Indigenous groups.	AUSTRALIA	English-100	RPT	G	Y
shots of espresso drunk quickly and with purpose is	CANADA	English-100		PG	
der the expert eyes of his pastry chefs. Maggie's no	AUSTRALIA	English-100		G	
nery, he samples clotted cream and saffron cakes.	UNITED KINGDOM	English-100		G	
ddle East and the street food capital of Egypt. John of his own.	CANADA	English-100		PG	
nb, a twice baked Roquefort souffle, as well as a		English-100		PG	

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2022-09-07	2630	Come Dine With Me	Gloucestershire 3
2022-09-07	2700	Bizarre Foods: Delicious Destinations	Cape Cod
2022-09-07	2730	All The Things	All The Things Series 1 Ep 3
2022-09-07	2800	Make This Tonight	Stylish" Salmon Hump Day S
2022-09-07	2830	My Market Kitchen	My Market Kitchen Series 4
2022-09-08	0500	Licence To Grill	Skateboard Dude Party
2022-09-08	0530	May's Kitchen	Morroco
2022-09-08	0600	Lightened Up	All About Noodles
2022-09-08	0630	Mary Berry's Quick Cooking	Marrakech
2022-09-08	0700	Nigella Feasts	Exotic Evening
2022-09-08	0730	David Rocco's Dolce Napoli	Espresso Espresso
2022-09-08	0800	Food Safari	Food Safari Series 4 Ep 1
2022-09-08	0830	Rick Stein's Food Heroes	Cornwall
2022-09-08	0900	The Chocolate Queen	Chocolate Queen Series 2, T 10
2022-09-08	0930	John Torode's Middle Eas	John Torode's Middle East S 1 Ep 1
2022-09-08	1000	Plat du Tour	Plat Du Tour Series 1 (30mir Version) Ep 1
2022-09-08	1030	Come Dine With Me	Gloucestershire 3
2022-09-08	1100	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Se The Ep 23
2022-09-08	1130	Bizarre Foods: Delicious Destinations	Cape Cod
2022-09-08	1200	David Rocco's Dolce Napoli	Espresso Espresso
2022-09-08	1230	Lightened Up	More Cheddar The Better, T

	Gloucestershire 3	This week's competition comes from in and around Cheltenham and Gloucester, and th plans to win over his guests by hosting a relaxed evening.
ous	Cape Cod	Andrew Zimmern explores the treasures of Cape Cod's coastal cuisine. From fried clams ice cream, the Massachusetts peninsula's culinary scene is cause for summertime celeb
	All The Things Series 1 Ep 3	Cherie forages for wild asparagus with her friend Richard, invites some Barosssa friend and plans her glasshouse with master innovator Ian.
	Stylish" Salmon Hump Day Supper	Chef Parisa's menu tonight? Roasted Salmon with savory, caramelized onions, Mushroo Sumac Dressing.
	My Market Kitchen Series 4 Ep 28	This episode of My Market Kitchen is full of delicious and nutritious dishes meals for you Salad, then Khanh whips up a Whisky Fennel Pork meal.
	Skateboard Dude Party	Rob rewards the community kids for their hard work on the new park skateboard ramp. pork burgers, chicken smoked pizza and corn on the cob.
	Morroco	Chef May Yacoubi introduces Moroccan cuisine beginning with a tomato and lentil base famous olive tajine.
	All About Noodles	Who doesn't love a hot bowl of Ramen or a big plate of Pad Thai? These are dishes so m how unhealthy they can be for us.
Cooking	Marrakech	Mary Berry heads to Marrakech in Morocco. Immersed in the mayhem of the medina, s aromatic flavours and smells she experiences.
	Exotic Evening	Nigella Lawson's cooking up a delicious bite-sized feast that's perfect to share with a cro eggplant dips.
Napoli	Espresso Espresso	In Naples, coffee is a world onto itself, both culturally and socially. Dark, bittersweet she part the Neapolitan's daily routine.
	Food Safari Series 4 Ep 1	Maeve O'Meara explores the many cuisines of Darwin, including recipes from the city's
roes	Cornwall	Rick begins the series on home ground - Cornwall. Against a backdrop of stunning scene
n	Chocolate Queen Series 2, The Ep 10	Perfect pairings is on the agenda today with a classix Raspberry Chocolate Mousse, Cho Chocolate Glazed Ginger Cake that is a match made in heaven.
e 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 Midd hits the busy city streets to explore the flavours of Cairo and get inspiration for a dish of
	Plat Du Tour Series 1 (30min Version) Ep 1	Guillaume shares the secrets to a great ratatouille, a delicious roasted shoulder of lamb traditional bouillabaisse, and finishes with an ile flottante.
	Gloucestershire 3	This week's competition comes from in and around Cheltenham and Gloucester, and th plans to win over his guests by hosting a relaxed evening.
dam 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 fo Zamboni for some brilliant breakfasts.
ous	Cape Cod	Andrew Zimmern explores the treasures of Cape Cod's coastal cuisine. From fried clams ice cream, the Massachusetts peninsula's culinary scene is cause for summertime celeb
Napoli	Espresso Espresso	In Naples, coffee is a world onto itself, both culturally and socially. Dark, bittersweet she part the Neapolitan's daily routine.
	More Cheddar The Better, The	Erwan creates healthier alternatives to two classic cheesy dishes: Mac N' Cheese and G

third to host this week is estate agent Mike, who	UNITED KINGDOM	English-100	
ms to fresh-caught cod, clambakes to cranberry bog ebration.	USA	English-100	
nds to teach her traditional fruit preserving methods	AUSTRALIA	English-100	
ooms, and Herbs, with an Arugula Salad with Lemon		2020	3
you to try at home. First up Elena cooks her Chop	AUSTRALIA		
np. He 'kick flips' the grill with some maple mustard	CANADA	English-100	
sed soup called harira, followed by Morocco's	USA	English-100	
many people love and crave but we don't realize	USA	English-100	
, she rustles up some quick dishes inspired by the	UNITED KINGDOM	English-100	
crowd. On the menu are red kidney bean and roasted	UNITED KINGDOM	English-100	RPT
shots of espresso drunk quickly and with purpose is	CANADA	English-100	
's Greek, Asian and Indigenous groups.	AUSTRALIA	English-100	RPT
nery, he samples clotted cream and saffron cakes.	UNITED KINGDOM	English-100	
hocolate Popcorn and the less Conventional	AUSTRALIA	English-100	
ddle East and the street food capital of Egypt. John of his own.	CANADA	English-100	
nb, a twice baked Roquefort souffle, as well as a		English-100	
third to host this week is estate agent Mike, who	UNITED KINGDOM	English-100	
y food photographer Luisa Brimble and chef Matteo			RPT
ms to fresh-caught cod, clambakes to cranberry bog ebration.	USA	English-100	
shots of espresso drunk quickly and with purpose is	CANADA	English-100	
Grilled Cheese.	USA	English-100	

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2022-09-08	1300	Mary Berry's Quick Cooking	Navy, The
2022-09-08	1330	All The Things	All The Things Series 1
2022-09-08	1400	Make This Tonight	And If Udon Know, No
2022-09-08	1430	My Market Kitchen	My Market Kitchen Se
2022-09-08	1500	Licence To Grill	Road Hockey Tournam
2022-09-08	1530	Lightened Up	All The Chicken
2022-09-08	1600	David Rocco's Dolce Napoli	Capri Way, The
2022-09-08	1630	The Cook And The Chef	Cooking With Kids
2022-09-08	1700	Nigella Feasts	Solitary Sensations
2022-09-08	1730	River Cottage Australia	River Cottage Australia Series 2 Ep 1
2022-09-08	1830	Food Safari	Food Safari Series 4 Ep
2022-09-08	1900	The Cook Up With Adam Liaw	Cook Up With Adam L The Ep 24
2022-09-08	1930	<b>Rick Stein's Food Heroes</b>	Southern England
2022-09-08	2000	The Streets With Dan Hong	Streets With Dan Hong The Ep 6
2022-09-08	2030	Jamie's Great Italian Escape	Amalfi
2022-09-08	2100	Gok Wan's Easy Asian	One Pot Wonders
2022-09-08	2130	Come Dine With Me	Gloucestershire 4
2022-09-08	2200	Bizarre Foods: Delicious Destinations	Jersey Shore
2022-09-08	2230	The Cook Up With Adam Liaw	Cook Up With Adam L The Ep 24
2022-09-08	2300	Counter Space	Chocolate Reign
2022-09-08	2330	Food Safari	Food Safari Series 4 Ep

Tricks of the Navy.

- 1 Ep 4 Cherie ventures once more into the kitchen to knock up a plant-based ravioli with spina and build a kitchen garden.
- low You Do Chef Jason throws down his recipe for plump, homemade Udon Noodles with a steamy egg, and finishes it all off with some sweet and sour crab.
- Series 4 Ep 29 On this episode of My Market Kitchen Elena cooks a set and forget Chicken Tagine mean Pipis dish.
- Rob's Road Warriors square off with Andy's Ass-phalt Assassins in a road hockey tourna Rob's post game feast of lamb kabobs and grilled carrot salad.
  - Erwan creates healthier alternatives to two classic comfort foods: Chicken N' Waffles a
  - The island of Capri is known for its natural beauty, gorgeous hotels and luxury shopping
  - School Holidays mean finding things for the kids to do and Maggie and Simon get some plums. Simon also visits a Mussel farm in Port Lincoln.
  - Nigella Lawson cooks and eats even if she's home alone. Everything from delicious snac creamy pea puree.
- alia One Hours Time has passed and the seasons have changed at River Cottage Australia. Paul West is
- Ep 2 Ep 2 Ep 2 Ep 2 Explores the country considered the gourmet destination of South Ame
- Liaw Series 3, Adam, head chef Nelly Robinson and TV personality Lyndey Milan are making sandwich
  - Rick tries some garlic fudge at the Isle of Wight garlic festival. He is more impressed wit off to find its source.
- ng Series 1, Dan prepares a beloved Thai street food, Pad Krapow, and shows how quick and easy it
  - Jamie celebrates his birthday on the Amalfi coast and cooks for his toughest critic. Tens learnt from his Italian experience.
  - In this episode Gok Wan shows us how to enjoy home cooking even if life is constantly life easy.
  - This week's competition is in and around charming Cheltenham and glorious Glouceste set the bar high for himself!
  - Andrew Zimmern checks out the inventive and international eats of New Jersey. From a potato-loaded hot dogs to Dominican marinated pork, the Garden State's cuisine is dive
- Liaw Series 3, Adam, head chef Nelly Robinson and TV personality Lyndey Milan are making sandwich
  - A new generation reclaims Ghanian chocolate, and Sophia Roe makes a hand-cut choco catches a cacao ceremony.
- Ep 2 Ep 2 Ep 2 Ep 2 Explores the country considered the gourmet destination of South Am

	UNITED KINGDOM	English-100	
nach lunch for Michael Keelan who is helping her plan	AUSTRALIA	English-100	
y pork broth, bruleed onions, wilted greens, fried	USA	English-100	
al for Khanh. Then Khanh shows us his mothers quick	AUSTRALIA		
nament. In the end, everybody wins though with	CANADA	English-100	
and Buffalo Wings.	USA	English-100	
ng.	CANADA	English-100	
e kids busy looking for mushrooms and picking	AUSTRALIA	English-100	
acks to full meals like roasted lamb shank served with	UNITED KINGDOM	English-100	RPT
is about to experience his first summer on the land.	UNITED KINGDOM	English-100	RPT
nerica - Peru - and its infiltration into Australian	AUSTRALIA	English-100	RPT
ches. But not just any sandwiches - they're very posh!			RPT
ith a bacon buttie that he buys from a stall, and sets	UNITED KINGDOM	English-100	
it is to make at home.	AUSTRALIA	English-100	
nsion mounts as the chef hopes to prove he has	UNITED KINGDOM	English-100	
y busy, his three one pot wonders are ideal to make	UNITED KINGDOM	English-100	
er, where fourth host is 'King of Critique' Dan, who's	UNITED KINGDOM	English-100	
all-you-can-eat Brazilian meat to rich seafood stew, verse.	USA	English-100	
ches. But not just any sandwiches - they're very posh!			RPT
colate pasta with a bacon cream sauce. Sophia then	USA	English-100	RPT
nerica - Peru - and its infiltration into Australian	AUSTRALIA	English-100	RPT

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2022-09-08	2400	David Rocco's Dolce Napoli	Capri Way, The
2022-09-08	2430	The Cook And The Chef	Cooking With Kids
2022-09-08	2500	Rick Stein's Food Heroes	Southern England
2022-09-08	2530	Jamie's Great Italian Escape	Amalfi
2022-09-08	2600	Gok Wan's Easy Asian	One Pot Wonders
2022-09-08	2630	Come Dine With Me	Gloucestershire 4
2022-09-08	2700	Bizarre Foods: Delicious Destinations	Jersey Shore
2022-09-08	2730	All The Things	All The Things Series 1 Ep 4
2022-09-08	2800	Make This Tonight	And If Udon Know, Now Yoເ
2022-09-08	2830	My Market Kitchen	My Market Kitchen Series 4
2022-09-09	0500	Licence To Grill	Road Hockey Tournament
2022-09-09	0530	Lightened Up	More Cheddar The Better, T
2022-09-09	0600	Lightened Up	All The Chicken
2022-09-09	0630	Mary Berry's Quick Cooking	Navy, The
2022-09-09	0700	Nigella Feasts	Solitary Sensations
2022-09-09	0730	David Rocco's Dolce Napoli	Capri Way, The
2022-09-09	0800	Food Safari	Food Safari Series 4 Ep 2
2022-09-09	0830	Rick Stein's Food Heroes	Southern England
2022-09-09	0900	The Streets With Dan Hong	Streets With Dan Hong Serie The Ep 6
2022-09-09	0930	Jamie's Great Italian Escape	Amalfi
2022-09-09	1000	Gok Wan's Easy Asian	One Pot Wonders
2022-09-09	1030	Come Dine With Me	Gloucestershire 4

	The island of Capri is known for its natural beauty, gorgeous hotels and luxury shopping.	CANADA	English-100	
	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	
	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	
	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	
	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	
	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	
	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	
р4	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	
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	
es 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		
nt	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	
er, The	Erwan creates healthier alternatives to two classic cheesy dishes: Mac N' Cheese and Grilled Cheese.	USA	English-100	
	Erwan creates healthier alternatives to two classic comfort foods: Chicken N' Waffles and Buffalo Wings.	USA	English-100	
	Tricks of the Navy.	UNITED KINGDOM	English-100	
	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
	The island of Capri is known for its natural beauty, gorgeous hotels and luxury shopping.	CANADA	English-100	
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
	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	
Series 1,	Dan prepares a beloved Thai street food, Pad Krapow, and shows how quick and easy it is to make at home.	AUSTRALIA	English-100	
	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	
	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	
	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	

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2022-09-09	1100	The Cook Up With Adam Liaw	Cook Up With Adam Li The Ep 24
2022-09-09	1130	Bizarre Foods: Delicious Destinations	Jersey Shore
2022-09-09	1200	David Rocco's Dolce Napoli	Capri Way, The
2022-09-09	1230	Lightened Up	Finger Foods
2022-09-09	1300	Mary Berry's Quick Cooking	West End
2022-09-09	1330	All The Things	All The Things Series 1
2022-09-09	1400	Make This Tonight	Cinderella Shakshuka
2022-09-09	1430	My Market Kitchen	My Market Kitchen Se
2022-09-09	1500	Licence To Grill	Scuba Dive Bbq
2022-09-09	1530	Lightened Up	Going Vegan
2022-09-09	1600	David Rocco's Dolce Napoli	Music In Napoli
2022-09-09	1630	The Cook And The Chef	Cooking With Grapes
2022-09-09	1700	Nigella Feasts	Just Desserts
2022-09-09	1730	River Cottage Australia	River Cottage Australia Series 2 Ep 2
2022-09-09	1830	Food Safari	Food Safari Series 4 Ep
2022-09-09	1900	The Cook Up With Adam Liaw	Cook Up With Adam Li The Ep 25
2022-09-09	1930	Rick Stein's Food Heroes	London, Midlands And England
2022-09-09	2000	Donna Hay Everyday Fresh	Donna Hay Everyday F 1 Ep 4
2022-09-09	2030	Royal Recipes	Pie And Pudding
2022-09-09	2125	Destination Flavour Down Under Bitesize	Destination Flavour Do Bitesize Series 1 Ep 5
2022-09-09	2130	Come Dine With Me	Gloucestershire 5

Liaw Series 3, Adam, head chef Nelly Robinson and TV personality Lyndey Milan are making sandwiches. But not just any sandwiches - they're very posh! Andrew Zimmern checks out the inventive and international eats of New Jersey. From a potato-loaded hot dogs to Dominican marinated pork, the Garden State's cuisine is div The island of Capri is known for its natural beauty, gorgeous hotels and luxury shopping Erwan creates healthier alternatives to traditional finger foods: Nachos and Pizza. Mary's Cooking up a treat in the West End. It's all happening on All The Things this week, from disguising a plastic water tank with 1 Ep 5 to make a Christmas wreath. Chef Einat puts her uniquely flavorful spin on the iconic, transformative North African e us how to make her daddy's favourite green s'chug. On My Market Kitchen today Elena rolls up some Matcha Pistachio Bliss Balls, then Kha Series 4 Ep 30 Banh Xeo. Rob and his mate Jim are planning a week-long scuba diving trip. The problem is they do dive instructor lunch in exchange for a crash course in diving. Erwan creates vegan alternatives to a classic American food and an unexpected desser Naples is a city thriving with culture – and not just food culture Raise a toast to the glorious grape as Simon and Maggie celebrate with the fruit of the range of savoury and sweet dishes cooked with whole grapes. Nigella Lawson's crazy for dessert and picks out some of her all-time favourites in her de lia One Hours Paul has learnt how to be a dairy farmer the hard way. It's time for Paul to make anoth another farm favourite? Maeve O'Meara explores some of the simple dishes of Cypriot food, full of goodness an Ер З ingredients. Liaw Series 3, Actor and writer Jenevieve Chang, and journalist Jason Om join Adam in The Cook Up ki anything you can order for delivery. nd East At London's Borough Market, which Rick Stein favourably compares with markets on th lunch at Manze's. Fresh Series Donna prepares a brown rice nasi goreng omelette - a super-flavoured weeknight dinne flavoured version of bolognese with the spicy kick of chorizo. On today's programme, presenter Michael Buerk and chef Anna Haugh knock up a fasti Down Under Some of your favourite moments and recipes from Adam Liaw's culinary and cultural jo

Serving up the final food of the week from Cheltenham and Gloucester is equine events

n all-you-can-eat Brazilian meat to rich seafood stew, verse.	USA	English-100	
ng.	CANADA	English-100	
	USA	English-100	
	UNITED KINGDOM	English-100	
h an old galvanised iron one, to collecting pine cones	AUSTRALIA	English-100	
egg dish - shakshuka. To go along with it, she shows	USA	English-100	
anh shows us a tradition savoury pancake called	AUSTRALIA		
don't know how to scuba dive. Rob offers a scuba	CANADA	English-100	
ert: Burger and Cheesecake.	USA	English-100	
	CANADA	English-100	
e vine. In Maggie's Barossa kitchen, they showcase a	AUSTRALIA	English-100	
dessert hall of fame, starting with peach melba.	UNITED KINGDOM	English-100	RPT
her tough lesson. How will he cope saying goodbye to	UNITED KINGDOM	English-100	RPT
and fresh flavour, based on a handful of key	AUSTRALIA	English-100	RPT
kitchen to create dishes that take less time than			RPT
the continent, he samples a superb eel pie and mash	UNITED KINGDOM	English-100	
ner made all in one pan. She also shares her up-	AUSTRALIA	English-100	
stidious queen's favourite pie.	UNITED KINGDOM	English-100	
journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT
nts organiser Holly.	UNITED KINGDOM	English-100	

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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	
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
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
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
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	
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	
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	
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	
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
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	
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	
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	
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	
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		
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	
2022-09-10	0530	Lightened Up	Finger Foods	Erwan creates healthier alternatives to traditional finger foods: Nachos and Pizza.	USA	English-100	
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	
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	
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
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	
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

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2022-09-10	0830	Rick Stein's Food Heroes	London, Midlands And England
2022-09-10	0900	Donna Hay Everyday Fresh	Donna Hay Everyday F 1 Ep 4
2022-09-10	0930	Royal Recipes	Pie And Pudding
2022-09-10	1025	Destination Flavour Down Under Bitesize	Destination Flavour Do Bitesize Series 1 Ep 5
2022-09-10	1030	Come Dine With Me	Gloucestershire 5
2022-09-10	1100	The Cook Up With Adam Liaw	Cook Up With Adam Li The Ep 25
2022-09-10	1130	Bizarre Foods: Delicious Destinations	New Jersey
2022-09-10	1200	David Rocco's Dolce Napoli	Music In Napoli
2022-09-10	1230	Nigella Feasts	Just Desserts
2022-09-10	1300	Food Safari	Food Safari Series 4 Ep
2022-09-10	1330	Eating Inn	Bar Roque Part 1
2022-09-10	1400	Eating Inn	Bar Roque Part 2
2022-09-10	1430	Ainsley's Good Mood Food	Seaside Delights
2022-09-10	1525	Poh & Co. Bitesize	Poh & Co. Bitesize Seri
2022-09-10	1530	Ainsley's Good Mood Food	Fruits And Berries
2022-09-10	1625	Poh & Co. Bitesize	Poh & Co. Bitesize Seri
2022-09-10	1630	Food In Our Time	Heritage
2022-09-10	1730	Adam & Poh's Malaysia In Australia	Adam & Poh's Malaysi Australia Series 1 Ep 1
2022-09-10	1800	Cheese Slices	Italy: Rare Mountain C The North East
2022-09-10	1830	The Julia Child Challenge	Julia The Spy
2022-09-10	1930	Hairy Biker's Route 66	Hairy Biker's Route 66 3
2022-09-10	2035	Jamie's Food Escapes	Stockholm
2022-09-10	2135	The Wine Show	Wine Show Series 3, T

d East	At London's Borough Market, which Rick Stein favourably compares with markets on th lunch at Manze's.
Fresh Series	Donna prepares a brown rice nasi goreng omelette - a super-flavoured weeknight dinn flavoured version of bolognese with the spicy kick of chorizo.
	On today's programme, presenter Michael Buerk and chef Anna Haugh knock up a fast
own Under	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural jo
	Serving up the final food of the week from Cheltenham and Gloucester is equine event
.iaw Series 3,	Actor and writer Jenevieve Chang, and journalist Jason Om join Adam in The Cook Up k anything you can order for delivery.
	Andrew Zimmern checks out the inventive and international eats of New Jersey. From potato-loaded hot dogs to Dominican marinated pork, the Garden State's cuisine is div
	Naples is a city thriving with culture – and not just food culture
	Nigella Lawson's crazy for dessert and picks out some of her all-time favourites in her o
p 2	Maeve O'Meara explores the country considered the gourmet destination of South Am culture.
	The very talented but very crazy chef Stefane takes us on a wild ride learning all about famously delicious. The style of the venue is open and fun.
	The madness continues in the 'theatre style' atmos of chef Stephan's work environmer everything is about using everything of the animal used in the cooking.
	Ainsley is inspired by the tastes and delights of the seaside - he starts with a taste of Ita pangrattato.
ies 2 Ep 7	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Lir
	Ainsley is feeling fruity! In this episode, all his dishes use fruit - he begins with a dish fro Apricots and Chickpeas.
ies 2 Ep 8	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Lir
	In this episode, Andre meets storytellers who are preserving and continuing the narrat Japan to Peru to Ghana, our intrepid chef travels to 3 continents.
ia In	Starting their journey in Tasmania, Adam and Poh head out to find some of the best se and sea urchin.
Cheeses Of	Will travels to the foothills of the Alps to meet the oldest cheese maker in Italy before
	The Home Cooks learn about Julia's early life this week in challenges inspired by her tin around the world.
5 Series 1 Ep	On the third leg of their trip Dave and Si are on the trail of Oklahoma's famous beef. In steak with a Vietnamese pho.
	Jamie loves Swedish cuisine, based around fresh produce, pickling, and preserving. He surrounding the city, and tries a delicacy called surstromming.
he Ep 1	Dominic West joins James Purefoy to taste wines at the beautiful HQ in the Douro Valle

the continent, he samples a superb eel pie and mash	UNITED KINGDOM	English-100		PG	
ner made all in one pan. She also shares her up-	AUSTRALIA	English-100		G	
stidious queen's favourite pie.	UNITED KINGDOM	English-100		G	
journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	
nts organiser Holly.	UNITED KINGDOM	English-100		PG	
kitchen to create dishes that take less time than			RPT	PG	
n all-you-can-eat Brazilian meat to rich seafood stew, iverse.	USA	English-100		PG	
	CANADA	English-100		PG	
dessert hall of fame, starting with peach melba.	UNITED KINGDOM	English-100	RPT	G	
merica - Peru - and its infiltration into Australian	AUSTRALIA	English-100	RPT	G	
t what makes his home state of Alsace in France so	SINGAPORE	English-100		G	
ent. As in his home territory Alsace in France	SINGAPORE	English-100		G	
taly making his crab and lemon linguine with	UNITED KINGDOM	English-100		G	
ing Yeow.	AUSTRALIA	English-100	RPT	G	
rom his travels, Rose Harissa Chicken Tagine with	UNITED KINGDOM	English-100		G	
ing Yeow.	AUSTRALIA	English-100	RPT	G	
ative of humanity through the things we eat. From	SINGAPORE	English-100		PG	
eafood in the world. Adam goes diving for abalone	AUSTRALIA	English-100		PG	
e heading up to the beautiful Dolomites.	AUSTRALIA	English-100		G	
ime working as a spy for the O.S.S. and traveling	USA	English-100		PG	
n Oklahoma City the Bikers follow a classic T-bone	UNITED KINGDOM	English-100		PG	
e goes mushroom hunting on one of the of islands	UNITED KINGDOM	English-100		PG	
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2022-09-10	2230	The Wine Show	Wine Show Series 3, T
2022-09-10	2325	Poh & Co. Bitesize	Poh & Co. Bitesize Ser
2022-09-10	2330	The Julia Child Challenge	Julia The Spy
2022-09-10	2430	Hairy Biker's Route 66	Hairy Biker's Route 66 3
2022-09-10	2535	Jamie's Food Escapes	Stockholm
2022-09-10	2635	The Wine Show	Wine Show Series 3, T
2022-09-10	2730	The Wine Show	Wine Show Series 3, T
2022-09-10	2825	Poh & Co. Bitesize	Poh & Co. Bitesize Ser
2022-09-10	2830	Eating Inn	Bar Roque Part 1

The Ep 2	Matthew Goode & James Purefoy's next road trip challenge takes them to the Douro N
ries 2 Ep 4	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Li
	The Home Cooks learn about Julia's early life this week in challenges inspired by her til around the world.
6 Series 1 Ep	On the third leg of their trip Dave and Si are on the trail of Oklahoma's famous beef. In steak with a Vietnamese pho.
	Jamie loves Swedish cuisine, based around fresh produce, pickling, and preserving. He surrounding the city, and tries a delicacy called surstromming.
The Ep 1	Dominic West joins James Purefoy to taste wines at the beautiful HQ in the Douro Vall
The Ep 2	Matthew Goode & James Purefoy's next road trip challenge takes them to the Douro \
ries 2 Ep 4	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Li

The very talented but very crazy chef Stefane takes us on a wild ride learning all about v famously delicious. The style of the venue is open and fun.

Valley.	UNITED KINGDOM	English-100	
ing Yeow.	AUSTRALIA	English-100	RPT
ime working as a spy for the O.S.S. and traveling	USA	English-100	
n Oklahoma City the Bikers follow a classic T-bone	UNITED KINGDOM	English-100	
e goes mushroom hunting on one of the of islands	UNITED KINGDOM	English-100	
lley.	UNITED KINGDOM	English-100	
Valley.	UNITED KINGDOM	English-100	
ing Yeow.	AUSTRALIA	English-100	RPT
t what makes his home state of Alsace in France so	SINGAPORE	English-100	

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