



WEEK 38: Sunday, September 11 - Saturday, 17 September 2022 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2022-09-11	0500	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		
2022-09-11	0530	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		
2022-09-11	0625	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	
2022-09-11	0630	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		
2022-09-11	0725	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	
2022-09-11	0730	The Julia Child Challenge	Julia The Spy		USA	English-100		PG		
2022-09-11	0830	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
2022-09-11	0930	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		
2022-09-11	1035	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		
2022-09-11	1135	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		
2022-09-11	1230	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		
2022-09-11	1325	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	
2022-09-11	1330	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	
2022-09-11	1400	The Cook Up With Adam Liaw	Takes The Cake	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	
2022-09-11	1430	The Cook Up With Adam Liaw	Florentine	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	
2022-09-11	1500	The Cook Up With Adam Liaw	Brilliant Breakfast	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	
2022-09-11	1530	The Cook Up With Adam Liaw	Posh Sandwiches	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	
2022-09-11	1600	The Cook Up With Adam Liaw	Faster Than Delivery	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	

2022-09-11	1630	Wok Vs Pot With Marion And Silvia	Wok X Pot With Marion And Silvia Series 1 Ep 3	When it comes to traditional Italian and Thai food, you can't go past a classic bolognese and pad Thai. Marion and Silvia share their recipes for their favourite traditional recipes.	AUSTRALIA	English-100		G
2022-09-11	1700	The Cook And The Chef	An Easter Breakfast	It's Easter and eggs are definitely on the menu. So for that relaxing holiday breakfast, Maggie is on a quest for the perfect omelette.	AUSTRALIA	English-100		G
2022-09-11	1730	Cheese Slices	Brazil - Clandestine Cheeses Of Brazil	The Minas region of Brazil produces as much raw milk cheese as France, but most of it is illegal. Will takes a flight to the stunning Canastra ranges to learn about the traditional farm cheese.	AUSTRALIA	English-100		PG
2022-09-11	1800	Mary Makes It Easy	Helpful Holidays	So many people feel overwhelmed by preparing the big holiday feast, but Mary's menu cuts back the kitchen time to spend it with family.	CANADA	English-100		G
2022-09-11	1830	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
2022-09-11	1900	The Cook And The Chef	Pears	It's pear season and whether you like them crunchy, ripe, baked, poached, or even grilled, Maggie and Simon have something to please.	AUSTRALIA	English-100		G
2022-09-11	1930	Cooking With Curtis	Sandra	Sandra is confident with her abilities in the kitchen but wants to surprise her sister Kendra, who is the consummate host, with pro tips from Curtis.	USA	English-100		PG
2022-09-11	2000	Cooking With Curtis	Trevor	Trevor fancies himself more of a bartender than cook. He hopes to wow his girlfriend, Leah, who he calls the "Queen of Cuisine."	USA	English-100		PG
2022-09-11	2030	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 1	Rick Stein launches his new series about his home county of Cornwall with a trip back in time to his early days running a nightclub in Padstow.	UNITED KINGDOM	English-100		PG
2022-09-11	2100	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 2	Rick Stein travels to St Ives to tell us about one of Britain's little-known artists, Alfred Wallis. In the shadow of Bodmin Moor Rick visits a very rare collection of Medieval stained-glass windows.	UNITED KINGDOM	English-100		PG
2022-09-11	2135	The Wine Show	Wine Show Series 3, The Ep 3	Matthew Goode and James Purefoy visit the cork harvest in the Alentejo, where James has a cry. Dominic West joins James to taste wines at the beautiful HQ in the Douro Valley.	UNITED KINGDOM	English-100		PG
2022-09-11	2230	The Wine Show	Wine Show Series 3, The Ep 4	Matthew and James have to find Portugal's link to Scandinavia and head to Aveiro where they cook salt cod.	UNITED KINGDOM	English-100		PG
2022-09-11	2325	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
2022-09-11	2330	Mary Makes It Easy	Helpful Holidays	So many people feel overwhelmed by preparing the big holiday feast, but Mary's menu cuts back the kitchen time to spend it with family.	CANADA	English-100		G
2022-09-11	2400	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
2022-09-11	2430	The Cook And The Chef	Pears	It's pear season and whether you like them crunchy, ripe, baked, poached, or even grilled, Maggie and Simon have something to please.	AUSTRALIA	English-100		G
2022-09-11	2500	Cooking With Curtis	Sandra	Sandra is confident with her abilities in the kitchen but wants to surprise her sister Kendra, who is the consummate host, with pro tips from Curtis.	USA	English-100		PG
2022-09-11	2530	Cooking With Curtis	Trevor	Trevor fancies himself more of a bartender than cook. He hopes to wow his girlfriend, Leah, who he calls the "Queen of Cuisine."	USA	English-100		PG
2022-09-11	2600	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 1	Rick Stein launches his new series about his home county of Cornwall with a trip back in time to his early days running a nightclub in Padstow.	UNITED KINGDOM	English-100		PG
2022-09-11	2635	The Wine Show	Wine Show Series 3, The Ep 3	Matthew Goode and James Purefoy visit the cork harvest in the Alentejo, where James has a cry. Dominic West joins James to taste wines at the beautiful HQ in the Douro Valley.	UNITED KINGDOM	English-100		PG

2022-09-11	2730	The Wine Show	Wine Show Series 3, The Ep 4	Matthew and James have to find Portugal's link to Scandinavia and head to Aveiro where they cook salt cod.	UNITED KINGDOM	English-100		PG	
2022-09-11	2825	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	
2022-09-11	2830	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 2	Rick Stein travels to St Ives to tell us about one of Britain's little-known artists, Alfred Wallis. In the shadow of Bodmin Moor Rick visits a very rare collection of Medieval stained-glass windows.	UNITED KINGDOM	English-100		PG	
2022-09-12	0500	The Cook Up With Adam Liaw	Takes The Cake	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
2022-09-12	0530	The Cook Up With Adam Liaw	Florentine	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
2022-09-12	0600	The Cook Up With Adam Liaw	Brilliant Breakfast	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
2022-09-12	0630	The Cook Up With Adam Liaw	Posh Sandwiches	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
2022-09-12	0700	The Cook Up With Adam Liaw	Faster Than Delivery	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
2022-09-12	0730	Mary Makes It Easy	Helpful Holidays	So many people feel overwhelmed by preparing the big holiday feast, but Mary's menu cuts back the kitchen time to spend it with family.	CANADA	English-100		G	
2022-09-12	0800	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	
2022-09-12	0830	The Cook And The Chef	Pears	It's pear season and whether you like them crunchy, ripe, baked, poached, or even grilled, Maggie and Simon have something to please.	AUSTRALIA	English-100		G	
2022-09-12	0900	Cooking With Curtis	Sandra	Sandra is confident with her abilities in the kitchen but wants to surprise her sister Kendra, who is the consummate host, with pro tips from Curtis.	USA	English-100		PG	
2022-09-12	0930	Cooking With Curtis	Trevor	Trevor fancies himself more of a bartender than cook. He hopes to wow his girlfriend, Leah, who he calls the "Queen of Cuisine."	USA	English-100		PG	
2022-09-12	1000	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 1	Rick Stein launches his new series about his home county of Cornwall with a trip back in time to his early days running a nightclub in Padstow.	UNITED KINGDOM	English-100		PG	
2022-09-12	1030	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 2	Rick Stein travels to St Ives to tell us about one of Britain's little-known artists, Alfred Wallis. In the shadow of Bodmin Moor Rick visits a very rare collection of Medieval stained-glass windows.	UNITED KINGDOM	English-100		PG	
2022-09-12	1100	Wok Vs Pot With Marion And Silvia	Wok X Pot With Marion And Silvia Series 1 Ep 3	When it comes to traditional Italian and Thai food, you can't go past a classic bolognese and pad Thai. Marion and Silvia share their recipes for their favourite traditional recipes.	AUSTRALIA	English-100		G	
2022-09-12	1130	The Cook And The Chef	An Easter Breakfast	It's Easter and eggs are definitely on the menu. So for that relaxing holiday breakfast, Maggie is on a quest for the perfect omelette.	AUSTRALIA	English-100		G	
2022-09-12	1200	Cheese Slices	Brazil - Clandestine Cheeses Of Brazil	The Minas region of Brazil produces as much raw milk cheese as France, but most of it is illegal. Will takes a flight to the stunning Canastra ranges to learn about the traditional farm cheese.	AUSTRALIA	English-100		PG	
2022-09-12	1230	Mary Makes It Easy	Helpful Holidays	So many people feel overwhelmed by preparing the big holiday feast, but Mary's menu cuts back the kitchen time to spend it with family.	CANADA	English-100		G	
2022-09-12	1300	The Cook And The Chef	Pears	It's pear season and whether you like them crunchy, ripe, baked, poached, or even grilled, Maggie and Simon have something to please.	AUSTRALIA	English-100		G	
2022-09-12	1330	All The Things	All The Things Series 1 Ep 6	What is a celebration without cake so Cherie whips up a bit of chocolate lusciousness with some unexpected ingredients.The stage is set, the drinks are made, the food is prepared.	AUSTRALIA	English-100		G	

2022-09-12	1400	Make This Tonight	Recipes From A Tasty Traveler	Chef Parisa fell in love with the flavors of Mexico City on a recent trip - so tonight she is fusing the flavors of Mexico with her beloved Persian cuisine, creating new and exciting recipes.	USA	English-100		G	
2022-09-12	1430	My Market Kitchen	My Market Kitchen Series 4 Ep 31	On this episode of My Market Kitchen Elena brings her friend Nicolette Stathopoulos who taught us her grandmother's Loukoumades recipe. Then Khanh takes us to Greece with a Mediterranean Squid Salad.	AUSTRALIA			G	
2022-09-12	1500	Licence To Grill	Friday Night Bbq	It's Friday night and Rob is having a party! Grilled rib steak, barbequed balsamic chicken, scallops with roasted capsicum sauce, grilled potatoes, and a fresh rocket salad get the weekend started.	CANADA	English-100		G	
2022-09-12	1530	Mary Berry's Quick Cooking	Airport, The	Mary is given an access all areas pass behind the scenes at London Heathrow airport.	UNITED KINGDOM	English-100		PG	
2022-09-12	1600	David Rocco's Dolce Napoli	Donkey Way, The	The Palio del Casale, or Donkey Race, brings thousands of spectators and partiers to the town of Camposano. It's a weekend long party based around old Italian tradition and light competition between neighboring towns, regions, and even countries.	CANADA	English-100		PG	Y
2022-09-12	1630	The Cook And The Chef	Bbq's	Maggie and Simon celebrate the BBQ and show viewers how to get the most from it - be it for starters, main courses and even desserts.	AUSTRALIA	English-100		PG	
2022-09-12	1700	Nigella Feasts	Spiced Up	Nigella Lawson's creating a fabulous spicy banquet with real wow factor. On the menu Indian influenced dishes - all of them really easy, flavoursome and delicious.	UNITED KINGDOM	English-100	RPT	G	Y
2022-09-12	1730	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 3	Paul gets some goats but the going gets gruff when he tries to milk them for the first time. His cheese making skills get challenged by local friend Erica when they enter the cheesemaking world.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-09-12	1830	Food Safari	Food Safari Series 4 Ep 4	Maeve O'Meara explores the exciting mix of ingredients and flavours that make up Filipino food. Chef Dennis Leslie introduces her to one of his favourite dishes: pancit palabok.	AUSTRALIA	English-100	RPT	G	Y
2022-09-12	1900	The Cook Up With Adam Liaw	Cheese Please	Chef Jo Barrett and food writer Nida Degutiene join Adam in The Cook Up kitchen to create their favourite recipes that feature cheese.			RPT	PG	Y
2022-09-12	1930	Rick Stein's Food Heroes	North West England	In the middle of the Foot and Mouth crisis, Rick heads North in search of one of his favourite British dishes - Lancashire Hotpot.	UNITED KINGDOM	English-100		PG	
2022-09-12	2000	Poh & Co.	Outback Adventures With Pojo	With their business expanding, Poh and Jono's lives are about to get seriously hectic. They seek some serenity in a motorhome and head out back to the magnificent Flinders Ranges.	AUSTRALIA	English-100	RPT	G	Y
2022-09-12	2030	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 5 Ep 7	Jimmy and Jamie welcome actor Martin Clunes to the cafe. Inspired by family summer holidays as a boy in Mallorca, Martin has always wanted to learn how to recreate the incredible paella made there.	UNITED KINGDOM	English-100		G	
2022-09-12	2125	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 8	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2022-09-12	2130	Come Dine With Me	Oxford 1	This week's feuding foodies come from in and around the dreaming spires of Oxford, and kicking off the week is retired teacher Lyn.	UNITED KINGDOM	English-100		PG	
2022-09-12	2200	Bizarre Foods: Delicious Destinations	Kansas City	Andrew Zimmern visits Kansas City, where he finds a thriving arts and industrial hub with a small town vibe serving up treasured dishes.	USA	English-100		PG	
2022-09-12	2230	The Cook Up With Adam Liaw	Cheese Please	Chef Jo Barrett and food writer Nida Degutiene join Adam in The Cook Up kitchen to create their favourite recipes that feature cheese.			RPT	PG	Y
2022-09-12	2300	Counter Space	Ceremony Food	Sophia makes pork paletas, a dish for Taiwan's faithful, and meets cake master Ron Ben-Israel, who explores the role cakes play in ceremonies, as well as a tribe helping a dwindling salmon population.	USA	English-100	RPT	PG	Y
2022-09-12	2330	Rick Stein's Food Heroes	North West England	In the middle of the Foot and Mouth crisis, Rick heads North in search of one of his favourite British dishes - Lancashire Hotpot.	UNITED KINGDOM	English-100		PG	
2022-09-12	2400	David Rocco's Dolce Napoli	Donkey Way, The	The Palio del Casale, or Donkey Race, brings thousands of spectators and partiers to the town of Camposano. It's a weekend long party based around old Italian tradition and light competition between neighboring towns, regions, and even countries.	CANADA	English-100		PG	Y
2022-09-12	2430	The Cook And The Chef	Bbq's	Maggie and Simon celebrate the BBQ and show viewers how to get the most from it - be it for starters, main courses and even desserts.	AUSTRALIA	English-100		PG	
2022-09-12	2500	Food Safari	Food Safari Series 4 Ep 4	Maeve O'Meara explores the exciting mix of ingredients and flavours that make up Filipino food. Chef Dennis Leslie introduces her to one of his favourite dishes: pancit palabok.	AUSTRALIA	English-100	RPT	G	Y

2022-09-12	2530	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 5 Ep 7	Jimmy and Jamie welcome actor Martin Clunes to the cafe. Inspired by family summer holidays as a boy in Mallorca, Martin has always wanted to learn how to recreate the incredible paella made there.	UNITED KINGDOM	English-100			G	
2022-09-12	2625	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 8	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT		G	Y
2022-09-12	2630	Come Dine With Me	Oxford 1	This week's feuding foodies come from in and around the dreaming spires of Oxford, and kicking off the week is retired teacher Lyn.	UNITED KINGDOM	English-100			PG	
2022-09-12	2700	Bizarre Foods: Delicious Destinations	Kansas City	Andrew Zimmern visits Kansas City, where he finds a thriving arts and industrial hub with a small town vibe serving up treasured dishes.	USA	English-100			PG	
2022-09-12	2730	All The Things	All The Things Series 1 Ep 6	What is a celebration without cake so Cherie whips up a bit of chocolate lusciousness with some unexpected ingredients.The stage is set, the drinks are made, the food is prepared.	AUSTRALIA	English-100			G	
2022-09-12	2800	Make This Tonight	Recipes From A Tasty Traveler	Chef Parisa fell in love with the flavors of Mexico City on a recent trip - so tonight she is fusing the flavors of Mexico with her beloved Persian cuisine, creating new and exciting recipes.	USA	English-100			G	
2022-09-12	2830	My Market Kitchen	My Market Kitchen Series 4 Ep 31	On this episode of My Market Kitchen Elena brings her friend Nicolette Stathopoulos who taught us her grandmother's Loukoumades recipe. Then Khanh takes us to Greece with a Mediterranean Squid Salad.	AUSTRALIA				G	
2022-09-13	0500	Licence To Grill	Friday Night Bbq	It's Friday night and Rob is having a party! Grilled rib steak, barbequed balsamic chicken, scallops with roasted capsicum sauce, grilled potatoes, and a fresh rocket salad get the weekend started.	CANADA	English-100			G	
2022-09-13	0530	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 3	Paul gets some goats but the going gets gruff when he tries to milk them for the first time. His cheese making skills get challenged by local friend Erica when they enter the cheesemaking world.	UNITED KINGDOM	English-100	RPT		PG	Y
2022-09-13	0630	Mary Berry's Quick Cooking	Airport, The	Mary is given an access all areas pass behind the scenes at London Heathrow airport.	UNITED KINGDOM	English-100			PG	
2022-09-13	0700	Nigella Feasts	Spiced Up	Nigella Lawson's creating a fabulous spicy banquet with real wow factor. On the menu Indian influenced dishes - all of them really easy, flavoursome and delicious.	UNITED KINGDOM	English-100	RPT		G	Y
2022-09-13	0730	The Cook And The Chef	Bbq's	Maggie and Simon celebrate the BBQ and show viewers how to get the most from it - be it for starters, main courses and even desserts.	AUSTRALIA	English-100			PG	
2022-09-13	0800	David Rocco's Dolce Napoli	Donkey Way, The	The Palio del Casale, or Donkey Race, brings thousands of spectators and partiers to the town of Camposano. It's a weekend long party based around old Italian tradition and light competition between neighboring towns, regions, and even countries.	CANADA	English-100			PG	Y
2022-09-13	0830	Rick Stein's Food Heroes	North West England	In the middle of the Foot and Mouth crisis, Rick heads North in search of one of his favourite British dishes - Lancashire Hotpot.	UNITED KINGDOM	English-100			PG	
2022-09-13	0900	Poh & Co.	Outback Adventures With Pojo	With their business expanding, Poh and Jono's lives are about to get seriously hectic. They seek some serenity in a motorhome and head out back to the magnificent Flinders Ranges.	AUSTRALIA	English-100	RPT		G	Y
2022-09-13	0930	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 5 Ep 7	Jimmy and Jamie welcome actor Martin Clunes to the cafe. Inspired by family summer holidays as a boy in Mallorca, Martin has always wanted to learn how to recreate the incredible paella made there.	UNITED KINGDOM	English-100			G	
2022-09-13	1025	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
2022-09-13	1030	Come Dine With Me	Oxford 1	This week's feuding foodies come from in and around the dreaming spires of Oxford, and kicking off the week is retired teacher Lyn.	UNITED KINGDOM	English-100			PG	
2022-09-13	1100	The Cook Up With Adam Liaw	Cheese Please	Chef Jo Barrett and food writer Nida Degutiene join Adam in The Cook Up kitchen to create their favourite recipes that feature cheese.			RPT		PG	Y
2022-09-13	1130	Bizarre Foods: Delicious Destinations	Kansas City	Andrew Zimmern visits Kansas City, where he finds a thriving arts and industrial hub with a small town vibe serving up treasured dishes.	USA	English-100			PG	
2022-09-13	1200	Mary Berry's Quick Cooking	Airport, The	Mary is given an access all areas pass behind the scenes at London Heathrow airport.	UNITED KINGDOM	English-100			PG	
2022-09-13	1230	Nigella Feasts	Spiced Up	Nigella Lawson's creating a fabulous spicy banquet with real wow factor. On the menu Indian influenced dishes - all of them really easy, flavoursome and delicious.	UNITED KINGDOM	English-100	RPT		G	Y
2022-09-13	1300	David Rocco's Dolce Napoli	Donkey Way, The	The Palio del Casale, or Donkey Race, brings thousands of spectators and partiers to the town of Camposano. It's a weekend long party based around old Italian tradition and light competition between neighboring towns, regions, and even countries.	CANADA	English-100			PG	Y

2022-09-13	1330	Tastes Like Home	Cabinteely / Wellington, New Zealand	Our contributors are Mother and Son, Liz and James. James has been living in Wellington for 14 years now and lives with his wife Ani.	IRELAND	English-100		G			
2022-09-13	1400	Make This Tonight	Chicken Casserole For The Soul	Chef Royce shares his love of casserole by making us a Honey Curried Chicken Casserole with Cheese Chili Rice and a healthy serving of greens to round it out.	USA	English-100		PG			
2022-09-13	1430	Mary Berry's Quick Cooking	Mary Berry's Christmas Party	Celebrate the festive season with a dusting of Mary Berry's very own Christmas magic. On the menu will be Mary's pan-fried halloumi with fresh tomato chutney, crispy salmon and dill filo parcels.	UNITED KINGDOM	English-100		G			
2022-09-13	1530	My Market Kitchen	My Market Kitchen Series 4 Ep 32	Elena and Khanh are in the kitchen today whipping up a Pineapple Fried Rice that is jammed packed full of flavour. Then Khanh shows us how to make a Cheats prawn curry with Raita Yoghurt Naan.	AUSTRALIA			G			
2022-09-13	1600	David Rocco's Dolce Napoli	Forza Napoli	In Naples, soccer isn't just a sport, it's a religion, and their fans are world renowned for their dedication, enthusiasm and creativity.	CANADA	English-100		PG		Y	
2022-09-13	1630	The Cook And The Chef	An Autumn Party	Maggie introduces Simon to her outdoor wood-fired oven, and he uses it to make some pottery with a very special meal inside. Autumn is Maggie's favourite season.	AUSTRALIA	English-100		G			
2022-09-13	1700	Nigella Feasts	Feel-Good Food	Nigella Lawson's cooking up food that looks good, tastes good and makes you feel good. The heaven-on-a-plate menu includes a smoked salmon, avocado and pumpkin seed salad.	UNITED KINGDOM	English-100	RPT	G		Y	
2022-09-13	1730	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 4	Paul has always known that farm life isn't easy, but when he's faced with a tough task his experiences from last season prove to be useful.	UNITED KINGDOM	English-100	RPT	PG		Y	
2022-09-13	1830	Food Safari	Food Safari Series 4 Ep 5	Maeve O'Meara explores the many cuisines that are part of South Africa's culinary landscape. Cape Town-born chef Graeme Shapiro gives Maeve a lesson in local the flavours.	AUSTRALIA	English-100	RPT	G		Y	
2022-09-13	1900	The Cook Up With Adam Liaw	Steam	It's getting steamy in The Cook Up kitchen as Adam, presenter and comedian Alex Lee and head chef of China Doll Frank Shek employ the method of steaming for tonight's dishes.			RPT	PG		Y	
2022-09-13	1930	Rick Stein's Food Heroes	South East England	Rick samples whelks at a stall in Bognor Regis, cooks Britain's most popular dish, Steak and Kidney Pudding, explores the delights of a Sussex walled garden, and picks mulberries in Tiptree.	UNITED KINGDOM	English-100		PG			
2022-09-13	2000	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietnam Series 1 Ep 3	Luke boards the train at Ga Thap Cham, and soon finds his way to Nha Trang, a similar vibe to the Riviera of France. Nha Trang is known for its diverse sea life and beautiful coastline.	AUSTRALIA	lish-98; Vietnamese	RPT	PG		Y	Y
2022-09-13	2030	Rick Stein's Long Weekends	Bologna	Rick Stein visits Bologna in northern Italy, a city so famous for its food that it's known as the stomach of Italy. He learns how to make the local fresh egg pasta used for tortellini.	UNITED KINGDOM	English-100	RPT	G		Y	
2022-09-13	2135	Come Dine With Me	Oxford 2	It's the second night of the competition from Oxford and is the turn of PHD student Kin to host.	UNITED KINGDOM	English-100		PG			
2022-09-13	2200	Bizarre Foods: Delicious Destinations	Denver	Andrew explores the frontier fare of Denver, Colorado. From classic game meats to the signature green chili sauce of Den-Mex cuisine, Denver has become the region's cultural hub.	USA	English-100		PG			
2022-09-13	2230	The Cook Up With Adam Liaw	Steam	It's getting steamy in The Cook Up kitchen as Adam, presenter and comedian Alex Lee and head chef of China Doll Frank Shek employ the method of steaming for tonight's dishes.			RPT	PG		Y	
2022-09-13	2300	Counter Space	Zero Waste (Ish)	Wasting food may soon be a thing of the past if influencers have anything to say about it. Sophia cooks with leftover bread, and she learns why 'less waste' might be more realistic than 'zero waste'.	USA	English-100	RPT	PG		Y	
2022-09-13	2330	Rick Stein's Food Heroes	South East England	Rick samples whelks at a stall in Bognor Regis, cooks Britain's most popular dish, Steak and Kidney Pudding, explores the delights of a Sussex walled garden, and picks mulberries in Tiptree.	UNITED KINGDOM	English-100		PG			
2022-09-13	2400	David Rocco's Dolce Napoli	Forza Napoli	In Naples, soccer isn't just a sport, it's a religion, and their fans are world renowned for their dedication, enthusiasm and creativity.	CANADA	English-100		PG		Y	
2022-09-13	2430	The Cook And The Chef	An Autumn Party	Maggie introduces Simon to her outdoor wood-fired oven, and he uses it to make some pottery with a very special meal inside. Autumn is Maggie's favourite season.	AUSTRALIA	English-100		G			
2022-09-13	2500	Food Safari	Food Safari Series 4 Ep 5	Maeve O'Meara explores the many cuisines that are part of South Africa's culinary landscape. Cape Town-born chef Graeme Shapiro gives Maeve a lesson in local the flavours.	AUSTRALIA	English-100	RPT	G		Y	
2022-09-13	2530	Rick Stein's Long Weekends	Bologna	Rick Stein visits Bologna in northern Italy, a city so famous for its food that it's known as the stomach of Italy. He learns how to make the local fresh egg pasta used for tortellini.	UNITED KINGDOM	English-100	RPT	G		Y	

2022-09-13	2635	Come Dine With Me	Oxford 2	It's the second night of the competition from Oxford and is the turn of PHD student Kin to host.	UNITED KINGDOM	English-100		PG		
2022-09-13	2700	Bizarre Foods: Delicious Destinations	Denver	Andrew explores the frontier fare of Denver, Colorado. From classic game meats to the signature green chili sauce of Den-Mex cuisine, Denver has become the region's cultural hub.	USA	English-100		PG		
2022-09-13	2730	Tastes Like Home	Cabinteely / Wellington, New Zealand	Our contributors are Mother and Son, Liz and James. James has been living in Wellington for 14 years now and lives with his wife Ani.	IRELAND	English-100		G		
2022-09-13	2800	Make This Tonight	Chicken Casserole For The Soul	Chef Royce shares his love of casserole by making us a Honey Curried Chicken Casserole with Cheese Chili Rice and a healthy serving of greens to round it out.	USA	English-100		PG		
2022-09-13	2830	My Market Kitchen	My Market Kitchen Series 4 Ep 32	Elena and Khanh are in the kitchen today whipping up a Pineapple Fried Rice that is jammed packed full of flavour. Then Khanh shows us how to make a Cheats prawn curry with Raita Yoghurt Naan.	AUSTRALIA			G		
2022-09-14	0500	Licence To Grill	Big Bbq Brunch	Rob gives his friends a wake-up call with a big BBQ brunch. Smoked bacon, breakfast frittatas, smoked salmon, a morning cocktail and asparagus with bacon and egg puff pastries get them all started!	CANADA	English-100		G		
2022-09-14	0530	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 4	Paul has always known that farm life isn't easy, but when he's faced with a tough task his experiences from last season prove to be useful.	UNITED KINGDOM	English-100	RPT	PG		Y
2022-09-14	0630	Mary Berry's Quick Cooking	Mary Berry's Christmas Party	Celebrate the festive season with a dusting of Mary Berry's very own Christmas magic. On the menu will be Mary's pan-fried halloumi with fresh tomato chutney, crispy salmon and dill filo parcels.	UNITED KINGDOM	English-100		G		
2022-09-14	0730	The Cook And The Chef	An Autumn Party	Maggie introduces Simon to her outdoor wood-fired oven, and he uses it to make some pottery with a very special meal inside. Autumn is Maggie's favourite season.	AUSTRALIA	English-100		G		
2022-09-14	0800	David Rocco's Dolce Napoli	Forza Napoli	In Naples, soccer isn't just a sport, it's a religion, and their fans are world renowned for their dedication, enthusiasm and creativity.	CANADA	English-100		PG		Y
2022-09-14	0830	Rick Stein's Food Heroes	South East England	Rick samples whelks at a stall in Bognor Regis, cooks Britain's most popular dish, Steak and Kidney Pudding, explores the delights of a Sussex walled garden, and picks mulberries in Tiptree.	UNITED KINGDOM	English-100		PG		
2022-09-14	0900	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietnam Series 1 Ep 3	Luke boards the train at Ga Thap Cham, and soon finds his way to Nha Trang, a similar vibe to the Riviera of France. Nha Trang is known for its diverse sea life and beautiful coastline.	AUSTRALIA	lish-98; Vietnamese	RPT	PG	Y	Y
2022-09-14	0930	Rick Stein's Long Weekends	Bologna	Rick Stein visits Bologna in northern Italy, a city so famous for its food that it's known as the stomach of Italy. He learns how to make the local fresh egg pasta used for tortellini.	UNITED KINGDOM	English-100	RPT	G		Y
2022-09-14	1035	Come Dine With Me	Oxford 2	It's the second night of the competition from Oxford and is the turn of PHD student Kin to host.	UNITED KINGDOM	English-100		PG		
2022-09-14	1100	The Cook Up With Adam Liaw	Steam	It's getting steamy in The Cook Up kitchen as Adam, presenter and comedian Alex Lee and head chef of China Doll Frank Shek employ the method of steaming for tonight's dishes.			RPT	PG		Y
2022-09-14	1130	Bizarre Foods: Delicious Destinations	Denver	Andrew explores the frontier fare of Denver, Colorado. From classic game meats to the signature green chili sauce of Den-Mex cuisine, Denver has become the region's cultural hub.	USA	English-100		PG		
2022-09-14	1200	Mary Berry's Quick Cooking	Mary Berry's Christmas Party	Celebrate the festive season with a dusting of Mary Berry's very own Christmas magic. On the menu will be Mary's pan-fried halloumi with fresh tomato chutney, crispy salmon and dill filo parcels.	UNITED KINGDOM	English-100		G		
2022-09-14	1300	David Rocco's Dolce Napoli	Forza Napoli	In Naples, soccer isn't just a sport, it's a religion, and their fans are world renowned for their dedication, enthusiasm and creativity.	CANADA	English-100		PG		Y
2022-09-14	1330	Tastes Like Home	Stockholm, Sweden / Gap Of Dunloe, Killarney	On Tastes Like Home it's a little different this week, as we receive a request from husband and wife Jason and Maire in Kerry - Marie is Swedish but now lives in the Gap of Dunlop.	IRELAND	English-100		G		
2022-09-14	1400	Make This Tonight	Sicilian-Style Pesto Pasta, Eggplant Parm And Fennel Salad	Chef Akira and Chef Nick turn classic pesto on it's head with a tomato and almond flecked Sicilian twist. To go with their southern masterpiece - Eggplant Parmesan and fresh fennel salad.	USA	English-100		G		
2022-09-14	1430	My Market Kitchen	My Market Kitchen Series 4 Ep 33	This episode of My Market Kitchen shows us innovative ways to use leftovers with Elena's Asian Chicken Slaw with Crispy Noodles and Super Simple Veggie Slice.	AUSTRALIA			G		
2022-09-14	1500	Licence To Grill	Cannon Ball Party	Rob throws his annual cannonball and belly flop competition. He creates quite a splash with the contestants by grilling up Tex-Mex pork ribs, Korean beef ribs, spinach salad and grilled red onions.	CANADA	English-100		G		
2022-09-14	1530	Wok Vs Pot With Marion And Silvia	Wok X Pot With Marion And Silvia Series 1 Ep 1	Marion and Silvia are on the task of creating silky Italian pasta and soft, spongy rice noodles as they turn them into delicious cannelloni and Pad see Yew.	AUSTRALIA	English-100		PG		

2022-09-14	1600	David Rocco's Dolce Napoli	Red Red Wine	David meets his buddy Gianluca, who invites him to his families hometown of San Gregorio Armeno, a small town 90 minutes outside Naples.	CANADA	English-100		PG		Y
2022-09-14	1630	The Cook And The Chef	Autumn Fruit And Nuts	Its Autumn and the new seasons array of Fruit and Nuts sees Maggie and Simon whip up a collection of captivating flavours. For Maggie, Autumn means Vintage in the Barossa.	AUSTRALIA	English-100		G		
2022-09-14	1700	Nigella Feasts	Comfort Foods	Nigella Lawson shares her favourite comfort foods, where each mouthful is as reassuring as the last, including warm sticky toffee sauce poured over cold vanilla ice cream.	UNITED KINGDOM	English-100	RPT	G		Y
2022-09-14	1730	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 5	Paul's pasture poultry have all grown up and it's processing time. Chris Franks is back to share his knowledge and wisdom.	UNITED KINGDOM	English-100	RPT	PG		Y
2022-09-14	1830	Food Safari	Food Safari Series 4 Ep 6	Maeve O'Meara explores the many fresh herbs and vegetables used in Lao cuisine. Lao-born Tony Inthavong introduces Maeve to the fragrant flavours of Southeast Asia.	AUSTRALIA	English-100	RPT	G		Y
2022-09-14	1900	The Cook Up With Adam Liaw	Shoots & Leaves	Adam, executive chef Jacqui Challinor and winner of the Australian Professional Chef of the Year Andrew Ballard are in The Cook Up kitchen to create dishes featuring shoots and leaves.			RPT	PG		Y
2022-09-14	1930	Rick Stein's Food Heroes	Midlands And East England	A forage in the Norfolk woodlands provides a breakfast of wild mushrooms, accompanied on toast by some delicious devilled kidneys.	UNITED KINGDOM	English-100		G		
2022-09-14	2000	Rachel Khoo's Simple Pleasures	Tips And Tricks	Rachel gives her culinary tips and tricks of the trade for cooking at home.	USA	English-100		PG		
2022-09-14	2030	John Torode's Middle Eas	Dubai Emirati	John is in Dubai, not to explore it's futuristic skyscrapers but to explore the food that evolved in Dubai long before those glittering towers were even built, the traditional food of the United Arab Emirates.	CANADA	English-100		PG		
2022-09-14	2100	Plat du Tour	Plat Du Tour Series 1 (30min Version) Ep 2	Guillaume shares a delicious mussel recipe, traditional steak frites, a flavourful swordfish dish, and celebrates the Australian Granny Smith apple with his tarte tatin.		English-100		PG		
2022-09-14	2130	Come Dine With Me	Oxford 3	It's the third night of the competition from Oxford and it's the turn of kitchen designer, Jess, to host.	UNITED KINGDOM	English-100		G		
2022-09-14	2200	Bizarre Foods: Delicious Destinations	London: A Second Bite	Andrew highlights the iconic British dishes and ethnically diverse foods that have put London on the culinary map, from humble shepherd's pie and posh beef Wellington to sizzling seekh kebabs.	USA	English-100		PG		
2022-09-14	2230	The Cook Up With Adam Liaw	Shoots & Leaves	Adam, executive chef Jacqui Challinor and winner of the Australian Professional Chef of the Year Andrew Ballard are in The Cook Up kitchen to create dishes featuring shoots and leaves.			RPT	PG		Y
2022-09-14	2300	Counter Space	Jamaican Roots	In this episode, we explore veganism's roots in Jamaica's Rastafarian community while Sophia makes grilled cheese on ube bread. Plus, Shaggy takes us to his favourite NYC restaurant.	USA	English-100	RPT	PG		Y
2022-09-14	2330	Rick Stein's Food Heroes	Midlands And East England	A forage in the Norfolk woodlands provides a breakfast of wild mushrooms, accompanied on toast by some delicious devilled kidneys.	UNITED KINGDOM	English-100		G		
2022-09-14	2400	David Rocco's Dolce Napoli	Red Red Wine	David meets his buddy Gianluca, who invites him to his families hometown of San Gregorio Armeno, a small town 90 minutes outside Naples.	CANADA	English-100		PG		Y
2022-09-14	2430	The Cook And The Chef	Autumn Fruit And Nuts	Its Autumn and the new seasons array of Fruit and Nuts sees Maggie and Simon whip up a collection of captivating flavours. For Maggie, Autumn means Vintage in the Barossa.	AUSTRALIA	English-100		G		
2022-09-14	2500	Food Safari	Food Safari Series 4 Ep 6	Maeve O'Meara explores the many fresh herbs and vegetables used in Lao cuisine. Lao-born Tony Inthavong introduces Maeve to the fragrant flavours of Southeast Asia.	AUSTRALIA	English-100	RPT	G		Y
2022-09-14	2530	John Torode's Middle Eas	Dubai Emirati	John is in Dubai, not to explore it's futuristic skyscrapers but to explore the food that evolved in Dubai long before those glittering towers were even built, the traditional food of the United Arab Emirates.	CANADA	English-100		PG		
2022-09-14	2600	Plat du Tour	Plat Du Tour Series 1 (30min Version) Ep 2	Guillaume shares a delicious mussel recipe, traditional steak frites, a flavourful swordfish dish, and celebrates the Australian Granny Smith apple with his tarte tatin.		English-100		PG		
2022-09-14	2630	Come Dine With Me	Oxford 3	It's the third night of the competition from Oxford and it's the turn of kitchen designer, Jess, to host.	UNITED KINGDOM	English-100		G		

2022-09-14	2700	Bizarre Foods: Delicious Destinations	London: A Second Bite	Andrew highlights the iconic British dishes and ethnically diverse foods that have put London on the culinary map, from humble shepherd's pie and posh beef Wellington to sizzling seekh kebabs.	USA	English-100		PG	
2022-09-14	2730	Tastes Like Home	Stockholm, Sweden / Gap Of Dunloe, Killarney	On Tastes Like Home it's a little different this week, as we receive a request from husband and wife Jason and Maire in Kerry - Marie is Swedish but now lives in the Gap of Dunlop.	IRELAND	English-100		G	
2022-09-14	2800	Make This Tonight	Sicilian-Style Pesto Pasta, Eggplant Parm And Fennel Salad	Chef Akira and Chef Nick turn classic pesto on it's head with a tomato and almond flecked Sicilian twist. To go with their southern masterpiece - Eggplant Parmesan and fresh fennel salad.	USA	English-100		G	
2022-09-14	2830	My Market Kitchen	My Market Kitchen Series 4 Ep 33	This episode of My Market Kitchen shows us innovative ways to use leftovers with Elena's Asian Chicken Slaw with Crispy Noodles and Super Simple Veggie Slice.	AUSTRALIA			G	
2022-09-15	0500	Licence To Grill	Cannon Ball Party	Rob throws his annual cannonball and belly flop competition. He creates quite a splash with the contestants by grilling up Tex-Mex pork ribs, Korean beef ribs, spinach salad and grilled red onions.	CANADA	English-100		G	
2022-09-15	0530	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 5	Paul's pasture poultry have all grown up and it's processing time. Chris Franks is back to share his knowledge and wisdom.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-09-15	0630	Wok Vs Pot With Marion And Silvia	Wok X Pot With Marion And Silvia Series 1 Ep 1	Marion and Silvia are on the task of creating silky Italian pasta and soft, spongy rice noodles as they turn them into delicious cannelloni and Pad see Yew.	AUSTRALIA	English-100		PG	
2022-09-15	0700	Nigella Feasts	Comfort Foods	Nigella Lawson shares her favourite comfort foods, where each mouthful is as reassuring as the last, including warm sticky toffee sauce poured over cold vanilla ice cream.	UNITED KINGDOM	English-100	RPT	G	Y
2022-09-15	0730	The Cook And The Chef	Autumn Fruit And Nuts	Its Autumn and the new seasons array of Fruit and Nuts sees Maggie and Simon whip up a collection of captivating flavours. For Maggie, Autumn means Vintage in the Barossa.	AUSTRALIA	English-100		G	
2022-09-15	0800	David Rocco's Dolce Napoli	Red Red Wine	David meets his buddy Gianluca, who invites him to his families hometown of San Gregorio Armeno, a small town 90 minutes outside Naples.	CANADA	English-100		PG	Y
2022-09-15	0830	Rick Stein's Food Heroes	Midlands And East England	A forage in the Norfolk woodlands provides a breakfast of wild mushrooms, accompanied on toast by some delicious devilled kidneys.	UNITED KINGDOM	English-100		G	
2022-09-15	0900	Rachel Khoo's Simple Pleasures	Tips And Tricks	Rachel gives her culinary tips and tricks of the trade for cooking at home.	USA	English-100		PG	
2022-09-15	0930	John Torode's Middle Eas	Dubai Emirati	John is in Dubai, not to explore it's futuristic skyscrapers but to explore the food that evolved in Dubai long before those glittering towers were even built, the traditional food of the United Arab Emirates.	CANADA	English-100		PG	
2022-09-15	1000	Plat du Tour	Plat Du Tour Series 1 (30min Version) Ep 2	Guillaume shares a delicious mussel recipe, traditional steak frites, a flavourful swordfish dish, and celebrates the Australian Granny Smith apple with his tarte tatin.		English-100		PG	
2022-09-15	1030	Come Dine With Me	Oxford 3	It's the third night of the competition from Oxford and it's the turn of kitchen designer, Jess, to host.	UNITED KINGDOM	English-100		G	
2022-09-15	1100	The Cook Up With Adam Liaw	Shoots & Leaves	Adam, executive chef Jacqui Challinor and winner of the Australian Professional Chef of the Year Andrew Ballard are in The Cook Up kitchen to create dishes featuring shoots and leaves.			RPT	PG	Y
2022-09-15	1130	Bizarre Foods: Delicious Destinations	London: A Second Bite	Andrew highlights the iconic British dishes and ethnically diverse foods that have put London on the culinary map, from humble shepherd's pie and posh beef Wellington to sizzling seekh kebabs.	USA	English-100		PG	
2022-09-15	1200	Wok Vs Pot With Marion And Silvia	Wok X Pot With Marion And Silvia Series 1 Ep 1	Marion and Silvia are on the task of creating silky Italian pasta and soft, spongy rice noodles as they turn them into delicious cannelloni and Pad see Yew.	AUSTRALIA	English-100		PG	
2022-09-15	1230	Nigella Feasts	Comfort Foods	Nigella Lawson shares her favourite comfort foods, where each mouthful is as reassuring as the last, including warm sticky toffee sauce poured over cold vanilla ice cream.	UNITED KINGDOM	English-100	RPT	G	Y
2022-09-15	1300	David Rocco's Dolce Napoli	Red Red Wine	David meets his buddy Gianluca, who invites him to his families hometown of San Gregorio Armeno, a small town 90 minutes outside Naples.	CANADA	English-100		PG	Y
2022-09-15	1330	Tastes Like Home	Lusk / Sydney, Nsw, Australia	Our contributors are Mother and Daughter, Kate and Sarah Swetman. Sarah has been living in Sydney for 2 years now with her partner Aaron. We meet parents Noel and Kate in Lusk at the round tower.	IRELAND	English-100		PG	

2022-09-15	1400	Make This Tonight	Shabbat, Shalom!	Chef Einat dishes out her tasty recipe for Spicy Fish in Harissa Sauce, Classic Tahini Sauce and Israeli Salad and serves it with some fresh Challah bread to soak up all that tasty goodness.	USA	English-100		G	
2022-09-15	1430	My Market Kitchen	My Market Kitchen Series 4 Ep 34	Khanh shows Elena how to make a take away favourite at home, a Vietnamese vermicelli bowl. Then Khanh and Bel from Wine Selectors cook up a baked salmon nicoise salad, paired with perfect wines.	AUSTRALIA			G	
2022-09-15	1500	Licence To Grill	United Way Bbq	Rob has auctioned off his barbeque talents to the United Way and the charitable people who bought his dinner have a feast awaiting them. Rob serves up tandoori prawns and charred yellow tomato soup.	CANADA	English-100		G	
2022-09-15	1530	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	
2022-09-15	1600	David Rocco's Dolce Tuscany	David Rocco's Dolce Tuscany Series 1 Ep 1	The Palio di Siena is the most famous horse race in the world. It's certainly the one of the oldest. It's a centuries-old festival that combines neighbourhood rivalries, pageants and of course, food.	CANADA	English-100			
2022-09-15	1630	The Cook And The Chef	Autumn Fruit And Veg	Simon takes some new seasons vegetables and shows us how to pickle ginger and daikon, while Maggie uses ginger to make an eggplant salad.	AUSTRALIA	English-100		PG	
2022-09-15	1700	Nigellissima	Nigellissima Series 1 Ep 1	Nigella introduces us to her love of Italian food through Sicilian pasta with tomatoes, garlic, and almonds. There's also a mid-week family feast of tagliata - a juicy steak cut into thin slices.	UNITED KINGDOM	English-100	RPT	G	Y
2022-09-15	1730	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 6	Paul welcomes his new jersey cow, Bessie, but it's not the homecoming he was hoping for - Bessie could be barren. Tomato season has sprung and Paul needs to make the most of his troubled crop.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-09-15	1830	Food Safari	Food Safari Series 4 Ep 7	Maeve O'Meara explores the delicious world of Polish food as chef Judyta Slupnicki introduces her to the essentials - from smallgoods, to horseradish and pickled gherkins.	AUSTRALIA	English-100	RPT	G	Y
2022-09-15	1900	The Cook Up With Adam Liaw	Quick Curries	Adam, chef Mark Olive and comedian Shiralee Hood are in The Cook Up kitchen feeling the need for speed and spice as they make some quick curries.			RPT	PG	Y
2022-09-15	1930	Rick Stein's Food Heroes	North East England	In Wakefield, Rick makes a sublime rhubarb crumble and meets Janet Oldroyd, whose family have been farming rhubarb for four generations.	UNITED KINGDOM	English-100		G	
2022-09-15	2000	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 7	Dan kicks things off with an Argentinian Choripan, grilled chorizo slathered in a herby chimichurri sauce and served in a crusty baguette-style bread.	AUSTRALIA	English-100		PG	
2022-09-15	2030	Rick Stein's Food Heroes	South East England And Wales	Rick pays a visit to his favourite formal vegetable garden at Chatsworth House, where he also chases chickens and cooks cabbage. Then he crosses the River Severn to sample the delights of Wales.	UNITED KINGDOM	English-100		G	
2022-09-15	2100	Gok Wan's Easy Asian	Take Out Tricks	In this episode Gok celebrates the fact we all love a takeaway. He shows how some of the most popular take-outs are just so easy to cook at home.	UNITED KINGDOM	English-100		PG	
2022-09-15	2130	Come Dine With Me	Oxford 4	It's night four from Oxford and fundraiser Monica is taking her guests on a culinary world tour adventure.	UNITED KINGDOM	English-100		PG	
2022-09-15	2200	Bizarre Foods: Delicious Destinations	Scottish Highlands	Andrew explores the bountiful larder of the Scottish Highlands from lean, flavorful Highland beef and sweet, buttery shellfish to handheld meat pies and smoked salmon.	USA	English-100		PG	
2022-09-15	2230	The Cook Up With Adam Liaw	Quick Curries	Adam, chef Mark Olive and comedian Shiralee Hood are in The Cook Up kitchen feeling the need for speed and spice as they make some quick curries.			RPT	PG	Y
2022-09-15	2300	Counter Space	Taste Makers	Science and senses collide in the food labs of the Netherlands and Sophia creates a savoury gravy and braciolo. Chef Eric Huang talks about MSG and the racist roots of the falsely maligned enhancer.	USA	English-100	RPT	G	Y
2022-09-15	2330	Rick Stein's Food Heroes	North East England	In Wakefield, Rick makes a sublime rhubarb crumble and meets Janet Oldroyd, whose family have been farming rhubarb for four generations.	UNITED KINGDOM	English-100		G	
2022-09-15	2400	David Rocco's Dolce Tuscany	David Rocco's Dolce Tuscany Series 1 Ep 1	The Palio di Siena is the most famous horse race in the world. It's certainly the one of the oldest. It's a centuries-old festival that combines neighbourhood rivalries, pageants and of course, food.	CANADA	English-100			
2022-09-15	2430	The Cook And The Chef	Autumn Fruit And Veg	Simon takes some new seasons vegetables and shows us how to pickle ginger and daikon, while Maggie uses ginger to make an eggplant salad.	AUSTRALIA	English-100		PG	

2022-09-15	2500	Food Safari	Food Safari Series 4 Ep 7	Maeve O'Meara explores the delicious world of Polish food as chef Judyta Slupnicki introduces her to the essentials - from smallgoods, to horseradish and pickled gherkins.	AUSTRALIA	English-100	RPT	G	Y
2022-09-15	2530	Rick Stein's Food Heroes	South East England And Wales	Rick pays a visit to his favourite formal vegetable garden at Chatsworth House, where he also chases chickens and cooks cabbage. Then he crosses the River Severn to sample the delights of Wales.	UNITED KINGDOM	English-100		G	
2022-09-15	2600	Gok Wan's Easy Asian	Take Out Tricks	In this episode Gok celebrates the fact we all love a takeaway. He shows how some of the most popular take-outs are just so easy to cook at home.	UNITED KINGDOM	English-100		PG	
2022-09-15	2630	Come Dine With Me	Oxford 4	It's night four from Oxford and fundraiser Monica is taking her guests on a culinary world tour adventure.	UNITED KINGDOM	English-100		PG	
2022-09-15	2700	Bizarre Foods: Delicious Destinations	Scottish Highlands	Andrew explores the bountiful larder of the Scottish Highlands from lean, flavorful Highland beef and sweet, buttery shellfish to handheld meat pies and smoked salmon.	USA	English-100		PG	
2022-09-15	2730	Tastes Like Home	Lusk / Sydney, Nsw, Australia	Our contributors are Mother and Daughter, Kate and Sarah Swetman. Sarah has been living in Sydney for 2 years now with her partner Aaron. We meet parents Noel and Kate in Lusk at the round tower.	IRELAND	English-100		PG	
2022-09-15	2800	Make This Tonight	Shabbat, Shalom!	Chef Einat dishes out her tasty recipe for Spicy Fish in Harissa Sauce, Classic Tahini Sauce and Israeli Salad and serves it with some fresh Challah bread to soak up all that tasty goodness.	USA	English-100		G	
2022-09-15	2830	My Market Kitchen	My Market Kitchen Series 4 Ep 34	Khanh shows Elena how to make a take away favourite at home, a Vietnamese vermicelli bowl. Then Khanh and Bel from Wine Selectors cook up a baked salmon nicoise salad, paired with perfect wines.	AUSTRALIA			G	
2022-09-16	0500	Licence To Grill	United Way Bbq	Rob has auctioned off his barbecue talents to the United Way and the charitable people who bought his dinner have a feast awaiting them. Rob serves up tandoori prawns and charred yellow tomato soup.	CANADA	English-100		G	
2022-09-16	0530	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 6	Paul welcomes his new jersey cow, Bessie, but it's not the homecoming he was hoping for - Bessie could be barren. Tomato season has sprung and Paul needs to make the most of his troubled crop.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-09-16	0630	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	
2022-09-16	0700	Nigellissima	Nigellissima Series 1 Ep 1	Nigella introduces us to her love of Italian food through Sicilian pasta with tomatoes, garlic, and almonds. There's also a mid-week family feast of tagliata - a juicy steak cut into thin slices.	UNITED KINGDOM	English-100	RPT	G	Y
2022-09-16	0730	The Cook And The Chef	Autumn Fruit And Veg	Simon takes some new seasons vegetables and shows us how to pickle ginger and daikon, while Maggie uses ginger to make an eggplant salad.	AUSTRALIA	English-100		PG	
2022-09-16	0800	David Rocco's Dolce Tuscany	David Rocco's Dolce Tuscany Series 1 Ep 1	The Palio di Siena is the most famous horse race in the world. It's certainly the one of the oldest. It's a centuries-old festival that combines neighbourhood rivalries, pageants and of course, food.	CANADA	English-100			
2022-09-16	0830	Rick Stein's Food Heroes	North East England	In Wakefield, Rick makes a sublime rhubarb crumble and meets Janet Oldroyd, whose family have been farming rhubarb for four generations.	UNITED KINGDOM	English-100		G	
2022-09-16	0900	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 7	Dan kicks things off with an Argentinian Choripan, grilled chorizo slathered in a herby chimichurri sauce and served in a crusty baguette-style bread.	AUSTRALIA	English-100		PG	
2022-09-16	0930	Rick Stein's Food Heroes	South East England And Wales	Rick pays a visit to his favourite formal vegetable garden at Chatsworth House, where he also chases chickens and cooks cabbage. Then he crosses the River Severn to sample the delights of Wales.	UNITED KINGDOM	English-100		G	
2022-09-16	1000	Gok Wan's Easy Asian	Take Out Tricks	In this episode Gok celebrates the fact we all love a takeaway. He shows how some of the most popular take-outs are just so easy to cook at home.	UNITED KINGDOM	English-100		PG	
2022-09-16	1030	Come Dine With Me	Oxford 4	It's night four from Oxford and fundraiser Monica is taking her guests on a culinary world tour adventure.	UNITED KINGDOM	English-100		PG	
2022-09-16	1100	The Cook Up With Adam Liaw	Quick Curries	Adam, chef Mark Olive and comedian Shiralee Hood are in The Cook Up kitchen feeling the need for speed and spice as they make some quick curries.			RPT	PG	Y
2022-09-16	1130	Bizarre Foods: Delicious Destinations	Scottish Highlands	Andrew explores the bountiful larder of the Scottish Highlands from lean, flavorful Highland beef and sweet, buttery shellfish to handheld meat pies and smoked salmon.	USA	English-100		PG	
2022-09-16	1200	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	

2022-09-16	1230	Nigellissima	Nigellissima Series 1 Ep 1	Nigella introduces us to her love of Italian food through Sicilian pasta with tomatoes, garlic, and almonds. There's also a mid-week family feast of tagliata - a juicy steak cut into thin slices.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-09-16	1300	David Rocco's Dolce Tuscany	David Rocco's Dolce Tuscany Series 1 Ep 1	The Palio di Siena is the most famous horse race in the world. It's certainly the one of the oldest. It's a centuries-old festival that combines neighbourhood rivalries, pageants and of course, food.	CANADA	English-100				
2022-09-16	1330	Tastes Like Home	Wicklow (Bray) / Anfi Tauro, Gran Canaria	On Tastes Like Home our contributors are sisters Nikki and Jill. Jill has been living abroad since she was 18 and now lives in Gran Canaria with her daughter Carolina.	IRELAND	English-100		G		
2022-09-16	1400	Make This Tonight	Real Salad 101	Chef Jason schools us in the art of making a "real salad" with seared heirloom tomatoes, avocado vinaigrette, house-made croutons and tops it off with the perfect egg. Class is in session.	USA	English-100		G		
2022-09-16	1430	My Market Kitchen	My Market Kitchen Series 4 Ep 35	Today on My Market Kitchen Elena is joined by Masa from Asian Inspirations to whip up a Chicken Yakiudon. Khanh then bakes some Apple & Honey Tea Cakes, perfect for your next high tea.	AUSTRALIA			G		
2022-09-16	1500	Licence To Grill	Chinese Food Bbq	Rob creates his own version of Chinese takeaway on the barbeque with Chinese-style ribs, five-spice beef skewers, chicken in black bean sauce, scallops with bok choy, and noodle salad.	CANADA	English-100		G		
2022-09-16	1530	Wok Vs Pot With Marion And Silvia	Wok X Pot With Marion And Silvia Series 1 Ep 3	When it comes to traditional Italian and Thai food, you can't go past a classic bolognese and pad Thai. Marion and Silvia share their recipes for their favourite traditional recipes.	AUSTRALIA	English-100		G		
2022-09-16	1600	David Rocco's Dolce Tuscany	David Rocco's Dolce Tuscany Series 1 Ep 2	David spends time at agriturismo La Selva just outside of Siena, where owner Carlotta Pometti, one of the youngest winemakers in Italy, and her family host guests from all over the world.	CANADA	English-100				
2022-09-16	1630	The Cook And The Chef	Favourite Things	Maggie takes us crabbing with her grandchildren and shows us from sea to pot why these blue crabs are a favourite. Simon's favourite is chilli which he sources with the help of two Malaysian chefs.	AUSTRALIA	English-100		G		
2022-09-16	1700	Nigellissima	Nigellissima Series 1 Ep 2	Nigella Lawson's mission to show how easy it is to bring the spirit of Italy into the kitchen continues as she shares the secrets of her celebratory Italian roast chicken.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-09-16	1730	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 7	Living so close to the coast has many advantages, like learning how to forage for seaside food. As a valuable member of the community, Paul helps out the largest fire service in the world, the RFS.	UNITED KINGDOM	English-100	RPT	PG	Y	
2022-09-16	1830	Food Safari	Food Safari Series 4 Ep 8	Maeve O'Meara explores the fascinating food of Afghanistan where the guest is always seen as king and beautiful feasts are prepared using age-old recipes.	AUSTRALIA	English-100	RPT	G	Y	
2022-09-16	1900	The Cook Up With Adam Liaw	Sizzle	The Cook Up kitchen is heating up! Adam, head chef of Stanley Restaurant Louis Tikaram and executive chef and Owner of Arkhe Jake Kellie make foods that have a real sizzle.			RPT	PG	Y	
2022-09-16	1930	Rick Stein's Food Heroes	North East England And Scotland	Rick marvels at the salmon making their way back upstream. In the coastal village of Wabberthwaite, the Woodall family have been producing traditionally cured hams and sausages for generations.	UNITED KINGDOM	English-100		G		
2022-09-16	2000	Cook Like An Italian With Silvia Colloca	Passata Day	For Italians the tomato is a national treasure. And once every year passionate Italian families all over Australia answer the call of the tomato,	AUSTRALIA	English-100		G	Y	Y
2022-09-16	2030	Royal Recipes	Pomp And Circumstance	On today's show, presenter Michael Buerk and chef Anna Haugh sample a luxurious dish, originally created for the 'Merry Monarch', Charles II.	UNITED KINGDOM	English-100		G		
2022-09-16	2125	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 9	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y	
2022-09-16	2130	Come Dine With Me	Oxford 5	It's the final night from Oxford, and it's the turn of recruitment consultant and radio show host Ben to try and grab the grand.	UNITED KINGDOM	English-100		PG		
2022-09-16	2200	Bizarre Foods: Delicious Destinations	Nova Scotia	Andrew Zimmern explores iconic dishes of picturesque Nova Scotia, Canada, where the proximity to the sea, it's never more than 42 miles away, influences the local cuisine.	USA	English-100		PG		
2022-09-16	2230	The Cook Up With Adam Liaw	Sizzle	The Cook Up kitchen is heating up! Adam, head chef of Stanley Restaurant Louis Tikaram and executive chef and Owner of Arkhe Jake Kellie make foods that have a real sizzle.			RPT	PG	Y	
2022-09-16	2300	Counter Space	Rice Stuff, The	Indian rice farmers fight climate change by going back to basics as Sophia makes a green tea broth Dashi. Michael Twitty tells us why rice is indispensable in southern foodways.	USA	English-100	RPT	PG	Y	

2022-09-16	2330	Rick Stein's Food Heroes	North East England And Scotland	Rick marvels at the salmon making their way back upstream. In the coastal village of Wabberthwaite, the Woodall family have been producing traditionally cured hams and sausages for generations.	UNITED KINGDOM	English-100		G			
2022-09-16	2400	David Rocco's Dolce Tuscany	David Rocco's Dolce Tuscany Series 1 Ep 2	David spends time at agriturismo La Selva just outside of Siena, where owner Carlotta Pometti, one of the youngest winemakers in Italy, and her family host guests from all over the world.	CANADA	English-100					
2022-09-16	2430	The Cook And The Chef	Favourite Things	Maggie takes us crabbing with her grandchildren and shows us from sea to pot why these blue crabs are a favourite. Simon's favourite is chilli which he sources with the help of two Malaysian chefs.	AUSTRALIA	English-100		G			
2022-09-16	2500	Food Safari	Food Safari Series 4 Ep 8	Maeve O'Meara explores the fascinating food of Afghanistan where the guest is always seen as king and beautiful feasts are prepared using age-old recipes.	AUSTRALIA	English-100	RPT	G		Y	
2022-09-16	2530	Royal Recipes	Pomp And Circumstance	On today's show, presenter Michael Buerk and chef Anna Haugh sample a luxurious dish, originally created for the 'Merry Monarch', Charles II.	UNITED KINGDOM	English-100		G			
2022-09-16	2625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 9	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y	
2022-09-16	2630	Come Dine With Me	Oxford 5	It's the final night from Oxford, and it's the turn of recruitment consultant and radio show host Ben to try and grab the grand.	UNITED KINGDOM	English-100		PG			
2022-09-16	2700	Bizarre Foods: Delicious Destinations	Nova Scotia	Andrew Zimmern explores iconic dishes of picturesque Nova Scotia, Canada, where the proximity to the sea, it's never more than 42 miles away, influences the local cuisine.	USA	English-100		PG			
2022-09-16	2730	Tastes Like Home	Wicklow (Bray) / Anfi Tauro, Gran Canaria	On Tastes Like Home our contributors are sisters Nikki and Jill. Jill has been living abroad since she was 18 and now lives in Gran Canaria with her daughter Carolina.	IRELAND	English-100		G			
2022-09-16	2800	Make This Tonight	Real Salad 101	Chef Jason schools us in the art of making a "real salad" with seared heirloom tomatoes, avocado vinaigrette, house-made croutons and tops it off with the perfect egg. Class is in session.	USA	English-100		G			
2022-09-16	2830	My Market Kitchen	My Market Kitchen Series 4 Ep 35	Today on My Market Kitchen Elena is joined by Masa from Asian Inspirations to whip up a Chicken Yakiudon. Khanh then bakes some Apple & Honey Tea Cakes, perfect for your next high tea.	AUSTRALIA			G			
2022-09-17	0500	Licence To Grill	Chinese Food Bbq	Rob creates his own version of Chinese takeaway on the barbeque with Chinese-style ribs, five-spice beef skewers, chicken in black bean sauce, scallops with bok choy, and noodle salad.	CANADA	English-100		G			
2022-09-17	0530	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 7	Living so close to the coast has many advantages, like learning how to forage for seaside food. As a valuable member of the community, Paul helps out the largest fire service in the world, the RFS.	UNITED KINGDOM	English-100	RPT	PG		Y	
2022-09-17	0630	Wok Vs Pot With Marion And Silvia	Wok X Pot With Marion And Silvia Series 1 Ep 3	When it comes to traditional Italian and Thai food, you can't go past a classic bolognese and pad Thai. Marion and Silvia share their recipes for their favourite traditional recipes.	AUSTRALIA	English-100		G			
2022-09-17	0700	Nigellissima	Nigellissima Series 1 Ep 2	Nigella Lawson's mission to show how easy it is to bring the spirit of Italy into the kitchen continues as she shares the secrets of her celebratory Italian roast chicken.	UNITED KINGDOM	English-100	RPT	G		Y	
2022-09-17	0730	The Cook And The Chef	Favourite Things	Maggie takes us crabbing with her grandchildren and shows us from sea to pot why these blue crabs are a favourite. Simon's favourite is chilli which he sources with the help of two Malaysian chefs.	AUSTRALIA	English-100		G			
2022-09-17	0800	David Rocco's Dolce Tuscany	David Rocco's Dolce Tuscany Series 1 Ep 2	David spends time at agriturismo La Selva just outside of Siena, where owner Carlotta Pometti, one of the youngest winemakers in Italy, and her family host guests from all over the world.	CANADA	English-100					
2022-09-17	0830	Rick Stein's Food Heroes	North East England And Scotland	Rick marvels at the salmon making their way back upstream. In the coastal village of Wabberthwaite, the Woodall family have been producing traditionally cured hams and sausages for generations.	UNITED KINGDOM	English-100		G			
2022-09-17	0900	Cook Like An Italian With Silvia Colloca	Passata Day	For Italians the tomato is a national treasure. And once every year passionate Italian families all over Australia answer the call of the tomato,	AUSTRALIA	English-100		G		Y	Y
2022-09-17	0930	Royal Recipes	Pomp And Circumstance	On today's show, presenter Michael Buerk and chef Anna Haugh sample a luxurious dish, originally created for the 'Merry Monarch', Charles II.	UNITED KINGDOM	English-100		G			
2022-09-17	1025	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 9	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y	

2022-09-17	1030	Come Dine With Me	Oxford 5	It's the final night from Oxford, and it's the turn of recruitment consultant and radio show host Ben to try and grab the grand.	UNITED KINGDOM	English-100		PG	
2022-09-17	1100	The Cook Up With Adam Liaw	Sizzle	The Cook Up kitchen is heating up! Adam, head chef of Stanley Restaurant Louis Tikaram and executive chef and Owner of Arkhe Jake Kellie make foods that have a real sizzle.			RPT	PG	Y
2022-09-17	1130	Bizarre Foods: Delicious Destinations	Nova Scotia	Andrew Zimmern explores iconic dishes of picturesque Nova Scotia, Canada, where the proximity to the sea, it's never more than 42 miles away, influences the local cuisine.	USA	English-100		PG	
2022-09-17	1200	Wok Vs Pot With Marion And Silvia	Wok X Pot With Marion And Silvia Series 1 Ep 3	When it comes to traditional Italian and Thai food, you can't go past a classic bolognese and pad Thai. Marion and Silvia share their recipes for their favourite traditional recipes.	AUSTRALIA	English-100		G	
2022-09-17	1230	Nigellissima	Nigellissima Series 1 Ep 2	Nigella Lawson's mission to show how easy it is to bring the spirit of Italy into the kitchen continues as she shares the secrets of her celebratory Italian roast chicken.	UNITED KINGDOM	English-100	RPT	G	Y
2022-09-17	1300	David Rocco's Dolce Tuscany	David Rocco's Dolce Tuscany Series 1 Ep 2	David spends time at agriturismo La Selva just outside of Siena, where owner Carlotta Pometti, one of the youngest winemakers in Italy, and her family host guests from all over the world.	CANADA	English-100			
2022-09-17	1330	Eating Inn	Adrift Part 1	At the ground level of the most iconic high rises in Asia, the Hotel Marina Bay Sands, we find the incredibly popular Californian-Asian venue 'Adrift'. Host chef Phil introduces us to its founder.	SINGAPORE	English-100		G	
2022-09-17	1400	Eating Inn	Adrift Part 2	Adrift Michelin starred owner executive chef David Myers introduces his young Australian star head chef Pete Smit who proceeds to show our host chef Phillip why he is already super highly regarded.	SINGAPORE	English-100		G	
2022-09-17	1430	Ainsley's Good Mood Food	Eggs	Ainsley is EGG-xited to explore the wonderful world of eggs. He kicks things off with a delicious breakfast hash with nduja and kale for a spicy start to the day	UNITED KINGDOM	English-100		G	
2022-09-17	1525	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 1	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y
2022-09-17	1530	Ainsley's Good Mood Food	Honey	Ainsley is buzzing around in his kitchen again as he cooks using honey. He combines honey and chilli for his first dish, honey-chilli spiked lamb with a potato, bean and mint dressing salad.	UNITED KINGDOM	English-100		G	
2022-09-17	1625	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 3	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y
2022-09-17	1630	Food In Our Time	Legacy	In the 21st century, the role of the chef has evolved. Andre meets three visionaries who are changing the way we eat and think about food.	SINGAPORE	English-100		PG	Y
2022-09-17	1725	Poh & Co. Bitesize	Family	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2022-09-17	1730	Adam & Poh's Malaysia In Australia	Adam & Poh's Malaysia In Australia Series 1 Ep 2	Poh is in the wheat belt, visiting the regional WA town of Katanning, while Adam heads to Merimbula with his friend, Malaysian Australian poet and rapper Omar Musa.	AUSTRALIA	English-100		PG	Y
2022-09-17	1800	Cheese Slices	Spain - Traditional Galician Cheese	Galicia is known as 'Green Spain' and its high rainfall is perfect for dairy farming. Home to over a million cows, this beautiful region is well known for its mysterious Celtic past.	AUSTRALIA	English-100		G	
2022-09-17	1830	The Julia Child Challenge	Julia On TV	The Home Cooks learn about Julia's pioneering career in television this week in challenges inspired by her time working on "The French Chef". With Guest Judges Sherry Yard and Stephanie Boswell.	USA	English-100		PG	
2022-09-17	1930	Hairy Biker's Route 66	Hairy Biker's Route 66 Series 1 Ep 4	The fourth leg of the bikers epic adventure runs from Amarillo, Texas to Albuquerque, New Mexico and gives a real insight into small independently owned restaurants and food producers.	UNITED KINGDOM	English-100		PG	
2022-09-17	2040	Jamie's Food Escapes	Venice	Jamie goes off the tourist track in Venice to find the real regional food of the area - rice, polenta, seafood, and fresh vegetables.	UNITED KINGDOM	English-100		PG	
2022-09-17	2140	The Wine Show	Wine Show Series 3, The Ep 5	Matthew and James are north Portugal - the region of Vinho Verde where they explore Portugal's historic relationship with the Catholic church and Matthew repents his sins.	UNITED KINGDOM	English-100		PG	
2022-09-17	2235	The Wine Show	Wine Show Series 3, The Ep 6	Matthew and James are tasked with exploring how women have helped shape the Douro wine business.	UNITED KINGDOM	English-100		PG	
2022-09-17	2330	Counter Space	Food For Thought	We examine our fascination with authenticity at the sushi bar as Sophia creates a recipe inspired by her heritage. We ask Marcus Samuelsson about the complexity of cultural claims in the food world.	USA	English-100	RPT	PG	Y
2022-09-17	2400	Cheese Slices	Spain - Traditional Galician Cheese	Galicia is known as 'Green Spain' and its high rainfall is perfect for dairy farming. Home to over a million cows, this beautiful region is well known for its mysterious Celtic past.	AUSTRALIA	English-100		G	

2022-09-17	2430	The Julia Child Challenge	Julia On TV	The Home Cooks learn about Julia's pioneering career in television this week in challenges inspired by her time working on "The French Chef". With Guest Judges Sherry Yard and Stephanie Boswell.	USA	English-100	PG
2022-09-17	2530	Hairy Biker's Route 66	Hairy Biker's Route 66 Series 1 Ep 4	The fourth leg of the bikers epic adventure runs from Amarillo, Texas to Albuquerque, New Mexico and gives a real insight into small independently owned restaurants and food producers.	UNITED KINGDOM	English-100	PG
2022-09-17	2640	The Wine Show	Wine Show Series 3, The Ep 5	Matthew and James are north Portugal - the region of Vinho Verde where they explore Portugal's historic relationship with the Catholic church and Matthew repents his sins.	UNITED KINGDOM	English-100	PG
2022-09-17	2735	The Wine Show	Wine Show Series 3, The Ep 6	Matthew and James are tasked with exploring how women have helped shape the Douro wine business.	UNITED KINGDOM	English-100	PG
2022-09-17	2830	Eating Inn	Adrift Part 1	At the ground level of the most iconic high rises in Asia, the Hotel Marina Bay Sands, we find the incredibly popular Californian-Asian venue 'Adrift'. Host chef Phil introduces us to its founder.	SINGAPORE	English-100	G

