



**WEEK 39: Sunday, 19 September - Saturday, 25 September 2021 ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Cap
2021-09-19	0500	<b>Cheese Slices</b>	Seasonal Cheeses Of The Alps	Will learns how the local spruce forests play an essential role in ripening the soft and unctuous Mont D'Or before heading to the high summer pastures.	AUSTRALIA	English-100	RPT	G	
2021-09-19	0530	<b>Nadia's Family Feasts</b>	Nadia's Family Feasts Series 1 Ep 2	Nadia Sawalha is joined in the kitchen by Malaysian chef Mandy Yin, and together they prepare a full day's menu, including kaya French toast and a king prawn laksa.	UNITED KINGDOM	English-100	RPT	G	
2021-09-19	0625	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2021-09-19	0630	<b>Rhodes Across Italy</b>	Le Marche	Gary Rhodes is in the unspoilt coastal region of Le Marche amidst his grand culinary tour of Italy. He cooks regional specialities - chickpea soup with almond pesto, and wild boar with juniper.	UNITED KINGDOM	English-100	RPT	G	
2021-09-19	0725	<b>Poh &amp; Co. Bitesize</b>	Small Business	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-09-19	0730	<b>No Passport Required</b>	Seattle	Marcus Samuelsson goes to Seattle, where he spends time with immigrant and second-generation Filipinos who are taking charge of their city's food scene.	USA	English-100	RPT	PG	
2021-09-19	0830	<b>Jonathan Phang's Gourmet Express</b>	Singapore To Penang	In Singapore, Jonathan meets executive chef Christopher Christie who is in charge of 30 restaurants at the 8 billion dollar 'wonder of the world' that is the Marina Bay Sands.	UNITED KINGDOM	English-100	RPT	G	Y
2021-09-19	0925	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 9	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y
2021-09-19	0930	<b>Hairy Bikers' Asian Adventure</b>	Hong Kong	In the fast-paced megacity of Hong Kong, the bikers go in search of the authentic roots of their favourite Chinese takeaway dishes.	UNITED KINGDOM	English-100	RPT	G	Y
2021-09-19	1035	<b>Ainsley's Food We Love</b>	Ainsley's Food We Love Series 1 Ep 2	Ainsley pays culinary homage to the dishes that our mums used to make, from brown chicken stew, rice and peas, teatime cupcakes, and delicious garlic bread.	UNITED KINGDOM	English-100	RPT	PG	
2021-09-19	1130	<b>Anthony Bourdain: Parts Unknown</b>	Spain	Tony explores Andalucia during Semana Santa (Holy Week, leading up to Easter), a time filled with great pageantry and excitement. He heads off the beaten path to immerse himself in tapas culture.	USA	English-100	RPT	M	
2021-09-19	1225	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 3	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-09-19	1230	<b>Anthony Bourdain: Parts Unknown</b>	New Mexico	Tony takes a close look at the mash-up of cultures that comprise this uniquely American state. He samples New Mexico's food - a combination of Spanish, Mediterranean, Mexican and Pueblo influences.	USA	English-100	RPT	M	
2021-09-19	1325	<b>Destination Flavour Singapore Bitesize</b>	Fish Head Curry	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	PG	
2021-09-19	1330	<b>Cheese Slices</b>	Aoc Of Cheeses Of Switzerland	Will samples raclette and learns how it's made the traditional way over a wood fire. His journey takes him on to the pretty town of Gruyere to look at the origins of its namesake cheese.	AUSTRALIA	English-100	RPT	G	
2021-09-19	1400	<b>The Cook Up with Adam Liaw</b>	Zucchini	Host Adam Liaw is joined by Universal and Paramount owner Christine Manfield and The Cook's Co-Op and ex-Longrain owner Martin Boetz as they create some easy zucchini-based meals.	AUSTRALIA	English-100	RPT	PG	
2021-09-19	1430	<b>The Cook Up with Adam Liaw</b>	Recipes Handed Down	There's a little nostalgia in the kitchen tonight as host Adam Liaw, Viking and executive chef at Mjolner Joachim Borenus, and comedian Lizzy Hoo create recipes that were handed down to them.	AUSTRALIA	English-100	RPT	PG	
2021-09-19	1500	<b>The Cook Up with Adam Liaw</b>	Beer	Top chef Colin Fassnidge and owner of Eastwood's Deli and Cooking School, Kelly Eastwood, drop by the kitchen to join host Adam Liaw and show what they can create with an Aussie favourite - beer!	AUSTRALIA	English-100	RPT	PG	



2021-09-19	1530	<b>The Cook Up with Adam Liaw</b>	Comfort Food Savoury	SBS Insight's Kumi Taguchi and Sokyo's Chase Kojima take over The Cook Up kitchen as they chat and create their ultimate savoury comfort food dishes with host Adam Liaw.	AUSTRALIA	English-100	RPT	PG	
2021-09-19	1600	<b>The Cook Up with Adam Liaw</b>	Nuts And Seeds	Tonight in The Cook Up kitchen, host Adam Liaw is joined by Rockpool's Jayde Harris and indigenous TV presenter and chef Mark Olive as they use native nuts and seeds to create some amazing dishes.	AUSTRALIA	English-100	RPT	PG	
2021-09-19	1630	<b>The Cook And The Chef</b>	Oils Aint Oils	As an oil producer Maggie has control over her favourite product from the farm to the table and you won't be able to resist her infectious delight as she samples the first of her new season's oil.	AUSTRALIA	English-100		G	
2021-09-19	1700	<b>The Cook And The Chef</b>	Catering For Different Tastes	Maggie goes to extraordinary lengths to find the perfect gluten free pastry for pies, while Simon makes his own mung bean noodles with a vegetarian stock that makes his meal not just gluten free.	AUSTRALIA	English-100		G	
2021-09-19	1730	<b>The Cook And The Chef</b>	Planning	Preparing for Christmas in June is not the norm for most of us, but for Maggie and Simon it's the ideal time to plan ahead and 'put down' some ingredients to mature nicely for the festive season.	AUSTRALIA	English-100	RPT	G	
2021-09-19	1800	<b>Amazon Taste</b>	Pirarucu	One of the largest freshwater fish in Brazil, the remarkable flavour of the Pirarucu makes it one of the most consumed ingredients in the north. Chef Thiago Castanho goes in search of this giant.	BRAZIL	English-50; Portuguese-50		PG	
2021-09-19	1830	<b>Amazon Taste</b>	Maniva	Chef Thiago Castanho travels to Santo Antonio do Taua to learn about the ground manioc leaf called maniva, the main ingredient in a dish of indigenous origin, manicoba.	BRAZIL	English-50; Portuguese-50		PG	
2021-09-19	1900	<b>Nigellissima</b>	Nigellissima Series 1 Ep 6	Nigella Lawson treats her supper guests to a sumptuous feast of lamb chops with mint, chilli and golden potatoes, served alongside roasted red onions with fennel and basil.	UNITED KINGDOM	English-100	RPT	G	Y
2021-09-19	1930	<b>Weekend Breaks With Gregg Wallace</b>	Barcelona	Gregg Wallace heads to Barcelona for a weekend break. Over the course of three days he tries incredible local food and drink, and gets involved with local customs.	UNITED KINGDOM	English-100	RPT	PG	
2021-09-19	2025	<b>Destination Flavour Singapore Bitesize</b>	Fruit Stall	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	
2021-09-19	2030	<b>Rick Stein's Long Weekends</b>	Vienna	Rick Stein visits Vienna - the city that once ran the Austro-Hungarian Empire and continues to be home to comfort dishes like tafelspitz and goulash.	UNITED KINGDOM	English-100	RPT	G	Y
2021-09-19	2140	<b>Anthony Bourdain: Parts Unknown</b>	Israel	Tony travels to Israel, the West Bank and Gaza where he'll spend time meeting chefs, home cooks, writers and amateur foodies to find out more about the food culture in these places.	USA	English-100		M	
2021-09-19	2230	<b>Anthony Bourdain: Parts Unknown</b>	Copenhagen	Tony explores the food and natural beauty of Copenhagen, the economic and cultural centre of Denmark. The city is also home to renowned chef Rene Redzepi and his world-famous restaurant, Noma.	USA	English-100		M	
2021-09-19	2320	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 9	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	PG	Y
2021-09-19	2330	<b>Amazon Taste</b>	Pirarucu	One of the largest freshwater fish in Brazil, the remarkable flavour of the Pirarucu makes it one of the most consumed ingredients in the north. Chef Thiago Castanho goes in search of this giant.	BRAZIL	English-50; Portuguese-50	RPT	PG	
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2021-09-19	2640	<b>Anthony Bourdain: Parts Unknown</b>	Israel	Tony travels to Israel, the West Bank and Gaza where he'll spend time meeting chefs, home cooks, writers and amateur foodies to find out more about the food culture in these places.	USA	English-100	RPT	M	

2021-09-19	2730	<b>Anthony Bourdain: Parts Unknown</b>	Copenhagen	Tony explores the food and natural beauty of Copenhagen, the economic and cultural centre of Denmark. The city is also home to renowned chef Rene Redzepi and his world-famous restaurant, Noma.	USA	English-100	RPT	M	
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2021-09-20	1330	<b>Donal's Kitchen Hero</b>	Limerick River Fest	Donal travels to Limerick for the annual Riverfest Festival, where, in front of an enthusiastic crowd, he cooks griddled beef and mint salad with toasted rice and peanuts.	IRELAND	English-100	RPT	G	
2021-09-20	1400	<b>Rachel Khoo: My Swedish Kitchen</b>	Streets Of Gothenburg, The	After exploring Gothenburg, Rachel makes her own version of a famous Swedish dish - a Wallenberger-burger. For dessert, Rachel prepares a vegan and gluten-free chocolate cake.	UNITED KINGDOM	English-100	RPT	PG	

2021-09-20	1430	<b>Bonacini's Italy</b>	Lazio	Filled with ruins in its bustling streets, the region of Lazio sticks with grandeur in all it does. To introduce us to Lazio, Michael highlights its Jewish influence with crispy artichokes.	CANADA	English-100	RPT	G	
2021-09-20	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Timorese kids learn to cook the traditional way in Darwin, and goat's cheese from WA.	AUSTRALIA	English-100	RPT	G	
2021-09-20	1530	<b>Lidia's Kitchen</b>	More Italian American Favorites	Lidia prepares three of her favourite Italian-American dishes - spaghetti and meatballs, broccoli rabe with garlic, and zeppole.	USA	English-100	RPT	G	
2021-09-20	1600	<b>Barefoot Contessa: Back To Basics</b>	Portable Food	It's food on the move with Ina Garten as she shares pro tips for perfect portable eats. She makes moist lemon poppy seed cake for an afternoon snack at work and tomato mozzarella pan bagnat for lunch.	USA	English-100	RPT	G	
2021-09-20	1630	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 6	Just because you're living gluten free, doesn't mean you can't enjoy a pile of tasty pancakes. Helen shares a recipe for blueberry buckwheat pancakes, before being joined by food blogger, Jo Whitton.	AUSTRALIA	English-99; Greek-1	RPT	G	
2021-09-20	1700	<b>Food Safari</b>	Food Safari Series 4 Episode 2	Maeve O'Meara explores the country considered the gourmet destination of South America - Peru - and its infiltration into Australian culture.	AUSTRALIA	English-100	RPT	G	Y
2021-09-20	1730	<b>The Cook And The Chef</b>	Modern Chef	Our duo pay homage to the one of the young chefs making a name for himself in Australia today - Melbourne based chef Shannon Bennett.	AUSTRALIA	English-100		G	
2021-09-20	1800	<b>Palisa Anderson's Water Heart Food</b>	Humble Origins	Thailand is home to many incredible food markets that sell an abundance of fresh and seasonal fruit and vegetables, the type of produce Palisa now grows on her farm and supplies to many top-end chefs.	AUSTRALIA	English-100	RPT	G	Y
2021-09-20	1830	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 56	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	G	
2021-09-20	1900	<b>The Cook Up with Adam Liaw</b>	Herbs From The Garden	Nomad head chef Jacqui Challinor and cook instructor and Iranian refugee Mahshid Babzartabi join host Adam Liaw in The Cook Up kitchen to create their favourite dishes containing herbs from the garden.	AUSTRALIA	English-100		PG	
2021-09-20	1930	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Jamie & Jimmy's Food Fight Club Series 5 Ep 6	This week the boys invite everyone's favourite TV addict to join them in the cafe, as Gogglebox's Scarlett Moffat is put through her paces, learning how to make a family favourite, scotch eggs.	UNITED KINGDOM	English-100		PG	
2021-09-20	2030	<b>Hairy Bikers Chocolate Challenge</b>	Hairy Bikers Chocolate Challenge Series 1 Ep 4	The semi-final gets underway as the four remaining chocolatiers have to create a scrumptious Easter egg, choc-a-block full of treats. This is the first time that many of them have made an Easter egg!	UNITED KINGDOM	English-100		PG	
2021-09-20	2130	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 1	Acclaimed chef Luke Nguyen takes us on a culinary journey through the northern regions of Vietnam. In this episode, Luke explores the food and culture of Hue.	AUSTRALIA	English-100	RPT	G	Y
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2021-09-20	2430	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 81	Join Ainsley Harriott and his special guests as he hosts another edition of the 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G	
2021-09-20	2520	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2021-09-20	2530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Jamie & Jimmy's Food Fight Club Series 5 Ep 6	This week the boys invite everyone's favourite TV addict to join them in the cafe, as Gogglebox's Scarlett Moffat is put through her paces, learning how to make a family favourite, scotch eggs.	UNITED KINGDOM	English-100	RPT	PG	



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2021-09-21	0700	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 6	Just because you're living gluten free, doesn't mean you can't enjoy a pile of tasty pancakes. Helen shares a recipe for blueberry buckwheat pancakes, before being joined by food blogger, Jo Whitton.	AUSTRALIA	English-99; Greek-1	RPT	G	
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2021-09-21	1100	<b>The Cook Up with Adam Liaw</b>	Herbs From The Garden	Nomad head chef Jacqui Challinor and cook instructor and Iranian refugee Mahshid Babzartabi join host Adam Liaw in The Cook Up kitchen to create their favourite dishes containing herbs from the garden.	AUSTRALIA	English-100	RPT	PG	
2021-09-21	1130	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 6	Just because you're living gluten free, doesn't mean you can't enjoy a pile of tasty pancakes. Helen shares a recipe for blueberry buckwheat pancakes, before being joined by food blogger, Jo Whitton.	AUSTRALIA	English-99; Greek-1	RPT	G	
2021-09-21	1200	<b>Food Safari</b>	Food Safari Series 4 Episode 2	Maeve O'Meara explores the country considered the gourmet destination of South America - Peru - and its infiltration into Australian culture.	AUSTRALIA	English-100	RPT	G	Y
2021-09-21	1230	<b>Palisa Anderson's Water Heart Food</b>	Humble Origins	Thailand is home to many incredible food markets that sell an abundance of fresh and seasonal fruit and vegetables, the type of produce Palisa now grows on her farm and supplies to many top-end chefs.	AUSTRALIA	English-100	RPT	G	Y
2021-09-21	1300	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 56	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	G	
2021-09-21	1330	<b>Donal's Kitchen Hero</b>	Ballymaloe Lit Fest	Donal visits Cork and the Ballymaloe Lit Fest, Ireland's first festival dedicated to food writing to prepare sole meuniere and braised crispy chicken thighs.	IRELAND	English-100	RPT	G	
2021-09-21	1400	<b>Rachel Khoo: My Swedish Kitchen</b>	Fishing On The Westcoast	Rachel serves a grilled lobster with a cabbage and caraway salad, and her own gravlax poke bowl. For dessert, she prepares white chocolate and berry coconut mountains.	UNITED KINGDOM	English-100	RPT	PG	

2021-09-21	1430	<b>Bonacini's Italy</b>	Campania	Campania's beautiful coastline is filled with two things - tourists and seafood. Diving into the culture of the region, Michael begins his meal with a salad from the Island of Capri.	CANADA	English-100	RPT	G	
2021-09-21	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, exotic fruits from far north Qld, and Acland Street St Kilda - a cake-eaters paradise.	AUSTRALIA	English-100	RPT	G	
2021-09-21	1530	<b>Lidia's Kitchen</b>	Olive Oil	Lidia prepares tomato and country bread salad, rice and lentil soup, and cannoli Napoleon which features ricotta cream, almonds, and chocolate layered between fried pastry.	USA	English-100	RPT	G	
2021-09-21	1600	<b>Barefoot Contessa: Back To Basics</b>	Good Grilling	Ina is fired up and sharing her advice for grilling and barbecuing like a pro. To start, hot coals work their magic on her grilled Cornish hens, and she amps up the flavour on ribs and BBQ sauce.	USA	English-100	RPT	G	
2021-09-21	1630	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 7	Food blogger, Jo Whitton, joins Helen in the kitchen to share a unique and mouth watering dessert recipe for pumpkin bownie pudding. Helen shares a way to make sausage rolls gluten free.	AUSTRALIA	English-99; Greek-1	RPT	PG	
2021-09-21	1700	<b>Food Safari</b>	Food Safari Series 4 Episode 3	Maeve O'Meara explores some of the simple dishes of Cypriot food, full of goodness and fresh flavour, based on a handful of key ingredients.	AUSTRALIA	English-100	RPT	G	Y
2021-09-21	1730	<b>The Cook And The Chef</b>	Recipe Books And Charmaine Solomon	Maggie and Simon both love cookbooks, so the show kicks off this week with Maggie showing off her impressive collection.	AUSTRALIA	English-100		G	
2021-09-21	1800	<b>Palisa Anderson's Water Heart Food</b>	Third Culture Cooks	Palisa meets up with two old friends - fellow second-generation Thais Ari Walpole and Mahalia Barnes. They visit the Sydney Fish Market, and cook some delicious Thai-inspired recipes.	AUSTRALIA	English-100	RPT	G	Y
2021-09-21	1830	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 57	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	G	
2021-09-21	1900	<b>The Cook Up with Adam Liaw</b>	Biscuits	Food icon, writer and presenter Pamela Clark and owner of Andy Bowdy Pastry, Andrew Bowden, join host Adam Liaw in The Cook Up kitchen to share their favourite biscuit recipes.	AUSTRALIA	English-100		PG	
2021-09-21	1930	<b>Destination Flavour Japan</b>	Destination Flavour - Japan Series 1 Ep 10	Adam Liaw travels to Okinawa, the island home of his favourite Japanese cuisine, is made up of an eclectic assortment of unique dishes, and where the locals love to sing and dance.	AUSTRALIA	English-85; Japanese-15	RPT	G	Y
2021-09-21	2000	<b>David Rocco's Dolce Africa</b>	Ciao Ethiopia	David meets up with his friend Fabricio, a proud Italian who spent his childhood in Addis Ababa, and together they explore some of the city's espresso cafes and fine Italian eateries.	CANADA	English-100		PG	
2021-09-21	2030	<b>Remarkable Places To Eat</b>	Bristol	Fred Sirieix is heading to Bristol for a winter treat in the company of old friend and former boss Michel Roux Junior. Bristol is home to one of the UK's most vibrant and creative food scenes.	UNITED KINGDOM	English-100	RPT	G	
2021-09-21	2135	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 2	Tonight, Luke stops off in Dong Hoi and prepares a dish for a family en route to Vinh. Arriving in Vinh, Luke explores the vibrant market lifestyle in this small country town.	AUSTRALIA	English-100	RPT	G	Y
2021-09-21	2200	<b>The Cook Up with Adam Liaw</b>	Biscuits	Food icon, writer and presenter Pamela Clark and owner of Andy Bowdy Pastry, Andrew Bowden, join host Adam Liaw in The Cook Up kitchen to share their favourite biscuit recipes.	AUSTRALIA	English-100	RPT	PG	
2021-09-21	2230	<b>The Cook And The Chef</b>	Recipe Books And Charmaine Solomon	Maggie and Simon both love cookbooks, so the show kicks off this week with Maggie showing off her impressive collection.	AUSTRALIA	English-100	RPT	G	
2021-09-21	2300	<b>Palisa Anderson's Water Heart Food</b>	Third Culture Cooks	Palisa meets up with two old friends - fellow second-generation Thais Ari Walpole and Mahalia Barnes. They visit the Sydney Fish Market, and cook some delicious Thai-inspired recipes.	AUSTRALIA	English-100	RPT	G	Y
2021-09-21	2330	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 57	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	G	
2021-09-21	2400	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, exotic fruits from far north Qld, and Acland Street St Kilda - a cake-eaters paradise.	AUSTRALIA	English-100	RPT	G	
2021-09-21	2430	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 82	Join Ainsley Harriott and his special guests as he hosts another edition of the 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G	
2021-09-21	2520	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y

2021-09-21	2530	<b>Destination Flavour Japan</b>	Destination Flavour - Japan Series 1 Ep 10	Adam Liaw travels to Okinawa, the island home of his favourite Japanese cuisine, is made up of an eclectic assortment of unique dishes, and where the locals love to sing and dance.	AUSTRALIA	English-85; Japanese-15	RPT	G	Y
2021-09-21	2600	<b>David Rocco's Dolce Africa</b>	Ciao Ethiopia	David meets up with his friend Fabricio, a proud Italian who spent his childhood in Addis Ababa, and together they explore some of the city's espresso cafes and fine Italian eateries.	CANADA	English-100	RPT	PG	
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2021-09-21	2735	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 2	Tonight, Luke stops off in Dong Hoi and prepares a dish for a family en route to Vinh. Arriving in Vinh, Luke explores the vibrant market lifestyle in this small country town.	AUSTRALIA	English-100	RPT	G	Y
2021-09-21	2800	<b>Donal's Kitchen Hero</b>	Ballymaloe Lit Fest	Donal visits Cork and the Ballymaloe Lit Fest, Ireland's first festival dedicated to food writing to prepare sole meuniere and braised crispy chicken thighs.	IRELAND	English-100	RPT	G	
2021-09-21	2830	<b>Rachel Khoo: My Swedish Kitchen</b>	Fishing On The Westcoast	Rachel serves a grilled lobster with a cabbage and caraway salad, and her own gravlax poke bowl. For dessert, she prepares white chocolate and berry coconut mountains.	UNITED KINGDOM	English-100	RPT	PG	
2021-09-22	0500	<b>Bonacini's Italy</b>	Campania	Campania's beautiful coastline is filled with two things - tourists and seafood. Diving into the culture of the region, Michael begins his meal with a salad from the Island of Capri.	CANADA	English-100	RPT	G	
2021-09-22	0530	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, exotic fruits from far north Qld, and Acland Street St Kilda - a cake-eaters paradise.	AUSTRALIA	English-100	RPT	G	
2021-09-22	0600	<b>Lidia's Kitchen</b>	Olive Oil	Lidia prepares tomato and country bread salad, rice and lentil soup, and cannoli Napoleon which features ricotta cream, almonds, and chocolate layered between fried pastry.	USA	English-100	RPT	G	
2021-09-22	0630	<b>Barefoot Contessa: Back To Basics</b>	Good Grilling	Ina is fired up and sharing her advice for grilling and barbecuing like a pro. To start, hot coals work their magic on her grilled Cornish hens, and she amps up the flavour on ribs and BBQ sauce.	USA	English-100	RPT	G	
2021-09-22	0700	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 7	Food blogger, Jo Whitton, joins Helen in the kitchen to share a unique and mouth watering dessert recipe for pumpkin bownie pudding. Helen shares a way to make sausage rolls gluten free.	AUSTRALIA	English-99; Greek-1	RPT	PG	
2021-09-22	0730	<b>Food Safari</b>	Food Safari Series 4 Episode 3	Maeve O'Meara explores some of the simple dishes of Cypriot food, full of goodness and fresh flavour, based on a handful of key ingredients.	AUSTRALIA	English-100	RPT	G	Y
2021-09-22	0800	<b>Palisa Anderson's Water Heart Food</b>	Third Culture Cooks	Palisa meets up with two old friends - fellow second-generation Thais Ari Walpole and Mahalia Barnes. They visit the Sydney Fish Market, and cook some delicious Thai-inspired recipes.	AUSTRALIA	English-100	RPT	G	Y
2021-09-22	0830	<b>Destination Flavour Japan</b>	Destination Flavour - Japan Series 1 Ep 10	Adam Liaw travels to Okinawa, the island home of his favourite Japanese cuisine, is made up of an eclectic assortment of unique dishes, and where the locals love to sing and dance.	AUSTRALIA	English-85; Japanese-15	RPT	G	Y
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2021-09-22	1100	<b>The Cook Up with Adam Liaw</b>	Biscuits	Food icon, writer and presenter Pamela Clark and owner of Andy Bowdy Pastry, Andrew Bowden, join host Adam Liaw in The Cook Up kitchen to share their favourite biscuit recipes.	AUSTRALIA	English-100	RPT	PG	
2021-09-22	1130	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 7	Food blogger, Jo Whitton, joins Helen in the kitchen to share a unique and mouth watering dessert recipe for pumpkin bownie pudding. Helen shares a way to make sausage rolls gluten free.	AUSTRALIA	English-99; Greek-1	RPT	PG	
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2021-09-22	1300	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 57	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	G	
2021-09-22	1330	<b>Donal's Kitchen Hero</b>	Portmagee Set Dancing Festival	Donal heads for the Portmagee Set Dancing Festival in Co Kerry where he prepares jerk chicken with mango salsa, and a pavlova for dessert, leaving himself a little time to join in the set dancing.	IRELAND	English-100	RPT	G	
2021-09-22	1400	<b>Rachel Khoo: My Swedish Kitchen</b>	Festive Ending, A	Rachel prepares cold crayfish and serves it with warm crayfish soup and a cheese pie. For dessert, she makes a classic Swedish cheese cake, served warm with whipped cream and jam.	UNITED KINGDOM	English-100	RPT	PG	
2021-09-22	1430	<b>Bonacini's Italy</b>	Emilia Romagna	Michael delves into the Italian region of Emilia-Romagna to discover its iconic cuisine. He starts with mortadella mousse spread on fluffy Modena flatbreads, and tortellini in broth.	CANADA	English-100	RPT	G	
2021-09-22	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Cyril's Delicatessen in Sydney, and world class cheeses from Exton, Tasmania.	AUSTRALIA	English-100	RPT	G	
2021-09-22	1530	<b>Lidia's Kitchen</b>	Best Of Zucchini	Lidia prepares here favourite zucchini recipes - zucchini sauteed with garlic, anchovies and capers, fried zucchini, orecchiette with clams and zucchini, and sweet-and-sour zucchini.	USA	English-100	RPT	G	
2021-09-22	1600	<b>Barefoot Contessa: Back To Basics</b>	Herbs All Ways	Ina Garten is cooking with her favourite herbs and sharing tips for turning up the flavour. dill, chives, and basil shine in her heirloom tomatoes with herbed ricotta.	USA	English-100	RPT	G	
2021-09-22	1630	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 8	Helen shares the perfect recipe for your next Taco Tuesday. The Mexican theme continues as Helen checks out 'Hotel Jesus' with head chef Matt Lane.	AUSTRALIA	English-99; Greek-1	RPT	G	
2021-09-22	1700	<b>Food Safari</b>	Food Safari Series 4 Episode 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
2021-09-22	1730	<b>The Cook And The Chef</b>	Stephanie Alexander	Stephanie Alexander features as a cook who has influenced not only the way we dine but the way we think about food. Maggie and Simon celebrate Stephanie's contribution to the culinary world.	AUSTRALIA	English-100		G	
2021-09-22	1800	<b>Palisa Anderson's Water Heart Food</b>	On Origins	Palisa meets two well-known Sydney-based chefs - Paul Carmichael and Martin Boetz - to explore how cuisines from different countries can mingle and influence each other.	AUSTRALIA	English-100	RPT	G	Y
2021-09-22	1830	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 58	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	PG	
2021-09-22	1900	<b>The Cook Up with Adam Liaw</b>	White Fish	Tonight, host Adam Liaw, Chaco bar's Keita Abe and Nilgiri's Ajoy Joshi are in The Cook Up kitchen creating dishes that involve a versatile ingredient - white fish.	AUSTRALIA	English-100		PG	
2021-09-22	1930	<b>Giada Entertains</b>	Giada's Dinner Cruise	Giada hosts a sunset dinner party on a boat in the marina. On the menu is paccheri with porcini and pistachio, pan-seared salmon with artichokes and white wine, and beet and burrata salad.	USA	English-100		G	
2021-09-22	2000	<b>Kylie Kwong: Heart And Soul</b>	Shellfish	Kylie's mum taught her to to cook, and her brother judges who does the best noodle stir fry today. Three generations of Kwong women then make some party food.	AUSTRALIA	English-100	RPT	G	Y
2021-09-22	2030	<b>Rick Stein's Taste Of The Sea</b>	Rick Stein's Taste Of The Sea Series 1 Ep 4	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100	RPT	G	
2021-09-22	2100	<b>Rick Stein's Seafood Odyssey</b>	America And Cornwall	Rick begins the next leg of his Seafood Odyssey in Chesapeake Bay, Maryland in America.The area is famous for striped bass or 'one hell of a big, beefy, bouncy fish' as Rick describes it.	UNITED KINGDOM	English-100	RPT	PG	
2021-09-22	2135	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 3	Tonight, Luke heads to the mysterious and serene Ninh Binh. Snail catching and duck calling are all on the agenda in this beautiful country town.	AUSTRALIA	English-100	RPT	G	Y
2021-09-22	2200	<b>The Cook Up with Adam Liaw</b>	White Fish	Tonight, host Adam Liaw, Chaco bar's Keita Abe and Nilgiri's Ajoy Joshi are in The Cook Up kitchen creating dishes that involve a versatile ingredient - white fish.	AUSTRALIA	English-100	RPT	PG	
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2021-09-22	2400	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Cyril's Delicatessen in Sydney, and world class cheeses from Exton, Tasmania.	AUSTRALIA	English-100	RPT	G	
2021-09-22	2430	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 83	Join Ainsley Harriott and his special guests as he hosts another edition of the 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G	
2021-09-22	2520	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
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2021-09-22	2600	<b>Kylie Kwong: Heart And Soul</b>	Shellfish	Kylie's mum taught her to to cook, and her brother judges who does the best noodle stir fry today. Three generations of Kwong women then make some party food.	AUSTRALIA	English-100	RPT	G	Y
2021-09-22	2630	<b>Rick Stein's Taste Of The Sea</b>	Rick Stein's Taste Of The Sea Series 1 Ep 4	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100	RPT	G	
2021-09-22	2700	<b>Rick Stein's Seafood Odyssey</b>	America And Cornwall	Rick begins the next leg of his Seafood Odyssey in Chesapeake Bay, Maryland in America.The area is famous for striped bass or 'one hell of a big, beefy, bouncy fish' as Rick describes it.	UNITED KINGDOM	English-100	RPT	PG	
2021-09-22	2735	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 3	Tonight, Luke heads to the mysterious and serene Ninh Binh. Snail catching and duck calling are all on the agenda in this beautiful country town.	AUSTRALIA	English-100	RPT	G	Y
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2021-09-23	0630	<b>Barefoot Contessa: Back To Basics</b>	Herbs All Ways	Ina Garten is cooking with her favourite herbs and sharing tips for turning up the flavour. dill, chives, and basil shine in her heirloom tomatoes with herbed ricotta.	USA	English-100	RPT	G	
2021-09-23	0700	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 8	Helen shares the perfect recipe for your next Taco Tuesday. The Mexican theme continues as Helen checks out 'Hotel Jesus' with head chef Matt Lane.	AUSTRALIA	English-99; Greek-1	RPT	G	
2021-09-23	0730	<b>Food Safari</b>	Food Safari Series 4 Episode 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
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2021-09-23	1000	<b>Rick Stein's Seafood Odyssey</b>	America And Cornwall	Rick begins the next leg of his Seafood Odyssey in Chesapeake Bay, Maryland in America.The area is famous for striped bass or 'one hell of a big, beefy, bouncy fish' as Rick describes it.	UNITED KINGDOM	English-100	RPT	PG	
2021-09-23	1035	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 3	Tonight, Luke heads to the mysterious and serene Ninh Binh. Snail catching and duck calling are all on the agenda in this beautiful country town.	AUSTRALIA	English-100	RPT	G	Y
2021-09-23	1100	<b>The Cook Up with Adam Liaw</b>	White Fish	Tonight, host Adam Liaw, Chaco bar's Keita Abe and Nilgiri's Ajoy Joshi are in The Cook Up kitchen creating dishes that involve a versatile ingredient - white fish.	AUSTRALIA	English-100	RPT	PG	
2021-09-23	1130	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 8	Helen shares the perfect recipe for your next Taco Tuesday. The Mexican theme continues as Helen checks out 'Hotel Jesus' with head chef Matt Lane.	AUSTRALIA	English-99; Greek-1	RPT	G	
2021-09-23	1200	<b>Food Safari</b>	Food Safari Series 4 Episode 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
2021-09-23	1230	<b>Palisa Anderson's Water Heart Food</b>	On Origins	Palisa meets two well-known Sydney-based chefs - Paul Carmichael and Martin Boetz - to explore how cuisines from different countries can mingle and influence each other.	AUSTRALIA	English-100	RPT	G	Y
2021-09-23	1300	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 58	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	PG	
2021-09-23	1330	<b>Donal's Kitchen Hero</b>	Docklands Festival	Donal sets up his stall at the Docklands Festival in the heart of Dublin city. He prepares blue cheese and beef sliders, home made ketchup, Pad Thai, and salted peanut caramel mud pie.	IRELAND	English-100	RPT	G	
2021-09-23	1400	<b>Sarah Graham Cooks Cape Town</b>	Home After The Move	Things are finally almost unpacked after a big move, and it's time to celebrate with friends. Sarah cooks a sweet potato and coconut milk soup, chicken korma bunny chows, and a chickpea salad.	SOUTH AFRICA	English-100	RPT	G	
2021-09-23	1430	<b>Bonacini's Italy</b>	Calabria	Chef Michael Bonacini explores sweet and spicy dishes hailing from the coastal region of Calabria. For his antipasto, he cooks up a light and refreshing brioche with gelato.	CANADA	English-100	RPT	G	
2021-09-23	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, how to catch and cook octopus, and a visit to a Korean restaurant for cold noodle soup.	AUSTRALIA	English-100	RPT	G	
2021-09-23	1530	<b>Lidia's Kitchen</b>	Bolognese	Lidia prepares a traditional beef and pork ragu - Bologna-style, as well as dandelion greens with almond vinaigrette and ricotta salata.	USA	English-100	RPT	G	
2021-09-23	1600	<b>Donna Hay: Basics To Brilliance</b>	Donna Hay: Basics To Brilliance Series 1	Donna shares her secrets to making the perfect pork belly with the ultimate crackling, together with the lightest and crispiest tempura batter.	AUSTRALIA	English-100	RPT	G	
2021-09-23	1630	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 9	Buying gluten free bread can be tricky and expensive, so Helen shares a recipe to make your own bread at home - the addition of buckwheat and chia makes it high fibre.	AUSTRALIA	English-99; Greek-1	RPT	G	
2021-09-23	1700	<b>Food Safari</b>	Food Safari Series 4 Episode 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
2021-09-23	1730	<b>The Cook And The Chef</b>	Margaret Fulton	Simon and Maggie recreate several Margaet Fulton recipes - the cookery writer of half a century who brought the world to Australian dinner tables.	AUSTRALIA	English-100		G	
2021-09-23	1800	<b>Palisa Anderson's Water Heart Food</b>	Sauce Of It All, The	Palisa visits two well-known Byron-based chefs - Ben Devlin and Jason Saxby - to explore the idea of combining traditional cooking methods with the use of the local ingredients.	AUSTRALIA	English-100	RPT	G	Y
2021-09-23	1830	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 59	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	G	
2021-09-23	1900	<b>The Cook Up with Adam Liaw</b>	Potato	Tonight the owner of Vic's Meats, Anthony Puharich, and LP's Quality Meats Luke Powell join host Adam Liaw to give us their take on the ultimate potato dish to accompany a meal.	AUSTRALIA	English-100		PG	
2021-09-23	1930	<b>Donna Hay Everyday Fresh</b>	Donna Hay Everyday Fresh Series 1 Ep 2	Donna prepares one of her favourite pan recipes, sticky miso chicken roasted on sesame pumpkin, followed by the most amazingly crunchy, cheesy super-green Reuben sandwich.	AUSTRALIA	English-100		PG	
2021-09-23	2000	<b>India Unplated</b>	Gujarat	Celebrate the diversity of Indian cuisine as acclaimed Indian-Australian chefs, Helly Raichura, Adam D'Sylva and Sandeep Pandit present their enticing new food series, India Unplated.	AUSTRALIA	English-100		PG	



2021-09-23	2030	<b>Our Food, Our Family</b>	Algieri Family, The	It's love, war, and meatballs as Michela samples dishes with the Allgieri family in Snowdonia. At a food-filled family reunion in their old Snowdonia farmhouse, Michela unravels a family mystery.	UNITED KINGDOM	English-100	RPT	PG	
2021-09-23	2100	<b>Barefoot Contessa: Back To Basics</b>	Turn Up The Volume	Ina is turning up the volume on flavour, starting with the creamy hummus she pairs with her chunky Israeli vegetable salad. Plus, her chicken marbella (updated) is a dinner party classic made over.	USA	English-100	RPT	PG	
2021-09-23	2130	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 4	Luke reaches the bustling city of Hanoi where he gives a how-to guide on the vibrant street food scene. Visiting Ms Hong, he helps prepare a Hanoi favourite, Bun Cha.	AUSTRALIA	English-100	RPT	G	Y
2021-09-23	2200	<b>The Cook Up with Adam Liaw</b>	Potato	Tonight the owner of Vic's Meats, Anthony Puharich, and LP's Quality Meats Luke Powell join host Adam Liaw to give us their take on the ultimate potato dish to accompany a meal.	AUSTRALIA	English-100	RPT	PG	
2021-09-23	2230	<b>The Cook And The Chef</b>	Margaret Fulton	Simon and Maggie recreate several Margaet Fulton recipes - the cookery writer of half a century who brought the world to Australian dinner tables.	AUSTRALIA	English-100	RPT	G	
2021-09-23	2300	<b>Palisa Anderson's Water Heart Food</b>	Sauce Of It All, The	Palisa visits two well-known Byron-based chefs - Ben Devlin and Jason Saxby - to explore the idea of combining traditional cooking methods with the use of the local ingredients.	AUSTRALIA	English-100	RPT	G	Y
2021-09-23	2330	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 59	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	G	
2021-09-23	2400	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, how to catch and cook octopus, and a visit to a Korean restaurant for cold noodle soup.	AUSTRALIA	English-100	RPT	G	
2021-09-23	2430	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 84	Join Ainsley Harriott and his special guests as he hosts another edition of the 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G	
2021-09-23	2520	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 4	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2021-09-23	2530	<b>Donna Hay Everyday Fresh</b>	Donna Hay Everyday Fresh Series 1 Ep 2	Donna prepares one of her favourite pan recipes, sticky miso chicken roasted on sesame pumpkin, followed by the most amazingly crunchy, cheesy super-green Reuben sandwich.	AUSTRALIA	English-100	RPT	PG	
2021-09-23	2600	<b>India Unplated</b>	Gujarat	Celebrate the diversity of Indian cuisine as acclaimed Indian-Australian chefs, Helly Raichura, Adam D'Sylva and Sandeep Pandit present their enticing new food series, India Unplated.	AUSTRALIA	English-100	RPT	PG	
2021-09-23	2630	<b>Our Food, Our Family</b>	Algieri Family, The	It's love, war, and meatballs as Michela samples dishes with the Allgieri family in Snowdonia. At a food-filled family reunion in their old Snowdonia farmhouse, Michela unravels a family mystery.	UNITED KINGDOM	English-100	RPT	PG	
2021-09-23	2700	<b>Barefoot Contessa: Back To Basics</b>	Turn Up The Volume	Ina is turning up the volume on flavour, starting with the creamy hummus she pairs with her chunky Israeli vegetable salad. Plus, her chicken marbella (updated) is a dinner party classic made over.	USA	English-100	RPT	PG	
2021-09-23	2730	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 4	Luke reaches the bustling city of Hanoi where he gives a how-to guide on the vibrant street food scene. Visiting Ms Hong, he helps prepare a Hanoi favourite, Bun Cha.	AUSTRALIA	English-100	RPT	G	Y
2021-09-23	2800	<b>Donal's Kitchen Hero</b>	Docklands Festival	Donal sets up his stall at the Docklands Festival in the heart of Dublin city. He prepares blue cheese and beef sliders, home made ketchup, Pad Thai, and salted peanut caramel mud pie.	IRELAND	English-100	RPT	G	
2021-09-23	2830	<b>Sarah Graham Cooks Cape Town</b>	Home After The Move	Things are finally almost unpacked after a big move, and it's time to celebrate with friends. Sarah cooks a sweet potato and coconut milk soup, chicken korma bunny chows, and a chickpea salad.	SOUTH AFRICA	English-100	RPT	G	
2021-09-24	0500	<b>Bonacini's Italy</b>	Calabria	Chef Michael Bonacini explores sweet and spicy dishes hailing from the coastal region of Calabria. For his antipasto, he cooks up a light and refreshing brioche with gelato.	CANADA	English-100	RPT	G	
2021-09-24	0530	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, how to catch and cook octopus, and a visit to a Korean restaurant for cold noodle soup.	AUSTRALIA	English-100	RPT	G	
2021-09-24	0600	<b>Lidia's Kitchen</b>	Bolognese	Lidia prepares a traditional beef and pork ragu - Bologna-style, as well as dandelion greens with almond vinaigrette and ricotta salata.	USA	English-100	RPT	G	
2021-09-24	0630	<b>Donna Hay: Basics To Brilliance</b>	Donna Hay: Basics To Brilliance Series 1	Donna shares her secrets to making the perfect pork belly with the ultimate crackling, together with the lightest and crispiest tempura batter.	AUSTRALIA	English-100	RPT	G	

2021-09-24	0700	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 9	Buying gluten free bread can be tricky and expensive, so Helen shares a recipe to make your own bread at home - the addition of buckwheat and chia makes it high fibre.	AUSTRALIA	English-99; Greek-1	RPT	G	
2021-09-24	0730	<b>Food Safari</b>	Food Safari Series 4 Episode 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
2021-09-24	0800	<b>Palisa Anderson's Water Heart Food</b>	Sauce Of It All, The	Palisa visits two well-known Byron-based chefs - Ben Devlin and Jason Saxby - to explore the idea of combining traditional cooking methods with the use of the local ingredients.	AUSTRALIA	English-100	RPT	G	Y
2021-09-24	0830	<b>Donna Hay Everyday Fresh</b>	Donna Hay Everyday Fresh Series 1 Ep 2	Donna prepares one of her favourite pan recipes, sticky miso chicken roasted on sesame pumpkin, followed by the most amazingly crunchy, cheesy super-green Reuben sandwich.	AUSTRALIA	English-100	RPT	PG	
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2021-09-24	1030	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 4	Luke reaches the bustling city of Hanoi where he gives a how-to guide on the vibrant street food scene. Visiting Ms Hong, he helps prepare a Hanoi favourite, Bun Cha.	AUSTRALIA	English-100	RPT	G	Y
2021-09-24	1100	<b>The Cook Up with Adam Liaw</b>	Potato	Tonight the owner of Vic's Meats, Anthony Puharich, and LP's Quality Meats Luke Powell join host Adam Liaw to give us their take on the ultimate potato dish to accompany a meal.	AUSTRALIA	English-100	RPT	PG	
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2021-09-24	1300	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 59	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	G	
2021-09-24	1330	<b>Donal's Kitchen Hero</b>	Sheridans Food Fair	Donal visits Sheridans Cheesemongers' fourth Irish food festival at their Virginia Road Station headquarters in Co Meath where he is one of the judges at the Brown Bread competition.	IRELAND	English-100	RPT	G	
2021-09-24	1400	<b>Sarah Graham Cooks Cape Town</b>	Trafford's Early Supper Visit	Sarah's husband is away on a business trip, so a group of family friends and their children are coming over to have an early supper.	SOUTH AFRICA	English-100	RPT	G	
2021-09-24	1430	<b>Bonacini's Italy</b>	Lombardy	Full of luxurious treats, the northern Italian region of Lombardy offers rich and delicious cuisine. Chef Michael Bonacini prepares stuffed squash blossoms with a creamy parmesan filling.	CANADA	English-100	RPT	G	
2021-09-24	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, diving for abalone, and a visit to Maggie Beer in South Australia.	AUSTRALIA	English-100	RPT	G	
2021-09-24	1530	<b>Lidia's Kitchen</b>	Italian Cakes	Lidia shares her favourite Italian cake recipes - Gianduia cake made from hazelnuts and chocolate, chocolate and zucchini cake, and walnut and espresso cake.	USA	English-100	RPT	G	
2021-09-24	1600	<b>Donna Hay: Basics To Brilliance</b>	Donna Hay: Basics To Brilliance Series 1	Donna shows us how to perfect an irresistible slow-cooked beef brisket, along with a versatile Asian chilli jam and a delicious light and fluffy meringue.	AUSTRALIA	English-100	RPT	G	
2021-09-24	1630	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 10	Love cake but have no time to bake? Helen has a one-minute chocolate cake that you can prepare in a cup. Food blogger and salad queen Ronnit Hoppe from Balaboosta also shares a recipe.	AUSTRALIA	English-99; Greek-1	RPT	G	



2021-09-24	1700	<b>Food Safari</b>	Food Safari Series 4 Episode 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
2021-09-24	1730	<b>The Cook And The Chef</b>	Restaurant And Mietta, The	Maggie and Simon celebrate the era of 'Grand cuisine'. The 1970's and 80's heralded a renaissance in Australian restaurant culture, heavily influenced by French 'Haute or Grand cuisine'.	AUSTRALIA	English-100		G	
2021-09-24	1800	<b>Palisa Anderson's Water Heart Food</b>	Cooking Country	In Thailand, foraging for wild ingredients and living off what the land provides is a big part of the way people live. In Byron, Indigenous woman Arabella Douglas forages for native ingredients.	AUSTRALIA	English-100	RPT	PG	Y
2021-09-24	1830	<b>Come Dine With Me UK</b>	Come Dine With Me UK Series 15 Ep 60	Every week five strangers take it in turns to throw a dinner party. The guests are secretly scoring the host and at the end of the week the top-scoring host wins a cash prize of one thousand pounds.	UNITED KINGDOM	English-100	RPT	G	
2021-09-24	1900	<b>The Cook Up with Adam Liaw</b>	Seaweed	Triple J's Linda Marigliano and owner of Kitchen by Mike, Mike McEnearney, join host Adam Liaw in The Cook Up kitchen to whip up some seaweed wonders.	AUSTRALIA	English-100		PG	
2021-09-24	1930	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 8	After months of training it's time for Digger to shine at a local dog competition. To welcome the start of summer, Paul hosts a cricket match at RCA to celebrate the start of summer.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-09-24	2030	<b>Jamie's Chef</b>	Jamie's Chef Series 1 Ep 2	Thasanee visits the Essex pub and meets the locals. Here she comes to the realisation that her dream Thai restaurant might fail if there is not enough support from the residents.	UNITED KINGDOM	English-100			
2021-09-24	2130	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 5	Continuing his journey in the bustling city of Hanoi, Luke is up bright and early to cook one of Vietnam's most famous dishes, Pho Bo. Later, he learns how rice paper is made.	AUSTRALIA	English-100	RPT	G	Y
2021-09-24	2200	<b>The Cook Up with Adam Liaw</b>	Seaweed	Triple J's Linda Marigliano and owner of Kitchen by Mike, Mike McEnearney, join host Adam Liaw in The Cook Up kitchen to whip up some seaweed wonders.	AUSTRALIA	English-100	RPT	PG	
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2021-09-24	2430	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 85	Join Ainsley Harriott and his special guests as he hosts another edition of the 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G	
2021-09-24	2520	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 5	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
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2021-09-25	0530	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, diving for abalone, and a visit to Maggie Beer in South Australia.	AUSTRALIA	English-100	RPT	G	
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2021-09-25	0630	<b>Donna Hay: Basics To Brilliance</b>	Donna Hay: Basics To Brilliance Series 1	Donna shows us how to perfect an irresistible slow-cooked beef brisket, along with a versatile Asian chilli jam and a delicious light and fluffy meringue.	AUSTRALIA	English-100	RPT	G	
2021-09-25	0700	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 10	Love cake but have no time to bake? Helen has a one-minute chocolate cake that you can prepare in a cup. Food blogger and salad queen Ronnit Hoppe from Balaboosta also shares a recipe.	AUSTRALIA	English-99; Greek-1	RPT	G	
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2021-09-25	1100	<b>The Cook Up with Adam Liaw</b>	Seaweed	Triple J's Linda Marigliano and owner of Kitchen by Mike, Mike McEnearney, join host Adam Liaw in The Cook Up kitchen to whip up some seaweed wonders.		English-100	RPT	PG	
2021-09-25	1130	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 10	Love cake but have no time to bake? Helen has a one-minute chocolate cake that you can prepare in a cup. Food blogger and salad queen Ronnit Hoppe from Balaboosta also shares a recipe.	AUSTRALIA	English-99; Greek-1	RPT	G	
2021-09-25	1200	<b>Food Safari</b>	Food Safari Series 4 Episode 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
2021-09-25	1230	<b>Palisa Anderson's Water Heart Food</b>	Cooking Country	In Thailand, foraging for wild ingredients and living off what the land provides is a big part of the way people live. In Byron, Indigenous woman Arabella Douglas forages for native ingredients.	AUSTRALIA	English-100	RPT	PG	Y
2021-09-25	1300	<b>Lidia's Kitchen</b>	Acidity	Lidia prepares red cabbage and bacon salad with a warm bacon and balsamic vinegar dressing, chicken in vinegar sauce, and savoy cabbage and potatoes with garlic.	USA	English-100	RPT	G	
2021-09-25	1330	<b>Nadia's Family Feasts</b>	Nadia's Family Feasts Series 1 Ep 3	Nadia Sawalha is joined in the kitchen by chef Zoe Adjonyoh, and together they prepare a family feast from Africa, including Ghanaian-spiced chicken kebabs and peanut butter stew.	UNITED KINGDOM	English-100	RPT	G	
2021-09-25	1425	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 1	Poh and Co. invites you into the always delicious world of acclaimed cook, artist and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-09-25	1430	<b>Rhodes Across Italy</b>	Emilia-Romagna	Gary Rhodes travels to Emilia-Romagna - the culinary capital of Italy and the home of Parma ham, Parmesan cheese and much more, on the latest leg of his grand tour of Italian regional cuisines.	UNITED KINGDOM	English-100	RPT	G	
2021-09-25	1525	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 2	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-09-25	1530	<b>No Passport Required</b>	Los Angeles	Marcus Samuelsson arrives in sunny Los Angeles to meet with Armenians influencing the city's food scene.	USA	English-100	RPT	PG	
2021-09-25	1630	<b>Jonathan Phang's Gourmet Express</b>	Penang To Bangkok	In George Town, the historic capital of the Malaysian state of Penang, Jonathan explores a Sunday morning market and ends up buying a 100 year-old egg which he eats back on the train.	UNITED KINGDOM	English-100	RPT	G	Y
2021-09-25	1725	<b>Destination Flavour Bitesize</b>	Destination Flavour Bitesize Series 1 Ep 9	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



2021-09-25	1730	<b>Delia's How To Cook</b>	Bread	Delia revives the art of home baking with a programme devoted to flour. According to Delia, it takes less time to make a loaf of wholemeal bread than it does to drive to the supermarket.	UNITED KINGDOM	English-100	RPT	G	
2021-09-25	1800	<b>Cheese Slices</b>	Cheeses Of Netherlands	The Netherlands is the second largest exporter of cheese in Europe after France, yet it is famous for just two cheeses, Edam and Gouda, and Will is eager to sample them both.	AUSTRALIA	English-100	RPT	G	
2021-09-25	1830	<b>Cheese Slices</b>	Farmstead Cheeses Of Northern California	Artisan and hand made farmhouse cheeses have been at the forefront of a growing consumer backlash against mass produced foods in the USA. Will travels to Northern California to find out more.	AUSTRALIA	English-100	RPT	G	
2021-09-25	1900	<b>Born To Cook: Jack Stein Down Under</b>	Born To Cook: Jack Stein Down Under Series 2	The tropical climate of Australia's Northwest lends itself to a whole variety of interesting ingredients, as Jack finds out on his visit to the sea with Indigenous guide Bart Pigram.	AUSTRALIA	English-100	RPT	PG	
2021-09-25	1930	<b>Hairy Bikers' Asian Adventure</b>	Thailand - Bangkok And The Central Plains	They say it's impossible to eat badly in Thailand and the Hairy Bikers discover why. They are in Bangkok and Thailand's central plains, where much of the familiar Thai cuisine originates.	UNITED KINGDOM	English-100	RPT	G	Y
2021-09-25	2035	<b>Ainsley's Food We Love</b>	Forgotten Classics	Ainsley is in the kitchen as he is inspired by the great retro dishes of the past. He starts his Forgotten Classics menu with a sumptuous minced beef, potato, and onion pie served with buttery greens.	UNITED KINGDOM	English-100		PG	
2021-09-25	2130	<b>Anthony Bourdain: Parts Unknown</b>	Sicily	The Sicilian way of life puts a premium on savouring family, life, and food. Tony travels in search of those foods and their producers as he eats his way around the island.	USA	English-100		M	
2021-09-25	2225	<b>Destination Flavour Bitesize</b>	Destination Flavour Bitesize Series 1 Ep 10	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
2021-09-25	2230	<b>Anthony Bourdain: Parts Unknown</b>	Detroit	Few cities have experienced such a dramatic economic rise and fall as Detroit. In this episode, Tony explores the past, present and future of the Motor City.	USA	English-100		M	
2021-09-25	2325	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 9	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	PG	Y
2021-09-25	2330	<b>Rhodes Across Italy</b>	Emilia-Romagna	Gary Rhodes travels to Emilia-Romagna - the culinary capital of Italy and the home of Parma ham, Parmesan cheese and much more, on the latest leg of his grand tour of Italian regional cuisines.	UNITED KINGDOM	English-100	RPT	G	
2021-09-25	2425	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 2	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-09-25	2430	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 86	Join Ainsley Harriott and his special guests as he hosts another edition of the 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	PG	
2021-09-25	2520	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 6	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2021-09-25	2530	<b>No Passport Required</b>	Los Angeles	Marcus Samuelsson arrives in sunny Los Angeles to meet with Armenians influencing the city's food scene.	USA	English-100	RPT	PG	
2021-09-25	2630	<b>Jonathan Phang's Gourmet Express</b>	Penang To Bangkok	In George Town, the historic capital of the Malaysian state of Penang, Jonathan explores a Sunday morning market and ends up buying a 100 year-old egg which he eats back on the train.	UNITED KINGDOM	English-100	RPT	G	Y
2021-09-25	2725	<b>Destination Flavour Bitesize</b>	Destination Flavour Bitesize Series 1 Ep 9	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
2021-09-25	2730	<b>Cheese Slices</b>	Cheeses Of Netherlands	The Netherlands is the second largest exporter of cheese in Europe after France, yet it is famous for just two cheeses, Edam and Gouda, and Will is eager to sample them both.	AUSTRALIA	English-100	RPT	G	
2021-09-25	2800	<b>Cheese Slices</b>	Farmstead Cheeses Of Northern California	Artisan and hand made farmhouse cheeses have been at the forefront of a growing consumer backlash against mass produced foods in the USA. Will travels to Northern California to find out more.	AUSTRALIA	English-100	RPT	G	
2021-09-25	2830	<b>Born To Cook: Jack Stein Down Under</b>	Born To Cook: Jack Stein Down Under Series 2	The tropical climate of Australia's Northwest lends itself to a whole variety of interesting ingredients, as Jack finds out on his visit to the sea with Indigenous guide Bart Pigram.	AUSTRALIA	English-100	RPT	PG	