



WEEK 41: Sunday, 3 October - Saturday, 9 October 2021 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2021-10-03	0500	<b>Born To Cook: Jack Stein Down Under</b>	Born To Cook: Jack Stein Down Under Series 2	Jack spends time with a local farming family to help them with their fruit picking, earning himself a key ingredient for Watermelon Nahm Jim, an incredible side-dish recipe.	AUSTRALIA	English-100	RPT	G		
2021-10-03	0530	<b>Nadia's Family Feasts</b>	Nadia's Family Feasts Series 1 Ep 4	Nadia Sawalha is joined in the kitchen by chef Jeremy Pang, and together they prepare a family feast from China, including prawn toasts with smacked cucumber, and claypot chicken.	UNITED KINGDOM	English-100	RPT	G		
2021-10-03	0625	<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
2021-10-03	0630	<b>No Passport Required</b>	Philadelphia	Marcus Samuelsson heads to Philadelphia, where he meets new friends and old, and learns more about the city's Italian food scene.	USA	English-100	RPT	PG	Y	
2021-10-03	0735	<b>Ainsley's Food We Love</b>	Ainsley's Food We Love Series 1 Ep 4	Ainsley is inspired by the great dishes of the school canteen. He starts off with a sumptuous shepherd's pie with minted peas. Pussycat Doll Kimberly Wyatt joins him for a cheese and bean tortilla.	UNITED KINGDOM	English-100	RPT	PG		
2021-10-03	0830	<b>Anthony Bourdain: Parts Unknown</b>	Las Vegas	Tony travels to Las Vegas, a city known for over-indulgence, with food author Michael Ruhlman, and visits locales that include Huntridge Tavern and famed 'e' restaurant by chef Jose Andres.	USA	English-100	RPT	PG		
2021-10-03	0925	<b>Poh &amp; Co. Bitesize</b>	Family	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G		Y
2021-10-03	0930	<b>Anthony Bourdain: Parts Unknown</b>	Punjab	Tony explores the ever-changing state of Punjab - one of the most beautiful and relatively unknown areas of India. Punjab is the Sikh Holy Land and is also India's agricultural breadbasket.	USA	English-100	RPT	PG	Y	
2021-10-03	1025	<b>Poh &amp; Co. Bitesize</b>	Community	Welcome to the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G		Y
2021-10-03	1030	<b>Rhodes Across Italy</b>	Liguria	Gary Rhodes travels to the northern region of Piedmont on the latest leg of his Italian culinary grand tour. Piedmont is the truffle capital of Italy and Gary cooks a white truffle risotto.	UNITED KINGDOM	English-100	RPT	G		
2021-10-03	1125	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 8	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
2021-10-03	1130	<b>No Passport Required</b>	Philadelphia	Marcus Samuelsson heads to Philadelphia, where he meets new friends and old, and learns more about the city's Italian food scene.	USA	English-100	RPT	PG	Y	
2021-10-03	1235	<b>Jonathan Phang's Gourmet Express</b>	English Journeys, The	Jonathan takes the British Pullman to Whitstable in Kent and faces his phobia for oysters. He goes foraging on the beach with 'fine food forager' Lucia Jackson and cooks a gourmet dinner.	UNITED KINGDOM	English-100	RPT	G		Y
2021-10-03	1330	<b>Cheese Slices</b>	Twins Of The Mediterranean: Corsica And Sardinia	Despite being close neighbours, these two large islands in the Mediterranean have distinctly different cheese traditions.	AUSTRALIA	English-100	RPT	G		
2021-10-03	1400	<b>The Cook Up with Adam Liaw</b>	Lamb Cutlets	Host Adam Liaw is joined by food writer Tori Haschka and head chef at One & Only Wolgan Valley, James Viles, to whip up some lamb cutlet favourites in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG		
2021-10-03	1430	<b>The Cook Up with Adam Liaw</b>	Culture Clash	The Lebanese Plate's Lina Jebile and MasterChef alumni Kylie Millar join host Adam Liaw in The Cook Up kitchen as they create some traditional favourites with a difference.	AUSTRALIA	English-100	RPT	PG		
2021-10-03	1500	<b>The Cook Up with Adam Liaw</b>	Malaysian	In The Cook Up kitchen, host Adam Liaw is joined by owner and head chef of Ho Jiak, Junda Khoo, and style editor at Delicious magazine, Kristen Jenkins, as they tap into the south-east Asian cuisine.	AUSTRALIA	English-100	RPT	PG		
2021-10-03	1530	<b>The Cook Up with Adam Liaw</b>	Liqueur	The Cook Up host Adam Liaw is joined in The Cook Up kitchen by Italian home cook Silvia Colloca and restaurateur and owner of Nel, Nelly Robinson, as they make dishes by adding alcohol!	AUSTRALIA	English-100	RPT	PG		
2021-10-03	1600	<b>The Cook Up with Adam Liaw</b>	Rice	Filipino chef and owner of Sydney restaurant Cebu Lechon, Will Mahusay, and MasterChef alumni Hoda Hannaway catch up with host Adam Liaw in The Cook Up kitchen to create some easy rice dishes.	AUSTRALIA	English-100	RPT	PG		

2021-10-03	1630	<b>The Cook And The Chef</b>	Old Favourites	Maggie and Simon bring back some Old Favourites and, of course, reveal secrets that take your cooking to another level. Inspired by tradition and a gift of a pot from his Mum.	AUSTRALIA	English-100		G	
2021-10-03	1700	<b>The Cook And The Chef</b>	Winter Comfort Food	It's time to shake off the winter blues with a serve of piping hot comfort food. This mid-winter episode dishes up some warming, homely treats - and reveals why Simon still bears the mental scars.	AUSTRALIA	English-100		G	
2021-10-03	1730	<b>The Cook And The Chef</b>	Citrus	Citrus is often considered a basic ingredient, but Simon and Maggie are convinced that it deserves more of a starring role in our kitchens so this week they give it its place in the sun.	AUSTRALIA	English-100		PG	
2021-10-03	1800	<b>Kylie Kwong: Heart And Soul</b>	Egg	Kylie has been invited to a delicious outdoor lunch by the sea, the only catch is she has to cook.	AUSTRALIA	English-100	RPT	G	Y
2021-10-03	1830	<b>Our Food, Our Family</b>	Blytt-Jorden Family, The	Michela Chiappa is on the stunning Gower coast to meet and eat with an unexpected community of newcomers to the area. The Blytt-Jordens are three generations of Norwegians who have moved there.	UNITED KINGDOM	English-100	RPT	G	
2021-10-03	1900	<b>India Unplated</b>	Assam	This episode includes Adam's duck and bamboo shoot curry, a delicious teatime snack by Helly called Kardoi, and finally Boot Baja (mixed stir fry lentils) with Aloo pitika by Sandeep.	AUSTRALIA	English-100		PG	Y
2021-10-03	1930	<b>Weekend Breaks With Gregg Wallace</b>	Amsterdam	Over the course of three action packed days Gregg Wallace explores the Dutch capital while staying on its famous canals.	UNITED KINGDOM	English-100	RPT	G	
2021-10-03	2025	<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
2021-10-03	2030	<b>Rick Stein's Far Eastern Odyssey</b>	Cambodia And Vietnam	One of Britain's most revered chefs, Rick Stein sets off on an epic culinary journey to explore the Far East's most diverse food cultures.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-10-03	2140	<b>Anthony Bourdain: Parts Unknown</b>	Lyon	Tony accompanies world-renowned chef and restaurateur Daniel Boulud as they travel back to Daniel's hometown of Lyon, France for a once-in-a-lifetime pilgrimage of the city's rich food culture.	USA	English-100		PG	Y
2021-10-03	2235	<b>Anthony Bourdain: Parts Unknown</b>	Mexico	Tony travels to Mexico City, Oaxaca, and Cuernavaca to meet those who fight for the food, the art, and the lives they believe in.	USA	English-100		PG	Y
2021-10-03	2330	<b>Our Food, Our Family</b>	Blytt-Jorden Family, The	Michela Chiappa is on the stunning Gower coast to meet and eat with an unexpected community of newcomers to the area. The Blytt-Jordens are three generations of Norwegians who have moved there.	UNITED KINGDOM	English-100	RPT	G	
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2021-10-04	1330	<b>Donal's Kitchen Hero</b>	Christmas Special	Donal visits Rovaniemi in Finland, the official home of Santa Claus to make some homemade edible gifts - fudge, Florentines, gingerbread - and gives them to Santa Claus to deliver.	IRELAND	English-100	RPT	G	
2021-10-04	1400	<b>Sarah Graham Cooks Cape Town</b>	Moyo At Spier	Sarah visits Moyo, a popular African Cuisine experience at Spier Wine Farm near Stellenbosch. Sarah shares some of her own recipes and learns to make two of the signature Moyo dishes.	SOUTH AFRICA	English-100	RPT	G	
2021-10-04	1430	<b>Let's Brunch</b>	Champagne Brunch	Champagne, lobster, and homemade scones, oh my! Host Vanessa Gianfrancesco cooks up an indulgent and luxurious brunch that's perfect for those fabulous mid-mornings.	CANADA	English-100	RPT	G	
2021-10-04	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, a visit to Pantacchini's, burek pasties, and meeting an Irish butcher.	AUSTRALIA	English-100	RPT	G	
2021-10-04	1530	<b>Lidia's Kitchen</b>	Lidia's Kitchen Series 5 Ep 6	Soups are a part of any Italian celebration, and Americans love pairing them with a salad and sandwich. Lidia combines the best of both with a unique Italian-style menu of soup, salad, and bruschetta.	USA	English-100	RPT	PG	
2021-10-04	1600	<b>Donna Hay: Basics To Brilliance</b>	Donna Hay: Basics To Brilliance Series 1	Donna teaches us her recipe for a delicious slow-roasted lamb shoulder, along with the easiest spelt dough you'll ever make, and a velvety smooth dark chocolate ganache.	AUSTRALIA	English-100	RPT	G	
2021-10-04	1630	<b>Middle East Feast With Shane Delia</b>	Israeli	Israel has a diverse food culture, with a strong connection to Mediterranean flavours. Shane is joined in the kitchen by guest Ehud Malka and offers up an entire feast of brilliant Israeli cuisine.	AUSTRALIA	English-100	RPT	G	
2021-10-04	1700	<b>Food Safari</b>	Malaysian	Maeve O'Meara takes you on a journey within your very own kitchen and makes the exotic familiar. In tonight's episode, Maeve explores the spicy world of Malaysian food.	AUSTRALIA	English-100	RPT	G	Y
2021-10-04	1730	<b>The Cook And The Chef</b>	Lebanese Food	Maggie and Simon tip their hats to the magical Mediterranean flavours of Lebanese cuisine. Pomegranate, lemon juice, pine nuts, olives and walnuts are just some of the fresh ingredients employed.	AUSTRALIA	English-100		G	
2021-10-04	1800	<b>Nigella Bites</b>	Slow Cook Weekend	Nigella Lawson turns her hand to slow-cook recipes that take little preparation, ideal for anyone wanting to rustle up a weekend dinner party.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-04	1830	<b>Nigella Bites</b>	Suppertime	Nigella Lawson offers ideas for amateur cooks wanting to impress their friends with professional-looking suppertime specialities that satisfy the tastebuds.	UNITED KINGDOM	English-100	RPT	G	Y

2021-10-04	1900	<b>The Cook Up with Adam Liaw</b>	Bacon	Recipe developer Breda Fenn and Maitre d' of Momofuku Seibo, Kylie Javier Ashton, come by The Cook Up kitchen to whip up their favourite bacon dishes with host Adam Liaw.	AUSTRALIA	English-100		PG		
2021-10-04	1930	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Jamie & Jimmy's Food Fight Club Series 5 Ep 8	British Olympic champion Tom Daley dives straight into his cooking lesson in the cafe. Throughout years of training, his guilty pleasure on the weekend is a Chinese takeaway.	UNITED KINGDOM	English-100		PG		
2021-10-04	2030	<b>Rick Stein's Taste Of The Sea</b>	Rick Stein's Taste Of The Sea Series 1 Ep 6	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100	RPT	PG		
2021-10-04	2100	<b>Rick Stein's Seafood Odyssey</b>	America And Yorkshire	Rick Stein has enjoyed his Seafood Odyssey, but as it draws to a close it's time for reflection. He is in America for the final leg, sharing barbecued seafood such as fried soft shell crab.	UNITED KINGDOM	English-100	RPT	PG		
2021-10-04	2135	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 1	Chef Luke Nguyen takes a culinary journey across the Greater Mekong region of Southeast Asia. Luke explores the cultures and centuries-old traditions of Yunnan Province.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-10-04	2205	<b>The Cook Up with Adam Liaw</b>	Bacon	Recipe developer Breda Fenn and Maitre d' of Momofuku Seibo, Kylie Javier Ashton, come by The Cook Up kitchen to whip up their favourite bacon dishes with host Adam Liaw.	AUSTRALIA	English-100	RPT	PG		
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2021-10-04	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, a visit to Pantacchini's, burek pasties, and meeting an Irish butcher.	AUSTRALIA	English-100	RPT	G		
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2021-10-04	2730	<b>Sarah Graham Cooks Cape Town</b>	Moyo At Spier	Sarah visits Moyo, a popular African Cuisine experience at Spier Wine Farm near Stellenbosch. Sarah shares some of her own recipes and learns to make two of the signature Moyo dishes.	SOUTH AFRICA	English-100	RPT	G		
2021-10-04	2800	<b>Let's Brunch</b>	Champagne Brunch	Champagne, lobster, and homemade scones, oh my! Host Vanessa Gianfrancesco cooks up an indulgent and luxurious brunch that's perfect for those fabulous mid-mornings.	CANADA	English-100	RPT	G		
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2021-10-05	0530	<b>Donna Hay: Basics To Brilliance</b>	Donna Hay: Basics To Brilliance Series 1	Donna teaches us her recipe for a delicious slow-roasted lamb shoulder, along with the easiest spelt dough you'll ever make, and a velvety smooth dark chocolate ganache.	AUSTRALIA	English-100	RPT	G		
2021-10-05	0600	<b>Middle East Feast With Shane Delia</b>	Israeli	Israel has a diverse food culture, with a strong connection to Mediterranean flavours. Shane is joined in the kitchen by guest Ehud Malka and offers up an entire feast of brilliant Israeli cuisine.	AUSTRALIA	English-100	RPT	G		
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2021-10-05	1135	<b>Donna Hay: Basics To Brilliance</b>	Donna Hay: Basics To Brilliance Series 1	Donna teaches us her recipe for a delicious slow-roasted lamb shoulder, along with the easiest spelt dough you'll ever make, and a velvety smooth dark chocolate ganache.	AUSTRALIA	English-100	RPT	G		
2021-10-05	1205	<b>Middle East Feast With Shane Delia</b>	Israeli	Israel has a diverse food culture, with a strong connection to Mediterranean flavours. Shane is joined in the kitchen by guest Ehud Malka and offers up an entire feast of brilliant Israeli cuisine.	AUSTRALIA	English-100	RPT	G		
2021-10-05	1230	<b>Nigella Bites</b>	Slow Cook Weekend	Nigella Lawson turns her hand to slow-cook recipes that take little preparation, ideal for anyone wanting to rustle up a weekend dinner party.	UNITED KINGDOM	English-100	RPT	G		Y
2021-10-05	1300	<b>Nigella Bites</b>	Suppertime	Nigella Lawson offers ideas for amateur cooks wanting to impress their friends with professional-looking supptime specialities that satisfy the tastebuds.	UNITED KINGDOM	English-100	RPT	G		Y
2021-10-05	1330	<b>Donal's Kitchen Hero</b>	Donal's Kitchen Hero Series 4 Ep 1	On Muckross Traditional Farms Donal learns how to milk a cow by hand, taught by 70-year-old farmer Neily Cahill who began milking his family's cows when he was just 7 years old.	IRELAND	English-100	RPT	G		
2021-10-05	1400	<b>Sarah Graham Cooks Cape Town</b>	Ishay Govender	Saran and Ishay Govender prepare a lunch for fellow foodie blogger friends, featuring family recipes with global influences.	SOUTH AFRICA	English-100	RPT	G		
2021-10-05	1430	<b>Let's Brunch</b>	Pick Up Your Brunch	Skip the utensils and gather round for chef Vanessa's pick-up-your-brunch party, featuring sticky pull-apart praline bread and an extra cheesy Monte Cristo sandwich.	CANADA	English-100	RPT	G		
2021-10-05	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, a visit to the Adelaide Central Markets, and traditional Lebanese homestyle cooking.	AUSTRALIA	English-100	RPT	G		
2021-10-05	1530	<b>Lidia's Kitchen</b>	Lidia's Kitchen Series 5 Ep 7	When a holiday or special occasion rolls around, it's time to go above and beyond with an extra special feast. Lidia shares some of her best recipes to do just that.	USA	English-100	RPT	PG		
2021-10-05	1600	<b>Secret Meat Business</b>	Secret Meat Business Series 2 Ep 1	Aussie chef Adrian Richardson generally knows all there is to know about meat - how to choose it, cut it, cook it and eat it. Today Adrian looks at Beef Wellington.	AUSTRALIA	English-100	RPT	G		
2021-10-05	1630	<b>Middle East Feast With Shane Delia</b>	Freshly Baked	Nothing says Middle Eastern hospitality like fresh pastries do. Shane and special guest Haikal Raji offer their best dough and bread recipes, the heart and soul of Middle Eastern food culture.	AUSTRALIA	English-100	RPT	G		
2021-10-05	1700	<b>Food Safari</b>	Portuguese	Maeve O'Meara takes you on a journey within your very own kitchen and makes the exotic familiar. In tonight's episode, Maeve explores the world of Portuguese food.	AUSTRALIA	English-100	RPT	G		Y
2021-10-05	1730	<b>The Cook And The Chef</b>	Barossa, The	The Barossa Valley is one of many regions in Australia where migrants have created a unique regional food culture. This program celebrates the Barossa.	AUSTRALIA	English-100	RPT	G		
2021-10-05	1800	<b>Nigella Bites</b>	Rainy Days	Nigella Lawson rolls back the rain clouds with her foul-weather recipes, conjuring up elaborate, time-consuming creations, including chocolate cloud cake.	UNITED KINGDOM	English-100	RPT	G		Y
2021-10-05	1830	<b>Nigella Bites</b>	Party Girl	Nigella has found a way of providing good food while still enjoying the party. She shares her recipes for a velvety dip, some cheese, toasted nuts and BBQ chicken.	UNITED KINGDOM	English-100	RPT	G		Y

2021-10-05	1900	<b>The Cook Up with Adam Liaw</b>	Off The Grill	The Cook Up Kitchen plays host to Adam Liaw, Indigenous chef and TV presenter Mark Olive and New Zealand native chef Marcus Poa as they create some amazing dishes coming off the grill!	AUSTRALIA	English-100		PG		
2021-10-05	1930	<b>Giada Entertains</b>	Baby Shower Brunch	Giada hosts an elegant baby shower and brunch for her young Aunt Carolyn, who is like a little sister to Giada. The gorgeous and festive menu reflects the happy occasion.	USA	English-100		PG		
2021-10-05	2000	<b>David Rocco's Dolce Africa</b>	Pole Pole Zanzibar	David journeys off the beaten path in Zanzibar to the small fishing village of Jambiani, where the motto is 'pole-pole' or 'slowly-slowly,' and the people are warm and inviting.	CANADA	English-100		PG		
2021-10-05	2030	<b>Remarkable Places To Eat</b>	New Forest	Fred Sirieix heads to The New Forest with former greengrocer Chris Bavin as his guide. Chris spent many a happy family holiday camping in the forest as a child and is a huge fan of the area.	UNITED KINGDOM	English-100	RPT	PG		
2021-10-05	2135	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 2	Luke discovers the unique flavours and culinary traditions of the Bai and Yai people in the historic Chinese towns of Dali and Shaxi. There, Luke experiences the best fishing of his life.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-10-05	2205	<b>The Cook Up with Adam Liaw</b>	Off The Grill	The Cook Up Kitchen plays host to Adam Liaw, Indigenous chef and TV presenter Mark Olive and New Zealand native chef Marcus Poa as they create some amazing dishes coming off the grill!	AUSTRALIA	English-100	RPT	PG		
2021-10-05	2235	<b>The Cook And The Chef</b>	Barossa, The	The Barossa Valley is one of many regions in Australia where migrants have created a unique regional food culture. This program celebrates the Barossa.	AUSTRALIA	English-100	RPT	G		
2021-10-05	2305	<b>Nigella Bites</b>	Rainy Days	Nigella Lawson rolls back the rain clouds with her foul-weather recipes, conjuring up elaborate, time-consuming creations, including chocolate cloud cake.	UNITED KINGDOM	English-100	RPT	G		Y
2021-10-05	2330	<b>Nigella Bites</b>	Party Girl	Nigella has found a way of providing good food while still enjoying the party. She shares her recipes for a velvety dip, some cheese, toasted nuts and BBQ chicken.	UNITED KINGDOM	English-100	RPT	G		Y
2021-10-05	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, a visit to the Adelaide Central Markets, and traditional Lebanese homestyle cooking.	AUSTRALIA	English-100	RPT	G		
2021-10-05	2430	<b>Giada Entertains</b>	Baby Shower Brunch	Giada hosts an elegant baby shower and brunch for her young Aunt Carolyn, who is like a little sister to Giada. The gorgeous and festive menu reflects the happy occasion.	USA	English-100	RPT	PG		
2021-10-05	2500	<b>David Rocco's Dolce Africa</b>	Pole Pole Zanzibar	David journeys off the beaten path in Zanzibar to the small fishing village of Jambiani, where the motto is 'pole-pole' or 'slowly-slowly,' and the people are warm and inviting.	CANADA	English-100	RPT	PG		
2021-10-05	2530	<b>Remarkable Places To Eat</b>	New Forest	Fred Sirieix heads to The New Forest with former greengrocer Chris Bavin as his guide. Chris spent many a happy family holiday camping in the forest as a child and is a huge fan of the area.	UNITED KINGDOM	English-100	RPT	PG		
2021-10-05	2635	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 2	Luke discovers the unique flavours and culinary traditions of the Bai and Yai people in the historic Chinese towns of Dali and Shaxi. There, Luke experiences the best fishing of his life.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-10-05	2705	<b>Donal's Kitchen Hero</b>	Donal's Kitchen Hero Series 4 Ep 1	On Muckross Traditional Farms Donal learns how to milk a cow by hand, taught by 70-year-old farmer Neily Cahill who began milking his family's cows when he was just 7 years old.	IRELAND	English-100	RPT	G		
2021-10-05	2735	<b>Sarah Graham Cooks Cape Town</b>	Ishay Govender	Saran and Ishay Govender prepare a lunch for fellow foodie blogger friends, featuring family recipes with global influences.	SOUTH AFRICA	English-100	RPT	G		
2021-10-05	2800	<b>Let's Brunch</b>	Pick Up Your Brunch	Skip the utensils and gather round for chef Vanessa's pick-up-your-brunch party, featuring sticky pull-apart praline bread and an extra cheesy Monte Cristo sandwich.	CANADA	English-100	RPT	G		
2021-10-05	2830	<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, a visit to the Adelaide Central Markets, and traditional Lebanese homestyle cooking.	AUSTRALIA	English-100	RPT	G		
2021-10-06	0500	<b>Lidia's Kitchen</b>	Lidia's Kitchen Series 5 Ep 7	When a holiday or special occasion rolls around, it's time to go above and beyond with an extra special feast. Lidia shares some of her best recipes to do just that.	USA	English-100	RPT	PG		
2021-10-06	0530	<b>Secret Meat Business</b>	Secret Meat Business Series 2 Ep 1	Aussie chef Adrian Richardson generally knows all there is to know about meat - how to choose it, cut it, cook it and eat it. Today Adrian looks at Beef Wellington.	AUSTRALIA	English-100	RPT	G		
2021-10-06	0600	<b>Middle East Feast With Shane Delia</b>	Freshly Baked	Nothing says Middle Eastern hospitality like fresh pastries do. Shane and special guest Haikal Raji offer their best dough and bread recipes, the heart and soul of Middle Eastern food culture.	AUSTRALIA	English-100	RPT	G		
2021-10-06	0630	<b>Food Safari</b>	Portuguese	Maeve O'Meara takes you on a journey within your very own kitchen and makes the exotic familiar. In tonight's episode, Maeve explores the world of Portuguese food.	AUSTRALIA	English-100	RPT	G		Y

2021-10-06	0700	<b>The Cook And The Chef</b>	Barossa, The	The Barossa Valley is one of many regions in Australia where migrants have created a unique regional food culture. This program celebrates the Barossa.	AUSTRALIA	English-100	RPT	G		
2021-10-06	0730	<b>Nigella Bites</b>	Rainy Days	Nigella Lawson rolls back the rain clouds with her foul-weather recipes, conjuring up elaborate, time-consuming creations, including chocolate cloud cake.	UNITED KINGDOM	English-100	RPT	G		Y
2021-10-06	0800	<b>Nigella Bites</b>	Party Girl	Nigella has found a way of providing good food while still enjoying the party. She shares her recipes for a velvety dip, some cheese, toasted nuts and BBQ chicken.	UNITED KINGDOM	English-100	RPT	G		Y
2021-10-06	0830	<b>Giada Entertains</b>	Baby Shower Brunch	Giada hosts an elegant baby shower and brunch for her young Aunt Carolyn, who is like a little sister to Giada. The gorgeous and festive menu reflects the happy occasion.	USA	English-100	RPT	PG		
2021-10-06	0900	<b>David Rocco's Dolce Africa</b>	Pole Pole Zanzibar	David journeys off the beaten path in Zanzibar to the small fishing village of Jambiani, where the motto is 'pole-pole' or 'slowly-slowly,' and the people are warm and inviting.	CANADA	English-100	RPT	PG		
2021-10-06	0930	<b>Remarkable Places To Eat</b>	New Forest	Fred Sirieix heads to The New Forest with former greengrocer Chris Bavin as his guide. Chris spent many a happy family holiday camping in the forest as a child and is a huge fan of the area.	UNITED KINGDOM	English-100	RPT	PG		
2021-10-06	1035	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 2	Luke discovers the unique flavours and culinary traditions of the Bai and Yai people in the historic Chinese towns of Dali and Shaxi. There, Luke experiences the best fishing of his life.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-10-06	1105	<b>The Cook Up with Adam Liaw</b>	Off The Grill	The Cook Up Kitchen plays host to Adam Liaw, Indigenous chef and TV presenter Mark Olive and New Zealand native chef Marcus Poa as they create some amazing dishes coming off the grill!	AUSTRALIA	English-100	RPT	PG		
2021-10-06	1135	<b>Secret Meat Business</b>	Secret Meat Business Series 2 Ep 1	Aussie chef Adrian Richardson generally knows all there is to know about meat - how to choose it, cut it, cook it and eat it. Today Adrian looks at Beef Wellington.	AUSTRALIA	English-100	RPT	G		
2021-10-06	1200	<b>Middle East Feast With Shane Delia</b>	Freshly Baked	Nothing says Middle Eastern hospitality like fresh pastries do. Shane and special guest Haikal Raji offer their best dough and bread recipes, the heart and soul of Middle Eastern food culture.	AUSTRALIA	English-100	RPT	G		
2021-10-06	1230	<b>Nigella Bites</b>	Rainy Days	Nigella Lawson rolls back the rain clouds with her foul-weather recipes, conjuring up elaborate, time-consuming creations, including chocolate cloud cake.	UNITED KINGDOM	English-100	RPT	G		Y
2021-10-06	1300	<b>Nigella Bites</b>	Party Girl	Nigella has found a way of providing good food while still enjoying the party. She shares her recipes for a velvety dip, some cheese, toasted nuts and BBQ chicken.	UNITED KINGDOM	English-100	RPT	G		Y
2021-10-06	1330	<b>Donal's Kitchen Hero</b>	Donal's Kitchen Hero Series 4 Ep 2	Donal meets Brenda Costigan, who had a cookery slot on RTE's magazine programme 'Live At Three' for 12 years. Brenda makes Donal her famous chocolate bakewell cheesecake.	IRELAND	English-100	RPT	G		
2021-10-06	1400	<b>Sarah Graham Cooks Cape Town</b>	Home Alone	Sarah is at home for a quiet evening with the kitchen all to herself, so it's time to make her favourites - fish cakes, and slow cooked chicken. She also gets ahead on some baking.	SOUTH AFRICA	English-100	RPT	G		
2021-10-06	1430	<b>Let's Brunch</b>	Up All Night Brunch	Have you been up all night? There's a brunch for that! Host Vanessa Gianfrancesco cooks up four decadent recipes including an indulgent breakfast poutine and chocolate-stuffed French toast.	CANADA	English-100	RPT	G		
2021-10-06	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, the Overlander Steak House in Alice Springs, and handmade Indian sweets.	AUSTRALIA	English-100	RPT	G		
2021-10-06	1530	<b>Lidia's Kitchen</b>	Lidia's Kitchen Series 5 Ep 8	Lidia loves a good roast. It brings out unimaginable flavours and the aromas. Lidia serves up a roast pork shoulder with rice-stuffed red onions.	USA	English-100	RPT	PG		
2021-10-06	1600	<b>Secret Meat Business</b>	Secret Meat Business Series 2 Ep 2	This episode, chef Adrian Richardson pays homage to his time spent as a child in Malaysia, preparing succulent Kelantan-style grilled chicken.	AUSTRALIA	English-100	RPT	G		
2021-10-06	1630	<b>Middle East Feast With Shane Delia</b>	Comfort Food	Tom Sarafian joins host Shane Delia in the kitchen to focus on the best of slow-cooked comfort food, and Shane gives the secrets to his impressive slow-roasted lamb shoulder.	AUSTRALIA	English-100	RPT	G		
2021-10-06	1700	<b>Food Safari</b>	Vietnamese	The fresh and healthy world of Vietnamese food contains dishes that are both balanced in flavour and good for the body and the soul.	AUSTRALIA	English-100	RPT	G		Y
2021-10-06	1730	<b>The Cook And The Chef</b>	Old Food	Maggie and Simon cook up some ancient grains and take a good look at the 'Slow Food' movement, just what's needed to rustle up a warm and comforting Winter menu.	AUSTRALIA	English-100		G		
2021-10-06	1800	<b>Nigella Bites</b>	Yellow	In the first program of the new series, Nigella Lawson turns her attention to the apparently humble lemon, with happiness soup, and slow-roasted garlic and lemon chicken.	UNITED KINGDOM	English-100	RPT	G		Y

2021-10-06	1830	<b>Nigella Bites</b>	Black	Nigella Lawson gives us her personal take on Italian food, from the classic pasta with mussels, through black rice and squid rings to her Anglo-Italian trifle.	UNITED KINGDOM	English-100	RPT	G		Y
2021-10-06	1900	<b>The Cook Up with Adam Liaw</b>	Go To Dish	The Cook Up host Adam Liaw invites Chuuka restaurant's Chase Kojima and owner of Monish Cakes, Monica Cavallaro, into the kitchen to replicate their go-to dishes.	AUSTRALIA	English-100			PG	
2021-10-06	1930	<b>License To Grill</b>	License To Grill Series 5 Ep 1	It's Friday night and Rob is having a party! He cooks grilled rib steak, barbequed chicken, scallops with roasted red capsicum sauce, grilled potatoes and carrots, and a fresh rocket salad.	CANADA	English-100				
2021-10-06	2000	<b>License To Grill</b>	License To Grill Series 5 Ep 2	Rob gives his friends a wake up call with a big barbeque brunch. He cooks moked back bacon, breakfast frittatas, smoked salmon, a morning cocktail, and asparagus with bacon and egg pastries.	CANADA	English-100				
2021-10-06	2030	<b>Tom Kerridge's Barbeque</b>	Tom Kerridge's Barbeque Series 1 Ep 1	Tom Kerridge shows us that your barbeque can be used for some of the finest meals you will ever eat. He cooks an incredible cote de boeuf with coal cooked potatoes and blue cheese sauce.	UNITED KINGDOM	English-100				
2021-10-06	2100	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 1	Food Safari returns in a blaze of glory to explore how diverse cultures across the world cook with fire. Maeve O'Meara travels across Australia to meet with chefs and grilling experts.	AUSTRALIA	English-100	RPT	G		Y
2021-10-06	2130	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 3	Travelling in China's Yunnan Province, chef Luke Nguyen reaches the fabled town of Lijiang where the nightlife reigns and a Naxi 'aunty' teaches Luke how to cook a local speciality.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-10-06	2200	<b>The Cook Up with Adam Liaw</b>	Go To Dish	The Cook Up host Adam Liaw invites Chuuka restaurant's Chase Kojima and owner of Monish Cakes, Monica Cavallaro, into the kitchen to replicate their go-to dishes.	AUSTRALIA	English-100	RPT		PG	
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2021-10-06	2330	<b>Nigella Bites</b>	Black	Nigella Lawson gives us her personal take on Italian food, from the classic pasta with mussels, through black rice and squid rings to her Anglo-Italian trifle.	UNITED KINGDOM	English-100	RPT	G		Y
2021-10-06	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, the Overlander Steak House in Alice Springs, and handmade Indian sweets.	AUSTRALIA	English-100	RPT	G		
2021-10-06	2430	<b>License To Grill</b>	License To Grill Series 5 Ep 1	It's Friday night and Rob is having a party! He cooks grilled rib steak, barbequed chicken, scallops with roasted red capsicum sauce, grilled potatoes and carrots, and a fresh rocket salad.	CANADA	English-100	RPT			
2021-10-06	2500	<b>License To Grill</b>	License To Grill Series 5 Ep 2	Rob gives his friends a wake up call with a big barbeque brunch. He cooks moked back bacon, breakfast frittatas, smoked salmon, a morning cocktail, and asparagus with bacon and egg pastries.	CANADA	English-100	RPT			
2021-10-06	2530	<b>Tom Kerridge's Barbeque</b>	Tom Kerridge's Barbeque Series 1 Ep 1	Tom Kerridge shows us that your barbeque can be used for some of the finest meals you will ever eat. He cooks an incredible cote de boeuf with coal cooked potatoes and blue cheese sauce.	UNITED KINGDOM	English-100	RPT			
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2021-10-07	0500	<b>Lidia's Kitchen</b>	Lidia's Kitchen Series 5 Ep 8	Lidia loves a good roast. It brings out unimaginable flavours and the aromas. Lidia serves up a roast pork shoulder with rice-stuffed red onions.	USA	English-100	RPT		PG	



2021-10-07	0530	<b>Secret Meat Business</b>	Secret Meat Business Series 2 Ep 2	This episode, chef Adrian Richardson pays homage to his time spent as a child in Malaysia, preparing succulent Kelantan-style grilled chicken.	AUSTRALIA	English-100	RPT	G		
2021-10-07	0600	<b>Middle East Feast With Shane Delia</b>	Comfort Food	Tom Sarafian joins host Shane Delia in the kitchen to focus on the best of slow-cooked comfort food, and Shane gives the secrets to his impressive slow-roasted lamb shoulder.	AUSTRALIA	English-100	RPT	G		
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2021-10-07	0730	<b>Nigella Bites</b>	Yellow	In the first program of the new series, Nigella Lawson turns her attention to the apparently humble lemon, with happiness soup, and slow-roasted garlic and lemon chicken.	UNITED KINGDOM	English-100	RPT	G		Y
2021-10-07	0800	<b>Nigella Bites</b>	Black	Nigella Lawson gives us her personal take on Italian food, from the classic pasta with mussels, through black rice and squid rings to her Anglo-Italian trifle.	UNITED KINGDOM	English-100	RPT	G		Y
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2021-10-07	1000	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 1	Food Safari returns in a blaze of glory to explore how diverse cultures across the world cook with fire. Maeve O'Meara travels across Australia to meet with chefs and grilling experts.	AUSTRALIA	English-100	RPT	G		Y
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2021-10-07	1230	<b>Nigella Bites</b>	Yellow	In the first program of the new series, Nigella Lawson turns her attention to the apparently humble lemon, with happiness soup, and slow-roasted garlic and lemon chicken.	UNITED KINGDOM	English-100	RPT	G		Y
2021-10-07	1300	<b>Nigella Bites</b>	Black	Nigella Lawson gives us her personal take on Italian food, from the classic pasta with mussels, through black rice and squid rings to her Anglo-Italian trifle.	UNITED KINGDOM	English-100	RPT	G		Y
2021-10-07	1330	<b>Donal's Kitchen Hero</b>	Donal's Kitchen Hero Series 4 Ep 3	On Muckcross Traditional Farms, Donal learns how to make butter and uses it to make honey scones.	IRELAND	English-100	RPT	G		
2021-10-07	1400	<b>Sarah Graham Cooks Cape Town</b>	Stellenbosch	Rob's Aunt Sue and Uncle Chris are renowned for their annual potjie and paella New Year Cook Offs. The competition is fierce and the results delicious.	SOUTH AFRICA	English-100	RPT	G		
2021-10-07	1430	<b>Let's Brunch</b>	French Brunch	Inspired by the flaky, buttery, and rich dishes of France, host Vanessa Gianfrancesco cooks up four classic French recipes that'll have you saying ooh la la!	CANADA	English-100	RPT	G		
2021-10-07	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Ep 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce Australia has to offer. In this episode, yabby farming, and a French Patisserie in Kings Cross.	AUSTRALIA	English-100	RPT	G		Y
2021-10-07	1530	<b>Lidia's Kitchen</b>	Lidia's Kitchen Series 5 Ep 9	Simple recipes are a must for weeknight dinners. Lidia shares some of her favourite weeknight dinner ideas including sausage crostini made of sweet Italian sausage and topped with Taleggio cheese.	USA	English-100	RPT	PG		
2021-10-07	1600	<b>Secret Meat Business</b>	Secret Meat Business Series 2 Ep 3	This episode, chef Adrian Richardson shows us the versatility of cooking with rabbit, serving up his succulent sweet braised rabbit ragu.	AUSTRALIA	English-100	RPT	G		

2021-10-07	1630	<b>Middle East Feast With Shane Delia</b>	Bbq	Using cooking methods that have been perfected over time, Shane brings beautiful smoky flavours to some prawns, and Emir Ukur joins in with his recipe for the most famous Middle Eastern dish, kebab.	AUSTRALIA	English-100	RPT	G		
2021-10-07	1700	<b>Food Safari</b>	Indian	Maeve O'Meara ventures into the colourful and spicy world of Indian food, displaying how to make some fabulous 10-minute dishes as well as the secrets of great curries.	AUSTRALIA	English-100	RPT	G		Y
2021-10-07	1730	<b>The Cook And The Chef</b>	Pubs	When the British first arrived here they brought the idea of public hotels - or 'pubs' - with them, and they've been a prominent feature of the Australian landscape ever since.	AUSTRALIA	English-100		G		
2021-10-07	1800	<b>Nigella Bites</b>	Pink	Nigella Lawson takes a nostalgic look back at food we all associate with an idyllic summer: strawberries and cream. Nigella also cooks unlikely combinations to set taste buds tingling.	UNITED KINGDOM	English-100	RPT	G		Y
2021-10-07	1830	<b>Nigella Bites</b>	White	With her bag packed with some very special appliances, Nigella Lawson heads to the seaside for a bit of curry, hotcakes, passion (fruit) and rolls with her guests.	UNITED KINGDOM	English-100	RPT	G		Y
2021-10-07	1900	<b>The Cook Up with Adam Liaw</b>	Pub Favourite	Comedian Mikey Robins and Marque restaurant owner Mark Best join host Adam Liaw in The Cook Up kitchen to share their take on some favourite Aussie pub favourites.	AUSTRALIA	English-100		PG		
2021-10-07	1930	<b>Donna Hay Everyday Fresh</b>	Donna Hay Everyday Fresh Series 1 Ep 4	Donna prepares a brown rice nasi goreng omelette - a super-flavoured weeknight dinner made all in one pan. She also shares her up-flavoured version of bolognese with the spicy kick of chorizo.	AUSTRALIA	English-100		PG		
2021-10-07	2000	<b>India Unplated</b>	Bengal	West Bengal is known for its delicious desserts and seafood and Bengali cuisine prides itself on its flavours and regional produce. The hosts prepare their favourite Bengali dishes.	AUSTRALIA	English-100		PG		
2021-10-07	2030	<b>Adam &amp; Poh's Malaysia In Australia</b>	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				
2021-10-07	2100	<b>Barefoot Contessa: Back To Basics</b>	Spicy	Some like it hot, so Ina serves up some of her favourite spicy dishes. She starts with an exotic lamb and chickpea curry made with a fragrant mix of spices, and her lobster corn fritters.	USA	English-100		G		
2021-10-07	2130	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 4	Continuing through China, Luke journeys to Xishuangbana, where China meets Southeast Asia, to experience Dai culture and cuisines and try the acquired tastes of the tea horse trail.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-10-07	2200	<b>The Cook Up with Adam Liaw</b>	Pub Favourite	Comedian Mikey Robins and Marque restaurant owner Mark Best join host Adam Liaw in The Cook Up kitchen to share their take on some favourite Aussie pub favourites.	AUSTRALIA	English-100	RPT	PG		
2021-10-07	2230	<b>The Cook And The Chef</b>	Pubs	When the British first arrived here they brought the idea of public hotels - or 'pubs' - with them, and they've been a prominent feature of the Australian landscape ever since.	AUSTRALIA	English-100	RPT	G		
2021-10-07	2300	<b>Nigella Bites</b>	Pink	Nigella Lawson takes a nostalgic look back at food we all associate with an idyllic summer: strawberries and cream. Nigella also cooks unlikely combinations to set taste buds tingling.	UNITED KINGDOM	English-100	RPT	G		Y
2021-10-07	2330	<b>Nigella Bites</b>	White	With her bag packed with some very special appliances, Nigella Lawson heads to the seaside for a bit of curry, hotcakes, passion (fruit) and rolls with her guests.	UNITED KINGDOM	English-100	RPT	G		Y
2021-10-07	2400	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Ep 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce Australia has to offer. In this episode, yabby farming, and a French Patisserie in Kings Cross.	AUSTRALIA	English-100	RPT	G		Y
2021-10-07	2430	<b>Donna Hay Everyday Fresh</b>	Donna Hay Everyday Fresh Series 1 Ep 4	Donna prepares a brown rice nasi goreng omelette - a super-flavoured weeknight dinner made all in one pan. She also shares her up-flavoured version of bolognese with the spicy kick of chorizo.	AUSTRALIA	English-100	RPT	PG		
2021-10-07	2500	<b>India Unplated</b>	Bengal	West Bengal is known for its delicious desserts and seafood and Bengali cuisine prides itself on its flavours and regional produce. The hosts prepare their favourite Bengali dishes.	AUSTRALIA	English-100	RPT	PG		
2021-10-07	2530	<b>Adam &amp; Poh's Malaysia In Australia</b>	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	RPT			
2021-10-07	2600	<b>Barefoot Contessa: Back To Basics</b>	Spicy	Some like it hot, so Ina serves up some of her favourite spicy dishes. She starts with an exotic lamb and chickpea curry made with a fragrant mix of spices, and her lobster corn fritters.	USA	English-100	RPT	G		
2021-10-07	2630	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 4	Continuing through China, Luke journeys to Xishuangbana, where China meets Southeast Asia, to experience Dai culture and cuisines and try the acquired tastes of the tea horse trail.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-10-07	2700	<b>Donal's Kitchen Hero</b>	Donal's Kitchen Hero Series 4 Ep 3	On Muckross Traditional Farms, Donal learns how to make butter and uses it to make honey scones.	IRELAND	English-100	RPT	G		

2021-10-07	2730	<b>Sarah Graham Cooks Cape Town</b>	Stellenbosch	Rob's Aunt Sue and Uncle Chris are renowned for their annual potjie and paella New Year Cook Offs. The competition is fierce and the results delicious.	SOUTH AFRICA	English-100	RPT	G		
2021-10-07	2800	<b>Let's Brunch</b>	French Brunch	Inspired by the flaky, buttery, and rich dishes of France, host Vanessa Gianfrancesco cooks up four classic French recipes that'll have you saying ooh la la!	CANADA	English-100	RPT	G		
2021-10-07	2830	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Ep 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce Australia has to offer. In this episode, yabby farming, and a French Patisserie in Kings Cross.	AUSTRALIA	English-100	RPT	G		Y
2021-10-08	0500	<b>Lidia's Kitchen</b>	Lidia's Kitchen Series 5 Ep 9	Simple recipes are a must for weeknight dinners. Lidia shares some of her favourite weeknight dinner ideas including sausage crostini made of sweet Italian sausage and topped with Taleggio cheese.	USA	English-100	RPT	PG		
2021-10-08	0530	<b>Secret Meat Business</b>	Secret Meat Business Series 2 Ep 3	This episode, chef Adrian Richardson shows us the versatility of cooking with rabbit, serving up his succulent sweet braised rabbit ragu.	AUSTRALIA	English-100	RPT	G		
2021-10-08	0600	<b>Middle East Feast With Shane Delia</b>	Bbq	Using cooking methods that have been perfected over time, Shane brings beautiful smoky flavours to some prawns, and Emir Ukur joins in with his recipe for the most famous Middle Eastern dish, kebab.	AUSTRALIA	English-100	RPT	G		
2021-10-08	0630	<b>Food Safari</b>	Indian	Maeve O'Meara ventures into the colourful and spicy world of Indian food, displaying how to make some fabulous 10-minute dishes as well as the secrets of great curries.	AUSTRALIA	English-100	RPT	G		Y
2021-10-08	0700	<b>The Cook And The Chef</b>	Pubs	When the British first arrived here they brought the idea of public hotels - or 'pubs' - with them, and they've been a prominent feature of the Australian landscape ever since.	AUSTRALIA	English-100	RPT	G		
2021-10-08	0730	<b>Nigella Bites</b>	Pink	Nigella Lawson takes a nostalgic look back at food we all associate with an idyllic summer: strawberries and cream. Nigella also cooks unlikely combinations to set taste buds tingling.	UNITED KINGDOM	English-100	RPT	G		Y
2021-10-08	0800	<b>Nigella Bites</b>	White	With her bag packed with some very special appliances, Nigella Lawson heads to the seaside for a bit of curry, hotcakes, passion (fruit) and rolls with her guests.	UNITED KINGDOM	English-100	RPT	G		Y
2021-10-08	0830	<b>Donna Hay Everyday Fresh</b>	Donna Hay Everyday Fresh Series 1 Ep 4	Donna prepares a brown rice nasi goreng omelette - a super-flavoured weeknight dinner made all in one pan. She also shares her up-flavoured version of bolognese with the spicy kick of chorizo.	AUSTRALIA	English-100	RPT	PG		
2021-10-08	0900	<b>India Unplated</b>	Bengal	West Bengal is known for its delicious desserts and seafood and Bengali cuisine prides itself on its flavours and regional produce. The hosts prepare their favourite Bengali dishes.	AUSTRALIA	English-100	RPT	PG		
2021-10-08	0930	<b>Adam &amp; Poh's Malaysia In Australia</b>	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	RPT			
2021-10-08	1000	<b>Barefoot Contessa: Back To Basics</b>	Spicy	Some like it hot, so Ina serves up some of her favourite spicy dishes. She starts with an exotic lamb and chickpea curry made with a fragrant mix of spices, and her lobster corn fritters.	USA	English-100	RPT	G		
2021-10-08	1030	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 4	Continuing through China, Luke journeys to Xishuangbana, where China meets Southeast Asia, to experience Dai culture and cuisines and try the acquired tastes of the tea horse trail.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-10-08	1100	<b>The Cook Up with Adam Liaw</b>	Pub Favourite	Comedian Mikey Robins and Marque restaurant owner Mark Best join host Adam Liaw in The Cook Up kitchen to share their take on some favourite Aussie pub favourites.	AUSTRALIA	English-100	RPT	PG		
2021-10-08	1130	<b>Secret Meat Business</b>	Secret Meat Business Series 2 Ep 3	This episode, chef Adrian Richardson shows us the versatility of cooking with rabbit, serving up his succulent sweet braised rabbit ragu.	AUSTRALIA	English-100	RPT	G		
2021-10-08	1200	<b>Middle East Feast With Shane Delia</b>	Bbq	Using cooking methods that have been perfected over time, Shane brings beautiful smoky flavours to some prawns, and Emir Ukur joins in with his recipe for the most famous Middle Eastern dish, kebab.	AUSTRALIA	English-100	RPT	G		
2021-10-08	1230	<b>Nigella Bites</b>	Pink	Nigella Lawson takes a nostalgic look back at food we all associate with an idyllic summer: strawberries and cream. Nigella also cooks unlikely combinations to set taste buds tingling.	UNITED KINGDOM	English-100	RPT	G		Y
2021-10-08	1300	<b>Nigella Bites</b>	White	With her bag packed with some very special appliances, Nigella Lawson heads to the seaside for a bit of curry, hotcakes, passion (fruit) and rolls with her guests.	UNITED KINGDOM	English-100	RPT	G		Y
2021-10-08	1330	<b>Donal's Kitchen Hero</b>	Donal's Kitchen Hero Series 4 Ep 4	There has been a Benedictine Abbey at Kylemore since 1919, and one of the Benedictine traditions is extending hospitality to anyone who visits. Donal visits the Abbey and meets Sister Karol.	IRELAND	English-100	RPT	PG		
2021-10-08	1400	<b>Sarah Graham Cooks Cape Town</b>	Saldanha Community Lunch	Sarah designs and cooks with local ingredients for a group of retired fishermen, using fresh fish and vegetables from the community.	SOUTH AFRICA	English-100	RPT	G		

2021-10-08	1430	<b>Let's Brunch</b>	Farmhouse Brunch	Host Vanessa Gianfrancesco cooks up four wholesome and hearty dishes for her farmhouse brunch including sticky chocolate skillet buns and lavender lemonade.	CANADA	English-100	RPT	G	
2021-10-08	1500	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Ep 2	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, the botanical ark in Queensland, and Japanese sashimi with Hideo Dekura.	AUSTRALIA	English-100	RPT	G	Y
2021-10-08	1530	<b>Lidia's Kitchen</b>	Lidia's Kitchen Series 5 Ep 10	Lidia creates a menu that is perfect for an intimate gathering of friends and family. This simple and elegant dinner menu includes swordfish alla Bagnara and spicy Bloody Mary's.	USA	English-100	RPT	PG	
2021-10-08	1600	<b>Secret Meat Business</b>	Secret Meat Business Series 2 Ep 4	Taking a leaf out of his mother-in-law's recipe book, chef Adrian Richardson makes a Dutch recipe for delicious and decadent glazed pork hock marsala.	AUSTRALIA	English-100	RPT	G	
2021-10-08	1630	<b>Middle East Feast With Shane Delia</b>	Meze	Shane is helped in the kitchen by special guests Linda Jones and Joseph Abboud to bring a perfect feast of meze (an assortment of small Middle Eastern dishes) to the table.	AUSTRALIA	English-100	RPT	G	
2021-10-08	1700	<b>Food Safari</b>	Greek	Maeve O'Meara joins chef Peter Conistis in a Greek emporium to find out which olive oil is best to use, how to pick a good fetta cheese, and which herbs and spices to make use of.	AUSTRALIA	English-100	RPT	G	Y
2021-10-08	1730	<b>The Cook And The Chef</b>	Eat Local	One thing Maggie and Simon are unanimous on is that there is nothing quite like the satisfaction of cooking with something you have grown in your own garden.	AUSTRALIA	English-100		G	
2021-10-08	1800	<b>Nigella Bites</b>	Red	It may be getting cool outside but the summer heat is still coming from Nigella Lawson's kitchen. Today, Nigella looks at some ingredients that can keep the temperature high.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-08	1830	<b>Nigella Bites</b>	Brown	Nigella Lawson takes us on a magic carpet ride through the culinary treasure trove of the Middle East. This episode features za'tar chicken with fatoush salad.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-08	1900	<b>The Cook Up with Adam Liaw</b>	Thai	Musician and rocker Jimmy Barnes and his cookbook author wife Jane Barnes are in The Cook Up kitchen whipping up their favourite Thai dishes with host Adam Liaw.	AUSTRALIA	English-100		PG	
2021-10-08	1930	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 2	Paul's spent the last few years planting and growing produce without a long term plan, so he gets important advice on how to transform the farm's future.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-10-08	2030	<b>Jamie's Chef</b>	Jamie's Chef Series 1 Ep 4	Aaron and Nikki eventually open the restaurant to customers. The first evening is a complete disaster with meals taking an hour to come out, bookings being lost and many patrons complaining.	UNITED KINGDOM	English-100		PG	
2021-10-08	2130	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 5	Journeying south to Myanmar, Luke uncovers the little known foods and flavours of the former capital, Yangon. Here he begins his culinary education by learning the art of making Mohinga.	AUSTRALIA	English-100	RPT	G	Y
2021-10-08	2200	<b>The Cook Up with Adam Liaw</b>	Thai	Musician and rocker Jimmy Barnes and his cookbook author wife Jane Barnes are in The Cook Up kitchen whipping up their favourite Thai dishes with host Adam Liaw.	AUSTRALIA	English-100		PG	
2021-10-08	2230	<b>The Cook And The Chef</b>	Eat Local	One thing Maggie and Simon are unanimous on is that there is nothing quite like the satisfaction of cooking with something you have grown in your own garden.	AUSTRALIA	English-100	RPT	G	
2021-10-08	2300	<b>Nigella Bites</b>	Red	It may be getting cool outside but the summer heat is still coming from Nigella Lawson's kitchen. Today, Nigella looks at some ingredients that can keep the temperature high.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-08	2330	<b>Nigella Bites</b>	Brown	Nigella Lawson takes us on a magic carpet ride through the culinary treasure trove of the Middle East. This episode features za'tar chicken with fatoush salad.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-08	2400	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Ep 2	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, the botanical ark in Queensland, and Japanese sashimi with Hideo Dekura.	AUSTRALIA	English-100	RPT	G	Y
2021-10-08	2430	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 2	Paul's spent the last few years planting and growing produce without a long term plan, so he gets important advice on how to transform the farm's future.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-10-08	2530	<b>Jamie's Chef</b>	Jamie's Chef Series 1 Ep 4	Aaron and Nikki eventually open the restaurant to customers. The first evening is a complete disaster with meals taking an hour to come out, bookings being lost and many patrons complaining.	UNITED KINGDOM	English-100	RPT	PG	
2021-10-08	2630	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 5	Journeying south to Myanmar, Luke uncovers the little known foods and flavours of the former capital, Yangon. Here he begins his culinary education by learning the art of making Mohinga.	AUSTRALIA	English-100	RPT	G	Y
2021-10-08	2700	<b>Donal's Kitchen Hero</b>	Donal's Kitchen Hero Series 4 Ep 4	There has been a Benedictine Abbey at Kylemore since 1919, and one of the Benedictine traditions is extending hospitality to anyone who visits. Donal visits the Abbey and meets Sister Karol.	IRELAND	English-100	RPT	PG	
2021-10-08	2730	<b>Sarah Graham Cooks Cape Town</b>	Saldanha Community Lunch	Sarah designs and cooks with local ingredients for a group of retired fishermen, using fresh fish and vegetables from the community.	SOUTH AFRICA	English-100	RPT	G	

2021-10-08	2800	<b>Let's Brunch</b>	Farmhouse Brunch	Host Vanessa Gianfrancesco cooks up four wholesome and hearty dishes for her farmhouse brunch including sticky chocolate skillet buns and lavender lemonade.	CANADA	English-100	RPT	G	
2021-10-08	2830	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Ep 2	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, the botanical ark in Queensland, and Japanese sashimi with Hideo Dekura.	AUSTRALIA	English-100	RPT	G	Y
2021-10-09	0500	<b>Lidia's Kitchen</b>	Lidia's Kitchen Series 5 Ep 10	Lidia creates a menu that is perfect for an intimate gathering of friends and family. This simple and elegant dinner menu includes swordfish alla Bagnara and spicy Bloody Mary's.	USA	English-100	RPT	PG	
2021-10-09	0530	<b>Secret Meat Business</b>	Secret Meat Business Series 2 Ep 4	Taking a leaf out of his mother-in-law's recipe book, chef Adrian Richardson makes a Dutch recipe for delicious and decadent glazed pork hock marsala.	AUSTRALIA	English-100	RPT	G	
2021-10-09	0600	<b>Middle East Feast With Shane Delia</b>	Meze	Shane is helped in the kitchen by special guests Linda Jones and Joseph Abboud to bring a perfect feast of meze (an assortment of small Middle Eastern dishes) to the table.	AUSTRALIA	English-100	RPT	G	
2021-10-09	0630	<b>Food Safari</b>	Greek	Maeve O'Meara joins chef Peter Conistis in a Greek emporium to find out which olive oil is best to use, how to pick a good fetta cheese, and which herbs and spices to make use of.	AUSTRALIA	English-100	RPT	G	Y
2021-10-09	0700	<b>The Cook And The Chef</b>	Eat Local	One thing Maggie and Simon are unanimous on is that there is nothing quite like the satisfaction of cooking with something you have grown in your own garden.	AUSTRALIA	English-100	RPT	G	
2021-10-09	0730	<b>Nigella Bites</b>	Red	It may be getting cool outside but the summer heat is still coming from Nigella Lawson's kitchen. Today, Nigella looks at some ingredients that can keep the temperature high.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-09	0800	<b>Nigella Bites</b>	Brown	Nigella Lawson takes us on a magic carpet ride through the culinary treasure trove of the Middle East. This episode features za'tar chicken with fatoush salad.	UNITED KINGDOM	English-100	RPT	G	Y
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2021-10-09	1030	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 5	Journeying south to Myanmar, Luke uncovers the little known foods and flavours of the former capital, Yangon. Here he begins his culinary education by learning the art of making Mohinga.	AUSTRALIA	English-100	RPT	G	Y
2021-10-09	1100	<b>The Cook Up with Adam Liaw</b>	Thai	Musician and rocker Jimmy Barnes and his cookbook author wife Jane Barnes are in The Cook Up kitchen whipping up their favourite Thai dishes with host Adam Liaw.	AUSTRALIA	English-100	RPT	PG	
2021-10-09	1130	<b>Secret Meat Business</b>	Secret Meat Business Series 2 Ep 4	Taking a leaf out of his mother-in-law's recipe book, chef Adrian Richardson makes a Dutch recipe for delicious and decadent glazed pork hock marsala.	AUSTRALIA	English-100	RPT	G	
2021-10-09	1200	<b>Middle East Feast With Shane Delia</b>	Meze	Shane is helped in the kitchen by special guests Linda Jones and Joseph Abboud to bring a perfect feast of meze (an assortment of small Middle Eastern dishes) to the table.	AUSTRALIA	English-100	RPT	G	
2021-10-09	1230	<b>Nigella Bites</b>	Red	It may be getting cool outside but the summer heat is still coming from Nigella Lawson's kitchen. Today, Nigella looks at some ingredients that can keep the temperature high.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-09	1300	<b>Sarah Graham Cooks Cape Town</b>	Rob's 30th Party	In celebration of husband Rob's 30th Birthday, Sarah collaborates with celebrity chef Neill Anthony to design a dinner party that fuses childhood food nostalgia with gourmet influences.	SOUTH AFRICA	English-100	RPT	G	
2021-10-09	1330	<b>Nadia's Family Feasts</b>	Nadia's Family Feasts Series 1 Ep 5	Nadia Sawalha is joined in the kitchen by Michelin-starred chef Asimakis Chaniotis, and together they prepare a family feast from Greece, including chicken gyros and meatball soup.	UNITED KINGDOM	English-100	RPT	G	
2021-10-09	1425	<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
2021-10-09	1430	<b>Rhodes Across Italy</b>	Piedmont	Gary Rhodes travels to the northern region of Piedmont on the latest leg of his Italian culinary grand tour. He visits Alba's famous truffle fair, before going on a truffle hunt of his own.	UNITED KINGDOM	English-100	RPT	G	
2021-10-09	1525	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 9	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2021-10-09	1530	<b>No Passport Required</b>	Boston	Marcus Samuelsson goes to the greater Boston area to learn more about Portuguese, Brazilian, and Cape Verdean food traditions.	USA	English-100	RPT	PG	Y

2021-10-09	1635	<b>Jonathan Phang's Gourmet Express</b>	Budapest To Vienna	In the final chapter of Jonathan's journey, he starts in Budapest where he meets a TV chef with a modern approach to Hungarian food, then boards the Venice Simplon Orient-Express for Vienna.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2021-10-09	1730	<b>Delia's How To Cook</b>	Pastry	Delia gives an easy first lesson in the art of making pastry with a shortcrust flan and flaky pastry. Demonstrating just how easy it is to create simple but delicious meals, she bakes a smoked fish.	UNITED KINGDOM	English-100	RPT	G		
2021-10-09	1800	<b>Cheese Slices</b>	Cheeses Of Quebec	The Canadian province of Quebec is undergoing a cheese-making revival. Will visits Quebec to find out whether the original French settlers have had any influence on this renaissance.	AUSTRALIA	English-100	RPT	PG		
2021-10-09	1830	<b>Cheese Slices</b>	Ancient Cheese Of Portugal, The	Until recently, Portugal's traditional ewe's milk cheeses were rarely found outside the country. Will travels to the rugged mountains of the north to find out more about the king of Portuguese cheese.	AUSTRALIA	English-100	RPT	G		
2021-10-09	1900	<b>Born To Cook: Jack Stein Down Under</b>	Born To Cook: Jack Stein Down Under Series 2	The Kimberley's coastline ranges over 12,000 kilometres, much of which is inaccessible by land, so local guides take Jack island hopping to find some of the world's most pristine oyster beds.	AUSTRALIA	English-100	RPT	G		
2021-10-09	1930	<b>Hairy Bikers' Asian Adventure</b>	Japan - Tokyo	Japanese is the Hairy Bikers' all-time favourite cuisine and now they're fulfilling a lifetime's ambition to visit this incredible country.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2021-10-09	2035	<b>Ainsley's Food We Love</b>	Ainsley's Food We Love Series 1 Ep 5	Ainsley is in his kitchen where it's time for that Great British tradition - tea! Time to pop the kettle on. Ainsley is joined in the kitchen by actor, singer, and dancer John Partridge.	UNITED KINGDOM	English-100		PG		
2021-10-09	2130	<b>Anthony Bourdain: Parts Unknown</b>	Brazil	Tony heads back to his much-beloved Salvador, Brazil. The city is often considered Brazil's 'capital of happiness' due to the ever-present street festivals and famous Carnival parade.	USA	English-100		PG	Y	
2021-10-09	2225	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 6	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	Y
2021-10-09	2230	<b>Anthony Bourdain: Parts Unknown</b>	Mississippi	Tony seeks to challenge his notions of Mississippi by taking a road trip to meet a wide cast of Mississippians, enjoying the diverse foodways, and embracing the contemporary music world.	USA	English-100		PG		
2021-10-09	2325	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 7	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	Y
2021-10-09	2330	<b>Mystery Diners</b>	Dinner Drama	Peter, owner of Encore Dinner Theatre, fears a relationship between one of his waiters and one of his actresses is affecting customer service.	USA	English-100	RPT	PG	Y	
2021-10-09	2400	<b>Born To Cook: Jack Stein Down Under</b>	Born To Cook: Jack Stein Down Under Series 2	The Kimberley's coastline ranges over 12,000 kilometres, much of which is inaccessible by land, so local guides take Jack island hopping to find some of the world's most pristine oyster beds.	AUSTRALIA	English-100	RPT	G		
2021-10-09	2430	<b>Hairy Bikers' Asian Adventure</b>	Japan - Tokyo	Japanese is the Hairy Bikers' all-time favourite cuisine and now they're fulfilling a lifetime's ambition to visit this incredible country.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2021-10-09	2535	<b>Ainsley's Food We Love</b>	Ainsley's Food We Love Series 1 Ep 5	Ainsley is in his kitchen where it's time for that Great British tradition - tea! Time to pop the kettle on. Ainsley is joined in the kitchen by actor, singer, and dancer John Partridge.	UNITED KINGDOM	English-100	RPT	PG		
2021-10-09	2630	<b>Anthony Bourdain: Parts Unknown</b>	Brazil	Tony heads back to his much-beloved Salvador, Brazil. The city is often considered Brazil's 'capital of happiness' due to the ever-present street festivals and famous Carnival parade.	USA	English-100	RPT	PG	Y	
2021-10-09	2725	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 6	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	Y
2021-10-09	2730	<b>Anthony Bourdain: Parts Unknown</b>	Mississippi	Tony seeks to challenge his notions of Mississippi by taking a road trip to meet a wide cast of Mississippians, enjoying the diverse foodways, and embracing the contemporary music world.	USA	English-100	RPT	PG		
2021-10-09	2825	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 7	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	Y
2021-10-09	2830	<b>Mystery Diners</b>	Dinner Drama	Peter, owner of Encore Dinner Theatre, fears a relationship between one of his waiters and one of his actresses is affecting customer service.	USA	English-100	RPT	PG	Y	