



WEEK 42: Sunday, 11 October - Saturday, 17 October 2020 ALL MARKETS

| Date | Start Time | Title | Episode Title | Digital Epg Synopsis | Country of Origin | Language | Repeat | Classification | Closed Captions |
|------------|------------|---|---|--|-------------------|-------------|--------|----------------|-----------------|
| 2020-10-11 | 0500 | The Cook And The Chef | Just Vegetables | Longer days and a more generous serving of sun - spring has arrived, and it's the perfect time to get into fresh veggies. Maggie and Simon love spring veggies. | AUSTRALIA | English-100 | | G | |
| 2020-10-11 | 0530 | Say It To My Face | Black Olive | Black Olive owner David Chen has recently purchased an Italian restaurant in Lomita, CA that has been around for more than 20 years. | USA | English-100 | | PG | |
| 2020-10-11 | 0630 | Tropical Gourmet: New Caledonia | Isle Of Pines | In The Isle of Pines, Justine prepares pan-fried Mahi Mahi with a bold sweet and sour sauce, and later goes foraging for snails with the help of some of the locals. | AUSTRALIA | English-100 | | PG | |
| 2020-10-11 | 0700 | Tropical Gourmet: New Caledonia | Kanak Traditions | Justine goes exploring to find some exotic local ingredients like inyam, taro, and river prawns. The prawns are simply pan fried with shallots and butter while the inyam goes into a rich octopus stew. | AUSTRALIA | English-100 | | PG | |
| 2020-10-11 | 0730 | Paul Hollywood's Pies And Puds | Paul Hollywood's Pies And Puds Series 1 Ep 5 | Paul Hollywood raises the humble Fish Pie to the highest of luxury he thinks all the best British Pies and Puds deserve - complete with smoked langoustines and saffron. | UNITED KINGDOM | English-100 | | PG | |
| 2020-10-11 | 0830 | The Big Family Cooking Showdown | Big Family Cooking Showdown Series 1, The Ep 5 | The Herbert and the Ayoubis families face a series of challenges, based on the realities of everyday meals, as they cook up their favourite dishes, both in the studio and in their own homes. | UNITED KINGDOM | English-100 | | PG | |
| 2020-10-11 | 0930 | Cheese Slices | India: Indian Paneer And The Chenna Sweets Of West Bengal | Will travels to the old city of Kolkata during the Holi festival to learn about the origins of Paneer and Chennai. | AUSTRALIA | English-100 | | G | |
| 2020-10-11 | 1000 | Cheese Slices | Israel: Israeli Artisan Cheese | Will visits Jerusalem to meet the godfather of Israeli artisan cheese, before visiting cheese makers in Galilee and the Negev desert. | AUSTRALIA | English-100 | | G | |
| 2020-10-11 | 1030 | Inside Heston's World | Series 1 Ep 4 | It's the final lunch service in Melbourne and the Fat Duck's last chance to dazzle the Australian public with a special menu featuring Heston's biggest culinary hits. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2020-10-11 | 1130 | The Hairy Bikers' Food Tour Of Britain | Cornwall | Si and Dave explore Cornwall, where they cook a traditional county favourite at the Eden Project. They go sea fishing for spider crabs and find the only tea plantation in the UK. | UNITED KINGDOM | English-100 | RPT | G | |
| 2020-10-11 | 1230 | The Sweet Life With Elise Strachan | Sweet Life With Elise Strachan Series 1, The Ep 1 | Elise is joined in the kitchen by My Kitchen Rules 2016 winners Tasia and Gracia Seger who put a unique Indonesian spin on the French classic - brulee. | AUSTRALIA | English-100 | | G | |
| 2020-10-11 | 1330 | Tropical Gourmet: New Caledonia | Isle Of Pines | In The Isle of Pines, Justine prepares pan-fried Mahi Mahi with a bold sweet and sour sauce, and later goes foraging for snails with the help of some of the locals. | AUSTRALIA | English-100 | | PG | |
| 2020-10-11 | 1400 | Say It To My Face | Fish And Chip Fiasco | British Ex-Pat Sonny Sehmi and his American wife Sage are struggling after opening a British/Indian Fish and Chips shop. | USA | English-100 | | PG | |
| 2020-10-11 | 1500 | Tropical Gourmet: New Caledonia | Cattle Country | Justine shares a simple yet flavour filled way to cook local prawns, and serves a seriously luxurious venison and foie gras burger. | AUSTRALIA | English-100 | | G | |
| 2020-10-11 | 1530 | Tropical Gourmet: New Caledonia | Tropical Fruits | A whole coral trout is going on the barbecue as Justine prepares lunch by the waters edge. Then Jerome from the Meridian elevates chicken and vegetables to a fine dining standard. | AUSTRALIA | English-100 | | PG | |
| 2020-10-11 | 1600 | The Cook And The Chef | Blondes Have More Fun | Chefs love working with colour and contrast, but Maggie and Simon love a challenge so this week they're going blonde. White asparagus, light coloured meats, garlic, white chocolate, and coconut. | AUSTRALIA | English-100 | | G | |
| 2020-10-11 | 1630 | The Cook And The Chef | Offal | When 'offal' is mentioned most of us think of the internal organs of animals, but the word also refers to anything that is considered worthless or thrown away. | AUSTRALIA | English-100 | | G | |

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|------------|------|---|---|--|----------------|-------------|-----|----|---|
| 2020-10-11 | 1700 | The Cook And The Chef | Moveable Feast, A | It's the middle of spring and the sunshine and longer days are a great excuse for people to get together and enjoy good company and good food. | AUSTRALIA | English-100 | | PG | |
| 2020-10-11 | 1730 | A Cook Abroad | Monica Galetti's France | Monica Galetti steps outside her comfort zone as she swaps her chef's whites for wellies and heads for the Jura Mountains in Eastern France. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-11 | 1835 | Asia Unplated With Diana Chan | South Indian | Diana is joined by restaurateur Sarah Todd who shares her recipe for vindaloo pork ribs topped with Goan bhel, before cooking a vegetarian dish of baked cauliflower with pineapple sansav. | AUSTRALIA | English-100 | | G | |
| 2020-10-11 | 1900 | Bonacini's Italy | Umbria | Charming host Michael Bonacini inspires us to make simple, flavourful dishes from the rustic Italian region, Umbria. | CANADA | English-100 | | G | |
| 2020-10-11 | 1930 | Rick Stein's Spain | Rick Stein's Spain Series 1 Ep 1 | Rick Stein's Spanish journey begins in Galicia where he eats tortillas de patata in the King's favourite restaurant. Next Rick enters the Basque Country. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2020-10-11 | 2035 | Ainsley's Mediterranean Cookbook | Granada | Ainsley is exploring the glorious Mediterranean region of southern Spain and his journey has brought him to the gastronomic hotspot that is Granada, where he's on the Moorish spice. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-11 | 2130 | Gino's Italian Escape | Gino's Italian Escape Series 2 Ep 3 | Italian chef Gino D'Acampo explores the intriguing region of Puglia - a region world famous for its olive oil, where centuries old tradition meets modern day Italy. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-11 | 2200 | Gino's Italian Escape | Gino's Italian Escape Series 2 Ep 4 | Gino D'Acampo's Italian Escape continues in the country's capital. As a chef, Gino has always been inspired by Rome and its cuisine and his first stop is at one of the city's finest delis. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-11 | 2230 | The Sweet Life With Elise Strachan | Sweet Life With Elise Strachan Series 1, The Ep 2 | Ameer El-Issa's presents his famous Middle-Eastern treat knafeh, acclaimed French pastry chef Vincent Gaden showcases chocolate balls three-ways, and Italian chef Paolo Gatto makes a Sicilian bricohe. | AUSTRALIA | English-100 | | G | |
| 2020-10-11 | 2330 | A Cook Abroad | Monica Galetti's France | Monica Galetti steps outside her comfort zone as she swaps her chef's whites for wellies and heads for the Jura Mountains in Eastern France. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-11 | 2435 | Asia Unplated With Diana Chan | South Indian | Diana is joined by restaurateur Sarah Todd who shares her recipe for vindaloo pork ribs topped with Goan bhel, before cooking a vegetarian dish of baked cauliflower with pineapple sansav. | AUSTRALIA | English-100 | | G | |
| 2020-10-11 | 2500 | Bonacini's Italy | Umbria | Charming host Michael Bonacini inspires us to make simple, flavourful dishes from the rustic Italian region, Umbria. | CANADA | English-100 | | G | |
| 2020-10-11 | 2530 | Rick Stein's Spain | Rick Stein's Spain Series 1 Ep 1 | Rick Stein's Spanish journey begins in Galicia where he eats tortillas de patata in the King's favourite restaurant. Next Rick enters the Basque Country. | UNITED KINGDOM | English-100 | RPT | G | Y |
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| 2020-10-12 | 0500 | Tropical Gourmet: New Caledonia | Tropical Fruits | A whole coral trout is going on the barbecue as Justine prepares lunch by the waters edge. Then Jerome from the Meridian elevates chicken and vegetables to a fine dining standard. | AUSTRALIA | English-100 | | PG | |
| 2020-10-12 | 0530 | A Cook Abroad | Monica Galetti's France | Monica Galetti steps outside her comfort zone as she swaps her chef's whites for wellies and heads for the Jura Mountains in Eastern France. | UNITED KINGDOM | English-100 | | G | |
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| 2020-10-12 | 1130 | Say It To My Face | Fish And Chip Fiasco | British Ex-Pat Sonny Sehmi and his American wife Sage are struggling after opening a British/Indian Fish and Chips shop. | USA | English-100 | | PG | |
| 2020-10-12 | 1230 | A Cook Abroad | Monica Galetti's France | Monica Galetti steps outside her comfort zone as she swaps her chef's whites for wellies and heads for the Jura Mountains in Eastern France. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-12 | 1335 | Oliver's Twist | Boat Trip | Jamie Oliver rustles up more tasty meals. Here, he joins a friend on a river boat in Windsor where they prepare a lobster club sandwich and a dessert called Eton Mess. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-12 | 1400 | Anjum's Australian Spice Stories | Anjum's Twist | Anjum puts an Indian twist on some much loved English and Australian favourites with her inspired take on a meat pie and fish and chips. | AUSTRALIA | English-100 | | G | |
| 2020-10-12 | 1430 | Annabel Langbein: Free Range Cook | Harvest Feast, A | Annabel Langbein enjoys a bike ride and a riverside picnic with a Wanaka breadmaker who delivers organic artisanal breads to her customers on an electric cargo bicycle. | NEW ZEALAND | English-100 | | G | |
| 2020-10-12 | 1500 | Food Lovers Guide To Australia | Food Lovers Guide To Australia Ep 7 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, an Iraqi kitchen in Victoria, and the Rattlesnake Grill in Neutral Bay. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-10-12 | 1530 | Martha Bakes | Coconut | Martha transports you to the tropics with four all-time favourites - a delicate coconut-lemon cake, chewy coconut cookies, a coconut crunch cake, and a frozen coconut and roasted pineapple cake. | USA | English-100 | | G | |
| 2020-10-12 | 1600 | Cook's Pantry With Matt Sinclair | Cook's Pantry With Matt Sinclair Series 2, The Ep 1 | Matt kicks things off with some incredible harrissa lamb burgers, while Courtney takes a flavour journey to Italy's Amalfi Coast with her exquisite white chocolate and orange cake. | AUSTRALIA | English-100 | | PG | |
| 2020-10-12 | 1630 | The Cook And The Chef | Cooking With Kids | School Holidays mean finding things for the kids to do and Maggie and Simon get some kids busy looking for mushrooms and picking plums. Simon also visits a Mussel farm in Port Lincoln. | AUSTRALIA | English-100 | | G | |
| 2020-10-12 | 1700 | The Cook And The Chef | Cooking With Grapes | Raise a toast to the glorious grape as Simon and Maggie celebrate with the fruit of the vine. In Maggie's Barossa kitchen, they showcase a range of savoury and sweet dishes cooked with whole grapes. | AUSTRALIA | English-100 | | G | |
| 2020-10-12 | 1730 | Lidia's Italy | Lidia's Italy Series 4 Ep 16 | Lidia travels to Liguria - a region known for their use of nuts. Join her as she creates a German potato salad with pancetta in a puckery dressing. She also makes a fresh spinach salad with pine nuts. | USA | English-100 | | PG | |
| 2020-10-12 | 1800 | Rick Stein's French Odyssey | Rick Stein's French Odyssey Series 1 Ep 1 | Award-winning chef Rick Stein's in France for a gastronomic journey through the waterways of France, travelling by barge on the Canal du Midi from Bordeaux to Marseilles for the best food and wine. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-12 | 1830 | Rick Stein's French Odyssey | Rick Stein's French Odyssey Series 1 Ep 2 | At the Restaurant Le Grilladin des mers at Isle d'Oleron, Rick enjoys Clams in White Garlic Sauce, and savours the simple dish of freshly caught Eels cooked in Garlic Butter and Parsley. | UNITED KINGDOM | English-100 | | G | |

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|------------|------|--|---|--|----------------|-------------|-----|----|---|
| 2020-10-12 | 1905 | Bake With Anna Olson | Muffins | Muffins are a staple for mornings and snack breaks, and their small portioning make them an easy treat. Anna shares her recipe for classic blueberry streusel muffins. | CANADA | English-100 | | PG | |
| 2020-10-12 | 1930 | Jerusalem On A Plate | Jerusalem On A Plate | Internationally renowned chef Yotam Ottolenghi returns to his hometown of Jerusalem to discover the hidden treasures of its extraordinarily rich and diverse food culture. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2020-10-12 | 2035 | Anthony Bourdain: Parts Unknown | Far West Texas | Bourdain travels to the untamed land of Big Bend, Texas near the Mexican border - an area that pits man against nature, and in which the land usually wins. | USA | English-100 | | PG | |
| 2020-10-12 | 2130 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 36 | 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 | | PG | |
| 2020-10-12 | 2200 | Nigella Bites | Fast Food | Nigella Lawson shares her tips for quick and satisfying meals with recipes for lemon linguine, salmon and mushy peas and griddled chicken with herbed spiked yogurt. | UNITED KINGDOM | English-100 | RPT | G | Y |
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| 2020-10-12 | 2400 | Rick Stein's French Odyssey | Rick Stein's French Odyssey Series 1 Ep 2 | At the Restaurant Le Grilladin des mers at Isle d'Oleron, Rick enjoys Clams in White Garlic Sauce, and savours the simple dish of freshly caught Eels cooked in Garlic Butter and Parsley. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-12 | 2435 | Jerusalem On A Plate | Jerusalem On A Plate | Internationally renowned chef Yotam Ottolenghi returns to his hometown of Jerusalem to discover the hidden treasures of its extraordinarily rich and diverse food culture. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2020-10-12 | 2540 | Anthony Bourdain: Parts Unknown | Far West Texas | Bourdain travels to the untamed land of Big Bend, Texas near the Mexican border - an area that pits man against nature, and in which the land usually wins. | USA | English-100 | | PG | |
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| 2020-10-12 | 2700 | Nigella Bites | Fast Food | Nigella Lawson shares her tips for quick and satisfying meals with recipes for lemon linguine, salmon and mushy peas and griddled chicken with herbed spiked yogurt. | UNITED KINGDOM | English-100 | RPT | G | Y |
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| 2020-10-13 | 0500 | Food Lovers Guide To Australia | Food Lovers Guide To Australia Ep 7 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, an Iraqi kitchen in Victoria, and the Rattlesnake Grill in Neutral Bay. | AUSTRALIA | English-100 | RPT | G | Y |
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| 2020-10-13 | 1030 | Jerusalem On A Plate | Jerusalem On A Plate | Internationally renowned chef Yotam Ottolenghi returns to his hometown of Jerusalem to discover the hidden treasures of its extraordinarily rich and diverse food culture. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2020-10-13 | 1135 | Anthony Bourdain: Parts Unknown | Far West Texas | Bourdain travels to the untamed land of Big Bend, Texas near the Mexican border - an area that pits man against nature, and in which the land usually wins. | USA | English-100 | | PG | |
| 2020-10-13 | 1230 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 36 | 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 | | PG | |
| 2020-10-13 | 1300 | Nigella Bites | Fast Food | Nigella Lawson shares her tips for quick and satisfying meals with recipes for lemon linguine, salmon and mushy peas and griddled chicken with herbed spiked yogurt. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2020-10-13 | 1330 | Oliver's Twist | Jamie And The Soccer Girls | Jamie makes Spanish style tapas dishes for a neighbour who plays in a ladies' football team. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-13 | 1400 | Anjum's Australian Spice Stories | Final Banquet, The | Anjum finishes off her Australian holiday with a bang seeking out the perfect produce for the ultimate outdoor banquet for family and friends. | AUSTRALIA | English-100 | | G | |
| 2020-10-13 | 1430 | Annabel Langbein: Free Range Cook | Food For A Frosty Night | In the depths of winter Annabel Langbein, heads high into New Zealand's stunning Southern Alps to try her hand at dog sledding in the snow. She takes along her famous banana cake to share. | NEW ZEALAND | English-100 | | G | |
| 2020-10-13 | 1500 | Food Lovers Guide To Australia | Food Lovers Guide To Australia Ep 8 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, the Mahjong Club in Darwin, and Czech summer fruit dumplings. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-10-13 | 1530 | Martha Bakes | Coffee | Martha shares how to enjoy coffee beyond the mug with her extraordinary coffee-flavoured desserts - a flaky Napoleon, grown-up ice cream sandwiches, and a decadent coffee cream pie. | USA | English-100 | | G | |
| 2020-10-13 | 1600 | Cook's Pantry With Matt Sinclair | Cook's Pantry With Matt Sinclair Series 2, The Ep 2 | Out in the picturesque olive groves of Cobram Estate, Matt serves up a nostalgic and delicious beef stroganoff with olive oil mash, while Courtney prepares a beetroot cured salmon. | AUSTRALIA | English-100 | | PG | |
| 2020-10-13 | 1630 | The Cook And The Chef | Bbq's | Maggie and Simon celebrate the BBQ and show viewers how to get the most from it - be it for starters, main courses and even desserts. | AUSTRALIA | English-100 | | PG | |

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|------------|------|---|--|--|----------------|-------------|-----|----|---|
| 2020-10-13 | 1700 | The Cook And The Chef | An Autumn Party | Maggie introduces Simon to her outdoor wood-fired oven, and he uses it to make some pottery with a very special meal inside. Autumn is Maggie's favourite season. | AUSTRALIA | English-100 | | G | |
| 2020-10-13 | 1730 | Lidia's Italy | Lidia's Italy Series 4 Ep 17 | Lidia travels up to the mountains of Abruzzo, where they are known for their hearty foods. Join her as she creates a chestnut and lentil soup with tomato and basil. | USA | English-100 | | PG | |
| 2020-10-13 | 1800 | Rick Stein's French Odyssey | Rick Stein's French Odyssey Series 1 Ep 3 | Journeying along the Canal Lateral a la Garonne, Rick fishes for freshwater herring, visits the markets of Nerac and Cadillac to create a pork and garlic dish, and cooks a prune and almond tart. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-13 | 1830 | Rick Stein's French Odyssey | Rick Stein's French Odyssey Series 1 Ep 4 | In the city of Agen, Rick indulges in a four-course lunch at the Buffet de la Gare before heading off to cook a traditional Agen dish of Rabbit with local prunes. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-13 | 1905 | Bake With Anna Olson | Waffles | Waffles are definitely a part of a baker's repertoire and their woven waffles shape is now known the world around. Anna explores North American, Italian, and Belgian-styles of waffles. | CANADA | English-100 | | PG | |
| 2020-10-13 | 1930 | Italian Food Safari | Italian Food Safari Series 1 Ep 9 | This episode celebrates the tradition of preserving the best in season. Chef Riccardo Momesso explains why it's so important to keep the old traditions going. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-10-13 | 2000 | Cook Like an Italian with Silvia Colloca | Cook Like An Italian With Silvia Colloca Series 1 Ep 8 | For Italians, food has always formed a huge part of connecting with family roots, which means keeping culinary traditions alive is essential. Silvia makes the famous ragu Napolitana. | AUSTRALIA | English-100 | | G | |
| 2020-10-13 | 2030 | The Great Australian Cookbook | Frank Camorra And Clayton Donovan | Frank Camorra shares traditional Spanish recipes including tortilla de patatas and asadillo. Clayton Donovan cooks up kangaroo san choy bow and oysters with finger lime, carrot foam and avocado cream. | AUSTRALIA | English-100 | | G | |
| 2020-10-13 | 2100 | Luke Nguyen's France | Marseille | Luke travels to Marseille, the capital of Provence, to immerse himself in this seaside city's food and art culture where he cooks salt and pepper cuttlefish. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-10-13 | 2130 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 37 | 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 | | PG | |
| 2020-10-13 | 2200 | Nigella Bites | Entertaining | For Nigella, entertaining means spending time with friends, not anguishing alone in the kitchen. To take the strain out of home entertaining Nigella goes a Middle Eastern style meze. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2020-10-13 | 2230 | The Cook And The Chef | Bbq's | Maggie and Simon celebrate the BBQ and show viewers how to get the most from it - be it for starters, main courses and even desserts. | AUSTRALIA | English-100 | | PG | |
| 2020-10-13 | 2300 | The Cook And The Chef | An Autumn Party | Maggie introduces Simon to her outdoor wood-fired oven, and he uses it to make some pottery with a very special meal inside. Autumn is Maggie's favourite season. | AUSTRALIA | English-100 | | G | |
| 2020-10-13 | 2330 | Rick Stein's French Odyssey | Rick Stein's French Odyssey Series 1 Ep 3 | Journeying along the Canal Lateral a la Garonne, Rick fishes for freshwater herring, visits the markets of Nerac and Cadillac to create a pork and garlic dish, and cooks a prune and almond tart. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-13 | 2400 | Rick Stein's French Odyssey | Rick Stein's French Odyssey Series 1 Ep 4 | In the city of Agen, Rick indulges in a four-course lunch at the Buffet de la Gare before heading off to cook a traditional Agen dish of Rabbit with local prunes. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-13 | 2435 | Italian Food Safari | Italian Food Safari Series 1 Ep 9 | This episode celebrates the tradition of preserving the best in season. Chef Riccardo Momesso explains why it's so important to keep the old traditions going. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-10-13 | 2505 | Cook Like an Italian with Silvia Colloca | Cook Like An Italian With Silvia Colloca Series 1 Ep 8 | For Italians, food has always formed a huge part of connecting with family roots, which means keeping culinary traditions alive is essential. Silvia makes the famous ragu Napolitana. | AUSTRALIA | English-100 | | G | |
| 2020-10-13 | 2535 | The Great Australian Cookbook | Frank Camorra And Clayton Donovan | Frank Camorra shares traditional Spanish recipes including tortilla de patatas and asadillo. Clayton Donovan cooks up kangaroo san choy bow and oysters with finger lime, carrot foam and avocado cream. | AUSTRALIA | English-100 | | G | |
| 2020-10-13 | 2605 | Luke Nguyen's France | Marseille | Luke travels to Marseille, the capital of Provence, to immerse himself in this seaside city's food and art culture where he cooks salt and pepper cuttlefish. | AUSTRALIA | English-100 | RPT | G | Y |

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|------------|------|---|--|--|----------------|-------------|-----|----|---|
| 2020-10-13 | 2635 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 37 | 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 | | PG | |
| 2020-10-13 | 2700 | Nigella Bites | Entertaining | For Nigella, entertaining means spending time with friends, not anguishing alone in the kitchen. To take the strain out of home entertaining Nigella goes a Middle Eastern style meze. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2020-10-13 | 2730 | Oliver's Twist | Jamie And The Soccer Girls | Jamie makes Spanish style tapas dishes for a neighbour who plays in a ladies' football team. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-13 | 2800 | Anjum's Australian Spice Stories | Final Banquet, The | Anjum finishes off her Australian holiday with a bang seeking out the perfect produce for the ultimate outdoor banquet for family and friends. | AUSTRALIA | English-100 | | G | |
| 2020-10-13 | 2830 | Annabel Langbein: Free Range Cook | Food For A Frosty Night | In the depths of winter Annabel Langbein, heads high into New Zealand's stunning Southern Alps to try her hand at dog sledding in the snow. She takes along her famous banana cake to share. | NEW ZEALAND | English-100 | | G | |
| 2020-10-14 | 0500 | Food Lovers Guide To Australia | Food Lovers Guide To Australia Ep 8 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, the Mahjong Club in Darwin, and Czech summer fruit dumplings. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-10-14 | 0530 | Martha Bakes | Coffee | Martha shares how to enjoy coffee beyond the mug with her extraordinary coffee-flavoured desserts - a flaky Napoleon, grown-up ice cream sandwiches, and a decadent coffee cream pie. | USA | English-100 | | G | |
| 2020-10-14 | 0600 | Cook's Pantry With Matt Sinclair | Cook's Pantry With Matt Sinclair Series 2, The Ep 2 | Out in the picturesque olive groves of Cobram Estate, Matt serves up a nostalgic and delicious beef stroganoff with olive oil mash, while Courtney prepares a beetroot cured salmon. | AUSTRALIA | English-100 | | PG | |
| 2020-10-14 | 0630 | Rick Stein's French Odyssey | Rick Stein's French Odyssey Series 1 Ep 3 | Journeying along the Canal Lateral a la Garonne, Rick fishes for freshwater herring, visits the markets of Nerac and Cadillac to create a pork and garlic dish, and cooks a prune and almond tart. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-14 | 0700 | Rick Stein's French Odyssey | Rick Stein's French Odyssey Series 1 Ep 4 | In the city of Agen, Rick indulges in a four-course lunch at the Buffet de la Gare before heading off to cook a traditional Agen dish of Rabbit with local prunes. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-14 | 0735 | Lidia's Italy | Lidia's Italy Series 4 Ep 17 | Lidia travels up to the mountains of Abruzzo, where they are known for their hearty foods. Join her as she creates a chestnut and lentil soup with tomato and basil. | USA | English-100 | | PG | |
| 2020-10-14 | 0800 | Oliver's Twist | Jamie And The Soccer Girls | Jamie makes Spanish style tapas dishes for a neighbour who plays in a ladies' football team. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-14 | 0830 | Anjum's Australian Spice Stories | Final Banquet, The | Anjum finishes off her Australian holiday with a bang seeking out the perfect produce for the ultimate outdoor banquet for family and friends. | AUSTRALIA | English-100 | | G | |
| 2020-10-14 | 0900 | Annabel Langbein: Free Range Cook | Food For A Frosty Night | In the depths of winter Annabel Langbein, heads high into New Zealand's stunning Southern Alps to try her hand at dog sledding in the snow. She takes along her famous banana cake to share. | NEW ZEALAND | English-100 | | G | |
| 2020-10-14 | 0930 | Food Lovers Guide To Australia | Food Lovers Guide To Australia Ep 8 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, the Mahjong Club in Darwin, and Czech summer fruit dumplings. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-10-14 | 1000 | Martha Bakes | Coffee | Martha shares how to enjoy coffee beyond the mug with her extraordinary coffee-flavoured desserts - a flaky Napoleon, grown-up ice cream sandwiches, and a decadent coffee cream pie. | USA | English-100 | | G | |
| 2020-10-14 | 1030 | Italian Food Safari | Italian Food Safari Series 1 Ep 9 | This episode celebrates the tradition of preserving the best in season. Chef Riccardo Momesso explains why it's so important to keep the old traditions going. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-10-14 | 1100 | Cook Like an Italian with Silvia Colloca | Cook Like An Italian With Silvia Colloca Series 1 Ep 8 | For Italians, food has always formed a huge part of connecting with family roots, which means keeping culinary traditions alive is essential. Silvia makes the famous ragu Napolitana. | AUSTRALIA | English-100 | | G | |
| 2020-10-14 | 1130 | The Great Australian Cookbook | Frank Camorra And Clayton Donovan | Frank Camorra shares traditional Spanish recipes including tortilla de patatas and asadillo. Clayton Donovan cooks up kangaroo san choy bow and oysters with finger lime, carrot foam and avocado cream. | AUSTRALIA | English-100 | | G | |

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|------------|------|--|---|--|----------------|----------------------------|-----|----|---|
| 2020-10-14 | 1200 | Luke Nguyen's France | Marseille | Luke travels to Marseille, the capital of Provence, to immerse himself in this seaside city's food and art culture where he cooks salt and pepper cuttlefish. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-10-14 | 1230 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 37 | 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 | | PG | |
| 2020-10-14 | 1300 | Nigella Bites | Entertaining | For Nigella, entertaining means spending time with friends, not anguishing alone in the kitchen. To take the strain out of home entertaining Nigella goes a Middle Eastern style meze. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2020-10-14 | 1330 | Oliver's Twist | Session, The | Jamie prepares some pineapple curry, chutney, and onion bhajis for his band mates. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-14 | 1400 | Nigella Bites | Fast Food | Nigella Lawson shares her tips for quick and satisfying meals with recipes for lemon linguine, salmon and mushy peas and griddled chicken with herbed spiked yogurt. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2020-10-14 | 1430 | Annabel Langbein: Free Range Cook | Middle-Eastern Magic | Annabel Langbein pulls on her gumboots to visit a high-country sheep station, where the farmer has mustered his flock for their annual mid-winter shearing. | NEW ZEALAND | English-100 | | G | |
| 2020-10-14 | 1500 | Food Lovers Guide To Australia | Food Lovers Guide To Australia Ep 9 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Macedonian food in inner city Perth, and North African spices in Rozelle. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-10-14 | 1530 | Martha Bakes | Green Tea | Green tea is showing up in everything from cocktails to cakes. In this lesson, Martha incorporates this antioxidant-rich ingredient into four remarkable desserts. | USA | English-100 | | G | |
| 2020-10-14 | 1600 | Cook's Pantry With Matt Sinclair | Cook's Pantry With Matt Sinclair Series 2, The Ep 3 | Matt is joined by MasterChef 2015 runner up Georgia Barnes who serves up a delicious breakfast panna cotta, while Michael cooks up a warming fish curry. | AUSTRALIA | English-100 | | PG | |
| 2020-10-14 | 1630 | The Cook And The Chef | Autumn Fruit And Nuts | Its Autumn and the new seasons array of Fruit and Nuts sees Maggie and Simon whip up a collection of captivating flavours. For Maggie, Autumn means Vintage in the Barossa. | AUSTRALIA | English-100 | | G | |
| 2020-10-14 | 1700 | The Cook And The Chef | Autumn Fruit And Veg | Simon takes some new seasons vegetables and shows us how to pickle ginger and daikon, while Maggie uses ginger to make an eggplant salad. | AUSTRALIA | English-100 | | PG | |
| 2020-10-14 | 1730 | Lidia's Italy | Lidia's Italy Series 4 Ep 18 | Lidia travels to Basilicata - a region known for its comfort and spice. Join her as she creates fiery maccheroni - pasta with breadcrumbs and pepperoncino - topped with pecorino and parsley. | USA | English-100 | | PG | |
| 2020-10-14 | 1800 | Rick Stein's French Odyssey | Rick Stein's French Odyssey Series 1 Ep 5 | Deeper into South West France, Rick joins a local fisherman in search of pike and zander on the River Tarn at Moissac, and cooks Pike in Pinot Noir, a popular Duck Confit with Braised Red Cabbage. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-14 | 1830 | Rick Stein's French Odyssey | Rick Stein's French Odyssey Series 1 Ep 6 | In the historic city of Toulouse, the Victor Hugo Market inspires Rick to cook Toulouse Sausage Languedocienne, before using the freshest fish for a classic Pissaladiere. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-14 | 1905 | Bake With Anna Olson | Fruit Mousse | Fruit mousses are a staple in patisseries, and come in all sorts of colours and shapes. Anna starts the lesson by preparing her easy lime mousse. | CANADA | English-100 | | PG | |
| 2020-10-14 | 1930 | Indian Food Made Easy | Punjabi (Glasgow) | Anjum Anand travels to Edinburgh to meet Wendy Barrie. Wendy is a champion of Scottish food and a local culinary celebrity, thanks to her popular cookery demonstrations. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-14 | 2000 | French Food Safari | French Food Safari Series 1 Episode 1 | This series is a celebration of exquisite French cuisine in all its delicious complexity. Presented by Maeve O'Meara and renowned chef Guillaume Brahimi. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-10-14 | 2030 | Destination Flavour China | Hong Kong And Guandong | Hong Kong looms on the horizon, its glittering peaks towering over the lush foliage tumbling down the steep peaks that punctuate the city. | AUSTRALIA | English-70; Mandarin-30 | RPT | G | Y |
| 2020-10-14 | 2100 | Sourced | Markets | Green markets, fish markets, all the markets! Guy heads to Italy, Japan, and California's Central Coast and discovers where some of the oldest, most sacred, and freshest ingredients come from. | USA | English-100 | | PG | |

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|------------|------|--|---|--|----------------|----------------------------|-----|----|---|
| 2020-10-14 | 2130 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 38 | 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 | | PG | |
| 2020-10-14 | 2200 | Nigella Bites | Family Food | We all have certain foods which comfort us because they remind us of childhood. For Nigella, her ultimate 'desert island dish' is her mother's steak bernaïse. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2020-10-14 | 2230 | The Cook And The Chef | Autumn Fruit And Nuts | Its Autumn and the new seasons array of Fruit and Nuts sees Maggie and Simon whip up a collection of captivating flavours. For Maggie, Autumn means Vintage in the Barossa. | AUSTRALIA | English-100 | | G | |
| 2020-10-14 | 2300 | The Cook And The Chef | Autumn Fruit And Veg | Simon takes some new seasons vegetables and shows us how to pickle ginger and daikon, while Maggie uses ginger to make an eggplant salad. | AUSTRALIA | English-100 | | PG | |
| 2020-10-14 | 2330 | Rick Stein's French Odyssey | Rick Stein's French Odyssey Series 1 Ep 5 | Deeper into South West France, Rick joins a local fisherman in search of pike and zander on the River Tarn at Moissac, and cooks Pike in Pinot Noir, a popular Duck Confit with Braised Red Cabbage. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-14 | 2400 | Rick Stein's French Odyssey | Rick Stein's French Odyssey Series 1 Ep 6 | In the historic city of Toulouse, the Victor Hugo Market inspires Rick to cook Toulouse Sausage Languedocienne, before using the freshest fish for a classic Pissaladiere. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-14 | 2435 | Indian Food Made Easy | Punjabi (Glasgow) | Anjum Anand travels to Edinburgh to meet Wendy Barrie. Wendy is a champion of Scottish food and a local culinary celebrity, thanks to her popular cookery demonstrations. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-14 | 2505 | French Food Safari | French Food Safari Series 1 Episode 1 | This series is a celebration of exquisite French cuisine in all its delicious complexity. Presented by Maeve O'Meara and renowned chef Guillaume Brahimi. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-10-14 | 2535 | Destination Flavour China | Hong Kong And Guandong | Hong Kong looms on the horizon, its glittering peaks towering over the lush foliage tumbling down the steep peaks that punctuate the city. | AUSTRALIA | English-70; Mandarin-30 | RPT | G | Y |
| 2020-10-14 | 2605 | Sourced | Markets | Green markets, fish markets, all the markets! Guy heads to Italy, Japan, and California's Central Coast and discovers where some of the oldest, most sacred, and freshest ingredients come from. | USA | English-100 | | PG | |
| 2020-10-14 | 2635 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 38 | 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 | | PG | |
| 2020-10-14 | 2700 | Nigella Bites | Family Food | We all have certain foods which comfort us because they remind us of childhood. For Nigella, her ultimate 'desert island dish' is her mother's steak bernaïse. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2020-10-14 | 2730 | Oliver's Twist | Session, The | Jamie prepares some pineapple curry, chutney, and onion bhajis for his band mates. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-14 | 2800 | Nigella Bites | Fast Food | Nigella Lawson shares her tips for quick and satisfying meals with recipes for lemon linguine, salmon and mushy peas and griddled chicken with herbed spiked yogurt. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2020-10-14 | 2830 | Annabel Langbein: Free Range Cook | Middle-Eastern Magic | Annabel Langbein pulls on her gumboots to visit a high-country sheep station, where the farmer has mustered his flock for their annual mid-winter shearing. | NEW ZEALAND | English-100 | | G | |
| 2020-10-15 | 0500 | Food Lovers Guide To Australia | Food Lovers Guide To Australia Ep 9 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Macedonian food in inner city Perth, and North African spices in Rozelle. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-10-15 | 0530 | Martha Bakes | Green Tea | Green tea is showing up in everything from cocktails to cakes. In this lesson, Martha incorporates this antioxidant-rich ingredient into four remarkable desserts. | USA | English-100 | | G | |
| 2020-10-15 | 0600 | Cook's Pantry With Matt Sinclair | Cook's Pantry With Matt Sinclair Series 2, The Ep 3 | Matt is joined by MasterChef 2015 runner up Georgia Barnes who serves up a delicious breakfast panna cotta, while Michael cooks up a warming fish curry. | AUSTRALIA | English-100 | | PG | |
| 2020-10-15 | 0630 | Rick Stein's French Odyssey | Rick Stein's French Odyssey Series 1 Ep 5 | Deeper into South West France, Rick joins a local fisherman in search of pike and zander on the River Tarn at Moissac, and cooks Pike in Pinot Noir, a popular Duck Confit with Braised Red Cabbage. | UNITED KINGDOM | English-100 | | G | |

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|------------|------|--|---|--|----------------|-------------------------|-----|----|---|
| 2020-10-15 | 0700 | Rick Stein's French Odyssey | Rick Stein's French Odyssey Series 1 Ep 6 | In the historic city of Toulouse, the Victor Hugo Market inspires Rick to cook Toulouse Sausage Languedocienne, before using the freshest fish for a classic Pissaladiere. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-15 | 0735 | Lidia's Italy | Lidia's Italy Series 4 Ep 18 | Lidia travels to Basilicata - a region known for its comfort and spice. Join her as she creates fiery maccheroni - pasta with breadcrumbs and pepperoncino - topped with pecorino and parsley. | USA | English-100 | | PG | |
| 2020-10-15 | 0800 | Oliver's Twist | Session, The | Jamie prepares some pineapple curry, chutney, and onion bhajis for his band mates. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-15 | 0830 | Nigella Bites | Fast Food | Nigella Lawson shares her tips for quick and satisfying meals with recipes for lemon linguine, salmon and mushy peas and griddled chicken with herbed spiked yogurt. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2020-10-15 | 0900 | Annabel Langbein: Free Range Cook | Middle-Eastern Magic | Annabel Langbein pulls on her gumboots to visit a high-country sheep station, where the farmer has mustered his flock for their annual mid-winter shearing. | NEW ZEALAND | English-100 | | G | |
| 2020-10-15 | 0930 | Food Lovers Guide To Australia | Food Lovers Guide To Australia Ep 9 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Macedonian food in inner city Perth, and North African spices in Rozelle. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-10-15 | 1000 | Martha Bakes | Green Tea | Green tea is showing up in everything from cocktails to cakes. In this lesson, Martha incorporates this antioxidant-rich ingredient into four remarkable desserts. | USA | English-100 | | G | |
| 2020-10-15 | 1030 | Indian Food Made Easy | Punjabi (Glasgow) | Anjum Anand travels to Edinburgh to meet Wendy Barrie. Wendy is a champion of Scottish food and a local culinary celebrity, thanks to her popular cookery demonstrations. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-15 | 1100 | French Food Safari | French Food Safari Series 1 Episode 1 | This series is a celebration of exquisite French cuisine in all its delicious complexity. Presented by Maeve O'Meara and renowned chef Guillaume Brahimi. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-10-15 | 1130 | Destination Flavour China | Hong Kong And Guandong | Hong Kong looms on the horizon, its glittering peaks towering over the lush foliage tumbling down the steep peaks that punctuate the city. | AUSTRALIA | English-70; Mandarin-30 | RPT | G | Y |
| 2020-10-15 | 1200 | Sourced | Markets | Green markets, fish markets, all the markets! Guy heads to Italy, Japan, and California's Central Coast and discovers where some of the oldest, most sacred, and freshest ingredients come from. | USA | English-100 | | PG | |
| 2020-10-15 | 1230 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 38 | 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 | | PG | |
| 2020-10-15 | 1300 | Nigella Bites | Family Food | We all have certain foods which comfort us because they remind us of childhood. For Nigella, her ultimate 'desert island dish' is her mother's steak bernaïsse. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2020-10-15 | 1330 | Oliver's Twist | George's Day Off | Jamie is preparing a meal for George Ngyutin, one of the best fishmongers in London. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-15 | 1400 | Nigella Bites | Entertaining | For Nigella, entertaining means spending time with friends, not anguishing alone in the kitchen. To take the strain out of home entertaining Nigella goes a Middle Eastern style meze. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2020-10-15 | 1430 | Annabel Langbein: Free Range Cook | Midwinter Feast | The winter solstice is approaching, and Annabel Langbein is looking for a special ingredient for a midwinter feast. | NEW ZEALAND | English-100 | | G | |
| 2020-10-15 | 1500 | Food Lovers Guide To Australia | Food Lovers Guide To Australia Ep 10 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, shallot pancakes Chinese style, Aussie truffles, and Lebanese breakfast pizza. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-10-15 | 1530 | Martha Bakes | Extraordinary Fruits | Martha's favourite desserts have something in common - fruit - nature's sweetest gift. Learn step-by-step how-tos for a soufflé with intensely fragrant passion fruit, and rhubarb cobblers. | USA | English-100 | | G | |
| 2020-10-15 | 1600 | Cook's Pantry With Matt Sinclair | Cook's Pantry With Matt Sinclair Series 2, The Ep 4 | Michael and Matt cook a cream cheese fettuccine Alfredo, while Courtney has a quick and tasty recipe that's perfect for entertaining - black pepper chicken wings. | AUSTRALIA | English-100 | | PG | |
| 2020-10-15 | 1630 | The Cook And The Chef | Favourite Things | Maggie takes us crabbing with her grandchildren and shows us from sea to pot why these blue crabs are a favourite. Simon's favourite is chilli which he sources with the help of two Malaysian chefs. | AUSTRALIA | English-100 | | G | |

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|------------|------|---------------------------------------|---|---|----------------|-------------|-----|--|----|---|
| 2020-10-15 | 1700 | The Cook And The Chef | Rubbish Fish | Cape Jervis fisherman, Alan Robertson supplies our Cook and Chef with Gummy shark and Eagle Ray, the catch you might have once thrown back. | AUSTRALIA | English-100 | | | PG | |
| 2020-10-15 | 1730 | Lidia's Italy | Lidia's Italy Series 4 Ep 19 | Join Lidia as she travels to Abruzzo and creates two delicious maccheroni dishes. With the help of chef Billy Gallagher from Becco, Lidia makes a version of maccheroni with sliced zucchini and eggs. | USA | English-100 | | | PG | |
| 2020-10-15 | 1800 | Rick Stein's French Odyssey | Rick Stein's French Odyssey Series 1 Ep 7 | Arriving in the historic town of Castelnaudary, Rick fulfils a dream by visiting the barracks of the legendary French Foreign Legion and discovers what the soldiers are served in their canteen. | UNITED KINGDOM | English-100 | | | G | |
| 2020-10-15 | 1830 | Rick Stein's French Odyssey | Rick Stein's French Odyssey Series 1 Ep 8 | Rick shows the French there's at least one Englishman who knows there's more to cooking than just opening a can, and the air is soon redolent with the savoury smell of Lamb Ragout with beans. | UNITED KINGDOM | English-100 | | | G | |
| 2020-10-15 | 1905 | Bake With Anna Olson | Ice Cream | Pastry chefs are responsible for making their own ice cream in restaurants, and their creativity can really shine through. Anna prepares green apple sorbet, as well as a classic chocolate gelato. | CANADA | English-100 | | | PG | |
| 2020-10-15 | 1930 | Just Jen | Feeling Artsy | From fancy plating to an Instagram-worthy cake, Jen embraces her artsy side with gorgeous recipes for the body and home. | USA | English-100 | | | PG | |
| 2020-10-15 | 2000 | Donal's Asian Baking Adventure | Hong Kong 2 | Daniel's in Hong Kong unravelling the story of the original 20th century cake trend - the classic egg tart or dan taat as it's known locally, a rich egg custard in a shortcrust pastry base. | SINGAPORE | English-100 | | | G | |
| 2020-10-15 | 2030 | Nigellissima | Nigellissima Series 1 Ep 4 | Nigella shares her culinary talent as she presents delicious Italian-inspired food. First, Nigella reveals a secret passion for one of the tastes of Italy with her dark and deviant liquorice pudding. | UNITED KINGDOM | English-100 | RPT | | G | Y |
| 2020-10-15 | 2100 | Destination Flavour Singapore | Destination Flavour Singapore Series 1 Ep 1 | Adam Liaw travels to the islands of Singapore. He's set a challenge for himself. In 6 weeks, he's going to put on a Salute to Singapore Banquet Dinner for some of the country's top food identities. | AUSTRALIA | English-100 | RPT | | G | Y |
| 2020-10-15 | 2130 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 39 | 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 | | | G | |
| 2020-10-15 | 2200 | Nigella Bites | Home Alone | Nigella focuses on the foods she loves to eat when she's cooking for one. One of her favourite and most regular lunches is salad with pancetta and parmesan. | UNITED KINGDOM | English-100 | RPT | | G | Y |
| 2020-10-15 | 2230 | The Cook And The Chef | Favourite Things | Maggie takes us crabbing with her grandchildren and shows us from sea to pot why these blue crabs are a favourite. Simon's favourite is chilli which he sources with the help of two Malaysian chefs. | AUSTRALIA | English-100 | | | G | |
| 2020-10-15 | 2300 | The Cook And The Chef | Rubbish Fish | Cape Jervis fisherman, Alan Robertson supplies our Cook and Chef with Gummy shark and Eagle Ray, the catch you might have once thrown back. | AUSTRALIA | English-100 | | | PG | |
| 2020-10-15 | 2330 | Rick Stein's French Odyssey | Rick Stein's French Odyssey Series 1 Ep 7 | Arriving in the historic town of Castelnaudary, Rick fulfils a dream by visiting the barracks of the legendary French Foreign Legion and discovers what the soldiers are served in their canteen. | UNITED KINGDOM | English-100 | | | G | |
| 2020-10-15 | 2400 | Rick Stein's French Odyssey | Rick Stein's French Odyssey Series 1 Ep 8 | Rick shows the French there's at least one Englishman who knows there's more to cooking than just opening a can, and the air is soon redolent with the savoury smell of Lamb Ragout with beans. | UNITED KINGDOM | English-100 | | | G | |
| 2020-10-15 | 2435 | Just Jen | Feeling Artsy | From fancy plating to an Instagram-worthy cake, Jen embraces her artsy side with gorgeous recipes for the body and home. | USA | English-100 | | | PG | |
| 2020-10-15 | 2500 | Donal's Asian Baking Adventure | Hong Kong 2 | Daniel's in Hong Kong unravelling the story of the original 20th century cake trend - the classic egg tart or dan taat as it's known locally, a rich egg custard in a shortcrust pastry base. | SINGAPORE | English-100 | | | G | |
| 2020-10-15 | 2530 | Nigellissima | Nigellissima Series 1 Ep 4 | Nigella shares her culinary talent as she presents delicious Italian-inspired food. First, Nigella reveals a secret passion for one of the tastes of Italy with her dark and deviant liquorice pudding. | UNITED KINGDOM | English-100 | RPT | | G | Y |
| 2020-10-15 | 2600 | Destination Flavour Singapore | Destination Flavour Singapore Series 1 Ep 1 | Adam Liaw travels to the islands of Singapore. He's set a challenge for himself. In 6 weeks, he's going to put on a Salute to Singapore Banquet Dinner for some of the country's top food identities. | AUSTRALIA | English-100 | RPT | | G | Y |

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|------------|------|--|---|---|----------------|-------------|-----|----|---|
| 2020-10-15 | 2630 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 39 | 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 | | G | |
| 2020-10-15 | 2700 | Nigella Bites | Home Alone | Nigella focuses on the foods she loves to eat when she's cooking for one. One of her favourite and most regular lunches is salad with pancetta and parmesan. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2020-10-15 | 2730 | Oliver's Twist | George's Day Off | Jamie is preparing a meal for George Ngyutin, one of the best fishmongers in London. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-15 | 2800 | Nigella Bites | Entertaining | For Nigella, entertaining means spending time with friends, not anguishing alone in the kitchen. To take the strain out of home entertaining Nigella goes a Middle Eastern style meze. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2020-10-15 | 2830 | Annabel Langbein: Free Range Cook | Midwinter Feast | The winter solstice is approaching, and Annabel Langbein is looking for a special ingredient for a midwinter feast. | NEW ZEALAND | English-100 | | G | |
| 2020-10-16 | 0500 | Food Lovers Guide To Australia | Food Lovers Guide To Australia Ep 10 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, shallot pancakes Chinese style, Aussie truffles, and Lebanese breakfast pizza. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-10-16 | 0530 | Martha Bakes | Extraordinary Fruits | Martha's favourite desserts have something in common - fruit - nature's sweetest gift. Learn step-by-step how-tos for a souffle with intensely fragrant passion fruit, and rhubarb cobblers. | USA | English-100 | | G | |
| 2020-10-16 | 0600 | Cook's Pantry With Matt Sinclair | Cook's Pantry With Matt Sinclair Series 2, The Ep 4 | Michael and Matt cook a cream cheese fettuccine Alfredo, while Courtney has a quick and tasty recipe that's perfect for entertaining - black pepper chicken wings. | AUSTRALIA | English-100 | | PG | |
| 2020-10-16 | 0630 | Rick Stein's French Odyssey | Rick Stein's French Odyssey Series 1 Ep 7 | Arriving in the historic town of Castelnaudary, Rick fulfils a dream by visiting the barracks of the legendary French Foreign Legion and discovers what the soldiers are served in their canteen. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-16 | 0700 | Rick Stein's French Odyssey | Rick Stein's French Odyssey Series 1 Ep 8 | Rick shows the French there's at least one Englishman who knows there's more to cooking than just opening a can, and the air is soon redolent with the savoury smell of Lamb Ragout with beans. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-16 | 0735 | Lidia's Italy | Lidia's Italy Series 4 Ep 19 | Join Lidia as she travels to Abruzzo and creates two delicious maccheroni dishes. With the help of chef Billy Gallagher from Becco, Lidia makes a version of maccheroni with sliced zucchini and eggs. | USA | English-100 | | PG | |
| 2020-10-16 | 0800 | Oliver's Twist | George's Day Off | Jamie is preparing a meal for George Ngyutin, one of the best fishmongers in London. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-16 | 0830 | Nigella Bites | Entertaining | For Nigella, entertaining means spending time with friends, not anguishing alone in the kitchen. To take the strain out of home entertaining Nigella goes a Middle Eastern style meze. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2020-10-16 | 0900 | Annabel Langbein: Free Range Cook | Midwinter Feast | The winter solstice is approaching, and Annabel Langbein is looking for a special ingredient for a midwinter feast. | NEW ZEALAND | English-100 | | G | |
| 2020-10-16 | 0930 | Food Lovers Guide To Australia | Food Lovers Guide To Australia Ep 10 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, shallot pancakes Chinese style, Aussie truffles, and Lebanese breakfast pizza. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-10-16 | 1000 | Martha Bakes | Extraordinary Fruits | Martha's favourite desserts have something in common - fruit - nature's sweetest gift. Learn step-by-step how-tos for a souffle with intensely fragrant passion fruit, and rhubarb cobblers. | USA | English-100 | | G | |
| 2020-10-16 | 1030 | Just Jen | Feeling Artsy | From fancy plating to an Instagram-worthy cake, Jen embraces her artsy side with gorgeous recipes for the body and home. | USA | English-100 | | PG | |
| 2020-10-16 | 1100 | Donal's Asian Baking Adventure | Hong Kong 2 | Daniel's in Hong Kong unravelling the story of the original 20th century cake trend - the classic egg tart or dan taat as it's known locally, a rich egg custard in a shortcrust pastry base. | SINGAPORE | English-100 | | G | |
| 2020-10-16 | 1130 | Nigellissima | Nigellissima Series 1 Ep 4 | Nigella shares her culinary talent as she presents delicious Italian-inspired food. First, Nigella reveals a secret passion for one of the tastes of Italy with her dark and deviant liquorice pudding. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2020-10-16 | 1200 | Destination Flavour Singapore | Destination Flavour Singapore Series 1 Ep 1 | Adam Liaw travels to the islands of Singapore. He's set a challenge for himself. In 6 weeks, he's going to put on a Salute to Singapore Banquet Dinner for some of the country's top food identities. | AUSTRALIA | English-100 | RPT | G | Y |

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|------------|------|--|---|--|----------------|-------------|-----|----|---|
| 2020-10-16 | 1230 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 39 | 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 | | G | |
| 2020-10-16 | 1300 | Nigella Bites | Home Alone | Nigella focuses on the foods she loves to eat when she's cooking for one. One of her favourite and most regular lunches is salad with pancetta and parmesan. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2020-10-16 | 1330 | Oliver's Twist | Picnic In The Park | Brilliant summer weather allows for Jamie to cook up an exciting picnic. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-16 | 1400 | Nigella Bites | Family Food | We all have certain foods which comfort us because they remind us of childhood. For Nigella, her ultimate 'desert island dish' is her mother's steak bernaïse. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2020-10-16 | 1430 | Annabel Langbein: Free Range Cook | Cherry Picker's Picnic | It's cherry season, and Annabel sets off on an adventure with young friends to fill their baskets with juicy, plump fruit and prepares a picnic for the occasion including a bacon and egg pie. | NEW ZEALAND | English-100 | | G | |
| 2020-10-16 | 1500 | Food Lovers Guide To Australia | Food Lovers Guide To Australia Ep 11 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, salami from Kogarah, Indian masala dosai in Crows Nest, and Indian-style chutney. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-10-16 | 1530 | Martha Bakes | Fruit Curds | Fruit has more delicious potential when made into a rich luscious curd. So watch step-by-step how-tos and learn to make three fruit curds. | USA | English-100 | | G | |
| 2020-10-16 | 1600 | Cook's Pantry With Matt Sinclair | Cook's Pantry With Matt Sinclair Series 2, The Ep 5 | Matt serves a delicious Moroccan lamb leg with cous cous stuffing, while Michael visits the Fresh Select Farm to cook up a broccoli farmers breakfast. | AUSTRALIA | English-100 | | PG | |
| 2020-10-16 | 1630 | The Cook And The Chef | 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 | |
| 2020-10-16 | 1700 | The Cook And The Chef | 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 | |
| 2020-10-16 | 1730 | Lidia's Italy | Lidia's Italy Series 4 Ep 20 | Join Lidia as she travels to Molise - a region known for both hearty foods and fresh vegetables. Lidia creates a pasta dish with cavatelli, favas, and onions. | USA | English-100 | | PG | |
| 2020-10-16 | 1800 | Rick Stein's French Odyssey | Rick Stein's French Odyssey Series 1 Ep 9 | Rick is in his element when he arrives at Lake Thau because the dishes he prepares and devours are predominantly seafood. He cooks seafood ragout, using produce fresh from the fishing boats. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-16 | 1830 | Rick Stein's French Odyssey | Rick Stein's French Odyssey Series 1 Ep 10 | It's the last leg of Rick's culinary cruise through France but the country still has plenty of delicious reasons not to hasten its end. A perfect bouillabaisse is a fitting end to a memorable journey. | UNITED KINGDOM | English-100 | | PG | |
| 2020-10-16 | 1905 | Bake With Anna Olson | Swiss Meringue | Anna shares her tips and tricks for preparing the perfect Swiss meringue. She makes Swiss meringue raspberry gems, chocolate divinity candy, and a lemon swiss buttercream hatbox cake. | CANADA | English-100 | | PG | |
| 2020-10-16 | 1930 | Watts On The Grill | Cheesy Bbq | When thinking about the barbeque, cheese might not be the first thing that comes to mind, but for Spencer, cheese turns any cook's barbeque repertoire from good to great. | CANADA | English-100 | | PG | |
| 2020-10-16 | 2000 | Watts On The Grill | Achin For Bacon | Bacon. Sweet, salty, smoky bacon. Spencer shares four of his favourite bacon recipes, all done on the barbeque. | CANADA | English-100 | | PG | |
| 2020-10-16 | 2030 | Food Safari Fire | Food Safari Fire Series 1 Ep 3 | Maeve O'Meara explores the versatility and culinary delights of the wood fired oven from fish to Neapolitan pizza, to slow-cooked goat and sourdough bread. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-10-16 | 2100 | Food Safari Fire | Food Safari Fire Series 1 Ep 4 | Maeve O'Meara explores how fire and coals create some of the world's classic recipes - Turkish kebabs, Portuguese sardines, marinated Chilean pork belly and South African braais. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-10-16 | 2130 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 40 | 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 | | PG | |

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|------------|------|--|---|--|----------------|-------------|-----|----|---|
| 2020-10-16 | 2200 | Nigella Bites | Weekend | Nigella Lawson shares her favourite weekend recipes, focusing on the simple yet delicious food she cooks for herself, her family and friends. Nigella shares her recipe for Clementine cake. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2020-10-16 | 2230 | The Cook And The Chef | 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 | |
| 2020-10-16 | 2300 | The Cook And The Chef | 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 | |
| 2020-10-16 | 2330 | Rick Stein's French Odyssey | Rick Stein's French Odyssey Series 1 Ep 9 | Rick is in his element when he arrives at Lake Thau because the dishes he prepares and devours are predominantly seafood. He cooks seafood ragout, using produce fresh from the fishing boats. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-16 | 2400 | Rick Stein's French Odyssey | Rick Stein's French Odyssey Series 1 Ep 10 | It's the last leg of Rick's culinary cruise through France but the country still has plenty of delicious reasons not to hasten its end. A perfect bouillabaisse is a fitting end to a memorable journey. | UNITED KINGDOM | English-100 | | PG | |
| 2020-10-16 | 2435 | Watts On The Grill | Cheesy Bbq | When thinking about the barbeque, cheese might not be the first thing that comes to mind, but for Spencer, cheese turns any cook's barbeque repertoire from good to great. | CANADA | English-100 | | PG | |
| 2020-10-16 | 2500 | Watts On The Grill | Achin For Bacon | Bacon. Sweet, salty, smoky bacon. Spencer shares four of his favourite bacon recipes, all done on the barbeque. | CANADA | English-100 | | PG | |
| 2020-10-16 | 2530 | Food Safari Fire | Food Safari Fire Series 1 Ep 3 | Maeve O'Meara explores the versatility and culinary delights of the wood fired oven from fish to Neapolitan pizza, to slow-cooked goat and sourdough bread. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-10-16 | 2600 | Food Safari Fire | Food Safari Fire Series 1 Ep 4 | Maeve O'Meara explores how fire and coals create some of the world's classic recipes - Turkish kebabs, Portuguese sardines, marinated Chilean pork belly and South African braais. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-10-16 | 2630 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 40 | 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 | | PG | |
| 2020-10-16 | 2700 | Nigella Bites | Weekend | Nigella Lawson shares her favourite weekend recipes, focusing on the simple yet delicious food she cooks for herself, her family and friends. Nigella shares her recipe for Clementine cake. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2020-10-16 | 2730 | Oliver's Twist | Picnic In The Park | Brilliant summer weather allows for Jamie to cook up an exciting picnic. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-16 | 2800 | Nigella Bites | Family Food | We all have certain foods which comfort us because they remind us of childhood. For Nigella, her ultimate 'desert island dish' is her mother's steak bernaïse. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2020-10-16 | 2830 | Annabel Langbein: Free Range Cook | Cherry Picker's Picnic | It's cherry season, and Annabel sets off on an adventure with young friends to fill their baskets with juicy, plump fruit and prepares a picnic for the occasion including a bacon and egg pie. | NEW ZEALAND | English-100 | | G | |
| 2020-10-17 | 0500 | Food Lovers Guide To Australia | Food Lovers Guide To Australia Ep 11 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, salami from Kogarah, Indian masala dosai in Crows Nest, and Indian-style chutney. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-10-17 | 0530 | Martha Bakes | Fruit Curds | Fruit has more delicious potential when made into a rich luscious curd. So watch step-by-step how-tos and learn to make three fruit curds. | USA | English-100 | | G | |
| 2020-10-17 | 0600 | Cook's Pantry With Matt Sinclair | Cook's Pantry With Matt Sinclair Series 2, The Ep 5 | Matt serves a delicious Moroccan lamb leg with cous cous stuffing, while Michael visits the Fresh Select Farm to cook up a broccoli farmers breakfast. | AUSTRALIA | English-100 | | PG | |
| 2020-10-17 | 0630 | Rick Stein's French Odyssey | Rick Stein's French Odyssey Series 1 Ep 9 | Rick is in his element when he arrives at Lake Thau because the dishes he prepares and devours are predominantly seafood. He cooks seafood ragout, using produce fresh from the fishing boats. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-17 | 0700 | Rick Stein's French Odyssey | Rick Stein's French Odyssey Series 1 Ep 10 | It's the last leg of Rick's culinary cruise through France but the country still has plenty of delicious reasons not to hasten its end. A perfect bouillabaisse is a fitting end to a memorable journey. | UNITED KINGDOM | English-100 | | PG | |
| 2020-10-17 | 0735 | Lidia's Italy | Lidia's Italy Series 4 Ep 20 | Join Lidia as she travels to Molise - a region known for both hearty foods and fresh vegetables. Lidia creates a pasta dish with cavatelli, favas, and onions. | USA | English-100 | | PG | |

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|------------|------|--|--|--|----------------|-------------|-----|----|---|
| 2020-10-17 | 0800 | Oliver's Twist | Picnic In The Park | Brilliant summer weather allows for Jamie to cook up an exciting picnic. | UNITED KINGDOM | English-100 | | G | |
| 2020-10-17 | 0830 | Nigella Bites | Family Food | We all have certain foods which comfort us because they remind us of childhood. For Nigella, her ultimate 'desert island dish' is her mother's steak bernaïsse. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2020-10-17 | 0900 | Annabel Langbein: Free Range Cook | Cherry Picker's Picnic | It's cherry season, and Annabel sets off on an adventure with young friends to fill their baskets with juicy, plump fruit and prepares a picnic for the occasion including a bacon and egg pie. | NEW ZEALAND | English-100 | | G | |
| 2020-10-17 | 0930 | Food Lovers Guide To Australia | Food Lovers Guide To Australia Ep 11 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, salami from Kogarah, Indian masala dosai in Crows Nest, and Indian-style chutney. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-10-17 | 1000 | Martha Bakes | Fruit Curds | Fruit has more delicious potential when made into a rich luscious curd. So watch step-by-step how-tos and learn to make three fruit curds. | USA | English-100 | | G | |
| 2020-10-17 | 1030 | Watts On The Grill | Cheesy Bbq | When thinking about the barbeque, cheese might not be the first thing that comes to mind, but for Spencer, cheese turns any cook's barbeque repertoire from good to great. | CANADA | English-100 | | PG | |
| 2020-10-17 | 1100 | Watts On The Grill | Achin For Bacon | Bacon. Sweet, salty, smoky bacon. Spencer shares four of his favourite bacon recipes, all done on the barbeque. | CANADA | English-100 | | PG | |
| 2020-10-17 | 1130 | Food Safari Fire | Food Safari Fire Series 1 Ep 3 | Maeve O'Meara explores the versatility and culinary delights of the wood fired oven from fish to Neapolitan pizza, to slow-cooked goat and sourdough bread. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-10-17 | 1200 | Food Safari Fire | Food Safari Fire Series 1 Ep 4 | Maeve O'Meara explores how fire and coals create some of the world's classic recipes - Turkish kebabs, Portuguese sardines, marinated Chilean pork belly and South African braais. | AUSTRALIA | English-100 | RPT | G | Y |
| 2020-10-17 | 1230 | Come Dine With Me UK | Come Dine With Me UK Series 16 Ep 40 | 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 | | PG | |
| 2020-10-17 | 1300 | Tropical Gourmet: New Caledonia | Noumea Market | Justine takes some of Noumea's native root vegetables to put a spin on potato fritters. Then with some of the world's finest vanilla, local chef Christophe bakes his silky creme brulee. | AUSTRALIA | English-100 | | PG | |
| 2020-10-17 | 1330 | A Gondola On The Murray | Gondola On The Murray Series 1 Ep 6 | In Mildura, the biggest event of the year is the Festival of San Rocco, and Sefano joins the procession in the Saint's honour and shows us the traditional food and cultural events of the day. | AUSTRALIA | English-100 | | PG | |
| 2020-10-17 | 1400 | Say It To My Face | Lead From The Front | Best friends Nick Velez and Calvin Spencer own 'Bastards' a sports bar in Downey, CA. They are proud of their military service - so much so they have decorated their restaurant like a combat zone. | USA | English-100 | | PG | |
| 2020-10-17 | 1500 | Tropical Gourmet: New Caledonia | Cooking With Gabi | Justine goes fishing and gathers a spectacular array of fresh seafood for a beachside barbeque. Later, using delicious local ingredients, she puts together a simple parrotfish salad. | AUSTRALIA | English-100 | | PG | |
| 2020-10-17 | 1530 | Tropical Gourmet: New Caledonia | Final Days In Noumea | Justine celebrates the fresh, flavoursome seafood available among the waters of Noumea by serving up the ultimate prawn and crab sandwich. That's followed by a decadent chocolate tart. | AUSTRALIA | English-100 | | PG | |
| 2020-10-17 | 1600 | The Cook And The Chef | Shellfish | What do you do with sea urchin? How do you prepare abalone? Maggie and Simon answer all the questions and show us some tricks of the trade. | AUSTRALIA | English-100 | | G | |
| 2020-10-17 | 1630 | The Cook And The Chef | Cooking With Friends | Maggie and Simon visit a couple of cooking mates and mentors, who have played a part in their professional and personal lives. Simon catches up with internationally acclaimed Chef Cheong Liew. | AUSTRALIA | English-100 | | PG | |
| 2020-10-17 | 1700 | The Cook And The Chef | Bush Tucker | Simon kicks the show off by sharing his thoughts about the experience of moving out to Australia from England as a youngster, looking out at the harsh Australian landscape. | AUSTRALIA | English-100 | | G | |
| 2020-10-17 | 1730 | Paul Hollywood's Pies And Puds | Paul Hollywood's Pies And Puds Series 1 Ep 6 | Paul Hollywood creates his favourite Pies and Puddings with a lovingly crafted Cheese from Botton in Yorkshire, Lavender from Kent, and a huge amount of perfect chocolate. | UNITED KINGDOM | English-100 | | G | |

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|------------|------|---|--|--|----------------|-------------|-----|----|
| 2020-10-17 | 1830 | The Big Family Cooking Showdown | Big Family Cooking Showdown Series 1, The Ep 6 | The Cadugan and the King families face a series of challenges, based on the realities of everyday meals, as they cook up their favourite dishes, both in the studio and in their own homes. | UNITED KINGDOM | English-100 | | PG |
| 2020-10-17 | 1930 | Cheese Slices | Bhutan: Yak's Cheese And Butter | Will discovers how butter and fresh cheese is traditionally made from cow's and yak's milk, and how it is used for ceremonial purposes. | AUSTRALIA | English-100 | | G |
| 2020-10-17 | 2000 | Cheese Slices | Turkey: Traditional Cheeses Of Turkey | Will visits the spice markets of Istanbul and learns about a rare blue string cheese and Tulum, a traditional cheese matured in goat skin. | AUSTRALIA | English-100 | | G |
| 2020-10-17 | 2030 | Cooking Up A Fortune | Cooking Up A Fortune Series 1 Ep 1 | Three pairs of cooks compete for a place in the Cooking Up A Fortune final, but which duo will make the most profit when 50 diners arrive to judge their dishes? | UNITED KINGDOM | English-100 | | PG |
| 2020-10-17 | 2100 | Cooking Up A Fortune | Cooking Up A Fortune Series 1 Ep 2 | It's the last day of the heat and only one team will win a place in the weekly final. The teams cooking today are - The Dorset Gourmet, Dasaki, and the Cooking Mammams. | UNITED KINGDOM | English-100 | | PG |
| 2020-10-17 | 2130 | The Hairy Bikers' Food Tour Of Britain | North Yorkshire | Si and Dave explore North Yorkshire, where they cook a traditional county favourite in Scarborough. They then select the finest catch from Whitby Harbour. | UNITED KINGDOM | English-100 | RPT | G |
| 2020-10-17 | 2230 | Paul Hollywood's Pies And Puds | Paul Hollywood's Pies And Puds Series 1 Ep 6 | Paul Hollywood creates his favourite Pies and Puddings with a lovingly crafted Cheese from Botton in Yorkshire, Lavender from Kent, and a huge amount of perfect chocolate. | UNITED KINGDOM | English-100 | | G |
| 2020-10-17 | 2330 | The Big Family Cooking Showdown | Big Family Cooking Showdown Series 1, The Ep 6 | The Cadugan and the King families face a series of challenges, based on the realities of everyday meals, as they cook up their favourite dishes, both in the studio and in their own homes. | UNITED KINGDOM | English-100 | | PG |
| 2020-10-17 | 2430 | Cheese Slices | Bhutan: Yak's Cheese And Butter | Will discovers how butter and fresh cheese is traditionally made from cow's and yak's milk, and how it is used for ceremonial purposes. | AUSTRALIA | English-100 | | G |
| 2020-10-17 | 2500 | Cheese Slices | Turkey: Traditional Cheeses Of Turkey | Will visits the spice markets of Istanbul and learns about a rare blue string cheese and Tulum, a traditional cheese matured in goat skin. | AUSTRALIA | English-100 | | G |
| 2020-10-17 | 2530 | Cooking Up A Fortune | Cooking Up A Fortune Series 1 Ep 1 | Three pairs of cooks compete for a place in the Cooking Up A Fortune final, but which duo will make the most profit when 50 diners arrive to judge their dishes? | UNITED KINGDOM | English-100 | | PG |
| 2020-10-17 | 2600 | Cooking Up A Fortune | Cooking Up A Fortune Series 1 Ep 2 | It's the last day of the heat and only one team will win a place in the weekly final. The teams cooking today are - The Dorset Gourmet, Dasaki, and the Cooking Mammams. | UNITED KINGDOM | English-100 | | PG |
| 2020-10-17 | 2630 | The Hairy Bikers' Food Tour Of Britain | North Yorkshire | Si and Dave explore North Yorkshire, where they cook a traditional county favourite in Scarborough. They then select the finest catch from Whitby Harbour. | UNITED KINGDOM | English-100 | RPT | G |
| 2020-10-17 | 2730 | Say It To My Face | Lead From The Front | Best friends Nick Velez and Calvin Spencer own 'Bastards' a sports bar in Downey, CA. They are proud of their military service - so much so they have decorated their restaurant like a combat zone. | USA | English-100 | | PG |
| 2020-10-17 | 2830 | Tropical Gourmet: New Caledonia | Cooking With Gabi | Justine goes fishing and gathers a spectacular array of fresh seafood for a beachside barbeque. Later, using delicious local ingredients, she puts together a simple parrotfish salad. | AUSTRALIA | English-100 | | PG |