



WEEK 42: Sunday, 10 October - Saturday, 16 October 2021 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Cap
2021-10-10	0500	Sarah Graham Cooks Cape Town	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		G	
2021-10-10	0530	Nadia's Family Feasts	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		G	
2021-10-10	0625	Poh & Co. Bitesize	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
2021-10-10	0630	Rhodes Across Italy	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		G	
2021-10-10	0725	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 9	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2021-10-10	0730	No Passport Required	Boston	Marcus Samuelsson goes to the greater Boston area to learn more about Portuguese, Brazilian, and Cape Verdean food traditions.	USA	English-100		PG	
2021-10-10	0835	Jonathan Phang's Gourmet Express	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
2021-10-10	0930	Cheese Slices	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		PG	
2021-10-10	1000	Cheese Slices	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		G	
2021-10-10	1030	Ainsley's Food We Love	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	
2021-10-10	1125	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 9	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-10-10	1130	Anthony Bourdain: Parts Unknown	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	
2021-10-10	1225	Destination Flavour - Japan	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
2021-10-10	1230	Spencer's Holiday Bbq	Spencer's Holiday Bbq	Join chef Spencer Watts at his glorious rooftop patio for a one-hour special featuring a full holiday spread, all made on the BBQ.	CANADA	English-100		PG	
2021-10-10	1325	Destination Flavour - Japan	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
2021-10-10	1330	Let's Brunch	Southern Brunch	Host Vanessa Gianfrancesco brings the heat to her brunch table with southern-style recipes including huevos divorciados and fried chicken and waffles.	CANADA	English-100		G	
2021-10-10	1400	The Cook Up with Adam Liaw	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	

2021-10-10	1430	The Cook Up with Adam Liaw	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	
2021-10-10	1500	The Cook Up with Adam Liaw	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	
2021-10-10	1530	The Cook Up with Adam Liaw	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	
2021-10-10	1600	The Cook Up with Adam Liaw	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	
2021-10-10	1630	The Cook And The Chef	English Theme	Simon's on a mission to get back to his English 'Food Roots' with classic ingredients like Stilton cheese and pork sausages.	AUSTRALIA	English-100		G	
2021-10-10	1700	The Cook And The Chef	Kangaroo Island	Around fourteen kilometres off the coast of South Australia lies a beautiful and unspoilt piece of land. Kangaroo Island is five hundred and nine kilometres of stunning and dramatic coastline.	AUSTRALIA	English-100		PG	
2021-10-10	1730	The Cook And The Chef	Sunday Roast, A	Packed full of tradition and memories, Sunday lunch is a very special part of Maggie's life, whether it be with friends or family, everyone is encouraged to get involved.	AUSTRALIA	English-100		PG	
2021-10-10	1800	Kylie Kwong: Heart And Soul	Marinade	Kylie is having a steamboat party for ten friends at home - she provides the food, the guests do the cooking.	AUSTRALIA	English-100	RPT	G	Y
2021-10-10	1830	Adam & Poh's Malaysia In Australia	Adam & Poh's Malaysia In Australia Series 1 Ep 1	Starting their journey in Tasmania, Adam and Poh head out to find some of the best seafood in the world. Adam goes diving for abalone and sea urchin.	AUSTRALIA	English-100		PG	Y
2021-10-10	1900	India Unplated	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	Y
2021-10-10	1930	Weekend Breaks With Gregg Wallace	Christmas In Vienna	Gregg Wallace heads to the home of the Christmas market - Vienna - to get to the bottom of what makes them so special, checking out great festive food, fascinating traditions, and warming drinks.	UNITED KINGDOM	English-100		PG	
2021-10-10	2025	Poh & Co. Bitesize	Family	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-10-10	2030	Rick Stein's Far Eastern Odyssey	Vietnam And Thailand	Rick Stein's culinary journey continues as he travels down the Mekong River to Vietnam where the food is light and fresh, and prepared using lots of herbs.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-10	2140	Anthony Bourdain: Parts Unknown	Russia	In the shadow of Red Square, in the dining room of the historic and luxurious Metropol Hotel, Tony and Zamir sample the famous beluga caviar and catch up on their friendship.	USA	English-100		PG	
2021-10-10	2235	Anthony Bourdain: Parts Unknown	Thailand	Tony teams up with Chef and Author Andy Ricker of Pok Pok Restaurant fame. Andy's made a name for himself faithfully reproducing the cuisine of Northern Thailand at his restaurants in America.	USA	English-100		PG	
2021-10-10	2330	Adam & Poh's Malaysia In Australia	Adam & Poh's Malaysia In Australia Series 1 Ep 1	Starting their journey in Tasmania, Adam and Poh head out to find some of the best seafood in the world. Adam goes diving for abalone and sea urchin.	AUSTRALIA	English-100		PG	Y
2021-10-10	2400	India Unplated	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	Y
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2021-10-11	1330	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 5	Donal meets Marie O'Toole, a senior member of the ICA, for lunch. Marie tells Donal about the role the ICA has had in improving the lives of women in Ireland.	IRELAND	English-100		G	
2021-10-11	1400	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 1	Miguel kicks things off with the freshest North Queensland seafood in a classic Sanish Fideua, followed by a cheeky Pineapple Mojito and a breathtaking coconut breakfast on the beach at sunrise.	AUSTRALIA	English-100		G	
2021-10-11	1430	The Great Australian Cookbook	Matt Stone & Maggie Beer	Matt Stone cooks prawns and a charcoal roasted vegetable salad feast for his family, while Maggie Beer shares one of her all-time favourite recipes - chocolate, pear and almond tart.	AUSTRALIA	English-100		G	
2021-10-11	1500	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 3	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Italian buffalo milk mozzarella cheese, and mooncakes for the August Mooncake Festival.	AUSTRALIA	English-100	RPT	G	Y
2021-10-11	1530	Lidia's Kitchen	Lidia's Kitchen Series 5 Ep 11	Lidia features some of her best party recipes from over the years. Her fig and prosciutto bruschetta is a unique and delicious party item that she includes at almost any gathering.	USA	English-100		PG	

2021-10-11	1600	Secret Meat Business	Secret Meat Business Series 2 Ep 5	Adrian shows us how to use a not-so-common cut of meat, creating his aromatic, West Indian inspired pork cheek stew. Plus, a tasty marinated skirt steak salad.	AUSTRALIA	English-100		G	
2021-10-11	1630	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 1	Silvia returns to take us through the famous region of Emilia Romagna - known for its medieval cities, sun-soaked Adriatic beaches, and some of the best cuisine in Italy.	AUSTRALIA	English-90; Italian-10		PG	
2021-10-11	1700	Food Safari	Chinese	In this episode, Maeve O'Meara explores the world of Chinese food, one of the most ancient and developed cuisines on earth.	AUSTRALIA	English-100	RPT	G	Y
2021-10-11	1730	The Cook And The Chef	Australia Again	Maggie and Simon look at the past, the present and the future of food in Australia. They create recipes using their favourite foods that are grown sustainably and locally sourced.	AUSTRALIA	English-100		G	
2021-10-11	1800	Bake With Anna Olson	Tea Cakes	Chef Anna Olson bakes up some delicious tea time treats including scones, tea cookies, and sweetie cakes - all small enough to fit on tea saucer.	CANADA	English-100		PG	
2021-10-11	1830	Nigella Feasts	Crowd Pleasers	Nigella's got company and she's sharing her fool-proof, stress-free recipes for a party. On the menu are a spicy beef chili with a golden crispy cornbread topping.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-11	1900	The Cook Up with Adam Liaw	Duck	It's Hong Kong week on The Cook Up and it's starting off with a Cantonese classic - duck. Host Adam Liaw, Mastermind host Marc Fennel, and Hartsyard's Dorothy Lee create their ultimate duck dishes.	AUSTRALIA	English-100		PG	
2021-10-11	1930	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 6 Ep 1	Simon Pegg joins the boys in the cafe, where on the menu is a delicious, melt-in-the mouth lamb tagine, inspired by Simon's time spent filming in Morocco, and Jamie's indulgent Provencal bake.	UNITED KINGDOM	English-100		PG	
2021-10-11	2030	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 1	Rick heads to the place where his passion for Cornwall began - his family home at Trevoze Head on the north Cornish coast, where as a child he would go fishing with his father.	UNITED KINGDOM	English-100		PG	
2021-10-11	2100	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 2	Deep in the Cornish countryside, Rick Stein meets an extraordinary family who are making some of the best Gouda cheese in Britain, from which he cooks a tortilla dish with caramelised apples.	UNITED KINGDOM	English-100		PG	
2021-10-11	2130	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 6	Luke Nguyen ventures to the Shan State where entire villages and kilometres of tomato farms float upon Inle Lake. There he experiences the warm hospitality of the Shan people.	AUSTRALIA	English-100	RPT	G	Y
2021-10-11	2200	The Cook Up with Adam Liaw	Duck	It's Hong Kong week on The Cook Up and it's starting off with a Cantonese classic - duck. Host Adam Liaw, Mastermind host Marc Fennel, and Hartsyard's Dorothy Lee create their ultimate duck dishes.	AUSTRALIA	English-100		PG	
2021-10-11	2230	The Cook And The Chef	Australia Again	Maggie and Simon look at the past, the present and the future of food in Australia. They create recipes using their favourite foods that are grown sustainably and locally sourced.	AUSTRALIA	English-100		G	
2021-10-11	2300	Bake With Anna Olson	Tea Cakes	Chef Anna Olson bakes up some delicious tea time treats including scones, tea cookies, and sweetie cakes - all small enough to fit on tea saucer.	CANADA	English-100		PG	
2021-10-11	2330	Nigella Feasts	Crowd Pleasers	Nigella's got company and she's sharing her fool-proof, stress-free recipes for a party. On the menu are a spicy beef chili with a golden crispy cornbread topping.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-11	2400	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 3	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Italian buffalo milk mozzarella cheese, and mooncakes for the August Mooncake Festival.	AUSTRALIA	English-100	RPT	G	Y
2021-10-11	2430	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 6 Ep 1	Simon Pegg joins the boys in the cafe, where on the menu is a delicious, melt-in-the mouth lamb tagine, inspired by Simon's time spent filming in Morocco, and Jamie's indulgent Provencal bake.	UNITED KINGDOM	English-100		PG	
2021-10-11	2530	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 1	Rick heads to the place where his passion for Cornwall began - his family home at Trevoze Head on the north Cornish coast, where as a child he would go fishing with his father.	UNITED KINGDOM	English-100		PG	
2021-10-11	2600	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 2	Deep in the Cornish countryside, Rick Stein meets an extraordinary family who are making some of the best Gouda cheese in Britain, from which he cooks a tortilla dish with caramelised apples.	UNITED KINGDOM	English-100		PG	
2021-10-11	2630	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 6	Luke Nguyen ventures to the Shan State where entire villages and kilometres of tomato farms float upon Inle Lake. There he experiences the warm hospitality of the Shan people.	AUSTRALIA	English-100	RPT	G	Y

2021-10-11	2700	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 5	Donal meets Marie O'Toole, a senior member of the ICA, for lunch. Marie tells Donal about the role the ICA has had in improving the lives of women in Ireland.	IRELAND	English-100		G	
2021-10-11	2730	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 1	Miguel kicks things off with the freshest North Queensland seafood in a classic Sanish Fideua, followed by a cheeky Pineapple Mojito and a breathtaking coconut breakfast on the beach at sunrise.	AUSTRALIA	English-100		G	
2021-10-11	2800	The Great Australian Cookbook	Matt Stone & Maggie Beer	Matt Stone cooks prawns and a charcoal roasted vegetable salad feast for his family, while Maggie Beer shares one of her all-time favourite recipes - chocolate, pear and almond tart.	AUSTRALIA	English-100		G	
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2021-10-12	0500	Lidia's Kitchen	Lidia's Kitchen Series 5 Ep 11	Lidia features some of her best party recipes from over the years. Her fig and prosciutto bruschetta is a unique and delicious party item that she includes at almost any gathering.	USA	English-100		PG	
2021-10-12	0530	Secret Meat Business	Secret Meat Business Series 2 Ep 5	Adrian shows us how to use a not-so-common cut of meat, creating his aromatic, West Indian inspired pork cheek stew. Plus, a tasty marinated skirt steak salad.	AUSTRALIA	English-100		G	
2021-10-12	0600	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 1	Silvia returns to take us through the famous region of Emilia Romagna - known for its medieval cities, sun-soaked Adriatic beaches, and some of the best cuisine in Italy.	AUSTRALIA	English-90; Italian-10		PG	
2021-10-12	0630	Food Safari	Chinese	In this episode, Maeve O'Meara explores the world of Chinese food, one of the most ancient and developed cuisines on earth.	AUSTRALIA	English-100	RPT	G	Y
2021-10-12	0700	Bake With Anna Olson	Tea Cakes	Chef Anna Olson bakes up some delicious tea time treats including scones, tea cookies, and sweetie cakes - all small enough to fit on tea saucer.	CANADA	English-100		PG	
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2021-10-12	1030	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 6	Luke Nguyen ventures to the Shan State where entire villages and kilometres of tomato farms float upon Inle Lake. There he experiences the warm hospitality of the Shan people.	AUSTRALIA	English-100	RPT	G	Y
2021-10-12	1100	The Cook Up with Adam Liaw	Duck	It's Hong Kong week on The Cook Up and it's starting off with a Cantonese classic - duck. Host Adam Liaw, Mastermind host Marc Fennel, and Hartsyard's Dorothy Lee create their ultimate duck dishes.	AUSTRALIA	English-100		PG	
2021-10-12	1130	Lidia's Kitchen	Lidia's Kitchen Series 5 Ep 11	Lidia features some of her best party recipes from over the years. Her fig and prosciutto bruschetta is a unique and delicious party item that she includes at almost any gathering.	USA	English-100		PG	
2021-10-12	1200	Secret Meat Business	Secret Meat Business Series 2 Ep 5	Adrian shows us how to use a not-so-common cut of meat, creating his aromatic, West Indian inspired pork cheek stew. Plus, a tasty marinated skirt steak salad.	AUSTRALIA	English-100		G	
2021-10-12	1230	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 1	Silvia returns to take us through the famous region of Emilia Romagna - known for its medieval cities, sun-soaked Adriatic beaches, and some of the best cuisine in Italy.	AUSTRALIA	English-90; Italian-10		PG	
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2021-10-12	1330	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 6	Donal visits Mary O'Rourke who taught English before she became a politician. In studio, he prepares braised rabbit and also bakes a Black Forest Cake.	IRELAND	English-100		G	

2021-10-12	1400	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 2	From Green Island, one of the oldest and most beautiful Islands in the Great Barrier Reef, Miguel reveals some simple steps to a stunning Tuna Carpaccio.	AUSTRALIA	English-100		G	
2021-10-12	1430	The Great Australian Cookbook	Gilbert Lau & Darren Robertson	Gilbert Lau reveals the secrets to his families roast chicken and fried rice, and Darren Robertson serves up the perfect breakfast of avocado, poached eggs, sourdough, and fermented white cabbage.	AUSTRALIA	English-100		G	
2021-10-12	1500	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 4	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, wild trout from a Tasmanian lake, Lebanese pastry, and native quandongs.	AUSTRALIA	English-100	RPT	G	Y
2021-10-12	1530	Lidia's Kitchen	Lidia's Kitchen Series 5 Ep 12	When it's cold outside, Lidia's kitchen kicks into high gear. The oven is on and the stovetop is always lit. She preapres a turkey meatloaf with mushroom sauce.	USA	English-100		PG	
2021-10-12	1600	Secret Meat Business	Secret Meat Business Series 2 Ep 6	Claiming to have settled a century old feud between the clans of Scotland, chef Adrian Richardson demystifies the art of cooking Scotland's national dish, haggis.	AUSTRALIA	English-100		G	
2021-10-12	1630	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 2	Silvia explores three different Italian-style breakfasts which make perfect accompaniments to a morning capuccino or espresso and will start your day off splendidly!	AUSTRALIA	English-90; Italian-10		G	
2021-10-12	1700	Food Safari	Italian	Maeve takes a look into the world of the people who taught us how to drink coffee and appreciate good olive oil, and those who showed us the simple deliciousness of pizza and pasta - the Italians.	AUSTRALIA	English-100	RPT	G	Y
2021-10-12	1730	The Cook And The Chef	Party, A	As they say, all good things have to come to an end and sadly tonight's program is the very last of the Cook and the Chef, but to go out with a bang and to celebrate four fabulous years.	AUSTRALIA	English-100		G	
2021-10-12	1800	Bake With Anna Olson	Syrupy Desserts	Chef Anna Olson explores the world of sweet syrupy desserts. She demonstrates how makes classics from Quebec, Greece, and Italy.	CANADA	English-100		PG	
2021-10-12	1830	Nigella Feasts	Weekend Wonders	It's the weekend and for Nigella Lawson that means time for family feasting, leisurely baking, and cooking with the kids. She starts with a lunch that everyone loves.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-12	1900	The Cook Up with Adam Liaw	Cantonese	Juicy Banana chef duo Sam Young and Grace Chen are in The Cook Up kitchen with host Adam Liaw, to create their ultimate Cantonese dishes.	AUSTRALIA	English-100		PG	
2021-10-12	1930	Giada Entertains	Go Green Or Go Home	Giada hosts a St. Patrick's Day party, offering her spin on traditional Irish dishes. Guests will feast on hearty lamb and red wine stew, and smoked salmon crudo with creamy cucumbers.	USA	English-100		PG	
2021-10-12	2000	David Rocco's Dolce Africa	Flavours Of Durban	Local chef Andrew Draper takes David on a culinary journey through his hometown of Durban, South Africa. From trendy cafes to massive street markets, they get a taste of how the locals eat.	CANADA	English-100		PG	
2021-10-12	2030	John Torode's Korean Food Tour	Summer	In summer, temperatures soar in Seoul and Koreans start to eat differently to combat the heat. John prepares his own version of Korean ginseng chicken soup and iced noodles.	UNITED KINGDOM	English-100		PG	
2021-10-12	2130	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 7	Luke hikes to the hill tribe villages of the Shan State and the township of Keng Tung, where he cooks some unusual delicacies and local marketplace favourites.	AUSTRALIA	English-100	RPT	G	Y
2021-10-12	2200	The Cook Up with Adam Liaw	Cantonese	Juicy Banana chef duo Sam Young and Grace Chen are in The Cook Up kitchen with host Adam Liaw, to create their ultimate Cantonese dishes.	AUSTRALIA	English-100		PG	
2021-10-12	2230	The Cook And The Chef	Party, A	As they say, all good things have to come to an end and sadly tonight's program is the very last of the Cook and the Chef, but to go out with a bang and to celebrate four fabulous years.	AUSTRALIA	English-100		G	
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2021-10-12	2400	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 4	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, wild trout from a Tasmanian lake, Lebanese pastry, and native quandongs.	AUSTRALIA	English-100	RPT	G	Y
2021-10-12	2430	Giada Entertains	Go Green Or Go Home	Giada hosts a St. Patrick's Day party, offering her spin on traditional Irish dishes. Guests will feast on hearty lamb and red wine stew, and smoked salmon crudo with creamy cucumbers.	USA	English-100		PG	

2021-10-12	2500	David Rocco's Dolce Africa	Flavours Of Durban	Local chef Andrew Draper takes David on a culinary journey through his hometown of Durban, South Africa. From trendy cafes to massive street markets, they get a taste of how the locals eat.	CANADA	English-100		PG	
2021-10-12	2530	John Torode's Korean Food Tour	Summer	In summer, temperatures soar in Seoul and Koreans start to eat differently to combat the heat. John prepares his own version of Korean ginseng chicken soup and iced noodles.	UNITED KINGDOM	English-100		PG	
2021-10-12	2630	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 7	Luke hikes to the hill tribe villages of the Shan State and the township of Keng Tung, where he cooks some unusual delicacies and local marketplace favourites.	AUSTRALIA	English-100	RPT	G	Y
2021-10-12	2700	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 6	Donal visits Mary O'Rourke who taught English before she became a politician. In studio, he prepares braised rabbit and also bakes a Black Forest Cake.	IRELAND	English-100		G	
2021-10-12	2730	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 2	From Green Island, one of the oldest and most beautiful Islands in the Great Barrier Reef, Miguel reveals some simple steps to a stunning Tuna Carpaccio.	AUSTRALIA	English-100		G	
2021-10-12	2800	The Great Australian Cookbook	Gilbert Lau & Darren Robertson	Gilbert Lau reveals the secrets to his families roast chicken and fried rice, and Darren Robertson serves up the perfect breakfast of avocado, poached eggs, sourdough, and fermented white cabbage.	AUSTRALIA	English-100		G	
2021-10-12	2830	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 4	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, wild trout from a Tasmanian lake, Lebanese pastry, and native quandongs.	AUSTRALIA	English-100	RPT	G	Y
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2021-10-13	0530	Secret Meat Business	Secret Meat Business Series 2 Ep 6	Claiming to have settled a century old feud between the clans of Scotland, chef Adrian Richardson demystifies the art of cooking Scotland's national dish, haggis.	AUSTRALIA	English-100		G	
2021-10-13	0600	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 2	Silvia explores three different Italian-style breakfasts which make perfect accompaniments to a morning capuccino or espresso and will start your day off splendidly!	AUSTRALIA	English-90; Italian-10		G	
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2021-10-13	0730	Nigella Feasts	Weekend Wonders	It's the weekend and for Nigella Lawson that means time for family feasting, leisurely baking, and cooking with the kids. She starts with a lunch that everyone loves.	UNITED KINGDOM	English-100	RPT	G	Y
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2021-10-13	0930	John Torode's Korean Food Tour	Summer	In summer, temperatures soar in Seoul and Koreans start to eat differently to combat the heat. John prepares his own version of Korean ginseng chicken soup and iced noodles.	UNITED KINGDOM	English-100		PG	
2021-10-13	1030	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 7	Luke hikes to the hill tribe villages of the Shan State and the township of Keng Tung, where he cooks some unusual delicacies and local marketplace favourites.	AUSTRALIA	English-100	RPT	G	Y
2021-10-13	1100	The Cook Up with Adam Liaw	Cantonese	Juicy Banana chef duo Sam Young and Grace Chen are in The Cook Up kitchen with host Adam Liaw, to create their ultimate Cantonese dishes.	AUSTRALIA	English-100		PG	
2021-10-13	1130	Lidia's Kitchen	Lidia's Kitchen Series 5 Ep 12	When it's cold outside, Lidia's kitchen kicks into high gear. The oven is on and the stovetop is always lit. She preapres a turkey meatloaf with mushroom sauce.	USA	English-100		PG	
2021-10-13	1200	Secret Meat Business	Secret Meat Business Series 2 Ep 6	Claiming to have settled a century old feud between the clans of Scotland, chef Adrian Richardson demystifies the art of cooking Scotland's national dish, haggis.	AUSTRALIA	English-100		G	

2021-10-13	1230	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 2	Silvia explores three different Italian-style breakfasts which make perfect accompaniments to a morning capuccino or espresso and will start your day off splendidly!	AUSTRALIA	English-90; Italian-10		G	
2021-10-13	1300	Bake With Anna Olson	Syrupy Desserts	Chef Anna Olson explores the world of sweet syrupy desserts. She demonstrates how makes classics from Quebec, Greece, and Italy.	CANADA	English-100		PG	
2021-10-13	1330	Donal's Kitchen Hero	Donal's Kitchen Hero Series 4 Ep 7	At Muckcross Traditional Farms, Donal is shown how to make soda bread in a bastible and makes Gur Cake, a popular Dublin sweet bread.	IRELAND	English-100		G	
2021-10-13	1400	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 3	Miguel finds time to take a dip at the breathtaking Milla Milla Waterfalls before whipping up a fresh Asian salad that really packs a punch.	AUSTRALIA	English-100		G	
2021-10-13	1430	The Great Australian Cookbook	Matt Moran & Rayleen Brown	Food icon, Matt Moran cooks the perfect BBQ of prawns and pan-fried barramundi with raw zucchini salad and Indigenous trailblazer, Rayleen Brown shares her recipe for a bush fruit Christmas cake.	AUSTRALIA	English-100		PG	
2021-10-13	1500	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 5	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Nuevo Latino food, koeksisters - a sticky South African sweet, and Spanish chorizo.	AUSTRALIA	English-100	RPT	G	Y
2021-10-13	1530	Lidia's Kitchen	Lidia's Kitchen Series 5 Ep 13	Whether it's American football or Italian soccer, game day parties are always popular. Lidia serves up fried mozzarella skewers, carrot and chickpea dip, and pizza rolls.	USA	English-100		PG	
2021-10-13	1600	Secret Meat Business	Secret Meat Business Series 2 Ep 7	This episode, chef Adrian Richardson combines the flavours of the Deep South and Mexico with today's dish, his sweet and succulent Texan-style short rib tacos.	AUSTRALIA	English-100		G	
2021-10-13	1630	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 3	Silvia meets with some distant cousins living in Australia and they spend the afternoon cooking one of the Abruzzo region's most traditional soups.	AUSTRALIA	English-90; Italian-10		G	
2021-10-13	1700	Food Safari	Thai	This week's program enters the world of Thai food where the flavours are intense and are balanced together to create harmony for both the palate and for overall health.	AUSTRALIA	English-100	RPT	G	Y
2021-10-13	1730	The Cook And The Chef	Best In Season	Maggie searches for the perfect tomato which she then uses to make a tomato bruschetta. Simon, not to be outdone, makes his own version of bruschetta using pear and goats cheese.	AUSTRALIA	English-100		G	
2021-10-13	1800	Bake With Anna Olson	Chocolate Truffles	Chef Anna Olson shares her secret to silky, rich truffles. She uses the principles behind truffle making to create some decadent chocolate desserts.	CANADA	English-100		PG	
2021-10-13	1830	Nigella Feasts	Delicious Dinners	It's dinnertime at Nigella Lawson's house and she shares two fabulous meals that are super-fast and full of flavour. First up, there's speedy sake salmon.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-13	1900	The Cook Up with Adam Liaw	From The Bay	Canton Kitchen's Jason Chan and owner of Sydney restaurant Nel, Nelly Robinson are in The Cook Up kitchen with host Adam Liaw cooking up a seafood inspired storm.	AUSTRALIA	English-100		PG	
2021-10-13	1930	License To Grill	License To Grill Series 5 Ep 3	Rob has auctioned off his barbeque skills to the United Way and those who bought his dinner have a feast awaiting them. Rob grills up some tandoori prawns, and makes a charred yellow tomato soup.	CANADA	English-100		PG	
2021-10-13	2000	License To Grill	License To Grill Series 5 Ep 4	Rob throws a barbeque birthday party complete with smoked ribs, grilled summer squash, Caribbean-style chicken, shellfish, and a big birthday cake.	CANADA	English-100		PG	
2021-10-13	2030	Tom Kerridge's Barbeque	Tom Kerridge's Barbeque Series 1 Ep 2	Tom takes inspiration from the BBQ culture of the USA with his sticky baby back ribs and his unique smoked burger interpretation of the classic NYC Ruben sandwich.	UNITED KINGDOM	English-100		PG	
2021-10-13	2100	Food Safari Fire	Food Safari Fire Series 1 Ep 2	Maeve explores the best char-grilled street food from around the world including Greek pork souvlaki, Abruzzese arrosticini, Malaysian satay and Mexican fish tacos.	AUSTRALIA	English-100	RPT	G	Y
2021-10-13	2130	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 8	Luke makes it to the town of Chiang Khong in northern Thailand, where he literally catches the ingredients for his traditional Tom Yum fish soup and tasty northern-style frog curry.	AUSTRALIA	English-100	RPT	G	Y
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2021-10-14	0600	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 3	Silvia meets with some distant cousins living in Australia and they spend the afternoon cooking one of the Abruzzo region's most traditional soups.	AUSTRALIA	English-90; Italian-10		G	
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2021-10-14	1330	Donal's Kitchen Hero Feast	Galway	Donal visits three of Galway's finest artisan food producers - Connemara Salmon Smokehouse, Connemara Hill Lamb, and Cuinneog Buttermilk	IRELAND	English-100		G	
2021-10-14	1400	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 4	Miguel puts on a show at the Cairns Races, dazzling the ladies with his Fruit Skewers Bombe Alaska, and then it's back to the pool for home made Prawn Ravioli that's simply to die for.	AUSTRALIA	English-100		G	
2021-10-14	1430	The Great Australian Cookbook	Evelyn & Victor Liong And Nick Holloway	Siblings Victor and Evelyn Liong, of Lee Ho Fook, share their take on sweet and sour pork, while Nick Holloway cooks wood-roasted reef fish with pineapple curry.	AUSTRALIA	English-100		PG	
2021-10-14	1500	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 6	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Hungarian cheese strudel in the far north, and seafood at Wategos Beach in Byron.	AUSTRALIA	English-100	RPT	G	Y
2021-10-14	1530	Lidia's Kitchen	Lidia's Kitchen Series 5 Ep 14	Lidia makes pizza the centerpiece at her party. With a variety of toppings, a salad, and dessert, she's ready to go. On the menu is a classic Caesar salad with baby kale and focaccia croutons.	USA	English-100		PG	
2021-10-14	1600	Secret Meat Business	Secret Meat Business Series 2 Ep 8	Chef Adrian Richardson shows us a dish that is sure to wow at the dinner table, a succulent slow roasted Greek-style tender goat with honey, rosemary and garlic.	AUSTRALIA	English-100		G	
2021-10-14	1630	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 4	Silvia pairs pasta with some of her favourite sauces and salads, and shares how to make maccheroni al ferro by hand.	AUSTRALIA	English-90; Italian-10		G	
2021-10-14	1700	Food Safari	Lebanese	This week Food Safari goes in search of the fresh green flavours of Lebanese food and Maeve visits one of her favourite Middle Eastern emporiums with master chef Greg Malouf.	AUSTRALIA	English-100	RPT	G	Y
2021-10-14	1730	The Cook And The Chef	Summer Lunch, A	Maggie Beer and Simon Bryant go squidding and it's easy to see that this is a new experience for Maggie. Back in the kitchen Simon cleans the squid while Maggie gets started on her dishes.	AUSTRALIA	English-100		G	
2021-10-14	1800	Bake With Anna Olson	Savoury Pastries	Chef Anna Olson dives into the delicious world of savoury pastries. She bakes up Greek spanakopita, Argentine beef empanadas, and Croatian cheese burek.	CANADA	English-100		PG	
2021-10-14	1830	Nigella Feasts	Fun Food	Nigella Lawson shares her fabulous, fun recipes that appeal to kids of all ages. Whether you're 8 or 80 you'll love her mozzarella stuffed baked potatoes.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-14	1900	The Cook Up with Adam Liaw	Hong Kong Street Food	Host Adam Liaw, Canton Kitchen's Jason Chan and executive chef at Lilly Mu, Brendan Fong, are in The Cook Up kitchen tonight creating some classic Hong Kong street food.	AUSTRALIA	English-100		PG	
2021-10-14	1930	Our Food, Our Family	Algieri Family, The	It's love, war, and meatballs as Michela samples dishes with the Allgieri family in Snowdonia. At a food-filled family reunion in their old Snowdonia farmhouse, Michela unravels a family mystery.	UNITED KINGDOM	English-100		PG	

2021-10-14	2000	India Unplated	Kerala	Known for its scenic backwaters and rich heritage, Keralan food is the perfect example of Indian coastal cuisine. Helly prepares Kadala curry - a traditional vegetarian dish using curry leaves.	AUSTRALIA	English-100		PG	Y
2021-10-14	2030	Adam & Poh's Malaysia In Australia	Adam & Poh's Malaysia In Australia Series 1 Ep 2	Poh is in the wheat belt, visiting the regional WA town of Katanning, while Adam heads to Merimbula with his friend, Malaysian Australian poet and rapper Omar Musa.	AUSTRALIA	English-100		PG	Y
2021-10-14	2100	Barefoot Contessa: Back To Basics	Make Ahead Entertaining	Ina is entertaining, and she's taking the pressure off with all make-ahead dishes. She starts with two easy appetisers - mustard and gruyere batons and warm dates with blue cheese and prosciutto.	USA	English-100		PG	
2021-10-14	2130	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 9	Travelling in north Thailand, Luke arrives at the mountainous Mae Salong where he prepare a rustic tomato dish with Apear, an Aka grandmother. He then sets up kitchen in a banana forest.	AUSTRALIA	English-100	RPT	G	Y
2021-10-14	2200	The Cook Up with Adam Liaw	Hong Kong Street Food	Host Adam Liaw, Canton Kitchen's Jason Chan and executive chef at Lilly Mu, Brendan Fong, are in The Cook Up kitchen tonight creating some classic Hong Kong street food.	AUSTRALIA	English-100		PG	
2021-10-14	2230	The Cook And The Chef	Summer Lunch, A	Maggie Beer and Simon Bryant go squidding and it's easy to see that this is a new experience for Maggie. Back in the kitchen Simon cleans the squid while Maggie gets started on her dishes.	AUSTRALIA	English-100		G	
2021-10-14	2300	Bake With Anna Olson	Savoury Pastries	Chef Anna Olson dives into the delicious world of savoury pastries. She bakes up Greek spanakopita, Argentine beef empanadas, and Croatian cheese burek.	CANADA	English-100		PG	
2021-10-14	2330	Nigella Feasts	Fun Food	Nigella Lawson shares her fabulous, fun recipes that appeal to kids of all ages. Whether you're 8 or 80 you'll love her mozzarella stuffed baked potatoes.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-14	2400	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 6	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Hungarian cheese strudel in the far north, and seafood at Wategos Beach in Byron.	AUSTRALIA	English-100	RPT	G	Y
2021-10-14	2430	Our Food, Our Family	Algieri Family, The	It's love, war, and meatballs as Michela samples dishes with the Allgieri family in Snowdonia. At a food-filled family reunion in their old Snowdonia farmhouse, Michela unravels a family mystery.	UNITED KINGDOM	English-100		PG	
2021-10-14	2500	India Unplated	Kerala	Known for its scenic backwaters and rich heritage, Keralan food is the perfect example of Indian coastal cuisine. Helly prepares Kadala curry - a traditional vegetarian dish using curry leaves.	AUSTRALIA	English-100		PG	Y
2021-10-14	2530	Adam & Poh's Malaysia In Australia	Adam & Poh's Malaysia In Australia Series 1 Ep 2	Poh is in the wheat belt, visiting the regional WA town of Katanning, while Adam heads to Merimbula with his friend, Malaysian Australian poet and rapper Omar Musa.	AUSTRALIA	English-100		PG	Y
2021-10-14	2600	Barefoot Contessa: Back To Basics	Make Ahead Entertaining	Ina is entertaining, and she's taking the pressure off with all make-ahead dishes. She starts with two easy appetisers - mustard and gruyere batons and warm dates with blue cheese and prosciutto.	USA	English-100		PG	
2021-10-14	2630	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 9	Travelling in north Thailand, Luke arrives at the mountainous Mae Salong where he prepare a rustic tomato dish with Apear, an Aka grandmother. He then sets up kitchen in a banana forest.	AUSTRALIA	English-100	RPT	G	Y
2021-10-14	2700	Donal's Kitchen Hero Feast	Galway	Donal visits three of Galway's finest artisan food producers - Connemara Salmon Smokehouse, Connemara Hill Lamb, and Cuiinneog Buttermilk	IRELAND	English-100		G	
2021-10-14	2730	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 4	Miguel puts on a show at the Cairns Races, dazzling the ladies with his Fruit Skewers Bombe Alaska, and then it's back to the pool for home made Prawn Ravioli that's simply to die for.	AUSTRALIA	English-100		G	
2021-10-14	2800	The Great Australian Cookbook	Evelyn & Victor Liong And Nick Holloway	Siblings Victor and Evelyn Liong, of Lee Ho Fook, share their take on sweet and sour pork, while Nick Holloway cooks wood-roasted reef fish with pineapple curry.	AUSTRALIA	English-100		PG	
2021-10-14	2830	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 6	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Hungarian cheese strudel in the far north, and seafood at Wategos Beach in Byron.	AUSTRALIA	English-100	RPT	G	Y
2021-10-15	0500	Lidia's Kitchen	Lidia's Kitchen Series 5 Ep 14	Lidia makes pizza the centerpiece at her party. With a variety of toppings, a salad, and dessert, she's ready to go. On the menu is a classic Caesar salad with baby kale and focaccia croutons.	USA	English-100		PG	
2021-10-15	0530	Secret Meat Business	Secret Meat Business Series 2 Ep 8	Chef Adrian Richardson shows us a dish that is sure to wow at the dinner table, a succulent slow roasted Greek-style tender goat with honey, rosemary and garlic.	AUSTRALIA	English-100		G	
2021-10-15	0600	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 4	Silvia pairs pasta with some of her favourite sauces and salads, and shares how to make maccheroni al ferro by hand.	AUSTRALIA	English-90; Italian-10		G	

2021-10-15	0630	Food Safari	Lebanese	This week Food Safari goes in search of the fresh green flavours of Lebanese food and Maeve visits one of her favourite Middle Eastern emporiums with master chef Greg Malouf.	AUSTRALIA	English-100	RPT	G	Y
2021-10-15	0700	Bake With Anna Olson	Savoury Pastries	Chef Anna Olson dives into the delicious world of savoury pastries. She bakes up Greek spanakopita, Argentine beef empanadas, and Croatian cheese burek.	CANADA	English-100		PG	
2021-10-15	0730	Nigella Feasts	Fun Food	Nigella Lawson shares her fabulous, fun recipes that appeal to kids of all ages. Whether you're 8 or 80 you'll love her mozzarella stuffed baked potatoes.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-15	0800	The Cook And The Chef	Summer Lunch, A	Maggie Beer and Simon Bryant go squidding and it's easy to see that this is a new experience for Maggie. Back in the kitchen Simon cleans the squid while Maggie gets started on her dishes.	AUSTRALIA	English-100		G	
2021-10-15	0830	Our Food, Our Family	Algieri Family, The	It's love, war, and meatballs as Michela samples dishes with the Allgieri family in Snowdonia. At a food-filled family reunion in their old Snowdonia farmhouse, Michela unravels a family mystery.	UNITED KINGDOM	English-100		PG	
2021-10-15	0900	India Unplated	Kerala	Known for its scenic backwaters and rich heritage, Keralan food is the perfect example of Indian coastal cuisine. Helly prepares Kadala curry - a traditional vegetarian dish using curry leaves.	AUSTRALIA	English-100		PG	Y
2021-10-15	0930	Adam & Poh's Malaysia In Australia	Adam & Poh's Malaysia In Australia Series 1 Ep 2	Poh is in the wheat belt, visiting the regional WA town of Katanning, while Adam heads to Merimbula with his friend, Malaysian Australian poet and rapper Omar Musa.	AUSTRALIA	English-100		PG	Y
2021-10-15	1000	Barefoot Contessa: Back To Basics	Make Ahead Entertaining	Ina is entertaining, and she's taking the pressure off with all make-ahead dishes. She starts with two easy appetisers - mustard and gruyere batons and warm dates with blue cheese and prosciutto.	USA	English-100		PG	
2021-10-15	1030	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 9	Travelling in north Thailand, Luke arrives at the mountainous Mae Salong where he prepare a rustic tomato dish with Apear, an Aka grandmother. He then sets up kitchen in a banana forest.	AUSTRALIA	English-100	RPT	G	Y
2021-10-15	1100	The Cook Up with Adam Liaw	Hong Kong Street Food	Host Adam Liaw, Canton Kitchen's Jason Chan and executive chef at Lilly Mu, Brendan Fong, are in The Cook Up kitchen tonight creating some classic Hong Kong street food.	AUSTRALIA	English-100		PG	
2021-10-15	1130	Lidia's Kitchen	Lidia's Kitchen Series 5 Ep 14	Lidia makes pizza the centerpiece at her party. With a variety of toppings, a salad, and dessert, she's ready to go. On the menu is a classic Caesar salad with baby kale and focaccia croutons.	USA	English-100		PG	
2021-10-15	1200	Secret Meat Business	Secret Meat Business Series 2 Ep 8	Chef Adrian Richardson shows us a dish that is sure to wow at the dinner table, a succulent slow roasted Greek-style tender goat with honey, rosemary and garlic.	AUSTRALIA	English-100		G	
2021-10-15	1230	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 4	Silvia pairs pasta with some of her favourite sauces and salads, and shares how to make maccheroni al ferro by hand.	AUSTRALIA	English-90; Italian-10		G	
2021-10-15	1300	Bake With Anna Olson	Savoury Pastries	Chef Anna Olson dives into the delicious world of savoury pastries. She bakes up Greek spanakopita, Argentine beef empanadas, and Croatian cheese burek.	CANADA	English-100		PG	
2021-10-15	1330	Donal's Kitchen Hero Feast	Dublin	In Howth, Donal goes fishing with next-door neighbour Joe, visits the Arun bakery and a nursery specialising in exotic tomatoes.	IRELAND	English-100		G	
2021-10-15	1400	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 5	Miguel creates his Asian inspired Lemongrass Chicken Skewers from an ancient rainforest in Cairns, shows us the secret to a Mango Sorbet without an ice cream machine and feasts on fresh Coral Trout.	AUSTRALIA	English-100		G	
2021-10-15	1430	The Great Australian Cookbook	Sharon & Carol Salloum And Peter Russell-Clarke	Almond Bar's Sharon and Carol Salloum prepare a Syrian BBQ feast, while Aussie icon Peter Russell-Clarke shares his tips for the perfect mango and fig omelette, and smoked trout soup.	AUSTRALIA	English-100		PG	
2021-10-15	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
2021-10-15	1530	Lidia's Kitchen	Lidia's Kitchen Series 5 Ep 15	This episode is all about some of Italy's most popular staples. Lidia shares three of her all-time favourites including chicken parmigiana, beef and rocket bruschetta, and broccoli rabe with sausage.	USA	English-100		PG	
2021-10-15	1600	Secret Meat Business	Secret Meat Business Series 2 Ep 9	Chef Adrian Richardson cooks feijoada - a Brazilian slow cooked stew, packed full of black beans, five types of meat, and loads of flavour.	AUSTRALIA	English-100		G	
2021-10-15	1630	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 5	Silvia shares delicious gluten-free alternatives to some of Italy's most classic and authentic meals including red lentil penne with ragout and risotto with beetroot and stracciatella.	AUSTRALIA	English-90; Italian-10		G	

2021-10-15	1700	Food Safari	Mexican Safari	Mexican expatriates in Australia welcome Maeve O'Meara into their kitchens to explain some of the recipes and tips.	AUSTRALIA	English-100	RPT	G	Y
2021-10-15	1730	The Cook And The Chef	Orchard, The	Maggie shows how to make a wonderful makes peach jam, sharing a new method to check when it is ready to set, makes a simple peach and prosciutto salad and finishes with a peach drink.	AUSTRALIA	English-100		G	
2021-10-15	1800	Bake With Anna Olson	Fancy Bars And Squares	Chef Anna Olson shows how to turn a bar or square into an elegant plated dessert and she bakes up three different and delicious styles.	CANADA	English-100		PG	
2021-10-15	1830	Nigella Feasts	Breakfast All Hours	Nigella Lawson cooks up breakfast all hours from her everyday boiled egg favourite to dishes that will wow brunch guests like raspberry and oatmeal swirls.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-15	1900	The Cook Up with Adam Liaw	Dumplings	Adam Liaw is joined by Bodhi's Heaven Leigh and Sun Ming's David Chan in The Cook Up kitchen to create a Cantonese favourite - dumplings!	AUSTRALIA	English-100		PG	
2021-10-15	1930	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 3	After ironing out some of the food van fumbles, Paul decides to drive it over the mountains and into the 'big smoke'. Not before stopping off for a spot of trout fishing though.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-10-15	2030	Jamie's Food Escapes	Marrakesh	This is Jamie's first time in Marrakesh and his excitement shines through as he explores the city and its extraordinary cuisine born out of the French, Arab and Berber cultures.	UNITED KINGDOM	English-100		PG	
2021-10-15	2125	Destination Flavour - Japan	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
2021-10-15	2130	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 10	Luke hits the bustling town of Chiang Mai. Here he cooks some classic Thai dishes, such as green papaya salad, at the night market.	AUSTRALIA	English-100	RPT	G	Y
2021-10-15	2200	The Cook Up with Adam Liaw	Dumplings	Adam Liaw is joined by Bodhi's Heaven Leigh and Sun Ming's David Chan in The Cook Up kitchen to create a Cantonese favourite - dumplings!	AUSTRALIA	English-100		PG	
2021-10-15	2230	The Cook And The Chef	Orchard, The	Maggie shows how to make a wonderful makes peach jam, sharing a new method to check when it is ready to set, makes a simple peach and prosciutto salad and finishes with a peach drink.	AUSTRALIA	English-100		G	
2021-10-15	2300	Bake With Anna Olson	Fancy Bars And Squares	Chef Anna Olson shows how to turn a bar or square into an elegant plated dessert and she bakes up three different and delicious styles.	CANADA	English-100		PG	
2021-10-15	2330	Nigella Feasts	Breakfast All Hours	Nigella Lawson cooks up breakfast all hours from her everyday boiled egg favourite to dishes that will wow brunch guests like raspberry and oatmeal swirls.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-15	2400	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
2021-10-15	2430	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 3	After ironing out some of the food van fumbles, Paul decides to drive it over the mountains and into the 'big smoke'. Not before stopping off for a spot of trout fishing though.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-10-15	2530	Jamie's Food Escapes	Marrakesh	This is Jamie's first time in Marrakesh and his excitement shines through as he explores the city and its extraordinary cuisine born out of the French, Arab and Berber cultures.	UNITED KINGDOM	English-100		PG	
2021-10-15	2625	Destination Flavour - Japan	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
2021-10-15	2630	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 10	Luke hits the bustling town of Chiang Mai. Here he cooks some classic Thai dishes, such as green papaya salad, at the night market.	AUSTRALIA	English-100	RPT	G	Y
2021-10-15	2700	Donal's Kitchen Hero Feast	Dublin	In Howth, Donal goes fishing with next-door neighbour Joe, visits the Arun bakery and a nursery specialising in exotic tomatoes.	IRELAND	English-100		G	
2021-10-15	2730	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 5	Miguel creates his Asian inspired Lemongrass Chicken Skewers from an ancient rainforest in Cairns, shows us the secret to a Mango Sorbet without an ice cream machine and feasts on fresh Coral Trout.	AUSTRALIA	English-100		G	
2021-10-15	2800	The Great Australian Cookbook	Sharon & Carol Salloum And Peter Russell-Clarke	Almond Bar's Sharon and Carol Salloum prepare a Syrian BBQ feast, while Aussie icon Peter Russell-Clarke shares his tips for the perfect mango and fig omelette, and smoked trout soup.	AUSTRALIA	English-100		PG	

2021-10-15	2830	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
2021-10-16	0500	Lidia's Kitchen	Lidia's Kitchen Series 5 Ep 15	This episode is all about some of Italy's most popular staples. Lidia shares three of her all-time favourites including chicken parmigiana, beef and rocket bruschetta, and broccoli rabe with sausage.	USA	English-100		PG	
2021-10-16	0530	Secret Meat Business	Secret Meat Business Series 2 Ep 9	Chef Adrian Richardson cooks feijoada - a Brazilian slow cooked stew, packed full of black beans, five types of meat, and loads of flavour.	AUSTRALIA	English-100		G	
2021-10-16	0600	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 5	Silvia shares delicious gluten-free alternatives to some of Italy's most classic and authentic meals including red lentil penne with ragout and risotto with beetroot and stracciatella.	AUSTRALIA	English-90; Italian-10		G	
2021-10-16	0630	Food Safari	Mexican Safari	Mexican expatriates in Australia welcome Maeve O'Meara into their kitchens to explain some of the recipes and tips.	AUSTRALIA	English-100	RPT	G	Y
2021-10-16	0700	Bake With Anna Olson	Fancy Bars And Squares	Chef Anna Olson shows how to turn a bar or square into an elegant plated dessert and she bakes up three different and delicious styles.	CANADA	English-100		PG	
2021-10-16	0730	Nigella Feasts	Breakfast All Hours	Nigella Lawson cooks up breakfast all hours from her everyday boiled egg favourite to dishes that will wow brunch guests like raspberry and oatmeal swirls.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-16	0800	The Cook And The Chef	Orchard, The	Maggie shows how to make a wonderful makes peach jam, sharing a new method to check when it is ready to set, makes a simple peach and prosciutto salad and finishes with a peach drink.	AUSTRALIA	English-100		G	
2021-10-16	0830	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 3	After ironing out some of the food van fumbles, Paul decides to drive it over the mountains and into the 'big smoke'. Not before stopping off for a spot of trout fishing though.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-10-16	0930	Jamie's Food Escapes	Marrakesh	This is Jamie's first time in Marrakesh and his excitement shines through as he explores the city and its extraordinary cuisine born out of the French, Arab and Berber cultures.	UNITED KINGDOM	English-100		PG	
2021-10-16	1025	Destination Flavour - Japan	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
2021-10-16	1030	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 10	Luke hits the bustling town of Chiang Mai. Here he cooks some classic Thai dishes, such as green papaya salad, at the night market.	AUSTRALIA	English-100	RPT	G	Y
2021-10-16	1100	The Cook Up with Adam Liaw	Dumplings	Adam Liaw is joined by Bodhi's Heaven Leigh and Sun Ming's David Chan in The Cook Up kitchen to create a Cantonese favourite - dumplings!	AUSTRALIA	English-100		PG	
2021-10-16	1130	Lidia's Kitchen	Lidia's Kitchen Series 5 Ep 15	This episode is all about some of Italy's most popular staples. Lidia shares three of her all-time favourites including chicken parmigiana, beef and rocket bruschetta, and broccoli rabe with sausage.	USA	English-100		PG	
2021-10-16	1200	Secret Meat Business	Secret Meat Business Series 2 Ep 9	Chef Adrian Richardson cooks feijoada - a Brazilian slow cooked stew, packed full of black beans, five types of meat, and loads of flavour.	AUSTRALIA	English-100		G	
2021-10-16	1230	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 5	Silvia shares delicious gluten-free alternatives to some of Italy's most classic and authentic meals including red lentil penne with ragout and risotto with beetroot and stracciatella.	AUSTRALIA	English-90; Italian-10		G	
2021-10-16	1300	Bake With Anna Olson	Fancy Bars And Squares	Chef Anna Olson shows how to turn a bar or square into an elegant plated dessert and she bakes up three different and delicious styles.	CANADA	English-100		PG	
2021-10-16	1330	Nadia's Family Feasts	Nadia's Family Feasts Series 1 Ep 6	Nadia Sawalha is joined in the kitchen by chef Nisha Katona, and together they prepare a family feast from India, including steeped chickpeas with black cardamom rice and tardka dhal.	UNITED KINGDOM	English-100		PG	
2021-10-16	1425	Destination Flavour Bitesize	Destination Flavour Bitesize Series 1 Ep 6	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y
2021-10-16	1430	Rhodes Across Italy	Veneto	Gary visits Veneto and its capital - Venice - the city of light. He cooks bigoli in salsa, osso bucco with risotto Milanese, and the world's favourite Venetian dessert - tiramisu.	UNITED KINGDOM	English-100		G	

2021-10-16	1525	Poh & Co. Bitesize	Community	Welcome to the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-10-16	1530	No Passport Required	Las Vegas	Marcus Samuelsson visits Las Vegas to learn more about the city's long-standing Chinese community and their food traditions.	USA	English-100		PG	
2021-10-16	1635	Jonathan Phang's Gourmet Express	Highlands, The	Jonathan travels the beautiful highlands of Scotland on the iconic Belmont Royal Scotsman, starting in historic Edinburgh, where he gets his very own traditional Scottish kilt.	UNITED KINGDOM	English-100		G	
2021-10-16	1730	Delia's How To Cook	Cakes And Biscuits	Aspiring cooks with a sweet tooth will love this episode, as Delia demystifies cakes and biscuits. Home-made varieties contain no preservatives or E numbers.	UNITED KINGDOM	English-100		G	
2021-10-16	1800	Cheese Slices	Mozzarella And The Cheeses Of Campania	Will journeys to Italy's picturesque Campania region to look at stretched curd cheeses and finds it hard to resist the lingering flavour and sensual texture of buffalo cheese made from raw milk.	AUSTRALIA	English-100		G	
2021-10-16	1830	Cheese Slices	Famous Cheese Of Wisconsin	The upper Midwest state is famous for its 'cheese heads' and proudly declares itself America's Dairyland because it produces more cheese than any other state in the USA.	AUSTRALIA	English-100		G	
2021-10-16	1900	Born To Cook: Jack Stein Down Under	Born To Cook: Jack Stein Down Under Series 2	In the season finale, Jack honours the truly amazing people and food he has encountered in the Kimberley with a long table dinner under the stars.	AUSTRALIA	English-100		G	
2021-10-16	1930	Hairy Bikers' Asian Adventure	Japan - South To Kyoto	The bikers head into the heart of traditional Japan to discover the historical roots of Japanese cuisine, and later take an awe-inspiring bike ride to see Mount Fuji.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-10-16	2035	Ainsley's Food We Love	Ainsley's Food We Love Series 1 Ep 6	Join Ainsley in the kitchen where he is recreating his favourite takeaway dishes right at home and shows how you can too! He's joined by journalist and Anita Rani, who spices his kitchen up.	UNITED KINGDOM	English-100		PG	
2021-10-16	2130	Anthony Bourdain: Parts Unknown	Vietnam	Tony returns to one of his favorite places on Earth, Vietnam. For this trip, he journeys to the center of the country, near the coast, to a city he has never been to, known as The City of Ghosts.	USA	English-100		PG	
2021-10-16	2225	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 1	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
2021-10-16	2230	Anthony Bourdain: Parts Unknown	Safari	Tony and Saleh chat over a cup of traditional Arabic coffee before everyone disperses at noon for the midday prayers at the nearby mosques.	USA	English-100		PG	
2021-10-16	2325	Destination Flavour Down Under Bitesize	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
2021-10-16	2330	Nigella Bites	Green	Mint has the ability to transform whatever it touches. Nigella Lawson looks at some food combinations that are so natural that it's hard to imagine they were invented.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-16	2400	Nigella Bites	Amber	Nigella gets rich and spicy with a touch of honey as she prepares saffron-scented chicken pilaf, flatbread pizzas, Moroccan roast lamb, and a semifreddo dessert.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-16	2430	Hairy Bikers' Asian Adventure	Japan - South To Kyoto	The bikers head into the heart of traditional Japan to discover the historical roots of Japanese cuisine, and later take an awe-inspiring bike ride to see Mount Fuji.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-10-16	2535	Ainsley's Food We Love	Ainsley's Food We Love Series 1 Ep 6	Join Ainsley in the kitchen where he is recreating his favourite takeaway dishes right at home and shows how you can too! He's joined by journalist and Anita Rani, who spices his kitchen up.	UNITED KINGDOM	English-100		PG	
2021-10-16	2630	Anthony Bourdain: Parts Unknown	Vietnam	Tony returns to one of his favorite places on Earth, Vietnam. For this trip, he journeys to the center of the country, near the coast, to a city he has never been to, known as The City of Ghosts.	USA	English-100		PG	
2021-10-16	2725	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 1	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
2021-10-16	2730	Anthony Bourdain: Parts Unknown	Safari	Tony and Saleh chat over a cup of traditional Arabic coffee before everyone disperses at noon for the midday prayers at the nearby mosques.	USA	English-100		PG	
2021-10-16	2825	Destination Flavour Down Under Bitesize	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

2021-10-16

2830

Nigella Bites

Green

Mint has the ability to transform whatever it touches. Nigella Lawson looks at some food combinations that are so natural that it's hard to imagine they were invented.

UNITED KINGDOM

English-100

RPT

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