



WEEK 43: Sunday, 17 October - Saturday, 23 October 2021 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Cap
2021-10-17	0500	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
2021-10-17	0530	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 tarka dhal.	UNITED KINGDOM	English-100	RPT	PG	
2021-10-17	0625	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
2021-10-17	0630	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	RPT	G	
2021-10-17	0725	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
2021-10-17	0730	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	RPT	PG	
2021-10-17	0835	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	RPT	G	
2021-10-17	0930	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	RPT	G	
2021-10-17	1000	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	RPT	G	
2021-10-17	1030	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
2021-10-17	1135	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	RPT	PG	
2021-10-17	1230	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	RPT	PG	
2021-10-17	1325	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
2021-10-17	1330	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
2021-10-17	1400	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	RPT	PG	
2021-10-17	1430	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	RPT	PG	
2021-10-17	1500	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	RPT	PG	
2021-10-17	1530	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	RPT	PG	

2021-10-17	1600	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	RPT	PG	
2021-10-17	1630	The Cook And The Chef	Spring Has Sprung	Maggie gets her hand on the first of the new season's asparagus to make asparagus with soft Boiled egg. She proves you don't need fancy implements to prepare asparagus.	AUSTRALIA	English-100		G	
2021-10-17	1700	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	
2021-10-17	1730	The Cook And The Chef	Fresh Or Frozen	Maggie and Simon set out to prove that some frozen produce not only has its merits but in some cases, has its advantages. It's a seafood fiesta with Simon's fish wontons and garlic prawns.	AUSTRALIA	English-100		G	
2021-10-17	1800	Plat Du Tour	Ep1	Guillaume Brahimi is cooking dishes inspired by the North side of France. From the rocky shores of Brittany, to the rolling hills of Burgundy, there is a long list of delicious produce to cook with.	AUSTRALIA	English-100	RPT	PG	
2021-10-17	1830	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	RPT	PG	Y
2021-10-17	1900	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	RPT	PG	Y
2021-10-17	1930	Exploring China: A Culinary Adventure	Exploring China: A Culinary Adventure Series 1 Ep 1	Ken Hom, the godfather of Chinese cuisine, and Ching-He Huang, a leading chef of the contemporary generation, together undertake an epic 4,500-kilometre culinary adventure across China.	UNITED KINGDOM	English-100		G	
2021-10-17	2035	Rick Stein's Far Eastern Odyssey	Thailand And Malaysia	Rick takes a train to Phuket to learn the art of hot and sour tom yum goong, the culinary icon of Thailand. Later he meets up with one of his cooking heroes, David Thompson.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-10-17	2145	Anthony Bourdain: Parts Unknown	Paraguay	Tony discovers Paraguay is a country where a lot is changing. There's a new government, and the situation here seems to be improving for everyday Paraguayans.	USA	English-100	RPT	PG	
2021-10-17	2235	Anthony Bourdain: Parts Unknown	Massachusetts	This unique episode looks closely at the 'other' Massachusetts - far away from the blue blood getaways of Nantucket or the urban sprawl of Boston.	USA	English-100		PG	
2021-10-17	2330	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
2021-10-17	2400	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	RPT	PG	Y
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2021-10-17	2645	Anthony Bourdain: Parts Unknown	Paraguay	Tony discovers Paraguay is a country where a lot is changing. There's a new government, and the situation here seems to be improving for everyday Paraguayans.	USA	English-100	RPT	PG	
2021-10-17	2735	Anthony Bourdain: Parts Unknown	Massachusetts	This unique episode looks closely at the 'other' Massachusetts - far away from the blue blood getaways of Nantucket or the urban sprawl of Boston.	USA	English-100	RPT	PG	
2021-10-17	2830	Plat Du Tour	Ep1	Guillaume Brahimi is cooking dishes inspired by the North side of France. From the rocky shores of Brittany, to the rolling hills of Burgundy, there is a long list of delicious produce to cook with.	AUSTRALIA	English-100	RPT	PG	
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2021-10-18	0700	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	RPT	PG	
2021-10-18	0730	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	RPT	PG	Y
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2021-10-18	1045	Anthony Bourdain: Parts Unknown	Paraguay	Tony discovers Paraguay is a country where a lot is changing. There's a new government, and the situation here seems to be improving for everyday Paraguayans.	USA	English-100	RPT	PG	
2021-10-18	1135	Anthony Bourdain: Parts Unknown	Massachusetts	This unique episode looks closely at the 'other' Massachusetts - far away from the blue blood getaways of Nantucket or the urban sprawl of Boston.	USA	English-100	RPT	PG	
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2021-10-18	1330	Donal's Kitchen Hero Feast	Kerry	Donal heads to Kerry and uses delicious local produce to prepare his feast in Ballintaggart House on the Dingle Peninsula.	IRELAND	English-100	RPT	G	
2021-10-18	1400	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 6	Miguel serves up a fruity surprise on the beach in Cape Tribulation then goes back to his Spanish roots with his favourite fish tapas and a tropical sangria.	AUSTRALIA	English-100	RPT	G	
2021-10-18	1430	The Great Australian Cookbook	Matt Wilkinson And Simone Logue	Matt Wilkinson shares one of his children's favourite meals, pesto pasta, while Simone Logue shares a long lunch with her siblings at their country home in Oberon.	AUSTRALIA	English-100	RPT	PG	
2021-10-18	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
2021-10-18	1530	Lidia's Kitchen	Lidia's Kitchen Series 5 Ep 16	Lidia prepares lamb meatballs with lemon sauce, leftover meatball panini and monkfish meatballs in tomato sauce.	USA	English-100		PG	
2021-10-18	1600	Secret Meat Business	Secret Meat Business Series 2 Ep 10	Chef Adrian Richardson shares his Mum's recipe for an Aussie family favourite, succulent roast chicken. Plus, he whips up a hearty Sicilian chilli beef ragu.	AUSTRALIA	English-100	RPT	G	
2021-10-18	1630	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 6	Silvia shares a wonderful cooking experience with her children in the kitchen. She prepares pizza frita, risi e bisi soup, and yoghurt and olive oil cake with mascarpone and roasted berries.	AUSTRALIA	English-90; Italian-10	RPT	G	
2021-10-18	1700	Food Safari	Turkish Safari	Maeve O'Meara delves into the amazing array of vegetable dishes, salads, dips and marinated meats that make up Turkish cuisine.	AUSTRALIA	English-100	RPT	G	Y
2021-10-18	1730	The Cook And The Chef	Brunch	Maggie has happily been up at the crack of dawn to collect the fresh eggs, and extols the virtue of happy chooks and free range eggs. Simon brings her a present to try out, a white truffle.	AUSTRALIA	English-100	RPT	G	
2021-10-18	1800	Bake With Anna Olson	Turnovers	Chef Anna Olson get nostalgic and bakes up some delicious turnovers. She starts simple and finishes up with a flaky spectacular treat.	CANADA	English-100		PG	
2021-10-18	1830	Nigella Feasts	Chocolate Heaven	Nigella Lawson shares her all-time favourite hall of fame chocolate recipes - beginning with an unbelievably delicious and simple old-fashioned chocolate cake.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-18	1900	The Cook Up with Adam Liaw	Nostalgia	The Lebanese Plate's Lina Jebeile and MasterChef alumni Kylie Millar join host Adam Liaw in The Cook Up kitchen as they create some of their favourite foods from their childhood.	AUSTRALIA	English-100		PG	

2021-10-18	1930	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 6 Ep 2	Jamie and Jimmy are joined by the Absolutely Fabulous Joanna Lumley, as she cooks for the diners at the end of Southend Pier. In her honour, the boys are preparing their first fully vegetarian menu.	UNITED KINGDOM	English-100		PG	
2021-10-18	2030	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 3	Rick tries out a new recipe - pork chops with a sloe berry sauce, before heading to the village of Rock where his son, Jack, holds a clam bake on the shore of the Camel Estuary.	UNITED KINGDOM	English-100	RPT	PG	
2021-10-18	2100	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 4	In the far west of Cornwall, Rick meets with musicians Graham Fitkin and Ruth Wall, and prepares an alfresco dish of Cornish mussels with cider.	UNITED KINGDOM	English-100	RPT	PG	
2021-10-18	2135	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 1	Chef Luke Nguyen continues his culinary journey across the Greater Mekong region of Southeast Asia. Luke's trip begins in Vientiane, the capital of Laos.	AUSTRALIA	English-100	RPT	G	Y
2021-10-18	2205	The Cook Up with Adam Liaw	Nostalgia	The Lebanese Plate's Lina Jebeile and MasterChef alumni Kylie Millar join host Adam Liaw in The Cook Up kitchen as they create some of their favourite foods from their childhood.	AUSTRALIA	English-100	RPT	PG	
2021-10-18	2235	The Cook And The Chef	Brunch	Maggie has happily been up at the crack of dawn to collect the fresh eggs, and extols the virtue of happy chooks and free range eggs. Simon brings her a present to try out, a white truffle.	AUSTRALIA	English-100	RPT	G	
2021-10-18	2305	Bake With Anna Olson	Turnovers	Chef Anna Olson get nostalgic and bakes up some delicious turnovers. She starts simple and finishes up with a flaky spectacular treat.	CANADA	English-100	RPT	PG	
2021-10-18	2330	Nigella Feasts	Chocolate Heaven	Nigella Lawson shares her all-time favourite hall of fame chocolate recipes - beginning with an unbelievably delicious and simple old-fashioned chocolate cake.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-18	2400	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
2021-10-18	2430	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 6 Ep 2	Jamie and Jimmy are joined by the Absolutely Fabulous Joanna Lumley, as she cooks for the diners at the end of Southend Pier. In her honour, the boys are preparing their first fully vegetarian menu.	UNITED KINGDOM	English-100	RPT	PG	
2021-10-18	2530	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 3	Rick tries out a new recipe - pork chops with a sloe berry sauce, before heading to the village of Rock where his son, Jack, holds a clam bake on the shore of the Camel Estuary.	UNITED KINGDOM	English-100	RPT	PG	
2021-10-18	2600	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 4	In the far west of Cornwall, Rick meets with musicians Graham Fitkin and Ruth Wall, and prepares an alfresco dish of Cornish mussels with cider.	UNITED KINGDOM	English-100	RPT	PG	
2021-10-18	2635	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 1	Chef Luke Nguyen continues his culinary journey across the Greater Mekong region of Southeast Asia. Luke's trip begins in Vientiane, the capital of Laos.	AUSTRALIA	English-100	RPT	G	Y
2021-10-18	2705	Donal's Kitchen Hero Feast	Kerry	Donal heads to Kerry and uses delicious local produce to prepare his feast in Ballintaggart House on the Dingle Peninsula.	IRELAND	English-100	RPT	G	
2021-10-18	2735	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 6	Miguel serves up a fruity surprise on the beach in Cape Tribulation then goes back to his Spanish roots with his favourite fish tapas and a tropical sangria.	AUSTRALIA	English-100	RPT	G	
2021-10-18	2800	The Great Australian Cookbook	Matt Wilkinson And Simone Logue	Matt Wilkinson shares one of his children's favourite meals, pesto pasta, while Simone Logue shares a long lunch with her siblings at their country home in Oberon.	AUSTRALIA	English-100	RPT	PG	
2021-10-18	2830	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
2021-10-19	0500	Lidia's Kitchen	Lidia's Kitchen Series 5 Ep 16	Lidia prepares lamb meatballs with lemon sauce, leftover meatball panini and monkfish meatballs in tomato sauce.	USA	English-100	RPT	PG	
2021-10-19	0530	Secret Meat Business	Secret Meat Business Series 2 Ep 10	Chef Adrian Richardson shares his Mum's recipe for an Aussie family favourite, succulent roast chicken. Plus, he whips up a hearty Sicilian chilli beef ragu.	AUSTRALIA	English-100	RPT	G	
2021-10-19	0600	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 6	Silvia shares a wonderful cooking experience with her children in the kitchen. She prepares pizza frita, risi e bisi soup, and yoghurt and olive oil cake with mascarpone and roasted berries.	AUSTRALIA	English-90; Italian-10	RPT	G	
2021-10-19	0630	Food Safari	Turkish Safari	Maeve O'Meara delves into the amazing array of vegetable dishes, salads, dips and marinated meats that make up Turkish cuisine.	AUSTRALIA	English-100	RPT	G	Y

2021-10-19	0700	The Cook And The Chef	Brunch	Maggie has happily been up at the crack of dawn to collect the fresh eggs, and extols the virtue of happy chooks and free range eggs. Simon brings her a present to try out, a white truffle.	AUSTRALIA	English-100	RPT	G	
2021-10-19	0730	Bake With Anna Olson	Turnovers	Chef Anna Olson get nostalgic and bakes up some delicious turnovers. She starts simple and finishes up with a flaky spectacular treat.	CANADA	English-100	RPT	PG	
2021-10-19	0800	Nigella Feasts	Chocolate Heaven	Nigella Lawson shares her all-time favourite hall of fame chocolate recipes - beginning with an unbelievably delicious and simple old-fashioned chocolate cake.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-19	0830	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 6 Ep 2	Jamie and Jimmy are joined by the Absolutely Fabulous Joanna Lumley, as she cooks for the diners at the end of Southend Pier. In her honour, the boys are preparing their first fully vegetarian menu.	UNITED KINGDOM	English-100	RPT	PG	
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2021-10-19	1035	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 1	Chef Luke Nguyen continues his culinary journey across the Greater Mekong region of Southeast Asia. Luke's trip begins in Vientiane, the capital of Laos.	AUSTRALIA	English-100	RPT	G	Y
2021-10-19	1105	The Cook Up with Adam Liaw	Nostalgia	The Lebanese Plate's Lina Jebeile and MasterChef alumni Kylie Millar join host Adam Liaw in The Cook Up kitchen as they create some of their favourite foods from their childhood.	AUSTRALIA	English-100	RPT	PG	
2021-10-19	1135	Lidia's Kitchen	Lidia's Kitchen Series 5 Ep 16	Lidia prepares lamb meatballs with lemon sauce, leftover meatball panini and monkfish meatballs in tomato sauce.	USA	English-100	RPT	PG	
2021-10-19	1200	Secret Meat Business	Secret Meat Business Series 2 Ep 10	Chef Adrian Richardson shares his Mum's recipe for an Aussie family favourite, succulent roast chicken. Plus, he whips up a hearty Sicilian chilli beef ragu.	AUSTRALIA	English-100	RPT	G	
2021-10-19	1230	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 6	Silvia shares a wonderful cooking experience with her children in the kitchen. She prepares pizza fritta, risi e bisì soup, and yoghurt and olive oil cake with mascarpone and roasted berries.	AUSTRALIA	English-90; Italian-10	RPT	G	
2021-10-19	1300	Bake With Anna Olson	Turnovers	Chef Anna Olson get nostalgic and bakes up some delicious turnovers. She starts simple and finishes up with a flaky spectacular treat.	CANADA	English-100	RPT	PG	
2021-10-19	1330	Donal's Kitchen Hero Feast	Wexford	Donal heads to Wexford this week visiting local producers O'Neill's Dry Cure Bacon, Killowen Yoghurt, and Greenhill Fruit Farm. Using their delicious local produce, Donal prepares a feast.	IRELAND	English-100	RPT	G	
2021-10-19	1400	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 7	Miguel serves up the ultimate in tropical indulgence with succulent vanilla-infused boar cheeks, fried lychee ice cream on the beach at sunrise and a Spanish inspired sweet and salty midnight snack.	AUSTRALIA	English-100	RPT	G	
2021-10-19	1430	The Great Australian Cookbook	Ronni Kahn And Paul West	Sydney founder of OzHarvest, Ronni Kahn cooks her mum's veggie lasagne, while Australian River Cottage host, Paul West cooks up braised wild rabbit with salami and warrigal greens.	AUSTRALIA	English-100	RPT	G	
2021-10-19	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
2021-10-19	1530	Lidia's Kitchen	Lidia's Kitchen Series 5 Ep 17	Lidia prepares limoncello tiramisu, made with limoncello zabaglione; grilled fruit; and chocolate anise biscotti made with a shot of espresso.	USA	English-100		PG	
2021-10-19	1600	Secret Meat Business	Secret Meat Business Series 2 Ep 11	Chef Adrian Richardson dishes up a hearty Scandinavian stew, showing us just how easy it is to cook the sometimes snubbed meat, venison.	AUSTRALIA	English-100	RPT	G	
2021-10-19	1630	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 7	Silvia dishes up two special seafood dishes for a close friend's 60th birthday - zuppa di pesce and baked snapper.	AUSTRALIA	English-90; Italian-10	RPT	G	
2021-10-19	1700	Food Safari	Spanish Safari	You can smell the heady scents of saffron, paprika and garlic as host Maeve O'Meara investigates the key ingredients needed to create a Spanish pantry.	AUSTRALIA	English-100	RPT	G	Y
2021-10-19	1730	The Cook And The Chef	Late Summer Lunch, A	Maggie and Simon show their different approaches to cooking. Maggie cooks a hearty meal for the family, while Simon gives a restaurant touch to his meal.	AUSTRALIA	English-100	RPT	G	
2021-10-19	1800	Bake With Anna Olson	Toffee	Chef Anna Olson demonstrates the versatility of toffee. She uses the fundamentals of toffee to create three fabulous sweet treats.	CANADA	English-100	RPT	PG	

2021-10-19	1830	Nigella Feasts	Food To Go	This is Nigella Lawson to go. It's fabulous portable food - from an entire feast of mushroom pasta bake and stunning cranberry glazed ham.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-19	1900	The Cook Up with Adam Liaw	TV Dinners	Host Adam Liaw is joined in the kitchen by food writer Tori Haschka and head chef at One & Only Wolgan Valley, James Viles, to whip up some quick and easy dinners you can eat in front of the TV.	AUSTRALIA	English-100		PG	
2021-10-19	1930	Giada Entertains	Jades After Party	After Jade's volleyball game, Giada invites her daughter's friends to celebrate at a fun-filled after party. It's a delicious menu with all of Jade's favourites, including easy chicken cordon bleu.	USA	English-100		PG	
2021-10-19	2000	David Rocco's Dolce Africa	Walking Durban	Walking tours are all the rage in major metropolitan cities, and Durban is no different. Beset Durban is a free tour group who take David on a private trek through their beloved city.	CANADA	English-100		PG	
2021-10-19	2030	John Torode's Korean Food Tour	Veg And Tofu	John visits Gwanjang, the biggest food market in Seoul and samples its most famous food stall making bindaetteok, ground mung bean pancakes. He is then introduced to to fermented rice wine makgeolli.	UNITED KINGDOM	English-100		PG	
2021-10-19	2130	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 2	Luke heads north to Laos' 'food capital', Luang Prabang, where he explores the city's fresh produce markets and unique cottage industries, trying his hand at making buffalo patties.	AUSTRALIA	English-100	RPT	G	Y
2021-10-19	2200	The Cook Up with Adam Liaw	TV Dinners	Host Adam Liaw is joined in the kitchen by food writer Tori Haschka and head chef at One & Only Wolgan Valley, James Viles, to whip up some quick and easy dinners you can eat in front of the TV.	AUSTRALIA	English-100	RPT	PG	
2021-10-19	2230	The Cook And The Chef	Late Summer Lunch, A	Maggie and Simon show their different approaches to cooking. Maggie cooks a hearty meal for the family, while Simon gives a restaurant touch to his meal.	AUSTRALIA	English-100	RPT	G	
2021-10-19	2300	Bake With Anna Olson	Toffee	Chef Anna Olson demonstrates the versatility of toffee. She uses the fundamentals of toffee to create three fabulous sweet treats.	CANADA	English-100	RPT	PG	
2021-10-19	2330	Nigella Feasts	Food To Go	This is Nigella Lawson to go. It's fabulous portable food - from an entire feast of mushroom pasta bake and stunning cranberry glazed ham.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-19	2400	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
2021-10-19	2430	Giada Entertains	Jades After Party	After Jade's volleyball game, Giada invites her daughter's friends to celebrate at a fun-filled after party. It's a delicious menu with all of Jade's favourites, including easy chicken cordon bleu.	USA	English-100	RPT	PG	
2021-10-19	2500	David Rocco's Dolce Africa	Walking Durban	Walking tours are all the rage in major metropolitan cities, and Durban is no different. Beset Durban is a free tour group who take David on a private trek through their beloved city.	CANADA	English-100	RPT	PG	
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2021-10-19	2630	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 2	Luke heads north to Laos' 'food capital', Luang Prabang, where he explores the city's fresh produce markets and unique cottage industries, trying his hand at making buffalo patties.	AUSTRALIA	English-100	RPT	G	Y
2021-10-19	2700	Donal's Kitchen Hero Feast	Wexford	Donal heads to Wexford this week visiting local producers O'Neill's Dry Cure Bacon, Killowen Yoghurt, and Greenhill Fruit Farm. Using their delicious local produce, Donal prepares a feast.	IRELAND	English-100	RPT	G	
2021-10-19	2730	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 7	Miguel serves up the ultimate in tropical indulgence with succulent vanilla-infused boar cheeks, fried lychee ice cream on the beach at sunrise and a Spanish inspired sweet and salty midnight snack.	AUSTRALIA	English-100	RPT	G	
2021-10-19	2800	The Great Australian Cookbook	Ronni Kahn And Paul West	Sydney founder of OzHarvest, Ronni Kahn cooks her mum's veggie lasagne, while Australian River Cottage host, Paul West cooks up braised wild rabbit with salami and warrigal greens.	AUSTRALIA	English-100	RPT	G	
2021-10-19	2830	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
2021-10-20	0500	Lidia's Kitchen	Lidia's Kitchen Series 5 Ep 17	Lidia prepares limoncello tiramisu, made with limoncello zabaglione; grilled fruit; and chocolate anise biscotti made with a shot of espresso.	USA	English-100	RPT	PG	
2021-10-20	0530	Secret Meat Business	Secret Meat Business Series 2 Ep 11	Chef Adrian Richardson dishes up a hearty Scandinavian stew, showing us just how easy it is to cook the sometimes snubbed meat, venison.	AUSTRALIA	English-100	RPT	G	
2021-10-20	0600	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 7	Silvia dishes up two special seafood dishes for a close friend's 60th birthday - zuppa di pesce and baked snapper.	AUSTRALIA	English-90; Italian-10	RPT	G	

2021-10-20	0630	Food Safari	Spanish Safari	You can smell the heady scents of saffron, paprika and garlic as host Maeve O'Meara investigates the key ingredients needed to create a Spanish pantry.	AUSTRALIA	English-100	RPT	G	Y
2021-10-20	0700	The Cook And The Chef	Late Summer Lunch, A	Maggie and Simon show their different approaches to cooking. Maggie cooks a hearty meal for the family, while Simon gives a restaurant touch to his meal.	AUSTRALIA	English-100	RPT	G	
2021-10-20	0730	Bake With Anna Olson	Toffee	Chef Anna Olson demonstrates the versatility of toffee. She uses the fundamentals of toffee to create three fabulous sweet treats.	CANADA	English-100	RPT	PG	
2021-10-20	0800	Nigella Feasts	Food To Go	This is Nigella Lawson to go. It's fabulous portable food - from an entire feast of mushroom pasta bake and stunning cranberry glazed ham.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-20	0830	Giada Entertains	Jades After Party	After Jade's volleyball game, Giada invites her daughter's friends to celebrate at a fun-filled after party. It's a delicious menu with all of Jade's favourites, including easy chicken cordon bleu.	USA	English-100	RPT	PG	
2021-10-20	0900	David Rocco's Dolce Africa	Walking Durban	Walking tours are all the rage in major metropolitan cities, and Durban is no different. Beset Durban is a free tour group who take David on a private trek through their beloved city.	CANADA	English-100	RPT	PG	
2021-10-20	0930	John Torode's Korean Food Tour	Veg And Tofu	John visits Gwanjang, the biggest food market in Seoul and samples its most famous food stall making bindaetteok, ground mung bean pancakes. He is then introduced to to fermented rice wine makgeolli.	UNITED KINGDOM	English-100	RPT	PG	
2021-10-20	1030	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 2	Luke heads north to Laos' 'food capital', Luang Prabang, where he explores the city's fresh produce markets and unique cottage industries, trying his hand at making buffalo patties.	AUSTRALIA	English-100	RPT	G	Y
2021-10-20	1100	The Cook Up with Adam Liaw	TV Dinners	Host Adam Liaw is joined in the kitchen by food writer Tori Haschka and head chef at One & Only Wolgan Valley, James Viles, to whip up some quick and easy dinners you can eat in front of the TV.	AUSTRALIA	English-100	RPT	PG	
2021-10-20	1130	Lidia's Kitchen	Lidia's Kitchen Series 5 Ep 17	Lidia prepares limoncello tiramisu, made with limoncello zabaglione; grilled fruit; and chocolate anise biscotti made with a shot of espresso.	USA	English-100	RPT	PG	
2021-10-20	1200	Secret Meat Business	Secret Meat Business Series 2 Ep 11	Chef Adrian Richardson dishes up a hearty Scandinavian stew, showing us just how easy it is to cook the sometimes snubbed meat, venison.	AUSTRALIA	English-100	RPT	G	
2021-10-20	1230	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 7	Silvia dishes up two special seafood dishes for a close friend's 60th birthday - zuppa di pesce and baked snapper.	AUSTRALIA	English-90; Italian-10	RPT	G	
2021-10-20	1300	Bake With Anna Olson	Toffee	Chef Anna Olson demonstrates the versatility of toffee. She uses the fundamentals of toffee to create three fabulous sweet treats.	CANADA	English-100	RPT	PG	
2021-10-20	1330	Donal's Kitchen Hero Feast	Kilkenny	Donal travels to Kilkenny and meets local producers at Mileevens Honey, Goatsbridge Trout Farm, and Knockdrinna Cheese, and then prepares his Kilkenny Feast at the magnificent Uppercourt Manor.	IRELAND	English-100	RPT	G	
2021-10-20	1400	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 8	Coffee, coffee, coffee! Miguel gets his caffeine buzz at a tropical coffee plantation in Skybury where he shows us the Spanish way to make coffee - strong and sweet.	AUSTRALIA	English-100	RPT	PG	
2021-10-20	1430	The Great Australian Cookbook	Merle Parrish And Peter Gilmore	CWA legend Merle Parrish reveals some of her top baking secrets, while Executive Chef of Quay and Bennelong restaurants, Peter Gilmore reveals his favourite Sunday night meal, Korean chicken soup.	AUSTRALIA	English-100	RPT	G	
2021-10-20	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
2021-10-20	1530	Lidia's Kitchen	Lidia's Kitchen Series 5 Ep 18	Lidia demonstrates how to prepare risotto with mushrooms, ziti with pork rib guazzetto, and how to bread and fry risotto.	USA	English-100		PG	
2021-10-20	1600	Secret Meat Business	Secret Meat Business Series 2 Ep 12	Chef Adrian Richardson dishes up a robust French-style boned lamb shoulder with pommes boulangere, a delicious variation on what we know as roast lamb with veggies.	AUSTRALIA	English-100	RPT	G	
2021-10-20	1630	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 8	Silvia shares authentic Italian recipes that are also vegetarian including gnocchi alla sorrentina, minestrone with risoni, and baked zucchini flowers with ricotta and mint.	AUSTRALIA	English-90; Italian-10	RPT	G	
2021-10-20	1700	Food Safari	Japanese Safari	Maeve O'Meara joins legendary restaurateur Tetsuya Wakuda who gives tips on the key ingredients in Japanese cuisine.	AUSTRALIA	English-100	RPT	G	Y
2021-10-20	1730	The Cook And The Chef	Dinner Party For 6	Maggie Beer and Simon Bryant invite us into the kitchen to share the secrets to having friends for dinner without fuss or failure - but with a little drama and presentation.	AUSTRALIA	English-100	RPT	PG	
2021-10-20	1800	Bake With Anna Olson	Puddings	Chef Anna Olson explores the fundamentals of pudding. She then makes three different styles of pudding, including individual pudding tarts.	CANADA	English-100		PG	

2021-10-20	1830	Nigella Feasts	Exotic Evening	Nigella Lawson's cooking up a delicious bite-sized feast that's perfect to share with a crowd. On the menu are red kidney bean and roasted eggplant dips.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-20	1900	The Cook Up with Adam Liaw	Curry	Music icon Jimmy Barnes and his wife Jane join Adam Liaw in The Cook Up kitchen to create their ultimate winter curries.	AUSTRALIA	English-100		G	Y
2021-10-20	1930	Licence To Grill	Licence To Grill Series 5 Ep 5	Rob takes the party to the beach with pulled pork sandwiches, grilled chicken drumsticks, pasta salad with grilled corn and jalapenos, grilled lemongrass shrimp, coleslaw and a banana spud salad.	CANADA	English-100		PG	
2021-10-20	2000	Licence To Grill	Licence To Grill Series 5 Ep 6	The heavyweight title is on the line and Rob and his friends are getting ready to rumble with strawberry jalapeno ribs, smoked turkey quesadillas, grilled chicken wings, and grilled corn wheels.	CANADA	English-100		PG	
2021-10-20	2030	Tom Kerridge's Barbeque	Tom Kerridge's Barbeque Series 1 Ep 3	Tom Kerridge gets experimental with his BBQ and shares his recipe for his best ever chargrilled Burger. He creates a chorizo pork burger tower, complete with manchego cheese and roast pepper salsa.	UNITED KINGDOM	English-100		PG	
2021-10-20	2100	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
2021-10-20	2130	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 3	In this episode, Luke stays in Luang Prabang to join the biggest New Year's celebrations in the country. To get in the festive spirit, he helps out at a local street stall.	AUSTRALIA	English-100	RPT	G	Y
2021-10-20	2200	The Cook Up with Adam Liaw	Curry	Music icon Jimmy Barnes and his wife Jane join Adam Liaw in The Cook Up kitchen to create their ultimate winter curries.	AUSTRALIA	English-100	RPT	G	Y
2021-10-20	2230	The Cook And The Chef	Dinner Party For 6	Maggie Beer and Simon Bryant invite us into the kitchen to share the secrets to having friends for dinner without fuss or failure - but with a little drama and presentation.	AUSTRALIA	English-100	RPT	PG	
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2021-10-20	2400	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
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2021-10-20	2800	The Great Australian Cookbook	Merle Parrish And Peter Gilmore	CWA legend Merle Parrish reveals some of her top baking secrets, while Executive Chef of Quay and Bennelong restaurants, Peter Gilmore reveals his favourite Sunday night meal, Korean chicken soup.	AUSTRALIA	English-100	RPT	G	
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2021-10-21	0500	Lidia's Kitchen	Lidia's Kitchen Series 5 Ep 18	Lidia demonstrates how to prepare risotto with mushrooms, ziti with pork rib guazzetto, and how to bread and fry risotto.	USA	English-100	RPT	PG	
2021-10-21	0530	Secret Meat Business	Secret Meat Business Series 2 Ep 12	Chef Adrian Richardson dishes up a robust French-style boned lamb shoulder with pommes boulangere, a delicious variation on what we know as roast lamb with veggies.	AUSTRALIA	English-100	RPT	G	
2021-10-21	0600	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 8	Silvia shares authentic Italian recipes that are also vegetarian including gnocchi alla sorrentina, minestrone with risoni, and baked zucchini flowers with ricotta and mint.	AUSTRALIA	English-90; Italian-10	RPT	G	
2021-10-21	0630	Food Safari	Japanese Safari	Maeve O'Meara joins legendary restaurateur Tetsuya Wakuda who gives tips on the key ingredients in Japanese cuisine.	AUSTRALIA	English-100	RPT	G	Y
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2021-10-21	0730	Bake With Anna Olson	Puddings	Chef Anna Olson explores the fundamentals of pudding. She then makes three different styles of pudding, including individual pudding tarts.	CANADA	English-100	RPT	PG	
2021-10-21	0800	Nigella Feasts	Exotic Evening	Nigella Lawson's cooking up a delicious bite-sized feast that's perfect to share with a crowd. On the menu are red kidney bean and roasted eggplant dips.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-21	0830	Licence To Grill	Licence To Grill Series 5 Ep 5	Rob takes the party to the beach with pulled pork sandwiches, grilled chicken drumsticks, pasta salad with grilled corn and jalapenos, grilled lemongrass shrimp, coleslaw and a banana spud salad.	CANADA	English-100	RPT	PG	
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2021-10-21	1000	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
2021-10-21	1030	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 3	In this episode, Luke stays in Luang Prabang to join the biggest New Year's celebrations in the country. To get in the festive spirit, he helps out at a local street stall.	AUSTRALIA	English-100	RPT	G	Y
2021-10-21	1100	The Cook Up with Adam Liaw	Curry	Music icon Jimmy Barnes and his wife Jane join Adam Liaw in The Cook Up kitchen to create their ultimate winter curries.	AUSTRALIA	English-100	RPT	G	Y
2021-10-21	1130	Lidia's Kitchen	Lidia's Kitchen Series 5 Ep 18	Lidia demonstrates how to prepare risotto with mushrooms, ziti with pork rib guazzetto, and how to bread and fry risotto.	USA	English-100	RPT	PG	
2021-10-21	1200	Secret Meat Business	Secret Meat Business Series 2 Ep 12	Chef Adrian Richardson dishes up a robust French-style boned lamb shoulder with pommes boulangere, a delicious variation on what we know as roast lamb with veggies.	AUSTRALIA	English-100	RPT	G	
2021-10-21	1230	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 8	Silvia shares authentic Italian recipes that are also vegetarian including gnocchi alla sorrentina, minestrone with risoni, and baked zucchini flowers with ricotta and mint.	AUSTRALIA	English-90; Italian-10	RPT	G	
2021-10-21	1300	Bake With Anna Olson	Puddings	Chef Anna Olson explores the fundamentals of pudding. She then makes three different styles of pudding, including individual pudding tarts.	CANADA	English-100	RPT	PG	
2021-10-21	1330	Donal's Kitchen Hero Feast	Dublin - Donal's Christmas Feast	With Christmas fast approaching, Donal visits a turkey farm and a bakery selling mince pies. The Garden florists in the Powerscourt Centre will be showing Donal how to decorate a table at Christmas.	IRELAND	English-100	RPT	G	
2021-10-21	1400	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 9	Living it up on Green Island, Miguel gets his hands on a monster crayfish for a sumptuous Crayfish Risotto, then heads to an exotic fruit farm to find unique ingredients for his Tropical Cheesecake.	AUSTRALIA	English-100	RPT	PG	
2021-10-21	1430	The Great Australian Cookbook	Ross O'meara And Anna Polyviou	Chef turned food producer Ross O'Meara cooks up a slow roasted pork shoulder with mustard and greens, while Anna Polyviou invites her staff over to sample her summer trifle with tropical fruits.	AUSTRALIA	English-100	RPT	PG	
2021-10-21	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
2021-10-21	1530	Lidia's Kitchen	Lidia's Kitchen Series 5 Ep 19	Lidia makes rice and lentil soup; roasted olives with orange and rosemary; and ricotta meat loaf topped with tomato sauce.	USA	English-100		PG	
2021-10-21	1600	Secret Meat Business	Secret Meat Business Series 2 Ep 13	Adrian is sure to have you breathing fire with his Thai inspired marinated steak, bursting with south-east Asian flavour and heat.	AUSTRALIA	English-100	RPT	G	

2021-10-21	1630	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 9	Silvia shares some of Italy's most classic meals to share with friends and family including broken lasagne with lamb ragu, zucchini and prawn fritto, and ricotta ciambella.	AUSTRALIA	English-90; Italian-10	RPT	G	
2021-10-21	1700	Food Safari	French Safari Part 1	Maeve meets up with top chef Guillaume Brahimi, owner and chef of Bennelong Restaurant at the Sydney Opera House, and TV chef Gabriel Gate.	AUSTRALIA	English-100	RPT	G	Y
2021-10-21	1730	The Cook And The Chef	Party For 20	Maggie asks Simon to help prepare for a party for 20 of her friends. She devises a menu that could be easily doubled or tripled depending on the size of the party.	AUSTRALIA	English-100	RPT	G	
2021-10-21	1800	Bake With Anna Olson	Cheese Breads	Chef Anna Olson loves cheese bread. She bakes up three different and delicious styles proving cheese and bread are a match made in heaven.	CANADA	English-100		PG	
2021-10-21	1830	Nigella Feasts	Solitary Sensations	Nigella Lawson cooks and eats even if she's home alone. Everything from delicious snacks to full meals like roasted lamb shank served with creamy pea puree.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-21	1900	The Cook Up with Adam Liaw	Saturday Night Dinners	Host Adam Liaw invites Saturday Night Pasta cookbook author Elizabeth Hewson and Good Food Guide editor Myffy Rigby into the kitchen to create their ultimate and easy Saturday night dinners.	AUSTRALIA	English-100		PG	
2021-10-21	1930	Our Food, Our Family	Aslam Family, The	Michela is in Cardiff to meet the Aslam family - four generations of food lovers. Between mouthfuls of mouth-watering curries, can Michela coax their secret spice mix from the family?	UNITED KINGDOM	English-100	RPT	PG	
2021-10-21	2000	India Unplated	Kashmir	In this episode, we visit the beautiful Kashmir valley also proudly known as 'heaven on earth' in India. Not only is the place beautiful, its cuisine is distinct, with rice and meat as staples.	AUSTRALIA	English-100		PG	Y
2021-10-21	2030	Adam & Poh's Malaysia In Australia	Adam & Poh's Malaysia In Australia Series 1 Ep 3	Adam starts his journey in the NSW Central West visiting a new breed of sheep. There he makes a Malaysian lamb barbecue - whole roast lamb percik, while later, Poh makes her famous beef curry puffs.	AUSTRALIA	English-100		PG	Y
2021-10-21	2100	Barefoot Contessa: Back To Basics	Holiday Brunch	Ina Garten is sharing recipes and tips for putting together a gorgeous seasonal brunch. She starts with shakshuka with feta, the perfect way to serve eggs, and bakes a batch of morning glory muffins.	USA	English-100		PG	
2021-10-21	2130	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 4	Luke heads to Laos' southern tip to the 4000 Islands, where fishing takes on a whole new meaning. On the Island of Don Khon, Luke learns the art of making the fish staple 'Padhek'.	AUSTRALIA	English-100	RPT	G	Y
2021-10-21	2200	The Cook Up with Adam Liaw	Saturday Night Dinners	Host Adam Liaw invites Saturday Night Pasta cookbook author Elizabeth Hewson and Good Food Guide editor Myffy Rigby into the kitchen to create their ultimate and easy Saturday night dinners.	AUSTRALIA	English-100	RPT	PG	
2021-10-21	2230	The Cook And The Chef	Party For 20	Maggie asks Simon to help prepare for a party for 20 of her friends. She devises a menu that could be easily doubled or tripled depending on the size of the party.	AUSTRALIA	English-100	RPT	G	
2021-10-21	2300	Bake With Anna Olson	Cheese Breads	Chef Anna Olson loves cheese bread. She bakes up three different and delicious styles proving cheese and bread are a match made in heaven.	CANADA	English-100	RPT	PG	
2021-10-21	2330	Nigella Feasts	Solitary Sensations	Nigella Lawson cooks and eats even if she's home alone. Everything from delicious snacks to full meals like roasted lamb shank served with creamy pea puree.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-21	2400	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
2021-10-21	2430	Our Food, Our Family	Aslam Family, The	Michela is in Cardiff to meet the Aslam family - four generations of food lovers. Between mouthfuls of mouth-watering curries, can Michela coax their secret spice mix from the family?	UNITED KINGDOM	English-100	RPT	PG	
2021-10-21	2500	India Unplated	Kashmir	In this episode, we visit the beautiful Kashmir valley also proudly known as 'heaven on earth' in India. Not only is the place beautiful, its cuisine is distinct, with rice and meat as staples.	AUSTRALIA	English-100	RPT	PG	Y
2021-10-21	2530	Adam & Poh's Malaysia In Australia	Adam & Poh's Malaysia In Australia Series 1 Ep 3	Adam starts his journey in the NSW Central West visiting a new breed of sheep. There he makes a Malaysian lamb barbecue - whole roast lamb percik, while later, Poh makes her famous beef curry puffs.	AUSTRALIA	English-100	RPT	PG	Y
2021-10-21	2600	Barefoot Contessa: Back To Basics	Holiday Brunch	Ina Garten is sharing recipes and tips for putting together a gorgeous seasonal brunch. She starts with shakshuka with feta, the perfect way to serve eggs, and bakes a batch of morning glory muffins.	USA	English-100	RPT	PG	

2021-10-21	2630	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 4	Luke heads to Laos' southern tip to the 4000 Islands, where fishing takes on a whole new meaning. On the Island of Don Khon, Luke learns the art of making the fish staple 'Padhek'.	AUSTRALIA	English-100	RPT	G	Y
2021-10-21	2700	Donal's Kitchen Hero Feast	Dublin - Donal's Christmas Feast	With Christmas fast approaching, Donal visits a turkey farm and a bakery selling mince pies. The Garden florists in the Powerscourt Centre will be showing Donal how to decorate a table at Christmas.	IRELAND	English-100	RPT	G	
2021-10-21	2730	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 9	Living it up on Green Island, Miguel gets his hands on a monster crayfish for a sumptuous Crayfish Risotto, then heads to an exotic fruit farm to find unique ingredients for his Tropical Cheesecake.	AUSTRALIA	English-100	RPT	PG	
2021-10-21	2800	The Great Australian Cookbook	Ross O'meara And Anna Polyviou	Chef turned food producer Ross O'Meara cooks up a slow roasted pork shoulder with mustard and greens, while Anna Polyviou invites her staff over to sample her summer trifle with tropical fruits.	AUSTRALIA	English-100	RPT	PG	
2021-10-21	2830	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
2021-10-22	0500	Lidia's Kitchen	Lidia's Kitchen Series 5 Ep 19	Lidia makes rice and lentil soup; roasted olives with orange and rosemary; and ricotta meat loaf topped with tomato sauce.	USA	English-100	RPT	PG	
2021-10-22	0530	Secret Meat Business	Secret Meat Business Series 2 Ep 13	Adrian is sure to have you breathing fire with his Thai inspired marinated steak, bursting with south-east Asian flavour and heat.	AUSTRALIA	English-100	RPT	G	
2021-10-22	0600	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 9	Silvia shares some of Italy's most classic meals to share with friends and family including broken lasagne with lamb ragu, zucchini and prawn fritto, and ricotta ciambella.	AUSTRALIA	English-90; Italian-10	RPT	G	
2021-10-22	0630	Food Safari	French Safari Part 1	Maeve meets up with top chef Guillaume Brahimi, owner and chef of Bennelong Restaurant at the Sydney Opera House, and TV chef Gabriel Gate.	AUSTRALIA	English-100	RPT	G	Y
2021-10-22	0700	The Cook And The Chef	Party For 20	Maggie asks Simon to help prepare for a party for 20 of her friends. She devises a menu that could be easily doubled or tripled depending on the size of the party.	AUSTRALIA	English-100	RPT	G	
2021-10-22	0730	Bake With Anna Olson	Cheese Breads	Chef Anna Olson loves cheese bread. She bakes up three different and delicious styles proving cheese and bread are a match made in heaven.	CANADA	English-100	RPT	PG	
2021-10-22	0800	Nigella Feasts	Solitary Sensations	Nigella Lawson cooks and eats even if she's home alone. Everything from delicious snacks to full meals like roasted lamb shank served with creamy pea puree.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-22	0830	Our Food, Our Family	Aslam Family, The	Michela is in Cardiff to meet the Aslam family - four generations of food lovers. Between mouthfuls of mouth-watering curries, can Michela coax their secret spice mix from the family?	UNITED KINGDOM	English-100	RPT	PG	
2021-10-22	0900	India Unplated	Kashmir	In this episode, we visit the beautiful Kashmir valley also proudly known as 'heaven on earth' in India. Not only is the place beautiful, its cuisine is distinct, with rice and meat as staples.	AUSTRALIA	English-100	RPT	PG	Y
2021-10-22	0930	Adam & Poh's Malaysia In Australia	Adam & Poh's Malaysia In Australia Series 1 Ep 3	Adam starts his journey in the NSW Central West visiting a new breed of sheep. There he makes a Malaysian lamb barbecue - whole roast lamb percik, while later, Poh makes her famous beef curry puffs.	AUSTRALIA	English-100	RPT	PG	Y
2021-10-22	1000	Barefoot Contessa: Back To Basics	Holiday Brunch	Ina Garten is sharing recipes and tips for putting together a gorgeous seasonal brunch. She starts with shakshuka with feta, the perfect way to serve eggs, and bakes a batch of morning glory muffins.	USA	English-100	RPT	PG	
2021-10-22	1030	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 4	Luke heads to Laos' southern tip to the 4000 Islands, where fishing takes on a whole new meaning. On the Island of Don Khon, Luke learns the art of making the fish staple 'Padhek'.	AUSTRALIA	English-100	RPT	G	Y
2021-10-22	1100	The Cook Up with Adam Liaw	Saturday Night Dinners	Host Adam Liaw invites Saturday Night Pasta cookbook author Elizabeth Hewson and Good Food Guide editor Myffy Rigby into the kitchen to create their ultimate and easy Saturday night dinners.	AUSTRALIA	English-100	RPT	PG	
2021-10-22	1130	Lidia's Kitchen	Lidia's Kitchen Series 5 Ep 19	Lidia makes rice and lentil soup; roasted olives with orange and rosemary; and ricotta meat loaf topped with tomato sauce.	USA	English-100	RPT	PG	
2021-10-22	1200	Secret Meat Business	Secret Meat Business Series 2 Ep 13	Adrian is sure to have you breathing fire with his Thai inspired marinated steak, bursting with south-east Asian flavour and heat.	AUSTRALIA	English-100	RPT	G	
2021-10-22	1230	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 9	Silvia shares some of Italy's most classic meals to share with friends and family including broken lasagne with lamb ragu, zucchini and prawn fritto, and ricotta ciambella.	AUSTRALIA	English-90; Italian-10	RPT	G	
2021-10-22	1300	Bake With Anna Olson	Cheese Breads	Chef Anna Olson loves cheese bread. She bakes up three different and delicious styles proving cheese and bread are a match made in heaven.	CANADA	English-100	RPT	PG	

2021-10-22	1330	Donal's Kitchen Hero Feast	Donegal	Donal heads to Lifford and visits Donegal Rapeseed Oil where he chats to Austin Duignan about the success of the company's cold pressed rapeseed oil.	IRELAND	English-100	RPT	PG	
2021-10-22	1400	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 10	Miguel gets into the tropical spirit with his favourite tropical produce. Fresh mussels, lobster cocktail, and for lovers of the sweeter things in life, a coconut trifle.	AUSTRALIA	English-100	RPT	PG	
2021-10-22	1430	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	RPT	G	
2021-10-22	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Ep 12	Maeve O'Meara and Joanna Savill continue to explore the best food around. Today, Marjorie Bligh - popular author of cookbooks, sushi making in Ultimo, and Byron native produce.	AUSTRALIA	English-100	RPT	G	Y
2021-10-22	1530	Lidia's Kitchen	Lidia's Kitchen Series 5 Ep 20	Lidia prepares spicy escarole and white bean soup; spaghetti with fennel and bitter greens; and cabbage salad with warm bacon dressing.	USA	English-100		PG	
2021-10-22	1600	Secret Meat Business	English	A meal fit for a King! Adrian shows us how to make a succulent Crown Roast Lamb sure to have the whole family standing at attention.	AUSTRALIA	English-100	RPT	G	
2021-10-22	1630	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 10	Silvia shares her tried and tested family favourites, made from simple ingredients and full of flavour including chicken diavola with Mediterranean potatoes and Roman-style rigatoni alla gricia.	AUSTRALIA	English-90; Italian-10	RPT	G	
2021-10-22	1700	Food Safari	French Safari Part 2	Chef Guillaume Brahimi gives Maeve a guide to essential fresh ingredients - from herbs to vegetables - then shows how to cook the perfect steak and the potatoes.	AUSTRALIA	English-100	RPT	G	Y
2021-10-22	1730	The Cook And The Chef	Luscious Lunch, A	The season is on the change and Maggie and Simon prepare for an early autumn lunch. As Maggie lives in the Barossa, on Saturdays she shops at the Barossa Market.	AUSTRALIA	English-100	RPT	PG	
2021-10-22	1800	Bake With Anna Olson	No Bake Treats	Chef Anna Olson shares her three favourite recipes for no-bake treats. These are the perfect treats to whip up when you don't want to turn the oven on.	CANADA	English-100		PG	
2021-10-22	1830	Nigella Feasts	Just Desserts	Nigella Lawson's crazy for dessert and picks out some of her all-time favourites in her dessert hall of fame, starting with peach melba.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-22	1900	The Cook Up with Adam Liaw	Eggs	Ethiopian cook Tinsae Elsdon, head chef at The Old Fitz, Anna Ugarte-Carral, and host Adam Liaw create their favourite egg dishes in The Cook Up kitchen.	AUSTRALIA	English-100		PG	
2021-10-22	1930	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 4	While Paul is away, Harrison is left to manage the farm and it's not all plain sailing. There's a sweet surprise ready for harvest that's been brewing for over a year, and Paul rises to the challenge.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-22	2030	Jamie's Food Escapes	Andalucia	Jamie travels to Andalucia in Southern Spain where he eats heavenly cakes cooked by nuns, and joins in the community festivities as he cooks a giant paella for a whole village.	UNITED KINGDOM	English-100	RPT	PG	
2021-10-22	2125	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
2021-10-22	2130	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 5	Luke crosses the Mekong River into Cambodia and the ancient city of Siem Reap. There he explores the revered temples of Angkor Wat and meets local chefs to learn traditional Khmer dishes.	AUSTRALIA	English-100	RPT	G	Y
2021-10-22	2200	The Cook Up with Adam Liaw	Eggs	Ethiopian cook Tinsae Elsdon, head chef at The Old Fitz, Anna Ugarte-Carral, and host Adam Liaw create their favourite egg dishes in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG	
2021-10-22	2230	The Cook And The Chef	Luscious Lunch, A	The season is on the change and Maggie and Simon prepare for an early autumn lunch. As Maggie lives in the Barossa, on Saturdays she shops at the Barossa Market.	AUSTRALIA	English-100	RPT	PG	
2021-10-22	2300	Bake With Anna Olson	No Bake Treats	Chef Anna Olson shares her three favourite recipes for no-bake treats. These are the perfect treats to whip up when you don't want to turn the oven on.	CANADA	English-100	RPT	PG	
2021-10-22	2330	Nigella Feasts	Just Desserts	Nigella Lawson's crazy for dessert and picks out some of her all-time favourites in her dessert hall of fame, starting with peach melba.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-22	2400	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Ep 12	Maeve O'Meara and Joanna Savill continue to explore the best food around. Today, Marjorie Bligh - popular author of cookbooks, sushi making in Ultimo, and Byron native produce.	AUSTRALIA	English-100	RPT	G	Y
2021-10-22	2430	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 4	While Paul is away, Harrison is left to manage the farm and it's not all plain sailing. There's a sweet surprise ready for harvest that's been brewing for over a year, and Paul rises to the challenge.	UNITED KINGDOM	English-100	RPT	G	Y

2021-10-22	2530	Jamie's Food Escapes	Andalucia	Jamie travels to Andalucia in Southern Spain where he eats heavenly cakes cooked by nuns, and joins in the community festivities as he cooks a giant paella for a whole village.	UNITED KINGDOM	English-100	RPT	PG	
2021-10-22	2625	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
2021-10-22	2630	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 5	Luke crosses the Mekong River into Cambodia and the ancient city of Siem Reap. There he explores the revered temples of Angkor Wat and meets local chefs to learn traditional Khmer dishes.	AUSTRALIA	English-100	RPT	G	Y
2021-10-22	2700	Donal's Kitchen Hero Feast	Donegal	Donal heads to Lifford and visits Donegal Rapeseed Oil where he chats to Austin Duignan about the success of the company's cold pressed rapeseed oil.	IRELAND	English-100	RPT	PG	
2021-10-22	2730	Miguel's Tropical Kitchen	Miguel's Tropical Kitchen Series 1 Ep 10	Miguel gets into the tropical spirit with his favourite tropical produce. Fresh mussels, lobster cocktail, and for lovers of the sweeter things in life, a coconut trifle.	AUSTRALIA	English-100	RPT	PG	
2021-10-22	2800	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	RPT	G	
2021-10-22	2830	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Ep 12	Maeve O'Meara and Joanna Savill continue to explore the best food around. Today, Marjorie Bligh - popular author of cookbooks, sushi making in Ultimo, and Byron native produce.	AUSTRALIA	English-100	RPT	G	Y
2021-10-23	0500	Lidia's Kitchen	Lidia's Kitchen Series 5 Ep 20	Lidia prepares spicy escarole and white bean soup; spaghetti with fennel and bitter greens; and cabbage salad with warm bacon dressing.	USA	English-100	RPT	PG	
2021-10-23	0530	Secret Meat Business	English	A meal fit for a King! Adrian shows us how to make a succulent Crown Roast Lamb sure to have the whole family standing at attention.	AUSTRALIA	English-100	RPT	G	
2021-10-23	0600	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 10	Silvia shares her tried and tested family favourites, made from simple ingredients and full of flavour including chicken diavola with Mediterranean potatoes and Roman-style rigatoni alla gricia.	AUSTRALIA	English-90; Italian-10	RPT	G	
2021-10-23	0630	Food Safari	French Safari Part 2	Chef Guillaume Brahimi gives Maeve a guide to essential fresh ingredients - from herbs to vegetables - then shows how to cook the perfect steak and the potatoes.	AUSTRALIA	English-100	RPT	G	Y
2021-10-23	0700	The Cook And The Chef	Luscious Lunch, A	The season is on the change and Maggie and Simon prepare for an early autumn lunch. As Maggie lives in the Barossa, on Saturdays she shops at the Barossa Market.	AUSTRALIA	English-100	RPT	PG	
2021-10-23	0730	Bake With Anna Olson	No Bake Treats	Chef Anna Olson shares her three favourite recipes for no-bake treats. These are the perfect treats to whip up when you don't want to turn the oven on.	CANADA	English-100	RPT	PG	
2021-10-23	0800	Nigella Feasts	Just Desserts	Nigella Lawson's crazy for dessert and picks out some of her all-time favourites in her dessert hall of fame, starting with peach melba.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-23	0830	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 4	While Paul is away, Harrison is left to manage the farm and it's not all plain sailing. There's a sweet surprise ready for harvest that's been brewing for over a year, and Paul rises to the challenge.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-23	0930	Jamie's Food Escapes	Andalucia	Jamie travels to Andalucia in Southern Spain where he eats heavenly cakes cooked by nuns, and joins in the community festivities as he cooks a giant paella for a whole village.	UNITED KINGDOM	English-100	RPT	PG	
2021-10-23	1025	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
2021-10-23	1030	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 5	Luke crosses the Mekong River into Cambodia and the ancient city of Siem Reap. There he explores the revered temples of Angkor Wat and meets local chefs to learn traditional Khmer dishes.	AUSTRALIA	English-100	RPT	G	Y
2021-10-23	1100	The Cook Up with Adam Liaw	Eggs	Ethiopian cook Tinsae Elsdon, head chef at The Old Fitz, Anna Ugarte-Carral, and host Adam Liaw create their favourite egg dishes in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG	
2021-10-23	1130	Lidia's Kitchen	Lidia's Kitchen Series 5 Ep 20	Lidia prepares spicy escarole and white bean soup; spaghetti with fennel and bitter greens; and cabbage salad with warm bacon dressing.	USA	English-100	RPT	PG	
2021-10-23	1200	Secret Meat Business	English	A meal fit for a King! Adrian shows us how to make a succulent Crown Roast Lamb sure to have the whole family standing at attention.	AUSTRALIA	English-100	RPT	G	

2021-10-23	1230	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 10	Silvia shares her tried and tested family favourites, made from simple ingredients and full of flavour including chicken diavola with Mediterranean potatoes and Roman-style rigatoni alla gricia.	AUSTRALIA	English-90; Italian-10	RPT	G	
2021-10-23	1300	The Great Australian Cookbook	Alla Wolf-Tasker And Rodney Dunn	Alla Wolf-Tasker prepares her share platter recipe, while Agrarian Cook Rodney Dunn showcases his Tasmanian property's produce, baking a rhubarb and berry crumble with goats milk and vanilla custard.	AUSTRALIA	English-100	RPT	PG	
2021-10-23	1330	Nadia's Family Feasts	Nadia's Family Feasts Series 1 Ep 7	Nadia Sawalha is joined in the kitchen by chef Christian Stevenson - aka DJ BBQ - and together they prepare a family feast, including buttermilk fried chicken, smash burgers, and a tomato pie.	UNITED KINGDOM	English-100	RPT	G	
2021-10-23	1425	Destination Flavour Bitesize	Destination Flavour Bitesize Series 1 Ep 7	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
2021-10-23	1430	Rhodes Across Italy	Banquet	Gary Rhodes and his sous-chefs are in Venice to put their new-found knowledge of regional Italian cuisine to the test as they prepare a nine-course Italian banquet.	UNITED KINGDOM	English-100	RPT	G	
2021-10-23	1525	Poh & Co. Bitesize	Love...And Pizza!	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-10-23	1530	No Passport Required	Houston	Marcus Samuelsson visits Houston to learn more about food and community in the Nigerian and greater West African diaspora.	USA	English-100	RPT	PG	
2021-10-23	1635	Jonathan Phang's Gourmet Express	Vancouver To Jasper	Jonathan takes the trip of a lifetime from the beautiful coastal city of Vancouver across the spectacular Rocky Mountains to Jasper, an idyllic Canadian town set in a stunning national park.	UNITED KINGDOM	English-100	RPT	PG	
2021-10-23	1730	Delia's How To Cook	Sauces And Batters	Delia takes another look at flour power, this time demonstrating the art of making light, lump-free sauces and batters which will never curdle if you follow her simple rules.	UNITED KINGDOM	English-100	RPT	G	
2021-10-23	1800	Cheese Slices	Haloumi: Cyprus	Squeaky, salty haloumi is one of the world's best-loved grilled cheeses. However most of it is now mass produced using cows milk. Will heads to the island of Cyprus to see how it's traditionally made.	AUSTRALIA	English-100	RPT	PG	
2021-10-23	1830	Cheese Slices	Artisan Cheese Of The USA	Will's cheese tour takes him across the United States to look at artisanal cheese in regions not normally associated with specialist cheese.	AUSTRALIA	English-100	RPT	G	
2021-10-23	1900	South Africa With Gregg Wallace	Safari In Amakhala	Gregg starts his journey around South Africa by going on a safari through the Amakhala Game Reserve in the Eastern Cape. He goes on a game drive and encounters giraffe, rhinos and warthogs.	UNITED KINGDOM	English-100			
2021-10-23	1930	Hairy Bikers' Asian Adventure	South Korea	Korean food is set to be the next big thing in the UK so the bikers want to find out more about this hot new trend on the horizon.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-23	2035	Ainsley's Food We Love	Ainsley's Food We Love Series 1 Ep 7	Ainsley is in his kitchen inspired by the dishes from the pub menu - good old fashioned pub grub! He starts with an all-time favourite, sausage and mustard mash with onion and red wine gravy.	UNITED KINGDOM	English-100		PG	
2021-10-23	2130	Anthony Bourdain: Parts Unknown	Shanghai	Forget all the antiquated views you might hold about a communist-run, creativity-devoid bunch of State-controlled androids. The modern China, is to Bourdain, a vibrant, dynamic monument to capitalism.	USA	English-100		PG	
2021-10-23	2225	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 8	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-10-23	2230	Anthony Bourdain: Parts Unknown	Bronx, The	Tony experiences the Bronx from a legendary collection of Bronx native - Hip Hop originators Kool Herc, Afrika Bambaataa, and Melle Mel discuss the early years of hip hop.	USA	English-100	*	PG	
2021-10-23	2325	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
2021-10-23	2330	Cheese Slices	Artisan Cheese Of The USA	Will's cheese tour takes him across the United States to look at artisanal cheese in regions not normally associated with specialist cheese.	AUSTRALIA	English-100	RPT	G	
2021-10-23	2400	South Africa With Gregg Wallace	Safari In Amakhala	Gregg starts his journey around South Africa by going on a safari through the Amakhala Game Reserve in the Eastern Cape. He goes on a game drive and encounters giraffe, rhinos and warthogs.	UNITED KINGDOM	English-100	RPT		
2021-10-23	2430	Hairy Bikers' Asian Adventure	South Korea	Korean food is set to be the next big thing in the UK so the bikers want to find out more about this hot new trend on the horizon.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-23	2535	Ainsley's Food We Love	Ainsley's Food We Love Series 1 Ep 7	Ainsley is in his kitchen inspired by the dishes from the pub menu - good old fashioned pub grub! He starts with an all-time favourite, sausage and mustard mash with onion and red wine gravy.	UNITED KINGDOM	English-100	RPT	PG	

2021-10-23	2630	Anthony Bourdain: Parts Unknown	Shanghai	Forget all the antiquated views you might hold about a communist-run, creativity-devoid bunch of State-controlled androids. The modern China, is to Bourdain, a vibrant, dynamic monument to capitalism.	USA	English-100	RPT	PG	
2021-10-23	2725	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
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2021-10-23	2825	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 8	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
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