



WEEK 43: Sunday, 16 October - Saturday, 22 October 2022 - ALL MARKETS

| Date | Start Time | Title | Episode Title | Digital Epg Synopsis | Country of Origin | Language | Repeat | Classification | Closed Captions | Subtitles |
|------------|------------|---|--|--|-------------------|-------------------------|--------|----------------|-----------------|-----------|
| 2022-10-16 | 0500 | Cheese Slices | Cheddar Cheese Of England | Will and daughter Ellie visit England's South West, a region famous for producing the world's finest cheddar cheese. | AUSTRALIA | English-100 | | G | | |
| 2022-10-16 | 0530 | Ainsley's Good Mood Food | Ainsley's Good Mood Food Series 2 Ep 3 | A veggie packed diet is a great way to feel good. Ainsley is working through the veg patch and making dishes filled with tasty vegetables. His first dish is a Harriott house favourite. | UNITED KINGDOM | English-100 | | PG | | |
| 2022-10-16 | 0630 | Eat Me: Or Try Not To | Takeover, The | It's hard to imagine going through a whole day without eating at least one of our favorite food brands. No matter where you are in the world. | CANADA | English-100 | | G | | |
| 2022-10-16 | 0730 | Jamie's Great Britain | Yorkshire | Jamie travels to Yorkshire where he uncovers the impact the Industrial Revolution had here on everything from the people on the streets to the food on plates. | UNITED KINGDOM | English-100 | | G | | Y |
| 2022-10-16 | 0825 | Destination Flavour Scandinavia Bitesize | Destination Flavour Scandinavia Bitesize Series 1 Ep 4 | Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures. | AUSTRALIA | English-100 | RPT | G | Y | |
| 2022-10-16 | 0830 | World's Most Expensive Foods | Tuna | Tokyo's brand-new wholesale fish market, Toyosu, rings in 2019 with the auction of the world's most expensive fish. We witness the hardship that fishermen face for the prized Bluefin tuna. | SINGAPORE | English-50; Japanese-50 | | PG | | Y |
| 2022-10-16 | 0925 | Poh & Co. Bitesize | Poh & Co. Bitesize Series 2 Ep 6 | Welcome to the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow. | AUSTRALIA | English-100 | RPT | G | Y | |
| 2022-10-16 | 0930 | Weekend Breaks With Gregg Wallace | Amsterdam | Over the course of three action packed days Gregg Wallace explores the Dutch capital while staying on its famous canals. | UNITED KINGDOM | English-100 | | G | | |
| 2022-10-16 | 1025 | Destination Flavour Fillers | Destination Flavour Bitesize Series 1 Ep 2 | 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 | |
| 2022-10-16 | 1030 | Gordon Ramsay Uncharted | New Zealand | Chef Gordon Ramsay journeys to the remote corners of southern New Zealand to unlock the secrets of traditional Maori cuisine. From the locals, he learns how to catch eels, free dive, and forage. | UNITED KINGDOM | English-100 | | PG | | Y |
| 2022-10-16 | 1130 | Ainsley's Good Mood Food | Ainsley's Good Mood Food Series 2 Ep 3 | A veggie packed diet is a great way to feel good. Ainsley is working through the veg patch and making dishes filled with tasty vegetables. His first dish is a Harriott house favourite. | UNITED KINGDOM | English-100 | | PG | | |
| 2022-10-16 | 1230 | Eat Me: Or Try Not To | Takeover, The | It's hard to imagine going through a whole day without eating at least one of our favorite food brands. No matter where you are in the world. | CANADA | English-100 | | G | | |
| 2022-10-16 | 1330 | Eating Inn | Bread Street Part 2 | The surprises keep coming at Breadstreet Kitchen. Gordon explains his love for Singapore and hails its cuisine as one of the best in the world. | SINGAPORE | English-100 | | G | | |
| 2022-10-16 | 1400 | The Cook Up With Adam Liaw | Faster Pasta | Food photographer Luisa Brimble and chef Matteo Zamboni join Adam in The Cook Up Kitchen to show you how to make pasta - but faster! | AUSTRALIA | English-100 | RPT | PG | | Y |
| 2022-10-16 | 1430 | The Cook Up With Adam Liaw | Disco Dinner | It's retro party-time! And joining Adam on the kitchen dancefloor is comedian Shiralee Hood and chef Mark Olive making their disco dinners. | AUSTRALIA | English-100 | RPT | PG | | Y |
| 2022-10-16 | 1500 | The Cook Up With Adam Liaw | In A Pickle | Chefs Andrew Ballard and Jacqui Challinor join Adam in The Cook Up Kitchen to create dishes with all sorts of pickles and preserves. | AUSTRALIA | English-100 | RPT | PG | | Y |

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| 2022-10-16 | 1530 | The Cook Up With Adam Liaw | Kitchen Garden | In a night of legends, food icon Stephanie Alexander and paralympian gold medalist Kurt Fearnley join Adam to make a feast you can create with ingredients from a kitchen garden. | AUSTRALIA | English-100 | RPT | PG | | | Y |
| 2022-10-16 | 1600 | The Cook Up With Adam Liaw | Sweet Dreams | One of Australia's youngest head chefs Luci Khan, and travel journalist Sofia Levin, are joining Adam in The Cook Up Kitchen to make desserts that are sure to make your mouth water. | AUSTRALIA | English-100 | | PG | | | Y |
| 2022-10-16 | 1630 | Wok The World | Wok The World Series 1 Ep 3 | The third and final episode opens with a unique task that Eric undergoes at the crack of dawn in picturesque Xu Yi county, Qingtian. First he meets Ms Zhou who runs a hugely successful crayfish farm. | CHINA | | | PG | | | |
| 2022-10-16 | 1730 | Luke Nguyen's Railway Vietnam | Luke Nguyen's Railway Vietnam Series 1 Ep 7 | Luke's next stop is Ninh Binh, which is a scenic wonderland with its majestic rolling mountains and intricate waterways. An early start at the local market, Luke meets a rice farmer. | AUSTRALIA | English-100 | RPT | PG | | Y | Y |
| 2022-10-16 | 1800 | Mary Makes It Easy | Pasta La Vista | Pasta can be kind of boring if you're throwing together just noodles and sauce. Mary will have you saying grazie! with four deliziosa pasta meal recipes that keep it simple but amp up the flavour. | CANADA | English-100 | | PG | | | |
| 2022-10-16 | 1830 | Dishing It Up | Dishing It Up Series 1 Ep 3 | Everyday home cooks put celebrity chefs Kirsten Tibballs, Rachel Khoo and Donna Hay's chocolate recipes to the test. | AUSTRALIA | | RPT | PG | | | |
| 2022-10-16 | 1900 | Guillaume's Paris | Guillaume's Paris Series 1 Ep 5 | Chef Guillaume Brahimi searches for the best bread in Paris and visits Opera Garnier, a spectacular music venue which inspired a famous Paris dessert. | AUSTRALIA | English-100 | RPT | PG | | | |
| 2022-10-16 | 1930 | The Chocolate Queen | Chocolate Queen Series 2, The Ep 1 | Passionate chocaholics can rejoice with four of Kirsten's best chocolate recipes in today's episode, with classic comfort Hot Chocolate Bombs and Chocolate Crackers on the menu. | AUSTRALIA | English-100 | | G | | | |
| 2022-10-16 | 2000 | The Chocolate Queen | Chocolate Queen Series 2, The Ep 2 | Learn the tips and tricks to homemade chocolate garnishes that take presentation to a new level. Kirsten shows her best No-Bake Cheesecake Tart, Choc Nut Meringues and makes a Lemon Delicious tart. | AUSTRALIA | English-100 | | G | | | |
| 2022-10-16 | 2030 | Rick Stein's Cornwall | Rick Stein's Cornwall Series 2 Ep 11 | Rick joins a team diving for Razor Clams, which he takes back to the kitchen to make a quick but tasty dish of grilled Shangurro Clams. | UNITED KINGDOM | English-100 | | PG | | | |
| 2022-10-16 | 2100 | Rick Stein's Cornwall | Rick Stein's Cornwall Series 2 Ep 12 | Following in the footsteps of Turner, one of Britain's most loved artists, Rick discovers how much the Cornish landscape influenced his work. | UNITED KINGDOM | English-100 | | PG | | | |
| 2022-10-16 | 2130 | Rick Stein Tastes The Blues | Rick Stein Tastes The Blues | Rick Stein takes viewers on a journey through the Mississippi Delta - the birthplace of the blues - seeking out his favourite music as well as the food that is ingrained in its heritage. | UNITED KINGDOM | English-100 | RPT | G | | Y | |
| 2022-10-16 | 2240 | Anthony Bourdain: Parts Unknown | Peru | Tony and his friend, world-renowned chef Eric Ripert, explore the far reaches of indigenous Andes in search of a rare variety of wild cocoa that is said to be among the best in the world. | USA | English-100 | | PG | | | Y |
| 2022-10-16 | 2335 | Royal Recipes | Exotic Flavours | Presenter Michael Buerk and chef Paul Ainsworth rustle up an exotic pudding, which was a favourite of Henry VIII. | UNITED KINGDOM | English-100 | | G | | | |
| 2022-10-16 | 2430 | Wok The World | Wok The World Series 1 Ep 3 | The third and final episode opens with a unique task that Eric undergoes at the crack of dawn in picturesque Xu Yi county, Qingtian. First he meets Ms Zhou who runs a hugely successful crayfish farm. | CHINA | | | PG | | | |
| 2022-10-16 | 2530 | Luke Nguyen's Railway Vietnam | Luke Nguyen's Railway Vietnam Series 1 Ep 7 | Luke's next stop is Ninh Binh, which is a scenic wonderland with its majestic rolling mountains and intricate waterways. An early start at the local market, Luke meets a rice farmer. | AUSTRALIA | English-100 | RPT | PG | | Y | Y |
| 2022-10-16 | 2600 | Mary Makes It Easy | Pasta La Vista | Pasta can be kind of boring if you're throwing together just noodles and sauce. Mary will have you saying grazie! with four deliziosa pasta meal recipes that keep it simple but amp up the flavour. | CANADA | English-100 | | PG | | | |
| 2022-10-16 | 2630 | Dishing It Up | Dishing It Up Series 1 Ep 3 | Everyday home cooks put celebrity chefs Kirsten Tibballs, Rachel Khoo and Donna Hay's chocolate recipes to the test. | AUSTRALIA | | RPT | PG | | | |
| 2022-10-16 | 2700 | Guillaume's Paris | Guillaume's Paris Series 1 Ep 5 | Chef Guillaume Brahimi searches for the best bread in Paris and visits Opera Garnier, a spectacular music venue which inspired a famous Paris dessert. | AUSTRALIA | English-100 | RPT | PG | | | |
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| 2022-10-17 | 0840 | Royal Recipes | Exotic Flavours | Presenter Michael Buerk and chef Paul Ainsworth rustle up an exotic pudding, which was a favourite of Henry VIII. | UNITED KINGDOM | English-100 | G | | |
| 2022-10-17 | 0935 | Dishing It Up | Dishing It Up Series 1 Ep 3 | Everyday home cooks put celebrity chefs Kirsten Tibballs, Rachel Khoo and Donna Hay's chocolate recipes to the test. | AUSTRALIA | | RPT | PG | |
| 2022-10-17 | 1000 | Guillaume's Paris | Guillaume's Paris Series 1 Ep 5 | Chef Guillaume Brahimi searches for the best bread in Paris and visits Opera Garnier, a spectacular music venue which inspired a famous Paris dessert. | AUSTRALIA | English-100 | RPT | PG | |
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| 2022-10-17 | 1330 | Simply Raymond Blanc | Little Le Manoir Magic, A | Join Raymond Blanc and enjoy some Le Manoir Magic as he rustles up simple yet delicious dishes from the heart of his Oxfordshire kitchen. | ENGLAND | English-100 | | G | |
| 2022-10-17 | 1425 | Destination Flavour China Bitesize | Destination Flavour China Bitesize Series 1 Ep 3 | All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw. | AUSTRALIA | | RPT | G | Y |
| 2022-10-17 | 1430 | My Market Kitchen | My Market Kitchen Series 4 Ep 56 | Today on My Market Kitchen Elena is cooking a Chicken Biryani by fan request. The Khan takes us back to our childhood with his Fairy Bread Slice. Finishing up with a traditional Oyakodon recipe. | AUSTRALIA | | | G | |
| 2022-10-17 | 1500 | Spencer's Big 30 | Comfort Food | Chef Spencer Watts shows us that cooking comfort food doesn't require a full day in the kitchen - it can be done in 30 minutes. | CANADA | English-100 | | G | |

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| 2022-10-17 | 1530 | Frankie Vs The Internet | Holiday | The creators show off their best holiday handiwork in the kitchen, cranking out seasonal stuffed waffles and hot chocolate bomb-inspired desserts to celebrate the most wonderful time of the year. | USA | English-100 | | | | | |
| 2022-10-17 | 1600 | Kylie Kwong: Heart And Soul | Hong Kong High Life | Kylie goes straight to the top in Hong Kong, for some of the finest dining in the world. | AUSTRALIA | English-100 | RPT | G | | Y | |
| 2022-10-17 | 1630 | The Cook And The Chef | Cooking With Friends | Maggie and Simon visit a couple of cooking mates and mentors, who have played a part in their professional and personal lives. Simon catches up with internationally acclaimed Chef Cheong Liew. | AUSTRALIA | English-100 | | PG | | | |
| 2022-10-17 | 1700 | Nigella Kitchen | Rags To Riches | Truly heavenly meals don't have to start life with painfully expensive ingredients. Nigella's got a whole host of sublime recipes up her sleeve that hail from far more modest beginnings. | UNITED KINGDOM | English-100 | | G | | | |
| 2022-10-17 | 1730 | Heston's Feasts | Victorian | Top UK chef Heston Blumenthal does what he does best: cooking up a feast. In this first episode, Heston cooks up extreme edibles inspired by the Victorians. | UNITED KINGDOM | English-100 | RPT | PG | | Y | Y |
| 2022-10-17 | 1830 | French Food Safari | French Food Safari Series 1 | Maeve and Guillaume spend a day in a small French village with top-selling cookbook author Stephane Reynaud and then join passionate Parisienne baker Fabrice le Bourdat in his busy bakery. | AUSTRALIA | English-100 | RPT | G | | Y | Y |
| 2022-10-17 | 1900 | The Cook Up With Adam Liaw | I Grew Up On This | Author Jenevieve Chang, and Journalist Jason Om join Adam in The Cook Up Kitchen to create dishes that evoke their childhood memories. | AUSTRALIA | English-100 | | PG | | Y | |
| 2022-10-17 | 1930 | Rick Stein's Fruits Of The Sea | Rick Stein's Fruits Of The Sea Series 1 Ep 4 | Rick and Chalkie, his six-year-old Jack Russell terrier, indulge in a Cornish pastime - hunting for spider crabs at low tide in a secluded cove. | UNITED KINGDOM | English-100 | | PG | | | |
| 2022-10-17 | 2000 | Girls Guide:Hunting Fishing Wild Cooking | A Girls Guide to Hunting Fishing Wild Cooking S1 Ep 1 | Analise starts her first Tasmanian Spring with a 'Welcome to Country' ceremony. She learns to shoot and goes on an overnight fishing adventure before laying down roots in her new native garden. | AUSTRALIA | English-100 | | PG | | Y | |
| 2022-10-17 | 2030 | Jamie & Jimmy's Food Fight Club | Jamie & Jimmy's Food Fight Club Series 6 Ep 4 | Jamie and Jimmy welcome comedian Sarah Millican to their cafe on the end of Southend Pier. She gets her first ever cooking lesson as Jamie faces the weirdest challenge of his career. | UNITED KINGDOM | English-100 | | PG | | | |
| 2022-10-17 | 2125 | Poh & Co. Bitesize | Garden, The | Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow. | AUSTRALIA | English-100 | RPT | G | | Y | |
| 2022-10-17 | 2130 | Come Dine With Me | South London B 1 | This week's competition is in South London, where stylist Felicia is the first to host and she's treating her guests to a fashion and glam themed night, complete with red carpet catwalk. | UNITED KINGDOM | English-100 | | G | | | |
| 2022-10-17 | 2200 | Bizarre Foods: Delicious Destinations | Las Vegas | Andrew Zimmern goes on a gastronomic tour of Las Vegas. From quail breast stuffed with foie gras and mouthwatering Waygu steaks to classic veal Parmigiana and tantalizing Thai, Sin City has it all! | USA | English-100 | | PG | | | |
| 2022-10-17 | 2230 | The Cook Up With Adam Liaw | I Grew Up On This | Author Jenevieve Chang, and Journalist Jason Om join Adam in The Cook Up Kitchen to create dishes that evoke their childhood memories. | AUSTRALIA | English-100 | RPT | PG | | Y | |
| 2022-10-17 | 2300 | The Cook And The Chef | Cooking With Friends | Maggie and Simon visit a couple of cooking mates and mentors, who have played a part in their professional and personal lives. Simon catches up with internationally acclaimed Chef Cheong Liew. | AUSTRALIA | English-100 | | PG | | | |
| 2022-10-17 | 2330 | Top Chef | Bourbon, Barrels And Burgoo | It's time to celebrate two iconic Kentucky mainstays, local cuisine and bourbon.The Chefs head to Makers Mark, the oldest distillery in America to put their spins on a meal full of Kentucky classics. | USA | English-100 | | PG | | | Y |
| 2022-10-17 | 2425 | 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 | |
| 2022-10-17 | 2430 | Rick Stein's Fruits Of The Sea | Rick Stein's Fruits Of The Sea Series 1 Ep 4 | Rick and Chalkie, his six-year-old Jack Russell terrier, indulge in a Cornish pastime - hunting for spider crabs at low tide in a secluded cove. | UNITED KINGDOM | English-100 | | PG | | | |
| 2022-10-17 | 2500 | French Food Safari | French Food Safari Series 1 | Maeve and Guillaume spend a day in a small French village with top-selling cookbook author Stephane Reynaud and then join passionate Parisienne baker Fabrice le Bourdat in his busy bakery. | AUSTRALIA | English-100 | RPT | G | | Y | Y |
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| 2022-10-17 | 2830 | Spencer's Big 30 | Comfort Food | Chef Spencer Watts shows us that cooking comfort food doesn't require a full day in the kitchen - it can be done in 30 minutes. | CANADA | English-100 | | G | | |
| 2022-10-18 | 0500 | Frankie Vs The Internet | Holiday | The creators show off their best holiday handiwork in the kitchen, cranking out seasonal stuffed waffles and hot chocolate bomb-inspired desserts to celebrate the most wonderful time of the year. | USA | English-100 | | | | |
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| 2022-10-18 | 1330 | Simply Raymond Blanc | Cooking For Friends | With cheese fondue, celeriac remoulade and a delicate but divine martini on Raymond Blanc's menu, it's no wonder that his old friend Nathan Outlaw has also popped round for supper. | ENGLAND | English-100 | | PG | | |
| 2022-10-18 | 1425 | Destination Flavour China Bitesize | Destination Flavour China Bitesize Series 1 Ep 4 | All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw. | AUSTRALIA | | RPT | G | | Y |
| 2022-10-18 | 1430 | My Market Kitchen | My Market Kitchen Series 4 Ep 57 | On this episode of My Market Kitchen Elena and Khanh are cooking a Pomegranate and Lamb Skewers dish. Then at Khanh's restaurant, The George on Collins, he shows us a Vegan Pomelo Salad. | AUSTRALIA | | | G | | |
| 2022-10-18 | 1500 | Spencer's Big 30 | That's Amore | It'll only take you around 30 minutes to impress your loved ones with chef Spencer Watts's budget-friendly Italian feast. Spencer starts his meal by preparing an ooey gooey Cannelloni dish. | CANADA | English-100 | | G | | |
| 2022-10-18 | 1530 | Frankie Vs The Internet | Snack Attack | The creators are challenged to shrink the internet's favourite grubby meals down to miniature perfection and blow them up to gargantuan greatness. But size isn't the only thing that matters... | USA | English-100 | | | | |
| 2022-10-18 | 1600 | Kylie Kwong: Heart And Soul | New Shanghai | Kylie finds trendy shops and bars as well as traditional street food when she explores modern Shanghai. | AUSTRALIA | English-100 | RPT | G | | Y |
| 2022-10-18 | 1630 | The Cook And The Chef | Bush Tucker | Simon kicks the show off by sharing his thoughts about the experience of moving out to Australia from England as a youngster, looking out at the harsh Australian landscape. | AUSTRALIA | English-100 | | G | | |
| 2022-10-18 | 1700 | Nigella Kitchen | Suppertime And The Cooking Is Easy | If you're home alone and deserving a treat, simple spaghetti is the answer. If you have people coming over and are pressed for time - Spanish chicken with chorizo and potatoes does the trick. | UNITED KINGDOM | English-100 | | PG | | |
| 2022-10-18 | 1730 | Heston's Feasts | Medieval | Cooking maestro Heston Blumenthal creates an extraordinary feast inspired by the remarkable food of the Medieval age - a time when food was all about trickery and illusion. | UNITED KINGDOM | English-100 | RPT | PG | | Y |
| 2022-10-18 | 1830 | French Food Safari | French Food Safari Series 1 | Maeve and Guillaume experience join France's truffle king Pierre-Jean Pebevre and his dog Alfonse as they try to find the edible fungus known as the black diamond. | AUSTRALIA | English-100 | RPT | PG | | Y |
| 2022-10-18 | 1900 | The Cook Up With Adam Liaw | Sweet And Sour | Adam, chef Nelly Robinson, and appearance advocate Carly Findlay are cooking with Adam's two favourite tastes - sweet and sour! | AUSTRALIA | English-100 | | PG | | Y |
| 2022-10-18 | 1930 | Rick Stein's Fruits Of The Sea | Rick Stein's Fruits Of The Sea Series 1 Ep 5 | One of Britain's most popular fish is plaice, which Rick cooks in a special sauce, made with red wine, leeks and parma ham. He names the sauce after his sons band - Pablo. | UNITED KINGDOM | English-100 | | PG | | |
| 2022-10-18 | 2000 | All Up In My Grill | Whole Fish | Grilling isn't only about fast and casual dinners. Chef Dale grills to impress with this elegant, restaurant quality meal of whole roasted fish, coconut milk grits and tamarind salad. | USA | English-100 | | PG | | |
| 2022-10-18 | 2030 | Bbq Brawl | Bbq Hacks | A true Master of 'Cue must have the ability to handle any challenge or cooking condition, so the competitors have to prove their ability to pivot! Team captains keep an eye on who can adapt. | USA | English-100 | | PG | | |
| 2022-10-18 | 2125 | Destination Flavour Fillers | Destination Flavour Bitesize Series 1 Ep 10 | Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia. | AUSTRALIA | English-100 | RPT | G | | Y |
| 2022-10-18 | 2130 | Come Dine With Me | South London B 2 | This week's competition is in South London and our second host is suave musician and poet Bernard, aka Be, who's hoping to impress his guests with a culinary trip around the globe. | UNITED KINGDOM | English-100 | | PG | | |
| 2022-10-18 | 2200 | Bizarre Foods: Delicious Destinations | Big Island, The | Andrew Zimmern heads to Hawaii's Big Island to take in its laid-back cuisine. From ancient traditions like lau lau and opakapaka fish to new traditions like the loco moco and huli chicken. | USA | English-100 | | PG | | |
| 2022-10-18 | 2230 | The Cook Up With Adam Liaw | Sweet And Sour | Adam, chef Nelly Robinson, and appearance advocate Carly Findlay are cooking with Adam's two favourite tastes - sweet and sour! | AUSTRALIA | English-100 | RPT | PG | | Y |
| 2022-10-18 | 2300 | The Cook And The Chef | Bush Tucker | Simon kicks the show off by sharing his thoughts about the experience of moving out to Australia from England as a youngster, looking out at the harsh Australian landscape. | AUSTRALIA | English-100 | | G | | |

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|------------|------|--|---|--|----------------|-------------|-----|----|--|---|---|
| 2022-10-18 | 2330 | Top Chef | Naughty And Nice | It's holiday time for Top Chef, and Richard Blais and Brooke Williamson help spread the festive cheer by presenting a white elephant Quickfire challenge. | USA | English-100 | | PG | | | Y |
| 2022-10-18 | 2425 | 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 | |
| 2022-10-18 | 2430 | Rick Stein's Fruits Of The Sea | Rick Stein's Fruits Of The Sea Series 1 Ep 5 | One of Britain's most popular fish is plaice, which Rick cooks in a special sauce, made with red wine, leeks and parma ham. He names the sauce after his sons band - Pablo. | UNITED KINGDOM | English-100 | | PG | | | |
| 2022-10-18 | 2500 | French Food Safari | French Food Safari Series 1 | Maeve and Guillaume experience join France's truffle king Pierre-Jean Pebeyre and his dog Alfonso as they try to find the edible fungus known as the black diamond. | AUSTRALIA | English-100 | RPT | PG | | Y | Y |
| 2022-10-18 | 2530 | My Market Kitchen | My Market Kitchen Series 4 Ep 57 | On this episode of My Market Kitchen Elena and Khanh are cooking a Pomegranate and Lamb Skewers dish. Then at Khanh's restaurant, The George on Collins, he shows us a Vegan Pomelo Salad. | AUSTRALIA | | | G | | | |
| 2022-10-18 | 2600 | All Up In My Grill | Whole Fish | Grilling isn't only about fast and casual dinners. Chef Dale grills to impress with this elegant, restaurant quality meal of whole roasted fish, coconut milk grits and tamarind salad. | USA | English-100 | | PG | | | |
| 2022-10-18 | 2630 | Bbq Brawl | Bbq Hacks | A true Master of 'Cue must have the ability to handle any challenge or cooking condition, so the competitors have to prove their ability to pivot! Team captains keep an eye on who can adapt. | USA | English-100 | | PG | | | |
| 2022-10-18 | 2725 | Destination Flavour Fillers | Destination Flavour Bitesize Series 1 Ep 10 | Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia. | AUSTRALIA | English-100 | RPT | G | | Y | |
| 2022-10-18 | 2730 | Simply Raymond Blanc | Cooking For Friends | With cheese fondue, celeriac remoulade and a delicate but divine martini on Raymond Blanc's menu, it's no wonder that his old friend Nathan Outlaw has also popped round for supper. | ENGLAND | English-100 | | PG | | | |
| 2022-10-18 | 2825 | Destination Flavour China Bitesize | Destination Flavour China Bitesize Series 1 Ep 4 | All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw. | AUSTRALIA | | RPT | G | | Y | Y |
| 2022-10-18 | 2830 | Spencer's Big 30 | That's Amore | It'll only take you around 30 minutes to impress your loved ones with chef Spencer Watts's budget-friendly Italian feast. Spencer starts his meal by preparing an ooey gooey Cannelloni dish. | CANADA | English-100 | | G | | | |
| 2022-10-19 | 0500 | Frankie Vs The Internet | Snack Attack | The creators are challenged to shrink the internet's favourite grubby meals down to miniature perfection and blow them up to gargantuan greatness. But size isn't the only thing that matters... | USA | English-100 | | | | | |
| 2022-10-19 | 0530 | Kylie Kwong: Heart And Soul | New Shanghai | Kylie finds trendy shops and bars as well as traditional street food when she explores modern Shanghai. | AUSTRALIA | English-100 | RPT | G | | Y | |
| 2022-10-19 | 0600 | The Cook And The Chef | Bush Tucker | Simon kicks the show off by sharing his thoughts about the experience of moving out to Australia from England as a youngster, looking out at the harsh Australian landscape. | AUSTRALIA | English-100 | | G | | | |
| 2022-10-19 | 0630 | Nigella Kitchen | Suppertime And The Cooking Is Easy | If you're home alone and deserving a treat, simple spaghetti is the answer. If you have people coming over and are pressed for time - Spanish chicken with chorizo and potatoes does the trick. | UNITED KINGDOM | English-100 | | PG | | | |
| 2022-10-19 | 0700 | Rick Stein's Fruits Of The Sea | Rick Stein's Fruits Of The Sea Series 1 Ep 5 | One of Britain's most popular fish is plaice, which Rick cooks in a special sauce, made with red wine, leeks and parma ham. He names the sauce after his sons band - Pablo. | UNITED KINGDOM | English-100 | | PG | | | |
| 2022-10-19 | 0730 | Heston's Feasts | Medieval | Cooking maestro Heston Blumenthal creates an extraordinary feast inspired by the remarkable food of the Medieval age - a time when food was all about trickery and illusion. | UNITED KINGDOM | English-100 | RPT | PG | | Y | Y |
| 2022-10-19 | 0830 | French Food Safari | French Food Safari Series 1 | Maeve and Guillaume experience join France's truffle king Pierre-Jean Pebeyre and his dog Alfonso as they try to find the edible fungus known as the black diamond. | AUSTRALIA | English-100 | RPT | PG | | Y | Y |
| 2022-10-19 | 0900 | Come Dine With Me | South London B 2 | This week's competition is in South London and our second host is suave musician and poet Bernard, aka Be, who's hoping to impress his guests with a culinary trip around the globe. | UNITED KINGDOM | English-100 | | PG | | | |
| 2022-10-19 | 0930 | Simply Raymond Blanc | Cooking For Friends | With cheese fondue, celeriac remoulade and a delicate but divine martini on Raymond Blanc's menu, it's no wonder that his old friend Nathan Outlaw has also popped round for supper. | ENGLAND | English-100 | | PG | | | |

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|------------|------|--|--|--|----------------|-------------|-----|----|--|---|---|
| 2022-10-19 | 1025 | Destination Flavour China Bitesize | Destination Flavour China Bitesize Series 1 Ep 4 | All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw. | AUSTRALIA | | RPT | G | | Y | Y |
| 2022-10-19 | 1030 | Frankie Vs The Internet | Snack Attack | The creators are challenged to shrink the internet's favourite grubby meals down to miniature perfection and blow them up to gargantuan greatness. But size isn't the only thing that matters... | USA | English-100 | | | | | |
| 2022-10-19 | 1100 | The Cook Up With Adam Liaw | Sweet And Sour | Adam, chef Nelly Robinson, and appearance advocate Carly Findlay are cooking with Adam's two favourite tastes - sweet and sour! | AUSTRALIA | English-100 | RPT | PG | | Y | |
| 2022-10-19 | 1130 | Bizarre Foods: Delicious Destinations | Big Island, The | Andrew Zimmern heads to Hawaii's Big Island to take in its laid-back cuisine. From ancient traditions like lau lau and opakapaka fish to new traditions like the loco moco and huli chicken. | USA | English-100 | | PG | | | |
| 2022-10-19 | 1200 | All Up In My Grill | Whole Fish | Grilling isn't only about fast and casual dinners. Chef Dale grills to impress with this elegant, restaurant quality meal of whole roasted fish, coconut milk grits and tamarind salad. | USA | English-100 | | PG | | | |
| 2022-10-19 | 1230 | Bbq Brawl | Bbq Hacks | A true Master of 'Cue must have the ability to handle any challenge or cooking condition, so the competitors have to prove their ability to pivot! Team captains keep an eye on who can adapt. | USA | English-100 | | PG | | | |
| 2022-10-19 | 1325 | Destination Flavour Fillers | Destination Flavour Bitesize Series 1 Ep 10 | Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia. | AUSTRALIA | English-100 | RPT | G | | Y | |
| 2022-10-19 | 1330 | Simply Raymond Blanc | British Food Revolution | Raymond Blanc prepares an ingenious pea soup, a tasty stuffed pepper, and a new take on that old British classic, brown sauce. Meanwhile, Paul Ainsworth presents an alternative cheese board. | ENGLAND | English-100 | | PG | | | |
| 2022-10-19 | 1425 | Destination Flavour China Bitesize | Destination Flavour China Bitesize Series 1 Ep 5 | All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw. | AUSTRALIA | | RPT | G | | Y | Y |
| 2022-10-19 | 1430 | My Market Kitchen | My Market Kitchen Series 4 Ep 58 | In the kitchen today Elena is joined by Kinsan from Asian Inspirations making a Salmon Flake Onigiri, perfect for a lunch box snack. | AUSTRALIA | | | G | | | |
| 2022-10-19 | 1500 | Spencer's Big 30 | Night At The Pub | Everyone loves a classic pub meal, but don't always have the time to make it! Stay in with celebrity chef Spencer Watts as he prepares traditional pub dishes in under 30 minutes for around 30 dollars. | CANADA | English-100 | | G | | | |
| 2022-10-19 | 1530 | Lightened Up | Filipino Fare | Chef and health enthusiast, Erwan Heussaff, tackles some traditional Filipino dishes and finds ways to make even the most unhealthy, high fat, high sugar foods a little better for you. | USA | English-100 | | PG | | | |
| 2022-10-19 | 1600 | Kylie Kwong: Heart And Soul | Hong Kong Food Craze | Kylie samples some of the delicacies Hong Kong residents are crazy about, and finds ideas for her own recipes. | AUSTRALIA | English-100 | RPT | G | | Y | |
| 2022-10-19 | 1630 | The Cook And The Chef | Bbq Party | The warm spring days in the Barossa Valley are perfect for a barbecue and this week Maggie and Simon make the most of the weather to turn on the gas and start sizzling some of their favourites. | AUSTRALIA | English-100 | | G | | | |
| 2022-10-19 | 1700 | Nigella Kitchen | Don't Knock It Till You've Tried It | No time to bake is no problem with Nigella's Irish oaten roll - fast and easy to make, they are instant comfort, and instant gratification. | UNITED KINGDOM | English-100 | | G | | | |
| 2022-10-19 | 1730 | Heston's Feasts | Tudor | Top chef Heston Blumenthal pushes his own crazy creations to the limit, serving Tudor splendour to celebrity guests including Alex Zane, Sophie Ellis Bextor and Cilla Black. | UNITED KINGDOM | English-100 | RPT | PG | | Y | |
| 2022-10-19 | 1830 | French Food Safari | French Food Safari Series 1 | Maeve and Guillaume get the lowdown on how a top-class kitchen works by joining Guillaume Brahimi for a busy night at his restaurant to see how his exquisite meals are created and served. | AUSTRALIA | English-100 | RPT | G | | Y | Y |
| 2022-10-19 | 1900 | The Cook Up With Adam Liaw | Spice Up Your Life | Chef George Calombaris and Singer Christine Anu are in The Cook Up Kitchen with Adam to create dishes that are sure to spice up your life! | AUSTRALIA | English-100 | RPT | PG | | Y | |
| 2022-10-19 | 1930 | Rick Stein's Fruits Of The Sea | Rick Stein's Fruits Of The Sea Series 1 Ep 6 | The most important day in Padstow's calendar has the locals beating out the spirits of winter and welcoming summer. May Day means the little town is full of beating drums and laughter. | UNITED KINGDOM | English-100 | | PG | | | |
| 2022-10-19 | 2000 | Rachel Khoo's Simple Pleasures | Larder Love | Rachel Khoo has mastered the art of creative cooking when the cupboards look bare. Rachel digs deep into the larder to create a crab and pineapple tartare, which works as a starter or a canape. | USA | English-100 | | PG | | | |

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|------------|------|--|---|--|----------------|-------------|-----|----|---|
| 2022-10-19 | 2030 | John Torode's Middle East | Malta | This week John is in Malta, a surprising stop on his Middle Eastern tour. John soon finds out that Middle Eastern influences are everywhere, hidden just under the surface of the island's history. | CANADA | English-100 | PG | | |
| 2022-10-19 | 2100 | Gino's Italian Coastal Escape | Paestum | Gino is in Italy's food basket and the home of one of its food heroes - water buffalo mozzarella. He also takes a trip to the ancient ruins in Paestum and learns how to make handmade fusilli pasta. | UNITED KINGDOM | English-100 | G | | |
| 2022-10-19 | 2130 | Come Dine With Me | South London B 3 | It's night three of the competition and this week we're in South London where it's TV Editor Joe's turn to host. He's keen as mustard to make sure his guests are won over. | UNITED KINGDOM | English-100 | PG | | |
| 2022-10-19 | 2200 | Bizarre Foods: Delicious Destinations | Tahiti | From a Polynesian twist on ceviche to freshwater shrimp coated in a sweet, coconut-curry sauce, Andrew sets sail on a culinary voyage through the signature dishes of Tahiti. | USA | English-100 | PG | | |
| 2022-10-19 | 2230 | The Cook Up With Adam Liaw | Spice Up Your Life | Chef George Calombaris and Singer Christine Anu are in The Cook Up Kitchen with Adam to create dishes that are sure to spice up your life! | AUSTRALIA | English-100 | RPT | PG | Y |
| 2022-10-19 | 2300 | The Cook And The Chef | Bbq Party | The warm spring days in the Barossa Valley are perfect for a barbecue and this week Maggie and Simon make the most of the weather to turn on the gas and start sizzling some of their favourites. | AUSTRALIA | English-100 | G | | |
| 2022-10-19 | 2330 | Top Chef | Surprise... It's Restaurant Wars | In a massive twist, Padma's favorite challenge Restaurant Wars comes early this year, but before the chefs gear up for battle. | USA | English-100 | PG | | Y |
| 2022-10-19 | 2425 | Destination Flavour Down Under Bitesize | Destination Flavour Down Under Bitesize Series 1 Ep 3 | 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 |
| 2022-10-19 | 2430 | Rick Stein's Fruits Of The Sea | Rick Stein's Fruits Of The Sea Series 1 Ep 6 | The most important day in Padstow's calendar has the locals beating out the spirits of winter and welcoming summer. May Day means the little town is full of beating drums and laughter. | UNITED KINGDOM | English-100 | PG | | |
| 2022-10-19 | 2500 | French Food Safari | French Food Safari Series 1 | Maevé and Guillaume get the lowdown on how a top-class kitchen works by joining Guillaume Brahimi for a busy night at his restaurant to see how his exquisite meals are created and served. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-10-19 | 2530 | My Market Kitchen | My Market Kitchen Series 4 Ep 58 | In the kitchen today Elena is joined by Kinsan from Asian Inspirations making a Salmon Flake Onigiri, perfect for a lunch box snack. | AUSTRALIA | | G | | |
| 2022-10-19 | 2600 | Rachel Khoo's Simple Pleasures | Larder Love | Rachel Khoo has mastered the art of creative cooking when the cupboards look bare. Rachel digs deep into the larder to create a crab and pineapple tartare, which works as a starter or a canapé. | USA | English-100 | PG | | |
| 2022-10-19 | 2630 | John Torode's Middle East | Malta | This week John is in Malta, a surprising stop on his Middle Eastern tour. John soon finds out that Middle Eastern influences are everywhere, hidden just under the surface of the island's history. | CANADA | English-100 | PG | | |
| 2022-10-19 | 2700 | Gino's Italian Coastal Escape | Paestum | Gino is in Italy's food basket and the home of one of its food heroes - water buffalo mozzarella. He also takes a trip to the ancient ruins in Paestum and learns how to make handmade fusilli pasta. | UNITED KINGDOM | English-100 | G | | |
| 2022-10-19 | 2730 | Simply Raymond Blanc | British Food Revolution | Raymond Blanc prepares an ingenious pea soup, a tasty stuffed pepper, and a new take on that old British classic, brown sauce. Meanwhile, Paul Ainsworth presents an alternative cheese board. | ENGLAND | English-100 | PG | | |
| 2022-10-19 | 2825 | Destination Flavour China Bitesize | Destination Flavour China Bitesize Series 1 Ep 5 | All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw. | AUSTRALIA | | RPT | G | Y |
| 2022-10-19 | 2830 | Spencer's Big 30 | Night At The Pub | Everyone loves a classic pub meal, but don't always have the time to make it! Stay in with celebrity chef Spencer Watts as he prepares traditional pub dishes in under 30 minutes for around 30 dollars. | CANADA | English-100 | G | | |
| 2022-10-20 | 0500 | Lightened Up | Filipino Fare | Chef and health enthusiast, Erwan Heussaff, tackles some traditional Filipino dishes and finds ways to make even the most unhealthy, high fat, high sugar foods a little better for you. | USA | English-100 | PG | | |
| 2022-10-20 | 0530 | Kylie Kwong: Heart And Soul | Hong Kong Food Craze | Kylie samples some of the delicacies Hong Kong residents are crazy about, and finds ideas for her own recipes. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-10-20 | 0600 | The Cook And The Chef | Bbq Party | The warm spring days in the Barossa Valley are perfect for a barbecue and this week Maggie and Simon make the most of the weather to turn on the gas and start sizzling some of their favourites. | AUSTRALIA | English-100 | G | | |

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|------------|------|--|--|--|----------------|-------------|-----|----|--|-----|
| 2022-10-20 | 0630 | Nigella Kitchen | Don't Knock It Till You've Tried It | No time to bake is no problem with Nigella's Irish oaten roll - fast and easy to make, they are instant comfort, and instant gratification. | UNITED KINGDOM | English-100 | | G | | |
| 2022-10-20 | 0700 | Rick Stein's Fruits Of The Sea | Rick Stein's Fruits Of The Sea Series 1 Ep 6 | The most important day in Padstow's calendar has the locals beating out the spirits of winter and welcoming summer. May Day means the little town is full of beating drums and laughter. | UNITED KINGDOM | English-100 | | PG | | |
| 2022-10-20 | 0730 | Heston's Feasts | Tudor | Top chef Heston Blumenthal pushes his own crazy creations to the limit, serving Tudor splendour to celebrity guests including Alex Zane, Sophie Ellis Bextor and Cilla Black. | UNITED KINGDOM | English-100 | RPT | PG | | Y |
| 2022-10-20 | 0830 | French Food Safari | French Food Safari Series 1 | Maeve and Guillaume get the lowdown on how a top-class kitchen works by joining Guillaume Brahimi for a busy night at his restaurant to see how his exquisite meals are created and served. | AUSTRALIA | English-100 | RPT | G | | Y Y |
| 2022-10-20 | 0900 | Come Dine With Me | South London B 3 | It's night three of the competition and this week we're in South London where it's TV Editor Joe's turn to host. He's keen as mustard to make sure his guests are won over. | UNITED KINGDOM | English-100 | | PG | | |
| 2022-10-20 | 0930 | Simply Raymond Blanc | British Food Revolution | Raymond Blanc prepares an ingenious pea soup, a tasty stuffed pepper, and a new take on that old British classic, brown sauce. Meanwhile, Paul Ainsworth presents an alternative cheese board. | ENGLAND | English-100 | | PG | | |
| 2022-10-20 | 1025 | Destination Flavour China Bitesize | Destination Flavour China Bitesize Series 1 Ep 5 | All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw. | AUSTRALIA | | RPT | G | | Y Y |
| 2022-10-20 | 1030 | Lightened Up | Filipino Fare | Chef and health enthusiast, Erwan Heussaff, tackles some traditional Filipino dishes and finds ways to make even the most unhealthy, high fat, high sugar foods a little better for you. | USA | English-100 | | PG | | |
| 2022-10-20 | 1100 | The Cook Up With Adam Liaw | Spice Up Your Life | Chef George Calombaris and Singer Christine Anu are in The Cook Up Kitchen with Adam to create dishes that are sure to spice up your life! | AUSTRALIA | English-100 | RPT | PG | | Y |
| 2022-10-20 | 1130 | Bizarre Foods: Delicious Destinations | Tahiti | From a Polynesian twist on ceviche to freshwater shrimp coated in a sweet, coconut-curry sauce, Andrew sets sail on a culinary voyage through the signature dishes of Tahiti. | USA | English-100 | | PG | | |
| 2022-10-20 | 1200 | Rachel Khoo's Simple Pleasures | Larder Love | Rachel Khoo has mastered the art of creative cooking when the cupboards look bare. Rachel digs deep into the larder to create a crab and pineapple tartare, which works as a starter or a canape. | USA | English-100 | | PG | | |
| 2022-10-20 | 1230 | John Torode's Middle East | Malta | This week John is in Malta, a surprising stop on his Middle Eastern tour. John soon finds out that Middle Eastern influences are everywhere, hidden just under the surface of the island's history. | CANADA | English-100 | | PG | | |
| 2022-10-20 | 1300 | Gino's Italian Coastal Escape | Paestum | Gino is in Italy's food basket and the home of one of its food heroes - water buffalo mozzarella. He also takes a trip to the ancient ruins in Paestum and learns how to make handmade fusilli pasta. | UNITED KINGDOM | English-100 | | G | | |
| 2022-10-20 | 1330 | Simply Raymond Blanc | French Classics With A Twist | From his Oxfordshire kitchen, Raymond Blanc shares his favourite French classics, with a twist. From his maman blanc's steak and red wine jus, to a heritage salad with tomatoes and mozzarella. | ENGLAND | English-100 | | G | | |
| 2022-10-20 | 1425 | Destination Flavour China Bitesize | Destination Flavour China Bitesize Series 1 Ep 6 | All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw. | | | RPT | G | | Y Y |
| 2022-10-20 | 1430 | My Market Kitchen | My Market Kitchen Series 4 Ep 59 | Elena kicks off the show today with a Vegan San Choy Bow recipe that will please the whole family. Then Khanh and Bel from Wine Selectors are making a Controversial Pizza, paired with the perfect wine | AUSTRALIA | | | G | | |
| 2022-10-20 | 1500 | Spencer's Big 30 | French-Canadian | Chef Spencer Watts explores rich, hearty, and mouth-watering French-Canadian cuisine with four recipes that'll have you saying merci! | CANADA | English-100 | | PG | | |
| 2022-10-20 | 1530 | Lightened Up | Asian Cuisine | Erwan reinvents some classic Asian dishes like, Korean fried wings and sweet and sour chicken, to show people you don't have to compromise on flavour or quality when making foods a little healthier. | USA | English-100 | | G | | |
| 2022-10-20 | 1600 | Kylie Kwong: Heart And Soul | Shanghai Europe In The Far East | Kylie meets an Australian who has been part of the rapid changes in Shanghai. | AUSTRALIA | English-100 | RPT | G | | Y |
| 2022-10-20 | 1630 | The Cook And The Chef | Just Cheese | If you buy your cheese processed and packaged from the supermarket shelf, then be prepared for a steep learning curve. | AUSTRALIA | English-100 | | G | | |

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|------------|------|--|---|--|----------------|-------------|-----|----|--|-----|
| 2022-10-20 | 1700 | Nigella Kitchen | Kitchen Comforts | It's a long weekend of comfort cooking in Nigella's Kitchen where the food is delicious and the cooking is easy. The action starts on Friday night with a fast and fabulous supper. | UNITED KINGDOM | English-100 | | G | | |
| 2022-10-20 | 1730 | Heston's Feasts | Roman | Super chef Heston Blumenthal creates a magnificent feast inspired by the orgiastic excesses of the Roman Empire. Will he be all conquering? Or will his guests head straight for the exit? | UNITED KINGDOM | English-100 | RPT | PG | | Y |
| 2022-10-20 | 1830 | French Food Safari | French Food Safari Series 1 | Maeve and Guillaume are taken on a tour of one of the top Parisienne kitchens with three Michelin-starred chef Guy Savoy, who cooks up some of his signature dishes. | AUSTRALIA | English-100 | RPT | G | | Y Y |
| 2022-10-20 | 1900 | The Cook Up With Adam Liaw | Crowd Pleaser | Cooking for people is one of Adams greatest pleasures so he, Alex Lee and Frank Shek all cook the dishes that are their greatest crowd pleasers. | Australia | English-100 | | PG | | Y |
| 2022-10-20 | 1930 | Dishing It Up | Dishing It Up Series 1 Ep 4 | This episode, everyday home cooks put four retro recipes to the test. Will Adam Liaw's vol au vent fall flat? Will Mary Berry's quiche be a little too niche? | AUSTRALIA | | | PG | | |
| 2022-10-20 | 2000 | Guillaume's Paris | Guillaume's Paris Series 1 Ep 6 | Chef Guillaume Brahimi explores the 11th and 12th arrondissements of Paris to discover best food experiences in the city. Guillaume visits the chocolate factory of Alain Ducasse. | AUSTRALIA | English-100 | | PG | | |
| 2022-10-20 | 2030 | Rick Stein's Fruits Of The Sea | Rick Stein's Fruits Of The Sea Series 1 Ep 7 | It is the day of the Seafood Restaurant staff's barbeque, where cooks, cleaners and waiters get together on the beach for a really good time. Rick cooks a suitably special dish - spicy seafood curry. | UNITED KINGDOM | English-100 | | G | | |
| 2022-10-20 | 2100 | Gok Wan's Easy Asian | Gok Wan's Easy Asian Series 2 Ep 3 | For Gok cooking means feeding, and he has three perfect recipes to share. A delectable cheat's version of Peking Duck, Korean Fried Chicken and Pineapple Rice that will keep everyone happy. | UNITED KINGDOM | English-100 | | PG | | |
| 2022-10-20 | 2130 | Come Dine With Me | South London B 4 | This week's competition is in South London and taking up the reins tonight is video director Dean, who plans to knock the socks off guests with his easy roing ways and a tried and tested menu. | UNITED KINGDOM | English-100 | | PG | | |
| 2022-10-20 | 2200 | Bizarre Foods: Delicious Destinations | Puerto Vallarta | Andrew Zimmern heads to Mexico's Pacific, Puerto Vallarta to explore the local cuisine. He finds local favourites reimagined to the delight of visitors. | USA | English-100 | | PG | | |
| 2022-10-20 | 2230 | The Cook Up With Adam Liaw | Crowd Pleaser | Cooking for people is one of Adams greatest pleasures so he, Alex Lee and Frank Shek all cook the dishes that are their greatest crowd pleasers. | AUSTRALIA | English-100 | RPT | PG | | Y |
| 2022-10-20 | 2300 | The Cook And The Chef | Just Cheese | If you buy your cheese processed and packaged from the supermarket shelf, then be prepared for a steep learning curve. | AUSTRALIA | English-100 | | G | | |
| 2022-10-20 | 2330 | Top Chef | Resturant Wars Part 2 | The mayhem and drama continues of the biggest Restaurant Wars in the history of Top Chef.Tom's announcement of a double elimination piles on even more pressure. | USA | English-100 | | PG | | Y |
| 2022-10-20 | 2425 | Destination Flavour Down Under Bitesize | Destination Flavour Down Under Bitesize Series 1 Ep 4 | 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 |
| 2022-10-20 | 2430 | Rick Stein's Fruits Of The Sea | Rick Stein's Fruits Of The Sea Series 1 Ep 7 | It is the day of the Seafood Restaurant staff's barbeque, where cooks, cleaners and waiters get together on the beach for a really good time. Rick cooks a suitably special dish - spicy seafood curry. | UNITED KINGDOM | English-100 | | G | | |
| 2022-10-20 | 2500 | French Food Safari | French Food Safari Series 1 | Maeve and Guillaume are taken on a tour of one of the top Parisienne kitchens with three Michelin-starred chef Guy Savoy, who cooks up some of his signature dishes. | AUSTRALIA | English-100 | RPT | G | | Y Y |
| 2022-10-20 | 2530 | My Market Kitchen | My Market Kitchen Series 4 Ep 59 | Elena kicks off the show today with a Vegan San Choy Bow recipe that will please the whole family. Then Khanh and Bel from Wine Selectors are making a Controversial Pizza, paired with the perfect wine | AUSTRALIA | | | G | | |
| 2022-10-20 | 2600 | Guillaume's Paris | Guillaume's Paris Series 1 Ep 6 | Chef Guillaume Brahimi explores the 11th and 12th arrondissements of Paris to discover best food experiences in the city. Guillaume visits the chocolate factory of Alain Ducasse. | AUSTRALIA | English-100 | RPT | PG | | |
| 2022-10-20 | 2630 | Rick Stein's Fruits Of The Sea | Rick Stein's Fruits Of The Sea Series 1 Ep 7 | It is the day of the Seafood Restaurant staff's barbeque, where cooks, cleaners and waiters get together on the beach for a really good time. Rick cooks a suitably special dish - spicy seafood curry. | UNITED KINGDOM | English-100 | | G | | |
| 2022-10-20 | 2700 | Gok Wan's Easy Asian | Gok Wan's Easy Asian Series 2 Ep 3 | For Gok cooking means feeding, and he has three perfect recipes to share. A delectable cheat's version of Peking Duck, Korean Fried Chicken and Pineapple Rice that will keep everyone happy. | UNITED KINGDOM | English-100 | | PG | | |

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|------------|------|--|--|---|----------------|-------------|-----|----|---|
| 2022-10-20 | 2730 | Simply Raymond Blanc | French Classics With A Twist | From his Oxfordshire kitchen, Raymond Blanc shares his favourite French classics, with a twist. From his maman blanc's steak and red wine jus, to a heritage salad with tomatoes and mozzarella. | ENGLAND | English-100 | G | | |
| 2022-10-20 | 2825 | Destination Flavour China Bitesize | Destination Flavour China Bitesize Series 1 Ep 6 | All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw. | | | RPT | G | Y |
| 2022-10-20 | 2830 | Spencer's Big 30 | French-Canadian | Chef Spencer Watts explores rich, hearty, and mouth-watering French-Canadian cuisine with four recipes that'll have you saying merci! | CANADA | English-100 | | PG | |
| 2022-10-21 | 0500 | Lightened Up | Asian Cuisine | Erwan reinvents some classic Asian dishes like, Korean fried wings and sweet and sour chicken, to show people you don't have to compromise on flavour or quality when making foods a little healthier. | USA | English-100 | | G | |
| 2022-10-21 | 0530 | Kylie Kwong: Heart And Soul | Shanghai Europe In The Far East | Kylie meets an Australian who has been part of the rapid changes in Shanghai. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-10-21 | 0600 | The Cook And The Chef | Just Cheese | If you buy your cheese processed and packaged from the supermarket shelf, then be prepared for a steep learning curve. | AUSTRALIA | English-100 | | G | |
| 2022-10-21 | 0630 | Nigella Kitchen | Kitchen Comforts | It's a long weekend of comfort cooking in Nigella's Kitchen where the food is delicious and the cooking is easy. The action starts on Friday night with a fast and fabulous supper. | UNITED KINGDOM | English-100 | | G | |
| 2022-10-21 | 0700 | Guillaume's Paris | Guillaume's Paris Series 1 Ep 6 | Chef Guillaume Brahimi explores the 11th and 12th arrondissements of Paris to discover best food experiences in the city. Guillaume visits the chocolate factory of Alain Ducasse. | AUSTRALIA | English-100 | RPT | PG | |
| 2022-10-21 | 0730 | Heston's Feasts | Roman | Super chef Heston Blumenthal creates a magnificent feast inspired by the orgiastic excesses of the Roman Empire. Will he be all conquering? Or will his guests head straight for the exit? | UNITED KINGDOM | English-100 | RPT | PG | Y |
| 2022-10-21 | 0830 | French Food Safari | French Food Safari Series 1 | Maeve and Guillaume are taken on a tour of one of the top Parisienne kitchens with three Michelin-starred chef Guy Savoy, who cooks up some of his signature dishes. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-10-21 | 0900 | Come Dine With Me | South London B 4 | This week's competition is in South London and taking up the reins tonight is video director Dean, who plans to knock the socks off guests with his easy going ways and a tried and tested menu. | UNITED KINGDOM | English-100 | | PG | Y |
| 2022-10-21 | 0930 | Simply Raymond Blanc | French Classics With A Twist | From his Oxfordshire kitchen, Raymond Blanc shares his favourite French classics, with a twist. From his maman blanc's steak and red wine jus, to a heritage salad with tomatoes and mozzarella. | ENGLAND | English-100 | | G | |
| 2022-10-21 | 1025 | Destination Flavour China Bitesize | Destination Flavour China Bitesize Series 1 Ep 6 | All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw. | | | RPT | G | Y |
| 2022-10-21 | 1030 | Lightened Up | Asian Cuisine | Erwan reinvents some classic Asian dishes like, Korean fried wings and sweet and sour chicken, to show people you don't have to compromise on flavour or quality when making foods a little healthier. | USA | English-100 | | G | |
| 2022-10-21 | 1100 | The Cook Up With Adam Liaw | Crowd Pleaser | Cooking for people is one of Adams greatest pleasures so he, Alex Lee and Frank Shek all cook the dishes that are their greatest crowd pleasers. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2022-10-21 | 1130 | Bizarre Foods: Delicious Destinations | Puerto Vallarta | Andrew Zimmern heads to Mexico's Pacific, Puerto Vallarta to explore the local cuisine. He finds local favourites reimagined to the delight of visitors. | USA | English-100 | | PG | |
| 2022-10-21 | 1200 | Guillaume's Paris | Guillaume's Paris Series 1 Ep 6 | Chef Guillaume Brahimi explores the 11th and 12th arrondissements of Paris to discover best food experiences in the city. Guillaume visits the chocolate factory of Alain Ducasse. | AUSTRALIA | English-100 | RPT | PG | |
| 2022-10-21 | 1230 | Rick Stein's Fruits Of The Sea | Rick Stein's Fruits Of The Sea Series 1 Ep 7 | It is the day of the Seafood Restaurant staff's barbeque, where cooks, cleaners and waiters get together on the beach for a really good time. Rick cooks a suitably special dish - spicy seafood curry. | UNITED KINGDOM | English-100 | | G | |
| 2022-10-21 | 1300 | Gok Wan's Easy Asian | Gok Wan's Easy Asian Series 2 Ep 3 | For Gok cooking means feeding, and he has three perfect recipes to share. A delectable cheat's version of Peking Duck, Korean Fried Chicken and Pineapple Rice that will keep everyone happy. | UNITED KINGDOM | English-100 | | PG | |

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|------------|------|---|---|---|----------------|-------------|-----|----|---|---|
| 2022-10-21 | 1330 | Simply Raymond Blanc | Maman Blanc | Raymond Blanc pays culinary homage to his Maman Blanc by sharing nostalgic dishes from his childhood - vegetable soup three ways, and a special assiette of salads made with fresh produce. | ENGLAND | English-100 | | PG | | |
| 2022-10-21 | 1425 | Destination Flavour China Bitesize | Destination Flavour China Bitesize Series 1 Ep 7 | All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw. | AUSTRALIA | English-100 | RPT | PG | Y | Y |
| 2022-10-21 | 1430 | My Market Kitchen | My Market Kitchen Series 4 Ep 60 | On this episode of My Market Kitchen with a Beef, Broccoli and Beans dish by Elena. Then Khanh and David Mann are on the road cooking a traditional Vietnamese Rice Paper Pizza. | AUSTRALIA | | | G | | |
| 2022-10-21 | 1500 | Spencer's Big 30 | Fajita Night | It's Fajita Night in host Spencer Watts' kitchen as he cooks up Mexican recipes in around 30 minutes, for around 30 dollars. Spencer inspires with healthy and delicious Blackened Salmon Fajitas. | CANADA | English-100 | | PG | | |
| 2022-10-21 | 1530 | Lightened Up | All About Noodles | Who doesn't love a hot bowl of Ramen or a big plate of Pad Thai? These are dishes so many people love and crave but we don't realize how unhealthy they can be for us. | USA | English-100 | | PG | | |
| 2022-10-21 | 1600 | Kylie Kwong: Heart And Soul | Hong Kong Island Hideaway | Kylie escapes to an island hideaway to taste delicious fresh seafood cooked to order. | AUSTRALIA | English-100 | RPT | G | Y | |
| 2022-10-21 | 1630 | The Cook And The Chef | Picnic Holiday | Summer's just around the corner and soon the days in the Barossa Valley will be hot and the risk of snakes too high to roam far, so Maggie is making the most of the last mild weather. | AUSTRALIA | English-100 | | G | | |
| 2022-10-21 | 1700 | Nigella Kitchen | Kitchen Tourist | Nigella doesn't need to leave the house to travel - she has the whole world at her fingertips, visiting all corners of the globe from her kitchen. | UNITED KINGDOM | English-100 | | G | | |
| 2022-10-21 | 1730 | Heston's Feasts | Christmas | Cooking maestro Heston Blumenthal creates his ultimate feast for Christmas using majestic dishes from history to create his menu. | UNITED KINGDOM | English-100 | RPT | PG | Y | Y |
| 2022-10-21 | 1830 | Plat du Tour | Plat Du Tour Series 1 (30min Version) Ep 1 | Guillaume shares the secrets to a great ratatouille, a delicious roasted shoulder of lamb, a twice baked Roquefort soufflé, as well as a traditional bouillabaisse, and finishes with an île flottante. | | English-100 | | PG | | |
| 2022-10-21 | 1900 | The Cook Up With Adam Liaw | Is It Sweet Or Savoury? | The culinary conundrum finds its way to The Cook Up Kitchen. To solve the mystery Emma Donovan and Ben Devlin join Adam in The Cook Up Kitchen to explore dishes that could be sweet or savoury. | AUSTRALIA | English-100 | | PG | Y | |
| 2022-10-21 | 1930 | Rick Stein's Fruits Of The Sea | Rick Stein's Fruits Of The Sea Series 1 Ep 8 | Rick is in Australia, which he first visited in the 1960s. Thirty years ago, the country's cuisine was nothing to write home about. But over the years, he has seen an enormous change. | UNITED KINGDOM | English-100 | | PG | | |
| 2022-10-21 | 2030 | Curtis Stone's Travel, Cook, Repeat | Curtis Stone's Travel, Cook, Repeat Series 2 Ep 5 | Chef Curtis Stone has flown over the Big Island of Hawaii countless times. This time he lands to go fishing with a competitive spearfisher before visiting with his brother who raises Berkshire pigs. | USA | English-100 | | PG | | |
| 2022-10-21 | 2100 | Cook Like An Italian With Silvia Colloca | For The Love Of Eggs | In Italy, the culinary tradition of the egg is inextricably linked to pasta and pastries, in this episode Silvia explores 3 very different kinds of dishes all born of Italy's love of eggs. | AUSTRALIA | English-100 | | G | Y | |
| 2022-10-21 | 2130 | Come Dine With Me | South London B 5 | This week's competition is in South London where our final host of the week is yoga teacher and masseuse Helen who's got a thai-inspired menu and zen yoga themed night in store for her guests. | UNITED KINGDOM | English-100 | | PG | | |
| 2022-10-21 | 2200 | Bizarre Foods: Delicious Destinations | Merida | Andrew Zimmern ventures to Merida, the capital of the Mexican state of Yucatan, to explore the Mayan and Spanish-influenced culture and cuisine. | USA | English-100 | | PG | | |
| 2022-10-21 | 2230 | The Cook Up With Adam Liaw | Is It Sweet Or Savoury? | The culinary conundrum finds its way to The Cook Up Kitchen. To solve the mystery Emma Donovan and Ben Devlin join Adam in The Cook Up Kitchen to explore dishes that could be sweet or savoury. | AUSTRALIA | English-100 | RPT | PG | Y | |
| 2022-10-21 | 2300 | The Cook And The Chef | Picnic Holiday | Summer's just around the corner and soon the days in the Barossa Valley will be hot and the risk of snakes too high to roam far, so Maggie is making the most of the last mild weather. | AUSTRALIA | English-100 | | G | | |
| 2022-10-21 | 2330 | Top Chef | Roaring Munchies | The chefs walk in on an epic battle of Last Chance Kitchen and are drafted into the fight. Once Tom declares a winner, the chefs immediately begin a challenge making dishes based on Prohibition Era. | USA | English-100 | | PG | | Y |
| 2022-10-21 | 2425 | Destination Flavour Down Under Bitesize | Destination Flavour Down Under Bitesize Series 1 Ep 5 | 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 | |

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|------------|------|---|---|---|----------------|-------------|-----|----|---|---|
| 2022-10-21 | 2430 | Rick Stein's Fruits Of The Sea | Rick Stein's Fruits Of The Sea Series 1 Ep 8 | Rick is in Australia, which he first visited in the 1960s. Thirty years ago, the country's cuisine was nothing to write home about. But over the years, he has seen an enormous change. | UNITED KINGDOM | English-100 | | PG | | |
| 2022-10-21 | 2530 | My Market Kitchen | My Market Kitchen Series 4 Ep 60 | On this episode of My Market Kitchen with a Beef, Broccoli and Beans dish by Elena. Then Khanh and David Mann are on the road cooking a traditional Vietnamese Rice Paper Pizza. | AUSTRALIA | | | G | | |
| 2022-10-21 | 2600 | Plat du Tour | Plat Du Tour Series 1 (30min Version) Ep 1 | Guillaume shares the secrets to a great ratatouille, a delicious roasted shoulder of lamb, a twice baked Roquefort soufflé, as well as a traditional bouillabaisse, and finishes with an ile flottante. | | English-100 | | PG | | |
| 2022-10-21 | 2630 | Curtis Stone's Travel, Cook, Repeat | Curtis Stone's Travel, Cook, Repeat Series 2 Ep 5 | Chef Curtis Stone has flown over the Big Island of Hawaii countless times. This time he lands to go fishing with a competitive spearfisher before visiting with his brother who raises Berkshire pigs. | USA | English-100 | | PG | | |
| 2022-10-21 | 2700 | Cook Like An Italian With Silvia Colloca | For The Love Of Eggs | In Italy, the culinary tradition of the egg is inextricably linked to pasta and pastries, in this episode Silvia explores 3 very different kinds of dishes all born of Italy's love of eggs. | AUSTRALIA | English-100 | | G | | Y |
| 2022-10-21 | 2730 | Simply Raymond Blanc | Maman Blanc | Raymond Blanc pays culinary homage to his Maman Blanc by sharing nostalgic dishes from his childhood - vegetable soup three ways, and a special assiette of salads made with fresh produce. | ENGLAND | English-100 | | PG | | |
| 2022-10-21 | 2825 | Destination Flavour China Bitesize | Destination Flavour China Bitesize Series 1 Ep 7 | All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw. | AUSTRALIA | English-100 | RPT | PG | Y | Y |
| 2022-10-21 | 2830 | Spencer's Big 30 | Fajita Night | It's Fajita Night in host Spencer Watts' kitchen as he cooks up Mexican recipes in around 30 minutes, for around 30 dollars. Spencer inspires with healthy and delicious Blackened Salmon Fajitas. | CANADA | English-100 | | PG | | |
| 2022-10-22 | 0500 | Lightened Up | All About Noodles | Who doesn't love a hot bowl of Ramen or a big plate of Pad Thai? These are dishes so many people love and crave but we don't realize how unhealthy they can be for us. | USA | English-100 | | PG | | |
| 2022-10-22 | 0530 | Kylie Kwong: Heart And Soul | Hong Kong Island Hideaway | Kylie escapes to an island hideaway to taste delicious fresh seafood cooked to order. | AUSTRALIA | English-100 | RPT | G | | Y |
| 2022-10-22 | 0600 | The Cook And The Chef | Picnic Holiday | Summer's just around the corner and soon the days in the Barossa Valley will be hot and the risk of snakes too high to roam far, so Maggie is making the most of the last mild weather. | AUSTRALIA | English-100 | | G | | |
| 2022-10-22 | 0630 | Rick Stein's Fruits Of The Sea | Rick Stein's Fruits Of The Sea Series 1 Ep 8 | Rick is in Australia, which he first visited in the 1960s. Thirty years ago, the country's cuisine was nothing to write home about. But over the years, he has seen an enormous change. | UNITED KINGDOM | English-100 | | PG | | |
| 2022-10-22 | 0730 | Heston's Feasts | Christmas | Cooking maestro Heston Blumenthal creates his ultimate feast for Christmas using majestic dishes from history to create his menu. | UNITED KINGDOM | English-100 | RPT | PG | Y | Y |
| 2022-10-22 | 0830 | Plat du Tour | Plat Du Tour Series 1 (30min Version) Ep 1 | Guillaume shares the secrets to a great ratatouille, a delicious roasted shoulder of lamb, a twice baked Roquefort soufflé, as well as a traditional bouillabaisse, and finishes with an ile flottante. | | English-100 | | PG | | |
| 2022-10-22 | 0900 | Come Dine With Me | South London B 5 | This week's competition is in South London where our final host of the week is yoga teacher and masseuse Helen who's got a thai-inspired menu and zen yoga themed night in store for her guests. | UNITED KINGDOM | English-100 | | PG | | |
| 2022-10-22 | 0930 | Simply Raymond Blanc | Maman Blanc | Raymond Blanc pays culinary homage to his Maman Blanc by sharing nostalgic dishes from his childhood - vegetable soup three ways, and a special assiette of salads made with fresh produce. | ENGLAND | English-100 | | PG | | |
| 2022-10-22 | 1025 | Destination Flavour China Bitesize | Destination Flavour China Bitesize Series 1 Ep 7 | All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw. | AUSTRALIA | English-100 | RPT | PG | Y | Y |
| 2022-10-22 | 1030 | Lightened Up | All About Noodles | Who doesn't love a hot bowl of Ramen or a big plate of Pad Thai? These are dishes so many people love and crave but we don't realize how unhealthy they can be for us. | USA | English-100 | | PG | | |
| 2022-10-22 | 1100 | The Cook Up With Adam Liaw | Is It Sweet Or Savoury? | The culinary conundrum finds its way to The Cook Up Kitchen. To solve the mystery Emma Donovan and Ben Devlin join Adam in The Cook Up Kitchen to explore dishes that could be sweet or savoury. | AUSTRALIA | English-100 | RPT | PG | | Y |
| 2022-10-22 | 1130 | Bizarre Foods: Delicious Destinations | Merida | Andrew Zimmern ventures to Merida, the capital of the Mexican state of Yucatan, to explore the Mayan and Spanish-influenced culture and cuisine. | USA | English-100 | | PG | | |

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|------------|------|--|---|--|----------------|-------------|-----|----|---|
| 2022-10-22 | 1200 | Nigella Kitchen | Kitchen Tourist | Nigella doesn't need to leave the house to travel - she has the whole world at her fingertips, visiting all corners of the globe from her kitchen. | UNITED KINGDOM | English-100 | | G | |
| 2022-10-22 | 1230 | Cheese Slices | Camambert And The Normandy Cheeses | Revisiting one of his favourite regions in Europe, Will Studd explores the challenges facing the traditional raw milk cheesemakers of Normandy, long renowned for its quality dairy products. | AUSTRALIA | English-100 | | PG | |
| 2022-10-22 | 1300 | Eating Inn | Viceroy Part 1, The | Set in the highlands of exotic Bali the story of the Viceroy and its Aperitif restaurant epitomise the intent of the Eating Inn Series. | SINGAPORE | English-100 | | PG | |
| 2022-10-22 | 1330 | Eating Inn | Viceroy Part 2, The | We get blown away by how many uses the humble pumpkin can be prepared and how it transforms from the lowly vegetable we love and are so familiar with to something magical and even more delicious. | SINGAPORE | English-100 | | G | |
| 2022-10-22 | 1400 | Eating Inn | Black Tap | Black Tap is a true enigma. A New York born and bred concept its not only known for its seriously frivolous crazy shake deserts, its also renowned for its range of craft beers and burgers. | SINGAPORE | English-100 | | PG | |
| 2022-10-22 | 1430 | Michel Roux's French Country Cooking | Michel Roux's French Country Cooking Series 1 Ep 3 | On this French food adventure, chef Michel Roux goes beach fishing before cooking one of his favourite fish dishes, Mackerel with Mustard sauce. | UNITED KINGDOM | English-100 | | PG | Y |
| 2022-10-22 | 1525 | Poh & Co. Bitesize | Poh & Co. Bitesize Series 2 Ep 4 | Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-10-22 | 1530 | Michel Roux's French Country Cooking | Michel Roux's French Country Cooking Series 1 Ep 4 | Chef Michel Roux goes foraging in France on the cliffs of Donzere above the Rhone river, finding wild herbs to flavour a local delicacy, a dish of roast rabbit. | UNITED KINGDOM | English-100 | | PG | Y |
| 2022-10-22 | 1625 | 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 |
| 2022-10-22 | 1630 | 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 | Y |
| 2022-10-22 | 1725 | Poh & Co. Bitesize | Poh & Co. Bitesize Series 2 Ep 5 | Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-10-22 | 1730 | Spaghetti And Noodles | Spaghetti And Noodles Series 1 Ep 1 | Chef Adam Swanson visits one of Darwin's most well-known restaurants, Hanuman, owned by renowned chef Jimmy Shu. | AUSTRALIA | English-100 | | PG | |
| 2022-10-22 | 1800 | Spaghetti And Noodles | Spaghetti And Noodles Series 1 Ep 2 | Jimmy Shu takes Adam on a guided tour of Darwin's Street food markets where vendors cook and sell the most authentic food you can get outside of Asia. | AUSTRALIA | English-100 | | G | |
| 2022-10-22 | 1830 | Ainsley's Good Mood Food | Ainsley's Good Mood Food Series 2 Ep 4 | In today's show, Ainsley shows you how herbs and spices can elevate any dish and take it from good to great. He gets things going with a lamb rogan josh, packed with flavour. | UNITED KINGDOM | English-100 | | PG | |
| 2022-10-22 | 1930 | Bobby & Giada In Italy | When In Rome | For their final week in Italy, Bobby Flay and Giada De Laurentis are in wine country! It's a chef's dream as they source high-end local ingredients and visit an iconic winery in Montalcino. | USA | English-100 | | | |
| 2022-10-22 | 2030 | Jamie's Great Britain | South Wales | Jamie travels to South Wales where he learns the massive impact the Welsh coal boom had on their food culture in the late 19th century and beyond, and how a massive Italian community evolved in Wales. | UNITED KINGDOM | English-100 | | PG | |
| 2022-10-22 | 2125 | Poh & Co. Bitesize | Poh & Co. Bitesize Series 2 Ep 6 | Welcome to the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow. | AUSTRALIA | English-100 | RPT | G | Y |
| 2022-10-22 | 2130 | Eat Me: Or Try Not To | Taste, The | Our food preferences are influenced by dozens of factors, including genetics, environment and habit. But taste is also about perception. What does it take to create the next iconic food product? | CANADA | English-100 | | PG | |
| 2022-10-22 | 2230 | Anthony Bourdain: Parts Unknown | Spain | Tony explores Andalucia during Semana Santa (Holy Week, leading up to Easter), a time filled with great pageantry and excitement. He heads off the beaten path to immerse himself in tapas culture. | USA | English-100 | | PG | Y |
| 2022-10-22 | 2325 | Destination Flavour Down Under Bitesize | Destination Flavour Down Under Bitesize Series 1 Ep 3 | 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 |

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|------------|------|-----------------------------------|--|--|----------------|-------------|-----|----|--|---|
| 2022-10-22 | 2330 | Gordon Ramsay Uncharted | Hawaii | Hawaii makes a big impression on chef Gordon Ramsay with its epic array of Indigenous ingredients and the fascinating effects of trade winds on its culinary traditions. | UNITED KINGDOM | English-100 | | PG | | Y |
| 2022-10-22 | 2425 | Poh & Co. Bitesize | Poh & Co. Bitesize Series 2 Ep 7 | Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow. | AUSTRALIA | English-100 | RPT | G | | Y |
| 2022-10-22 | 2430 | Ainsley's Good Mood Food | Ainsley's Good Mood Food Series 2 Ep 4 | In today's show, Ainsley shows you how herbs and spices can elevate any dish and take it from good to great. He gets things going with a lamb rogan josh, packed with flavour. | UNITED KINGDOM | English-100 | | PG | | |
| 2022-10-22 | 2530 | Bobby & Giada In Italy | When In Rome | For their final week in Italy, Bobby Flay and Giada De Laurentis are in wine country! It's a chef's dream as they source high-end local ingredients and visit an iconic winery in Montalcino. | USA | English-100 | | | | |
| 2022-10-22 | 2630 | Jamie's Great Britain | South Wales | Jamie travels to South Wales where he learns the massive impact the Welsh coal boom had on their food culture in the late 19th century and beyond, and how a massive Italian community evolved in Wales. | UNITED KINGDOM | English-100 | | PG | | |
| 2022-10-22 | 2725 | Poh & Co. Bitesize | Poh & Co. Bitesize Series 2 Ep 6 | Welcome to 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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| 2022-10-22 | 2730 | Eat Me: Or Try Not To | Taste, The | Our food preferences are influenced by dozens of factors, including genetics, environment and habit. But taste is also about perception. What does it take to create the next iconic food product? | CANADA | English-100 | PG |
| 2022-10-22 | 2830 | Eating Inn | Viceroy Part 1, The | Set in the highlands of exotic Bali the story of the Viceroy and its Aperitif restaurant epitomise the intent of the Eating Inn Series. | SINGAPORE | English-100 | PG |