



WEEK 44: Sunday, 24 October - Saturday, 30 October 2021 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2021-10-24	0500	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		
2021-10-24	0530	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		
2021-10-24	0625	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	
2021-10-24	0630	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		
2021-10-24	0725	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	
2021-10-24	0730	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		Y
2021-10-24	0835	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		
2021-10-24	0930	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	Y
2021-10-24	1035	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		
2021-10-24	1130	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		Y
2021-10-24	1225	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	
2021-10-24	1230	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	RPT	PG		
2021-10-24	1325	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	
2021-10-24	1330	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	PG		
2021-10-24	1400	The Cook Up with Adam Liaw	Nostalgia	The Lebanese Plate's Lina Jebile 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		
2021-10-24	1430	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		
2021-10-24	1500	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	
2021-10-24	1530	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		
2021-10-24	1600	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		
2021-10-24	1630	The Cook And The Chef	Blondes Have More Fun	Chefs love working with colour and contrast, but Maggie and Simon love a challenge so this week they're going blonde. White asparagus, light coloured meats, garlic, white chocolate, and coconut.	AUSTRALIA	English-100		G		

2021-10-24	1700	The Cook And The Chef	Offal	When 'offal' is mentioned most of us think of the internal organs of animals, but the word also refers to anything that is considered worthless or thrown away.	AUSTRALIA	English-100		G	
2021-10-24	1730	The Cook And The Chef	Moveable Feast, A	It's the middle of spring and the sunshine and longer days are a great excuse for people to get together and enjoy good company and good food.	AUSTRALIA	English-100		PG	
2021-10-24	1800	Plat Du Tour	Ep2	Guillaume Brahimi explores cuisine from the southern side of France where there are so many heart warming delights to taste.	AUSTRALIA	English-100	RPT	G	
2021-10-24	1830	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
2021-10-24	1900	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
2021-10-24	1930	Exploring China: A Culinary Adventure	Exploring China: A Culinary Adventure Series 1 Ep 2	Ken and Ching explore the effects of modernisation in China's fastest growing city, Chengdu. It is the capital of Sichuan province, where the locals cling on to their identity through food.	UNITED KINGDOM	English-100		G	
2021-10-24	2035	Rick Stein's Far Eastern Odyssey	Malaysia And Sri Lanka	Rick is spoilt for choice as he explores the multi-faceted food of Penang, an appealing mix of indigenous Malay, Indian and Chinese with a bit of British charm thrown in for good measure.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-10-24	2145	Anthony Bourdain: Parts Unknown	Iran	Tony and his crew get a temperature gauge for what appears to be a changing and complicated Iran.	USA	English-100		PG	Y
2021-10-24	2235	Anthony Bourdain: Parts Unknown	Jamaica	Tony travels to the lesser known, North Eastern Coast of Jamaica, and the reality is - Jamaica is a divided country with new challenges emerging.	USA	English-100		PG	Y
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2021-10-24	2645	Anthony Bourdain: Parts Unknown	Iran	Tony and his crew get a temperature gauge for what appears to be a changing and complicated Iran.	USA	English-100	RPT	PG	Y
2021-10-24	2735	Anthony Bourdain: Parts Unknown	Jamaica	Tony travels to the lesser known, North Eastern Coast of Jamaica, and the reality is - Jamaica is a divided country with new challenges emerging.	USA	English-100	RPT	PG	Y
2021-10-24	2830	Plat Du Tour	Ep2	Guillaume Brahimi explores cuisine from the southern side of France where there are so many heart warming delights to taste.	AUSTRALIA	English-100	RPT	G	
2021-10-25	0500	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	
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2021-10-25	1045	Anthony Bourdain: Parts Unknown	Iran	Tony and his crew get a temperature gauge for what appears to be a changing and complicated Iran.	USA	English-100	RPT	PG		Y
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2021-10-25	1335	Donal's Kitchen Hero Feast	Fermanagh And Tyrone	Donal Skehan visits Baronscourt Venison in Omagh, where the venison is produced from wild Japanese Sika deer. He also visits Ticketymoo Ice Cream in Irvinestown, Co Fermanagh.	IRELAND	English-100	RPT	G		
2021-10-25	1400	Palisa Anderson's Water Heart Food	Humble Origins	Thailand is home to many incredible food markets that sell an abundance of fresh and seasonal fruit and vegetables, the type of produce Palisa now grows on her farm and supplies to many top-end chefs.	AUSTRALIA	English-100	RPT	G	Y	
2021-10-25	1430	Tom Kerridge's Proper Pub Food	Food For Friends	This episode features dishes that are perfect for serving up to groups of friends. This is hearty, casual cooking meant for sharing - that means less time fussing in the kitchen.	UNITED KINGDOM	English-100	RPT	G		
2021-10-25	1500	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce Australia has to offer. In this episode, the Niagara cafe in Gundagai, and Turkish delights in Melbourne.	AUSTRALIA	English-100	RPT	G	Y	
2021-10-25	1530	Lidia's Kitchen	Lidia's Kitchen Series 5 Ep 21	Lidia prepares grilled calamari salad with tomato coulis; grilled apple and radicchio salad with Gorgonzola cheese; and Tuscan Maremma-style steak.	USA	English-100		PG		
2021-10-25	1600	Secret Meat Business	Tunisian	Adrian dishes up a succulent roast duck cooked in classic Tunisian spices, served on a bed of nutty rice. A feast to share with friends and family, or in Adrian's case, enjoy all by yourself.	AUSTRALIA	English-100	RPT	G		
2021-10-25	1630	Asia Unplated With Diana Chan	Filipino	Diana is joined by chef Ross Magnaye who shares his favourite meal - Filipino pork and chicken adobo. Ross shares his passion and knowledge for Filipino food while Diana prepares sinuglaw.	AUSTRALIA	English-99; Khmer-.25; Mandarin-.25; Thai-.25;	RPT	G		
2021-10-25	1700	Food Safari	Indonesian Safari	Maeve plunges into the vibrant spicy world of Indonesian food with chef Rohanna Halim, who heads an all-girl kitchen team at her restaurant in Sydney.	AUSTRALIA	English-100	RPT	G	Y	
2021-10-25	1730	The Cook And The Chef	Pizzas	Not many of us are lucky enough to have a wood oven in the back yard. But all is not lost. If you want to make brilliant home cooked pizzas, all you need is a conventional oven.	AUSTRALIA	English-100	RPT	PG		
2021-10-25	1800	Bake With Anna Olson	Wholesome Treats	Chef Anna Olson shares her favourite recipes for wholesome treats. From energy gems, to chocolate avocado mousse to skyr cheesecake, these treats are virtuous and delicious.	CANADA	English-100		PG		
2021-10-25	1830	Nigella Feasts	Spiced Up	Nigella Lawson's creating a fabulous spicy banquet with real wow factor. On the menu Indian influenced dishes - all of them really easy, flavoursome and delicious.	UNITED KINGDOM	English-100	RPT	G	Y	
2021-10-25	1900	The Cook Up with Adam Liaw	Fast Food	The Cook Up kitchen plays host to Adam Liaw, DJ/writer Andrew Levins and host of SBS's Water Heart Food, Palisa Anderson, as they create their very own renditions of fast food.	AUSTRALIA	English-100		PG		
2021-10-25	1930	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 6 Ep 3	Jamie and Jimmy feel The Force as they're joined in the cafe by the legendary Mark Hamill, and they create a menu that is out of this world for their childhood hero, Luke Skywalker.	UNITED KINGDOM	English-100		PG		
2021-10-25	2030	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 5	Rick Stein meets his good friend Barry Humphries, who fell in love with Cornwall in the 1960s when he escaped London to develop his now famous character, Dame Edna Everage.	UNITED KINGDOM	English-100	RPT	PG		
2021-10-25	2100	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 6	Rick journeys inland from the majestic Camel Estuary to one of Britain's finest vineyards, and later fires up the BBQ cook his latest fish catch using a recipe inspired from a trip to Goa.	UNITED KINGDOM	English-100	RPT	PG		
2021-10-25	2130	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 6	Luke travels to Cambodia's bustling capital city, Phnom Penh, where he finds some unusual treats to eat, including a local delicacy, deep-fried tarantulas.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-10-25	2200	The Cook Up with Adam Liaw	Fast Food	The Cook Up kitchen plays host to Adam Liaw, DJ/writer Andrew Levins and host of SBS's Water Heart Food, Palisa Anderson, as they create their very own renditions of fast food.	AUSTRALIA	English-100	RPT	PG		
2021-10-25	2230	The Cook And The Chef	Pizzas	Not many of us are lucky enough to have a wood oven in the back yard. But all is not lost. If you want to make brilliant home cooked pizzas, all you need is a conventional oven.	AUSTRALIA	English-100	RPT	PG		

2021-10-25	2300	Bake With Anna Olson	Wholesome Treats	Chef Anna Olson shares her favourite recipes for wholesome treats. From energy gems, to chocolate avocado mousse to skyr cheesecake, these treats are virtuous and delicious.	CANADA	English-100	RPT	PG		
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2021-10-25	2400	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce Australia has to offer. In this episode, the Niagara cafe in Gundagai, and Turkish delights in Melbourne.	AUSTRALIA	English-100	RPT	G	Y	
2021-10-25	2430	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 6 Ep 3	Jamie and Jimmy feel The Force as they're joined in the cafe by the legendary Mark Hamill, and they create a menu that is out of this world for their childhood hero, Luke Skywalker.	UNITED KINGDOM	English-100	RPT	PG		
2021-10-25	2530	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 5	Rick Stein meets his good friend Barry Humphries, who fell in love with Cornwall in the 1960s when he escaped London to develop his now famous character, Dame Edna Everage.	UNITED KINGDOM	English-100	RPT	PG		
2021-10-25	2600	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 6	Rick journeys inland from the majestic Camel Estuary to one of Britain's finest vineyards, and later fires up the BBQ cook his latest fish catch using a recipe inspired from a trip to Goa.	UNITED KINGDOM	English-100	RPT	PG		
2021-10-25	2630	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 6	Luke travels to Cambodia's bustling capital city, Phnom Penh, where he finds some unusual treats to eat, including a local delicacy, deep-fried tarantulas.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-10-25	2700	Donal's Kitchen Hero Feast	Fermanagh And Tyrone	Donal Skehan visits Baronscourt Venison in Omagh, where the venison is produced from wild Japanese Sika deer. He also visits Ticketymoo Ice Cream in Irvinestown, Co Fermanagh.	IRELAND	English-100	RPT	G		
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2021-10-25	2800	Tom Kerridge's Proper Pub Food	Food For Friends	This episode features dishes that are perfect for serving up to groups of friends. This is hearty, casual cooking meant for sharing - that means less time fussing in the kitchen.	UNITED KINGDOM	English-100	RPT	G		
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2021-10-26	0500	Lidia's Kitchen	Lidia's Kitchen Series 5 Ep 21	Lidia prepares grilled calamari salad with tomato coulis; grilled apple and radicchio salad with Gorgonzola cheese; and Tuscan Maremma-style steak.	USA	English-100	RPT	PG		
2021-10-26	0530	Secret Meat Business	Tunisian	Adrian dishes up a succulent roast duck cooked in classic Tunisian spices, served on a bed of nutty rice. A feast to share with friends and family, or in Adrian's case, enjoy all by yourself.	AUSTRALIA	English-100	RPT	G		
2021-10-26	0600	Asia Unplated With Diana Chan	Filipino	Diana is joined by chef Ross Magnaye who shares his favourite meal - Filipino pork and chicken adobo. Ross shares his passion and knowledge for Filipino food while Diana prepares sinuglaw.	AUSTRALIA	English-99; Khmer-.25; Mandarin-.25; Thai-.25;	RPT	G		
2021-10-26	0630	Food Safari	Indonesian Safari	Maeve plunges into the vibrant spicy world of Indonesian food with chef Rohanna Halim, who heads an all-girl kitchen team at her restaurant in Sydney.	AUSTRALIA	English-100	RPT	G	Y	
2021-10-26	0700	The Cook And The Chef	Pizzas	Not many of us are lucky enough to have a wood oven in the back yard. But all is not lost. If you want to make brilliant home cooked pizzas, all you need is a conventional oven.	AUSTRALIA	English-100	RPT	PG		
2021-10-26	0730	Bake With Anna Olson	Wholesome Treats	Chef Anna Olson shares her favourite recipes for wholesome treats. From energy gems, to chocolate avocado mousse to skyr cheesecake, these treats are virtuous and delicious.	CANADA	English-100	RPT	PG		
2021-10-26	0800	Nigella Feasts	Spiced Up	Nigella Lawson's creating a fabulous spicy banquet with real wow factor. On the menu Indian influenced dishes - all of them really easy, flavoursome and delicious.	UNITED KINGDOM	English-100	RPT	G	Y	
2021-10-26	0830	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 6 Ep 3	Jamie and Jimmy feel The Force as they're joined in the cafe by the legendary Mark Hamill, and they create a menu that is out of this world for their childhood hero, Luke Skywalker.	UNITED KINGDOM	English-100	RPT	PG		
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2021-10-26	1000	Rick Stein's Cornwall	Rick Stein's Cornwall Series 1 Ep 6	Rick journeys inland from the majestic Camel Estuary to one of Britain's finest vineyards, and later fires up the BBQ cook his latest fish catch using a recipe inspired from a trip to Goa.	UNITED KINGDOM	English-100	RPT	PG		
2021-10-26	1030	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 6	Luke travels to Cambodia's bustling capital city, Phnom Penh, where he finds some unusual treats to eat, including a local delicacy, deep-fried tarantulas.	AUSTRALIA	English-100	RPT	G	Y	Y

2021-10-26	1100	The Cook Up with Adam Liaw	Fast Food	The Cook Up kitchen plays host to Adam Liaw, DJ/writer Andrew Levins and host of SBS's Water Heart Food, Palisa Anderson, as they create their very own renditions of fast food.	AUSTRALIA	English-100	RPT	PG	
2021-10-26	1130	Food Safari	Indonesian Safari	Maeve plunges into the vibrant spicy world of Indonesian food with chef Rohanna Halim, who heads an all-girl kitchen team at her restaurant in Sydney.	AUSTRALIA	English-100	RPT	G	Y
2021-10-26	1200	The Cook And The Chef	Pizzas	Not many of us are lucky enough to have a wood oven in the back yard. But all is not lost. If you want to make brilliant home cooked pizzas, all you need is a conventional oven.	AUSTRALIA	English-100	RPT	PG	
2021-10-26	1230	Bake With Anna Olson	Wholesome Treats	Chef Anna Olson shares her favourite recipes for wholesome treats. From energy gems, to chocolate avocado mousse to skyr cheesecake, these treats are virtuous and delicious.	CANADA	English-100	RPT	PG	
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2021-10-26	1330	Donal's Kitchen Hero Feast	Meath	Donal Skehan heads to Meath where he visits Martry Mill in Kells and Blast and Wilde in Slane. He ends his trip with a delicious feast in Tankardstown House.	IRELAND	English-100	RPT	PG	
2021-10-26	1400	Palisa Anderson's Water Heart Food	Third Culture Cooks	Palisa meets up with two old friends - fellow second-generation Thais Ari Walpole and Mahalia Barnes. They visit the Sydney Fish Market, and cook some delicious Thai-inspired recipes.	AUSTRALIA	English-100	RPT	G	Y
2021-10-26	1430	Tom Kerridge's Proper Pub Food	Outdoor Food	We all enjoy eating outdoors in a Great British beer garden and in this episode, Tom wants to show us how to do outdoor food properly.	UNITED KINGDOM	English-100	RPT	G	
2021-10-26	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 1	Maeve O'Meara and Joanna Savill continue to explore the best food around. In this episode, wild barramundi in the Gulf of Carpentaria, Thai food in Kings Cross, and Greek food in SA.	AUSTRALIA	English-100	RPT	G	Y
2021-10-26	1530	Lidia's Kitchen	Lidia's Kitchen Series 5 Ep 22	Lidia makes eggs poached in tomato sauce and served over grilled country bread; stuffed tomatoes filled with rice, mozzarella and basil; and chilled tomato soup with basil, orange and yoghurt.	USA	English-100		PG	
2021-10-26	1600	Secret Meat Business	Canadian	Double trouble, Adrian combines two of his favourite proteins in an indulgent Canadian dish, Bacon wrapped duck breasts Tournedos.	AUSTRALIA	English-100	RPT	G	
2021-10-26	1630	Asia Unplated With Diana Chan	Cambodian	Cambodian cuisine is often overlooked in Australia so Diana enlists the help of chef Jerry Mai to explore the vibrant flavours that are integral to Cambodian cooking.	AUSTRALIA	English-99; Khmer-.25; Mandarin-.25; Thai-.25;	RPT	PG	
2021-10-26	1700	Food Safari	Maltese Safari	This episode of Food Safari explores a different take on Mediterranean cooking with the rustic delights of Maltese food.	AUSTRALIA	English-100	RPT	G	Y
2021-10-26	1730	The Cook And The Chef	Easter In Cooking	It's Easter and Simon surprises Maggie with a chilli Easter Egg whipped up at work under the expert eyes of his pastry chefs. Maggie's no fan of chilli but Simon's determined to win her over.	AUSTRALIA	English-100	RPT	G	
2021-10-26	1800	Bake With Anna Olson	Halloween Treats	Chef Anna Olson gets creative with Halloween baking. She conjures up three different spooky treats sure to please kids of all ages.	CANADA	English-100		PG	
2021-10-26	1830	Nigella Feasts	Feel-Good Food	Nigella Lawson's cooking up food that looks good, tastes good and makes you feel good. The heaven-on-a-plate menu includes a smoked salmon, avocado and pumpkin seed salad.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-26	1900	The Cook Up with Adam Liaw	From The Sea	Cookbook author Analiese Gregory and Monday Morning Cooking Club's Lisa Goldberg join host Adam Liaw in The Cook Up kitchen to recreate some favourite dishes from the sea.	AUSTRALIA	English-100		PG	
2021-10-26	1930	Giada Entertains	Art Of Surprise, The	Giada pulls off the ultimate surprise birthday party as guests enjoy delicious finger foods, including lamb chops with mint and pistachio salsa verde, eggplant parmesan bites, and salami crostini.	USA	English-100		PG	
2021-10-26	2000	David Rocco's Dolce Africa	Welcome To Lalibela Ethiopia	David spends time with the locals in Lalibela, Ethiopia, where he learns how to make a few staples like shiro, injera and berbere, the traditional Ethiopian spice mix that's used in so many dishes.	CANADA	English-100		PG	
2021-10-26	2030	John Torode's Korean Food Tour	Royal	John explores the regal beginnings of Korean cuisine. With food writer Daniel Gray, John visits the UNESCO heritage city of Jeonju, the place where Korea's most famous dish, Royal Bibimpap hails from.	UNITED KINGDOM	English-100		PG	Y
2021-10-26	2130	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 7	Luke travels to the seaside towns of Kep and Kampot to experience their delectable seafood and world-famous pepper. There he teams up with a local fisherwoman at the seafood markets.	AUSTRALIA	English-100	RPT	G	Y
2021-10-26	2200	The Cook Up with Adam Liaw	From The Sea	Cookbook author Analiese Gregory and Monday Morning Cooking Club's Lisa Goldberg join host Adam Liaw in The Cook Up kitchen to recreate some favourite dishes from the sea.	AUSTRALIA	English-100	RPT	PG	

2021-10-26	2230	The Cook And The Chef	Easter In Cooking	It's Easter and Simon surprises Maggie with a chilli Easter Egg whipped up at work under the expert eyes of his pastry chefs. Maggie's no fan of chilli but Simon's determined to win her over.	AUSTRALIA	English-100	RPT	G	
2021-10-26	2300	Bake With Anna Olson	Halloween Treats	Chef Anna Olson gets creative with Halloween baking. She conjures up three different spooky treats sure to please kids of all ages.	CANADA	English-100	RPT	PG	
2021-10-26	2330	Nigella Feasts	Feel-Good Food	Nigella Lawson's cooking up food that looks good, tastes good and makes you feel good. The heaven-on-a-plate menu includes a smoked salmon, avocado and pumpkin seed salad.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-26	2400	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 1	Maeve O'Meara and Joanna Savill continue to explore the best food around. In this episode, wild barramundi in the Gulf of Carpentaria, Thai food in Kings Cross, and Greek food in SA.	AUSTRALIA	English-100	RPT	G	Y
2021-10-26	2430	Giada Entertains	Art Of Surprise, The	Giada pulls off the ultimate surprise birthday party as guests enjoy delicious finger foods, including lamb chops with mint and pistachio salsa verde, eggplant parmesan bites, and salami crostini.	USA	English-100	RPT	PG	
2021-10-26	2500	David Rocco's Dolce Africa	Welcome To Lalibela Ethiopia	David spends time with the locals in Lalibela, Ethiopia, where he learns how to make a few staples like shiro, injera and berbere, the traditional Ethiopian spice mix that's used in so many dishes.	CANADA	English-100	RPT	PG	
2021-10-26	2530	John Torode's Korean Food Tour	Royal	John explores the regal beginnings of Korean cuisine. With food writer Daniel Gray, John visits the UNESCO heritage city of Jeonju, the place where Korea's most famous dish, Royal Bibimpap hails from.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-10-26	2630	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 7	Luke travels to the seaside towns of Kep and Kampot to experience their delectable seafood and world-famous pepper. There he teams up with a local fisherwoman at the seafood markets.	AUSTRALIA	English-100	RPT	G	Y
2021-10-26	2700	Donal's Kitchen Hero Feast	Meath	Donal Skehan heads to Meath where he visits Martry Mill in Kells and Blast and Wilde in Slane. He ends his trip with a delicious feast in Tankardstown House.	IRELAND	English-100	RPT	PG	
2021-10-26	2730	Palisa Anderson's Water Heart Food	Third Culture Cooks	Palisa meets up with two old friends - fellow second-generation Thais Ari Walpole and Mahalia Barnes. They visit the Sydney Fish Market, and cook some delicious Thai-inspired recipes.	AUSTRALIA	English-100	RPT	G	Y
2021-10-26	2800	Tom Kerridge's Proper Pub Food	Outdoor Food	We all enjoy eating outdoors in a Great British beer garden and in this episode, Tom wants to show us how to do outdoor food properly.	UNITED KINGDOM	English-100	RPT	G	
2021-10-26	2830	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 1	Maeve O'Meara and Joanna Savill continue to explore the best food around. In this episode, wild barramundi in the Gulf of Carpentaria, Thai food in Kings Cross, and Greek food in SA.	AUSTRALIA	English-100	RPT	G	Y
2021-10-27	0500	Lidia's Kitchen	Lidia's Kitchen Series 5 Ep 22	Lidia makes eggs poached in tomato sauce and served over grilled country bread; stuffed tomatoes filled with rice, mozzarella and basil; and chilled tomato soup with basil, orange and yoghurt.	USA	English-100	RPT	PG	
2021-10-27	0530	Secret Meat Business	Canadian	Double trouble, Adrian combines two of his favourite proteins in an indulgent Canadian dish, Bacon wrapped duck breasts Tournedos.	AUSTRALIA	English-100	RPT	G	
2021-10-27	0600	Asia Unplated With Diana Chan	Cambodian	Cambodian cuisine is often overlooked in Australia so Diana enlists the help of chef Jerry Mai to explore the vibrant flavours that are integral to Cambodian cooking.	AUSTRALIA	English-99; Khmer-.25; Mandarin-.25; Thai-.25;	RPT	PG	
2021-10-27	0630	Food Safari	Maltese Safari	This episode of Food Safari explores a different take on Mediterranean cooking with the rustic delights of Maltese food.	AUSTRALIA	English-100	RPT	G	Y
2021-10-27	0700	The Cook And The Chef	Easter In Cooking	It's Easter and Simon surprises Maggie with a chilli Easter Egg whipped up at work under the expert eyes of his pastry chefs. Maggie's no fan of chilli but Simon's determined to win her over.	AUSTRALIA	English-100	RPT	G	
2021-10-27	0730	Bake With Anna Olson	Halloween Treats	Chef Anna Olson gets creative with Halloween baking. She conjures up three different spooky treats sure to please kids of all ages.	CANADA	English-100	RPT	PG	
2021-10-27	0800	Nigella Feasts	Feel-Good Food	Nigella Lawson's cooking up food that looks good, tastes good and makes you feel good. The heaven-on-a-plate menu includes a smoked salmon, avocado and pumpkin seed salad.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-27	0830	Giada Entertains	Art Of Surprise, The	Giada pulls off the ultimate surprise birthday party as guests enjoy delicious finger foods, including lamb chops with mint and pistachio salsa verde, eggplant parmesan bites, and salami crostini.	USA	English-100	RPT	PG	
2021-10-27	0900	David Rocco's Dolce Africa	Welcome To Lalibela Ethiopia	David spends time with the locals in Lalibela, Ethiopia, where he learns how to make a few staples like shiro, injera and berbere, the traditional Ethiopian spice mix that's used in so many dishes.	CANADA	English-100	RPT	PG	
2021-10-27	0930	John Torode's Korean Food Tour	Royal	John explores the regal beginnings of Korean cuisine. With food writer Daniel Gray, John visits the UNESCO heritage city of Jeonju, the place where Korea's most famous dish, Royal Bibimpap hails from.	UNITED KINGDOM	English-100	RPT	PG	Y

2021-10-27	1030	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 7	Luke travels to the seaside towns of Kep and Kampot to experience their delectable seafood and world-famous pepper. There he teams up with a local fisherwoman at the seafood markets.	AUSTRALIA	English-100	RPT	G	Y	
2021-10-27	1100	The Cook Up with Adam Liaw	From The Sea	Cookbook author Analiese Gregory and Monday Morning Cooking Club's Lisa Goldberg join host Adam Liaw in The Cook Up kitchen to recreate some favourite dishes from the sea.	AUSTRALIA	English-100	RPT	PG		
2021-10-27	1130	Food Safari	Maltese Safari	This episode of Food Safari explores a different take on Mediterranean cooking with the rustic delights of Maltese food.	AUSTRALIA	English-100	RPT	G	Y	
2021-10-27	1200	The Cook And The Chef	Easter In Cooking	It's Easter and Simon surprises Maggie with a chilli Easter Egg whipped up at work under the expert eyes of his pastry chefs. Maggie's no fan of chilli but Simon's determined to win her over.	AUSTRALIA	English-100	RPT	G		
2021-10-27	1230	Bake With Anna Olson	Halloween Treats	Chef Anna Olson gets creative with Halloween baking. She conjures up three different spooky treats sure to please kids of all ages.	CANADA	English-100	RPT	PG		
2021-10-27	1300	Nigella Feasts	Feel-Good Food	Nigella Lawson's cooking up food that looks good, tastes good and makes you feel good. The heaven-on-a-plate menu includes a smoked salmon, avocado and pumpkin seed salad.	UNITED KINGDOM	English-100	RPT	G	Y	
2021-10-27	1330	Donal's Kitchen Hero Feast	Antrim	Donal heads to Antrim and visits Glenarm Shorthorn Beef - producers of premium quality beef farmed at the Glenarm Estate and winners of various Great Taste Awards and suppliers to Fortnum and Mason.	IRELAND	English-100	RPT	G		
2021-10-27	1400	Palisa Anderson's Water Heart Food	On Origins	Palisa meets two well-known Sydney-based chefs - Paul Carmichael and Martin Boetz - to explore how cuisines from different countries can mingle and influence each other.	AUSTRALIA	English-100	RPT	G	Y	
2021-10-27	1430	Tom Kerridge's Proper Pub Food	Celebratory Food	Tom shows us how to cook dishes inspired by food you'd order in a decent British pub to celebrate a special occasion. These dishes are slightly showy, decadent, and indulgent, yet still really simple.	UNITED KINGDOM	English-100	RPT	G		
2021-10-27	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 2	Maeve O'Meara and Joanna Savill continue to explore the best food around. Today, Japanese seaweed from Tasmania, Mediterranean-Australian cuisine, and food for Chinese New Year.	AUSTRALIA	English-100	RPT	G	Y	
2021-10-27	1530	Lidia's Kitchen	Lidia's Kitchen Series 5 Ep 23	Lidia prepares crostata with kale butternut squash and ricotta; carrot and orange salad; potato and egg frico; and a refreshing bellini bar.	USA	English-100		PG		
2021-10-27	1600	Secret Meat Business	Malaysian	Malaysian cooking is a cuisine that melds Chinese, Indian and traditional Malay flavours. Adrian pays homage to his time spent there as a child preparing mouth-watering Beef Rendang.	AUSTRALIA	English-100	RPT	G		
2021-10-27	1630	Asia Unplated With Diana Chan	Malaysian	Diana seeks inspiration from her Malaysian roots, conjuring the sights and smells of food stalls from her childhood, and guest Jacob Leung shares his tips for creating perfect fried rice.	AUSTRALIA	English-99; Khmer-.25; Mandarin-.25; Thai-.25;	RPT	G		
2021-10-27	1700	Food Safari	Pakistani Safari	Looks at some of the Pakistani dishes that are loved around the world - like biryani - the layered spiced rice and meat dish.	AUSTRALIA	English-100	RPT	G	Y	
2021-10-27	1730	The Cook And The Chef	Cooking With Kids	School Holidays mean finding things for the kids to do and Maggie and Simon get some kids busy looking for mushrooms and picking plums. Simon also visits a Mussel farm in Port Lincoln.	AUSTRALIA	English-100	RPT	G		
2021-10-27	1800	Bake With Anna Olson	Halloween Party Desserts	Chef Anna Olson shares her secrets for the ultimate Halloween party desserts. These three desserts are so good they're scary.	CANADA	English-100		PG		
2021-10-27	1830	Nigella Feasts	Comfort Foods	Nigella Lawson shares her favourite comfort foods, where each mouthful is as reassuring as the last, including warm sticky toffee sauce poured over cold vanilla ice cream.	UNITED KINGDOM	English-100	RPT	G	Y	
2021-10-27	1900	The Cook Up with Adam Liaw	Simply The Best	Host Adam Liaw is joined in The Cook Up kitchen by meteorologist and food writer Magdalena Roze and TV presenter/chef Hayden Quinn as they create simple dishes everyone will love.	AUSTRALIA	English-100		PG		
2021-10-27	1930	Licence To Grill	Big BBQ Brunch	Rob gives his friends a wake-up call with a big BBQ brunch. Smoked bacon, breakfast frittatas, smoked salmon, a morning cocktail and asparagus with bacon and egg puff pastries get them all started!	CANADA	English-100		PG		
2021-10-27	2000	Licence To Grill	Licence To Grill Series 5 Ep 8	Join chef Robert Rainford and celebrate the joys of summer, backyard entertaining and barbequeing.	CANADA	English-100		PG		
2021-10-27	2030	Tom Kerridge's Barbeque	Tom Kerridge's Barbeque Series 1 Ep 4	Tom Kerridge fires up his BBQ to create a Middle Eastern feast. It includes incredible marinated and spiced chicken kebabs form the centrepiece, with smoky vegetable chilli sauce and garlic cream.	UNITED KINGDOM	English-100		PG		
2021-10-27	2100	Food Safari Fire	Food Safari Fire Series 1 Ep 4	Maeve O'Meara explores how fire and coals create some of the world's classic recipes - Turkish kebabs, Portuguese sardines, marinated Chilean pork belly and South African braais.	AUSTRALIA	English-100	RPT	G	Y	
2021-10-27	2130	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 8	Luke enjoys a weekend of food and sun in the seaside town of Kep before heading across the border to Chau Doc in Vietnam. Starting beachside Luke cooks a tasty barbequed squid.	AUSTRALIA	English-100	RPT	G	Y	Y

2021-10-27	2200	The Cook Up with Adam Liaw	Simply The Best	Host Adam Liaw is joined in The Cook Up kitchen by meteorologist and food writer Magdalena Roze and TV presenter/chef Hayden Quinn as they create simple dishes everyone will love.	AUSTRALIA	English-100	RPT	PG		
2021-10-27	2230	The Cook And The Chef	Cooking With Kids	School Holidays mean finding things for the kids to do and Maggie and Simon get some kids busy looking for mushrooms and picking plums. Simon also visits a Mussel farm in Port Lincoln.	AUSTRALIA	English-100	RPT	G		
2021-10-27	2300	Bake With Anna Olson	Halloween Party Desserts	Chef Anna Olson shares her secrets for the ultimate Halloween party desserts. These three desserts are so good they're scary.	CANADA	English-100	RPT	PG		
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2021-10-27	2400	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 2	Maeve O'Meara and Joanna Savill continue to explore the best food around. Today, Japanese seaweed from Tasmania, Mediterranean-Australian cuisine, and food for Chinese New Year.	AUSTRALIA	English-100	RPT	G	Y	
2021-10-27	2430	Licence To Grill	Big BBQ Brunch	Rob gives his friends a wake-up call with a big BBQ brunch. Smoked bacon, breakfast frittatas, smoked salmon, a morning cocktail and asparagus with bacon and egg puff pastries get them all started!	CANADA	English-100	RPT	PG		
2021-10-27	2500	Licence To Grill	Licence To Grill Series 5 Ep 8	Join chef Robert Rainford and celebrate the joys of summer, backyard entertaining and barbequeing.	CANADA	English-100	RPT	PG		
2021-10-27	2530	Tom Kerridge's Barbeque	Tom Kerridge's Barbeque Series 1 Ep 4	Tom Kerridge fires up his BBQ to create a Middle Eastern feast. It includes incredible marinated and spiced chicken kebabs form the centrepiece, with smoky vegetable chilli sauce and garlic cream.	UNITED KINGDOM	English-100	RPT	PG		
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2021-10-27	2700	Donal's Kitchen Hero Feast	Antrim	Donal heads to Antrim and visits Glenarm Shorthorn Beef - producers of premium quality beef farmed at the Glenarm Estate and winners of various Great Taste Awards and suppliers to Fortnum and Mason.	IRELAND	English-100	RPT	G		
2021-10-27	2730	Palisa Anderson's Water Heart Food	On Origins	Palisa meets two well-known Sydney-based chefs - Paul Carmichael and Martin Boetz - to explore how cuisines from different countries can mingle and influence each other.	AUSTRALIA	English-100	RPT	G	Y	
2021-10-27	2800	Tom Kerridge's Proper Pub Food	Celebratory Food	Tom shows us how to cook dishes inspired by food you'd order in a decent British pub to celebrate a special occasion. These dishes are slightly showy, decadent, and indulgent, yet still really simple.	UNITED KINGDOM	English-100	RPT	G		
2021-10-27	2830	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 2	Maeve O'Meara and Joanna Savill continue to explore the best food around. Today, Japanese seaweed from Tasmania, Mediterranean-Australian cuisine, and food for Chinese New Year.	AUSTRALIA	English-100	RPT	G	Y	
2021-10-28	0500	Lidia's Kitchen	Lidia's Kitchen Series 5 Ep 23	Lidia prepares crostata with kale butternut squash and ricotta; carrot and orange salad; potato and egg frico; and a refreshing bellini bar.	USA	English-100	RPT	PG		
2021-10-28	0530	Secret Meat Business	Malaysian	Malaysian cooking is a cuisine that melds Chinese, Indian and traditional Malay flavours. Adrian pays homage to his time spent there as a child preparing mouth-watering Beef Rendang.	AUSTRALIA	English-100	RPT	G		
2021-10-28	0600	Asia Unplated With Diana Chan	Malaysian	Diana seeks inspiration from her Malaysian roots, conjuring the sights and smells of food stalls from her childhood, and guest Jacob Leung shares his tips for creating perfect fried rice.	AUSTRALIA	English-99; Khmer-.25; Mandarin-.25; Thai-.25;	RPT	G		
2021-10-28	0630	Food Safari	Pakistani Safari	Looks at some of the Pakistani dishes that are loved around the world - like biryani - the layered spiced rice and meat dish.	AUSTRALIA	English-100	RPT	G	Y	
2021-10-28	0700	The Cook And The Chef	Cooking With Kids	School Holidays mean finding things for the kids to do and Maggie and Simon get some kids busy looking for mushrooms and picking plums. Simon also visits a Mussel farm in Port Lincoln.	AUSTRALIA	English-100	RPT	G		
2021-10-28	0730	Bake With Anna Olson	Halloween Party Desserts	Chef Anna Olson shares her secrets for the ultimate Halloween party desserts. These three desserts are so good they're scary.	CANADA	English-100	RPT	PG		
2021-10-28	0800	Nigella Feasts	Comfort Foods	Nigella Lawson shares her favourite comfort foods, where each mouthful is as reassuring as the last, including warm sticky toffee sauce poured over cold vanilla ice cream.	UNITED KINGDOM	English-100	RPT	G	Y	
2021-10-28	0830	Licence To Grill	Big BBQ Brunch	Rob gives his friends a wake-up call with a big BBQ brunch. Smoked bacon, breakfast frittatas, smoked salmon, a morning cocktail and asparagus with bacon and egg puff pastries get them all started!	CANADA	English-100	RPT	PG		
2021-10-28	0900	Licence To Grill	Licence To Grill Series 5 Ep 8	Join chef Robert Rainford and celebrate the joys of summer, backyard entertaining and barbequeing.	CANADA	English-100	RPT	PG		

2021-10-28	0930	Tom Kerridge's Barbeque	Tom Kerridge's Barbeque Series 1 Ep 4	Tom Kerridge fires up his BBQ to create a Middle Eastern feast. It includes incredible marinated and spiced chicken kebabs form the centrepiece, with smoky vegetable chilli sauce and garlic cream.	UNITED KINGDOM	English-100	RPT	PG		
2021-10-28	1000	Food Safari Fire	Food Safari Fire Series 1 Ep 4	Maeve O'Meara explores how fire and coals create some of the world's classic recipes - Turkish kebabs, Portuguese sardines, marinated Chilean pork belly and South African braais.	AUSTRALIA	English-100	RPT	G	Y	
2021-10-28	1030	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 8	Luke enjoys a weekend of food and sun in the seaside town of Kep before heading across the border to Chau Doc in Vietnam. Starting beachside Luke cooks a tasty barbequed squid.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-10-28	1100	The Cook Up with Adam Liaw	Simply The Best	Host Adam Liaw is joined in The Cook Up kitchen by meteorologist and food writer Magdalena Roze and TV presenter/chef Hayden Quinn as they create simple dishes everyone will love.	AUSTRALIA	English-100	RPT	PG		
2021-10-28	1130	Food Safari	Pakistani Safari	Looks at some of the Pakistani dishes that are loved around the world - like biryani - the layered spiced rice and meat dish.	AUSTRALIA	English-100	RPT	G	Y	
2021-10-28	1200	The Cook And The Chef	Cooking With Kids	School Holidays mean finding things for the kids to do and Maggie and Simon get some kids busy looking for mushrooms and picking plums. Simon also visits a Mussel farm in Port Lincoln.	AUSTRALIA	English-100	RPT	G		
2021-10-28	1230	Bake With Anna Olson	Halloween Party Desserts	Chef Anna Olson shares her secrets for the ultimate Halloween party desserts. These three desserts are so good they're scary.	CANADA	English-100	RPT	PG		
2021-10-28	1300	Nigella Feasts	Comfort Foods	Nigella Lawson shares her favourite comfort foods, where each mouthful is as reassuring as the last, including warm sticky toffee sauce poured over cold vanilla ice cream.	UNITED KINGDOM	English-100	RPT	G	Y	
2021-10-28	1330	Donal's Kitchen Hero Feast	Tipperary	Donal heads to Tipperary to meet the producers of O'Donnell Crisps which are made using Tipperary grown potatoes.	IRELAND	English-100	RPT	G		
2021-10-28	1400	Palisa Anderson's Water Heart Food	Sauce Of It All, The	Palisa visits two well-known Byron-based chefs - Ben Devlin and Jason Saxby - to explore the idea of combining traditional cooking methods with the use of the local ingredients.	AUSTRALIA	English-100	RPT	G	Y	
2021-10-28	1430	Tom Kerridge's Proper Pub Food	Pub Classics	Classics are classics because they're great, and Tom wants to show us how to cook some of the nation's favourite pub meals at home and get them spot on.	UNITED KINGDOM	English-100	RPT	G		
2021-10-28	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 3	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to Port Douglas, and Malaysian sweet delights.	AUSTRALIA	English-100	RPT	G	Y	
2021-10-28	1530	Lidia's Kitchen	Lidia's Kitchen Series 5 Ep 24	Lidia makes spicy stuffed clams with cheesy breadcrumbs; Italian deviled eggs with salsa verde; meatless meatballs with cheese and quinoa; and fruity spritzers.	USA	English-100		PG		
2021-10-28	1600	Secret Meat Business	Cornish	Taking his doctor's advice to eat more veggies, Adrian makes a classic Cornish pasty filled with beef, bacon, and some rabbit food for good luck.	AUSTRALIA	English-100	RPT	G		
2021-10-28	1630	Asia Unplated With Diana Chan	Indonesian	Diana prepares an Indonesian street food favourite - perkedel jagung - crispy, deep fried corn fritters, while chef Jerry Mai showcases Indonesian spices with her Balinese grilled chicken.	AUSTRALIA	English-99; Khmer-.25; Mandarin-.25; Thai-.25;	RPT	G		
2021-10-28	1700	Food Safari	Croatian Safari	Dennis Valcich runs through the key ingredients used in Croatian cooking and demonstrates a recipe from the Dalmatian coast - artichoke with potatoes and broad beans.	AUSTRALIA	English-100	RPT	G	Y	
2021-10-28	1730	The Cook And The Chef	Cooking With Grapes	Raise a toast to the glorious grape as Simon and Maggie celebrate with the fruit of the vine. In Maggie's Barossa kitchen, they showcase a range of savoury and sweet dishes cooked with whole grapes.	AUSTRALIA	English-100	RPT	G		
2021-10-28	1800	Bake With Anna Olson	Sweet And Savoury	Chef Anna Olson combines sweet and savoury to make three delicious desserts. She demonstrates when you put these two sensations together, it can be magic.	CANADA	English-100		PG		
2021-10-28	1830	Nigella Express	Everyday Easy	What to make for dinner? It's a daily struggle but Nigella has it covered in this episode, packed with delicious ideas for good food fast.	UNITED KINGDOM	English-100	RPT	G	Y	
2021-10-28	1900	The Cook Up with Adam Liaw	Childhood Fave	Ethiopian cook Tinsae Elsdon and head chef at The Old Fitz, Anna Ugarte-Carral, show host Adam Liaw their childhood favourite dishes in The Cook Up kitchen.	AUSTRALIA	English-100		PG		
2021-10-28	1930	Our Food, Our Family	Nevin Family, The	Michela Chiappa is in Abercynon for the fascinating and touching story of the Nevin family, including food lover Kemi Nevin and her three grown-up children.	UNITED KINGDOM	English-100	RPT	PG		
2021-10-28	2000	India Unplated	Punjab	Punjabi cuisine is notably one of the most popular cuisines around the world. In this episode, our hosts will introduce you to some delicious recipes starting with Dhaba style butter chicken by Adam.	AUSTRALIA	English-100		PG	Y	
2021-10-28	2030	Adam & Poh's Malaysia In Australia	Adam & Poh's Malaysia In Australia Series 1 Ep 4	Adam and Poh are on Bruny Island - one of the best food destinations in Australia. They try local beers with brewer Nick Haddow, before they take the local oysters in two different directions.	AUSTRALIA	English-100		PG	Y	

2021-10-28	2110	Barefoot Contessa: Back To Basics	Pork	Ina Garten is sharing new ways to cook with pork - and she's putting bacon, sausage, kielbasa and tenderloins in the spotlight. She begins by making sausage and mushroom strudels for appetisers.	USA	English-100		PG			
2021-10-28	2130	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 9	Luke visits the floating villages of Chau Doc and Cai Be to cook some intriguing local dishes. He starts his journey on the Hue River where he cooks a caramelised basa fish dish.	AUSTRALIA	English-100	RPT	G	Y	Y	
2021-10-28	2200	The Cook Up with Adam Liaw	Childhood Fave	Ethiopian cook Tinsae Elsdon and head chef at The Old Fitz, Anna Ugarte-Carral, show host Adam Liaw their childhood favourite dishes in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG			
2021-10-28	2230	The Cook And The Chef	Cooking With Grapes	Raise a toast to the glorious grape as Simon and Maggie celebrate with the fruit of the vine. In Maggie's Barossa kitchen, they showcase a range of savoury and sweet dishes cooked with whole grapes.	AUSTRALIA	English-100	RPT	G			
2021-10-28	2300	Bake With Anna Olson	Sweet And Savoury	Chef Anna Olson combines sweet and savoury to make three delicious desserts. She demonstrates when you put these two sensations together, it can be magic.	CANADA	English-100	RPT	PG			
2021-10-28	2330	Nigella Express	Everyday Easy	What to make for dinner? It's a daily struggle but Nigella has it covered in this episode, packed with delicious ideas for good food fast.	UNITED KINGDOM	English-100	RPT	G	Y		
2021-10-28	2400	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 3	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to Port Douglas, and Malaysian sweet delights.	AUSTRALIA	English-100	RPT	G	Y		
2021-10-28	2430	Our Food, Our Family	Nevin Family, The	Michela Chiappa is in Abercynon for the fascinating and touching story of the Nevin family, including food lover Kemi Nevin and her three grown-up children.	UNITED KINGDOM	English-100	RPT	PG			
2021-10-28	2500	India Unplated	Punjab	Punjabi cuisine is notably one of the most popular cuisines around the world. In this episode, our hosts will introduce you to some delicious recipes starting with Dhaba style butter chicken by Adam.	AUSTRALIA	English-100	RPT	PG	Y		
2021-10-28	2530	Adam & Poh's Malaysia In Australia	Adam & Poh's Malaysia In Australia Series 1 Ep 4	Adam and Poh are on Bruny Island - one of the best food destinations in Australia. They try local beers with brewer Nick Haddow, before they take the local oysters in two different directions.	AUSTRALIA	English-100	RPT	PG	Y		
2021-10-28	2600	Barefoot Contessa: Back To Basics	Pork	Ina Garten is sharing new ways to cook with pork - and she's putting bacon, sausage, kielbasa and tenderloins in the spotlight. She begins by making sausage and mushroom strudels for appetisers.	USA	English-100	RPT	PG			
2021-10-28	2630	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 9	Luke visits the floating villages of Chau Doc and Cai Be to cook some intriguing local dishes. He starts his journey on the Hue River where he cooks a caramelised basa fish dish.	AUSTRALIA	English-100	RPT	G	Y	Y	
2021-10-28	2700	Donal's Kitchen Hero Feast	Tipperary	Donal heads to Tipperary to meet the producers of O'Donnell Crisps which are made using Tipperary grown potatoes.	IRELAND	English-100	RPT	G			
2021-10-28	2730	Palisa Anderson's Water Heart Food	Sauce Of It All, The	Palisa visits two well-known Byron-based chefs - Ben Devlin and Jason Saxby - to explore the idea of combining traditional cooking methods with the use of the local ingredients.	AUSTRALIA	English-100	RPT	G	Y		
2021-10-28	2800	Tom Kerridge's Proper Pub Food	Pub Classics	Classics are classics because they're great, and Tom wants to show us how to cook some of the nation's favourite pub meals at home and get them spot on.	UNITED KINGDOM	English-100	RPT	G			
2021-10-28	2830	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 3	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to Port Douglas, and Malaysian sweet delights.	AUSTRALIA	English-100	RPT	G	Y		
2021-10-29	0500	Lidia's Kitchen	Lidia's Kitchen Series 5 Ep 24	Lidia makes spicy stuffed clams with cheesy breadcrumbs; Italian deviled eggs with salsa verde; meatless meatballs with cheese and quinoa; and fruity spritzers.	USA	English-100	RPT	PG			
2021-10-29	0530	Secret Meat Business	Cornish	Taking his doctor's advice to eat more veggies, Adrian makes a classic Cornish pasty filled with beef, bacon, and some rabbit food for good luck.	AUSTRALIA	English-100	RPT	G			
2021-10-29	0600	Asia Unplated With Diana Chan	Indonesian	Diana prepares an Indonesian street food favourite - perkedel jagung - crispy, deep fried corn fritters, while chef Jerry Mai showcases Indonesian spices with her Balinese grilled chicken.	AUSTRALIA	English-99; Khmer-.25; Mandarin-.25; Thai-.25;	RPT	G			
2021-10-29	0630	Food Safari	Croatian Safari	Dennis Valcich runs through the key ingredients used in Croatian cooking and demonstrates a recipe from the Dalmatian coast - artichoke with potatoes and broad beans.	AUSTRALIA	English-100	RPT	G	Y		
2021-10-29	0700	The Cook And The Chef	Cooking With Grapes	Raise a toast to the glorious grape as Simon and Maggie celebrate with the fruit of the vine. In Maggie's Barossa kitchen, they showcase a range of savoury and sweet dishes cooked with whole grapes.	AUSTRALIA	English-100	RPT	G			
2021-10-29	0730	Bake With Anna Olson	Sweet And Savoury	Chef Anna Olson combines sweet and savoury to make three delicious desserts. She demonstrates when you put these two sensations together, it can be magic.	CANADA	English-100	RPT	PG			
2021-10-29	0800	Nigella Express	Everyday Easy	What to make for dinner? It's a daily struggle but Nigella has it covered in this episode, packed with delicious ideas for good food fast.	UNITED KINGDOM	English-100	RPT	G	Y		

2021-10-29	0830	Our Food, Our Family	Nevin Family, The	Michela Chiappa is in Abercynon for the fascinating and touching story of the Nevin family, including food lover Kemi Nevin and her three grown-up children.	UNITED KINGDOM	English-100	RPT	PG		
2021-10-29	0900	India Unplated	Punjab	Punjabi cuisine is notably one of the most popular cuisines around the world. In this episode, our hosts will introduce you to some delicious recipes starting with Dhaba style butter chicken by Adam.	AUSTRALIA	English-100	RPT	PG	Y	
2021-10-29	0930	Adam & Poh's Malaysia In Australia	Adam & Poh's Malaysia In Australia Series 1 Ep 4	Adam and Poh are on Bruny Island - one of the best food destinations in Australia. They try local beers with brewer Nick Haddow, before they take the local oysters in two different directions.	AUSTRALIA	English-100	RPT	PG	Y	
2021-10-29	1000	Barefoot Contessa: Back To Basics	Pork	Ina Garten is sharing new ways to cook with pork - and she's putting bacon, sausage, kielbasa and tenderloins in the spotlight. She begins by making sausage and mushroom strudels for appetisers.	USA	English-100	RPT	PG		
2021-10-29	1030	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 9	Luke visits the floating villages of Chau Doc and Cai Be to cook some intriguing local dishes. He starts his journey on the Hue River where he cooks a caramelised basa fish dish.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-10-29	1100	The Cook Up with Adam Liaw	Childhood Fave	Ethiopian cook Tinsae Elsdon and head chef at The Old Fitz, Anna Ugarte-Carral, show host Adam Liaw their childhood favourite dishes in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG		
2021-10-29	1130	Food Safari	Croatian Safari	Dennis Valcich runs through the key ingredients used in Croatian cooking and demonstrates a recipe from the Dalmatian coast - artichoke with potatoes and broad beans.	AUSTRALIA	English-100	RPT	G	Y	
2021-10-29	1200	The Cook And The Chef	Cooking With Grapes	Raise a toast to the glorious grape as Simon and Maggie celebrate with the fruit of the vine. In Maggie's Barossa kitchen, they showcase a range of savoury and sweet dishes cooked with whole grapes.	AUSTRALIA	English-100	RPT	G		
2021-10-29	1230	Bake With Anna Olson	Sweet And Savoury	Chef Anna Olson combines sweet and savoury to make three delicious desserts. She demonstrates when you put these two sensations together, it can be magic.	CANADA	English-100	RPT	PG		
2021-10-29	1300	Nigella Express	Everyday Easy	What to make for dinner? It's a daily struggle but Nigella has it covered in this episode, packed with delicious ideas for good food fast.	UNITED KINGDOM	English-100	RPT	G	Y	
2021-10-29	1330	Donal's Kitchen Hero Feast	Belfast And Down	Donal heads to Bangor where he visits Keen Nut - producers of healthy nut butters, and in Portaferry he calls in to Marfield Chickens - producers of free range chickens.	IRELAND	English-100	RPT	G		
2021-10-29	1400	Palisa Anderson's Water Heart Food	Cooking Country	In Thailand, foraging for wild ingredients and living off what the land provides is a big part of the way people live. In Byron, Indigenous woman Arabella Douglas forages for native ingredients.	AUSTRALIA	English-100	RPT	PG	Y	
2021-10-29	1430	Tom Kerridge's Proper Pub Food	Sunday Lunches	For many of us, Sunday lunches are one of our favourite pub food experiences. Sundays are a time to relax over cooking and enjoy a hearty lunch with family and friends.	UNITED KINGDOM	English-100	RPT	G		
2021-10-29	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 4	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, prawn fishermen on the Clarence River, and Ukrainian Easter egg decorating.	AUSTRALIA	English-100	RPT	G	Y	
2021-10-29	1530	Lidia's Kitchen	Lidia's Kitchen Series 5 Ep 25	Lidia prepares grilled skewers of shrimp spiedini with zucchini and tomato salsa, green beans and berry tiramisu.	USA	English-100		PG		
2021-10-29	1600	Secret Meat Business	Filipino	Adrian whips up a simple Filipino recipe that has delicious Spanish and Chinese influences. A taste of Manila.	AUSTRALIA	English-100	RPT	G		
2021-10-29	1630	Asia Unplated With Diana Chan	Sri Lankan	As one of the worlds biggest coconut producers, coconut is a staple ingredient in Sri Lankan cuisine. Chef Adam D'Sylva joins Diana and shares his smoked trout salad with coconut sambol and pomelo.	AUSTRALIA	English-99; Khmer-.25; Mandarin-.25; Thai-.25;	RPT	G		
2021-10-29	1700	Food Safari	Singaporean Safari	This episode sizzles with colour, flavour and texture as it savours the wonderful complexity of Singaporean food.	AUSTRALIA	English-100	RPT	G	Y	
2021-10-29	1730	The Cook And The Chef	BBQ's	Maggie and Simon celebrate the BBQ and show viewers how to get the most from it - be it for starters, main courses and even desserts.	AUSTRALIA	English-100	RPT	PG		
2021-10-29	1800	Bake With Anna Olson	Warm Desserts	Chef Anna Olson bakes up three of her favourite warm desserts. These treats are perfect to serve when the air outside turns a bit chilly.	CANADA	English-100		PG		
2021-10-29	1830	Nigella Express	Against The Clock	Nigella Lawson cooks up more delicious recipes to get fabulous food on the table fast. With her great short cuts, spending hours over a hot stove could become a distant memory.	UNITED KINGDOM	English-100	RPT	G	Y	
2021-10-29	1900	The Cook Up with Adam Liaw	Pumpkin	Top chef Colin Fassnidge and TV and radio personality Yumi Stynes drop by The Cook Up kitchen to make some Halloween inspired pumpkin dishes with host Adam Liaw.	AUSTRALIA	English-100		PG		
2021-10-29	1930	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 5	Using his experience in Canberra, Paul goes back on the road. His first stop is a tiny town of 20 called Morundah who have turned a local pest into a palatable bar snack.	UNITED KINGDOM	English-100	RPT	PG	Y	

2021-10-29	2030	Jamie's Food Escapes	Stockholm	Jamie loves Swedish cuisine, based around fresh produce, pickling, and preserving. He goes mushroom hunting on one of the of islands surrounding the city, and tries a delicacy called surstromming.	UNITED KINGDOM	English-100	RPT	PG			
2021-10-29	2130	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 10	In the final episode, Luke meets up with his parents on a houseboat in Cai Be, where they cook and talk about what it was like to travel to Australia as refugees.	AUSTRALIA	English-100	RPT	G	Y	Y	
2021-10-29	2200	The Cook Up with Adam Liaw	Pumpkin	Top chef Colin Fassnidge and TV and radio personality Yumi Stynes drop by The Cook Up kitchen to make some Halloween inspired pumpkin dishes with host Adam Liaw.	AUSTRALIA	English-100	RPT	PG			
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2021-10-29	2400	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 3 Ep 4	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, prawn fishermen on the Clarence River, and Ukrainian Easter egg decorating.	AUSTRALIA	English-100	RPT	G	Y		
2021-10-29	2430	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 5	Using his experience in Canberra, Paul goes back on the road. His first stop is a tiny town of 20 called Morundah who have turned a local pest into a palatable bar snack.	UNITED KINGDOM	English-100	RPT	PG	Y		
2021-10-29	2530	Jamie's Food Escapes	Stockholm	Jamie loves Swedish cuisine, based around fresh produce, pickling, and preserving. He goes mushroom hunting on one of the of islands surrounding the city, and tries a delicacy called surstromming.	UNITED KINGDOM	English-100	RPT	PG			
2021-10-29	2630	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 10	In the final episode, Luke meets up with his parents on a houseboat in Cai Be, where they cook and talk about what it was like to travel to Australia as refugees.	AUSTRALIA	English-100	RPT	G	Y	Y	
2021-10-29	2700	Donal's Kitchen Hero Feast	Belfast And Down	Donal heads to Bangor where he visits Keen Nut - producers of healthy nut butters, and in Portaferry he calls in to Marfield Chickens - producers of free range chickens.	IRELAND	English-100	RPT	G			
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2021-10-30	0500	Lidia's Kitchen	Lidia's Kitchen Series 5 Ep 25	Lidia prepares grilled skewers of shrimp spiedini with zucchini and tomato salsa, green beans and berry tiramisu.	USA	English-100	RPT	PG			
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2021-10-30	0930	Jamie's Food Escapes	Stockholm	Jamie loves Swedish cuisine, based around fresh produce, pickling, and preserving. He goes mushroom hunting on one of the of islands surrounding the city, and tries a delicacy called surstromming.	UNITED KINGDOM	English-100	RPT	PG			

2021-10-30	1030	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 10	In the final episode, Luke meets up with his parents on a houseboat in Cai Be, where they cook and talk about what it was like to travel to Australia as refugees.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-10-30	1100	The Cook Up with Adam Liaw	Pumpkin	Top chef Colin Fassnidge and TV and radio personality Yumi Stynes drop by The Cook Up kitchen to make some Halloween inspired pumpkin dishes with host Adam Liaw.	AUSTRALIA	English-100	RPT	PG		
2021-10-30	1130	Food Safari	Singaporean Safari	This episode sizzles with colour, flavour and texture as it savours the wonderful complexity of Singaporean food.	AUSTRALIA	English-100	RPT	G	Y	
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2021-10-30	1230	Bake With Anna Olson	Warm Desserts	Chef Anna Olson bakes up three of her favourite warm desserts. These treats are perfect to serve when the air outside turns a bit chilly.	CANADA	English-100	RPT	PG		
2021-10-30	1300	Donal's Kitchen Hero	Donal's Kitchen Hero Series 2 Ep 7	Donal uses soy sauce, fish sauce and Tabasco sauce, among other things, to make Nasi Goreng, meatballs with linguine, and delicately spiced chicken which he cooks on location at Bloom with Arun Kapil.	IRELAND	English-100	RPT	G		
2021-10-30	1330	Nadia's Family Feasts	Nadia's Family Feasts Series 1 Ep 8	Nadia Sawalha is joined in the kitchen by food writer Alex Hollywood and together they prepare a festive feast, including the ultimate turkey dinner and a white chocolate and cranberry brioche.	UNITED KINGDOM	English-100	RPT	G		
2021-10-30	1425	Destination Flavour Singapore Bitesize	Hari Kaya	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		
2021-10-30	1430	Hairy Bikers' Mississippi Adventure	Soul	Everyone knows how much the Hairy Bikers' love food, but their other passion is music, and there's no better place to indulge both than the Deep South of the USA.	UNITED KINGDOM	English-100	RPT	G		
2021-10-30	1525	Destination Flavour Singapore Bitesize	Janice Wong	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		
2021-10-30	1530	Amy Schumer Learns To Cook	Breakfast Time	Comedian Amy Schumer begins her culinary education where most people begin the day - breakfast. While Amy mixes up an Old-Fashioned cocktail, Chris shows her how to make perfectly poached eggs.	USA	English-100	RPT	PG		
2021-10-30	1600	Born To Cook: Jack Stein Down Under	Abalone, Truffles And Cherries	Jack Stein is in the Margaret River for the annual pilgrimage to Gourmet Escape. Jack's on a mission to find fresh inspiration and unique inspiration in the foodie Mecca of Australia's South-West.	AUSTRALIA	English-100	RPT	G		Y
2021-10-30	1630	Jonathan Phang's Gourmet Express	Edmonton To Winnipeg	Stopping in Edmonton, Jonathan visits a living museum and finds out what life, and food, were like for the first Ukrainian settlers.	UNITED KINGDOM	English-100	RPT	G		Y
2021-10-30	1725	Poh & Co. Bitesize	Celebration	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2021-10-30	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		
2021-10-30	1800	Cheese Slices	Brie From Brie And The Frence Affinuer	If the name 'Brie' conjures up images of a mild creamy flat cheese covered with a pure white mould, chances are you have never experienced authentic Brie from Brie.	AUSTRALIA	English-100	RPT	G		
2021-10-30	1830	Cheese Slices	Cheese Legacy Of The Vikings: Norway, The	Will travels to the spectacular fjords of Norway to look at rare skimmed milk cheeses dating back to Viking times.	AUSTRALIA	English-100	RPT	G		
2021-10-30	1900	South Africa With Gregg Wallace	Cape Town	Gregg Wallace travels to the lush green valleys of the wine lands of the Western Cape. In Franschhoek, he samples the local wine and an authentic South African dish - bobotie.	UNITED KINGDOM	English-100		PG		
2021-10-30	1930	Donal's Meals In Minutes	One Pot Meals	Using only the one pot or pan, Donal takes on a Thai veggie stew, a Spanish veggie paella, prepares a saltimbocca a la romana, and challenges himself to cook an entire steak meal in only five minutes.	IRELAND	English-100				
2021-10-30	2000	Donal's Meals In Minutes	Six Ingredient Meals	Donal shows just how easy it is to cook a meal with a handful of ingredients. Some of his quick and easy meals include harissa baked fish, soy and ginger chicken thighs, and kimchi fried rice.	IRELAND	English-100				
2021-10-30	2030	Ainsley's Food We Love	Ainsley's Food We Love Series 1 Ep 8	Join Ainsley in his kitchen where he is cooking up some comforting food for those lazy Sundays! On the menu for his Sunday brunch are sweetcorn fritters with avocado, tomato and black bean salsa.	UNITED KINGDOM	English-100		PG		
2021-10-30	2125	Destination Flavour Bitesize	Destination Flavour Bitesize Series 1 Ep 8	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	
2021-10-30	2130	Anthony Bourdain: Parts Unknown	Glasgow	Tony visits one of his favourite cities in Europe, Glasgow. He makes his first stop at the Old College Bar for a pint and a chat about Glasgow's dark history, followed by a knife defence lesson.	USA	English-100		M		
2021-10-30	2225	Destination Flavour Bitesize	Destination Flavour Bitesize Series 1 Ep 9	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	

2021-10-30	2230	Anthony Bourdain: Parts Unknown	South Korea	Following a long absence, Tony travels to South Korea. In the ten years that have passed a lot has changed, the country is experiencing a stratospheric rise. He tries Kimchi and Korean fried chicken.	USA	English-100		M		Y
2021-10-30	2325	Destination Flavour Bitesize	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
2021-10-30	2330	Middle East Feast With Shane Delia	BBQ	Using cooking methods that have been perfected over time, Shane brings beautiful smoky flavours to some prawns, and Emir Ukur joins in with his recipe for the most famous Middle Eastern dish, kebab.	AUSTRALIA	English-100	RPT	G		
2021-10-30	2400	Donal's Kitchen Hero	Barbeque	Donal prepares dishes to take on a barbeque, including spatchcock chicken, sticky barbeque spare ribs, red cabbage and carrot coleslaw, chorizo, rocket and red onion salad, and some mojitos.	IRELAND	English-100	RPT	G		
2021-10-30	2430	Annabel Langbein: Free Range Cook	Ultimate Barbeque, The	Annabel Langbein jetboats across Lake Wanaka to pick luscious raspberries, then returns to her cabin to cook a glorious dinner of barbecued chicken and vegetables from her garden.	NEW ZEALAND	English-100	RPT	G		
2021-10-30	2500	Barefoot Contessa: Back To Basics	Good Grilling	Ina is fired up and sharing her advice for grilling and barbecuing like a pro. To start, hot coals work their magic on her grilled Cornish hens, and she amps up the flavour on ribs and BBQ sauce.	USA	English-100	RPT	G		
2021-10-30	2530	Watts On The Grill	Fruit On The Q	Fruit can elevate a master barbequer's repertoire to all new heights, so why not impress your family and friends with a fruit forward dinner? Spencer shows you how to do it.	CANADA	English-100	RPT	G		
2021-10-30	2600	Watts On The Grill	Allium In The Family	Spencer focuses on grilling alliums - the group of flowing plants including onions, garlic, green onions, chives, and much more. Sun's out, barbeques on - it's gonna be good.	CANADA	English-100	RPT	G		
2021-10-30	2630	Watts On The Grill	Cheesy BBQ	When thinking about the barbeque, cheese might not be the first thing that comes to mind, but for Spencer, cheese turns any cook's barbeque repertoire from good to great.	CANADA	English-100	RPT	G		
2021-10-30	2700	Watts On The Grill	Achin For Bacon	Bacon. Sweet, salty, smoky bacon. Spencer shares four of his favourite bacon recipes, all done on the barbeque.	CANADA	English-100	RPT	G		
2021-10-30	2730	Watts On The Grill	Grilled Veggies	Spencer Watts shares his tips and tricks for getting the most flavour as possible out of vegetables by cooking them on the barbeque.	CANADA	English-100	RPT	G		
2021-10-30	2800	Watts On The Grill	Handheld Party Foods	Entertaining host Spencer Watts shows how to get a party started with mouthwatering grilled handheld recipes.	CANADA	English-100	RPT	G		
2021-10-30	2830	Watts On The Grill	Fire And Spice	Chef Spencer Watts kicks things up a notch with four spicy recipes on the grill that'll heat up your tastebuds.	CANADA	English-100	RPT	G		