



WEEK 42: Sunday, 9 October - Saturday, 15 October 2022 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Egg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2022-10-09	0500	Cheese Slices	New Zealand	After visiting old friends at Canterbury cheese mongers in Christchurch, Will meets up with some of the pioneers of a new cheese movement.	AUSTRALIA	English-100		G		
2022-10-09	0530	Ainsley's Good Mood Food	Ainsley's Good Mood Food Series 2 Ep 2	In today's show nuts and seeds take centre stage in all Ainsley's dishes. He kicks things off with a dish from his travels, trofie pasta with a pistachio and mint pesto.	UNITED KINGDOM	English-100		PG		
2022-10-09	0625	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-10-09	0630	World's Most Expensive Foods	White Truffle	Bidders shell out big money for the largest white truffle of the season, in a unique auction that mixes philanthropy with gourmet pursuit. This auction is also critical to the economy of Alba, Italy.	SINGAPORE	English-50; Japanese-50		G		Y
2022-10-09	0725	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	
2022-10-09	0730	Jamie's Great Britain	East End, The	Jamie kicks off his roadtrip close to home in the East End of London - uncovering his family's history and links to the area.	UNITED KINGDOM	English-100		PG		
2022-10-09	0825	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-10-09	0830	Gordon Ramsay Uncharted	Laos	Gordon travels to Laos, where he takes on a rapid stretch of white water, kayaking down the Mekong in search of culinary inspiration, and learning from the locals, he treks through dense jungle.	UNITED KINGDOM	English-100		PG		Y
2022-10-09	0925	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-10-09	0930	Weekend Breaks With Gregg Wallace	Berlin	Gregg Wallace heads to the German capital for a three day trip where he gets to the heart of Berlin's food scene, and gets involved in the beer culture.	UNITED KINGDOM	English-100		PG		Y
2022-10-09	1025	Poh & Co. Bitesize	Community	Welcome to the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-10-09	1030	Ainsley's Good Mood Food	Herbs And Spices	Ainsley uses one of his favourite spices to make lamb kofta with sumac onions served with flatbreads and chilli-mint yoghurt.	UNITED KINGDOM	English-100		G		
2022-10-09	1125	Poh & Co. Bitesize	Family	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-10-09	1130	Ainsley's Good Mood Food	Coffee And Chocolate	Coffee and chocolate are sure to perk you up. Join Ainsley as he shows how to use them in both sweet and savoury dishes, starting with a quick and easy one pot that is sure to warm your cockles.	UNITED KINGDOM	English-100		G		
2022-10-09	1225	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	

2022-10-09	1230	<b>Ainsley's Good Mood Food</b>	Ainsley's Good Mood Food Series 2 Ep 2	In today's show nuts and seeds take centre stage in all Ainsley's dishes. He kicks things off with a dish from his travels, trofie pasta with a pistachio and mint pesto.	UNITED KINGDOM	English-100		PG		
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2022-10-09	1330	<b>Tastes Like Home</b>	Tastes Like Home Series 5 Ep 8	On Tastes Like Home this week Catherine Fulvio looks back at her South Korean experience where as well as creating new dishes based on the flavours that she tasted on her travels.	IRELAND	English-100		G		
2022-10-09	1400	<b>The Cook Up With Adam Liaw</b>	Savoury Pastry	Sustainable chef extraordinaire Jo Barrett and cookbook author Nida Degutiene are in The Cook Up Kitchen with Adam to bake savoury pastries.	AUSTRALIA		RPT	PG	Y	
2022-10-09	1430	<b>The Cook Up With Adam Liaw</b>	Ingredient Vego	Adam, Cookbook Author Emiko Davies and Journalist Anthony Huckstep are cooking using just six ingredients to create beautiful vegetarian dishes.	AUSTRALIA		RPT	PG	Y	
2022-10-09	1500	<b>The Cook Up With Adam Liaw</b>	Gourmet To Go	Restaurateur Callum Hann and comedian Lizzy Hoo are joining Adam in The Cook Up Kitchen to make some portable meals that are pure perfection.	AUSTRALIA		RPT	PG	Y	
2022-10-09	1530	<b>The Cook Up With Adam Liaw</b>	Homeage To Grandma	Adam, paralympian Ellie Cole and head chef Tristan Rosier are cooking up dishes they originally learnt in their Grandma's kitchens!	AUSTRALIA		RPT	PG	Y	
2022-10-09	1600	<b>The Cook Up With Adam Liaw</b>	Food To Make Your Heart Sing	Chefs Junda Khoo and Paul Farag join Adam to bring edible happiness to The Cook Up Kitchen with Food to Make Your Heart Sing!	AUSTRALIA			PG	Y	
2022-10-09	1630	<b>Wok The World</b>	Wok The World Series 1 Ep 2	Alvin and Eric travel to the Yao Village where the an age-old tradition and rice recipe reveal amazing results. Here they are treated to a delightful welcome of foraging and a unique rice-tea.	CHINA			PG		
2022-10-09	1730	<b>Luke Nguyen's Railway Vietnam</b>	Luke Nguyen's Railway Vietnam Series 1 Ep 6	Luke visits Hue, famous for its royal heritage, ancient imperial architecture, and rich royal cuisine that inspires Luke. He also visits Con Hen Village.		English-98; Vietnamese-2	RPT	PG	Y	Y
2022-10-09	1800	<b>Mary Makes It Easy</b>	Budget Bites	Mary amps up the savings to prove you don't have to spend a fortune to make delicious dishes. First up, pork tenderloin is a budget-friendly protein that's easy on the wallet.	CANADA	English-100		PG		
2022-10-09	1830	<b>Dishing It Up</b>	Family Favs	We all love watching celebrity chefs dish up mouth watering meals but are they as impressive in reality as they seem? In this episode, everyday home cooks put family favourite recipes to the test.	AUSTRALIA		RPT	PG		
2022-10-09	1900	<b>Guillaume's Paris</b>	Guillaume's Paris Series 1 Ep 4	Chef Guillaume Brahimi enjoys the finer things in Paris life that can only be found in the 7th and 8th Arrondissements, including a visit to the iconic Jules Verne restaurant in the Eiffel Tower.	AUSTRALIA	English-100	RPT	PG		
2022-10-09	1930	<b>Rick Stein's Taste Of Italian Opera</b>	Rick Stein's Taste Of Italian Opera	In this colourful special, top chef Rick Stein takes a lighthearted look at the role that food played in the creation of Italian opera and shows how music and food are intrinsically linked in Italy.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-10-09	2040	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 2 Ep 9	Rick's in Falmouth to discover that far from being that 'bit on the end of Britain', Cornwall used to be at the very heart of our Empire's communication system and is still very much a working port.	UNITED KINGDOM	English-100		PG		
2022-10-09	2110	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 2 Ep 10	In our fields and hedgerows are plants that are delicious, and plants that are deadly, as Rick learns from a professional forager who takes him on a tour around the beautiful Camel Estuary.	UNITED KINGDOM	English-100		PG		
2022-10-09	2145	<b>Anthony Bourdain: Parts Unknown</b>	Tangier	Tony explores the Interzone in Tangier, Morocco, where artists like William S. Burroughs and the Rolling Stones sought escape from Western moral prohibitions.	USA	English-100		PG		

2022-10-09	2235	<b>Royal Recipes</b>	Sporting Pursuits	Presenter Michael Buerk and chef Paul Ainsworth recreate the pudding that was served to the Olympic Committee during Britain's successful bid.	UNITED KINGDOM	English-100	G		
2022-10-09	2330	<b>Wok The World</b>	Wok The World Series 1 Ep 2	Alvin and Eric travel to the Yao Village where the an age-old tradition and rice recipe reveal amazing results. Here they are treated to a delightful welcome of foraging and a unique rice-tea.	CHINA		RPT	PG	
2022-10-09	2430	<b>Luke Nguyen's Railway Vietnam</b>	Luke Nguyen's Railway Vietnam Series 1 Ep 6	Luke visits Hue, famous for its royal heritage, ancient imperial architecture, and rich royal cuisine that inspires Luke. He also visits Con Hen Village.		English-98; Vietnamese-2	RPT	PG	Y Y
2022-10-09	2500	<b>Mary Makes It Easy</b>	Budget Bites	Mary amps up the savings to prove you don't have to spend a fortune to make delicious dishes. First up, pork tenderloin is a budget-friendly protein that's easy on the wallet.	CANADA	English-100	RPT	PG	
2022-10-09	2530	<b>Dishing It Up</b>	Family Favs	We all love watching celebrity chefs dish up mouth watering meals but are they as impressive in reality as they seem? In this episode, everyday home cooks put family favourite recipes to the test,	AUSTRALIA		RPT	PG	
2022-10-09	2600	<b>Guillaume's Paris</b>	Guillaume's Paris Series 1 Ep 4	Chef Guillaume Brahimi enjoys the finer things in Paris life that can only be found in the 7th and 8th Arrondissements, including a visit to the iconic Jules Verne restaurant in the Eiffel Tower.	AUSTRALIA	English-100	RPT	PG	
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2022-10-09	2755	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 2 Ep 10	In our fields and hedgerows are plants that are delicious, and plants that are deadly, as Rick learns from a professional forager who takes him on a tour around the beautiful Camel Estuary.	UNITED KINGDOM	English-100		PG	
2022-10-09	2830	<b>Tastes Like Home</b>	Tastes Like Home Series 5 Ep 8	On Tastes Like Home this week Catherine Fulvio looks back at her South Korean experience where as well as creating new dishes based on the flavours that she tasted on her travels.	IRELAND	English-100		G	
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2022-10-10	1340	<b>Earth Cycle</b>	Earth Cycle Series 1 Ep 1	Simon begins his journey at the North Cape - the northernmost point of the Scandinavian Peninsula in wild, wet and windy conditions.	UNITED KINGDOM	English-100		PG		
2022-10-10	1410	<b>Michela's Tuscan Kitchen</b>	Michela's Tuscan Kitchen Series 1 Ep 6	A trip to a red onion farm in Certaldo in the region of Tuscany inspires Michela to prepare a mouth-watering panzanella salad - a local speciality made with fresh onion, tomato, and stale bread.	UNITED KINGDOM	English-100		G	Y	
2022-10-10	1440	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 51	On My Market Kitchen Elena shows us how to make a homemade Chia Jam. Then Khanh does an Asian twist on an Aussie classic with his Honey Soy Leg of Lamb.	AUSTRALIA			G		
2022-10-10	1505	<b>Licence To Grill</b>	Slo Pitch Bbq, The	It's the annual slow pitch game and Rob treats everyone to a home run BBQ with roisserie game hens, barbequed ham with a nectarine chutney, grilled corn relish, and a carrot and cranberry casserole.	CANADA	English-100		G		
2022-10-10	1530	<b>Spaghetti And Noodles</b>	Spaghetti And Noodles Series 1 Ep 10	Am took over running a cafe smack bang in the industrial area of Darwin which used to sell pies, pastries and hot dogs.	AUSTRALIA	English-100		PG		
2022-10-10	1600	<b>Kylie Kwong: Heart And Soul</b>	Noodles	The Chinese are inventive cooks, making delicious meals from basic ingredients. Kylie tries out her cheap cut recipes on the staff at a famous Chinese restaurant.	AUSTRALIA	English-100	RPT	G	Y	
2022-10-10	1630	<b>The Cook And The Chef</b>	Fresh Or Frozen	Maggie and Simon set out to prove that some frozen produce not only has its merits but in some cases, has its advantages. It's a seafood fiesta with Simon's fish wontons and garlic prawns.	AUSTRALIA	English-100		G		
2022-10-10	1700	<b>Nigella Express</b>	Razzle Dazzle	It's party time at Nigella's and this is one party that's full of fast, easy, delicious make in advance recipes and simple, achievable, last minute touches to make the food table and the party itself.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-10-10	1730	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 7	Back on the farm, it's time to make some much needed changes. Jean teaches Paul the forgotten skill of stone masonry. Meanwhile, Digger brings joy to some people in need.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-10-10	1830	<b>French Food Safari</b>	French Food Safari Series 1	This series is a celebration of exquisite French cuisine in all its delicious complexity. Presented by Maeve O'Meara and renowned chef Guillaume Brahimi.	AUSTRALIA	English-100	RPT	G	Y	Y

2022-10-10	1900	<b>The Cook Up With Adam Liaw</b>	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			PG	Y	
2022-10-10	1930	<b>Rick Stein's Food Heroes</b>	Rick Stein's Food Heroes Series 2 Ep 14	Rick watches as friend Bill Baker fishes on the Towy estuary and catches flounder. Rick cooks flounder with a ravigote sauce. Bill catches a sea trout and Rick cooks it marinated with dill and pernod.	UNITED KINGDOM	English-100		PG		
2022-10-10	2000	<b>Poh &amp; Co.</b>	Brand New Life, A	It's opening day at the Central Market Cafe and the group is nervous and excited. The future of the cafe is unknown, but right now Poh is making new friends.	AUSTRALIA	English-100	RPT	G	Y	
2022-10-10	2030	<b>Jamie &amp; Jimmy's Food Fight Club</b>	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		
2022-10-10	2130	<b>Come Dine With Me</b>	South London A 1	The oven is preheated and the knives are sharpened for our first host, painter, decorator and security guard Michelle who kicks off South London's hottest culinary competition.	UNITED KINGDOM	English-100		PG		
2022-10-10	2200	<b>Bizarre Foods: Delicious Destinations</b>	Bangkok: A Second Sound Bite	Bangkok, Thailand, has so many culinary treasures, it deserves a second trip! From steamed bass to massaman curry, Andrew highlights the city's exotic flavours.	USA	English-100		PG		
2022-10-10	2230	<b>The Cook Up With Adam Liaw</b>	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		RPT	PG	Y	
2022-10-10	2300	<b>The Cook And The Chef</b>	Fresh Or Frozen	Maggie and Simon set out to prove that some frozen produce not only has its merits but in some cases, has its advantages. It's a seafood fiesta with Simon's fish wontons and garlic prawns.	AUSTRALIA	English-100		G		
2022-10-10	2330	<b>Top Chef</b>	Cooking High	In breathtaking Telluride, Colorado, the Chefs embark on the first leg of the finals. For the Quickfire challenge, they are tasked to make a dish incorporating the beverage, sarsaparilla.	USA	English-100		PG	Y	
2022-10-10	2425	<b>Destination Flavour China Bitesize</b>	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
2022-10-10	2430	<b>Rick Stein's Food Heroes</b>	Rick Stein's Food Heroes Series 2 Ep 14	Rick watches as friend Bill Baker fishes on the Towy estuary and catches flounder. Rick cooks flounder with a ravigote sauce. Bill catches a sea trout and Rick cooks it marinated with dill and pernod.	UNITED KINGDOM	English-100		PG		
2022-10-10	2500	<b>French Food Safari</b>	French Food Safari Series 1	This series is a celebration of exquisite French cuisine in all its delicious complexity. Presented by Maeve O'Meara and renowned chef Guillaume Brahimi.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-10-10	2530	<b>Earth Cycle</b>	Earth Cycle Series 1 Ep 1	Simon begins his journey at the North Cape - the northernmost point of the Scandinavian Peninsula in wild, wet and windy conditions.	UNITED KINGDOM	English-100		PG		
2022-10-10	2600	<b>Poh &amp; Co.</b>	Brand New Life, A	It's opening day at the Central Market Cafe and the group is nervous and excited. The future of the cafe is unknown, but right now Poh is making new friends.	AUSTRALIA	English-100	RPT	G	Y	
2022-10-10	2630	<b>Jamie &amp; Jimmy's Food Fight Club</b>	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		
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2022-10-10	2830	<b>Michela's Tuscan Kitchen</b>	Michela's Tuscan Kitchen Series 1 Ep 6	A trip to a red onion farm in Certaldo in the region of Tuscany inspires Michela to prepare a mouth-watering panzanella salad - a local speciality made with fresh onion, tomato, and stale bread.	UNITED KINGDOM	English-100		G		Y
2022-10-11	0500	<b>Nigella Express</b>	Razzle Dazzle	It's party time at Nigella's and this is one party that's full of fast, easy, delicious make in advance recipes and simple, achievable, last minute touches to make the food table and the party itself.	UNITED KINGDOM	English-100	RPT	G		Y
2022-10-11	0530	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 51	On My Market Kitchen Elena shows us how to make a homemade Chia Jam. Then Khanh does an Asian twist on an Aussie classic with his Honey Soy Leg of Lamb.	AUSTRALIA			G		
2022-10-11	0600	<b>Licence To Grill</b>	Slo Pitch Bbq, The	It's the annual slow pitch game and Rob treats everyone to a home run BBQ with roisserie game hens, barbecued ham with a nectarine chutney, grilled corn relish, and a carrot and cranberry casserole.	CANADA	English-100		G		
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2022-10-11	0730	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 7	Back on the farm, it's time to make some much needed changes. Jean teaches Paul the forgotten skill of stone masonry. Meanwhile, Digger brings joy to some people in need.	UNITED KINGDOM	English-100	RPT	G		Y
2022-10-11	0830	<b>French Food Safari</b>	French Food Safari Series 1	This series is a celebration of exquisite French cuisine in all its delicious complexity. Presented by Maeve O'Meara and renowned chef Guillaume Brahimi.	AUSTRALIA	English-100	RPT	G		Y
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2022-10-11	0930	<b>Earth Cycle</b>	Earth Cycle Series 1 Ep 1	Simon begins his journey at the North Cape - the northernmost point of the Scandinavian Peninsula in wild, wet and windy conditions.	UNITED KINGDOM	English-100		PG		
2022-10-11	1000	<b>Bizarre Foods: Delicious Destinations</b>	Bangkok: A Second Sound Bite	Bangkok, Thailand, has so many culinary treasures, it deserves a second trip! From steamed bass to massaman curry, Andrew highlights the city's exotic flavours.	USA	English-100	RPT	PG		
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2022-10-11	1130	<b>The Cook And The Chef</b>	Fresh Or Frozen	Maggie and Simon set out to prove that some frozen produce not only has its merits but in some cases, has its advantages. It's a seafood fiesta with Simon's fish wontons and garlic prawns.	AUSTRALIA	English-100		G		
2022-10-11	1200	<b>Poh &amp; Co.</b>	Brand New Life, A	It's opening day at the Central Market Cafe and the group is nervous and excited. The future of the cafe is unknown, but right now Poh is making new friends.	AUSTRALIA	English-100	RPT	G		Y
2022-10-11	1230	<b>Just Jen</b>	Feeling Spicy	Just like Jen, these recipes are complex and spicy with a little sass. Jen shares recipes featuring different kinds of spice.	USA	English-100		PG		
2022-10-11	1300	<b>Kylie Kwong: Heart And Soul</b>	Noodles	The Chinese are inventive cooks, making delicious meals from basic ingredients. Kylie tries out her cheap cut recipes on the staff at a famous Chinese restaurant.	AUSTRALIA	English-100	RPT	G		Y

2022-10-11	1330	<b>Earth Cycle</b>	Earth Cycle Series 1 Ep 2	In Swedish Lapland, Simon witnesses early season northern lights with the help of a Sami guide. Together they discuss the natural world as the aurora swirls overhead, accompanied by Arctic Char soup.	UNITED KINGDOM	English-100		G		
2022-10-11	1400	<b>Michela's Tuscan Kitchen</b>	Michela's Tuscan Kitchen Series 1 Ep 7	Michela samples the delights of fresh truffles grown in the hills around Siena, and revives her love for chickpeas upon discovering a unique chickpea pancake in a back street local eatery.	UNITED KINGDOM	English-100		G		Y
2022-10-11	1430	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 52	On today's episode Khanh and Elena are in the kitchen cooking a Chinese Chicken and Corn Egg Drop Soup, Sausage & Egg breakfast wrap and a quick and easy Grilled Peaches with Yoghurt for dessert.	AUSTRALIA			G		
2022-10-11	1500	<b>Spencer's Big 30</b>	Southern Barbeque Night	Who doesn't love a good Southern-style barbeque while on a budget? Host Spencer Watts whips up a smoky homemade barbeque sauce to coat his spicy Oven Barbeque Chicken.	CANADA	English-100		G		
2022-10-11	1530	<b>Spaghetti And Noodles</b>	Spaghetti And Noodles Series 1 Ep 11	Hingston has a tiny Chinese restaurant in the suburbs that has been there for over 20 years. He is constantly winning awards through Trip Advisor!	AUSTRALIA	English-100		PG		
2022-10-11	1600	<b>Kylie Kwong: Heart And Soul</b>	Mushroom	There's a party for the opening of an art exhibition and Kylie is doing the catering.	AUSTRALIA	English-100	RPT	G		Y
2022-10-11	1630	<b>The Cook And The Chef</b>	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		
2022-10-11	1700	<b>Nigella Express</b>	Season's Eatings	Forget the big day. This is a snap of a great meal for those all important days around it. From drinks and nibbles when the guests arrive through to a simple, delicious no effort dinner.	UNITED KINGDOM	English-100	RPT	G		Y
2022-10-11	1730	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 8	Paul takes part in a species eradication program, but it's not your average day out weeding - this method goes to new heights.	UNITED KINGDOM	English-100	RPT	PG		Y
2022-10-11	1830	<b>French Food Safari</b>	French Food Safari Series 1	Maeve and Guillaume travel to the underground bakery of one of the great Parisian bakers, Jean-Luc Poujaran, who supplies all the top restaurants in the city.	AUSTRALIA	English-100	RPT	G		Y
2022-10-11	1900	<b>The Cook Up With Adam Liaw</b>	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			PG		Y
2022-10-11	1930	<b>Rick Stein's Food Heroes</b>	Rick Stein's Food Heroes Series 2 Ep 15	Rick visits his favourite local fish market at Looe in Cornwall, and he cooks John Dory with potatoes and mushrooms. In Northumberland, Rick cooks up pancakes with cheese, spinach, and ham.	UNITED KINGDOM	English-100		PG		
2022-10-11	2000	<b>All Up In My Grill</b>	Taco Time	Tacos are the way to chef Dale's heart, and to prove it, he's grilling up a sweet and smoky lemongrass and guajillo pork with pineapple, served with coconut and cotija cheese corn.	USA	English-100		PG		
2022-10-11	2030	<b>Bbq Brawl</b>	Hometown Favorites	Captains Bobby Flay, Michael Symon and Eddie Jackson get to know their teams better through nostalgic challenges that inspire them to dig deep into their BBQ memory banks.	USA	English-100		PG		
2022-10-11	2125	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 3	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G		Y
2022-10-11	2130	<b>Come Dine With Me</b>	South London A 2	This week's competition is in South London where second up is competitive sales manager Mike who's asked his guests to come dressed as a celebrity.	UNITED KINGDOM	English-100		PG		

2022-10-11	2200	<b>Bizarre Foods: Delicious Destinations</b>	Phuket	Andrew explores the alluring eats of Phuket, Thailand, an island paradise with bountiful natural gifts, aromatic flavors and multicultural cuisine. From spicy crab curry to crispy street snacks.	USA	English-100	PG		
2022-10-11	2230	<b>The Cook Up With Adam Liaw</b>	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		RPT	PG	Y
2022-10-11	2300	<b>The Cook And The Chef</b>	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	
2022-10-11	2330	<b>Top Chef</b>	Sunday Supper	The Voltaggio Brothers reunite on Top Chef for the first time since competing against each other. Their first task is judging the Rocky Mountain Oyster Quickfire.	USA	English-100		PG	Y
2022-10-11	2425	<b>Destination Flavour China Bitesize</b>	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
2022-10-11	2430	<b>Rick Stein's Food Heroes</b>	Rick Stein's Food Heroes Series 2 Ep 15	Rick visits his favourite local fish market at Looe in Cornwall, and he cooks John Dory with potatoes and mushrooms. In Northumberland, Rick cooks up pancakes with cheese, spinach, and ham.	UNITED KINGDOM	English-100		PG	
2022-10-11	2500	<b>French Food Safari</b>	French Food Safari Series 1	Maeve and Guillaume travel to the underground bakery of one of the great Parisian bakers, Jean-Luc Poujaran, who supplies all the top restaurants in the city.	AUSTRALIA	English-100	RPT	G	Y Y
2022-10-11	2530	<b>Earth Cycle</b>	Earth Cycle Series 1 Ep 2	In Swedish Lapland, Simon witnesses early season northern lights with the help of a Sami guide. Together they discuss the natural world as the aurora swirls overhead, accompanied by Arctic Char soup.	UNITED KINGDOM	English-100		G	
2022-10-11	2600	<b>All Up In My Grill</b>	Taco Time	Tacos are the way to chef Dale's heart, and to prove it, he's grilling up a sweet and smoky lemongrass and guajillo pork with pineapple, served with coconut and cotija cheese corn.	USA	English-100	RPT	PG	
2022-10-11	2630	<b>Bbq Brawl</b>	Hometown Favorites	Captains Bobby Flay, Michael Symon and Eddie Jackson get to know their teams better through nostalgic challenges that inspire them to dig deep into their BBQ memory banks.	USA	English-100	RPT	PG	
2022-10-11	2725	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 3	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2022-10-11	2730	<b>Come Dine With Me</b>	South London A 2	This week's competition is in South London where second up is competitive sales manager Mike who's asked his guests to come dressed as a celebrity.	UNITED KINGDOM	English-100		PG	
2022-10-11	2800	<b>Bizarre Foods: Delicious Destinations</b>	Phuket	Andrew explores the alluring eats of Phuket, Thailand, an island paradise with bountiful natural gifts, aromatic flavors and multicultural cuisine. From spicy crab curry to sweet, crispy street snacks.	USA	English-100	RPT	PG	
2022-10-11	2830	<b>Michela's Tuscan Kitchen</b>	Michela's Tuscan Kitchen Series 1 Ep 7	Michela samples the delights of fresh truffles grown in the hills around Siena, and revives her love for chickpeas upon discovering a unique chickpea pancake in a back street local eatery.	UNITED KINGDOM	English-100		G	Y
2022-10-12	0500	<b>Nigella Express</b>	Season's Eatings	Forget the big day. This is a snap of a great meal for those all important days around it. From drinks and nibbles when the guests arrive through to a simple, delicious no effort dinner.	UNITED KINGDOM	English-100	RPT	G	Y
2022-10-12	0530	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 52	On today's episode Khanh and Elena are in the kitchen cooking a Chinese Chicken and Corn Egg Drop Soup, Sausage & Egg breakfast wrap and a quick and easy Grilled Peaches with Yoghurt for dessert.	AUSTRALIA			G	



2022-10-12	0600	<b>Spencer's Big 30</b>	Southern Barbeque Night	Who doesn't love a good Southern-style barbeque while on a budget? Host Spencer Watts whips up a smoky homemade barbeque sauce to coat his spicy Oven Barbeque Chicken.	CANADA	English-100		G		
2022-10-12	0630	<b>Spaghetti And Noodles</b>	Spaghetti And Noodles Series 1 Ep 11	Hingston has a tiny Chinese restaurant in the suburbs that has been there for over 20 years. He is constantly winning awards through Trip Advisor!	AUSTRALIA	English-100	RPT	PG		
2022-10-12	0700	<b>Kylie Kwong: Heart And Soul</b>	Mushroom	There's a party for the opening of an art exhibition and Kylie is doing the catering.	AUSTRALIA	English-100	RPT	G	Y	
2022-10-12	0730	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 8	Paul takes part in a species eradication program, but it's not your average day out weeding - this method goes to new heights.	UNITED KINGDOM	English-100	RPT	PG	Y	
2022-10-12	0830	<b>French Food Safari</b>	French Food Safari Series 1	Maeve and Guillaume travel to the underground bakery of one of the great Parisian bakers, Jean-Luc Poujaran, who supplies all the top restaurants in the city.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-10-12	0900	<b>Rick Stein's Food Heroes</b>	Rick Stein's Food Heroes Series 2 Ep 15	Rick visits his favourite local fish market at Looe in Cornwall, and he cooks John Dory with potatoes and mushrooms. In Northumberland, Rick cooks up pancakes with cheese, spinach, and ham.	UNITED KINGDOM	English-100		PG		
2022-10-12	0930	<b>Earth Cycle</b>	Earth Cycle Series 1 Ep 2	In Swedish Lapland, Simon witnesses early season northern lights with the help of a Sami guide. Together they discuss the natural world as the aurora swirls overhead, accompanied by Arctic Char soup.	UNITED KINGDOM	English-100		G		
2022-10-12	1000	<b>Bizarre Foods: Delicious Destinations</b>	Phuket	Andrew explores the alluring eats of Phuket, Thailand, an island paradise with bountiful natural gifts, aromatic flavors and multicultural cuisine. From spicy crab curry to sweet, crispy street snacks.	USA	English-100	RPT	PG		
2022-10-12	1030	<b>Michela's Tuscan Kitchen</b>	Michela's Tuscan Kitchen Series 1 Ep 7	Michela samples the delights of fresh truffles grown in the hills around Siena, and revives her love for chickpeas upon discovering a unique chickpea pancake in a back street local eatery.	UNITED KINGDOM	English-100		G		Y
2022-10-12	1100	<b>The Cook Up With Adam Liaw</b>	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		RPT	PG	Y	
2022-10-12	1130	<b>The Cook And The Chef</b>	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		
2022-10-12	1200	<b>All Up In My Grill</b>	Taco Time	Tacos are the way to chef Dale's heart, and to prove it, he's grilling up a sweet and smoky lemongrass and guajillo pork with pineapple, served with coconut and cotija cheese corn.	USA	English-100	RPT	PG		
2022-10-12	1230	<b>Just Jen</b>	Feeling Adventurous	Jen shares recipes inspired by her travels, bringing her favourite flavours from around the world into her own kitchen.	USA	English-100		PG		
2022-10-12	1300	<b>Kylie Kwong: Heart And Soul</b>	Mushroom	There's a party for the opening of an art exhibition and Kylie is doing the catering.	AUSTRALIA	English-100	RPT	G	Y	
2022-10-12	1330	<b>Earth Cycle</b>	Earth Cycle Series 1 Ep 3	Continuing on his journey south through the mesmerising landscapes of Sweden, Simon camps in huge and isolated forests before then meeting two men who have been fishing for lamprey.	UNITED KINGDOM	English-100		G		
2022-10-12	1400	<b>Michela's Tuscan Kitchen</b>	Michela's Tuscan Kitchen Series 1 Ep 8	Michela is back in Tuscany where she explores an olive estate during the annual olive harvest in the south of the region. Back in her kitchen she prepares rainbow ricotta gnocchi.	UNITED KINGDOM	English-100		G		Y
2022-10-12	1430	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 53	Today on My Market Kitchen Elena is making an XO Sauce from scratch, before showing how it can be used in a Pipis dish.	AUSTRALIA			G		

2022-10-12	1500	<b>Spencer's Big 30</b>	Greek Night	There is nothing better than the flavours of Mediterranean ingredients, but sometimes dinner can get a little expensive! Spencer Watts shatters this stigma with a quick and affordable Greek meal.	CANADA	English-100		G		
2022-10-12	1530	<b>Spaghetti And Noodles</b>	Spaghetti And Noodles Series 1 Ep 12	Tuom has a stall at the Rapid Creek markets where she and her husband Vilim specialise in soups; beginning by making their stock at 4am each morning.	AUSTRALIA	English-100		PG		
2022-10-12	1600	<b>Kylie Kwong: Heart And Soul</b>	Egg	Kylie has been invited to a delicious outdoor lunch by the sea, the only catch is she has to cook.	AUSTRALIA	English-100	RPT	G	Y	
2022-10-12	1630	<b>The Cook And The Chef</b>	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		
2022-10-12	1700	<b>Nigella Kitchen</b>	You Know It Makes Sense	Nigella cooks sumptuous roast seafood for famished friends after work - a steaming bowl of pasta with salami for ravenous kids, and her soothing 'mother's praised chicken'.	UNITED KINGDOM	English-100		G		
2022-10-12	1730	<b>River Cottage Treatment</b>	Chicken Lovers	This week Hugh is faced with a group of self-confessed take-away addicts. Will they discover their 'inner cooks', and rise to the challenge? Or rebel against The River Cottage Treatment, and run home?	UNITED KINGDOM	English-100		PG		
2022-10-12	1830	<b>French Food Safari</b>	French Food Safari Series 1	Maeve and Guillaume explore the delicious relaxed style of bistro eating - the inexpensive way of eating that has been popular for hundreds of years.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-10-12	1900	<b>The Cook Up With Adam Liaw</b>	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			PG	Y	
2022-10-12	1930	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 1	It's the start of spring in Cornwall, and thought has turned to all things fishy - Rick Stein's Seafood Restaurant is running flat out.	UNITED KINGDOM	English-100		PG		
2022-10-12	2000	<b>Rachel Khoo's Simple Pleasures</b>	Taste Of Travel, A	Rachel Khoo prepares her favorite recipes from her culinary travels. Rachel creates an Irish-inspired soda bread to accompany a French tapenade.	USA	English-100		PG		
2022-10-12	2030	<b>John Torode's Middle East</b>	Aswan	John is in Aswan, a city where the Middle East and Africa collide; where the food of the local Nubian people has influenced every-day eating. John starts in one his favourite places, a market!	CANADA	English-100		PG		
2022-10-12	2100	<b>Gino's Italian Coastal Escape</b>	Elba	Gino is on the ancient island of Elba - famous in Italy for its honey. He samples the local honey and uses it to prepare his version of honey chicken.	UNITED KINGDOM	English-100		PG		
2022-10-12	2130	<b>Come Dine With Me</b>	South London A 3	This week's competition is in South London, where our host for night three is hippy hairdresser Staar. After two raucous evenings, Staar is hoping to chill her guests out with meditation and crystals.	UNITED KINGDOM	English-100		PG		
2022-10-12	2200	<b>Bizarre Foods: Delicious Destinations</b>	Kyoto	From the artistic multi-course dining experience known as Kaiseki, to the everyday humble comfort foods called Obanzai, Andrew explores some of Japan's oldest culinary traditions.	USA	English-100		PG		
2022-10-12	2230	<b>The Cook Up With Adam Liaw</b>	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		RPT	PG	Y	
2022-10-12	2300	<b>The Cook And The Chef</b>	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		
2022-10-12	2330	<b>Top Chef</b>	Little Place Called Aspen, A	In the final Quickfire of the season, the Chefs get a crash course in fly fishing, when they not only have to prepare the catch of the day, but they have to actually catch it too.	USA	English-100		PG		Y
2022-10-12	2425	<b>Destination Flavour China Bitesize</b>	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

2022-10-12	2430	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 1	It's ths start of spring in Cornwall, and thought has turned to all things fishy - Rick Stein's Seafood Restaurant is running flat out.	UNITED KINGDOM	English-100		PG			
2022-10-12	2500	<b>French Food Safari</b>	French Food Safari Series 1	Maeve and Guillaume explore the delicious relaxed style of bistro eating - the inexpensive way of eating that has been popular for hundreds of years.	AUSTRALIA	English-100	RPT	G	Y		Y
2022-10-12	2530	<b>Earth Cycle</b>	Earth Cycle Series 1 Ep 3	Continuing on his journey south through the mesmerising landscapes of Sweden, Simon camps in huge and isolated forests before then meeting two men who have been fishing for lamprey.	UNITED KINGDOM	English-100		G			
2022-10-12	2600	<b>Rachel Khoo's Simple Pleasures</b>	Taste Of Travel, A	Rachel Khoo prepares her favorite recipes from her culinary travels. Rachel creates an Irish-inspired soda bread to accompany a French tapenade.	USA	English-100	RPT	PG			
2022-10-12	2630	<b>John Torode's Middle Eas</b>	Aswan	John is in Aswan, a city where the Middle East and Africa collide; where the food of the local Nubian people has influenced every-day eating. John starts in one his favourite places, a market!	CANADA	English-100	RPT	PG			
2022-10-12	2700	<b>Gino's Italian Coastal Escape</b>	Elba	Gino is on the ancient island of Elba - famous in Italy for its honey. He samples the local honey and uses it to prepare his version of honey chicken.	UNITED KINGDOM	English-100		PG			
2022-10-12	2730	<b>Come Dine With Me</b>	South London A 3	This week's competition is in South London, where our host for night three is hippy hairdresser Staar. After two raucous evenings, Staar is hoping to chill her guests out with meditation and crystals.	UNITED KINGDOM	English-100		PG			
2022-10-12	2800	<b>Bizarre Foods: Delicious Destinations</b>	Kyoto	From the artistic multi-course dining experience known as Kaiseki, to the everyday humble comfort foods called Obanzai, Andrew explores some of Japan's oldest culinary traditions.	USA	English-100	RPT	PG			
2022-10-12	2830	<b>Michela's Tuscan Kitchen</b>	Michela's Tuscan Kitchen Series 1 Ep 8	Michela is back in Tuscany where she explores an olive estate during the annual olive harvest in the south of the region. Back in her kitchen she prepares rainbow ricotta gnocchi.	UNITED KINGDOM	English-100		G			Y
2022-10-13	0500	<b>Nigella Kitchen</b>	You Know It Makes Sense	Nigella cooks sumptuous roast seafood for famished friends after work - a steaming bowl of pasta with salami for ravenous kids, and her soothing 'mother's praised chicken'.	UNITED KINGDOM	English-100		G			
2022-10-13	0530	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 53	Today on My Market Kitchen Elena is making an XO Sauce from scratch, before showing how it can be used in a Pipis dish.	AUSTRALIA			G			
2022-10-13	0600	<b>Spencer's Big 30</b>	Greek Night	There is nothing better than the flavours of Mediterranean ingredients, but sometimes dinner can get a little expensive! Spencer Watts shatters this stigma with a quick and affordable Greek meal.	CANADA	English-100		G			
2022-10-13	0630	<b>Spaghetti And Noodles</b>	Spaghetti And Noodles Series 1 Ep 12	Tuom has a stall at the Rapid Creek markets where she and her husband Vilim specialise in soups; beginning by making their stock at 4am each morning.	AUSTRALIA	English-100	RPT	PG			
2022-10-13	0700	<b>Kylie Kwong: Heart And Soul</b>	Egg	Kylie has been invited to a delicious outdoor lunch by the sea, the only catch is she has to cook.	AUSTRALIA	English-100	RPT	G		Y	
2022-10-13	0730	<b>River Cottage Treatment</b>	Chicken Lovers	This week Hugh is faced with a group of self-confessed take-away addicts. Will they discover their 'inner cooks', and rise to the challenge? Or rebel against The River Cottage Treatment, and run home?	UNITED KINGDOM	English-100		PG			
2022-10-13	0830	<b>French Food Safari</b>	French Food Safari Series 1	Maeve and Guillaume explore the delicious relaxed style of bistro eating - the inexpensive way of eating that has been popular for hundreds of years.	AUSTRALIA	English-100	RPT	G	Y		Y
2022-10-13	0900	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 1	It's ths start of spring in Cornwall, and thought has turned to all things fishy - Rick Stein's Seafood Restaurant is running flat out.	UNITED KINGDOM	English-100		PG			
2022-10-13	0930	<b>Earth Cycle</b>	Earth Cycle Series 1 Ep 3	Continuing on his journey south through the mesmerising landscapes of Sweden, Simon camps in huge and isolated forests before then meeting two men who have been fishing for lamprey.	UNITED KINGDOM	English-100		G			

2022-10-13	1000	<b>Bizarre Foods: Delicious Destinations</b>	Kyoto	From the artistic multi-course dining experience known as Kaiseki, to the everyday humble comfort foods called Obanzai, Andrew explores some of Japan's oldest culinary traditions.	USA	English-100	RPT	PG			
2022-10-13	1030	<b>Michela's Tuscan Kitchen</b>	Michela's Tuscan Kitchen Series 1 Ep 8	Michela is back in Tuscany where she explores an olive estate during the annual olive harvest in the south of the region. Back in her kitchen she prepares rainbow ricotta gnocchi.	UNITED KINGDOM	English-100		G		Y	
2022-10-13	1100	<b>The Cook Up With Adam Liaw</b>	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		RPT	PG		Y	
2022-10-13	1130	<b>The Cook And The Chef</b>	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			
2022-10-13	1200	<b>Rachel Khoo's Simple Pleasures</b>	Taste Of Travel, A	Rachel Khoo prepares her favorite recipes from her culinary travels. Rachel creates an Irish-inspired soda bread to accompany a French tapenade.	USA	English-100	RPT	PG			
2022-10-13	1230	<b>Just Jen</b>	Feeling Fancy	Jen shares her favourite recipes and tips for how to feel fancy without a lot of effort.	USA	English-100		PG			
2022-10-13	1300	<b>Kylie Kwong: Heart And Soul</b>	Egg	Kylie has been invited to a delicious outdoor lunch by the sea, the only catch is she has to cook.	AUSTRALIA	English-100	RPT	G		Y	
2022-10-13	1330	<b>Earth Cycle</b>	Earth Cycle Series 1 Ep 4	After continuing further south, Simon arrives at the Malingsbo-Kloten Nature Reserve where he and a local guide successfully track moose.	UNITED KINGDOM	English-100		PG			
2022-10-13	1400	<b>Michela's Tuscan Kitchen</b>	Michela's Tuscan Kitchen Series 1 Ep 9	Michela uncovers the best seasonal, locally grown fruit and vegetables, and the creamiest of ricottas, and uses them to dish up a twist on an old favourite with a wonderful porcini mushroom lasagne.	UNITED KINGDOM	English-100		G		Y	
2022-10-13	1430	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 54	Elena and Khanh are in the kitchen today cooking a Summer Sweet and Spicy Salad. Khanh is on the road with David Mann showing him a Charred Corn on the cob, perfect for camping.	AUSTRALIA			G			
2022-10-13	1500	<b>Spencer's Big 30</b>	Gourmet Soup And Sammies	Spencer makes a simple, yet deliciously Creamy Tomato Bisque. He combines ginger, mustard, apple cider vinegar, and honey for a sweet and tangy dressing to add to his Citrus Ginger Frisee Salad.	CANADA	English-100		G			
2022-10-13	1530	<b>Frankie Vs The Internet</b>	Say Cheese	There's no such thing as too much cheese, especially for these creators as they attempt record-setting cheese pulls and unique spins on the sensational feta pasta.	USA	English-100					
2022-10-13	1600	<b>Kylie Kwong: Heart And Soul</b>	Marinade	Kylie is having a steamboat party for ten friends at home - she provides the food, the guests do the cooking.	AUSTRALIA	English-100	RPT	G		Y	
2022-10-13	1630	<b>The Cook And The Chef</b>	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			
2022-10-13	1700	<b>Nigella Kitchen</b>	Hurry Up, I'm Hungry	Nigella has an armoury of short cut recipes to ensure there is no waiting around.	UNITED KINGDOM	English-100		G			
2022-10-13	1730	<b>River Cottage Treatment</b>	Ready Meal Addicts	This week Hugh is faced with a group of self-confessed ready meal addicts. Carol's a home economics teacher who hasn't cooked a meal for 10 years and Angela won't touch raw meat.	UNITED KINGDOM	English-100		PG			
2022-10-13	1830	<b>French Food Safari</b>	French Food Safari Series 1	Maeve and Guillaume travel to the mountainous region of the Ardeche in France to meet artisan goat cheese maker Jerome Herphelin. Later Maeve learns the art of the cheese plate.	AUSTRALIA	English-100	RPT	G		Y	Y
2022-10-13	1900	<b>The Cook Up With Adam Liaw</b>	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			PG		Y	
2022-10-13	1930	<b>Dishing It Up</b>	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			PG			

2022-10-13	2000	<b>Guillaume's Paris</b>	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		PG		
2022-10-13	2030	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 2	The mullet are running up the estuary and Rick has his eye on them. He takes his friend, Brian Bate, for a spot of fishing.	UNITED KINGDOM	English-100		G		
2022-10-13	2100	<b>Gok Wan's Easy Asian</b>	Gok Wan's Easy Asian Series 2 Ep 2	If you're looking for the perfect ending to a meal, Gok's got you covered with his Sticky Pineapple Doughnuts with a spicy Asian kick and beautiful Lace Pancakes.	UNITED KINGDOM	English-100		PG		
2022-10-13	2130	<b>Come Dine With Me</b>	South London A 4	The competition is in South London, where our host for night four is super organised Nesha. She is determined to impress with her authentic Jamaican Cuisine and a classy but sexy dress code.	UNITED KINGDOM	English-100		PG		
2022-10-13	2200	<b>Bizarre Foods: Delicious Destinations</b>	Kanazawa	Andrew introduces Kanazawa, Japan, a modern city filled with deep traditions. From regionally fished Kano crab to sushi built using aged rice.	USA	English-100		PG		
2022-10-13	2230	<b>The Cook Up With Adam Liaw</b>	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		RPT	PG	Y	
2022-10-13	2300	<b>The Cook And The Chef</b>	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		
2022-10-13	2330	<b>Top Chef</b>	Finale	In an epic showdown in Aspen, the final two chefs cook the meal of their lives in an effort to take home the ultimate title and prize.	USA	English-100		PG		Y
2022-10-13	2425	<b>Destination Flavour China Bitesize</b>	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
2022-10-13	2430	<b>Dishing It Up</b>	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		
2022-10-13	2500	<b>French Food Safari</b>	French Food Safari Series 1	Maeve and Guillaume travel to the mountainous region of the Ardeche in France to meet artisan goat cheese maker Jerome Herphelin. Later Maeve learns the art of the cheese plate.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-10-13	2530	<b>Earth Cycle</b>	Earth Cycle Series 1 Ep 4	After continuing further south, Simon arrives at the Malingsbo-Kloten Nature Reserve where he and a local guide successfully track moose.	UNITED KINGDOM	English-100		PG		
2022-10-13	2600	<b>Guillaume's Paris</b>	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		
2022-10-13	2630	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 2	The mullet are running up the estuary and Rick has his eye on them. He takes his friend, Brian Bate, for a spot of fishing.	UNITED KINGDOM	English-100		G		
2022-10-13	2700	<b>Gok Wan's Easy Asian</b>	Gok Wan's Easy Asian Series 2 Ep 2	If you're looking for the perfect ending to a meal, Gok's got you covered with his Sticky Pineapple Doughnuts with a spicy Asian kick and beautiful Lace Pancakes.	UNITED KINGDOM	English-100	RPT	PG		
2022-10-13	2730	<b>Come Dine With Me</b>	South London A 4	The competition is in South London, where our host for night four is super organised Nesha. She is determined to impress with her authentic Jamaican Cuisine and a classy but sexy dress code.	UNITED KINGDOM	English-100		PG		
2022-10-13	2800	<b>Bizarre Foods: Delicious Destinations</b>	Kanazawa	Andrew introduces Kanazawa, Japan, a modern city filled with deep traditions. From regionally fished Kano crab to sushi built using aged rice.	USA	English-100	RPT	PG		
2022-10-13	2830	<b>Michela's Tuscan Kitchen</b>	Michela's Tuscan Kitchen Series 1 Ep 9	Michela uncovers the best seasonal, locally grown fruit and vegetables, and the creamiest of ricottas, and uses them to dish up a twist on an old favourite with a wonderful porcini mushroom lasagne.	UNITED KINGDOM	English-100		G		Y

2022-10-14	0500	<b>Nigella Kitchen</b>	Hurry Up, I'm Hungry	Nigella has an armoury of short cut recipes to ensure there is no waiting around.	UNITED KINGDOM	English-100		G			
2022-10-14	0530	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 54	Elena and Khanh are in the kitchen today cooking a Summer Sweet and Spicy Salad. Khanh is on the road with David Mann showing him a Charred Corn on the cob, perfect for camping.	AUSTRALIA			G			
2022-10-14	0600	<b>Spencer's Big 30</b>	Gourmet Soup And Sammies	Spencer makes a simple, yet deliciously Creamy Tomato Bisque. He combines ginger, mustard, apple cider vinegar, and honey for a sweet and tangy dressing to add to his Citrus Ginger Frisee Salad.	CANADA	English-100		G			
2022-10-14	0630	<b>Frankie Vs The Internet</b>	Say Cheese	There's no such thing as too much cheese, especially for these creators as they attempt record-setting cheese pulls and unique spins on the sensational feta pasta.	USA	English-100	RPT				
2022-10-14	0700	<b>Kylie Kwong: Heart And Soul</b>	Marinade	Kylie is having a steamboat party for ten friends at home - she provides the food, the guests do the cooking.	AUSTRALIA	English-100	RPT	G		Y	
2022-10-14	0730	<b>River Cottage Treatment</b>	Ready Meal Addicts	This week Hugh is faced with a group of self-confessed ready meal addicts. Carol's a home economics teacher who hasn't cooked a meal for 10 years and Angela won't touch raw meat.	UNITED KINGDOM	English-100			PG		
2022-10-14	0830	<b>French Food Safari</b>	French Food Safari Series 1	Maeve and Guillaume travel to the mountainous region of the Ardeche in France to meet artisan goat cheese maker Jerome Herphelin. Later Maeve learns the art of the cheese plate.	AUSTRALIA	English-100	RPT	G		Y	Y
2022-10-14	0900	<b>Dishing It Up</b>	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		
2022-10-14	0930	<b>Earth Cycle</b>	Earth Cycle Series 1 Ep 4	After continuing further south, Simon arrives at the Malingsbo-Kloten Nature Reserve where he and a local guide successfully track moose.	UNITED KINGDOM	English-100			PG		
2022-10-14	1000	<b>Bizarre Foods: Delicious Destinations</b>	Kanazawa	Andrew introduces Kanazawa, Japan, a modern city filled with deep traditions. From regionally fished Kano crab to sushi built using aged rice.	USA	English-100	RPT		PG		
2022-10-14	1030	<b>Michela's Tuscan Kitchen</b>	Michela's Tuscan Kitchen Series 1 Ep 9	Michela uncovers the best seasonal, locally grown fruit and vegetables, and the creamiest of ricottas, and uses them to dish up a twist on an old favourite with a wonderful porcini mushroom lasagne.	UNITED KINGDOM	English-100		G		Y	
2022-10-14	1100	<b>The Cook Up With Adam Liaw</b>	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		RPT		PG	Y	
2022-10-14	1130	<b>The Cook And The Chef</b>	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		
2022-10-14	1200	<b>Guillaume's Paris</b>	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		
2022-10-14	1230	<b>Just Jen</b>	Organized	Jen is not a naturally organised person, but she has learned some tips to help her in the kitchen. These recipes require an organised process to make the final dish come together easily.	USA	English-100			PG		
2022-10-14	1300	<b>Kylie Kwong: Heart And Soul</b>	Marinade	Kylie is having a steamboat party for ten friends at home - she provides the food, the guests do the cooking.	AUSTRALIA	English-100	RPT	G		Y	
2022-10-14	1330	<b>Earth Cycle</b>	Earth Cycle Series 1 Ep 5	The final leg of his journey, the very south of Sweden. It's here that Simon feasts upon seasonal oysters and mussels with a local fisherman who owns his very own island.	UNITED KINGDOM	English-100			PG		
2022-10-14	1400	<b>Michela's Tuscan Kitchen</b>	Michela's Tuscan Kitchen Series 1 Ep 10	Michela puts twist on fish and chips with seabass in a bag - a steamed parcel of fish and vegetables, and after visiting an artisan bakery in Siena makes a classic Italian cake.	UNITED KINGDOM	English-100		G		Y	

2022-10-14	1430	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 55	On this episode of My Market Kitchen, Elena shows us a family favourite Roasted Lamb Rack. Then we head to the wineries to learn about the perfect wine to pair with Khanhs Olive and Ricotta Puffs.	AUSTRALIA		G			
2022-10-14	1500	<b>Spencer's Big 30</b>	Spring Fusion	Spencer whips up sweet and salty Pork Lettuce Wraps. Crispy lettuce perfectly counters the tangy pork in every bite.	CANADA	English-100	G			
2022-10-14	1530	<b>Frankie Vs The Internet</b>	Hacks	Competitors push the creative limits of the well-known wrap hack, then aim to impress the judges by elevating another internet favorite in pasta pies.	USA	English-100				
2022-10-14	1600	<b>Kylie Kwong: Heart And Soul</b>	Shanghai Heart	Kylie finds inspiration for her cooking from the generous people she meets in the heart of Shanghai's old town.	AUSTRALIA	English-100	RPT	G	Y	
2022-10-14	1630	<b>The Cook And The Chef</b>	Shellfish	What do you do with sea urchin? How do you prepare abalone? Maggie and Simon answer all the questions and show us some tricks of the trade.	AUSTRALIA	English-100		G		
2022-10-14	1700	<b>Nigella Kitchen</b>	Inspiration Everywhere	Nigella Lawson conjures up more dazzling dishes from the heart of the home, finding inspiration anywhere and everywhere with delicious results.	UNITED KINGDOM	English-100		G		
2022-10-14	1730	<b>River Cottage Treatment</b>	Fast Food Fiends	Hugh comes face to face with the takeaway townies - too lazy to cook, shop or even bung something in the microwave! Hugh's aim is to persuade them to cook using only the freshest ingredients.	UNITED KINGDOM	English-100		PG		
2022-10-14	1830	<b>French Food Safari</b>	French Food Safari Series 1	Maeve and Guillaume travel to Lyon and get swept up in the fun of dining at local eat-houses. There they explore the many great food stalls at the Le Halles de Lyon Market.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-10-14	1900	<b>The Cook Up With Adam Liaw</b>	Sweet Dreams	One of Australia's youngest head chef's 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			PG	Y	
2022-10-14	1930	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 3	Rosie, a French fisherwoman who trawls out of Padstow, cooks Rick a sustaining squid stew from her native Bayonne. It is made from huge amounts of red wine, tomatoes, garlic and cayenne pepper.	UNITED KINGDOM	English-100		PG		
2022-10-14	2000	<b>Cook Like An Italian With Silvia Colloca</b>	Sunday Lunch	The Sunday lunch in Italy is a truly special family food ritual, its respected and celebrated across the whole country and when friends are invited it creates a very special sense of belonging.	AUSTRALIA	English-100		G	Y	
2022-10-14	2030	<b>Curtis Stone's Travel, Cook, Repeat</b>	Curtis Stone's Travel, Cook, Repeat Series 2 Ep 4	Chef Curtis Stone travels to the Central Coast of California to explore wine country where he visits a goat creamery and oyster farm.	USA	English-100		PG		
2022-10-14	2100	<b>Adam Liaw's Road Trip For Good</b>	Beechworth, Hay Valley & Batlow	Adam's journey continues to the Adelaide Hills in South Australia. Known for its avant-garde, cool climate wines, the region's winemakers are doing it tough.	AUSTRALIA	English-100		PG	Y	
2022-10-14	2130	<b>Come Dine With Me</b>	South London A 5	It's the last night of the fun and games in South London and events manager Rory's turn to host with an Asian themed menu and a glam it up dress code.	UNITED KINGDOM	English-100		PG		
2022-10-14	2200	<b>Bizarre Foods: Delicious Destinations</b>	Phoenix	Andrew Zimmern explores the multicultural cuisine of Phoenix. A heavy Mexican influence is present throughout the restaurant scene in dishes like chilaquiles and pazole.	USA	English-100		PG		
2022-10-14	2230	<b>The Cook Up With Adam Liaw</b>	Sweet Dreams	One of Australia's youngest head chef's 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		RPT	PG	Y	
2022-10-14	2300	<b>The Cook And The Chef</b>	Shellfish	What do you do with sea urchin? How do you prepare abalone? Maggie and Simon answer all the questions and show us some tricks of the trade.	AUSTRALIA	English-100		G		
2022-10-14	2330	<b>Top Chef</b>	Fastest 2 Minutes In Cooking, The	Top Chef Kentucky begins as fifteen of the finest chefs are off to the races at Churchill Downs for the ride of their lives. After a lightning fast two-minute mise-en-place focused Quickfire.	USA	English-100		PG	Y	

2022-10-14	2425	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 8	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.			RPT	G	Y	
2022-10-14	2430	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 3	Rosie, a French fisherwoman who trawls out of Padstow, cooks Rick a sustaining squid stew from her native Bayonne. It is made from huge amounts of red wine, tomatoes, garlic and cayenne pepper.	UNITED KINGDOM	English-100		PG		
2022-10-14	2500	<b>French Food Safari</b>	French Food Safari Series 1	Maeve and Guillaume travel to Lyon and get swept up in the fun of dining at local eat-houses. There they explore the many great food stalls at the Le Halles de Lyon Market.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-10-14	2530	<b>Earth Cycle</b>	Earth Cycle Series 1 Ep 5	The final leg of his journey, the very south of Sweden. It's here that Simon feasts upon seasonal oysters and mussels with a local fisherman who owns his very own island.	UNITED KINGDOM	English-100		PG		
2022-10-14	2600	<b>Cook Like An Italian With Silvia Colloca</b>	Sunday Lunch	The Sunday lunch in Italy is a truly special family food ritual, its respected and celebrated across the whole country and when friends are invited it creates a very special sense of belonging.	AUSTRALIA	English-100		G	Y	
2022-10-14	2630	<b>Curtis Stone's Travel, Cook, Repeat</b>	Curtis Stone's Travel, Cook, Repeat Series 2 Ep 4	Chef Curtis Stone travels to the Central Coast of California to explore wine country where he visits a goat creamery and oyster farm.	USA	English-100	RPT	PG		
2022-10-14	2700	<b>Adam Liaw's Road Trip For Good</b>	Beechworth, Hay Valley & Batlow	Adam's journey continues to the Adelaide Hills in South Australia. Known for its avant-garde, cool climate wines, the region's winemakers are doing it tough.	AUSTRALIA	English-100		PG	Y	
2022-10-14	2730	<b>Come Dine With Me</b>	South London A 5	It's the last night of the fun and games in South London and events manager Rory's turn to host with an Asian themed menu and a glam it up dress code.	UNITED KINGDOM	English-100		PG		
2022-10-14	2800	<b>Bizarre Foods: Delicious Destinations</b>	Phoenix	Andrew Zimmern explores the multicultural cuisine of Phoenix. A heavy Mexican influence is present throughout the restaurant scene in dishes like chilaquiles and pazole.	USA	English-100	RPT	PG		
2022-10-14	2830	<b>Michela's Tuscan Kitchen</b>	Michela's Tuscan Kitchen Series 1 Ep 10	Michela puts twist on fish and chips with seabass in a bag - a steamed parcel of fish and vegetables, and after visiting an artisan bakery in Siena makes a classic Italian cake.	UNITED KINGDOM	English-100		G		Y
2022-10-15	0500	<b>Nigella Kitchen</b>	Inspiration Everywhere	Nigella Lawson conjures up more dazzling dishes from the heart of the home, finding inspiration anywhere and everywhere with delicious results.	UNITED KINGDOM	English-100		G		
2022-10-15	0530	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 55	On this episode of My Market Kitchen, Elena shows us a family favourite Roasted Lamb Rack. Then we head to the wineries to learn about the perfect wine to pair with Khanhs Olive and Ricotta Puffs.	AUSTRALIA			G		
2022-10-15	0600	<b>Spencer's Big 30</b>	Spring Fusion	Spencer whips up sweet and salty Pork Lettuce Wraps. Crispy lettuce perfectly counters the tangy pork in every bite.	CANADA	English-100		G		
2022-10-15	0630	<b>Frankie Vs The Internet</b>	Hacks	Competitors push the creative limits of the well-known wrap hack, then aim to impress the judges by elevating another internet favorite in pasta pies.	USA	English-100	RPT			
2022-10-15	0700	<b>Kylie Kwong: Heart And Soul</b>	Shanghai Heart	Kylie finds inspiration for her cooking from the generous people she meets in the heart of Shanghai's old town.	AUSTRALIA	English-100	RPT	G	Y	
2022-10-15	0730	<b>River Cottage Treatment</b>	Fast Food Fiends	Hugh comes face to face with the takeaway townies - too lazy to cook, shop or even bung something in the microwave! Hugh's aim is to persuade them to cook using only the freshest ingredients.	UNITED KINGDOM	English-100		PG		
2022-10-15	0830	<b>French Food Safari</b>	French Food Safari Series 1	Maeve and Guillaume travel to Lyon and get swept up in the fun of dining at local eat-houses. There they explore the many great food stalls at the Le Halles de Lyon Market.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-10-15	0900	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 3	Rosie, a French fisherwoman who trawls out of Padstow, cooks Rick a sustaining squid stew from her native Bayonne. It is made from huge amounts of red wine, tomatoes, garlic and cayenne pepper.	UNITED KINGDOM	English-100		PG		



2022-10-15	0930	<b>Earth Cycle</b>	Earth Cycle Series 1 Ep 5	The final leg of his journey, the very south of Sweden. It's here that Simon feasts upon seasonal oysters and mussels with a local fisherman who owns his very own island.	UNITED KINGDOM	English-100		PG	
2022-10-15	1000	<b>Bizarre Foods: Delicious Destinations</b>	Phoenix	Andrew Zimmern explores the multicultural cuisine of Phoenix. A heavy Mexican influence is present throughout the restaurant scene in dishes like chilaquiles and pazole.	USA	English-100	RPT	PG	
2022-10-15	1030	<b>Michela's Tuscan Kitchen</b>	Michela's Tuscan Kitchen Series 1 Ep 10	Michela puts twist on fish and chips with seabass in a bag - a steamed parcel of fish and vegetables, and after visiting an artisan bakery in Siena makes a classic Italian cake.	UNITED KINGDOM	English-100		G	Y
2022-10-15	1100	<b>The Cook Up With Adam Liaw</b>	Sweet Dreams	One of Australia's youngest head chef's 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		RPT	PG	Y
2022-10-15	1130	<b>The Cook And The Chef</b>	Shellfish	What do you do with sea urchin? How do you prepare abalone? Maggie and Simon answer all the questions and show us some tricks of the trade.	AUSTRALIA	English-100		G	
2022-10-15	1200	<b>Cook Like An Italian With Silvia Colloca</b>	Sunday Lunch	The Sunday lunch in Italy is a truly special family food ritual, its respected and celebrated across the whole country and when friends are invited it creates a very special sense of belonging.	AUSTRALIA	English-100		G	Y
2022-10-15	1230	<b>Just Jen</b>	Feeling Happy	Jen is all about feeling good. These recipes can't help but bring a smile to your face.	USA	English-100		G	
2022-10-15	1300	<b>Kylie Kwong: Heart And Soul</b>	Shanghai Heart	Kylie finds inspiration for her cooking from the generous people she meets in the heart of Shanghai's old town.	AUSTRALIA	English-100	RPT	G	Y
2022-10-15	1330	<b>Eating Inn</b>	Bread Street Part 1	BSK is Gordon's idea of what a great modern English pub should be and our host, Chef Phil goes about finding out if Gordon's ambition lives up to his exulted reputation.	SINGAPORE	English-100		G	
2022-10-15	1400	<b>Eating Inn</b>	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	
2022-10-15	1430	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 1 Ep 1	Top chef Michel Roux cooks four of his favourite dishes while holidaying in the South of France. He'll be sourcing ingredients from local producers.	UNITED KINGDOM	English-100		G	Y
2022-10-15	1525	<b>Poh &amp; Co. Bitesize</b>	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
2022-10-15	1530	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 1 Ep 2	Chef Michel Roux is on a food adventure in the South of France. Cooking the simple things he loves to eat while relaxing on holiday, he'll be making an easy and delicious pre-dinner onion tart.	UNITED KINGDOM	English-100		G	Y
2022-10-15	1625	<b>Destination Flavour Down Under Bitesize</b>	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
2022-10-15	1630	<b>Weekend Breaks With Gregg Wallace</b>	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	
2022-10-15	1725	<b>Poh &amp; Co. Bitesize</b>	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
2022-10-15	1730	<b>Adam &amp; Poh's Malaysia In Australia</b>	Adam & Poh's Malaysia In Australia Series 1 Ep 6	Poh heads to Sydney to meet Junda Khoo, a restaurateur bringing the flavours of his grandma's Malaysian kitchen to Australia. Adam heads to Chinta Ria Buddha Love to meet one of his favourite actors.	AUSTRALIA	English-100		PG	Y
2022-10-15	1800	<b>Cheese Slices</b>	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	

2022-10-15	1830	<b>Ainsley's Good Mood Food</b>	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		
2022-10-15	1930	<b>World's Most Expensive Foods</b>	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
2022-10-15	2025	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 10	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y
2022-10-15	2030	<b>Jamie's Great Britain</b>	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
2022-10-15	2125	<b>Destination Flavour Scandinavia Bitesize</b>	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
2022-10-15	2130	<b>Eat Me: Or Try Not To</b>	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		
2022-10-15	2230	<b>Anthony Bourdain: Parts Unknown</b>	Congo	Tony takes a chaotic trip down the Congo River, a place where one of his favourite stories, Conrad's Heart of Darkness, was set. He also takes time to catch up with Tim Butcher, author of Blood River.	USA	English-100		PG		Y
2022-10-15	2325	<b>Poh &amp; Co. Bitesize</b>	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

2022-10-15	2330	<b>Gordon Ramsay Uncharted</b>	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
2022-10-15	2425	<b>Destination Flavour Fillers</b>	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
2022-10-15	2430	<b>Eating Inn</b>	Bread Street Part 1	BSK is Gordon's idea of what a great modern English pub should be and our host, Chef Phil goes about finding out if Gordon's ambition lives up to his exulted reputation.	SINGAPORE	English-100		G		
2022-10-15	2500	<b>Eating Inn</b>	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		
2022-10-15	2530	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 1 Ep 1	Top chef Michel Roux cooks four of his favourite dishes while holidaying in the South of France. He'll be sourcing ingredients from local producers.	UNITED KINGDOM	English-100		G		Y
2022-10-15	2625	<b>Poh &amp; Co. Bitesize</b>	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
2022-10-15	2630	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 1 Ep 2	Chef Michel Roux is on a food adventure in the South of France. Cooking the simple things he loves to eat while relaxing on holiday, he'll be making an easy and delicious pre-dinner onion tart.	UNITED KINGDOM	English-100		G		Y
2022-10-15	2725	<b>Destination Flavour Down Under Bitesize</b>	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
2022-10-15	2730	<b>Weekend Breaks With Gregg Wallace</b>	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		
2022-10-15	2825	<b>Poh &amp; Co. Bitesize</b>	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
2022-10-15	2830	<b>Adam &amp; Poh's Malaysia In Australia</b>	Adam & Poh's Malaysia In Australia Series 1 Ep 6	Poh heads to Sydney to meet Junda Khoo, a restaurateur bringing the flavours of his grandma's Malaysian kitchen to Australia. Adam heads to Chinta Ria Buddha Love to meet one of his favourite actors.	AUSTRALIA	English-100		PG		Y