



**WEEK 44: Sunday, 23 October - Saturday, 29 October 2022 - ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Egg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2022-10-23	0500	<b>Eating Inn</b>	Viceroy Part 2, The	We get blown away by how many uses the humble pumpkin can be prepared and how it transforms from the lowly vegetable we love and are so familiar with to something magical and even more delicious.	SINGAPORE	English-100		G		
2022-10-23	0530	<b>Eating Inn</b>	Black Tap	Black Tap is a true enigma. A New York born and bred concept its not only known for its seriously frivolous crazy shake deserts, its also renowned for its range of craft beers and burgers.	SINGAPORE	English-100		PG		
2022-10-23	0600	<b>Spaghetti And Noodles</b>	Spaghetti And Noodles Series 1 Ep 1	Chef Adam Swanson visits one of Darwin's most well-known restaurants, Hanuman, owned by renowned chef Jimmy Shu.	AUSTRALIA	English-100		PG		
2022-10-23	0630	<b>Jamie's Great Britain</b>	South Wales	Jamie travels to South Wales where he learns the massive impact the Welsh coal boom had on their food culture in the late 19th century and beyond, and how a massive Italian community evolved in Wales.	UNITED KINGDOM	English-100		PG		
2022-10-23	0725	<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	
2022-10-23	0730	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 1 Ep 3	On this French food adventure, chef Michel Roux goes beach fishing before cooking one of his favourite fish dishes, Mackerel with Mustard sauce.	UNITED KINGDOM	English-100		PG		Y
2022-10-23	0825	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 4	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-10-23	0830	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 1 Ep 4	Chef Michel Roux goes foraging in France on the cliffs of Donzerre above the Rhone river, finding wild herbs to flavour a local delicacy, a dish of roast rabbit.	UNITED KINGDOM	English-100		PG		Y
2022-10-23	0925	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y	
2022-10-23	0930	<b>Ainsley's Good Mood Food</b>	Ainsley's Good Mood Food Series 2 Ep 4	In today's show, Ainsley shows you how herbs and spices can elevate any dish and take it from good to great. He gets things going with a lamb rogan josh, packed with flavour.	UNITED KINGDOM	English-100		PG		
2022-10-23	1030	<b>Bobby &amp; Giada In Italy</b>	When In Rome	For their final week in Italy, Bobby Flay and Giada De Laurentis are in wine country! It's a chef's dream as they source high-end local ingredients and visit an iconic winery in Montalcino.	USA	English-100		PG		
2022-10-23	1130	<b>Eat Me: Or Try Not To</b>	Taste, The	Our food preferences are influenced by dozens of factors, including genetics, environment and habit. But taste is also about perception. What does it take to create the next iconic food product?	CANADA	English-100		PG		

2022-10-23	1230	<b>Spaghetti And Noodles</b>	Spaghetti And Noodles Series 1 Ep 2	Jimmy Shu takes Adam on a guided tour of Darwin's Street food markets where vendors cook and sell the most authentic food you can get outside of Asia.	AUSTRALIA	English-100		G			
2022-10-23	1300	<b>Kylie Kwong: Heart And Soul</b>	Wok School Hong Kong's Chef Academy	It's back to school for Kylie when she sees how chefs are trained in Hong Kong.	AUSTRALIA	English-100	RPT	G		Y	
2022-10-23	1330	<b>Kylie Kwong: Heart And Soul</b>	Mothers And Daughters A Chinese Family	Kylie is inspired by her Shanghai travels to cook some family favourites but when her mum comes round it's clear she has her own way of doing things.	AUSTRALIA	English-100	RPT	G		Y	
2022-10-23	1400	<b>The Cook Up With Adam Liaw</b>	I Grew Up On This	Author Jenevieve Chang, and Journalist Jason Om join Adam in The Cook Up Kitchen to create dishes that evoke their childhood memories.	AUSTRALIA	English-100	RPT	PG		Y	
2022-10-23	1430	<b>The Cook Up With Adam Liaw</b>	Sweet And Sour	Adam, chef Nelly Robinson, and appearance advocate Carly Findlay are cooking with Adam's two favourite tastes - sweet and sour!	AUSTRALIA	English-100	RPT	PG		Y	
2022-10-23	1500	<b>The Cook Up With Adam Liaw</b>	Spice Up Your Life	Chef George Calombaris and Singer Christine Anu are in The Cook Up Kitchen with Adam to create dishes that are sure to spice up your life!	AUSTRALIA	English-100	RPT	PG		Y	
2022-10-23	1530	<b>The Cook Up With Adam Liaw</b>	Crowd Pleaser	Cooking for people is one of Adams greatest pleasures so he, Alex Lee and Frank Shek all cook the dishes that are their greatest crowd pleasers.	AUSTRALIA	English-100	RPT	PG		Y	
2022-10-23	1600	<b>The Cook Up With Adam Liaw</b>	Is It Sweet Or Savoury?	The culinary conundrum finds its way to The Cook Up Kitchen. To solve the mystery Emma Donovan and Ben Devlin join Adam in The Cook Up Kitchen to explore dishes that could be sweet or savoury.	AUSTRALIA	English-100		PG		Y	
2022-10-23	1630	<b>Wok The World</b>	Wok The World Series 2 Ep 1	Chef Alvin Leung and Chef Eric Chong take a first class trip to Guangzhou via high-speed rail, where they explore the rich gastronomy of Hong Kong, from its Cantonese and British roots to its modern cosmopolitan influences.	CHINA	English-100		PG			
2022-10-23	1730	<b>Luke Nguyen's Railway Vietnam</b>	Luke Nguyen's Railway Vietnam Series 1 Ep 8	Luke visits Hai Phong, a major industrial city and the second largest in the northern part of Vietnam. This is a special visit for Luke as it is the birthplace of his partner Lynne.	AUSTRALIA	English-100	RPT	PG		Y	Y
2022-10-23	1800	<b>Mary Makes It Easy</b>	Pie In The Sky	Piemaking can be daunting, but Mary provides a pastry crash course with three different types of dough to make all your pie in the sky dreams come true.	CANADA	English-100		PG			
2022-10-23	1830	<b>The Chocolate Queen</b>	Chocolate Queen Series 2, The Ep 3	Get tangled in today's episode with Kirsten's delicious Babka Knots. The Chocolate Queen also gives her best recipes for entertaining with Chocolate Truffle Cups and a Hazelnut Tart.	AUSTRALIA	English-100		G			
2022-10-23	1900	<b>Guillaume's Paris</b>	Guillaume's Paris Series 1 Ep 6	Chef Guillaume Brahimi explores the 11th and 12th arrondissements of Paris to discover best food experiences in the city. Guillaume visits the chocolate factory of Alain Ducasse.	AUSTRALIA	English-100	RPT	PG			
2022-10-23	1930	<b>The Chocolate Queen</b>	Chocolate Queen Series 2, The Ep 4	Today's episode showcases how chocolate can elevate our favourite desserts. As a filling to fluffy donuts, folded through a decadent creme brulee or as a coating to a crunchy peanut brittle.	AUSTRALIA	English-100		G			
2022-10-23	2000	<b>Dishing It Up</b>	Dishing It Up Series 1 Ep 4	This episode, everyday home cooks put four retro recipes to the test. Will Adam Liaw's vol au vent fall flat? Will Mary Berry's quiche be a little too niche?	AUSTRALIA		RPT	PG			

2022-10-23	2030	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 2 Ep 11	Rick joins a team diving for Razor Clams, which he takes back to the kitchen to make a quick but tasty dish of grilled Shangurro Clams.	UNITED KINGDOM	English-100	PG			
2022-10-23	2100	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 2 Ep 12	Following in the footsteps of Turner, one of Britain's most loved artists, Rick discovers how much the Cornish landscape influenced his work.	UNITED KINGDOM	English-100	PG			
2022-10-23	2135	<b>Rick Stein's Cabin Fever</b>	Rick Stein's Cabin Fever	A condensed look at Rick Stein's journey from Bordeaux to Marseille during the making of "Rick Stein's French Odyssey" including his favourite dishes along the route and behind-the-scenes DV footage.	UNITED KINGDOM	English-100	PG			
2022-10-23	2240	<b>Anthony Bourdain: Parts Unknown</b>	New Mexico	Tony takes a close look at the mash-up of cultures that comprise this uniquely American state. He samples New Mexico's food - a combination of Spanish, Mediterranean, Mexican and Pueblo influences.	USA	English-100	PG			
2022-10-23	2335	<b>Royal Recipes</b>	War And Strife	Michael Buerk and chef Paul Ainsworth recreate a royal dish that was a staple of wartime palace meals.	UNITED KINGDOM	English-100	PG			
2022-10-23	2430	<b>Wok The World</b>	Wok The World Series 2 Ep 1	Chef Alvin Leung and Chef Eric Chong take a first class trip to Guangzhou via high-speed rail, where they explore the rich gastronomy of Hong Kong, from its Cantonese and British roots to its modern cosmopolitan influences.	CHINA	English-100	RPT	PG		
2022-10-23	2530	<b>Luke Nguyen's Railway Vietnam</b>	Luke Nguyen's Railway Vietnam Series 1 Ep 8	Luke visits Hai Phong, a major industrial city and the second largest in the northern part of Vietnam. This is a special visit for Luke as it is the birthplace of his partner Lynne.	AUSTRALIA	English-100	RPT	PG	Y	Y
2022-10-23	2600	<b>Mary Makes It Easy</b>	Pie In The Sky	Piemaking can be daunting, but Mary provides a pastry crash course with three different types of dough to make all your pie in the sky dreams come true.	CANADA	English-100	PG			
2022-10-23	2630	<b>Dishing It Up</b>	Dishing It Up Series 1 Ep 4	This episode, everyday home cooks put four retro recipes to the test. Will Adam Liaw's vol au vent fall flat? Will Mary Berry's quiche be a little too niche?	AUSTRALIA		RPT	PG		
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2022-10-23	2800	<b>The Chocolate Queen</b>	Chocolate Queen Series 2, The Ep 4	Today's episode showcases how chocolate can elevate our favourite desserts. As a filling to fluffy donuts, folded through a decadent creme brulee or as a coating to a crunchy peanut brittle.	AUSTRALIA	English-100		G		
2022-10-23	2830	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 2 Ep 11	Rick joins a team diving for Razor Clams, which he takes back to the kitchen to make a quick but tasty dish of grilled Shangurro Clams.	UNITED KINGDOM	English-100	PG			
2022-10-24	0500	<b>The Cook Up With Adam Liaw</b>	I Grew Up On This	Author Jenevieve Chang, and Journalist Jason Om join Adam in The Cook Up Kitchen to create dishes that evoke their childhood memories.	AUSTRALIA	English-100	RPT	PG	Y	
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2022-10-24	1330	<b>Simply Raymond Blanc</b>	Herbs And Spices	Raymond Blanc indulges the nation's senses by transforming classic dishes with herbs and spices fresh from his garden, while special guest Niall Keating will be cooking poached plaice with kohlrabi.	ENGLAND	English-100		G	
2022-10-24	1425	<b>Destination Flavour Fillers</b>	Destination Flavour Bitesize Series 1 Ep 4	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
2022-10-24	1430	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 61	Elena is in the My Market Kitchen today cooking up a delicious Crispy Eggplant dish. Khanh shows us his Thai Style Pumpkin Soup, followed by a Gluten Free Focaccia.	AUSTRALIA			G	
2022-10-24	1500	<b>Spencer's Big 30</b>	Meatballs & Shakshuka	Moroccan cuisine typically combines a million flavours and host Spencer Watts shows us how to bring that intensity home in a few simple steps.	CANADA	English-100		PG	
2022-10-24	1530	<b>From Scratch</b>	From Scratch Series 1 Ep 1	From Scratch follows actor David Moscow on his adventure of making meals from scratch. He teams up with various friends to hunt, gather, forage, fish, grow and then prepare and cook a meal.	UNITED KINGDOM	English-100		PG	Y

2022-10-24	1630	<b>Nigella Kitchen</b>	Can't Live Without	Nigella shares the secrets of food and flavours she just can't live without. Lemon plays the starring role in a deliciously moist lemon polenta cake, the perfect teatime treat or dinner party dessert.	UNITED KINGDOM	English-100		G	
2022-10-24	1700	<b>David Rocco's Dolce India</b>	David Rocco's Dolce India Series 1 Ep 1	David takes the road less travelled and finds a tranquil vineyard outside busy Mumbai that produces fine Italian wine. The discovery inspires an Italian-Indian culinary adventure that includes succulent dishes.	CANADA	English-100		PG	
2022-10-24	1730	<b>David Rocco's Dolce India</b>	David Rocco's Dolce India Series 1 Ep 2	With a weekend to spend in Mumbai, David explores the city's vast and extraordinary food scene - from small traditional cafes to hip new restaurants.	CANADA	English-100		PG	
2022-10-24	1800	<b>India Unplated</b>	Gujarat	Celebrate the diversity of Indian cuisine as acclaimed Indian-Australian chefs, Helly Raichura, Adam D'Sylva and Sandeep Pandit present their enticing new food series, India Unplated.	AUSTRALIA	English-100		G	Y
2022-10-24	1830	<b>Gourmet Farmer</b>	Goats Milk Ice Cream	This series follows Matthew Evans, former editor of the SMH Good Food Guide, as he pursues a culinary and personal sea change in Tasmania.	AUSTRALIA	English-100	RPT	G	Y
2022-10-24	1900	<b>The Cook Up With Adam Liaw</b>	Brilliant Biscuits	The CWA are known to be great bakers so NSW members Madison Bronte and Steph Stanhope are joining Adam in The Cook Up Kitchen to make some brilliant biscuits.	AUSTRALIA	English-100		PG	
2022-10-24	1930	<b>Rick Stein's Seafood Odyssey</b>	Suffolk And Naples	Contemplating life over a bottle of wine against the backdrop of the bay of Naples, Rick has found the perfect place, and person, to start his Seafood Odyssey.	UNITED KINGDOM	English-100		PG	
2022-10-24	2000	<b>Girls Guide:Hunting Fishing Wild Cooking</b>	A Girls Guide to Hunting Fishing Wild Cooking S1 Ep 2	Analiene makes the most of a busy spring as she starts to build her pantry and kitchen garden, before going diving for wild scallops at a friend's secret diving spot.	AUSTRALIA	English-100		G	Y
2022-10-24	2030	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Jamie & Jimmy's Food Fight Club Series 6 Ep 5	Jamie and Jimmy welcome Hollywood icon Liv Tyler to the pier as she joins them in the cafe for the cooking lesson of a lifetime as she learns how to make her family's favourite takeaway.	UNITED KINGDOM	English-100		PG	
2022-10-24	2125	<b>Destination Flavour Down Under Bitesize</b>	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
2022-10-24	2130	<b>Come Dine With Me</b>	Newcastle 1	This week's competition is in the North East, where first to host is 45 year old, clothes shop owner, Lee.	UNITED KINGDOM	English-100		PG	
2022-10-24	2200	<b>Bizarre Foods: Delicious Destinations</b>	El Paso	Andrew Zimmern is in El Paso, where Texas meets Mexico on the border as well as in the kitchen. The city is filled with Tex-Mex cuisine as well as Mexican classics.	USA	English-100	RPT	PG	
2022-10-24	2230	<b>The Cook Up With Adam Liaw</b>	Brilliant Biscuits	The CWA are known to be great bakers so NSW members Madison Bronte and Steph Stanhope are joining Adam in The Cook Up Kitchen to make some brilliant biscuits.	AUSTRALIA	English-100	RPT	PG	
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2022-10-24	2330	<b>Top Chef</b>	Carne!	Lena Waithe surprises the chefs, by challenging them to make their best version of the trademark Kentucky dish, the Hot Brown.	USA	English-100		PG	Y
2022-10-24	2425	<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

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2022-10-24	2500	<b>Gourmet Farmer</b>	Goats Milk Ice Cream	This series follows Matthew Evans, former editor of the SMH Good Food Guide, as he pursues a culinary and personal sea change in Tasmania.	AUSTRALIA	English-100	RPT	G	Y
2022-10-24	2530	<b>Spencer's Big 30</b>	Meatballs & Shakshuka	Moroccan cuisine typically combines a million flavours and host Spencer Watts shows us how to bring that intensity home in a few simple steps.	CANADA	English-100		PG	
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2022-10-25	0730	<b>India Unplated</b>	Gujarat	Celebrate the diversity of Indian cuisine as acclaimed Indian-Australian chefs, Helly Raichura, Adam D'Sylva and Sandeep Pandit present their enticing new food series, India Unplated.	AUSTRALIA	English-100		G	Y
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2022-10-25	1130	<b>Rick Stein's Seafood Odyssey</b>	Suffolk And Naples	Contemplating life over a bottle of wine against the backdrop of the bay of Naples, Rick has found the perfect place, and person, to start his Seafood Odyssey.	UNITED KINGDOM	English-100		PG	
2022-10-25	1200	<b>Girls Guide:Hunting Fishing Wild Cooking</b>	A Girls Guide to Hunting Fishing Wild Cooking S1 Ep 2	Analise makes the most of a busy spring as she starts to build her pantry and kitchen garden, before going diving for wild scallops at a friend's secret diving spot.	AUSTRALIA	English-100		G	Y
2022-10-25	1230	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Jamie & Jimmy's Food Fight Club Series 6 Ep 5	Jamie and Jimmy welcome Hollywood icon Liv Tyler to the pier as she joins them in the cafe for the cooking lesson of a lifetime as she learns ow to make her family's favourite takeaway.	UNITED KINGDOM	English-100		PG	
2022-10-25	1325	<b>Destination Flavour Down Under Bitesize</b>	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
2022-10-25	1330	<b>Simply Raymond Blanc</b>	Raymonds Travels	Raymond Blanc shares his love of travel and embracing the influence of other cultures into his cuisine. He cooks a sensationally fresh flash-fried squid with a fennel and rocket salad.	ENGLAND	English-100		G	
2022-10-25	1425	<b>Destination Flavour Fillers</b>	Destination Flavour Bitesize Series 1 Ep 5	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
2022-10-25	1430	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 62	Churrasco Beef is on the menu today. Followed by Cauliflower and Brussel Sprouts with Hoda Kobeissi. Elena then shows us an easy way to cook a Whole Roast Trout with Green Mash.	AUSTRALIA			G	
2022-10-25	1500	<b>Spencer's Big 30</b>	Burgers & Fries	Spencer cooks up his homemade smoky and sweet Turkey Burgers smothered in a smoked paprika mayonnaise. Next up is the burger's best friend: crispy French Fries.	CANADA	English-100		G	
2022-10-25	1530	<b>From Scratch</b>	From Scratch Series 1 Ep 2	Broken Spanish chef, Ray Garcia and David hit the ground running trying reproduce Ray's famous chicharron taco. At the same time David visits the iconic tequila brand Jose Cuervo.	UNITED KINGDOM	English-100		PG	Y
2022-10-25	1630	<b>Nigella Kitchen</b>	Easy Does It	Nigella uses every trick in the book to make food that's delicious and as effortless as possible. Nigella shows a speedy take on a French classic, tarragon chicken with steamed green beans.	UNITED KINGDOM	English-100		G	
2022-10-25	1700	<b>David Rocco's Dolce India</b>	David Rocco's Dolce India Series 1 Ep 3	David visits Delhi's largest Sikh temple. Everyday the Gurudwara Bangla Sahib feeds 20,000 people of all faiths - without a head chef!	CANADA	English-100		PG	
2022-10-25	1730	<b>David Rocco's Dolce India</b>	David Rocco's Dolce India Series 1 Ep 4	David embarks on a remarkable culinary journey through Rajasthan and discovers that it's cuisine has been defined as much by the regions arid climate as by its traditional warrior culture.	CANADA	English-100		PG	

2022-10-25	1800	<b>India Unplated</b>	Assam	This episode includes Adam's duck and bamboo shoot curry, a delicious teatime snack by Helly called Kardoi, and finally Boot Baja (mixed stir fry lentils) with Aloo pitika by Sandeep.	AUSTRALIA	English-100		G	Y
2022-10-25	1830	<b>Gourmet Farmer</b>	Pigs Prosciutto And Offal	Matthew feels inspired to make prosciutto and sources two piglets from Jen, a local farmer. He also learns a traditional way to prepare offal.	AUSTRALIA	English-100	RPT	G	Y
2022-10-25	1900	<b>The Cook Up With Adam Liaw</b>	Animal Instincts	Adam, political writer Annabel Crabb, and Professor of Life and Environmental Sciences Steve Simpson are making food that follows the way our bodies are programmed to provide nutrition.	AUSTRALIA	English-100		PG	
2022-10-25	1930	<b>Rick Stein's Seafood Odyssey</b>	India And Cornwall	Rick flees the restaurant to seek comfort from the sea. Thirty miles out of Padstow, he begins to calm down. Veteran fisherman Ivan Bates introduces Rick to the joys of fishing.	UNITED KINGDOM	English-100		PG	
2022-10-25	2000	<b>All Up In My Grill</b>	Chicken Show	If you're going to grill chicken, you'll want to make it good. Chef Dale likes to kick up the heat with his angry chicken, a spicy, spatchcocked and grilled whole chicken, and his kung pao wings.	USA	English-100		PG	
2022-10-25	2030	<b>Bbq Brawl</b>	Game Day Bbq	The teams celebrate a classic BBQ tradition: tailgating! Team captains Bobby Flay, Michael Symon and Eddie Jackson mentor their pitmasters as they explore the sporty side of BBQ.	USA	English-100		PG	
2022-10-25	2125	<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
2022-10-25	2130	<b>Come Dine With Me</b>	Newcastle 2	It's the second day of the competition and the turn of Hairdresser Simon. He's hoping a tried and tested, healthy menu will impress the group and help bag him the prize.	UNITED KINGDOM	English-100		PG	
2022-10-25	2200	<b>Bizarre Foods: Delicious Destinations</b>	Bay Area	California's East Bay area is a thriving multi-ethnic community. Andrew Zimmern highlights the culinary hot spots where diverse cuisines are being served up traditional style.	USA	English-100		PG	
2022-10-25	2230	<b>The Cook Up With Adam Liaw</b>	Animal Instincts	Adam, political writer Annabel Crabb, and Professor of Life and Environmental Sciences Steve Simpson are making food that follows the way our bodies are programmed to provide nutrition.	AUSTRALIA	English-100	RPT	PG	
2022-10-25	2300	<b>Nigella Kitchen</b>	Easy Does It	Nigella uses every trick in the book to make food that's delicious and as effortless as possible. Nigella shows a speedy take on a French classic, tarragon chicken with steamed green beans.	UNITED KINGDOM	English-100		G	
2022-10-25	2330	<b>Top Chef</b>	Whatever Floats Your Boat	With more shoreline than Florida, Kentucky is a hotbed for houseboats. For this elimination challenge, the chefs are split into two teams and tasked with throwing raging party in Lake Cumberland.	USA	English-100		PG	Y
2022-10-25	2425	<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
2022-10-25	2430	<b>Rick Stein's Seafood Odyssey</b>	India And Cornwall	Rick flees the restaurant to seek comfort from the sea. Thirty miles out of Padstow, he begins to calm down. Veteran fisherman Ivan Bates introduces Rick to the joys of fishing.	UNITED KINGDOM	English-100		PG	
2022-10-25	2500	<b>Gourmet Farmer</b>	Pigs Prosciutto And Offal	Matthew feels inspired to make prosciutto and sources two piglets from Jen, a local farmer. He also learns a traditional way to prepare offal.	AUSTRALIA	English-100	RPT	G	Y
2022-10-25	2530	<b>Spencer's Big 30</b>	Burgers & Fries	Spencer cooks up his homemade smoky and sweet Turkey Burgers smothered in a smoked paprika mayonnaise. Next up is the burger's best friend: crispy French Fries.	CANADA	English-100		G	



2022-10-25	2600	<b>All Up In My Grill</b>	Chicken Show	If you're going to grill chicken, you'll want to make it good. Chef Dale likes to kick up the heat with his angry chicken, a spicy, spatchcocked and grilled whole chicken, and his kung pao wings.	USA	English-100	RPT	PG	
2022-10-25	2630	<b>Bbq Brawl</b>	Game Day Bbq	The teams celebrate a classic BBQ tradition: tailgating! Team captains Bobby Flay, Michael Symon and Eddie Jackson mentor their pitmasters as they explore the sporty side of BBQ.	USA	English-100	RPT	PG	
2022-10-25	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
2022-10-25	2730	<b>Simply Raymond Blanc</b>	Raymonds Travels	Raymond Blanc shares his love of travel and embracing the influence of other cultures into his cuisine. He cooks a sensationally fresh flash-fried squid with a fennel and rocket salad.	ENGLAND	English-100		G	
2022-10-25	2825	<b>Destination Flavour Fillers</b>	Destination Flavour Bitesize Series 1 Ep 5	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
2022-10-25	2830	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 62	Churrasco Beef is on the menu today. Followed by Cauliflower and Brussel Sprouts with Hoda Kobeissi. Elena then shows us an easy way to cook a Whole Roast Trout with Green Mash.	AUSTRALIA			G	
2022-10-26	0500	<b>Nigella Kitchen</b>	Easy Does It	Nigella uses every trick in the book to make food that's delicious and as effortless as possible. Nigella shows a speedy take on a French classic, tarragon chicken with steamed green beans.	UNITED KINGDOM	English-100		G	
2022-10-26	0530	<b>From Scratch</b>	From Scratch Series 1 Ep 2	Broken Spanish chef, Ray Garcia and David hit the ground running trying reproduce Ray's famous chicharron taco. At the same time David visits the iconic tequila brand Jose Cuervo.	UNITED KINGDOM	English-100		PG	Y
2022-10-26	0630	<b>David Rocco's Dolce India</b>	David Rocco's Dolce India Series 1 Ep 3	David visits Delhi's largest Sikh temple. Everyday the Gurudwara Bangla Sahib feeds 20,000 people of all faiths - without a head chef!	CANADA	English-100	RPT	PG	
2022-10-26	0700	<b>David Rocco's Dolce India</b>	David Rocco's Dolce India Series 1 Ep 4	David embarks on a remarkable culinary journey through Rajasthan and discovers that it's cuisine has been defined as much by the regions arid climate as by its traditional warrior culture.	CANADA	English-100	RPT	PG	
2022-10-26	0730	<b>India Unplated</b>	Assam	This episode includes Adam's duck and bamboo shoot curry, a delicious teatime snack by Helly called Kardoi, and finally Boot Baja (mixed stir fry lentils) with Aloo pitika by Sandeep.	AUSTRALIA	English-100		G	Y
2022-10-26	0800	<b>Gourmet Farmer</b>	Pigs Prosciutto And Offal	Matthew feels inspired to make prosciutto and sources two piglets from Jen, a local farmer. He also learns a traditional way to prepare offal.	AUSTRALIA	English-100	RPT	G	Y
2022-10-26	0830	<b>Simply Raymond Blanc</b>	Raymonds Travels	Raymond Blanc shares his love of travel and embracing the influence of other cultures into his cuisine. He cooks a sensationally fresh flash-fried squid with a fennel and rocket salad.	ENGLAND	English-100		G	
2022-10-26	0925	<b>Destination Flavour Fillers</b>	Destination Flavour Bitesize Series 1 Ep 5	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
2022-10-26	0930	<b>Spencer's Big 30</b>	Burgers & Fries	Spencer cooks up his homemade smoky and sweet Turkey Burgers smothered in a smoked paprika mayonnaise. Next up is the burger's best friend: crispy French Fries.	CANADA	English-100		G	
2022-10-26	1000	<b>Come Dine With Me</b>	Newcastle 2	It's the second day of the competition and the turn of Hairdresser Simon. He's hoping a tried and tested, healthy menu will impress the group and help bag him the prize.	UNITED KINGDOM	English-100		PG	

2022-10-26	1030	<b>Bizarre Foods: Delicious Destinations</b>	Bay Area	California's East Bay area is a thriving multi-ethnic community. Andrew Zimmern highlights the culinary hot spots where diverse cuisines are being served up traditional style.	USA	English-100	RPT	PG		
2022-10-26	1100	<b>The Cook Up With Adam Liaw</b>	Animal Instincts	Adam, political writer Annabel Crabb, and Professor of Life and Environmental Sciences Steve Simpson are making food that follows the way our bodies are programmed to provide nutrition.	AUSTRALIA	English-100	RPT	PG		
2022-10-26	1130	<b>Rick Stein's Seafood Odyssey</b>	India And Cornwall	Rick flees the restaurant to seek comfort from the sea. Thirty miles out of Padstow, he begins to calm down. Veteran fisherman Ivan Bates introduces Rick to the joys of fishing.	UNITED KINGDOM	English-100		PG		
2022-10-26	1200	<b>All Up In My Grill</b>	Chicken Show	If you're going to grill chicken, you'll want to make it good. Chef Dale likes to kick up the heat with his angry chicken, a spicy, spatchcocked and grilled whole chicken, and his kung pao wings.	USA	English-100	RPT	PG		
2022-10-26	1230	<b>Bbq Brawl</b>	Game Day Bbq	The teams celebrate a classic BBQ tradition: tailgating! Team captains Bobby Flay, Michael Symon and Eddie Jackson mentor their pitmasters as they explore the sporty side of BBQ.	USA	English-100	RPT	PG		
2022-10-26	1325	<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	
2022-10-26	1330	<b>Simply Raymond Blanc</b>	Seasons	Raymond shares his love of garden-fresh produce and explains why seasonality is important. From his Oxfordshire kitchen, he cooks pan-fried salmon with spinach and chive butter sauce.	ENGLAND	English-100		G		
2022-10-26	1425	<b>Destination Flavour Fillers</b>	Destination Flavour Bitesize Series 1 Ep 6	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-10-26	1430	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 63	Today on My Market Kitchen, Elena cooks up a quick Balsamic and oregano roasted onion which is a perfect side to complement your next dinner. Then Khanh shows us his Yoghurt Panna Cotta.	AUSTRALIA			G		
2022-10-26	1500	<b>Spencer's Big 30</b>	Tandoori Takeout	Chef Spencer Watt uses traditional spices to for his tender tandoori chicken skewers, flavoured with coriander, cumin, cayenne, and turmeric.	CANADA	English-100		G		
2022-10-26	1530	<b>From Scratch</b>	From Scratch Series 1 Ep 3	Chef Gunnar Karl of Dill in Reykjavik challenges David to source a traditional Icelandic cod dish with ingredients he can only get dry suit diving in the North Atlantic Sea.	UNITED KINGDOM	English-100		PG		Y
2022-10-26	1630	<b>Nigella Kitchen</b>	I Did It My Way	Nigella is putting her very own stamp on some seriously fabulous and favourite recipes. First up, tiramisu, a luscious Italian dessert made even more incredible with hazelnut liqueur.	UNITED KINGDOM	English-100		G		
2022-10-26	1700	<b>David Rocco's Dolce India</b>	David Rocco's Dolce India Series 1 Ep 5	David is in Rajasthan exploring the land of the Kings, and who would be a better guide than the direct descendant of a Maharajah himself? David meets up with KV Singh to learn more about Rajasthan.	CANADA	English-100		PG		
2022-10-26	1730	<b>David Rocco's Dolce India</b>	David Rocco's Dolce India Series 1 Ep 6	There's a growing community of Italian ex-pats living in Mumbai, and David goes to meet them. David and his newfound Italian friends bring the dolce vita to Mumbai.	CANADA	English-100		PG		
2022-10-26	1800	<b>India Unplated</b>	Bengal	West Bengal is known for its delicious desserts and seafood and Bengali cuisine prides itself on its flavours and regional produce. The hosts prepare their favourite Bengali dishes.	AUSTRALIA	English-100		G	Y	

2022-10-26	1830	<b>Gourmet Farmer</b>	Passata And Fishing	Matthew Evans has thrown in his city life for small farm living in Tasmania. Tonight, Matthew embarks on a fishing adventure, returning to harvest tomatoes.		English-100	RPT	G	Y
2022-10-26	1900	<b>The Cook Up With Adam Liaw</b>	Elements	Louis Tikaram from Stanley Restaurant in Brisbane, and Jake Kellie from Arkhe Restaurant in Adelaide join Adam to use the elements - fire, water, air and earth to create some spectacular dishes.	AUSTRALIA	English-100		PG	
2022-10-26	1930	<b>Rick Stein's Seafood Odyssey</b>	Spain And Britain	Rick experiences such a moment when he visits the small seaside village of Mousehole in his native Cornwall.	UNITED KINGDOM	English-100		PG	
2022-10-26	2000	<b>Rachel Khoo's Simple Pleasures</b>	Timeless Favorites	Trends come and go, but some recipes really stand the test of time. Rachel Khoo puts her modern spin on three dishes that may have their roots in the past but are just as popular today.	USA	English-100		PG	
2022-10-26	2030	<b>John Torode's Middle East</b>	Alexandria	John is in Alexandria on Egypt's north coast, city the largest on the Mediterranean. John gets stuck in to the city's many culinary delights and seeks inspiration for a dish of his own.	CANADA	English-100		PG	
2022-10-26	2100	<b>Gino's Italian Coastal Escape</b>	Naples	Gino returns to the area he grew up in - the bay of Naples. Home of the pizza, street food, and fantastic seafood, this is foodie paradise.	UNITED KINGDOM	English-100		PG	
2022-10-26	2130	<b>Come Dine With Me</b>	Newcastle 3	It's the third night of the competition in the North East and nurse Sophie's turn to host. She's hoping her fake-away fast food menu and her kids party theme will let her guests unleash.	UNITED KINGDOM	English-100		PG	
2022-10-26	2200	<b>Bizarre Foods: Delicious Destinations</b>	Aruba	Andrew Zimmern takes a culinary tour of Aruba, where the climate is as warm as the people. He indulges in local favorites like hearty Dutch pea soup, comforting yet elegant seafood cazuela and sweet, buttery cashew cake.	USA	English-100		PG	
2022-10-26	2230	<b>The Cook Up With Adam Liaw</b>	Elements	Louis Tikaram from Stanley Restaurant in Brisbane, and Jake Kellie from Arkhe Restaurant in Adelaide join Adam to use the elements - fire, water, air and earth to create some spectacular dishes.	AUSTRALIA	English-100	RPT	PG	
2022-10-26	2300	<b>Nigella Kitchen</b>	I Did It My Way	Nigella is putting her very own stamp on some seriously fabulous and favourite recipes. First up, tiramisu, a luscious Italian dessert made even more incredible with hazelnut liqueur.	UNITED KINGDOM	English-100		G	
2022-10-26	2330	<b>Top Chef</b>	Music City USA	The chefs take a roadtrip to Nashville and have the honor of cooking on the stage of the Grand Ole Opry for country music sensation Hunter Hayes.	USA	English-100		PG	Y
2022-10-26	2425	<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
2022-10-26	2430	<b>Rick Stein's Seafood Odyssey</b>	Spain And Britain	Rick experiences such a moment when he visits the small seaside village of Mousehole in his native Cornwall.	UNITED KINGDOM	English-100		PG	
2022-10-26	2500	<b>Gourmet Farmer</b>	Passata And Fishing	Matthew Evans has thrown in his city life for small farm living in Tasmania. Tonight, Matthew embarks on a fishing adventure, returning to harvest tomatoes.		English-100	RPT	G	Y
2022-10-26	2530	<b>Spencer's Big 30</b>	Tandoori Takeout	Chef Spencer Watt uses traditional spices to for his tender tandoori chicken skewers, flavoured with coriander, cumin, cayenne, and turmeric.	CANADA	English-100		G	
2022-10-26	2600	<b>Rachel Khoo's Simple Pleasures</b>	Timeless Favorites	Trends come and go, but some recipes really stand the test of time. Rachel Khoo puts her modern spin on three dishes that may have their roots in the past but are just as popular today.	USA	English-100	RPT	PG	

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2022-10-26	2700	<b>Gino's Italian Coastal Escape</b>	Naples	Gino returns to the area he grew up in - the bay of Naples. Home of the pizza, street food, and fantastic seafood, this is foodie paradise.	UNITED KINGDOM	English-100		PG		
2022-10-26	2730	<b>Simply Raymond Blanc</b>	Seasons	Raymond shares his love of garden-fresh produce and explains why seasonality is important. From his Oxfordshire kitchen, he cooks pan-fried salmon with spinach and chive butter sauce.	ENGLAND	English-100		G		
2022-10-26	2825	<b>Destination Flavour Fillers</b>	Destination Flavour Bitesize Series 1 Ep 6	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y	Y
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2022-10-27	1330	<b>Simply Raymond Blanc</b>	My Favourite Brasserie Dishes	Raymond Blanc shares his archive of recipes and introduces the nation to his favourite dishes which have featured on the menus across his restaurants.	ENGLAND	English-100		G	
2022-10-27	1425	<b>Destination Flavour Fillers</b>	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
2022-10-27	1430	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 64	Elena and Khanh are in the My Market Kitchen today cooking up a Thai Green Papaya Salad. Khanh takes us to his restaurant, The George on Collins for a Smokey Sriracha Noodles recipe.	AUSTRALIA			G	
2022-10-27	1500	<b>Spencer's Big 30</b>	Put An Egg On It	Using brown lentils as the base of his meal, Spencer prepares a flavourful and nutritious dish: Warm Lentils and Poached Eggs.	CANADA	English-100		G	
2022-10-27	1530	<b>From Scratch</b>	From Scratch Series 1 Ep 4	David Higgs, is the one of the best known South African chefs and in his Johannesburg restaurant Marble he only cooks over wood fires.	UNITED KINGDOM	English-100		PG	
2022-10-27	1630	<b>Nigella Kitchen</b>	Devilishly Good	It's time for some seriously delicious eating and in Nigella's kitchen every mouthful is devilishly good. First up is her fabulous, fiery, red jumbo chilli sauce with tortilla chips.	UNITED KINGDOM	English-100		G	
2022-10-27	1700	<b>David Rocco's Dolce India</b>	David Rocco's Dolce India Series 1 Ep 7	David is challenged to an Indo-Italian cook off by ITC Maratha's Executive Chef Rajdeep Kapoor. The three round cook off will pit Indian against Italian cuisine using a common star ingredient.	CANADA	English-100		PG	
2022-10-27	1730	<b>David Rocco's Dolce India</b>	David Rocco's Dolce India Series 1 Ep 8	David takes a trip to the remote village of Mundota to visit his friends, Vikram and Alka, who will teach him about the spiritual nature of Indian cooking.	CANADA	English-100		PG	
2022-10-27	1800	<b>India Unplated</b>	Kerala	Known for its scenic backwaters and rich heritage, Keralan food is the perfect example of Indian coastal cuisine. Helly prepares Kadala curry - a traditional vegetarian dish using curry leaves.	AUSTRALIA	English-100		G	Y
2022-10-27	1830	<b>Gourmet Farmer</b>	Apples And Cider	It's raining apples, and Matthew is ready to make full use of the abundant harvest. He learns how to make cider and cooks an apple and blackberry shortcake.		English-100	RPT	G	Y
2022-10-27	1900	<b>The Cook Up With Adam Liaw</b>	Memory Lane	Baker Natalie Paull spent her early years learning from the legendary Maggie Beer, and they both join Adam in The Cook Up Kitchen to take you down memory lane with nostalgia inspired dishes.	AUSTRALIA	English-100		PG	
2022-10-27	1930	<b>Dishing It Up</b>	Dishing It Up Series 1 Ep 5	This episode, everyday home cooks put three homegrown recipes to the test. First up, will Hayden Quinn's Vietnamese Surf 'n Turf rock the boat?	AUSTRALIA			PG	

2022-10-27	2000	<b>Guillaume's Paris</b>	Guillaume's Paris Series 1 Ep 7	Chef Guillaume Brahimi explores the 13th and 14th arrondissements of Paris which have both had a huge impact on the cuisine of the city. FirGuillaume visits the artistic neighbourhood of Montparnasse.	AUSTRALIA	English-100		PG	
2022-10-27	2030	<b>Rick Stein's Seafood Odyssey</b>	Goa And America	It's six o'clock in the morning, and Rick is on a tropical beach in Goa, where the rising sun is shadowing the fishermen as they haul in the first of the day's catch.	UNITED KINGDOM	English-100		PG	
2022-10-27	2100	<b>Gok Wan's Easy Asian</b>	Gok Wan's Easy Asian Series 2 Ep 4	Gok explores his favourite curry influences from the UK and Asia; a takeaway favourite that is oh so naughty but oh so nice!	UNITED KINGDOM	English-100		PG	
2022-10-27	2130	<b>Come Dine With Me</b>	Newcastle 4	It's the fourth night in the North East and sexual health nurse Jade is throwing a Wild West themed party in a bid to rope her the money.	UNITED KINGDOM	English-100		PG	
2022-10-27	2200	<b>Bizarre Foods: Delicious Destinations</b>	Curacao	Andrew enjoys the bold and tropical flavors of Curacao, a small Caribbean island off the coast of Venezuela. The former Dutch trading hub has a local cuisine that blends its diverse history with food.	USA	English-100		PG	
2022-10-27	2230	<b>The Cook Up With Adam Liaw</b>	Memory Lane	Baker Natalie Paull spent her early years learning from the legendary Maggie Beer, and they both join Adam in The Cook Up Kitchen to take you down memory lane with nostalgia inspired dishes.	AUSTRALIA	English-100	RPT	PG	
2022-10-27	2300	<b>Nigella Kitchen</b>	Devilishly Good	It's time for some seriously delicious eating and in Nigella's kitchen every mouthful is devilishly good. First up is her fabulous, fiery, red jumbo chilli sauce with tortilla chips.	UNITED KINGDOM	English-100		G	
2022-10-27	2330	<b>Top Chef</b>	Hoop Dreams	Kentucky based Top Chef alum Ed Lee drops by for a Quickfire that's part trivia, part culinary creativity.	USA	English-100		PG	Y
2022-10-27	2425	<b>Poh &amp; Co. Bitesize</b>	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
2022-10-27	2430	<b>Rick Stein's Seafood Odyssey</b>	Goa And America	It's six o'clock in the morning, and Rick is on a tropical beach in Goa, where the rising sun is shadowing the fishermen as they haul in the first of the day's catch.	UNITED KINGDOM	English-100		PG	
2022-10-27	2500	<b>Gourmet Farmer</b>	Apples And Cider	It's raining apples, and Matthew is ready to make full use of the abundant harvest. He learns how to make cider and cooks an apple and blackberry shortcake.		English-100	RPT	G	Y
2022-10-27	2530	<b>Spencer's Big 30</b>	Put An Egg On It	Using brown lentils as the base of his meal, Spencer prepares a flavourful and nutritious dish: Warm Lentils and Poached Eggs.	CANADA	English-100		G	
2022-10-27	2600	<b>Guillaume's Paris</b>	Guillaume's Paris Series 1 Ep 7	Chef Guillaume Brahimi explores the 13th and 14th arrondissements of Paris which have both had a huge impact on the cuisine of the city. FirGuillaume visits the artistic neighbourhood of Montparnasse.	AUSTRALIA	English-100	RPT	PG	
2022-10-27	2630	<b>Bizarre Foods: Delicious Destinations</b>	Curacao	Andrew enjoys the bold and tropical flavors of Curacao, a small Caribbean island off the coast of Venezuela. The former Dutch trading hub has a local cuisine that blends its diverse history with food.	USA	English-100	RPT	PG	
2022-10-27	2700	<b>Gok Wan's Easy Asian</b>	Gok Wan's Easy Asian Series 2 Ep 4	Gok explores his favourite curry influences from the UK and Asia; a takeaway favourite that is oh so naughty but oh so nice!	UNITED KINGDOM	English-100	RPT	PG	

2022-10-27	2730	<b>Simply Raymond Blanc</b>	My Favourite Brasserie Dishes	Raymond Blanc shares his archive of recipes and introduces the nation to his favourite dishes which have featured on the menus across his restaurants.	ENGLAND	English-100		G	
2022-10-27	2825	<b>Destination Flavour Fillers</b>	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
2022-10-27	2830	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 64	Elena and Khanh are in the My Market Kitchen today cooking up a Thai Green Papaya Salad. Khanh takes us to his restaurant, The George on Collins for a Smokey Sriracha Noodles recipe.	AUSTRALIA			G	
2022-10-28	0500	<b>Nigella Kitchen</b>	Devilishly Good	It's time for some seriously delicious eating and in Nigella's kitchen every mouthful is devilishly good. First up is her fabulous, fiery, red jumbo chilli sauce with tortilla chips.	UNITED KINGDOM	English-100		G	
2022-10-28	0530	<b>From Scratch</b>	From Scratch Series 1 Ep 4	David Higgs, is the one of the best known South African chefs and in his Johannesburg restaurant Marble he only cooks over wood fires.	UNITED KINGDOM	English-100		PG	
2022-10-28	0630	<b>David Rocco's Dolce India</b>	David Rocco's Dolce India Series 1 Ep 7	David is challenged to an Indo-Italian cook off by ITC Maratha's Executive Chef Rajdeep Kapoor. The three round cook off will pit Indian against Italian cuisine using a common star ingredient.	CANADA	English-100		PG	
2022-10-28	0700	<b>David Rocco's Dolce India</b>	David Rocco's Dolce India Series 1 Ep 8	David takes a trip to the remote village of Mundota to visit his friends, Vikram and Alka, who will teach him about the spiritual nature of Indian cooking.	CANADA	English-100		PG	
2022-10-28	0730	<b>India Unplated</b>	Kerala	Known for its scenic backwaters and rich heritage, Kerala food is the perfect example of Indian coastal cuisine. Helly prepares Kadala curry - a traditional vegetarian dish using curry leaves.	AUSTRALIA	English-100		G	Y
2022-10-28	0800	<b>Gourmet Farmer</b>	Apples And Cider	It's raining apples, and Matthew is ready to make full use of the abundant harvest. He learns how to make cider and cooks an apple and blackberry shortcake.		English-100	RPT	G	Y
2022-10-28	0830	<b>Simply Raymond Blanc</b>	My Favourite Brasserie Dishes	Raymond Blanc shares his archive of recipes and introduces the nation to his favourite dishes which have featured on the menus across his restaurants.	ENGLAND	English-100		G	
2022-10-28	0925	<b>Destination Flavour Fillers</b>	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
2022-10-28	0930	<b>Spencer's Big 30</b>	Put An Egg On It	Using brown lentils as the base of his meal, Spencer prepares a flavourful and nutritious dish: Warm Lentils and Poached Eggs.	CANADA	English-100		G	
2022-10-28	1000	<b>Come Dine With Me</b>	Newcastle 4	It's the fourth night in the North East and sexual health nurse Jade is throwing a Wild West themed party in a bid to rope her the money.	UNITED KINGDOM	English-100		PG	
2022-10-28	1030	<b>Bizarre Foods: Delicious Destinations</b>	Curacao	Andrew enjoys the bold and tropical flavors of Curacao, a small Caribbean island off the coast of Venezuela. The former Dutch trading hub has a local cuisine that blends its diverse history with food.	USA	English-100	RPT	PG	
2022-10-28	1100	<b>The Cook Up With Adam Liaw</b>	Memory Lane	Baker Natalie Paull spent her early years learning from the legendary Maggie Beer, and they both join Adam in The Cook Up Kitchen to take you down memory lane with nostalgia inspired dishes.	AUSTRALIA	English-100	RPT	PG	
2022-10-28	1130	<b>Dishing It Up</b>	Dishing It Up Series 1 Ep 5	This episode, everyday home cooks put three homegrown recipes to the test. First up, will Hayden Quinn's Vietnamese Surf 'n Turf rock the boat?	AUSTRALIA		RPT	PG	

2022-10-28	1200	<b>Guillaume's Paris</b>	Guillaume's Paris Series 1 Ep 7	Chef Guillaume Brahimi explores the 13th and 14th arrondissements of Paris which have both had a huge impact on the cuisine of the city. FirGuillaume visits the artistic neighbourhood of Montparnasse.	AUSTRALIA	English-100	RPT	PG	
2022-10-28	1230	<b>Rick Stein's Seafood Odyssey</b>	Goa And America	It's six o'clock in the morning, and Rick is on a tropical beach in Goa, where the rising sun is shadowing the fishermen as they haul in the first of the day's catch.	UNITED KINGDOM	English-100		PG	
2022-10-28	1300	<b>Gok Wan's Easy Asian</b>	Gok Wan's Easy Asian Series 2 Ep 4	Gok explores his favourite curry influences from the UK and Asia; a takeaway favourite that is oh so naughty but oh so nice!	UNITED KINGDOM	English-100	RPT	PG	
2022-10-28	1330	<b>Simply Raymond Blanc</b>	Just The Two Of Us	Raymond shares his favourite romantic meals to treat the nation's couples. He starts with a dish of broad beans with parmesan and pan-fried sole, and ends with an exotic fruit panna cotta for dessert.	ENGLAND	English-100		PG	
2022-10-28	1425	<b>Destination Flavour Fillers</b>	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
2022-10-28	1430	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 65	On My Market Kitchen today Elena is joined by Kinsan from Asian Inspirations for a traditional Pork & Vegetable Ramen dish. Then Khanh bakes his Classic Chocolate Brownies.	AUSTRALIA			G	
2022-10-28	1500	<b>Spencer's Big 30</b>	Lebanese Take-Out	First up is a fresh Fattoush Salad with zesty sumac and lemon dressing, topped with warm crunchy pita chips. Next, a flavourful dessert of Walnut Baklava Cookies.	CANADA	English-100		PG	
2022-10-28	1530	<b>From Scratch</b>	From Scratch Series 1 Ep 5	David works with Michelin star chef Christiano Andreini, to recreate his coastal Sardinian dishes. David attempts to dive for octopus in open, rough waters, but must quickly find an alternative.	UNITED KINGDOM	English-100		PG	
2022-10-28	1630	<b>Nigella Kitchen</b>	Safety In Numbers	It is Christmas, and Nigella is having a fabulous easy drinks party. On the menu there are meltingly tender turkey meatballs in tomato sauce and a must-have party recipe.	UNITED KINGDOM	English-100		G	
2022-10-28	1700	<b>David Rocco's Dolce India</b>	David Rocco's Dolce India Series 1 Ep 9	When David discovers a dairy farm making Italian cheeses in India, he takes it upon himself to investigate. Inspired by Indians embracing the fundamentals of Italian food, David returns the favour.	CANADA	English-100		PG	
2022-10-28	1730	<b>David Rocco's Dolce India</b>	David Rocco's Dolce India Series 1 Ep 10	Bukhara is one of India's most famous restaurants, known for it's highly guarded dal recipe. David is determined to learn the recipe from ITC Bukhara's head Chef Manisha Bhasin.	CANADA	English-100		PG	
2022-10-28	1800	<b>India Unplated</b>	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		G	Y
2022-10-28	1830	<b>Gourmet Farmer</b>	Chicken Dispatching And Abalone Diving	Matthew and Nick visit Nene on Bruny Island where they go abalone diving. Back on the farm Matthew has a problem - an over-supply of roosters.		English-100	RPT	PG	Y
2022-10-28	1900	<b>The Cook Up With Adam Liaw</b>	Zero To Hero	Chef Danielle Alvarez and ABC journalist Mahnaz Angury join Adam in The Cook Up Kitchen to make dishes that you can make from the most humble ingredients.	AUSTRALIA	English-100		PG	
2022-10-28	1930	<b>Rick Stein's Seafood Odyssey</b>	Australia And Italy	Rick takes in the white sands and turquoise seas of Noosa, in Queensland, where he meets Sally Jenyns, a TV chef who shares Rick's passion for the sea, boats and fishing.	UNITED KINGDOM	English-100		PG	



2022-10-28	2000	<b>Cook Like An Italian With Silvia Colloca</b>	Arrivederci, Gluten!	Let's face it - when it comes to Italian food, carbs are king. Pizza, pasta, panini - it can feel impossible to enjoy Italian cuisine with a gluten-free lifestyle.	AUSTRALIA	English-100	G	Y	
2022-10-28	2030	<b>Curtis Stone's Travel, Cook, Repeat</b>	Curtis Stone's Travel, Cook, Repeat Series 2 Ep 6	Chef Curtis Stone travels back to his hometown of Melbourne, Australia where he meets up with his brother, Luke, to meet a former Formula One engineer turned baker.	USA	English-100	PG		
2022-10-28	2100	<b>Cheese Slices</b>	Shepherds Cheeses Of The Pyrenees	After more than a decade, Will Studd returns to the Pyrenees Mountains, home to some of the world's oldest shepherd's cheeses and one of the last strongholds of traditional artisan cheese making.	AUSTRALIA	English-100	G		
2022-10-28	2130	<b>Come Dine With Me</b>	Newcastle 5	It's the final day in the North East and the turn of Emergency Planner James who's hoping to impress the group with a carefully constructed menu.	UNITED KINGDOM	English-100	PG		
2022-10-28	2200	<b>Bizarre Foods: Delicious Destinations</b>	Seville	Andrew explores the city of Seville, Spain, where socialising includes long nights of communal eating and drinking. With impeccable delicacies like the cured ham of Iberico pig and gazpacho.	USA	English-100	PG		
2022-10-28	2230	<b>The Cook Up With Adam Liaw</b>	Zero To Hero	Chef Danielle Alvarez and ABC journalist Mahnaz Angury join Adam in The Cook Up Kitchen to make dishes that you can make from the most humble ingredients.	AUSTRALIA	English-100	RPT	PG	
2022-10-28	2300	<b>Nigella Kitchen</b>	Safety In Numbers	It is Christmas, and Nigella is having a fabulous easy drinks party. On the menu there are meltingly tender turkey meatballs in tomato sauce and a must-have party recipe.	UNITED KINGDOM	English-100	G		
2022-10-28	2330	<b>Top Chef</b>	Greatest, The	Top Chef can't go to Kentucky without taking a turn at fried chicken. Chef Art Smith guests judges a secret herbs and spices blind taste test ahead of the Quickfire fry-off.	USA	English-100	PG	Y	
2022-10-28	2425	<b>Poh &amp; Co. Bitesize</b>	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
2022-10-28	2430	<b>Rick Stein's Seafood Odyssey</b>	Australia And Italy	Rick takes in the white sands and turquoise seas of Noosa, in Queensland, where he meets Sally Jenyns, a TV chef who shares Rick's passion for the sea, boats and fishing.	UNITED KINGDOM	English-100	PG		
2022-10-28	2500	<b>Gourmet Farmer</b>	Chicken Dispatching And Abalone Diving	Matthew and Nick visit Nene on Bruny Island where they go abalone diving. Back on the farm Matthew has a problem - an over-supply of roosters.		English-100	RPT	PG	Y
2022-10-28	2530	<b>Spencer's Big 30</b>	Lebanese Take-Out	First up is a fresh Fattoush Salad with zesty sumac and lemon dressing, topped with warm crunchy pita chips. Next, a flavourful dessert of Walnut Baklava Cookies.	CANADA	English-100	PG		
2022-10-28	2600	<b>Cook Like An Italian With Silvia Colloca</b>	Arrivederci, Gluten!	Let's face it - when it comes to Italian food, carbs are king. Pizza, pasta, panini - it can feel impossible to enjoy Italian cuisine with a gluten-free lifestyle.	AUSTRALIA	English-100	G	Y	
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2022-10-28	2700	<b>Cheese Slices</b>	Shepherds Cheeses Of The Pyrenees	After more than a decade, Will Studd returns to the Pyrenees Mountains, home to some of the world's oldest shepherd's cheeses and one of the last strongholds of traditional artisan cheese making.	AUSTRALIA	English-100	G		

2022-10-28	2730	<b>Simply Raymond Blanc</b>	Just The Two Of Us	Raymond shares his favourite romantic meals to treat the nation's couples. He starts with a dish of broad beans with parmesan and pan-fried sole, and ends with an exotic fruit panna cotta for dessert.	ENGLAND	English-100		PG	
2022-10-28	2825	<b>Destination Flavour Fillers</b>	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
2022-10-28	2830	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 65	On My Market Kitchen today Elena is joined by Kinsan from Asian Inspirations for a traditional Pork & Vegetable Ramen dish. Then Khanh bakes his Classic Chocolate Brownies.	AUSTRALIA			G	
2022-10-29	0500	<b>Nigella Kitchen</b>	Safety In Numbers	It is Christmas, and Nigella is having a fabulous easy drinks party. On the menu there are meltingly tender turkey meatballs in tomato sauce and a must-have party recipe.	UNITED KINGDOM	English-100		G	
2022-10-29	0530	<b>From Scratch</b>	From Scratch Series 1 Ep 5	Chef Danielle Alvarez and ABC journalist Mahnaz Angury join Adam in The Cook Up Kitchen to make dishes that you can make from the most humble ingredients.	UNITED KINGDOM	English-100		PG	
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2022-10-29	0700	<b>David Rocco's Dolce India</b>	David Rocco's Dolce India Series 1 Ep 10	Bukhara is one of India's most famous restaurants, known for it's highly guarded dal recipe. David is determined to learn the recipe from ITC Bukhara's head Chef Manisha Bhasin.	CANADA	English-100	RPT	PG	
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2022-10-29	0800	<b>Gourmet Farmer</b>	Chicken Dispatching And Abalone Diving	Matthew and Nick visit Nene on Bruny Island where they go abalone diving. Back on the farm Matthew has a problem - an over-supply of roosters.		English-100	RPT	PG	Y
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2022-10-29	1000	<b>Come Dine With Me</b>	Newcastle 5	It's the final day in the North East and the turn of Emergency Planner James who's hoping to impress the group with a carefully constructed menu.	UNITED KINGDOM	English-100		PG	
2022-10-29	1030	<b>Bizarre Foods: Delicious Destinations</b>	Seville	Andrew explores the city of Seville, Spain, where socialising includes long nights of communal eating and drinking. With impeccable delicacies like the cured ham of Iberico pig and gazpacho.	USA	English-100	RPT	PG	
2022-10-29	1100	<b>The Cook Up With Adam Liaw</b>	Zero To Hero	Chef Danielle Alvarez and ABC journalist Mahnaz Angury join Adam in The Cook Up Kitchen to make dishes that you can make from the most humble ingredients.	AUSTRALIA	English-100	RPT	PG	

2022-10-29	1130	<b>Rick Stein's Seafood Odyssey</b>	Australia And Italy	Rick takes in the white sands and turquoise seas of Noosa, in Queensland, where he meets Sally Jenyns, a TV chef who shares Rick's passion for the sea, boats and fishing.	UNITED KINGDOM	English-100		PG		
2022-10-29	1200	<b>Cook Like An Italian With Silvia Colloca</b>	Arrivederci, Gluten!	Let's face it - when it comes to Italian food, carbs are king. Pizza, pasta, panini - it can feel impossible to enjoy Italian cuisine with a gluten-free lifestyle.	AUSTRALIA	English-100		G		Y
2022-10-29	1230	<b>Curtis Stone's Travel, Cook, Repeat</b>	Curtis Stone's Travel, Cook, Repeat Series 2 Ep 6	Chef Curtis Stone travels back to his hometown of Melbourne, Australia where he meets up with his brother, Luke, to meet a former Formula One engineer turned baker.	USA	English-100	RPT	PG		
2022-10-29	1300	<b>Cheese Slices</b>	Shepherds Cheeses Of The Pyrenees	After more than a decade, Will Studd returns to the Pyrenees Mountains, home to some of the world's oldest shepherd's cheeses and one of the last strongholds of traditional artisan cheese making.	AUSTRALIA	English-100		G		
2022-10-29	1330	<b>Nigella Kitchen</b>	Safety In Numbers	It is Christmas, and Nigella is having a fabulous easy drinks party. On the menu there are meltingly tender turkey meatballs in tomato sauce and a must-have party recipe.	UNITED KINGDOM	English-100		G		
2022-10-29	1400	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 2 Ep 13	On the banks of the River Tamar, Rick visits a little-known mausoleum with a rather macabre story.	UNITED KINGDOM	English-100		PG		
2022-10-29	1430	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 1 Ep 5	Chef Michel Roux heads out in the French countryside to source the things he loves to eat while on holiday. Michel's stunning pan-roasted guinea fowl is a feast for the eye.	UNITED KINGDOM	English-100		G		Y
2022-10-29	1525	<b>Poh &amp; Co. Bitesize</b>	Family	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G		Y
2022-10-29	1530	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 1 Ep 6	Michel Roux is in search of the perfect honey to create a delicious sauce for a dish of new season duck. He'll show us how to make an elegant ratatouille with a twist to eat either hot or cold.	UNITED KINGDOM	English-100		G		Y
2022-10-29	1625	<b>Poh &amp; Co. Bitesize</b>	Community	Welcome to the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G		Y
2022-10-29	1630	<b>Weekend Breaks With Gregg Wallace</b>	Budapest	Gregg visits the popular city of Budapest to sample their famous foods - from goulash to rich cakes in grand cafes, to endless varieties of breakfast sausages, this is a city that doesn't hold back.	UNITED KINGDOM	English-100		PG		
2022-10-29	1725	<b>Destination Flavour - Japan</b>	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
2022-10-29	1730	<b>Spaghetti And Noodles</b>	Spaghetti And Noodles Series 1 Ep 3	Adam continues exploration of Asian street foods in Darwin. He meets visits a young passionate Vietnamese foodie called Minh, at his cafe Three Mothers.	AUSTRALIA	English-100		G		
2022-10-29	1800	<b>Spaghetti And Noodles</b>	Spaghetti And Noodles Series 1 Ep 4	Adam continues his exploration of Asian street foods in Darwin. He meets a young Korean born chef, Bruce, whose culinary specialties are Korean fried chicken, miso eggplant and sweet potato noodles.	AUSTRALIA	English-100		G		
2022-10-29	1830	<b>Ainsley's Good Mood Food</b>	Ainsley's Good Mood Food Series 2 Ep 5	Ainsley pays tribute to humble grains and pulses, making the most of their versatility and taste in all his dishes. First up is a sumptuous summery dish of pan-seared sardines with thyme-roasted vine tomato.	UNITED KINGDOM	English-100		PG		
2022-10-29	1930	<b>Bobby &amp; Giada In Italy</b>	Old Vs New	While Rome is a city steeped in tradition, the food scene is being updated with modern techniques and new flavor combinations. From pizza pies inspired by famous pastas to a trendy food market.	USA	English-100		PG		

2022-10-29	2025	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 6	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-10-29	2030	<b>Jamie's Great Britain</b>	Heart Of England	Jamie's road trip takes him to the heart of England - The Midlands. Leicester is his first stop, where he uncovers the impact the British Empire's love for spice has had on Britain's food culture.	UNITED KINGDOM	English-100		PG		
2022-10-29	2125	<b>Poh &amp; Co. Bitesize</b>	Small Business	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-10-29	2130	<b>Eat Me: Or Try Not To</b>	Marketing, The	Today, we're familiar with so many food brands that we no longer need to be convinced to buy them. But at one point, each and every one of them had to come up with a plan to get us to try them.	CANADA	English-100		G		
2022-10-29	2230	<b>Anthony Bourdain: Parts Unknown</b>	Israel	Tony travels to Israel, the West Bank and Gaza where he'll spend time meeting chefs, home cooks, writers and amateur foodies to find out more about the food culture in these places.	USA	English-100		PG		Y
2022-10-29	2325	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 7	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y

2022-10-29	2330	<b>Gordon Ramsay Uncharted</b>	Alaska	In the harsh conditions of southeast Alaska, Gordon learns how locals have adapted over the years to create their delicious local cuisine.	UNITED KINGDOM	English-100		PG		Y
2022-10-29	2425	<b>Poh &amp; Co. Bitesize</b>	Family	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G		Y
2022-10-29	2430	<b>Ainsley's Good Mood Food</b>	Ainsley's Good Mood Food Series 2 Ep 5	Ainsley pays tribute to humble grains and pulses, making the most of their versatility and taste in all his dishes. First up is a sumptuous summery dish of pan-seared sardines with thyme-roasted vine tomato.	UNITED KINGDOM	English-100	RPT	PG		
2022-10-29	2530	<b>Bobby &amp; Giada In Italy</b>	Old Vs New	While Rome is a city steeped in tradition, the food scene is being updated with modern techniques and new flavor combinations. From pizza pies inspired by famous pastas to a trendy food market.	USA	English-100	RPT	PG		
2022-10-29	2625	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 6	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-10-29	2630	<b>Jamie's Great Britain</b>	Heart Of England	Jamie's road trip takes him to the heart of England - The Midlands. Leicester is his first stop, where he uncovers the impact the British Empire's love for spice has had on Britain's food culture.	UNITED KINGDOM	English-100		PG		
2022-10-29	2725	<b>Poh &amp; Co. Bitesize</b>	Small Business	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G		Y
2022-10-29	2730	<b>Eat Me: Or Try Not To</b>	Marketing, The	Today, we're familiar with so many food brands that we no longer need to be convinced to buy them. But at one point, each and every one of them had to come up with a plan to get us to try them.	CANADA	English-100	RPT	G		
2022-10-29	2830	<b>Spaghetti And Noodles</b>	Spaghetti And Noodles Series 1 Ep 3	Adam continues exploration of Asian street foods in Darwin. He meets visits a young passionate Vietnamese foodie called Minh, at his cafe Three Mothers.	AUSTRALIA	English-100		G		