



WEEK 32: Sunday, 6 August - Saturday, 12 August 2023 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2023-08-06	0500	Good Tucker	Ipsos	It's a trip down the Great Ocean Road this week as Suren and Matt head to Ipsos, a Lorne dining institution.	AUSTRALIA	English-100		PG		
2023-08-06	0530	Ainsley's Food We Love	Ainsley's Food We Love Ep 6	This special festive episode is packed full of Xmas treats. Ainsley starts with his festive bubble patties, while singer Martine McCutcheon joins him as he cooks a flavourful Thai-style turkey broth.	UNITED KINGDOM	English-100		G		
2023-08-06	0625	Please Eat Slowly Bitesize	Dumplings	Victor shares his tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right.	AUSTRALIA	English-100		G		
2023-08-06	0630	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 2 Ep 5	Michel splashes out on spiny lobster, langoustines, oysters, clams and sea-squirts to make a stunning seafood platter with three dipping sauces.	UNITED KINGDOM	English-100		PG		Y
2023-08-06	0725	Please Eat Slowly Bitesize	Yee Sang	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100		G		
2023-08-06	0730	John Torode's Korean Food Tour	Soups And Stews	John meets up with broadcaster and chef Matthew Chung who takes him to his favourite soup kitchen. Soups are eaten at every meal and a good soup is the mainstay of breakfast, lunch and dinner.	UNITED KINGDOM	English-100		PG		
2023-08-06	0825	Destination Flavour Singapore Bitesize	Lamb Kebabs	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		
2023-08-06	0830	Masters Of Savours	Masters Of Honey	Learn how honey is one of the few ingredients to be truly universal. From Corsica to the Greek island of Icaria, we meet passionate beekeepers extracting exceptional honey to make unique dishes.	FRANCE	English-100		G		
2023-08-06	0930	Field Trip With Curtis Stone	Victoria	Curtis heads to his hometown of Melbourne with his brother Luke to visit old friends and taste new culinary creations.	USA	English-100		PG		
2023-08-06	1000	Field Trip With Curtis Stone	Maui	Curtis heads to Maui to explore the local cuisine. He starts with a visit to a taro root farm to process their staple food, Poi.	USA	English-100		PG		
2023-08-06	1030	Ainsley's Food We Love	Ainsley's Food We Love Ep 6	This special festive episode is packed full of Xmas treats. Ainsley starts with his festive bubble patties, while singer Martine McCutcheon joins him as he cooks a flavourful Thai-style turkey broth.	UNITED KINGDOM	English-100		G		
2023-08-06	1125	Please Eat Slowly Bitesize	Dumplings	Victor shares his tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right.	AUSTRALIA	English-100		G		

2023-08-06	1130	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 2 Ep 5	Michel splashes out on spiny lobster, langoustines, oysters, clams and sea-squirts to make a stunning seafood platter with three dipping sauces.	UNITED KINGDOM	English-100		PG		Y
2023-08-06	1225	Please Eat Slowly Bitesize	Yee Sang	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100		G		
2023-08-06	1230	Masters Of Savours	Masters Of Honey	Learn how honey is one of the few ingredients to be truly universal. From Corsica to the Greek island of Ikaria, we meet passionate beekeepers extracting exceptional honey to make unique dishes.	FRANCE	English-100		G		
2023-08-06	1330	Plat Du Tour	Plat Du Tour Series 3 (30min Version) Ep 2	Guillaume Brahimi explores the mountain regions in the south of France where there are so many regional specialties to try. In the caves under the town of Roquefort.	FRANCE	English-100		G	Y	Y
2023-08-06	1400	The Cook Up With Adam Liaw	Fresh For Less	Adam and his guests, VicHealth CEO Dr. Sandro Demaio and award-winning chef Alanna Sapwell-Stone, say "yes" to eating fresh for less.	AUSTRALIA	English-100	RPT	G		
2023-08-06	1430	The Cook Up With Adam Liaw	Street Treats	Manze chef and owner Nagesh Seethiah and Flyover Fritterier chef and owner Gunjan Aylawadi join Adam to make their favourite street treats.	AUSTRALIA	English-100	RPT	G		
2023-08-06	1500	The Cook Up With Adam Liaw	Flour Power	Prepare your sieves! The internet's favourite foodie Alison Roman, Fico restaurant's Federica Andrisani and Adam unleash their flour power.	AUSTRALIA	English-100	RPT	PG		
2023-08-06	1530	The Cook Up With Adam Liaw	Grandma Taught Me	This one's for you, granny! Adam and Warndu co-founders and cookbook authors Damien Coulthard and Rebecca Sullivan share recipes their grandmas taught them.	AUSTRALIA	English-100	RPT	PG		
2023-08-06	1600	The Cook Up With Adam Liaw	Crack!	It's a spectacular night of Easy Entertaining as Adam, cook and presenter Khanh Ong and 2023 Good Food Chef of the Year Annita Potter have a crack at cracking recipes that go crack!	AUSTRALIA	English-100		PG		
2023-08-06	1630	Yotam Ottolenghi's Mediterranean Feasts	Morocco	Renowned chef Yotam Ottolenghi travels the southern and eastern Mediterranean to discover the cuisine of these far flung places. Yotam's journey begins in Morocco.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2023-08-06	1725	Please Eat Slowly Bitesize	Yee Sang	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100		G		
2023-08-06	1730	Taste The Nation With Padma Lakshmi	Pad Thai Gamble, The	Las Vegas is home to one of the largest groups of Thai immigrants in America. Padma shares stories with the community over delicious food - Pad Thai is just the start.	USA	English-100		G		Y
2023-08-06	1805	Flat Out Food	Honey	Saskatchewan produces the second-most amount of honey in Canada. Jenn learns about bees, how to make mead from honey and how honey can be used to elevate a dish.	CANADA	English-100		G		
2023-08-06	1835	Food Chain: From Source To Table	Wake Up Call Diet	Chef Ming Tan investigates how diets are linked to the origin of viruses - and how they make us more susceptible to them.	SINGAPORE	English-100		PG		Y
2023-08-06	1930	Hairy Bikers Go Local	Home: Penarth, South Wales	Dave and Si meet James and Georgia, a father and daughter team running the kitchen in a new restaurant called "Home". The Bikers delight in their eight-course tasting menu.	UNITED KINGDOM	English-100		G		

2023-08-06	2035	Nigellissima	Nigellissima Series 1 Ep 1	Nigella introduces us to her love of Italian food through Sicilian pasta with tomatoes, garlic, and almonds. There's also a mid-week family feast of tagliata - a juicy steak cut into thin slices.	UNITED KINGDOM	English-100	RPT	G	Y	
2023-08-06	2105	Nigellissima	Nigellissima Series 1 Ep 2	Nigella Lawson's mission to show how easy it is to bring the spirit of Italy into the kitchen continues as she shares the secrets of her celebratory Italian roast chicken.	UNITED KINGDOM	English-100	RPT	G	Y	
2023-08-06	2135	Anthony Bourdain: No Reservations	Washington DC	Washington DC - Anthony is in the US capital to explore the city's many contrasts. To get in touch with his Irish side, he visits Eamonn's and enjoys classic fish and chips.	USA	English-100	RPT	PG	Y	
2023-08-06	2230	Anthony Bourdain: No Reservations	Us Southwest	Anthony takes an American road trip to explore the Southwest, which is all about roadside tacos, open wastelands, and rock stars Alice Cooper and Ted Nugent.	USA	English-100	RPT	PG		
2023-08-06	2325	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	
2023-08-06	2330	Yotam Ottolenghi's Mediterranean Feasts	Morocco	Renowned chef Yotam Ottolenghi travels the southern and eastern Mediterranean to discover the cuisine of these far flung places. Yotam's journey begins in Morocco.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2023-08-06	2425	Please Eat Slowly Bitesize	Yee Sang	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100		G		
2023-08-06	2430	Taste The Nation With Padma Lakshmi	Pad Thai Gamble, The	Las Vegas is home to one of the largest groups of Thai immigrants in America. Padma shares stories with the community over delicious food - Pad Thai is just the start.	USA	English-100		G	Y	
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2023-08-06	2630	Hairy Bikers Go Local	Home: Penarth, South Wales	Dave and Si meet James and Georgia, a father and daughter team running the kitchen in a new restaurant called "Home". The Bikers delight in their eight-course tasting menu.	UNITED KINGDOM	English-100		G		
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2023-08-06	2800	Nigellissima	Nigellissima Series 1 Ep 2	Nigella Lawson's mission to show how easy it is to bring the spirit of Italy into the kitchen continues as she shares the secrets of her celebratory Italian roast chicken.	UNITED KINGDOM	English-100	RPT	G	Y	
2023-08-06	2825	Taste The Nation With Padma Lakshmi	Pad Thai Gamble, The	Las Vegas is home to one of the largest groups of Thai immigrants in America. Padma shares stories with the community over delicious food - Pad Thai is just the start.	USA	English-100		G	Y	
2023-08-07	0500	The Cook Up With Adam Liaw	Fresh For Less	Adam and his guests, VicHealth CEO Dr. Sandro Demaio and award-winning chef Alanna Sapwell-Stone, say "yes" to eating fresh for less.	AUSTRALIA	English-100	RPT	G		
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2023-08-07	0905	Flat Out Food	Honey	Saskatchewan produces the second-most amount of honey in Canada. Jenn learns about bees, how to make mead from honey and how honey can be used to elevate a dish.	CANADA	English-100		G		
2023-08-07	0935	Food Chain: From Source To Table	Wake Up Call Diet	Chef Ming Tan investigates how diets are linked to the origin of viruses - and how they make us more susceptible to them.	SINGAPORE	English-100		PG		Y
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2023-08-07	1135	Nigellissima	Nigellissima Series 1 Ep 1	Nigella introduces us to her love of Italian food through Sicilian pasta with tomatoes, garlic, and almonds. There's also a mid-week family feast of tagliata - a juicy steak cut into thin slices.	UNITED KINGDOM	English-100	RPT	G	Y	
2023-08-07	1200	Nigellissima	Nigellissima Series 1 Ep 2	Nigella Lawson's mission to show how easy it is to bring the spirit of Italy into the kitchen continues as she shares the secrets of her celebratory Italian roast chicken.	UNITED KINGDOM	English-100	RPT	G	Y	
2023-08-07	1230	Martha Bakes	Better (For You) Bake Sale	Martha shares recipes packed with wholesome ingredients perfect for a bake sale - lemon yoghurt cupcakes with raspberry icing, wholewheat sticky buns, and a zesty orange barley pound cake.	USA	English-100		G		
2023-08-07	1300	Loving Gluten Free	Loving Gluten Free Series 1 Ep 6	Just because you're living gluten free, doesn't mean you can't enjoy a pile of tasty pancakes. Helen shares a recipe for blueberry buckwheat pancakes, before being joined by food blogger, Jo Whitton.	AUSTRALIA	English-100		G		
2023-08-07	1330	David Rocco's Dolce Napoli	Music In Napoli	Naples is a city thriving with culture - and not just food culture. Music is all around the city, so it's no surprise that David meets one of Italy's top folk singers, Pietra Montecorvino.	CANADA	English-100		G		Y
2023-08-07	1400	The Spice Trails: Latin America	Ecuador	From meeting revered food critics to traversing the vast depths of Amazon, Jose learns about spices like cumin, achiote, and acji jaipia, and their usages in Ecuador's cuisine.	INDIA	English-50; Spanish-50		G		Y

2023-08-07	1430	Donal's Meals In Minutes	Weeknight Meals	Donal shares some really quick and easy recipes which can be created in a matter of minutes any night of the week, using common ingredients.	IRELAND	English-100		G		
2023-08-07	1500	Donal's Meals In Minutes	Fast Feast Meals	This episode is full of recipes that are going to impress your friends, but best of all, they don't take hours and hours to prep and cook. Keep it simple and impress your friends with a tasty feast.	IRELAND	English-100		G		
2023-08-07	1530	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 5 Ep 4	This week, one of the UK's favourite TV judges, Alesha Dixon, is in the cafe. Inspired by her previous trip to Mumbai, Alesha and Jamie cook up a fantastic double-marinated spicy prawn dish.	UNITED KINGDOM	English-100		G		
2023-08-07	1625	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 3, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2023-08-07	1630	Mary Makes It Easy	May Contain	Don't let dietary restrictions hold you back from making tasty treats. Mary shows how to cater to food intolerances and allergies by amping up the flavour instead of using ingredient substitutions.	CANADA	English-100		G		
2023-08-07	1700	My Greek Table With Diane Kochilas	My Greek Table With Diane Kochilas Series 4 Ep 1	Diane discovers the history of her neighbourhood in Athens with the city's most renowned urban chronicler, and cooks up a delicious roast chicken with toasted orzo pilaf.	USA	English-50; Greek-50				
2023-08-07	1730	My Market Kitchen	My Market Kitchen Series 5 Ep 1	Host Ben O'Donoghue kicks things off with his wasabi prawns and tropical salad, cooked in the Prahran Market. He then bakes some moreish pumpkin scones and a tantalising oyster and finger lime dish.	AUSTRALIA	English-100		G		
2023-08-07	1800	James Martin's French Adventure	Normandy	Normandy's orchards and dairy farms inspire James to use Calvados in a pork dish with wet walnuts. He then shares his recipes for pain au chocolate and black pudding with scallops.	UNITED KINGDOM	English-100		G		Y
2023-08-07	1900	The Cook Up With Adam Liaw	Cook Up With Adam Liaw, Series 5 The Ep 31	Adam says three words any busy cook wants to hear: five ingredient dinner. With two brilliant guests: presenter Matty Mills and visual artist Gail Mabo.	AUSTRALIA	English-100		PG		
2023-08-07	1930	Luke Nguyen's Railway Vietnam	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.	AUSTRALIA	English-100	RPT	PG		Y Y
2023-08-07	2000	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 6	Silvia makes divine ricotta filled Italian crepes, and then using the leftover ingredients shows us how to create a rustic story pie from the north of Italy and a heart baked pasta, pasta al forno.	AUSTRALIA	Enya-100		G		Y
2023-08-07	2030	Rick Stein's Long Weekends	Copenhagen	Rick Stein eats his way around design-loving Copenhagen, the home of Hans Christian Anderson - and the latest in fine dining.	UNITED KINGDOM	English-100		G		
2023-08-07	2140	The Cook And The Chef	Moveable Feast, A	It's the middle of spring and the sunshine and longer days are a great excuse for people to get together and enjoy good company and good food.	AUSTRALIA	English-100		PG		
2023-08-07	2210	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 15	In this his last programme of the series, Rick takes us to the Rame Peninsula. Far from the traditional tourist track this part of Cornwall is famed for its cliffs and beaches.	UNITED KINGDOM	English-100		PG		
2023-08-07	2240	The Cook Up With Adam Liaw	Cook Up With Adam Liaw, Series 5 The Ep 31	Adam says three words any busy cook wants to hear: five ingredient dinner. With two brilliant guests: presenter Matty Mills and visual artist Gail Mabo.	AUSTRALIA	English-100		PG		

2023-08-07	2310	Famous Foodies	Famous Foodies Series 2 Ep 6	We visit Hong Kong to try local and traditional dishes, hang out with the chef of Daalder, and grab a bite with Bradley Cooper.	NETHERLANDS	English-100		PG		
2023-08-07	2335	Mary Makes It Easy	May Contain	Don't let dietary restrictions hold you back from making tasty treats. Mary shows how to cater to food intolerances and allergies by amping up the flavour instead of using ingredient substitutions.	CANADA	English-100		G		
2023-08-07	2400	Bizarre Foods: Delicious Destinations	Oklahoma City	Andrew shares the best of Oklahoma City: there's prime T-bone steaks, chicken fried steaks and burger patties mashed with a heaping helping of onions, and even the local chili is loaded with beef.	USA	English-100		G		
2023-08-07	2430	Royal Recipes	Commonwealth	Presenter Michael Buerk is joined by chef Paul Ainsworth on Royal Recipes to showcase food inspired by the Commonwealth.	UNITED KINGDOM	English-100		G		
2023-08-07	2525	Please Eat Slowly Bitesize	Mango Crepe	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100		G		
2023-08-07	2530	Royal Recipes	Day At The Races	On Royal Recipes, presenter Michael Buerk is joined by top London chef Anna Haugh at one of Britain's grandest stately home to celebrate food served up to the Royal family.	UNITED KINGDOM	English-100		G		
2023-08-07	2625	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 1, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2023-08-07	2630	Rick Stein's Long Weekends	Copenhagen	Rick Stein eats his way around design-loving Copenhagen, the home of Hans Christian Anderson - and the latest in fine dining.	UNITED KINGDOM	English-100		G		
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2023-08-08	0500	My Greek Table With Diane Kochilas	My Greek Table With Diane Kochilas Series 4 Ep 1	Diane discovers the history of her neighbourhood in Athens with the city's most renowned urban chronicler, and cooks up a delicious roast chicken with toasted orzo pilaf.	USA	English-50; Greek-50				
2023-08-08	0530	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 5 Ep 4	This week, one of the UK's favourite TV judges, Alesha Dixon, is in the cafe. Inspired by her previous trip to Mumbai, Alesha and Jamie cook up a fantastic double-marinated spicy prawn dish.	UNITED KINGDOM	English-100		G		
2023-08-08	0625	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 3, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2023-08-08	0630	Luke Nguyen's Railway Vietnam	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.	AUSTRALIA	English-100	RPT	PG	Y	Y
2023-08-08	0700	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 6	Silvia makes divine ricotta filled Italian crepes, and then using the leftover ingredients shows us how to create a rustic story pie from the north of Italy and a heart baked pasta, pasta al forno.	AUSTRALIA	Enya-100		G		Y
2023-08-08	0730	James Martin's French Adventure	Normandy	Normandy's orchards and dairy farms inspire James to use Calvados in a pork dish with wet walnuts. He then shares his recipes for pain au chocolate and black pudding with scallops.	UNITED KINGDOM	English-100		G		Y

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2023-08-08	0935	The Cook And The Chef	Moveable Feast, A	It's the middle of spring and the sunshine and longer days are a great excuse for people to get together and enjoy good company and good food.	AUSTRALIA	English-100		PG	
2023-08-08	1005	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 15	In this his last programme of the series, Rick takes us to the Rame Peninsula. Far from the traditional tourist track this part of Cornwall is famed for its cliffs and beaches.	UNITED KINGDOM	English-100		PG	
2023-08-08	1035	My Greek Table With Diane Kochilas	My Greek Table With Diane Kochilas Series 4 Ep 1	Diane discovers the history of her neighbourhood in Athens with the city's most renowned urban chronicler, and cooks up a delicious roast chicken with toasted orzo pilaf.	USA	English-50; Greek-50			
2023-08-08	1100	The Cook Up With Adam Liaw	Cook Up With Adam Liaw, Series 5 The Ep 31	Adam says three words any busy cook wants to hear: five ingredient dinner. With two brilliant guests: presenter Matty Mills and visual artist Gail Mabo.	AUSTRALIA	English-100		PG	
2023-08-08	1130	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 5 Ep 4	This week, one of the UK's favourite TV judges, Alesha Dixon, is in the cafe. Inspired by her previous trip to Mumbai, Alesha and Jamie cook up a fantastic double-marinated spicy prawn dish.	UNITED KINGDOM	English-100		G	
2023-08-08	1225	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 3, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
2023-08-08	1230	Martha Bakes	Bakery-Style Cookies	Martha shares four recipes for cookies with a wholesome update - farro chocolate-chunk cookies, spelt-nut crescents, wholewheat almond butter sandwich cookies, and granola cookies.	USA	English-100		G	
2023-08-08	1300	Loving Gluten Free	Loving Gluten Free Series 1 Ep 7	Food blogger, Jo Whitton, joins Helen in the kitchen to share a unique and mouth watering dessert recipe for pumpkin bownie pudding. Helen shares a way to make sausage rolls gluten free.	AUSTRALIA	English-100		PG	
2023-08-08	1330	David Rocco's Dolce Napoli	Donkey Way, The	The Palio del Casale, or Donkey Race, brings thousands of spectators and partiers to the town of Camposano. It's a weekend long party based around old Italian tradition.	CANADA	English-100		PG	Y
2023-08-08	1400	The Spice Trails: Latin America	Peru-Lima	Jose arrives in Peru's capital, Lima, one of the gastronomic capitals of the world. There he finds out the secret behind one of the most sought-after cuisines on Earth.	INDIA	English-50; Spanish-50		G	Y
2023-08-08	1430	Donal's Meals In Minutes	Shopping Basket Meals	Donal shares recipes for those who just want to use up some store cupboard staples and a few ingredients they've picked up from the shop on the way home.	IRELAND	English-100		G	
2023-08-08	1500	Donal's Meals In Minutes	Vegetarian Meals	Donal shows how to widen your meat-free cooking repertoire and that going meat-free doesn't mean flavour-free. From Indian inspired Dahls to speedy salads that can be put together in no time.	IRELAND	English-100		G	
2023-08-08	1530	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 5 Ep 5	This week one of Britain's favourite comedians, Michael McIntyre, joins the boys in the Southend cafe to see if his cooking skills will provoke as much laughter.	UNITED KINGDOM	English-100		G	
2023-08-08	1625	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 4, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
2023-08-08	1630	Mary Makes It Easy	Spice, Spice, Baby	Mary's first stop on her spice-fuelled adventure is Za'atar pita bread, featuring a tangy, nutty herb and spice blend originating from Western Asia and mostly made up of spice-cupboard staples.	CANADA	English-100		G	

2023-08-08	1700	My Greek Table With Diane Kochilas	My Greek Table With Diane Kochilas Series 4 Ep 2	Diane explores the growing vegan trends in Athens, and discovers the transformation of meat-based Greek classics. She welcomes the country's best-known vegan chef into her kitchen to share secrets.	USA	English-50; Greek-50				
2023-08-08	1730	My Market Kitchen	My Market Kitchen Series 5 Ep 2	Ben is joined by Kathy Tsaples, who shares her story while plating up a scrumptious flourless raspberry cake. Ben then creates tamarind lamb chops and an exquisite smoked rainbow trout dip.	AUSTRALIA	English-100				PG
2023-08-08	1800	James Martin's French Adventure	Giverny	James arrives in the misty gardens of Claude Monet's house in Giverny, where he cooks crab and dulce, apple doughnuts and a Normandy tart.	UNITED KINGDOM	English-100				PG
2023-08-08	1900	The Cook Up With Adam Liaw	Cook Up With Adam Liaw, Series 5 The Ep 32	Adam and guests, Para-athletic champion Isis Holt and Tassie food champion Massimo Mele, make magic with cured meats.	AUSTRALIA	English-100				PG
2023-08-08	1930	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietnam Series 1 Ep 7	Luke's next stop is Ninh Binh, which is a scenic wonderland with its majestic rolling mountains and intricate waterways. An early start at the local market, Luke meets a rice farmer.	AUSTRALIA	English-100	RPT		Y	PG
2023-08-08	2000	Adam and Poh's Great Australian Bites	Adam And Poh's Great Australian Bites	A nation's cuisine reflects its history and its heart. With tens of thousands of years of continuous culinary history, Adam and Poh's adventure starts at the very centre of Australia: Uluru.	AUSTRALIA	English-100				
2023-08-08	2030	Jeremy Pang's Asian Kitchen	Simple Suppers	Jeremy proves that Asian cooking can be perfect for a midweek meal by cooking steamed salmon with chilli bean, sesame prawn toast, and lemongrass porkchops.	UNITED KINGDOM	English-100				G
2023-08-08	2130	The Cook And The Chef	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
2023-08-08	2200	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 1	Rick forages for mussels in his favourite rock pools, tours Bodmin Moor's dark past with his son Jack, and cooks a fool-proof soufflé with artisan Cornish goat's cheese.	UNITED KINGDOM	English-100				PG
2023-08-08	2230	The Cook Up With Adam Liaw	Cook Up With Adam Liaw, Series 5 The Ep 32	Adam and guests, Para-athletic champion Isis Holt and Tassie food champion Massimo Mele, make magic with cured meats.	AUSTRALIA	English-100				PG
2023-08-08	2300	Famous Foodies	Famous Foodies Series 2 Ep 7	This episode we dine in Durban's The Big Easy, talk food with Penelope Cruz, and hang out with master cake builder Duff Goldman.	NETHERLANDS	English-100				PG
2023-08-08	2330	Mary Makes It Easy	Spice, Spice, Baby	Mary's first stop on her spice-fuelled adventure is Za'atar pita bread, featuring a tangy, nutty herb and spice blend originating from Western Asia and mostly made up of spice-cupboard staples.	CANADA	English-100				G
2023-08-08	2400	Bizarre Foods: Delicious Destinations	Chicago Neighborhoods	Andrew explores the neighbourhoods that make Chicago a culinary treasure trove, from burgers in the West Loop to street-style tacos in Wicker Park and barbecue chicken served up in Bronzeville.	USA	English-100				PG
2023-08-08	2430	Royal Recipes	Afternoon Tea	Presenter Michael Buerk is joined by chef Paul Ainsworth as Royal Recipes looks at food created for the meal which is said to be the Queen's favourite; afternoon tea.	UNITED KINGDOM	English-100				G
2023-08-08	2525	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 1	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT		Y	G
2023-08-08	2530	Royal Recipes	Royal Consorts	On Royal Recipes, presenter Michael Buerk is joined by chef Anna Haugh in the splendour of one of Britain's finest stately homes.	UNITED KINGDOM	English-100				G

2023-08-08	2625	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 2, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	
2023-08-08	2630	Jeremy Pang's Asian Kitchen	Simple Suppers	Jeremy proves that Asian cooking can be perfect for a midweek meal by cooking steamed salmon with chilli bean, sesame prawn toast, and lemongrass porkchops.	UNITED KINGDOM	English-100		G		
2023-08-08	2730	James Martin's French Adventure	Giverny	James arrives in the misty gardens of Claude Monet's house in Giverny, where he cooks crab and dulce, apple doughnuts and a Normandy tart.	UNITED KINGDOM	English-100		PG		
2023-08-08	2830	Mary Makes It Easy	Spice, Spice, Baby	Mary's first stop on her spice-fuelled adventure is Za'atar pita bread, featuring a tangy, nutty herb and spice blend originating from Western Asia and mostly made up of spice-cupboard staples.	CANADA	English-100		G		
2023-08-09	0500	My Greek Table With Diane Kochilas	My Greek Table With Diane Kochilas Series 4 Ep 2	Diane explores the growing vegan trends in Athens, and discovers the transformation of meat-based Greek classics. She welcomes the country's best-known vegan chef into her kitchen to share secrets.	USA	English-50; Greek-50				
2023-08-09	0530	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 5 Ep 5	This week one of Britain's favourite comedians, Michael McIntyre, joins the boys in the Southend cafe to see if his cooking skills will provoke as much laughter.	UNITED KINGDOM	English-100		G		
2023-08-09	0625	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 4, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	
2023-08-09	0630	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietnam Series 1 Ep 7	Luke's next stop is Ninh Binh, which is a scenic wonderland with its majestic rolling mountains and intricate waterways. An early start at the local market, Luke meets a rice farmer.	AUSTRALIA	English-100	RPT	PG	Y	Y
2023-08-09	0700	Adam and Poh's Great Australian Bites	Adam And Poh's Great Australian Bites	A nation's cuisine reflects its history and its heart. With tens of thousands of years of continuous culinary history, Adam and Poh's adventure starts at the very centre of Australia: Uluru.	AUSTRALIA	English-100				
2023-08-09	0730	James Martin's French Adventure	Giverny	James arrives in the misty gardens of Claude Monet's house in Giverny, where he cooks crab and dulce, apple doughnuts and a Normandy tart.	UNITED KINGDOM	English-100		PG		
2023-08-09	0830	Jeremy Pang's Asian Kitchen	Simple Suppers	Jeremy proves that Asian cooking can be perfect for a midweek meal by cooking steamed salmon with chilli bean, sesame prawn toast, and lemongrass porkchops.	UNITED KINGDOM	English-100		G		
2023-08-09	0930	The Cook And The Chef	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		
2023-08-09	1000	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 1	Rick forages for mussels in his favourite rock pools, tours Bodmin Moor's dark past with his son Jack, and cooks a fool-proof souffle with artisan Cornish goat's cheese.	UNITED KINGDOM	English-100		PG		
2023-08-09	1030	My Greek Table With Diane Kochilas	My Greek Table With Diane Kochilas Series 4 Ep 2	Diane explores the growing vegan trends in Athens, and discovers the transformation of meat-based Greek classics. She welcomes the country's best-known vegan chef into her kitchen to share secrets.	USA	English-50; Greek-50				
2023-08-09	1100	The Cook Up With Adam Liaw	Cook Up With Adam Liaw, Series 5 The Ep 32	Adam and guests, Para-athletic champion Isis Holt and Tassie food champion Massimo Mele, make magic with cured meats.	AUSTRALIA	English-100		PG		
2023-08-09	1130	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 5 Ep 5	This week one of Britain's favourite comedians, Michael McIntyre, joins the boys in the Southend cafe to see if his cooking skills will provoke as much laughter.	UNITED KINGDOM	English-100		G		

2023-08-09	1225	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 4, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	
2023-08-09	1230	Martha Bakes	Naturally Gluten-Free	Join Martha as she creates three enticing desserts that happen to be naturally gluten-free - lemon-cornmeal cake, spiced pumpkin pie with a crisp rice crust, and a flourless chocolate-walnut torte.	USA	English-100		G		
2023-08-09	1300	Loving Gluten Free	Loving Gluten Free Series 1 Ep 8	Helen shares the perfect recipe for your next Taco Tuesday. The Mexican theme continues as Helen checks out 'Hotel Jesus' with head chef Matt Lane.	AUSTRALIA	English-100		G		
2023-08-09	1330	David Rocco's Dolce Napoli	Forza Napoli	In Naples, soccer isn't just a sport, it's a religion, and their fans are world renowned for their dedication, enthusiasm and creativity.	CANADA	English-100		PG	Y	
2023-08-09	1400	The Spice Trails: Latin America	Peruvian Highlands-Cusco	Jose's journey across Peru continues as he visits the center of the Inca world and learns how spices like huacatay, aji rocoto, and cocoa leaf impart their distinct flavour and texture to Peru.	INDIA	English-50; Spanish-50		G	Y	
2023-08-09	1430	Donal's Meals In Minutes	Donal's Favourite Meals	Donal has been cooking for over 15 years now and still gets excited about going into the kitchen. This episode is a homage to some of the favourite meals that he has cooked over the years.	IRELAND	English-100		G		
2023-08-09	1500	Donal's Meals In Minutes	Quick Prep Meals	This episode is all about speedy recipes that require just 15 minutes or less of hands-on preparation. Once you get that right, that's half the battle.	IRELAND	English-100		G		
2023-08-09	1530	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 5 Ep 6	This week the boys invite everyone's favourite TV addict to join them in the cafe, as Gogglebox's Scarlett Moffat is put through her paces, learning how to make a family favourite, scotch eggs.	UNITED KINGDOM	English-100		G		
2023-08-09	1625	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 5, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	
2023-08-09	1630	Mary Makes It Easy	Picky Eaters	Mary's got you covered with strategies to feed even the pickiest eaters in your life. Her crispy chicken two ways delivers chicken tenders for the kids, and stuffed poblano feta chicken for the rest.	CANADA	English-100		PG		
2023-08-09	1700	My Greek Table With Diane Kochilas	My Greek Table With Diane Kochilas Series 4 Ep 3	Diane explores the street food scene of Athens and is inspired to create some of her own: gyro-stuffed baked bread, and a green bean salad with hazelnuts.	USA	English-50; Greek-50				
2023-08-09	1730	My Market Kitchen	My Market Kitchen Series 5 Ep 3	Ben whips up some delicious corn and ricotta hotcakes, then takes us to India with his vegetarian dosa, and finally assembles a spruced-up rubeen sandwich.	AUSTRALIA	English-100		G		
2023-08-09	1800	James Martin's French Adventure	Paris	James travels to the Poilane Bakery in Paris, which uses a starter dough that dates back to 1932. He's inspired to create a bavette steak baguette with a gin and cucumber savarin.	UNITED KINGDOM	English-100		PG		
2023-08-09	1900	The Cook Up With Adam Liaw	Cook Up With Adam Liaw, Series 5 The Ep 33	Prepare to be heart-warmed, as Adam and guests, the heart of Gourmet Traveller, Joanna Hunkin, and the heart of Darjeeling Express, Asma Khan, make food with love and care.	AUSTRALIA	English-100		PG		
2023-08-09	1930	Luke Nguyen's Railway Vietnam	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
2023-08-09	2000	Rick Stein's French Odyssey	Toulouse To Castelnaudary	In the historic city of Toulouse, the Victor Hugo Market inspires Rick to cook Toulouse Sausage Languedocienne, before using the freshest fish for a classic Pissaladiere.	UNITED KINGDOM	English-100		G	Y	

2023-08-09	2030	Paul Hollywood Eats Mexico	Mexico City	Paul's spending his first week in the country's eponymous capital, Mexico City, where he eats the best taco he's ever had!	UNITED KINGDOM	English-100		PG		Y
2023-08-09	2130	The Cook And The Chef	Cooking With Friends	Maggie and Simon visit a couple of cooking mates and mentors, who have played a part in their professional and personal lives. Simon catches up with internationally acclaimed Chef Cheong Liew.	AUSTRALIA	English-100		PG		
2023-08-09	2200	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 2	Rick visits an ancient apple orchard to learn the traditional way of making cider, cooks a chicken, leek and cider gratin, and delves into the rich history of the Cornish sea shanty.	UNITED KINGDOM	English-100		G		
2023-08-09	2230	The Cook Up With Adam Liaw	Cook Up With Adam Liaw, Series 5 The Ep 33	Prepare to be heart-warmed, as Adam and guests, the heart of Gourmet Traveller, Joanna Hunkin, and the heart of Darjeeling Express, Asma Khan, make food with love and care.	AUSTRALIA	English-100		PG		
2023-08-09	2300	Famous Foodies	Famous Foodies Series 2 Ep 8	We hang out with top chef Edwin Kats, ask Jennifer Garner about her 'Pretend Cooking Show', and talk food ethics with world class cook David Chang.	NETHERLANDS	English-100		PG		
2023-08-09	2330	Mary Makes It Easy	Picky Eaters	Mary's got you covered with strategies to feed even the pickiest eaters in your life. Her crispy chicken two ways delivers chicken tenders for the kids, and stuffed poblano feta chicken for the rest.	CANADA	English-100		PG		
2023-08-09	2400	Bizarre Foods: Delicious Destinations	Iowa State Fair	Andrew takes us on a gastronomic tour of the Iowa State Fair, with its fresh, locally grown sweet corn, baked sausage cavatelli, Dutch letter pastries and dizzying array of sandwiches.	USA	English-100		G		
2023-08-09	2430	Royal Recipes	On The Move	On Royal Recipes, presenter Michael Buerk is joined by chef Paul Ainsworth celebrate food inspired by the Royal family's tours overseas and at home.	UNITED KINGDOM	English-100		G		
2023-08-09	2525	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 2	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-08-09	2530	Royal Recipes	Spice	In today's programme, presenter Michael Buerk and chef Anna Haugh recreate George V's favourite curry.	UNITED KINGDOM	English-100		G		
2023-08-09	2625	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 3, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	
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2023-08-09	2730	James Martin's French Adventure	Paris	James travels to the Poilane Bakery in Paris, which uses a starter dough that dates back to 1932. He's inspired to create a bavette steak baguette with a gin and cucumber savarin.	UNITED KINGDOM	English-100		PG		
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2023-08-10	0500	My Greek Table With Diane Kochilas	My Greek Table With Diane Kochilas Series 4 Ep 3	Diane explores the street food scene of Athens and is inspired to create some of her own: gyro-stuffed baked bread, and a green bean salad with hazelnuts.	USA	English-50; Greek-50				

2023-08-10	0530	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 5 Ep 6	This week the boys invite everyone's favourite TV addict to join them in the cafe, as Gogglebox's Scarlett Moffat is put through her paces, learning how to make a family favourite, scotch eggs.	UNITED KINGDOM	English-100		G		
2023-08-10	0625	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 5, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	
2023-08-10	0630	Luke Nguyen's Railway Vietnam	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
2023-08-10	0700	Rick Stein's French Odyssey	Toulouse To Castelnaudary	In the historic city of Toulouse, the Victor Hugo Market inspires Rick to cook Toulouse Sausage Languedocienne, before using the freshest fish for a classic Pissaladiere.	UNITED KINGDOM	English-100		G		Y
2023-08-10	0730	James Martin's French Adventure	Paris	James travels to the Poilane Bakery in Paris, which uses a starter dough that dates back to 1932. He's inspired to create a bavette steak baguette with a gin and cucumber savarin.	UNITED KINGDOM	English-100		PG		
2023-08-10	0830	Paul Hollywood Eats Mexico	Mexico City	Paul's spending his first week in the country's eponymous capital, Mexico City, where he eats the best taco he's ever had!	UNITED KINGDOM	English-100		PG		Y
2023-08-10	0930	The Cook And The Chef	Cooking With Friends	Maggie and Simon visit a couple of cooking mates and mentors, who have played a part in their professional and personal lives. Simon catches up with internationally acclaimed Chef Cheong Liew.	AUSTRALIA	English-100		PG		
2023-08-10	1000	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 2	Rick visits an ancient apple orchard to learn the traditional way of making cider, cooks a chicken, leek and cider gratin, and delves into the rich history of the Cornish sea shanty.	UNITED KINGDOM	English-100		G		
2023-08-10	1030	My Greek Table With Diane Kochilas	My Greek Table With Diane Kochilas Series 4 Ep 3	Diane explores the street food scene of Athens and is inspired to create some of her own: gyro-stuffed baked bread, and a green bean salad with hazelnuts.	USA	English-50; Greek-50				
2023-08-10	1100	The Cook Up With Adam Liaw	Cook Up With Adam Liaw, Series 5 The Ep 33	Prepare to be heart-warmed, as Adam and guests, the heart of Gourmet Traveller, Joanna Hunkin, and the heart of Darjeeling Express, Asma Khan, make food with love and care.	AUSTRALIA	English-100		PG		
2023-08-10	1130	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 5 Ep 6	This week the boys invite everyone's favourite TV addict to join them in the cafe, as Gogglebox's Scarlett Moffat is put through her paces, learning how to make a family favourite, scotch eggs.	UNITED KINGDOM	English-100		G		
2023-08-10	1225	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 5, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	
2023-08-10	1230	Martha Bakes	Breads And Rolls	Martha demonstrates how to bake her favourite styles of bread with alternative flours, including honey-wheat Parker House rolls, wholewheat pita bread, and molasses-oat bread.	USA	English-100		G		
2023-08-10	1300	Loving Gluten Free	Loving Gluten Free Series 1 Ep 9	Buying gluten free bread can be tricky and expensive, so Helen shares a recipe to make your own bread at home - the addition of buckwheat and chia makes it high fibre.	AUSTRALIA	English-100		G		Y
2023-08-10	1330	David Rocco's Dolce Napoli	Red Red Wine	David meets his buddy Gianluca, who invites him to his families hometown of San Gregorio Armeno, a small town 90 minutes outside Naples.	CANADA	English-100		PG		Y

2023-08-10	1400	The Spice Trails: Latin America	Chile	Join Jose as he learns about basil, pinon aruacano, and aji cacho de cabre, the spices that form the bedrock of flavour in Chilean cuisine.	INDIA	English-50; Spanish-50		G		Y
2023-08-10	1430	Donal's Meals In Minutes	Easy Step Meals	Cooking is something that everyone should know how to do, but for those that may not be confident in the kitchen, this whole episode is all about meals for the novice cook.	IRELAND	English-100		G		
2023-08-10	1500	Donal's Meals In Minutes	Lunch Box Meals	This entire episode is based around meals you can whip up yourself at home and bring them to work for lunchtime. They're simple, quick and best of all they're super tasty.	IRELAND	English-100		G		
2023-08-10	1530	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 5 Ep 7	Jimmy and Jamie welcome actor Martin Clunes to the cafe. Inspired by family summer holidays as a boy in Mallorca, Martin has always wanted to learn how to recreate the incredible paella made there.	UNITED KINGDOM	English-100		G		
2023-08-10	1625	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 6, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2023-08-10	1630	Mary Makes It Easy	Guests To Impress	A kitschy, retro-themed table can put even your most important guests at ease. These four old-school recipes with a special Mary twist are sure to bring fun to the table and impress your VIPs.	CANADA	English-100		G		
2023-08-10	1700	My Greek Table With Diane Kochilas	My Greek Table With Diane Kochilas Series 4 Ep 4	In Thessaloniki, Diane explores the many influences that have shaped its unique cuisine. Along the way she learns the secrets of bougatsa, an airy, creamy phyllo pastry, with a master baker.	USA	English-50; Greek-50				
2023-08-10	1730	My Market Kitchen	My Market Kitchen Series 5 Ep 4	Ben heads to Gary's Meat for some kangaroo fillets to turn into his iconic dish, black pepper kangaroo. He then brings together a beautiful brinjal, and creates the French classic, a croque-madame.	AUSTRALIA	English-100		G		
2023-08-10	1800	James Martin's French Adventure	Versailles	James visits the palace of Versailles and a master chocolatier who makes enormous chocolate sculptures, then creates a fail-safe chocolate mousse and French fish supper.	UNITED KINGDOM	English-100		PG		
2023-08-10	1900	The Cook Up With Adam Liaw	Cook Up With Adam Liaw, Series 5 The Ep 34	Join Adam and his guests, hospitality pro Kylie Javier Ashton and Mexican restaurateur Daniella Guevara Munoz, for a fiesta in a flash.	AUSTRALIA	English-100		PG		
2023-08-10	1930	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietnam Series 1 Ep 9	Luke's penultimate stop of his train journey is Hanoi, the second largest city of Vietnam located on the Red River. There is one dish Luke always has when he visits Hanoi and that's Bun Cha.	AUSTRALIA	English-100	RPT	PG	Y	Y
2023-08-10	2000	Destination Flavour Singapore	Destination Flavour Singapore Series 1 Ep 2	Adam's salute to Singapore Banquet Dinner quest continues as he goes in search of inspiration for a meat dish.	AUSTRALIA	English-100	RPT	PG		Y
2023-08-10	2030	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 5	This episode, Silvia Colloca takes in the fresh sea air of San Benedetto del Tronto and discovers the secrets behind fritto misto, an Italian seaside speciality.	AUSTRALIA	English-100	RPT	G		Y
2023-08-10	2100	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 3	Tacos made of ground beef and hard shells will be a thing of the past once you see Dan prepare a classic steak taco with a vibrant salsa verde, before he gives the humble taco a Vietnamese twist.	AUSTRALIA	English-100		G		Y
2023-08-10	2130	The Cook And The Chef	Bush Tucker	Simon kicks the show off by sharing his thoughts about the experience of moving out to Australia from England as a youngster, looking out at the harsh Australian landscape.	AUSTRALIA	English-100		G		

2023-08-10	2200	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 3	Rick visits Europe's largest tea plantation beside the Fal River in Cornwall, where he indulges in an afternoon tea of tea loaf and plum compote.	UNITED KINGDOM	English-100		G		
2023-08-10	2230	The Cook Up With Adam Liaw	Cook Up With Adam Liaw, Series 5 The Ep 34	Join Adam and his guests, hospitality pro Kylie Javier Ashton and Mexican restaurateur Daniella Guevara Munoz, for a fiesta in a flash.	AUSTRALIA	English-100		PG		
2023-08-10	2300	Famous Foodies	Famous Foodies Series 2 Ep 9	We get healthy lifestyle advice from guru Natalie Jill, book a table at the unusually named restaurant Ho Lee Fook, and present our very own top 5 of Michelin starred eateries.	NETHERLANDS	English-100		PG		
2023-08-10	2330	Mary Makes It Easy	Guests To Impress	A kitschy, retro-themed table can put even your most important guests at ease. These four old-school recipes with a special Mary twist are sure to bring fun to the table and impress your VIPs.	CANADA	English-100		G		
2023-08-10	2400	Bizarre Foods: Delicious Destinations	Salt Lake City	Minutes away from desert trails and mountain ranges, Andrew highlights the delicious and iconic foods of Salt Lake City. Classic dishes include a pastrami burger, steak tips with mole and Utah scones.	USA	English-100		G		
2023-08-10	2430	Royal Recipes	Holidays And Travels	On today's show, presenter Michael Buerk and chef Anna Haugh fire up the barbecue to cook a favourite dish of Princess Anne.	UNITED KINGDOM	English-100		G		
2023-08-10	2525	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 3	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-08-10	2530	Royal Recipes	Young Royals	On today's show, presenter Michael Buerk and chef Anna Haugh cook 16th century biscuits, which originally celebrated the birth of a prince of the realm.	UNITED KINGDOM	English-100		PG		
2023-08-10	2625	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 4, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	
2023-08-10	2630	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 5	This episode, Silvia Colloca takes in the fresh sea air of San Benedetto del Tronto and discovers the secrets behind fritto misto, an Italian seaside speciality.	AUSTRALIA	English-100	RPT	G	Y	
2023-08-10	2700	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 3	Tacos made of ground beef and hard shells will be a thing of the past once you see Dan prepare a classic steak taco with a vibrant salsa verde, before he gives the humble taco a Vietnamese twist.	AUSTRALIA	English-100		G	Y	
2023-08-10	2730	James Martin's French Adventure	Versailles	James visits the palace of Versailles and a master chocolatier who makes enormous chocolate sculptures, then creates a fail-safe chocolate mousse and French fish supper.	UNITED KINGDOM	English-100		PG		
2023-08-10	2830	Mary Makes It Easy	Guests To Impress	A kitschy, retro-themed table can put even your most important guests at ease. These four old-school recipes with a special Mary twist are sure to bring fun to the table and impress your VIPs.	CANADA	English-100		G		
2023-08-11	0500	My Greek Table With Diane Kochilas	My Greek Table With Diane Kochilas Series 4 Ep 4	In Thessaloniki, Diane explores the many influences that have shaped its unique cuisine. Along the way she learns the secrets of bougatsa, an airy, creamy phyllo pastry, with a master baker.	USA	English-50; Greek-50				
2023-08-11	0530	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 5 Ep 7	Jimmy and Jamie welcome actor Martin Clunes to the cafe. Inspired by family summer holidays as a boy in Mallorca, Martin has always wanted to learn how to recreate the incredible paella made there.	UNITED KINGDOM	English-100		G		
2023-08-11	0625	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 6, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	

2023-08-11	0630	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietnam Series 1 Ep 9	Luke's penultimate stop of his train journey is Hanoi, the second largest city of Vietnam located on the Red River. There is one dish Luke always has when he visits Hanoi and that's Bun Cha.	AUSTRALIA	English-100	RPT	PG	Y	Y
2023-08-11	0700	Destination Flavour Singapore	Destination Flavour Singapore Series 1 Ep 2	Adam's salute to Singapore Banquet Dinner quest continues as he goes in search of inspiration for a meat dish.	AUSTRALIA	English-100	RPT	PG	Y	
2023-08-11	0730	James Martin's French Adventure	Versailles	James visits the palace of Versailles and a master chocolatier who makes enormous chocolate sculptures, then creates a fail-safe chocolate mousse and French fish supper.	UNITED KINGDOM	English-100		PG		
2023-08-11	0830	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 5	This episode, Silvia Colloca takes in the fresh sea air of San Benedetto del Tronto and discovers the secrets behind fritto misto, an Italian seaside speciality.	AUSTRALIA	English-100	RPT	G	Y	
2023-08-11	0900	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 3	Tacos made of ground beef and hard shells will be a thing of the past once you see Dan prepare a classic steak taco with a vibrant salsa verde, before he gives the humble taco a Vietnamese twist.	AUSTRALIA	English-100		G	Y	
2023-08-11	0930	The Cook And The Chef	Bush Tucker	Simon kicks the show off by sharing his thoughts about the experience of moving out to Australia from England as a youngster, looking out at the harsh Australian landscape.	AUSTRALIA	English-100		G		
2023-08-11	1000	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 3	Rick visits Europe's largest tea plantation beside the Fal River in Cornwall, where he indulges in an afternoon tea of tea loaf and plum compote.	UNITED KINGDOM	English-100		G		
2023-08-11	1030	My Greek Table With Diane Kochilas	My Greek Table With Diane Kochilas Series 4 Ep 4	In Thessaloniki, Diane explores the many influences that have shaped its unique cuisine. Along the way she learns the secrets of bougatsa, an airy, creamy phyllo pastry, with a master baker.	USA	English-50; Greek-50				
2023-08-11	1100	The Cook Up With Adam Liaw	Cook Up With Adam Liaw, Series 5 The Ep 34	Join Adam and his guests, hospitality pro Kylie Javier Ashton and Mexican restaurateur Daniella Guevara Munoz, for a fiesta in a flash.	AUSTRALIA	English-100		PG		
2023-08-11	1130	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 5 Ep 7	Jimmy and Jamie welcome actor Martin Clunes to the cafe. Inspired by family summer holidays as a boy in Mallorca, Martin has always wanted to learn how to recreate the incredible paella made there.	UNITED KINGDOM	English-100		G		
2023-08-11	1225	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 6, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	
2023-08-11	1230	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 5	This episode, Silvia Colloca takes in the fresh sea air of San Benedetto del Tronto and discovers the secrets behind fritto misto, an Italian seaside speciality.	AUSTRALIA	English-100	RPT	G	Y	
2023-08-11	1300	Loving Gluten Free	Loving Gluten Free Series 1 Ep 10	Love cake but have no time to bake? Helen has a one-minute chocolate cake that you can prepare in a cup. Food blogger and salad queen Ronnit Hoppe from Balaboosta also shares a recipe.	AUSTRALIA	English-100		G		
2023-08-11	1330	David Rocco's Dolce Africa	Nairobi, Green City In The Sun	To find out what it means to be Kenyan, David travels to Nairobi and meets an eclectic variety of local artists and entrepreneurs who open his eyes to the joys and challenges of city life.	CANADA	English-100		PG		
2023-08-11	1400	The Spice Trails: Latin America	Argentina	The great Argentinian culinary tradition of roasts and spices are in full display as Jose travels to Buenos Aires to learn their seasoning secrets.	INDIA	English-50; Spanish-50		G		Y

2023-08-11	1430	Donal's Meals In Minutes	Low And Slow	In this episode, Donal looks at slow cooking and the meals tonight all cook over the course of a few hours and they can all be prepared quickly - giving you time to do other things.	IRELAND	English-100		G			
2023-08-11	1500	Donal's Meals In Minutes	Christmas Entertaining Meals	Donal tackles one area that he gets asked about all the time - what are the best recipes to serve at Christmas? Donal has got five recipes that are guaranteed to go down a treat this Christmas.	IRELAND	English-100		G			
2023-08-11	1530	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 5 Ep 8	British Olympic champion Tom Daley dives straight into his cooking lesson in the cafe. Throughout years of training, his guilty pleasure on the weekend is a Chinese takeaway.	UNITED KINGDOM	English-100		G			
2023-08-11	1625	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 7, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y	
2023-08-11	1630	Mary Makes It Easy	B-B-Q's And A's	If you're new to barbecuing, allow Mary to bring your kitchen outside with delicious recipes that will demystify the grill and keep your eyebrows intact.	CANADA	English-100		G			
2023-08-11	1700	My Greek Table With Diane Kochilas	My Greek Table With Diane Kochilas Series 4 Ep 5	Diane visits the kitchen of 90-year-old Eirini Pournara, who makes an Athenian classic of poached fish and vegetables with homemade mayonnaise, and a special meatloaf.	USA	English-50; Greek-50					
2023-08-11	1730	My Market Kitchen	My Market Kitchen Series 5 Ep 5	Ben serves Kinsan, the Japanese Food Master from Wsshoi, a delicious spicecrusted salmon. Then, Ben makes baking at home look easy with his stoneground rustic white loaf.	AUSTRALIA	English-100		G			
2023-08-11	1800	James Martin's French Adventure	Bois De Boulogne	James pays a visit to the Michelin-starred Pre Catalan restaurant and enjoys his favourite meal of the trip. Back home he cooks a partridge dish with artisan mushrooms.	UNITED KINGDOM	English-100		PG			
2023-08-11	1900	The Cook Up With Adam Liaw	Cook Up With Adam Liaw, Series 5 The Ep 35	Adam throws an Easy Entertaining afternoon tea that declares "diet starts tomorrow", with cookbook author and chef Tom Walton and Australia's favourite host Osher Gunsberg.	AUSTRALIA	English-100		PG			
2023-08-11	1930	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietnam Series 1 Ep 10	Luke visited Sapa high in the hills in Northern Vietnam fifteen years ago. He's pleased to find out that not much has changed, and visits a little girl he befriended during that time.	AUSTRALIA	English-100	RPT	PG		Y	Y
2023-08-11	2000	Poh & Co.	Friends	Poh and her bestie Sarah create three unique ice cream flavours and go on a road trip in an attempt to break into the ice cream business.	AUSTRALIA	English-100	RPT	G		Y	
2023-08-11	2030	John Torode's Middle East	Dubai Expat	John is in Dubai, a city which is home to people from all over the world. He can't wait to find out about the food that the people have brought with them to this modern metropolis.	CANADA	English-100		PG			
2023-08-11	2100	John Torode's Middle East	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		G			
2023-08-11	2130	The Cook And The Chef	Bbq Party	The warm spring days in the Barossa Valley are perfect for a barbecue and this week Maggie and Simon make the most of the weather to turn on the gas and start sizzling some of their favourites.	AUSTRALIA	English-100		G			
2023-08-11	2200	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 4	After soaking up the ambiance at one of the UK's last live cattle markets in Truro, Rick's in the mood for Steak & Kidney Pud, before setting sail out of Falmouth in a hand-built boat.	UNITED KINGDOM	English-100		G			

2023-08-12	0700	Poh & Co.	Friends	Poh and her bestie Sarah create three unique ice cream flavours and go on a road trip in an attempt to break into the ice cream business.	AUSTRALIA	English-100	RPT	G	Y
2023-08-12	0730	James Martin's French Adventure	Bois De Boulogne	James pays a visit to the Michelin-starred Pre Catalan restaurant and enjoys his favourite meal of the trip. Back home he cooks a partridge dish with artisan mushrooms.	UNITED KINGDOM	English-100		PG	
2023-08-12	0830	John Torode's Middle East	Dubai Expat	John is in Dubai, a city which is home to people from all over the world. He can't wait to find out about the food that the people have brought with them to this modern metropolis.	CANADA	English-100		PG	
2023-08-12	0900	John Torode's Middle East	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		G	
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2023-08-12	1000	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 4	After soaking up the ambiance at one of the UK's last live cattle markets in Truro, Rick's in the mood for Steak & Kidney Pud, before setting sail out of Falmouth in a hand-built boat.	UNITED KINGDOM	English-100		G	
2023-08-12	1030	My Greek Table With Diane Kochilas	My Greek Table With Diane Kochilas Series 4 Ep 5	Diane visits the kitchen of 90-year-old Eirini Pournara, who makes an Athenian classic of poached fish and vegetables with homemade mayonnaise, and a special meatloaf.	USA	English-50; Greek-50			
2023-08-12	1100	The Cook Up With Adam Liaw	Cook Up With Adam Liaw, Series 5 The Ep 35	Adam throws an Easy Entertaining afternoon tea that declares "diet starts tomorrow", with cookbook author and chef Tom Walton and Australia's favourite host Osher Gunsberg.	AUSTRALIA	English-100		PG	
2023-08-12	1130	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 5 Ep 8	British Olympic champion Tom Daley dives straight into his cooking lesson in the cafe. Throughout years of training, his guilty pleasure on the weekend is a Chinese takeaway.	UNITED KINGDOM	English-100		G	
2023-08-12	1225	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 7, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
2023-08-12	1230	James Martin's French Adventure	Bois De Boulogne	James pays a visit to the Michelin-starred Pre Catalan restaurant and enjoys his favourite meal of the trip. Back home he cooks a partridge dish with artisan mushrooms.	UNITED KINGDOM	English-100		PG	
2023-08-12	1330	Luke Nguyen's Railway Vietnam	Luke Nguyen's Railway Vietnam Series 1 Ep 10	Luke visited Sapa high in the hills in Northern Vietnam fifteen years ago. He's pleased to find out that not much has changed, and visits a little girl he befriended during that time.	AUSTRALIA	English-100	RPT	PG	Y
2023-08-12	1400	Martha Bakes	Rethinking Cake	Martha gives three traditional cakes a healthy twist - a roulade made with oat flour and fresh berry cream, a chocolate and buckwheat torte, and a zucchini and almond cake.	USA	English-100		G	
2023-08-12	1430	Cheese Slices	Gorgonzola / Taleggio	Under the spot light in this episode are gorgonzola and taleggio. Cheese authority Will Studd travels to Northern Italy to see how and where these fascinating cheeses are created.	AUSTRALIA	English-100		G	
2023-08-12	1500	Cheese Slices	Goats Cheese	Will Studd journeys to the village of Sainte Maure de Touraine to attend the annual Goats Cheese fair. In the Judge's Hall he finds out what to look for in a perfect chevre.	AUSTRALIA	English-100		G	
2023-08-12	1530	Cheese Slices	Parmigiano / Reggiano	Parmigiano Reggiano is the undisputed king of Italian cheese and is still made by hand the old fashioned way in giant copper cauldrons, in the beautiful countryside near Parma in Reggio Emilia.	AUSTRALIA	English-100		G	

2023-08-12	1600	Good Tucker	Mustafas	Not only is Shepparton one of Victoria's most diverse towns, it's also home to Australia's first drive-through kebab shop; Suren meets Hatice and Harun Aktas to hear the story of how it came to be.	AUSTRALIA	English-100		G	
2023-08-12	1630	Taste The Nation With Padma Lakshmi	Zen And The Art Of Poke	Padma dives into Japanese culture, ubiquitous in Honolulu, to understand just how far their cultural footprint reaches.	USA	English-100		PG	Y
2023-08-12	1700	Martha Bakes	Wholesome Breakfast	Martha shares three healthy breakfast recipes designed to get people eating breakfast every day - Irish-style rye bread, wholewheat popovers, and a speedy date and nut loaf.	USA	English-100		G	
2023-08-12	1730	Field Trip With Curtis Stone	Lost Scenes, The	We revisit the countries where Curtis journeyed this season revealing the food and adventures never seen. While in New South Wales, Curtis discovers Caribbean rum made from Australian sugar cane.	USA	English-100		PG	
2023-08-12	1800	Field Trip With Curtis Stone	Big Island - Hawaii	Curtis meets up with local fisherman, Justin Lee, to do some spearfishing off the coast of Kona. He entrenches himself in the family culture of the islands, where he helps cook the caught fish.	USA	English-100		PG	
2023-08-12	1830	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 2 Ep 6	Having discovered the only man in the world to make artisan rose wine vinegar, Michel uses it to transform his version of chicken fricasee, then Michel's in-laws pop round for steak tartare.	UNITED KINGDOM	English-100		G	Y
2023-08-12	1930	John Torode's Korean Food Tour	Pantry	John heads into the Korean countryside amongst thousands of clay pots, still used to make and store South Korea's main store cupboard ingredients of soy, gochuchang, chilli paste and doenjang.	UNITED KINGDOM	English-100		G	Y
2023-08-12	2030	Masters Of Savours	Masters Of Bread	Meet the passionate people who have made bread their profession. Whether in France, Greece, or Italy, bread is a symbol coated with traditions and a source of social bonds.	FRANCE	English-100		PG	
2023-08-12	2130	Anthony Bourdain: No Reservations	So Long Summer	(S.4,Ep.19) So Long Summer - In honour of US Labor Day, Anthony takes viewers backstage for a highlights show that includes goofs, silliness and some of the baddest food on the planet. #FoodNetworkAU	USA	English-100	RPT	PG	
2023-08-12	2225	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2023-08-12	2230	Anthony Bourdain: No Reservations	At The Table With Anthony Bourdain	Opinions fly and no topic is off limits as Tony hosts a no-holds-barred dinner with four guests.	USA	English-100	RPT	PG	
2023-08-12	2325	Please Eat Slowly Bitesize	Mango Crepe	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100		G	
2023-08-12	2330	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 2 Ep 6	Having discovered the only man in the world to make artisan rose wine vinegar, Michel uses it to transform his version of chicken fricasee, then Michel's in-laws pop round for steak tartare.	UNITED KINGDOM	English-100		G	Y
2023-08-12	2425	Please Eat Slowly Bitesize	Mango Crepe	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100		G	
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2023-08-12	2525	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
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2023-08-12	2700	Cheese Slices	Gorgonzola / Taleggio	Under the spot light in this episode are gorgonzola and taleggio. Cheese authority Will Studd travels to Northern Italy to see how and where these fascinating cheeses are created.	AUSTRALIA	English-100	G
2023-08-12	2730	Cheese Slices	Goats Cheese	Will Studd journeys to the village of Sainte Maure de Touraine to attend the annual Goats Cheese fair. In the Judge's Hall he finds out what to look for in a perfect chevre.	AUSTRALIA	English-100	G
2023-08-12	2800	Cheese Slices	Parmigiano / Reggiano	Parmigiano Reggiano is the undisputed king of Italian cheese and is still made by hand the old fashioned way in giant copper cauldrons, in the beautiful countryside near Parma in Reggio Emilia.	AUSTRALIA	English-100	G
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