



WEEK 33: Sunday, 13 August - Saturday, 19 August 2023 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles	Audio Description
2023-08-13	0500	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				
2023-08-13	0530	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	a w			
2023-08-13	0600	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	a l w			
2023-08-13	0630	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				
2023-08-13	0730	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	
2023-08-13	0825	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		Y
2023-08-13	0830	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 fricassee, then Michel's in-laws pop round for steak tartare.	UNITED KINGDOM	English-100		G			Y	
2023-08-13	0925	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				
2023-08-13	0930	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				
2023-08-13	1000	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				
2023-08-13	1030	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				
2023-08-13	1100	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				
2023-08-13	1130	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				
2023-08-13	1200	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	a l w		Y	
2023-08-13	1230	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				
2023-08-13	1330	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				

2023-08-13	1400	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	RPT	G		Y	
2023-08-13	1430	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	RPT	G		Y	
2023-08-13	1500	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	RPT	G		Y	
2023-08-13	1530	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	RPT	G			
2023-08-13	1600	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		
2023-08-13	1630	Yotam Ottolenghi's Mediterranean Feasts	Turkey	Yotam's journey continues in Turkey's most historical and cultural city, Istanbul. There he tastes fish from the magnificent waters of the Bosphorus and is amazed by local vegetables.	UNITED KINGDOM	English-100	RPT	G		Y	Y
2023-08-13	1725	Please Eat Slowly Bitesize	Claypot Rice	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor shares his best tips to create your own!	AUSTRALIA	English-100		G			
2023-08-13	1730	Adam and Poh's Great Australian Bites	Alice Springs	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			PG		
2023-08-13	1800	Flat Out Food	Beef	Cattle are an important part of the grassland's ecosystem. Jenn meets with two ranchers and a chef as she follows this nutrient-dense ingredient from the pasture to the plate.	CANADA	English-100		G			
2023-08-13	1830	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	Sara La Fountain heads to Istanbul, where she discovers the local cuisine of the Turkish capital. She wanders the streets of the city, discovering its secrets and visiting interesting places.	TURKEY	English-50; Turkish-50					
2023-08-13	1900	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	Sara La Fountain heads to Istanbul, where she discovers the local cuisine of the Turkish capital. She wanders the streets of the city, discovering its secrets and visiting interesting places.	TURKEY	English-50; Turkish-50					
2023-08-13	1930	Hairy Bikers Go Local	Kopitiam, Glasgow	In Glasgow the Bikers meet Julie, who runs Kopitiam, an exciting and exclusive street food cafe. The Bikers enjoy Julie's special Scottish-Malaysian fusion menu and help her discover new produce.	UNITED KINGDOM	English-100		G			
2023-08-13	2035	Nigellissima	Nigellissima Series 1 Ep 3	Nigella treats her friends to an Italian-style supper of pork loin stuffed with parma ham and oregano, served alongside her speedy mock mash.	UNITED KINGDOM	English-100	RPT	G		Y	
2023-08-13	2105	Nigellissima	Nigellissima Series 1 Ep 4	Nigella shares her culinary talent as she presents delicious Italian-inspired food. First, Nigella reveals a secret passion for one of the tastes of Italy with her dark and deviant liquorice pudding.	UNITED KINGDOM	English-100	RPT	G		Y	
2023-08-13	2135	Anthony Bourdain: No Reservations	Chicago	Tony visits Chicago and samples local favorites like sausages, Chicago-style hot dog, and deep-dish pizza, as well as upscale dining. He also enjoys a giant "Three Little Piggies" sandwich.	USA	English-100	RPT	PG			
2023-08-13	2230	Anthony Bourdain: No Reservations	Mexico	Mexico - Best-selling author and chef Anthony Bourdain heads to Mexico with his good friend Carlos for a tour of Carlos' hometown of Puebla and nearby Mexico City.	USA	English-100	RPT	M	s	Y	
2023-08-13	2325	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 8	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
2023-08-13	2330	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	RPT	G		Y	
2023-08-13	2400	Flat Out Food	Beef	Cattle are an important part of the grassland's ecosystem. Jenn meets with two ranchers and a chef as she follows this nutrient-dense ingredient from the pasture to the plate.	CANADA	English-100		G			

2023-08-13	2430	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	Sara La Fountain heads to Istanbul, where she discovers the local cuisine of the Turkish capital. She wanders the streets of the city, discovering its secrets and visiting interesting places.	TURKEY	English-50; Turkish-50				
2023-08-13	2500	Sara's Istanbul Delights	Sara's Istanbul Delights Series 2	Sara La Fountain heads to Istanbul, where she discovers the local cuisine of the Turkish capital. She wanders the streets of the city, discovering its secrets and visiting interesting places.	TURKEY	English-50; Turkish-50				
2023-08-13	2530	Adam and Poh's Great Australian Bites	Alice Springs	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		PG		
2023-08-13	2600	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	RPT	G		Y
2023-08-13	2630	Yotam Ottolenghi's Mediterranean Feasts	Turkey	Yotam's journey continues in Turkey's most historical and cultural city, Istanbul. There he tastes fish from the magnificent waters of the Bosphorus and is amazed by local vegetables.	UNITED KINGDOM	English-100	RPT	G		Y Y
2023-08-13	2725	Please Eat Slowly Bitesize	Claypot Rice	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor shares his best tips to create your own!	AUSTRALIA	English-100		G		
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2023-08-13	2800	Nigellissima	Nigellissima Series 1 Ep 4	Nigella shares her culinary talent as she presents delicious Italian-inspired food. First, Nigella reveals a secret passion for one of the tastes of Italy with her dark and deviant liquorice pudding.	UNITED KINGDOM	English-100	RPT	G		Y
2023-08-13	2830	Flat Out Food	Beef	Cattle are an important part of the grassland's ecosystem. Jenn meets with two ranchers and a chef as she follows this nutrient-dense ingredient from the pasture to the plate.	CANADA	English-100		G		
2023-08-14	0500	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	RPT	G		Y
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2023-08-14	1000	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 Maty Mills and visual artist Gail Mabro.	AUSTRALIA	English-100	RPT	G		Y	
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2023-08-14	1330	David Rocco's Dolce Africa	Maasai People, The	The Rocco family journeys into the Maasai Mara to spend a day with the nomadic Maasai tribe. David learns what it's like to be a traditional Maasai warrior, from their rituals to their feasts.	CANADA	English-100		PG		a w	
2023-08-14	1400	Taste Of Australia With Hayden Quinn	Northern Beaches NSW	Hayden cooks up breakfast for the lifeguards after a surf, then heads off to the markets with his mate Daiki. They pick up some local Northern Beaches honey before cooking on the Manly Harbour.	AUSTRALIA	English-100		PG			
2023-08-14	1430	Cheese Slices	Pecorino	Pecorino is one of the most ancient of all European cheeses. Will explains the different types before travelling to Tuscany to visit the 'Il Forteto' dairy.	AUSTRALIA	English-100		G			
2023-08-14	1500	Cheese Slices	Camembert	Camembert is a potent symbol of French cheese making and is copied all over the world. Will visits the tiny village of Camembert where it all began, and the nearby dairy of Monsieur Durand.	AUSTRALIA	English-100		PG			
2023-08-14	1530	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 6 Ep 1	Simon Pegg joins the boys in the cafe, where on the menu is a delicious, melt-in-the mouth lamb tagine, inspired by Simon's time spent filming in Morocco, and Jamie's indulgent Provencal bake.	UNITED KINGDOM	English-100		PG		a n	
2023-08-14	1625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y	
2023-08-14	1630	My Market Kitchen	My Market Kitchen Series 5 Ep 6	Ben takes a mozzarella masterclass, then whips up a fresh buttermilk and burnt onion iceberg salad.	AUSTRALIA	English-100		G			
2023-08-14	1700	My Greek Table With Diane Kochilas	My Greek Table With Diane Kochilas Series 4 Ep 6	Diane visits the daughter of Holocaust survivors for a tour of Thessaloniki's Jewish past. Hella cooks up some of her Sephardic recipes, including Huevos Haminados (slowly boiled spiced eggs).	USA	English-50; Greek-50					
2023-08-14	1730	Comfort Food With Spencer Watts	Comfort Food With Spencer Watts S1 Ep 1	Nestled in a cosy winter getaway, chef Spencer Watts prepares delicious food that warms the heart and feeds the soul. In this episode he prepares a rich spaghetti and jumbo meatballs.	CANADA	English-100					
2023-08-14	1800	Hairy Bikers Comfort Food	Cosy Suppers	This episode the Bikers cook dishes perfect for cosy suppers. There's a new take on classic steak and chips and a sticky gingerbread that's got to be the ultimate in comfort baking.	UNITED KINGDOM	English-100					
2023-08-14	1900	The Cook Up With Adam Liaw	Cook Up With Adam Liaw, Series 5 The Ep 36	Tips and tricks galore as Currie Country's Arabella Douglas and entertainer Bjorn Stewart join Adam to make food using homestyle hacks.	AUSTRALIA	English-100		PG			
2023-08-14	1930	Come Dine With Me UK	North Surrey Day 1	In North Surrey the first host, 39-year-old planning enforcement officer Becky, is joined by Petrina, Rob, Shoba, and Giovanni. Do her crispy croutons and lamb shank stew impress?	UNITED KINGDOM	English-100					

2023-08-14	2000	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 7	Silvia explores how to make three meals that have become Italian national treasures - the 1000 year old recipe for pasta Amatriciana, a seafood dish from the Puglia region, and pizza Napoletana.	AUSTRALIA	Enya-100	G		Y	Y
2023-08-14	2030	Rick Stein's Long Weekends	Cadiz	Rick heads to southern Spain and the historic city of Cadiz. Rick is captivated by its narrow winding streets, walking in the footsteps of the ancient Phoenician and Arab traders.	UNITED KINGDOM	English-100	G			
2023-08-14	2140	The Cook And The Chef	Just Cheese	If you buy your cheese processed and packaged from the supermarket shelf, then be prepared for a steep learning curve.	AUSTRALIA	English-100	G			
2023-08-14	2210	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 5	Rick goes fishing for his favourite oysters, makes a delicious fish soup and discovers the all-but-forgotten story of Cornwall's ancient capital, Lostwithiel.	UNITED KINGDOM	English-100	G			
2023-08-14	2240	The Cook Up With Adam Liaw	Cook Up With Adam Liaw, Series 5 The Ep 36	Tips and tricks galore as Currie Country's Arabella Douglas and entertainer Bjorn Stewart join Adam to make food using homestyle hacks.	AUSTRALIA	English-100	PG			
2023-08-14	2310	Famous Foodies	Famous Foodies Series 2 Ep 11	This episode we learn all about the Indonesia cuisine, dine at exclusive restaurant Vermeer, and veganism battles it out with vegetarianism.	NETHERLANDS	English-100	PG			
2023-08-14	2335	Mary Makes It Easy	When Life Gives You Lemons	Mary shares four recipes that feature her main squeeze, lemons, as the star ingredient.	CANADA	English-100	G			Y
2023-08-14	2400	Bizarre Foods: Delicious Destinations	Charlotte	Andrew explores Charlotte, North Carolina, a city where big banking meets blue-collar traditions and is buzzing with amazing food. He zeroes in on barbecue, livermush, and fried green tomatoes.	USA	English-100	G			
2023-08-14	2430	Royal Recipes	Festivals	Michael and Anna recreate a 16th century savoury tart, with which a Tudor king broke his Lenten fast.	UNITED KINGDOM	English-100	G			
2023-08-14	2525	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			
2023-08-14	2530	Royal Recipes	Breakfast And Snacks	Michael Buerk and chef Anna Haugh cook up a dish from an Edwardian full English breakfast.	UNITED KINGDOM	English-100	G			
2023-08-14	2625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y	
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2023-08-15	0700	My Greek Table With Diane Kochilas	My Greek Table With Diane Kochilas Series 4 Ep 6	Diane visits the daughter of Holocaust survivors for a tour of Thessaloniki's Jewish past. Hella cooks up some of her Sephardic recipes, including Huevos Haminados (slowly boiled spiced eggs).	USA	English-50; Greek-50			
2023-08-15	0730	Hairy Bikers Comfort Food	Cosy Suppers	This episode the Bikers cook dishes perfect for cosy suppers. There's a new take on classic steak and chips and a sticky gingerbread that's got to be the ultimate in comfort baking.	UNITED KINGDOM	English-100			
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2023-08-15	1130	My Greek Table With Diane Kochilas	My Greek Table With Diane Kochilas Series 4 Ep 6	Diane visits the daughter of Holocaust survivors for a tour of Thessaloniki's Jewish past. Hella cooks up some of her Sephardic recipes, including Huevos Haminados (slowly boiled spiced eggs).	USA	English-50; Greek-50			
2023-08-15	1200	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 5	Rick goes fishing for his favourite oysters, makes a delicious fish soup and discovers the all-but-forgotten story of Cornwall's ancient capital, Lostwithiel.	UNITED KINGDOM	English-100	G		
2023-08-15	1230	Rick Stein's Long Weekends	Cadiz	Rick heads to southern Spain and the historic city of Cadiz. Rick is captivated by its narrow winding streets, walking in the footsteps of the ancient Phoenician and Arab traders.	UNITED KINGDOM	English-100	G		
2023-08-15	1335	David Rocco's Dolce Africa	Streets Of Joburg	David spends the day exploring Johannesburg, a city whose street art scene has caused it to become the cutting edge of modern art in Africa. He joins with local graffiti artists to learn its history.	CANADA	English-100	PG		
2023-08-15	1400	Taste Of Australia With Hayden Quinn	Peats Ridge NSW	Hayden heads north to visit a free-range chicken farmer and cooks up a favourite chicken dish. Then we meet some friends and Hayden shows us his take on the beer-can chicken.	AUSTRALIA	English-100	PG		
2023-08-15	1430	Cheese Slices	Cheddar	The world's most copied cheese is cheddar, which originally came from the green countryside of Somerset in England. Will travels to meet the last two farm producers of cloth bound cheddar.	AUSTRALIA	English-100	G		
2023-08-15	1500	Cheese Slices	Compte	Comte is one of the most popular cheeses in France and the most important of all those made under the strict French appellation system. Will traces the links between farmer, cheese maker and affineur.	AUSTRALIA	English-100	G		
2023-08-15	1530	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 6 Ep 2	Jamie and Jimmy are joined by the Absolutely Fabulous Joanna Lumley, as she cooks for the diners at the end of Southend Pier. In her honour, the boys are preparing their first fully vegetarian menu.	UNITED KINGDOM	English-100	PG	n	
2023-08-15	1625	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

2023-08-15	1630	My Market Kitchen	My Market Kitchen Series 5 Ep 7	Ben puts a spin on a seasonal favourite with his Easter bread scrolls, saves some old kale by turning it into a bowl of kale gnocchi, and shares a homemade mocktail.	AUSTRALIA	English-100	G	
2023-08-15	1700	My Greek Table With Diane Kochilas	My Greek Table With Diane Kochilas Series 4 Ep 7	Diane focuses on the culinary and cultural lore of Ioannina, and the outcome is a delicious confluence of earth and water: from a unique local version of baklava to hearty Clay-Baked Lamb.	USA	English-50; Greek-50		
2023-08-15	1730	Comfort Food With Spencer Watts	Comfort Food With Spencer Watts S1 Ep 2	Spencer and the crew are having some bad weather. Snow and sleet inspire some brunch dishes including apple cereal dusted popovers, and a skillet sweet potato and sausage egg bake.	CANADA	English-100		
2023-08-15	1800	Hairy Bikers Comfort Food	Spice It Up	Si and Dave cook dishes guaranteed to turn up the heat. They have a spicy new take on a family favourite with their Roasted Spiced Cauliflower Cheese and then a plate of Jerk Pork Chops.	UNITED KINGDOM	English-100		
2023-08-15	1900	The Cook Up With Adam Liaw	Cook Up With Adam Liaw, Series 5 The Ep 37	Dust off your ballgowns and tuxedos, because Adam, Culinary Director Corey Costelloe and cookbook author Durkhanai Ayubi are making fancy food in 15 minutes.	AUSTRALIA	English-100	PG	
2023-08-15	1930	Come Dine With Me UK	North Surrey Day 2	It's the second night in north Surrey, and Shoba is serving an Indian menu. The guests are less than impressed with the frozen fish curry; can belly dancing, Bollywood-style, save the day?	UNITED KINGDOM	English-100		
2023-08-15	2000	Adam and Poh's Great Australian Bites	Darwin-Kakadu	If Australia were a cake - what would be the recipe? To start with - the recipe is ancient, handed down over 60,000 years by the oldest, continuous living culture on the planet.	AUSTRALIA	English-100	PG	
2023-08-15	2030	Jeremy Pang's Asian Kitchen	Restaurant Classics	Jeremy explores the dishes everyone has seen on Asian restaurant menus, but with a special twist, starting with crispy pork belly.	UNITED KINGDOM	English-100	G	
2023-08-15	2130	The Cook And The Chef	Picnic Holiday	Summer's just around the corner and soon the days in the Barossa Valley will be hot and the risk of snakes too high to roam far, so Maggie is making the most of the last mild weather.	AUSTRALIA	English-100	G	
2023-08-15	2200	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 6	Rick visits an ancient Cornish deer farm, then returns to his kitchen in Padstow to make a magnificent venison wellington.	UNITED KINGDOM	English-100	PG	
2023-08-15	2230	The Cook Up With Adam Liaw	Cook Up With Adam Liaw, Series 5 The Ep 37	Dust off your ballgowns and tuxedos, because Adam, Culinary Director Corey Costelloe and cookbook author Durkhanai Ayubi are making fancy food in 15 minutes.	AUSTRALIA	English-100	PG	
2023-08-15	2300	Famous Foodies	Famous Foodies Series 2 Ep 12	This episode we head to Hong Kong to dine at Moon Lok, talk cravings with superstar Reese Witherspoon, and list our top five richest A-list cooks.	NETHERLANDS	English-100	PG	
2023-08-15	2330	Mary Makes It Easy	Made To Hors D'oeuvres	Mary's handy hors d'oeuvres elevate classic party recipes in just a few steps. She has kicked it up a notch with her Grilled Shrimp Cocktail with a side of three dunkable dips and more.	CANADA	English-100	G	
2023-08-15	2400	Bizarre Foods: Delicious Destinations	Outer Banks	Andrew highlights the seafood of North Carolina's Outer Banks region. The unique location serves up dishes like blue crab, hatteras clam chowder, baked oysters and other feasts born of the ocean.	USA	English-100	PG	a w
2023-08-15	2430	Royal Recipes	Sporting Pursuits	Presenter Michael Buerk and chef Paul Ainsworth recreate the pudding that was served to the Olympic Committee during Britain's successful bid.	UNITED KINGDOM	English-100	G	
2023-08-15	2525	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	
2023-08-15	2530	Royal Recipes	Exotic Flavours	Presenter Michael Buerk and chef Paul Ainsworth rustle up an exotic pudding, which was a favourite of Henry VIII.	UNITED KINGDOM	English-100	G	
2023-08-15	2625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT G	Y
2023-08-15	2630	The Cook And The Chef	Picnic Holiday	Summer's just around the corner and soon the days in the Barossa Valley will be hot and the risk of snakes too high to roam far, so Maggie is making the most of the last mild weather.	AUSTRALIA	English-100	G	

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2023-08-16	1400	Taste Of Australia With Hayden Quinn	Central Coast NSW	Hayden goes pearl farming on the NSW Central Coast, followed by a tour of some local produce. Then he bakes a pecan pie with fresh pecans on a local farm!	AUSTRALIA	English-100		G	
2023-08-16	1430	Cheese Slices	Ireland	Ireland's history of making cheese dates back to ancient Celtic times. Will explores the spectacularly rugged west coast of Ireland to try some of the more unusual cheese varieties.	AUSTRALIA	English-100		G	
2023-08-16	1500	Cheese Slices	Roquefort	With a fascinating history that dates back to Roman times, the importance of Roquefort cheese cannot be underestimated. Will visits a typical dairy to look at a unique breed of milking ewes.	AUSTRALIA	English-100		G	
2023-08-16	1530	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 6 Ep 3	Jamie and Jimmy feel The Force as they're joined in the cafe by the legendary Mark Hamill, and they create a menu that is out of this world for their childhood hero, Luke Skywalker.	UNITED KINGDOM	English-100		PG	n
2023-08-16	1625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 6	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
2023-08-16	1630	My Market Kitchen	My Market Kitchen Series 5 Ep 8	Belinda joins Ben to pair some Australian wines with his crispy skin salmon salad. Ben then makes a beef biryani and plum tart your new go-to favourites.	AUSTRALIA	English-100		G	
2023-08-16	1700	My Greek Table With Diane Kochilas	My Greek Table With Diane Kochilas Series 4 Ep 8	Diane ventures beyond tradition into the global world, embracing new ingredients, inspired by Athens' vibrant dining scene, and christening a whole bevy of new recipes Greek!	USA	English-50; Greek-50			
2023-08-16	1730	Comfort Food With Spencer Watts	Comfort Food With Spencer Watts S1 Ep 3	Peak behind the scenes as Spencer juggles social media demands with his on-camera work and makes a jumbo rib sandwich with rainbow slaw and sweet BBQ sauce, and then a crispy fried fish sandwich.	CANADA	English-100			
2023-08-16	1800	Hairy Bikers Comfort Food	Taste Of Cumbria, A	Dave enjoys a taste of his native Cumbria as the Bikers cook recipes with great local ingredients. These include a comforting supper dish made from Cumberland Sausage and a Sticky Toffee Pudding.	UNITED KINGDOM	English-100			
2023-08-16	1900	The Cook Up With Adam Liaw	Cook Up With Adam Liaw, Series 5 The Ep 38	Legendary chef Tony Tan and stand-up sensation Jennifer Wong join Adam to make Chinese soul food. It's bound to improve your mood!	AUSTRALIA	English-100		PG	
2023-08-16	1930	Come Dine With Me UK	North Surrey Day 3	In north Surrey, 31-year-old drum tutor Rob is hoping his Thai-tastic menu will impress his guests and snare him the prize, as well as impressing the object of his affections, Petrina.	UNITED KINGDOM	English-100			
2023-08-16	2000	Rick Stein's French Odyssey	Castelnaudary To Homps	Arriving in the historic town of Castelnaudary, Rick fulfils a dream by visiting the barracks of the legendary French Foreign Legion and discovers what the soldiers are served in their canteen.	UNITED KINGDOM	English-100		G	
2023-08-16	2030	Paul Hollywood Eats Mexico	Baja California, Milpa Alta, Oaxaca, Yucatan Peninsula	Paul visits Baja California and tastes fresh cactus in Milpa Alta and insects in Oaxaca, then judges a pasty baking competition in a small mining town.	UNITED KINGDOM	English-100		PG	a l Y
2023-08-16	2130	The Cook And The Chef	Christmas	Christmas is fast approaching, but for some of us that brings the annual stress of working out how to feed a big group.	AUSTRALIA	English-100		PG	
2023-08-16	2200	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 7	Rick explores his passion for fresh and unusual salad leaves with a trip around an organic market garden called Soul Farm, and is inspired to make a radicchio tart.	UNITED KINGDOM	English-100		PG	
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2023-08-16	2300	Famous Foodies	Famous Foodies Series 2 Ep 13	This episode we meet the chef from Michelin-starred restaurant The New Punjab Club, find out what makes Amy Schumer such a foodie, and get to know Wolfgang Puck, the chef behind the Oscars.	NETHERLANDS	English-100		PG	

2023-08-16	2330	Mary Makes It Easy	Supermarket Swap	Mary loves a grocery store shortcut to make cooking smarter, not harder. Mary jazzes up a store-bought chicken and cooks a snacky timesaver: creamy french onion dip using frozen pre-chopped onions.	CANADA	English-100		G	
2023-08-16	2400	Bizarre Foods: Delicious Destinations	Glasgow	Andrew highlights the culinary scene of Glasgow, Scotland. From macaroni pies and fish and chips to venison haggis and chicken tikka masala, it's a feast of delicious and iconic foods.	USA	English-100		G	Y
2023-08-16	2430	Royal Recipes	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	
2023-08-16	2525	Please Eat Slowly Bitesize	Hand Pull Noodle	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100		G	
2023-08-16	2530	Royal Recipes	Royal Visits	Michael Buerk and chef Paul Ainsworth re-imagine a dish served at a royal banquet to a grumpy Persian monarch in the early years of the 20th century.	UNITED KINGDOM	English-100		G	
2023-08-16	2625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
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2023-08-17	1330	David Rocco's Dolce Africa	Wedding Crashers	With only twelve hours' notice to attend a wedding in Tanzania's capital city, it's a good thing David is in Dar es Salaam, a major hub of fashion, textiles and trade on Africa's east coast.	CANADA	English-100		PG	a w	
2023-08-17	1400	Taste Of Australia With Hayden Quinn	Hobart And Evandlae Tasmania	Hayden starts at a bakery in Hobart before heading north to learn about and help out on one of Australia's best sheep farms.	AUSTRALIA	English-100		G		
2023-08-17	1430	Cheese Slices	Spain	Will travels to the land of Don Quixote to look at Manchego cheese before heading for the annual cheese fair at the medieval city of Trujillo and looking at cheese made from Merino ewes milk.	AUSTRALIA	English-100		G		
2023-08-17	1500	Cheese Slices	Australia	Australia has developed an enviable reputation for its very efficient pasture based dairy system and significant exports of cheddar, butter, and skimmed milk.	AUSTRALIA	English-100		G		
2023-08-17	1530	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 6 Ep 4	Jamie and Jimmy welcome comedian Sarah Millican to their cafe on the end of Southend Pier. She gets her first ever cooking lesson as Jamie faces the weirdest challenge of his career.	UNITED KINGDOM	English-100		PG	a n s	
2023-08-17	1625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 7	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
2023-08-17	1630	My Market Kitchen	My Market Kitchen Series 5 Ep 9	Join Ben as he makes a showstopping lamb wellington, and then uses the leftovers to whip up an elegant bowl of mushroom, olive and ricotta fusilli.	AUSTRALIA	English-100		G		
2023-08-17	1700	My Greek Table With Diane Kochilas	My Greek Table With Diane Kochilas Series 4 Ep 9	Diane visits the mountain enclave of a traditional shepherding family in Epirus and makes a feta cheese pie with layers of crisp homemade pastry that is baked the way it's been done for centuries.	USA	English-50; Greek-50				
2023-08-17	1730	Comfort Food With Spencer Watts	Comfort Food With Spencer Watts S1 Ep 4	Spencer cooks a dreamy creamy turkey and wild rice blanquette with fresh fluffy bannock and a sweet tarragon butter. Then he makes a rich cauliflower korma soup with warm spices and cashews.	CANADA	English-100				
2023-08-17	1800	Hairy Bikers Comfort Food	Come On Over	The Bikers cook the perfect dishes to share with those we love. These are treats for when family and friends come on over - a baked cheesecake, a crowd pleasing terrine and the ultimate beef sandwich.	UNITED KINGDOM	English-100				

2023-08-17	1900	The Cook Up With Adam Liaw	Cook Up With Adam Liaw, Series 5 The Ep 39	One of the world's most popular ingredients, ready-made noodles, gets The Cook Up glow up from Adam and guests, Opera Australia Principal Singers Christian Qi and Esther Song.	AUSTRALIA	English-100		PG	
2023-08-17	1930	Come Dine With Me UK	North Surrey Day 4	In north Surrey, 49-year-old Petrina hopes her experience entertaining on cruise ships gives her the edge. Or will it be her dessert: 'Petrina's Salted Caramel Chocolate Crunch Surprise'?	UNITED KINGDOM	English-100			
2023-08-17	2000	Destination Flavour Singapore	Destination Flavour Singapore Series 1 Ep 3	At the National Gallery of Singapore, Adam he visits Peranakan food legend Violet Oon's acclaimed restaurant, National Kitchen, which tells the story of Singapore through a distinctive menu.	AUSTRALIA	English-100	RPT	G	Y
2023-08-17	2030	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 6	In Abruzzo, Silva collects eggs from the freshest and most sustainable source possible, the local hens, and makes her son's favourite dunking cake, lemon and ricotta ring cake.	AUSTRALIA	English-100	RPT	G	Y
2023-08-17	2100	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 4	Dan explores one of Taiwans most popular street foods, crispy fried chicken. Zesty flavours of Peruvian ceviche are showcased as Dan prepares some of the freshest street food around.	AUSTRALIA	English-100		G	Y
2023-08-17	2130	The Cook And The Chef	Add A Little Spice	It's Valentines day, and while neither Simon or Maggie will confess to being big partakers of the day, it is an excuse to share food.	AUSTRALIA	English-100		G	
2023-08-17	2200	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 8	After a merry visit to a maker of botanical spirits, Rick adds a cheeky nip to his version of the Platinum Pud, the official pudding of our late Queen's Jubilee.	UNITED KINGDOM	English-100		G	
2023-08-17	2230	The Cook Up With Adam Liaw	Cook Up With Adam Liaw, Series 5 The Ep 39	One of the world's most popular ingredients, ready-made noodles, gets The Cook Up glow up from Adam and guests, Opera Australia Principal Singers Christian Qi and Esther Song.	AUSTRALIA	English-100		PG	
2023-08-17	2300	Famous Foodies	Famous Foodies Series 1 Ep 1	Famous Foodies takes you behind the scenes of culinary hotspots, examines the history of different national cuisines, and brings you exclusive interviews with acclaimed chefs.	NETHERLANDS	English-100		PG	
2023-08-17	2330	Mary Makes It Easy	Herb Your Enthusiasm	Mary shares recipes to make the most of your fresh herbs! Mary makes a mouth-watering pesto pizza, rosemary olive oil cake, and herbal fish and chips.	CANADA	English-100		G	
2023-08-17	2400	Bizarre Foods: Delicious Destinations	Cork	Andrew explores the city of Cork, Ireland, where locals line up for traditional delicacies like Irish stew, smoked salmon and blood sausage.	USA	English-100		G	
2023-08-17	2430	Royal Recipes	Party Food	Chef Paul Ainsworth impresses presenter Michael Buerk, on today's Royal Recipes, with a dish from the Queen's 80th birthday dinner.	UNITED KINGDOM	English-100		G	
2023-08-17	2525	Please Eat Slowly Bitesize	Steam Fish	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100		G	
2023-08-17	2530	Royal Recipes	Great British Bounty	In Royal Recipes today, presenter Michael Buerk and chef Paul Ainsworth discover a favourite dish of a 14th century king.	UNITED KINGDOM	English-100		G	
2023-08-17	2625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2023-08-17	2630	The Cook And The Chef	Add A Little Spice	It's Valentines day, and while neither Simon or Maggie will confess to being big partakers of the day, it is an excuse to share food.	AUSTRALIA	English-100		G	
2023-08-17	2700	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 8	After a merry visit to a maker of botanical spirits, Rick adds a cheeky nip to his version of the Platinum Pud, the official pudding of our late Queen's Jubilee.	UNITED KINGDOM	English-100		G	
2023-08-17	2730	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 6 Ep 4	Jamie and Jimmy welcome comedian Sarah Millican to their cafe on the end of Southend Pier. She gets her first ever cooking lesson as Jamie faces the weirdest challenge of his career.	UNITED KINGDOM	English-100		PG	a n s
2023-08-17	2825	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 7	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

2023-08-17	2830	My Market Kitchen	My Market Kitchen Series 5 Ep 9	Join Ben as he makes a showstopping lamb wellington, and then uses the leftovers to whip up an elegant bowl of mushroom, olive and ricotta fusilli.	AUSTRALIA	English-100	G			
2023-08-18	0500	David Rocco's Dolce Africa	Wedding Crashers	With only twelve hours' notice to attend a wedding in Tanzania's capital city, it's a good thing David is in Dar es Salaam, a major hub of fashion, textiles and trade on Africa's east coast.	CANADA	English-100	PG	a	w	
2023-08-18	0530	Taste Of Australia With Hayden Quinn	Hobart And Evandlae Tasmania	Hayden starts at a bakery in Hobart before heading north to learn about and help out on one of Australia's best sheep farms.	AUSTRALIA	English-100	G			
2023-08-18	0600	Cheese Slices	Spain	Will travels to the land of Don Quixote to look at Manchego cheese before heading for the annual cheese fair at the medieval city of Trujillo and looking at cheese made from Merino ewes milk.	AUSTRALIA	English-100	G			
2023-08-18	0630	Cheese Slices	Australia	Australia has developed an enviable reputation for its very efficient pasture based dairy system and significant exports of cheddar, butter, and skimmed milk.	AUSTRALIA	English-100	G			
2023-08-18	0700	My Greek Table With Diane Kochilas	My Greek Table With Diane Kochilas Series 4 Ep 9	Diane visits the mountain enclave of a traditional shepherding family in Epirus and makes a feta cheese pie with layers of crisp homemade pastry that is baked the way it's been done for centuries.	USA	English-50; Greek-50				
2023-08-18	0730	Hairy Bikers Comfort Food	Come On Over	The Bikers cook the perfect dishes to share with those we love. These are treats for when family and friends come on over - a baked cheesecake, a crowd pleasing terrine and the ultimate beef sandwich.	UNITED KINGDOM	English-100				
2023-08-18	0830	Come Dine With Me UK	North Surrey Day 4	In north Surrey, 49-year-old Petrina hopes her experience entertaining on cruise ships gives her the edge. Or will it be her dessert: 'Petrina's Salted Caramel Chocolate Crunch Surprise'?	UNITED KINGDOM	English-100				
2023-08-18	0900	Destination Flavour Singapore	Destination Flavour Singapore Series 1 Ep 3	At the National Gallery of Singapore, Adam he visits Peranakan food legend Violet Oon's acclaimed restaurant, National Kitchen, which tells the story of Singapore through a distinctive menu.	AUSTRALIA	English-100	RPT	G	Y	
2023-08-18	0930	Comfort Food With Spencer Watts	Comfort Food With Spencer Watts S1 Ep 4	Spencer cooks a dreamy creamy turkey and wild rice blanquette with fresh fluffy bannock and a sweet tarragon butter. Then he makes a rich cauliflower korma soup with warm spices and cashews.	CANADA	English-100				
2023-08-18	1000	Taste Of Australia With Hayden Quinn	Hobart And Evandlae Tasmania	Hayden starts at a bakery in Hobart before heading north to learn about and help out on one of Australia's best sheep farms.	AUSTRALIA	English-100	G			
2023-08-18	1030	My Market Kitchen	My Market Kitchen Series 5 Ep 9	Join Ben as he makes a showstopping lamb wellington, and then uses the leftovers to whip up an elegant bowl of mushroom, olive and ricotta fusilli.	AUSTRALIA	English-100	G			
2023-08-18	1100	The Cook Up With Adam Liaw	Cook Up With Adam Liaw, Series 5 The Ep 39	One of the world's most popular ingredients, ready-made noodles, gets The Cook Up glow up from Adam and guests, Opera Australia Principal Singers Christian Qi and Esther Song.	AUSTRALIA	English-100	PG			
2023-08-18	1130	My Greek Table With Diane Kochilas	My Greek Table With Diane Kochilas Series 4 Ep 9	Diane visits the mountain enclave of a traditional shepherding family in Epirus and makes a feta cheese pie with layers of crisp homemade pastry that is baked the way it's been done for centuries.	USA	English-50; Greek-50				
2023-08-18	1200	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 8	After a merry visit to a maker of botanical spirits, Rick adds a cheeky nip to his version of the Platinum Pud, the official pudding of our late Queen's Jubilee.	UNITED KINGDOM	English-100	G			
2023-08-18	1230	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 6	In Abruzzo, Silva collects eggs from the freshest and most sustainable source possible, the local hens, and makes her son's favourite dunking cake, lemon and ricotta ring cake.	AUSTRALIA	English-100	RPT	G	Y	
2023-08-18	1300	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 4	Dan explores one of Taiwans most popular street foods, crispy fried chicken. Zesty flavours of Peruvian ceviche are showcased as Dan prepares some of the freshest street food around.	AUSTRALIA	English-100	G		Y	
2023-08-18	1330	David Rocco's Dolce Africa	Return Of Ethiopia, The	David speaks with several Ethiopian-born people who have spent the majority of their lives abroad and have recently moved back to the capital city, Addis Ababa.	CANADA	English-100	PG	a		
2023-08-18	1400	Taste Of Australia With Hayden Quinn	Bruny Island Tasmania	Hayden travels to Bruny Island, off the coast of Tasmania, to enjoy the surf before being introduced to beach foraging. He makes some amazing new friends and cooks for them with local produce.	AUSTRALIA	English-100	PG	a	w	Y

2023-08-18	1430	Cheese Slices	Stilton	Stilton has been known as the King of English cheeses for more than two centuries, and unlike its traditional cousins, it has never been copied elsewhere.	AUSTRALIA	English-100	G		
2023-08-18	1500	Cheese Slices	USA	Will Studd visits the finest cheese shops in down town New York to find out what's driving this extraordinary change, before visiting upstate Vermont, where he meets a new generation of cheese makers.	AUSTRALIA	English-100	G		
2023-08-18	1530	Jamie & Jimmy's Food Fight Club	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	n	
2023-08-18	1625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 8	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
2023-08-18	1630	My Market Kitchen	My Market Kitchen Series 5 Ep 10	Ben starts off with the holiday favourite, hot cross buns, then creates a flavoursome and vibrant pork belly salad and salmon fishcakes.	AUSTRALIA	English-100	G		
2023-08-18	1700	My Greek Table With Diane Kochilas	My Greek Table With Diane Kochilas Series 4 Ep 10	Diane invites a well-known dietician into her kitchen and together they prepare a deliciously healthy meal that is brimming with Greek superfoods. On the menu: a Spiced Carrot Soup Three Ways.	USA	English-50; Greek-50			
2023-08-18	1730	Comfort Food With Spencer Watts	Comfort Food With Spencer Watts S1 Ep 5	Spencer keeps the dishes to a minimum with his ham hock and barley risotto with green peas, a seafood and andouille sausage gumbo with puff pastry cap and Tuscan smothered bone-in pork chops.	CANADA	English-100			
2023-08-18	1800	Hairy Bikers Comfort Food	Pub Grub	The Bikers have a fresh take on pub grub with a new look for a traditional pudding, their take on the North-East's mighty Chicken Parmo and reveal the secrets behind their ultimate fishcake.	UNITED KINGDOM	English-100			
2023-08-18	1900	The Cook Up With Adam Liaw	Cook Up With Adam Liaw, Series 5 The Ep 40	It's easy entertaining, and Adam, Indigenous Culinary Consultant Sam May and comedian Frida Deguise help put a stop to weeknight potluck panic.	AUSTRALIA	English-100	PG		
2023-08-18	1930	Come Dine With Me UK	North Surrey Day 5	It's the final night in north Surrey, hosted by Giovanni who wants to fly the flag for Sicily with family-inspired recipes. But a tagliatelle tragedy leaves him with Parmesan on his face.	UNITED KINGDOM	English-100			
2023-08-18	2000	Poh & Co.	Outback Adventures With Pojo	With their business expanding, Poh and Jono's lives are about to get seriously hectic. They seek some serenity in a motorhome and head out back to the magnificent Flinders Ranges.	AUSTRALIA	English-100	RPT	G	Y
2023-08-18	2030	John Torode's Middle East	Malta	This week John is in Malta, a surprising stop on his Middle Eastern tour. John soon finds out that Middle Eastern influences are everywhere, hidden just under the surface of the island's history.	CANADA	English-100	G		
2023-08-18	2100	John Torode's Middle East	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	G		
2023-08-18	2130	The Cook And The Chef	All Fired Up	Since the dawn of time we've known there's something special that happens when you cook a piece of meat over flame, so this week on the show, Maggie and Simon get 'fired up'.	AUSTRALIA	English-100	G		
2023-08-18	2200	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 9	Rick's idea of bliss is to spend an afternoon gutting a freshly caught fish, then using it to make a dish of steamed seabass with garlic, ginger and spring onions.	UNITED KINGDOM	English-100	PG		
2023-08-18	2230	The Cook Up With Adam Liaw	Cook Up With Adam Liaw, Series 5 The Ep 40	It's easy entertaining, and Adam, Indigenous Culinary Consultant Sam May and comedian Frida Deguise help put a stop to weeknight potluck panic.	AUSTRALIA	English-100	PG		
2023-08-18	2300	Famous Foodies	Famous Foodies Series 1 Ep 2	Famous Foodies takes you behind the scenes of culinary hotspots, examines the history of different national cuisines, and brings you exclusive interviews with acclaimed chefs.	NETHERLANDS	English-100	G		
2023-08-18	2330	Mary Makes It Easy	Summer's Bounty	Mary celebrates summer's seasonal fruits and veg by cooking baked goat cheese with jalapeno cherry jam, zucchini risotto, and tomato butter chicken.	CANADA	English-100	G		

2023-08-18	2400	Bizarre Foods: Delicious Destinations	Calabria	Andrew showcases Calabria, a rugged region in the toe of Italy's boot. The region's diverse ingredients shine in signature dishes like fileja noodles with goat and parmigiana di melanzane.	USA	English-100		G		
2023-08-18	2430	Royal Recipes	Extravagance	Today on Royal Recipes, presenter Michael Buerk and chef Paul Ainsworth recreate a dish served at one of the most lavish royal banquets of all time.	UNITED KINGDOM	English-100		G		
2023-08-18	2525	Please Eat Slowly Bitesize	Claypot Rice	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor shares his best tips to create your own!	AUSTRALIA	English-100		G		
2023-08-18	2530	Royal Recipes	Royal Harvest	In Royal Recipes today, presenter Michael Buerk and chef Paul Ainsworth re-imagine an unusual dish served at Prince Charles' 50th birthday party.	UNITED KINGDOM	English-100		G		
2023-08-18	2625	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	
2023-08-18	2630	The Cook And The Chef	All Fired Up	Since the dawn of time we've known there's something special that happens when you cook a piece of meat over flame, so this week on the show, Maggie and Simon get 'fired up'.	AUSTRALIA	English-100		G		
2023-08-18	2700	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 9	Rick's idea of bliss is to spend an afternoon gutting a freshly caught fish, then using it to make a dish of steamed seabass with garlic, ginger and spring onions.	UNITED KINGDOM	English-100		PG		
2023-08-18	2730	Jamie & Jimmy's Food Fight Club	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	n	
2023-08-18	2825	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 8	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	
2023-08-18	2830	My Market Kitchen	My Market Kitchen Series 5 Ep 10	Ben starts off with the holiday favourite, hot cross buns, then creates a flavoursome and vibrant pork belly salad and salmon fishcakes.	AUSTRALIA	English-100		G		
2023-08-19	0500	David Rocco's Dolce Africa	Return Of Ethiopia, The	David speaks with several Ethiopian-born people who have spent the majority of their lives abroad and have recently moved back to the capital city, Addis Ababa.	CANADA	English-100		PG	a	
2023-08-19	0530	Taste Of Australia With Hayden Quinn	Bruny Island Tasmania	Hayden travels to Bruny Island, off the coast of Tasmania, to enjoy the surf before being introduced to beach foraging. He makes some amazing new friends and cooks for them with local produce.	AUSTRALIA	English-100		PG	a w	Y
2023-08-19	0600	Cheese Slices	Stilton	Stilton has been known as the King of English cheeses for more than two centuries, and unlike its traditional cousins, it has never been copied elsewhere.	AUSTRALIA	English-100		G		
2023-08-19	0630	Cheese Slices	USA	Will Studd visits the finest cheese shops in down town New York to find out what's driving this extraordinary change, before visiting upstate Vermont, where he meets a new generation of cheese makers.	AUSTRALIA	English-100		G		
2023-08-19	0700	My Greek Table With Diane Kochilas	My Greek Table With Diane Kochilas Series 4 Ep 10	Diane invites a well-known dietician into her kitchen and together they prepare a deliciously healthy meal that is brimming with Greek superfoods. On the menu: a Spiced Carrot Soup Three Ways.	USA	English-50; Greek-50				
2023-08-19	0730	Hairy Bikers Comfort Food	Pub Grub	The Bikers have a fresh take on pub grub with a new look for a traditional pudding, their take on the North-East's mighty Chicken Parmo and reveal the secrets behind their ultimate fishcake.	UNITED KINGDOM	English-100				
2023-08-19	0830	Come Dine With Me UK	North Surrey Day 5	It's the final night in north Surrey, hosted by Giovanni who wants to fly the flag for Sicily with family-inspired recipes. But a tagliatelle tragedy leaves him with Parmesan on his face.	UNITED KINGDOM	English-100				
2023-08-19	0900	Poh & Co.	Outback Adventures With Pojo	With their business expanding, Poh and Jono's lives are about to get seriously hectic. They seek some serenity in a motorhome and head out back to the magnificent Flinders Ranges.	AUSTRALIA	English-100	RPT	G	Y	
2023-08-19	0930	Comfort Food With Spencer Watts	Comfort Food With Spencer Watts S1 Ep 5	Spencer keeps the dishes to a minimum with his ham hock and barley risotto with green peas, a seafood and andouille sausage gumbo with puff pastry cap and Tuscan smothered bone-in pork chops.	CANADA	English-100				

2023-08-19	1000	Taste Of Australia With Hayden Quinn	Bruny Island Tasmania	Hayden travels to Bruny Island, off the coast of Tasmania, to enjoy the surf before being introduced to beach foraging. He makes some amazing new friends and cooks for them with local produce.	AUSTRALIA	English-100	PG	a w	Y
2023-08-19	1030	My Market Kitchen	My Market Kitchen Series 5 Ep 10	Ben starts off with the holiday favourite, hot cross buns, then creates a flavoursome and vibrant pork belly salad and salmon fishcakes.	AUSTRALIA	English-100	G		
2023-08-19	1100	The Cook Up With Adam Liaw	Cook Up With Adam Liaw, Series 5 The Ep 40	It's easy entertaining, and Adam, Indigenous Culinary Consultant Sam May and comedian Frida Deguise help put a stop to weeknight potluck panic.	AUSTRALIA	English-100	PG		
2023-08-19	1130	My Greek Table With Diane Kochilas	My Greek Table With Diane Kochilas Series 4 Ep 10	Diane invites a well-known dietician into her kitchen and together they prepare a deliciously healthy meal that is brimming with Greek superfoods. On the menu: a Spiced Carrot Soup Three Ways.	USA	English-50; Greek-50			
2023-08-19	1200	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 9	Rick's idea of bliss is to spend an afternoon gutting a freshly caught fish, then using it to make a dish of steamed seabass with garlic, ginger and spring onions.	UNITED KINGDOM	English-100	PG		
2023-08-19	1230	John Torode's Middle East	Malta	This week John is in Malta, a surprising stop on his Middle Eastern tour. John soon finds out that Middle Eastern influences are everywhere, hidden just under the surface of the island's history.	CANADA	English-100	G		
2023-08-19	1300	John Torode's Middle East	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	G		
2023-08-19	1330	Comfort Food With Spencer Watts	Comfort Food With Spencer Watts S1 Ep 5	Spencer keeps the dishes to a minimum with his ham hock and barley risotto with green peas, a seafood and andouille sausage gumbo with puff pastry cap and Tuscan smothered bone-in pork chops.	CANADA	English-100			
2023-08-19	1400	My Greek Table With Diane Kochilas	My Greek Table With Diane Kochilas Series 4 Ep 10	Diane invites a well-known dietician into her kitchen and together they prepare a deliciously healthy meal that is brimming with Greek superfoods. On the menu: a Spiced Carrot Soup Three Ways.	USA	English-50; Greek-50			
2023-08-19	1430	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 10	Rick drops in on the fishing port of Boscastle and finds a fabulous seafood restaurant. Then a trip to Cornwall's only organic mushroom farm inspires him to cook a stir fry with lion's mane mushrooms.	UNITED KINGDOM	English-100	PG		
2023-08-19	1500	Good Tucker	Lucy's	The remote far eastern tip of Victoria might seem like an unlikely spot for some of Victoria's best dumplings, but that's exactly what Suren and Matt find when they visit Lucy's.	AUSTRALIA	English-100	G		
2023-08-19	1530	South Africa With Gregg Wallace	Safari In Amakhala	Gregg starts his journey around South Africa by going on a safari through the Amakhala Game Reserve in the Eastern Cape. He goes on a game drive and encounters giraffe, rhinos and warthogs.	UNITED KINGDOM	English-100	PG		
2023-08-19	1600	South Africa With Gregg Wallace	Cape Town	Gregg Wallace travels to the lush green valleys of the wine lands of the Western Cape. In Franschhoek, he samples the local wine and an authentic South African dish - bobotie.	UNITED KINGDOM	English-100	G		
2023-08-19	1630	South Africa With Gregg Wallace	Augrabies Falls	Gregg flies into Upington - the gateway to the Kalahari Desert. He overnights at Khamkhirri Lodge perched on the river and has a traditional Afrikaans braai - a South African barbeque.	UNITED KINGDOM	English-100	PG	a	
2023-08-19	1700	Cheese Slices	Cheeses Of Greece	The ancient Greeks regarded cheese as Food of the Gods, and it's no surprise that in Greece today, the consumption of cheese per head of population is the highest in the world.	AUSTRALIA	English-100	G		
2023-08-19	1730	Cheese Slices	Basque Sheperds Cheeses	Will visits the pretty village of Espelette to sample its red peppers, before travelling into the mountains to one of the few remaining traditional shepherds huts where where they milk ewe's by hand.	AUSTRALIA	English-100	G		
2023-08-19	1800	Cheese Slices	Massif Central And The Auvergne	The rugged plateau of the Massif Central and Auvergne is famous for rich green pastures and its six benchmark AOC French cheeses. Will explores the differences between three semi hard varieties.	AUSTRALIA	English-100	G		
2023-08-19	1830	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 2 Ep 7	Michel visits a special orchard to sample the finest extra virgin olive oil, and uses it to dress his Provençal seafood special of braised cuttlefish with black rice.	UNITED KINGDOM	English-100	G		Y

2023-08-19	1930	John Torode's Korean Food Tour	Modern Urban	Korean fried chicken has long been one of John's favourite dishes and goes well with the spirit soju. In his Seoul kitchen, he cooks the ultimate Korean fried chicken along with some spicy rice cakes.	UNITED KINGDOM	English-100	PG	a w	Y	
2023-08-19	2030	Masters Of Savours	Masters Of Olive Oil	We journey to where the best olive oils are produced, often nestled in magnificent landscapes: the plains of Tuscany in Italy, the fields of Drome in France, the Peloponnese in Greece, and Spain.	FRANCE	English-100	G			
2023-08-19	2130	Anthony Bourdain: No Reservations	Venice	Venice - Anthony's mission is to avoid Venice's tourist traps and to discover the city as it's experienced by the locals. One of his first stops is Da Romano Trattoria on the island of Burano.	USA	English-100	RPT	PG		Y
2023-08-19	2225	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 9	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
2023-08-19	2230	Anthony Bourdain: No Reservations	Azores	Having worked in kitchens alongside generations of Azorean Portuguese immigrants, Tony decides to find out more about their motherland. He visits three different islands on his journey. #SBSfood	USA	English-100	RPT	PG		Y
2023-08-19	2325	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	
2023-08-19	2330	Taste Of Australia With Hayden Quinn	Bruny Island Tasmania	Hayden travels to Bruny Island, off the coast of Tasmania, to enjoy the surf before being introduced to beach foraging. He makes some amazing new friends and cooks for them with local produce.	AUSTRALIA	English-100	PG	a w		Y
2023-08-19	2400	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 10	Rick drops in on the fishing port of Boscastle and finds a fabulous seafood restaurant. Then a trip to Cornwall's only organic mushroom farm inspires him to cook a stir fry with lion's mane mushrooms.	UNITED KINGDOM	English-100	PG			
2023-08-19	2430	Good Tucker	Lucy's	The remote far eastern tip of Victoria might seem like an unlikely spot for some of Victoria's best dumplings, but that's exactly what Suren and Matt find when they visit Lucy's.	AUSTRALIA	English-100	G			
2023-08-19	2500	South Africa With Gregg Wallace	Safari In Amakhala	Gregg starts his journey around South Africa by going on a safari through the Amakhala Game Reserve in the Eastern Cape. He goes on a game drive and encounters giraffe, rhinos and warthogs.	UNITED KINGDOM	English-100	PG			
2023-08-19	2530	South Africa With Gregg Wallace	Cape Town	Gregg Wallace travels to the lush green valleys of the wine lands of the Western Cape. In Franschhoek, he samples the local wine and an authentic South African dish - bobotie.	UNITED KINGDOM	English-100	G			
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2023-08-19	2630	Cheese Slices	Cheeses Of Greece	The ancient Greeks regarded cheese as Food of the Gods, and it's no surprise that in Greece today, the consumption of cheese per head of population is the highest in the world.	AUSTRALIA	English-100	G			
2023-08-19	2700	Cheese Slices	Basque Sheperds Cheeses	Will visits the pretty village of Espelette to sample its red peppers, before travelling into the mountains to one of the few remaining traditional shepherds huts where where they milk ewe's by hand.	AUSTRALIA	English-100	G			
2023-08-19	2730	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 2 Ep 7	Michel visits a special orchard to sample the finest extra virgin olive oil, and uses it to dress his Provencal seafood special of braised cuttlefish with black rice.	UNITED KINGDOM	English-100	G			Y
2023-08-19	2825	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 9	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
2023-08-19	2830	Cheese Slices	Massif Central And The Auvergne	The rugged plateau of the Massif Central and Auvergne is famous for rich green pastures and its six benchmark AOC French cheeses. Will explores the differences between three semi hard varieties.	AUSTRALIA	English-100	G			