



**WEEK 37: Sunday, 10 September - Saturday, 16 September 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
2023-09-10	0500	<b>Palisa Anderson's Water Heart Food</b>	Third Culture Cooks	Palisa meets up with two old friends - fellow second-generation Thais Ari Walpole and Mahalia Barnes. They visit the Sydney Fish Market, and cook some delicious Thai-inspired recipes.	AUSTRALIA	English-100		G		Y		
2023-09-10	0530	<b>Palisa Anderson's Water Heart Food</b>	On Origins	Palisa meets two well-known Sydney-based chefs - Paul Carmichael and Martin Boetz - to explore how cuisines from different countries can mingle and influence each other.	AUSTRALIA	English-100		G		Y		
2023-09-10	0600	<b>Palisa Anderson's Water Heart Food</b>	Sauce Of It All, The	Palisa visits two well-known Byron-based chefs - Ben Devlin and Jason Saxby - to explore the idea of combining traditional cooking methods with the use of the local ingredients.	AUSTRALIA	English-100		G		Y		
2023-09-10	0630	<b>Palisa Anderson's Water Heart Food</b>	Cooking Country	In Thailand, foraging for wild ingredients and living off what the land provides is a big part of the way people live. In Byron, Indigenous woman Arabella Douglas forages for native ingredients.	AUSTRALIA	English-100		PG	a l w	Y		
2023-09-10	0700	<b>Taste Of Italy</b>	Livorno	Host and chef Nisha Katona embarks on a quest across Italy to discover its hidden culinary gems. Today, she explores the city of Livorno and embraces their seafood culture with cacciucco (fish stew).	UNITED KINGDOM	English-100		G			Y	
2023-09-10	0730	<b>Britain's Poshest Farm Shops</b>	Britain's Poshest Farm Shops Series 1 Ep 1	While much of the High Street has faltered in recent years, with the nostalgic appeal of a traditional countryside corner shop, these often expansive but charming rural delis are a retailing success.	UNITED KINGDOM	English-100		G				
2023-09-10	0825	<b>Please Eat Slowly Bitesize</b>	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				
2023-09-10	0830	<b>Exploring China: A Culinary Adventure</b>	Exploring China: A Culinary Adventure Series 1 Ep 3	Chefs Ken Hom and Ching-He Huang leave the heaving megacities far behind to embark on an intrepid journey across China's vast western frontier where few travellers dare to venture. #SBSfood	UNITED KINGDOM	English-100	RPT	PG	a w	Y	Y	
2023-09-10	0935	<b>Taste Of Italy</b>	Campobasso	Nisha Katona explores the historic city of Campobasso to taste ancient recipes, knit cheese and celebrate the love for pigs and paprika by cooking up breaded paprika pork.	UNITED KINGDOM	English-100		G			Y	
2023-09-10	1000	<b>Luca's Key Ingredient</b>	Luca's Key Ingredient Series 1 Ep 2	Tonight we learn all about how to cook with the king of Italian cheeses, Parmigiano-Reggiano. Luca makes a special gnocchetti pasta, parmigiano bites with veal butta and ends with a cheesy souffle.	AUSTRALIA	English-100		PG				
2023-09-10	1030	<b>Barossa Gourmet With Justine Schofield</b>	Beauty Of The Barossa Series 1, The Ep 2	Justine and her chef friend Cullum create beetroot risotto with fetta and hazelnuts, and tomato bruschetta. Justine then heads back to the Barossa Valley Wine Company to make crumbed lamb cutlets.	AUSTRALIA	English-100		G				
2023-09-10	1100	<b>Selena + Chef</b>	Selena + Nick Digiovanni	Social media cooking star Nick DiGiovanni challenges Selena with one of her most difficult recipes yet: homemade pesto pasta served inside a cheese wheel, with a side of burrata peach salad.	USA	English-100		PG	l		Y	
2023-09-10	1130	<b>Selena + Chef</b>	Selena + Adrienna Cheatham	It's brunch time in the kitchen as prestigious New York chef Adrienne Cheatham guides Selena through an ambitious menu of poached salmon and grits topped with fresh hollandaise sauce.	USA	English-100		PG			Y	
2023-09-10	1200	<b>Palisa Anderson's Water Heart Food</b>	Humble Origins	Thailand is home to many incredible food markets that sell an abundance of fresh and seasonal fruit and vegetables, the type of produce Palisa now grows on her farm and supplies to many top-end chefs.	AUSTRALIA	English-100		G		Y		
2023-09-10	1230	<b>Exploring China: A Culinary Adventure</b>	Exploring China: A Culinary Adventure Series 1 Ep 3	Chefs Ken Hom and Ching-He Huang leave the heaving megacities far behind to embark on an intrepid journey across China's vast western frontier where few travellers dare to venture.	UNITED KINGDOM	English-100	RPT	PG	a w	Y	Y	

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2023-09-10	1400	<b>The Cook Up With Adam Liaw</b>	Veggies And Eggs	Netflix's Chef's Table star Asma Khan and Gourmet Traveller editor Joanna Hunkin join Adam to take on two kitchen staples: veggies and eggs.	AUSTRALIA	English-100	RPT	G		Y
2023-09-10	1430	<b>The Cook Up With Adam Liaw</b>	Please A Crowd	Adam and guests, chef and author Tom Walton and host with the most Osher Gunsberg, make food that is guaranteed to please a crowd.	AUSTRALIA	English-100	RPT	G		Y
2023-09-10	1500	<b>The Cook Up With Adam Liaw</b>	Splash Of Soy, A	Adam and guests, award-winning cookbook author Lara Lee and social media megastar Andy Hearnden, make a splash in the kitchen with a splash of soy.	AUSTRALIA	English-100	RPT	G		Y
2023-09-10	1530	<b>The Cook Up With Adam Liaw</b>	Salsa Party	It's salsa party time! Joining Adam is taco aficionado Daniella Guevara Munoz and homewares and hospitality connoisseur Kylie Javier Ashton.	AUSTRALIA	English-100	RPT	PG		Y
2023-09-10	1600	<b>The Cook Up With Adam Liaw</b>	Chinese Banquet	It's easy entertaining, Chinese banquet style! Celebrated chef Tony Tan and acclaimed comedian Jennifer Wong join Adam for a dinner party feast.	AUSTRALIA	English-100	RPT	PG		Y
2023-09-10	1630	<b>Food To Change The World</b>	Food For The Brain	What do rodent brains, zebra fish and humans have in common? Quite a lot, chef Ming Tan discovers in his search for food to save our sanity. He reveals how food can help with grief.	SINGAPORE	English-100		PG		Y
2023-09-10	1725	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 12, 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
2023-09-10	1730	<b>Adam and Poh's Great Australian Bites</b>	Launceston, Tasmania	Some might say that meat pies are Australia's national dish. So, Adam and Poh are heading to Tasmania on a quest to put together a not-so humble version of a classic Aussie pie.	AUSTRALIA	English-100		PG		Y
2023-09-10	1800	<b>Flat Out Food</b>	Tomato	Jenn picks fresh tomatoes at an organic vegetable farm before trying a tomato based cocktail and a delectable meal starring the bright red fruit.	CANADA	English-100		PG		
2023-09-10	1830	<b>John Torode's Korean Food Tour</b>	Veg And Tofu	John visits Gwanjang, the biggest food market in Seoul and samples its most famous food stall making bindaetteok, ground mung bean pancakes. He is then introduced to to fermented rice wine makegeolli.	UNITED KINGDOM	English-100		G		
2023-09-10	1930	<b>Hairy Bikers Go Local</b>	Prashad, Bradford	The Bikers continue their adventure in Yorkshire, on the hunt for new, local ingredients for a high-end Indian vegetarian restaurant.	UNITED KINGDOM	English-100		PG		
2023-09-10	2035	<b>Food Trail South Africa</b>	Durban	Warren heads to the coastal city of Durban - where he's staying at the iconic Oyster Box hotel. He visits the legendary Spice Emporium, and tastes some unusual local specialties, including Bunny Chow.	AUSTRALIA	English-100		G		Y
2023-09-10	2105	<b>Food Trail South Africa</b>	Kwazulu-Natal	In Durban, Warren visits the famous restaurant, Max's Lifestyle, for an indulgent Shisa Nyama experience, before meeting with local guide Thoko to visit a nearby Zulu village and cooks Putu Pap.	AUSTRALIA	English-100		PG		
2023-09-10	2135	<b>Anthony Bourdain: No Reservations</b>	Montana	Tony explores the snow-capped mountains, majestic big skies, winding rivers and roaming cattle of Livingston, Montana, once was an inspiration for adventurous Americans and locals alike.	USA	English-100	RPT	PG		Y
2023-09-10	2230	<b>Anthony Bourdain: No Reservations</b>	Provence	Provence's simplistic lifestyle and approach to food is one of its most salient qualities. Tony becomes enamored with its culture and cuisine, stressing fresh and superior ingredients.	USA	English-100	RPT	PG		Y
2023-09-10	2325	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 12, 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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2023-09-10	2425	<b>Please Eat Slowly Bitesize</b>	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		
2023-09-10	2430	<b>The Cook Up With Adam Liaw</b>	Veggies And Eggs	Netflix's Chef's Table star Asma Khan and Gourmet Traveller editor Joanna Hunkin join Adam to take on two kitchen staples: veggies and eggs.	AUSTRALIA	English-100	RPT	G		Y

2023-09-10	2500	<b>The Cook Up With Adam Liaw</b>	Please A Crowd	Adam and guests, chef and author Tom Walton and host with the most Osher Gunsberg, make food that is guaranteed to please a crowd.	AUSTRALIA	English-100	RPT	G	Y
2023-09-10	2530	<b>Adam and Poh's Great Australian Bites</b>	Launceston, Tasmania	Some might say that meat pies are Australia's national dish. So, Adam and Poh are heading to Tasmania on a quest to put together a not-so humble version of a classic Aussie pie.	AUSTRALIA	English-100		PG	Y
2023-09-10	2600	<b>Flat Out Food</b>	Tomato	Jenn picks fresh tomatoes at an organic vegetable farm before trying a tomato based cocktail and a delectable meal starring the bright red fruit.	CANADA	English-100		PG	
2023-09-10	2630	<b>John Torode's Korean Food Tour</b>	Veg And Tofu	John visits Gwanjang, the biggest food market in Seoul and samples its most famous food stall making bindaetteok, ground mung bean pancakes. He is then introduced to to fermented rice wine makgeolli.	UNITED KINGDOM	English-100		G	
2023-09-10	2730	<b>Hairy Bikers Go Local</b>	Prashad, Bradford	The Bikers continue their adventure in Yorkshire, on the hunt for new, local ingredients for a high-end Indian vegetarian restaurant.	UNITED KINGDOM	English-100		PG	
2023-09-10	2835	<b>Food Trail South Africa</b>	Durban	Warren heads to the coastal city of Durban - where he's staying at the iconic Oyster Box hotel. He visits the legendary Spice Emporium, and tastes some unusual local specialties, including Bunny Chow.	AUSTRALIA	English-100		G	Y
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2023-09-11	1330	<b>Ainsley's Food We Love</b>	Ainsley's Food We Love Series 1	Ainsley kicks off his culinary trip down memory lane by showcasing dishes and recipes which celebrate holidays. Starting with a fresh spicy seafood linguine with chilli and cherry tomatoes.	UNITED KINGDOM	English-100		G		
2023-09-11	1425	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y Y
2023-09-11	1430	<b>David Rocco's Dolce India</b>	Green Bharat, The	When David discovers a dairy farm making Italian cheeses in India, he takes it upon himself to investigate. Inspired by Indians embracing the fundamentals of Italian food, David returns the favour.	CANADA	English-100		G		Y
2023-09-11	1500	<b>Pati's Mexican Table</b>	Jalisco Classics	Pati stops at a couple of Guadalajara's most beloved restaurants for two of the region's classic recipes. At Super Menereria Cano, Pati learns the secrets to their menudo recipe.	USA	English-100		G		Y
2023-09-11	1530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Mary Berry	Culinary queen Mary Berry goes down memory lane for a nostalgic seafood feast. Jimmy bakes gooey bread, while Jamie makes a mini beef wellington. And the boys hit the front line with the RAF.	UNITED KINGDOM	English-100		G		
2023-09-11	1625	<b>Destination Flavour China Bitesize</b>	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		RPT	G		Y Y
2023-09-11	1630	<b>My Market Kitchen</b>	Episode 26	Ben O'Donoghue whips up a crowd favourite, sticky date puddings, then is joined by Georgia Barnes to make guilt-free carrot cake.	AUSTRALIA	English-100		G		
2023-09-11	1700	<b>Mary Makes It Easy</b>	Holiday Hang	Mary shares all the recipes you need to host a fantastic holiday hang: baked camembert, peppercorn beef, mashed potatoes and onion gravy.	CANADA	English-100		G		
2023-09-11	1730	<b>Comfort Food With Spencer Watts</b>	Sweet Tooth Comfort	Spencer has a sweet tooth and he is sharing three sweet treat recipes to help us indulge our love of sugar as well! Candied orange and caramelised white chocolate blondies with orange cream cheese.	CANADA	English-100		PG		
2023-09-11	1800	<b>Taste Of Australia With Hayden Quinn</b>	Taste Of Australia With Hayden Quinn Series 2 Ep 6	Hayden's journey down the Murrumbidgee River starts with an indigenous tour, then it's time to pick up local rice and chocolate to make a wonderful dessert.	AUSTRALIA	English-100		G		
2023-09-11	1830	<b>Food Unwrapped</b>	Whitebait, Corn-Fed Vs. Grass-Fed Cows, Dog Chocolate	Uncovers the truth about the food we eat. Jimmy Doherty finds out what pub-grub favourite whitebait actually is. Then he goes to Latvia to learn why we can't get it in supermarkets.	UNITED KINGDOM	English-100		PG		
2023-09-11	1900	<b>The Cook Up With Adam Liaw</b>	Bitter & Sweet	Beloved presenter Khang Ong and acclaimed chef Annita Potter join Adam Liaw to play with bitter and sweet flavours.	AUSTRALIA	English-100		PG		Y
2023-09-11	1930	<b>Come Dine With Me UK</b>	Guildford Day 1	This week is in Guildford, Surrey and first to host is 22-year-old Shanice, who hopes to show she is more than just a pretty face by serving up sumptuous food and dazzling conversation.	UNITED KINGDOM	English-100		PG		
2023-09-11	2000	<b>Gino's Italian Express</b>	Gino's Italian Escape Series 7 Ep 1	Gino's back in his home country of Italy. Here, he'll meet a local doctor who does his rounds on horseback. Gino will also prepare a scrumptious chocolate cheesecake before travelling on to Turin.	UNITED KINGDOM	English-100		PG		a
2023-09-11	2030	<b>Rick Stein: From Venice to Istanbul</b>	Croatia	In the Byzantine city of Ravenna, Rick discovers Piadinas, street food dating back to Roman times before crossing the Adriatic Sea to Croatia - a first for Rick - and a chance to discover new dishes.	UNITED KINGDOM	English-100		PG		a w
2023-09-11	2140	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 8	It's Paul's first summer on the farm and he eagerly waits for his sows Dolly and Pinky to give birth. This year the bar is being set even higher for the final feast at River Cottage.	UNITED KINGDOM	English-100	RPT	PG		a Y
2023-09-11	2235	<b>The Cook Up With Adam Liaw</b>	Bitter & Sweet	Beloved presenter Khang Ong and acclaimed chef Annita Potter join Adam Liaw to play with bitter and sweet flavours.	AUSTRALIA	English-100	RPT	PG		Y
2023-09-11	2305	<b>Andrew Zimmern's Wild Game Kitchen</b>	Braised Pigeon	Chef Andrew Zimmern cooks one of his favourite recipes, braised squab with olives and vinegar, a perfect meal for a fall evening around the fire. He pairs this with homemade herbed gnocchi in butter.	USA	English-100		PG		
2023-09-11	2330	<b>The Cook And The Chef</b>	Hand Food	How do you eat when you're on the go, wandering around a music festival or even working down a mineshaft? You need something you can eat with your hands.	AUSTRALIA	English-100		G		

2023-09-11	2400	<b>Come Dine With Me UK</b>	Guildford Day 1	This week is in Guildford, Surrey and first to host is 22-year-old Shanice, who hopes to show she is more than just a pretty face by serving up sumptuous food and dazzling conversation.	UNITED KINGDOM	English-100		PG		
2023-09-11	2430	<b>James Martin's American Adventure</b>	New Orleans	James drives into New Orleans in a 1970's Pontiac, continuing his American Adventure. And he's in for a massive foodie hit, in the city known as 'The Big Easy'.	UNITED KINGDOM	English-100		G		
2023-09-11	2525	<b>Destination Flavour Down Under Bitesize</b>	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
2023-09-11	2530	<b>Rick Stein: From Venice to Istanbul</b>	Croatia	In the Byzantine city of Ravenna, Rick discovers Piadinas, street food dating back to Roman times before crossing the Adriatic Sea to Croatia - a first for Rick - and a chance to discover new dishes.	UNITED KINGDOM	English-100		PG	a w	
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2023-09-11	2735	<b>Ainsley's Food We Love</b>	Ainsley's Food We Love Series 1	Ainsley kicks off his culinary trip down memory lane by showcasing dishes and recipes which celebrate holidays. Starting with a fresh spicy seafood linguine with chilli and cherry tomatoes.	UNITED KINGDOM	English-100		G		
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2023-09-12	0625	<b>Destination Flavour China Bitesize</b>	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		RPT	G		Y Y
2023-09-12	0630	<b>My Market Kitchen</b>	Episode 26	Ben O'Donoghue whips up a crowd favourite, sticky date puddings, then is joined by Georgia Barnes to make guilt-free carrot cake.	AUSTRALIA	English-100		G		
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2023-09-12	1100	<b>The Cook Up With Adam Liaw</b>	Bitter & Sweet	Beloved presenter Khang Ong and acclaimed chef Annita Potter join Adam Liaw to play with bitter and sweet flavours.	AUSTRALIA	English-100	RPT	PG		Y
2023-09-12	1130	<b>Come Dine With Me UK</b>	Guildford Day 1	This week is in Guildford, Surrey and first to host is 22-year-old Shanice, who hopes to show she is more than just a pretty face by serving up sumptuous food and dazzling conversation.	UNITED KINGDOM	English-100	RPT	PG		

2023-09-12	1200	<b>Andrew Zimmern's Wild Game Kitchen</b>	Braised Pigeon	Chef Andrew Zimmern cooks one of his favourite recipes, braised squab with olives and vinegar, a perfect meal for a fall evening around the fire. He pairs this with homemade herbed gnocchi in butter.	USA	English-100	PG			
2023-09-12	1230	<b>Rick Stein: From Venice to Istanbul</b>	Croatia	In the Byzantine city of Ravenna, Rick discovers Piadinas, street food dating back to Roman times before crossing the Adriatic Sea to Croatia - a first for Rick - and a chance to discover new dishes.	UNITED KINGDOM	English-100	PG	a	w	
2023-09-12	1335	<b>Ainsley's Food We Love</b>	Ainsley's Food We Love Series 1 Ep 2	Ainsley pays culinary homage to the dishes that our mums used to make, from brown chicken stew, rice and peas, teatime cupcakes, and delicious garlic bread.	UNITED KINGDOM	English-100	G			
2023-09-12	1430	<b>David Rocco's Dolce India</b>	Spice Guru	Bukhara is one of India's most famous restaurants, known for it's highly guarded dal recipe. David is determined to learn the recipe from ITC Bukhara's head Chef Manisha Bhasin.	CANADA	English-100	G			
2023-09-12	1500	<b>Pati's Mexican Table</b>	Los Mariachis	Some say that Jalisco is the birthplace of Mariachi. In this episode, Pati learns about the history, the instruments and the meaning behind that beloved Mexican music.	USA	English-100	G		Y	
2023-09-12	1530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Ant & Dec	The kings of Saturday night telly - Ant and Dec - join Jamie and Jimmy on Southend Pier. The multi award-winning presenters swap their 'takeaway' for Jamie's delicious home-cooked feasts.	UNITED KINGDOM	English-100	G			
2023-09-12	1625	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 4	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA		RPT	G	Y	Y
2023-09-12	1630	<b>My Market Kitchen</b>	Episode 27	Nutritionist Jemma takes us to Queensland to learn about pineapple farming, and then whips up an unbelievable morning mood booster smoothie	AUSTRALIA	English-100	G			
2023-09-12	1700	<b>Mary Makes It Easy</b>	Wine And Dine	Alcohol is not just a fun meal pairing, it's also a super flavourful ingredient to cook with! Mary shakes things up with Wine Can Chicken.	CANADA	English-100	G			
2023-09-12	1730	<b>Comfort Food With Spencer Watts</b>	Magical Beans	Spencer sets the oven on low and celebrates his love of beans - black bean and kabocha squash soup and braised Swiss chard and chilli pesto. Then he makes his Mediterranean style broad beans in sauce.	CANADA	English-100	PG			
2023-09-12	1800	<b>Taste Of Australia With Hayden Quinn</b>	Taste Of Australia With Hayden Quinn Series 2 Ep 7	Hayden starts with an early morning cruise on the Tweed River, goes mud crabbing, then creates a tasty salt-baked crab dish!	AUSTRALIA	English-100	PG	a	w	
2023-09-12	1830	<b>Food Unwrapped</b>	Greek Yogurt, Saffron, Kidney Beans	Jimmy Doherty is in Greece, where he learns that Greek yogurt production creates a troublesome by-product. Kate Qulton heads out to Morocco to uncover the secrets of saffron fraud.	UNITED KINGDOM	English-100	PG			
2023-09-12	1900	<b>The Cook Up With Adam Liaw</b>	Sing For Your Supper	Nothing but hits as the owner of Fervor, chef Paul Iskov, and founder of Pub Choir, conductor Astrid Jorgensen, sing for their suppers by making late night favourites with Adam.	AUSTRALIA	English-100	PG		Y	
2023-09-12	1930	<b>Come Dine With Me UK</b>	Guildford Day 2	In Guildford, retired estate agent Vivi hopes to land the prize with a feast inspired by her homeland. And she doesn't disappoint with Norwegian fish soup, singing and nursery rhymes!	UNITED KINGDOM	English-100	PG			
2023-09-12	2000	<b>Adam and Poh's Great Australian Bites</b>	South Australia	This episode we are going to look at one great Aussie culinary innovation we've gifted to the world! From flat whites, to avo on toast, Aussie baristas and cooks are sought after all over the world.	AUSTRALIA	English-100	PG			
2023-09-12	2030	<b>Jeremy Pang's Asian Kitchen</b>	Dishes To Impress	Jeremy shares his recipes for the perfect dishes to impress: BBQ chicken wings with spicy slaw, Malaysian fried rice and drunken prawns.	UNITED KINGDOM	English-100	PG	a		
2023-09-12	2130	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 1	In over a year, Paul's farm has grown from a hobby farm into a serious small holder, but without proper infrastructure, he needs to plan for the future.	UNITED KINGDOM	English-100	RPT	PG	Y	
2023-09-12	2230	<b>The Cook Up With Adam Liaw</b>	Sing For Your Supper	Nothing but hits as the owner of Fervor, chef Paul Iskov, and founder of Pub Choir, conductor Astrid Jorgensen, sing for their suppers by making late night favourites with Adam.	AUSTRALIA	English-100	RPT	PG	Y	
2023-09-12	2300	<b>Andrew Zimmern's Wild Game Kitchen</b>	Goat	Learn how to break down and butcher a whole goat, utilising the leg and backstrap for a beautiful braised curry and saving some of the animal's offal for a delicious chef's snack on the grill.	USA	English-100	PG			

2023-09-12	2330	<b>The Cook And The Chef</b>	Macadamia Nuts And Pasta	Maggie's grandchildren harvest some of her macadamia nuts so she can incorporate them in a delicious biscuit, while Simon uses the nuts to coat a bitey goat cheese.	AUSTRALIA	English-100		G		
2023-09-12	2400	<b>Come Dine With Me UK</b>	Guildford Day 2	In Guildford, retired estate agent Vivi hopes to land the prize with a feast inspired by her homeland. And she doesn't disappoint with Norwegian fish soup, singing and nursery rhymes!	UNITED KINGDOM	English-100		PG		
2023-09-12	2430	<b>James Martin's American Adventure</b>	Plantation Country	Louisiana's lush plantation country is the next stop on James Martin's American Adventure. Famous for sugar its productions, the area boasts beautiful plantation houses, rich in history.	UNITED KINGDOM	English-100		PG	a	
2023-09-12	2525	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
2023-09-12	2530	<b>Jeremy Pang's Asian Kitchen</b>	Dishes To Impress	Jeremy shares his recipes for the perfect dishes to impress: BBQ chicken wings with spicy slaw, Malaysian fried rice and drunken prawns.	UNITED KINGDOM	English-100		PG	a	
2023-09-12	2630	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 1	In over a year, Paul's farm has grown from a hobby farm into a serious small holder, but without proper infrastructure, he needs to plan for the future.	UNITED KINGDOM	English-100	RPT	PG		Y
2023-09-12	2730	<b>Ainsley's Food We Love</b>	Ainsley's Food We Love Series 1 Ep 2	Ainsley pays culinary homage to the dishes that our mums used to make, from brown chicken stew, rice and peas, teatime cupcakes, and delicious garlic bread.	UNITED KINGDOM	English-100		G		
2023-09-12	2825	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y Y
2023-09-12	2830	<b>David Rocco's Dolce India</b>	Spice Guru	Bukhara is one of India's most famous restaurants, known for it's highly guarded dal recipe. David is determined to learn the recipe from ITC Bukhara's head Chef Manisha Bhasin.	CANADA	English-100		G		
2023-09-13	0500	<b>Pati's Mexican Table</b>	Los Mariachis	Some say that Jalisco is the birthplace of Mariachi. In this episode, Pati learns about the history, the instruments and the meaning behind that beloved Mexican music.	USA	English-100		G		Y
2023-09-13	0530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Ant & Dec	The kings of Saturday night telly - Ant and Dec - join Jamie and Jimmy on Southend Pier. The multi award-winning presenters swap their 'takeaway' for Jamie's delicious home-cooked feasts.	UNITED KINGDOM	English-100		G		
2023-09-13	0625	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 4	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA		RPT	G		Y Y
2023-09-13	0630	<b>My Market Kitchen</b>	Episode 27	Nutritionist Jemma takes us to Queensland to learn about pineapple farming, and then whips up an unbelievable morning mood booster smoothie	AUSTRALIA	English-100		G		
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2023-09-13	0800	<b>Taste Of Australia With Hayden Quinn</b>	Taste Of Australia With Hayden Quinn Series 2 Ep 7	Hayden starts with an early morning cruise on the Tweed River, goes mud crabbing, then creates a tasty salt-baked crab dish!	AUSTRALIA	English-100		PG	a w	
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2023-09-13	1030	<b>Food Unwrapped</b>	Greek Yogurt, Saffron, Kidney Beans	Jimmy Doherty is in Greece, where he learns that Greek yogurt production creates a troublesome by-product. Kate Quilton heads out to Morocco to uncover the secrets of saffron fraud.	UNITED KINGDOM	English-100		PG		

2023-09-13	1100	<b>The Cook Up With Adam Liaw</b>	Sing For Your Supper	Nothing but hits as the owner of Fervor, chef Paul Iskov, and founder of Pub Choir, conductor Astrid Jorgensen, sing for their suppers by making late night favourites with Adam.	AUSTRALIA	English-100	RPT	PG		Y
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2023-09-13	1230	<b>Jeremy Pang's Asian Kitchen</b>	Dishes To Impress	Jeremy shares his recipes for the perfect dishes to impress: BBQ chicken wings with spicy slaw, Malaysian fried rice and drunken prawns.	UNITED KINGDOM	English-100		PG	a	
2023-09-13	1325	<b>Please Eat Slowly Bitesize</b>	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		
2023-09-13	1330	<b>Ainsley's Food We Love</b>	Ainsley's Food We Love Series 1 Ep 3	Ainsley is in the kitchen as he is inspired by the great retro dishes of the past. He starts his Forgotten Classics menu with a sumptuous minced beef, potato, and onion pie served with buttery greens.	UNITED KINGDOM	English-100		G		
2023-09-13	1425	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y Y
2023-09-13	1430	<b>David Rocco's Dolce India</b>	Chennai Express	David's comedian friends Mohan and Vidyu take him on a culinary tour of Chennai's Tamil Nadu vegetarian culture, from a typical breakfast to a tour of a factory where they teach him to make chutney.	CANADA	English-100		PG	I	
2023-09-13	1500	<b>Pati's Mexican Table</b>	Escaramuza	Jalisco is famous for its charros. In this episode, Pati experiences a unique and storied part of this part of the culture: the Escaramuza - an all-female horse riding and skills competition.	USA	English-100		G		Y
2023-09-13	1530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Rob Beckett	Joining Jamie and Jimmy in the kitchen tonight is one of Britain's favourite comedians, Rob Beckett. Rob's perfect night out is 'duck on tap' at an all-you-can-eat Chinese buffet.	UNITED KINGDOM	English-100		G		
2023-09-13	1625	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 5	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA		RPT	G		Y Y
2023-09-13	1630	<b>My Market Kitchen</b>	Episode 28	Kathy Tsaples from Sweet Greek shares her recipe for fasolakia (Greek green beans), and Ben and Chef Kinsan make Temaki sushi.	AUSTRALIA	English-100		G		
2023-09-13	1700	<b>Mary Makes It Easy</b>	Fave Missed Steak	Mary's veg versions of meaty classics can satisfy even the biggest meathead by maintaining those hearty flavours: falafel burgers, tofu chicken nuggets, and lentil meatballs.	CANADA	English-100		G		
2023-09-13	1730	<b>Comfort Food With Spencer Watts</b>	Comforting Baked Goods	Spencer bakes it sweet and savoury by introducing his cheddar chive biscuits with poached eggs and country gravy. Then it's a deep dive into autumn apples with his Dutch apple-cranberry pie.	CANADA	English-100		PG		
2023-09-13	1800	<b>Taste Of Australia With Hayden Quinn</b>	Taste Of Australia With Hayden Quinn Series 2 Ep 8	Hayden travels to see how mussels are grown, goes whale watching, then cooks up on the famous Tathra Wharf.	AUSTRALIA	English-100		G		
2023-09-13	1830	<b>Food Unwrapped</b>	Omega 3, Iberico Ham, White Chocolate	Jimmy Doherty discovers that everyone's favourite supplement, Omega 3, could have an uncertain future. Kate Quilton travels to piggy paradise in Spain to look into why Iberico ham is so expensive.	UNITED KINGDOM	English-100		PG		Y
2023-09-13	1900	<b>The Cook Up With Adam Liaw</b>	Savoury Pancakes	Adam Liaw and guests, husband and wife Opera stars Christian Qj and Esther Song have stacks of fun with savoury pancakes.	AUSTRALIA	English-100		PG		Y
2023-09-13	1930	<b>Come Dine With Me UK</b>	Guildford Day 3	It's the third day in Guildford and Charlotte's turn to host. She's taken a risk with her Asian inspired menu and is worried that entertainments manager David will find her food too exotic.	UNITED KINGDOM	English-100		PG		
2023-09-13	2000	<b>The Chocolate Queen</b>	Chocolate Queen Series 3 Ep, The 1	Kirsten Tibballs is back with more delights: from rich, airy puddings to citrus-infused shortbreads! Impress your guests with delicate chocolate lace baskets or stunning white chocolate dacquoise.	AUSTRALIA	English-100		G		



2023-09-13	2030	<b>Ainsley's Fantastic Flavours</b>	Fruity	Ainsley explores both savoury and sweet fruity flavours. Starting with the most important meal of the day - breakfast. Ainsley whips up fruity granola breakfast cranachan and a tropical smoothie.	UNITED KINGDOM	English-100		PG			
2023-09-13	2130	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 2	There's trouble on Paul's farm and his goats go missing. He's questioning Bessie's future and needs to find out if she's pregnant. It's time to turn the winter veggie patch into his first cash crop.	UNITED KINGDOM	English-100	RPT	PG		Y	
2023-09-13	2230	<b>The Cook Up With Adam Liaw</b>	Savoury Pancakes	Adam Liaw and guests, husband and wife Opera stars Christian Qi and Esther Song have stacks of fun with savoury pancakes.	AUSTRALIA	English-100	RPT	PG		Y	
2023-09-13	2300	<b>Andrew Zimmern's Wild Game Kitchen</b>	Nashville Pheasant	Andrew takes one of his favourite dishes, Nashville-style hot fried chicken, and reinterprets it for wild pheasant. Hot and spicy, batter coated, crispy fried pheasant is paired with a spinach salad.	USA	English-100		PG			
2023-09-13	2330	<b>The Cook And The Chef</b>	Slow Food	A weeping Maggie Beer is forced out of the kitchen by Simon's 13-chilli vegetarian jungle curry. Fortunately, Maggie recovers in time to share the secrets of her slow-cooked saltbush hogget.	AUSTRALIA	English-100		G			
2023-09-13	2400	<b>Come Dine With Me UK</b>	Guildford Day 3	It's the third day in Guildford and Charlotte's turn to host. She's taken a risk with her Asian inspired menu and is worried that entertainments manager David will find her food too exotic.	UNITED KINGDOM	English-100		PG			
2023-09-13	2430	<b>James Martin's American Adventure</b>	Lafayette	James Martin's American Adventure continues with a drive towards Louisiana's swamplands, where he ditches his car for a high-speed boat!	UNITED KINGDOM	English-100		G			
2023-09-13	2525	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y	
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2023-09-14	0630	<b>My Market Kitchen</b>	Episode 28	Kathy Tsaples from Sweet Greek shares her recipe for fasolakia (Greek green beans), and Ben and Chef Kinsan make Temaki sushi.	AUSTRALIA	English-100		G			
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2023-09-14	1030	<b>Food Unwrapped</b>	Omega 3, Iberico Ham, White Chocolate	Jimmy Doherty discovers that everyone's favourite supplement, Omega 3, could have an uncertain future. Kate QUILTON travels to piggy paradise in Spain to look into why Iberico ham is so expensive.	UNITED KINGDOM	English-100		PG		Y
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2023-09-14	1330	<b>Ainsley's Food We Love</b>	Ainsley's Food We Love Series 1 Ep 4	Ainsley is inspired by the great dishes of the school canteen. He starts off with a sumptuous shepherd's pie with minted peas. Pussycat Doll Kimberly Wyatt joins him for a cheese and bean tortilla.	UNITED KINGDOM	English-100		G		
2023-09-14	1425	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 6	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-09-14	1430	<b>David Rocco's Dolce India</b>	Hauz Khas Village	David meets Ravi and Robbie, half-brothers who own the Flipside Cafe in Hauz Khas, Delhi. They ask David to help revamp their menu with some Italian classics like eggplant parmigiana and potato salad.	CANADA	English-100		PG		
2023-09-14	1500	<b>Pati's Mexican Table</b>	Tradition And Innovation	Pati meets chef and historian Maru Toledo who is working to preserve and pass on some of Jalisco's most important regional recipes.	USA	English-100		G		Y
2023-09-14	1530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Mel B	Things are heating up on the pier as Mel B joins Jamie and Jimmy for some spicy Caribbean cooking. Together they recreate the most incredible curry chicken, rice and peas from Mel's grandma's recipe.	UNITED KINGDOM	English-100		G		
2023-09-14	1625	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 6	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA		RPT	G	Y	Y
2023-09-14	1630	<b>My Market Kitchen</b>	Episode 29	Ben and wine expert Belinda discuss pairing wine with spicy food while they serve up a Keralan fish curry together.	AUSTRALIA	English-100		G		
2023-09-14	1700	<b>Mary Makes It Easy</b>	Batch Made In Heaven	Batch cooking is where it's at! Fill the freezer for your friends and make your meals last longer with Mary's go-to veggie cabbage rolls, and lasagne roll ups.	CANADA	English-100		G		
2023-09-14	1730	<b>Comfort Food With Spencer Watts</b>	TV Dinners	In a modern version of TV dinner nostalgia, Spencer makes his bar-raised version of Salisbury steak with gravy, Vichy peas and a potato cauliflower mash with stilton.	CANADA	English-100		PG		
2023-09-14	1800	<b>Taste Of Australia With Hayden Quinn</b>	Taste Of Australia With Hayden Quinn Series 2 Ep 9	Hayden's friend Amina is his guide for a wonderful food-filled tour of Western Sydney as Amina takes Hayden to some of her favourite places.	AUSTRALIA	English-100		G		

2023-09-14	1830	<b>Food Unwrapped</b>	Water, Rapeseed, Cellulose	Jimmy Doherty wonders what we're paying for in mineral water and investigates tap water. Kate finds out what the vegetable is in your vegetable oil and learns the truth about how it's manufactured.	UNITED KINGDOM	English-100		PG		
2023-09-14	1900	<b>The Cook Up With Adam Liaw</b>	Lot For A Little, A	It's bang for your buck as Adam Liaw and guests, presenter Linda Marigliano and Turbans 4 Australia founder Amar Singh, make a lot for a little.	AUSTRALIA	English-100		PG		
2023-09-14	1930	<b>Come Dine With Me UK</b>	Guildford Day 4	It's the penultimate day in Guildford and the turn of entertainments manager David to host. And with simple food, it's David's fun, excitement and entertainment that are the main event.	UNITED KINGDOM	English-100		PG		
2023-09-14	2000	<b>Destination Flavour Singapore</b>	Destination Flavour Singapore Series 1 Ep 7	Adam's journey begins 70 floors above Singapore on the outskirts of the CBD, at the top of the Swissotel Stamford building, where he finds a modern French restaurant called Jaan.	AUSTRALIA	English-100	RPT	PG		Y
2023-09-14	2030	<b>Made In Italy With Silvia Colloca</b>	Made In Italy With Silvia Colloca Series 1 Ep 10	Silvia Colloca ventures north to Abruzzo and finds inspiration from the delicious meat cold cuts that the region is renowned for to make an Italian savoury pie.	AUSTRALIA	English-100	RPT	G		Y
2023-09-14	2100	<b>The Streets With Dan Hong</b>	Streets With Dan Hong Series 1, The Ep 8	Japan's answer to the Hamburger, Dan shows us the secrets to the delicious Katsu Sandwich.	AUSTRALIA	English-100		G		Y
2023-09-14	2130	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 3	Tough times are ahead for Paul when he asks home butcher and friend Matt to help him slaughter his first goat, but when Paul helps to rebuild a community garden the goat goes to a good cause.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2023-09-14	2230	<b>The Cook Up With Adam Liaw</b>	Lot For A Little, A	It's bang for your buck as Adam Liaw and guests, presenter Linda Marigliano and Turbans 4 Australia founder Amar Singh, make a lot for a little.	AUSTRALIA	English-100	RPT	PG		
2023-09-14	2300	<b>Andrew Zimmern's Wild Game Kitchen</b>	Tuna	Chef Andrew Zimmern breaks down a whole tuna and serves it three ways. Centre cut tuna steaks are grilled and topped with a sweet and salty mustard miso sauce.	USA	English-100		PG		
2023-09-14	2330	<b>The Cook And The Chef</b>	Food For A Cold Winter	There's Italian sunshine and some chilly Australian surf in this mid-winter episode. Simon reveals his Englishman's love of visiting the beach in cold weather.	AUSTRALIA	English-100		G		
2023-09-14	2400	<b>Come Dine With Me UK</b>	Guildford Day 4	It's the penultimate day in Guildford and the turn of entertainments manager David to host. And with simple food, it's David's fun, excitement and entertainment that are the main event.	UNITED KINGDOM	English-100		PG		
2023-09-14	2430	<b>James Martin's American Adventure</b>	Avery Island	James continues his American Adventure with a trip to an island that's not actually an island. Avery Island is a large salt mound, and the home of the chilli peppers used to make Tabasco Sauce.	UNITED KINGDOM	English-100		G		
2023-09-14	2525	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
2023-09-14	2530	<b>Made In Italy With Silvia Colloca</b>	Made In Italy With Silvia Colloca Series 1 Ep 10	Silvia Colloca ventures north to Abruzzo and finds inspiration from the delicious meat cold cuts that the region is renowned for to make an Italian savoury pie.	AUSTRALIA	English-100	RPT	G		Y
2023-09-14	2600	<b>The Streets With Dan Hong</b>	Streets With Dan Hong Series 1, The Ep 8	Japan's answer to the Hamburger, Dan shows us the secrets to the delicious Katsu Sandwich.	AUSTRALIA	English-100		G		Y
2023-09-14	2630	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 3	Tough times are ahead for Paul when he asks home butcher and friend Matt to help him slaughter his first goat, but when Paul helps to rebuild a community garden the goat goes to a good cause.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2023-09-14	2730	<b>Ainsley's Food We Love</b>	Ainsley's Food We Love Series 1 Ep 4	Ainsley is inspired by the great dishes of the school canteen. He starts off with a sumptuous shepherd's pie with minted peas. Pussycat Doll Kimberly Wyatt joins him for a cheese and bean tortilla.	UNITED KINGDOM	English-100		G		
2023-09-14	2825	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 6	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y Y
2023-09-14	2830	<b>David Rocco's Dolce India</b>	Hauz Khas Village	David meets Ravi and Robbie, half-brothers who own the Flipside Cafe in Hauz Khas, Delhi. They ask David to help revamp their menu with some Italian classics like eggplant parmigiana and potato salad.	CANADA	English-100		PG		
2023-09-15	0500	<b>Pati's Mexican Table</b>	Tradition And Innovation	Pati meets chef and historian Maru Toledo who is working to preserve and pass on some of Jalisco's most important regional recipes.	USA	English-100		G		Y

2023-09-15	0530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Mel B	Things are heating up on the pier as Mel B joins Jamie and Jimmy for some spicy Caribbean cooking. Together they recreate the most incredible curry chicken, rice and peas from Mel's grandma's recipe.	UNITED KINGDOM	English-100		G		
2023-09-15	0625	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 6	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA		RPT	G	Y	Y
2023-09-15	0630	<b>My Market Kitchen</b>	Episode 29	Ben and wine expert Belinda discuss pairing wine with spicy food while they serve up a Keralan fish curry together.	AUSTRALIA	English-100		G		
2023-09-15	0700	<b>Mary Makes It Easy</b>	Batch Made In Heaven	Batch cooking is where it's at! Fill the freezer for your friends and make your meals last longer with Mary's go-to veggie cabbage rolls, and lasagne roll ups.	CANADA	English-100		G		
2023-09-15	0730	<b>Comfort Food With Spencer Watts</b>	TV Dinners	In a modern version of TV dinner nostalgia, Spencer makes his bar-raised version of Salisbury steak with gravy, Vichy peas and a potato cauliflower mash with stilton.	CANADA	English-100		PG		
2023-09-15	0800	<b>Taste Of Australia With Hayden Quinn</b>	Taste Of Australia With Hayden Quinn Series 2 Ep 9	Hayden's friend Amina is his guide for a wonderful food-filled tour of Western Sydney as Amina takes Hayden to some of her favourite places.	AUSTRALIA	English-100		G		
2023-09-15	0830	<b>James Martin's American Adventure</b>	Avery Island	James continues his American Adventure with a trip to an island that's not actually an island. Avery Island is a large salt mound, and the home of the chilli peppers used to make Tabasco Sauce.	UNITED KINGDOM	English-100		G		
2023-09-15	0925	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y	
2023-09-15	0930	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 3	Tough times are ahead for Paul when he asks home butcher and friend Matt to help him slaughter his first goat, but when Paul helps to rebuild a community garden the goat goes to a good cause.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2023-09-15	1030	<b>Food Unwrapped</b>	Water, Rapeseed, Cellulose	Jimmy Doherty wonders what we're paying for in mineral water and investigates tap water. Kate finds out what the vegetable is in your vegetable oil and learns the truth about how it's manufactured.	UNITED KINGDOM	English-100		PG		
2023-09-15	1100	<b>The Cook Up With Adam Liaw</b>	Lot For A Little, A	It's bang for your buck as Adam Liaw and guests, presenter Linda Marigliano and Turbans 4 Australia founder Amar Singh, make a lot for a little.	AUSTRALIA	English-100	RPT	PG		
2023-09-15	1130	<b>Come Dine With Me UK</b>	Guildford Day 4	It's the penultimate day in Guildford and the turn of entertainments manager David to host. And with simple food, it's David's fun, excitement and entertainment that are the main event.	UNITED KINGDOM	English-100		PG		
2023-09-15	1200	<b>Andrew Zimmern's Wild Game Kitchen</b>	Tuna	Chef Andrew Zimmern breaks down a whole tuna and serves it three ways. Centre cut tuna steaks are grilled and topped with a sweet and salty mustard miso sauce.	USA	English-100		PG		
2023-09-15	1230	<b>Made In Italy With Silvia Colloca</b>	Made In Italy With Silvia Colloca Series 1 Ep 10	Silvia Colloca ventures north to Abruzzo and finds inspiration from the delicious meat cold cuts that the region is renowned for to make an Italian savoury pie.	AUSTRALIA	English-100	RPT	G		Y
2023-09-15	1300	<b>The Streets With Dan Hong</b>	Streets With Dan Hong Series 1, The Ep 8	Japan's answer to the Hamburger, Dan shows us the secrets to the delicious Katsu Sandwich.	AUSTRALIA	English-100		G		Y
2023-09-15	1330	<b>Ainsley's Food We Love</b>	Ainsley's Food We Love Series 1 Ep 5	Ainsley is in his kitchen where it's time for that Great British tradition - tea! Time to pop the kettle on. Ainsley is joined in the kitchen by actor, singer, and dancer John Partridge.	UNITED KINGDOM	English-100		G		
2023-09-15	1425	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 7	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y
2023-09-15	1430	<b>David Rocco's Dolce India</b>	Homesick Blues	On a long trip to India, David is bound to feel homesick. He and chef Massimo Gullotta spend the day indulging in Italian foods and customs, including a turbulent trip to sea to catch their own fish.	CANADA	English-100		PG	a w	
2023-09-15	1500	<b>Pati's Mexican Table</b>	Getting To The Roots	Pati meets the young chefs and owners of one of Guadalajara's most exciting new restaurants, Xokol, where they are reconnecting with their roots.	USA	English-100		G		Y
2023-09-15	1530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Claudia Winkleman	There's strictly only fun to be had on Southend Pier as Claudia Winkleman joins Jamie and Jimmy for an evening of good food, great chat and celebrity fun and games to kick off your weekend.	UNITED KINGDOM	English-100		G		

2023-09-15	1625	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 7	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	PG	a w	Y	Y
2023-09-15	1630	<b>My Market Kitchen</b>	Episode 30	Ben is joined by Joe Vargetto who gives a Sicilian pasta masterclass with his cavatelli with slow cooked rabbit.	AUSTRALIA	English-100		PG			
2023-09-15	1700	<b>Mary Makes It Easy</b>	Overnight Guests	Mary's super simple recipes will free you up to spend more time with your guests instead of in the kitchen: apple butter roast pork, white bean soup, and French toast.	CANADA	English-100		G			
2023-09-15	1730	<b>Comfort Food With Spencer Watts</b>	For The Love Of Spuds	There are a lot of ways to dress up a tuber and Spencer shares three great recipes here including a decadent potato pie with a camembert centre and a parsley butter drizzle.	CANADA	English-100		PG			
2023-09-15	1800	<b>Taste Of Australia With Hayden Quinn</b>	Taste Of Australia With Hayden Quinn Series 2 Ep 10	Hayden sails with his grandfather on the famous Sydney Harbour, visits the Sydney Fish Market, and creates a wonderful seafood dish.	AUSTRALIA	English-100		PG			
2023-09-15	1830	<b>Food Unwrapped</b>	Insects, Milk, Truffle Oil	Jimmy Doherty travels to Holland, where insects are being farmed for human consumption. Kate Quilton explores the myth that drinking a cup of warm milk before bed helps you sleep.	UNITED KINGDOM	English-100		PG			
2023-09-15	1900	<b>The Cook Up With Adam Liaw</b>	Good Catch	It's easy entertaining, and Adam and guests, public health expert Dr Sandro Demaio and award-winning chef Alanna Sapwell-Stone, cook with sustainable seafood.	AUSTRALIA	English-100		PG			
2023-09-15	1930	<b>Come Dine With Me UK</b>	Guildford Day 5	It's the final day in Guildford, and Neil is hoping to land the prize with his sophisticated menu of a caviar starter, Moroccan lamb main and an artistically angled panna cotta for dessert.	UNITED KINGDOM	English-100		PG			
2023-09-15	2000	<b>Poh &amp; Co.</b>	Brand New Life, A	It's opening day at the Central Market Cafe and the group is nervous and excited. The future of the cafe is unknown, but right now Poh is making new friends.	AUSTRALIA	English-100	RPT	G		Y	
2023-09-15	2030	<b>James Martin's French Adventure</b>	Languedoc	James visits Languedoc, famous for its wine and the hearty meaty dish, cassoulet. James uses some great local produce to create an unusual first dish with melon and onion rings!	UNITED KINGDOM	English-100		G			
2023-09-15	2130	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 4	In an attempt to make a quicker profit, Paul decides to add hens and honey to his farm, and goes on a road trip to find out how. Digger proves he's got the nose for truffle hunting.	UNITED KINGDOM	English-100	RPT	PG		Y	
2023-09-15	2230	<b>The Cook Up With Adam Liaw</b>	Good Catch	It's easy entertaining, and Adam and guests, public health expert Dr Sandro Demaio and award-winning chef Alanna Sapwell-Stone, cook with sustainable seafood.	AUSTRALIA	English-100	RPT	PG			
2023-09-15	2300	<b>Andrew Zimmern's Wild Game Kitchen</b>	Hawaiian Plate Lunch	The iconic Hawaiian plate lunch is an overloaded plate of delicious food. Andrew Zimmern reimagines this meal with a hand chopped venison burger topped with homemade gravy and a fried egg.	USA	English-100		PG			
2023-09-15	2330	<b>The Cook And The Chef</b>	Kids In The Kitchen	Rolled sleeves, flour covered fingers and chocolate smeared grins - it's winter school holidays and the kids are in the kitchen. Join Maggie as she shares her grandchildren's favourite recipes.	AUSTRALIA	English-100		G			
2023-09-15	2400	<b>Come Dine With Me UK</b>	Guildford Day 5	It's the final day in Guildford, and Neil is hoping to land the prize with his sophisticated menu of a caviar starter, Moroccan lamb main and an artistically angled panna cotta for dessert.	UNITED KINGDOM	English-100		PG			
2023-09-15	2430	<b>James Martin's American Adventure</b>	Baton Rouge	James ventures into Louisiana's state capital Baton Rouge on his American adventure, to experience a unique American phenomenon - tailgating.	UNITED KINGDOM	English-100		G			
2023-09-15	2525	<b>Destination Flavour Down Under Bitesize</b>	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	
2023-09-15	2530	<b>James Martin's French Adventure</b>	Languedoc	James visits Languedoc, famous for its wine and the hearty meaty dish, cassoulet. James uses some great local produce to create an unusual first dish with melon and onion rings!	UNITED KINGDOM	English-100		G			
2023-09-15	2625	<b>Please Eat Slowly Bitesize</b>	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			
2023-09-15	2630	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 4	In an attempt to make a quicker profit, Paul decides to add hens and honey to his farm, and goes on a road trip to find out how. Digger proves he's got the nose for truffle hunting.	UNITED KINGDOM	English-100	RPT	PG		Y	

2023-09-15	2730	<b>Ainsley's Food We Love</b>	Ainsley's Food We Love Series 1 Ep 5	Ainsley is in his kitchen where it's time for that Great British tradition - teal Time to pop the kettle on. Ainsley is joined in the kitchen by actor, singer, and dancer John Partridge.	UNITED KINGDOM	English-100		G		
2023-09-15	2825	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 7	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-09-15	2830	<b>David Rocco's Dolce India</b>	Homesick Blues	On a long trip to India, David is bound to feel homesick. He and chef Massimo Gullotta spend the day indulging in Italian foods and customs, including a turbulent trip to sea to catch their own fish.	CANADA	English-100		PG	a w	
2023-09-16	0500	<b>Pati's Mexican Table</b>	Getting To The Roots	Pati meets the young chefs and owners of one of Guadalajara's most exciting new restaurants, Xokol, where they are reconnecting with their roots.	USA	English-100		G		Y
2023-09-16	0530	<b>Pati's Mexican Table</b>	Tucson: Gateway To Sonora	Pati heads to Tucson, Arizona to meet one of the best bakers in America, Don Guerra of Barrio Bakery.	USA	English-100		G		Y
2023-09-16	0600	<b>Pati's Mexican Table</b>	Hermosillo Food Crawl	Pati spends a day in Sonora's capital, Hermosillo, visiting some of the city's best culinary destinations. Pati experiences the full spectrum of the Hermosillo's food scene.	USA	English-100		G		Y
2023-09-16	0630	<b>Pati's Mexican Table</b>	Blessing And The Benefit, The	Pati experiences important Sonoran culinary traditions. On the coast in Bahia Kino, local fishermen receive 'the blessing' from a woman from the Seri tribe before heading out on the water to fish.	USA	English-100		PG	a w	Y
2023-09-16	0700	<b>Pati's Mexican Table</b>	Carne Asada With La Familia	Pati spends some time with her boys cooking up a classic Sonoran-style meal. First, she teaches them the basics of a true Sonoran tradition - carne asada.	USA	English-100		G		Y
2023-09-16	0730	<b>Pati's Mexican Table</b>	Flour Power	Wheat and meat are two staples of Sonoran cuisine, and Pati shows her take on a classic recipe that uses both - a carne con chile burrito.	USA	English-100		G		Y
2023-09-16	0800	<b>Taste Of Australia With Hayden Quinn</b>	Taste Of Australia With Hayden Quinn Series 2 Ep 10	Hayden sails with his grandfather on the famous Sydney Harbour, visits the Sydney Fish Market, and creates a wonderful seafood dish.	AUSTRALIA	English-100		PG		
2023-09-16	0830	<b>James Martin's American Adventure</b>	Baton Rouge	James ventures into Louisiana's state capital Baton Rouge on his American adventure, to experience a unique American phenomenon - tailgating.	UNITED KINGDOM	English-100		G		
2023-09-16	0925	<b>Destination Flavour Down Under Bitesize</b>	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	
2023-09-16	0930	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 4	In an attempt to make a quicker profit, Paul decides to add hens and honey to his farm, and goes on a road trip to find out how. Digger proves he's got the nose for truffle hunting.	UNITED KINGDOM	English-100	RPT	PG	Y	
2023-09-16	1030	<b>Food Unwrapped</b>	Insects, Milk, Truffle Oil	Jimmy Doherty travels to Holland, where insects are being farmed for human consumption. Kate Quilton explores the myth that drinking a cup of warm milk before bed helps you sleep.	UNITED KINGDOM	English-100		PG		
2023-09-16	1100	<b>The Cook Up With Adam Liaw</b>	Good Catch	It's easy entertaining, and Adam and guests, public health expert Dr Sandro Demaio and award-winning chef Alanna Sapwell-Stone, cook with sustainable seafood.	AUSTRALIA	English-100	RPT	PG		
2023-09-16	1130	<b>Come Dine With Me UK</b>	Guildford Day 5	It's the final day in Guildford, and Neil is hoping to land the prize with his sophisticated menu of a caviar starter, Moroccan lamb main and an artistically angled panna cotta for dessert.	UNITED KINGDOM	English-100		PG		
2023-09-16	1200	<b>Andrew Zimmern's Wild Game Kitchen</b>	Hawaiian Plate Lunch	The iconic Hawaiian plate lunch is an overloaded plate of delicious food. Andrew Zimmern reimagines this meal with a hand chopped venison burger topped with homemade gravy and a fried egg.	USA	English-100		PG		
2023-09-16	1230	<b>James Martin's French Adventure</b>	Languedoc	James visits Languedoc, famous for its wine and the hearty meaty dish, cassoulet. James uses some great local produce to create an unusual first dish with melon and onion rings!	UNITED KINGDOM	English-100		G		
2023-09-16	1325	<b>Please Eat Slowly Bitesize</b>	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		
2023-09-16	1330	<b>James Martin's American Adventure</b>	Baton Rouge	James ventures into Louisiana's state capital Baton Rouge on his American adventure, to experience a unique American phenomenon - tailgating.	UNITED KINGDOM	English-100		G		
2023-09-16	1425	<b>Destination Flavour Down Under Bitesize</b>	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	

2023-09-16	1430	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 4	In an attempt to make a quicker profit, Paul decides to add hens and honey to his farm, and goes on a road trip to find out how. Digger proves he's got the nose for truffle hunting.	UNITED KINGDOM	English-100	RPT	PG		Y
2023-09-16	1530	<b>Food Unwrapped</b>	Insects, Milk, Truffle Oil	Jimmy Doherty travels to Holland, where insects are being farmed for human consumption. Kate Quilton explores the myth that drinking a cup of warm milk before bed helps you sleep.	UNITED KINGDOM	English-100		PG		
2023-09-16	1600	<b>The Cook Up With Adam Liaw</b>	Good Catch	It's easy entertaining, and Adam and guests, public health expert Dr Sandro Demaio and award-winning chef Alanna Sapwell-Stone, cook with sustainable seafood.	AUSTRALIA	English-100	RPT	PG		
2023-09-16	1630	<b>Baking It Easy</b>	It's Floofy And Everything's Fine	Meghan shares her designs for decadently delicious cream puffs and cookies fit to serve for any occasion.	USA	English-100		PG		
2023-09-16	1700	<b>Baking It Easy</b>	Opposite Of A Hot Mess, The	Meghan takes your fears about layer cakes and chocolate and throws them out the window! She shares all her best tips and tricks to combine them into a delightful cake.	USA	English-100		PG		Y
2023-09-16	1730	<b>Taste Of Italy</b>	Ovieto	Nisha Katona embarks on a quest across Italy to discover its hidden culinary gems. We explore the wonderful city of Orvieto - a jewel in the mountains as Nisha becomes inspired by the local dishes.	UNITED KINGDOM	English-100		G		Y
2023-09-16	1800	<b>Taste Of Italy</b>	Bari	Nisha Katona, embarks on a quest across Italy to discover their hidden culinary gems. In Bari, Nisha is introduced to family recipes over 400 years old!	UNITED KINGDOM	English-100		G		Y
2023-09-16	1830	<b>Luca's Key Ingredient</b>	Luca's Key Ingredient Series 1 Ep 3	Today's key ingredient features the benefits of cooking with good quality extra virgin olive oil. Luca uses olive oil to toss through an elegant spaghetti dish, poaches tuna and makes a saffron gelato.	AUSTRALIA	English-100		G		
2023-09-16	1900	<b>Barossa Gourmet With Justine Schofield</b>	Beauty Of The Barossa Series 1, The Ep 3	Justine travels to the beautiful Trevallie Orchard to make a fresh poached peach fool, then meets with head chef Derek Salmon to make gin cured ocean trout with creme fraiche.	AUSTRALIA	English-100		G		
2023-09-16	1930	<b>Selena + Chef</b>	Selena + Matty Matheson	Internet sensation Matty Matheson brings his signature can-do attitude to the kitchen, helping Selena cook up a delicious meal of Miami-style ribs and hello dolly bars a la mode for dessert.	USA	English-100		PG		
2023-09-16	2000	<b>Selena + Chef</b>	Selena + Priya Krishna	Food journalist and YouTube personality Priya Krishna brings her signature Indian-American cooking to Selena's kitchen. Together, the two whip up a delicious lunch of Dahi toast and Shikanji.	USA	English-100		PG		
2023-09-16	2030	<b>Britain's Poshest Farm Shops</b>	Britain's Poshest Farm Shops Series 1 Ep 2	With an unusual speciality for a farm shop, Greendale Farm shop in Devon has its own fishing fleet. We get on board with the team who bring fresh fish and shellfish daily to their counter.	UNITED KINGDOM	English-100		G		
2023-09-16	2130	<b>Anthony Bourdain: No Reservations</b>	Sardinia	Tony visits the breathtaking Italian island of Sardinia and gets a lesson in what it means to be Sardinian while learning about their longevity inducing Mediterranean diet.	USA	English-100	RPT	PG		
2023-09-16	2225	<b>Please Eat Slowly Bitesize</b>	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		
2023-09-16	2230	<b>Anthony Bourdain: A Cook's Tour</b>	Taste Of Tokyo, A	Anthony travels to Tokyo, where he visits the Tsujiki market and then is introduced to techniques in preparing edomae sushi. He also learns the diets of Sumo wrestlers.	USA	English-100		PG		a w
2023-09-16	2300	<b>Anthony Bourdain: A Cook's Tour</b>	Dining With Geishas	Tony travels to an old-style Japanese inn that specializes in kaiseki cuisine, ancient tea ceremony, and local ingredients.	USA	English-100		PG		
2023-09-16	2330	<b>Exploring China: A Culinary Adventure</b>	Exploring China: A Culinary Adventure Series 1 Ep 4	At the end of their travels, Ken and Ching make an emotional return to their ancestral homes, the climax of their entire journey, before reuniting for their final meal in Hong Kong.	UNITED KINGDOM	English-100	RPT	G		Y Y
2023-09-16	2440	<b>Baking It Easy</b>	It's Floofy And Everything's Fine	Meghan shares her designs for decadently delicious cream puffs and cookies fit to serve for any occasion.	USA	English-100		PG		
2023-09-16	2505	<b>Baking It Easy</b>	Opposite Of A Hot Mess, The	Meghan takes your fears about layer cakes and chocolate and throws them out the window! She shares all her best tips and tricks to combine them into a delightful cake.	USA	English-100		PG		Y

2023-09-16	2530	<b>Taste Of Italy</b>	Ovieto	Nisha Katona embarks on a quest across Italy to discover its hidden culinary gems. We explore the wonderful city of Orvieto - a jewel in the mountains as Nisha becomes inspired by the local dishes.	UNITED KINGDOM	English-100	G	Y
2023-09-16	2600	<b>Taste Of Italy</b>	Bari	Nisha Katona, embarks on a quest across Italy to discover their hidden culinary gems. In Bari, Nisha is introduced to family recipes over 400 years old!	UNITED KINGDOM	English-100	G	Y
2023-09-16	2630	<b>Luca's Key Ingredient</b>	Luca's Key Ingredient Series 1 Ep 3	Today's key ingredient features the benefits of cooking with good quality extra virgin olive oil. Luca uses olive oil to toss through an elegant spaghetti dish, poaches tuna and makes a saffron gelato.	AUSTRALIA	English-100	G	
2023-09-16	2700	<b>Barossa Gourmet With Justine Schofield</b>	Beauty Of The Barossa Series 1, The Ep 3	Justine travels to the beautiful Trevallie Orchard to make a fresh poached peach fool, then meets with head chef Derek Salmon to make gin cured ocean trout with creme fraiche.	AUSTRALIA	English-100	G	
2023-09-16	2730	<b>Britain's Poshest Farm Shops</b>	Britain's Poshest Farm Shops Series 1 Ep 2	With an unusual speciality for a farm shop, Greendale Farm shop in Devon has its own fishing fleet. We get on board with the team who bring fresh fish and shellfish daily to their counter.	UNITED KINGDOM	English-100	G	
2023-09-16	2825	<b>Please Eat Slowly Bitesize</b>	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	
2023-09-16	2830	<b>Selena + Chef</b>	Selena + Matty Matheson	Internet sensation Matty Matheson brings his signature can-do attitude to the kitchen, helping Selena cook up a delicious meal of Miami-style ribs and hello dolly bars a la mode for dessert.	USA	English-100	PG	