

WEEK 41: Sunday, 8 October - Saturday, 14 October 2023 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2023-10-08	0500	Born To Cook: Jack Stein Down Under	Abalone, Truffles And Cherries	Jack Stein is in the Margaret River for the annual pilgrimage to Gourmet Escape. Jack's on a mission to find fresh inspiration and unique inspiration in the foodie Mecca of Australia's South-West.	AUSTRALIA	English-100		G			Y
2023-10-08	0530	Hugh's Fish Fight	Hugh's Fish Fight Series 1 Ep 2	Hugh leaves River Cottage on a mission to change the way people fish around the world, in an attempt to save the sea from the exploitation of fish stocks.	UNITED KINGDOM	English-100		PG	a w		Y
2023-10-08	0625	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 7	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Υ	
2023-10-08	0630	Adam Liaw's Road Trip For Good	Stokes Bay, Forge Creek & Berrima	Adam kicks off his roadtrip for good with a visit to one of the worst bushfire-affected areas in Australia - Kangaroo Island, where he meets Shane Leahy from Kangaroo Island Fresh Garlic.	AUSTRALIA	English-100		PG		Υ	
2023-10-08	0700	Luca's Key Ingredient	Luca's Key Ingredient Series 1 Ep 6	An essential in the Italian way of life is consuming at least one cup of coffee each day. Luca shows how to use coffee beans in more than just dessert with a wonderful Coffee Pappardelle.	AUSTRALIA	English-100		PG			
2023-10-08	0730	Barossa Gourmet With Justine Schofield	Beauty Of The Barossa Series 1, The Ep 6	Justine visits Steiny's Traditional Mettwurst to make the ultimate German inspired mettwurst and sauerkraut toasted sandwich.	AUSTRALIA	English-100		G			
2023-10-08	0800	Selena + Chef	Selena + Candice Kumai	'Golden girl of wellness', Candice Kumai heats up Selena's kitchen with her Japanese grandmother's special spicy miso ramen recipe, infused with a health-forward California twist.	USA	English-100		PG			Y
2023-10-08	0830	Paul Hollywood Eats Mexico	Oaxaca, Mayapan, Tultepec	For his final week in Mexico Paul's concentrating on learning all about drinks - and that includes booze, soft drink, soup, sauces; anything that doesn't need chewing on the way down!	UNITED KINGDOM	English-100		PG	a v		Y
2023-10-08	0925	Cook Up With Adam Liaw Bitesize	Chicken Paprika	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	
2023-10-08	0930	Selena + Chef	Selena + Roy Choi	Selena teams up with the godfather of the modern food truck movement, Roy Choi, to make some dangerously delicious Korean BBQ breakfast tacos and Hawaiian malasadas.	USA	English-100		PG			
2023-10-08	1000	Born To Cook: Jack Stein Down Under	Abalone, Truffles And Cherries	Jack Stein is in the Margaret River for the annual pilgrimage to Gourmet Escape. Jack's on a mission to find fresh inspiration and unique inspiration in the foodie Mecca of Australia's South-West.	AUSTRALIA	English-100		G			Υ
2023-10-08	1030	Hugh's Fish Fight	Hugh's Fish Fight Series 1 Ep 2	Hugh leaves River Cottage on a mission to change the way people fish around the world, in an attempt to save the sea from the exploitation of fish stocks.	UNITED KINGDOM	English-100		PG	a w		Υ
2023-10-08	1125	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 7	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Υ	
2023-10-08	1130	Adam Liaw's Road Trip For Good	Stokes Bay, Forge Creek & Berrima	Adam kicks off his roadtrip for good with a visit to one of the worst bushfire-affected areas in Australia - Kangaroo Island, where he meets Shane Leahy from Kangaroo Island Fresh Garlic.	AUSTRALIA	English-100		PG		Y	

2023-10-08	1200	Luca's Key Ingredient	Luca's Key Ingredient Series 1 Ep 6	An essential in the Italian way of life is consuming at least one cup of coffee each day. Luca shows how to use coffee beans in more than just dessert with a wonderful Coffee Pappardelle.	AUSTRALIA	English-100		PG		
2023-10-08	1230	Barossa Gourmet With Justine Schofield	Beauty Of The Barossa Series 1, The Ep 6	Justine visits Steiny's Traditional Mettwurst to make the ultimate German inspired mettwurst and sauerkraut toasted sandwich.	AUSTRALIA	English-100		G		
2023-10-08	1300	Selena + Chef	Selena + Candice Kumai	'Golden girl of wellness', Candice Kumai heats up Selena's kitchen with her Japanese grandmother's special spicy miso ramen recipe, infused with a health-forward California twist.	USA	English-100		PG		Υ
2023-10-08	1330	Selena + Chef	Selena + Roy Choi	Selena teams up with the godfather of the modern food truck movement, Roy Choi, to make some dangerously delicious Korean BBQ breakfast tacos and Hawaiian malasadas.	USA	English-100		PG		
2023-10-08	1400	The Cook Up With Adam Liaw	Crispy And Crumbed	Adam and his guests, comedian Frida Deguise and chef Sam May, have fun with all things crispy and crumbed.	AUSTRALIA	English-100	RPT	PG	Υ	
2023-10-08	1430	The Cook Up With Adam Liaw	Under The Influence	Fervor's, Paul Iskov, and Pub Choir's, Astrid Jorgensen join Adam in the kitchen to cook food influenced by their culture and work.	AUSTRALIA	English-100	RPT	PG	Y	
2023-10-08	1500	The Cook Up With Adam Liaw	Love At First Bite	Do you believe in love at first bite? Grab a spoon and prepare to swoon as TikTok star Andy Hearnden and award-winning cookbook author Lara Lee join Adam to make food from the heart.	AUSTRALIA	English-100	RPT	PG	Υ	
2023-10-08	1530	The Cook Up With Adam Liaw	Ferment To Be	In a pickle? Let Adam and guests, acclaimed chef Matt Stone and comedy superstar Nina Oyama, help you out with food that's ferment to be.	AUSTRALIA	English-100	RPT	PG		
2023-10-08	1600	The Cook Up With Adam Liaw	Supper Club	It's easy entertaining, and you're invited to Adam's supper club with world renowned chef Asma Khan and gourmet traveller's head honcho, Joanna Hunkin.	AUSTRALIA	English-100		PG		
2023-10-08	1630	Vanishing Foods	Sweet Treasure, A	Food blogger Aun Koh heads to Philippines in search of the dulce prenda - a vanishing pastry which was invented in the 18th century as a religious offering to the Virgin Mary.	UNITED KINGDOM	English-100		G		Υ
2023-10-08	1700	Vanishing Foods	Tribal Rice Dish	A culinary discovery takes food blogger Aun Koh up Taiwan's central mountain range to a Paiwan tribal village. He learns about yao yao fan - a rice dish that hails back to the tribe's past.	UNITED KINGDOM	English-100		G		Υ
2023-10-08	1730	Paradise Kitchen Bali	Turmeric	Lauren explores the vibrant world of turmeric, a spice known for its health benefits and vibrant color. She incorporates turmeric into her cooking, creating flavourful traditional Balinese dishes.	NETHERLANDS	English-90; Balinese-10		PG		
2023-10-08	1800	Flat Out Food	Garlic	Jenn learns about growing garlic before visiting a Mexican restaurant where it is showcased in a variety of dishes.	CANADA	English-100				
2023-10-08	1830	John Torode's Korean Food Tour	Kimchi	Kimchi is one of the world's superfoods. Every family has a recipe and no meal is eaten in Korea without kimchi. In Mangwon Market in Seoul, John visits the stalls selling hundreds of different types.	UNITED KINGDOM	English-100		G		
2023-10-08	1930	James Martin's French Adventure	Canal Du Midi	After cooking up a delicious fish stew on the banks of the canal, James hops aboard a boat and tastes a traditional cuttlefish lunch.	UNITED KINGDOM	English-100		G		Υ
2023-10-08	2030	Marcus Wareing's Kitchen Garden Tales	Potatoes	Marcus meets a local potato farmer Steve, who is doing something quite unusual; growing thirty-three varieties of potato on just thirty-five acres.	UNITED KINGDOM	English-100				
2023-10-08	2100	Marcus Wareing's Kitchen Garden Tales	Wasabi & Watercress	Marcus rediscovers some wasabi plants in his kitchen garden and decides to find out more about them. Heading to a wasabi farm he learns all about how to grow this temperamental plant.	UNITED KINGDOM	English-100				

2023-10-08	2130	Anthony Bourdain: No Reservations	Sicily	In Sicily, Tony eats some tripe at a local frittola stand in Il Capo Market, a spleen sandwich with Sicily's President, and salt-encrusted fish. Later, Tony also debates where to get the best cannoli.	USA	English-100		PG			Υ
2023-10-08	2225	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			
2023-10-08	2230	Anthony Bourdain: A Cook's Tour	Pleasing Palate, A	Tony attempts to dispel the myth that all English food is disgusting and over-boiled. Tony tries Nose to Tail Eating, and explores traditional fare at Pie and Mash Shoppes.	USA	English-100		PG	I		
2023-10-08	2300	Anthony Bourdain: A Cook's Tour	My Hometown Favourites	Tony gives us an intimate tour of the New York City foods he loves - sturgeon and bagels, fluke ceviche, braised veal cheek, authentic cheese and, of course, a hotdog.	USA	English-100		PG			
2023-10-08	2330	Vanishing Foods	Sweet Treasure, A	Food blogger Aun Koh heads to Philippines in search of the dulce prenda - a vanishing pastry which was invented in the 18th century as a religious offering to the Virgin Mary.	UNITED KINGDOM	English-100		G			Y
2023-10-08	2400	Vanishing Foods	Tribal Rice Dish	A culinary discovery takes food blogger Aun Koh up Taiwan's central mountain range to a Paiwan tribal village. He learns about yao yao fan - a rice dish that hails back to the tribe's past.	UNITED KINGDOM	English-100		G			Υ
2023-10-08	2430	Paradise Kitchen Bali	Turmeric	Lauren explores the vibrant world of turmeric, a spice known for its health benefits and vibrant color. She incorporates turmeric into her cooking, creating flavourful traditional Balinese dishes.	NETHERLANDS	English-90; Balinese-10		PG			
2023-10-08	2500	Flat Out Food	Garlic	Jenn learns about growing garlic before visiting a Mexican restaurant where it is showcased in a variety of dishes.	CANADA	English-100					
2023-10-08	2530	John Torode's Korean Food Tour	Kimchi	Kimchi is one of the world's superfoods. Every family has a recipe and no meal is eaten in Korea without kimchi. In Mangwon Market in Seoul, John visits the stalls selling hundreds of different types.	UNITED KINGDOM	English-100		G			
2023-10-08	2625	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			
2023-10-08	2630	James Martin's French Adventure	Canal Du Midi	After cooking up a delicious fish stew on the banks of the canal, James hops aboard a boat and tastes a traditional cuttlefish lunch.	UNITED KINGDOM	English-100		G			Υ
2023-10-08	2725	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 9	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Υ	
2023-10-08	2730	Marcus Wareing's Kitchen Garden Tales	Potatoes	Marcus meets a local potato farmer Steve, who is doing something quite unusual; growing thirty-three varieties of potato on just thirty-five acres.	UNITED KINGDOM	English-100					
2023-10-08	2800	Marcus Wareing's Kitchen Garden Tales	Wasabi & Watercress	Marcus rediscovers some wasabi plants in his kitchen garden and decides to find out more about them. Heading to a wasabi farm he learns all about how to grow this temperamental plant.	UNITED KINGDOM	English-100					
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2023-10-09	0500	The Cook Up With Adam Liaw	Crispy And Crumbed	Adam and his guests, comedian Frida Deguise and chef Sam May, have fun with all things crispy and crumbed.	AUSTRALIA	English-100	RPT	PG		Υ	
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2023-10-09	0600	The Cook Up With Adam Liaw	Love At First Bite	Do you believe in love at first bite? Grab a spoon and prepare to swoon as TikTok star Andy Hearnden and award-winning cookbook author Lara Lee join Adam to make food from the heart.	AUSTRALIA	English-100	RPT	PG	Υ	
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2023-10-09	1330	Ainsley's Good Mood Food	Nuts And Seeds	Ainsley is using nuts and seeds to create all his tasty dishes in today's show, His first recipe roasted beetroot, candled walnut and goat's cheese salad is full of earthy flavours using nuts.	UNITED KINGDOM	English-100		G		
2023-10-09	1425	Destination Flavour Singapore Bitesize	Hainanese Chicken	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		
2023-10-09	1430	David Rocco's Dolce Tuscany	Gelato! Gelato!	Florence is the birthplace of gelato, so naturally, that's where David meets up with top gelato maker Vetulio Bondi.	CANADA	English-100		G		

2023-10-09	1500	Tradition On A Plate	Heke Hangi	Monique and Henry cook a Hangi within two hours, delivering a smell and flavour that will bring you to your knees.	NEW ZEALAND	English-90; Maori-10		PG		
2023-10-09	1530	Scandimania	Scandimania Series 1 Ep 1	Hugh Fearnley-Whittingstall travels to the three 'happiest' countries in the world - Denmark, Norway and Sweden - to look at their society, architecture, education, environment and food.	UNITED KINGDOM	English-100		PG	alnw	
2023-10-09	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		Υ
2023-10-09	1630	My Market Kitchen	Episode 46	Ben channels his Hawaiian spirit with haloumi, pineapple and prawn skewers.	AUSTRALIA	English-100		G		
2023-10-09	1700	Mary Makes It Easy	Meatless Monday	Not every meal needs to have meat as the star. Whether its for health, the environment, or any other reason, lots of people are trying their hand at Meatless Mondays.	CANADA	English-100		G		
2023-10-09	1730	Easy Eats	Easy Eats Series 2 Ep 3	Hera Te Kurapa cooks up seafood boil with a butter sauce, neckchop ragu with kumara mash, deep fried bananas with butterscotch sauce.	NEW ZEALAND	English-100				
2023-10-09	1800	Food Safari	Greek	Maeve O'Meara joins chef Peter Conistis in a Greek emporium to find out which olive oil is best to use, how to pick a good fetta cheese, and which herbs and spices to make use of.	AUSTRALIA	English-100	RPT	G		Υ
2023-10-09	1830	Food Unwrapped	Banana, Plant Meat, Green Crisps	Jimmy investigates the remarkable claims that the humble banana could one day be used in the fight against viruses including HIV and influenza. Matt is looking into the mystery of green crisps.	UNITED KINGDOM	English-100		PG		
2023-10-09	1900	The Cook Up With Adam Liaw	Legendary Veggies	Two legends cooking with legendary veggies? Yes please! Presenter, podcaster and author Linda Marigliano and champion community leader Amar Singh joins Adam in the kitchen.	AUSTRALIA	English-100		PG		
2023-10-09	1930	Come Dine With Me UK	Peterborough Day 5	It's the final night in Peterborough and fiery Brazilian Rosie is confident that her night will be the best of the weak, clinching her the 1000 pound prize.	UNITED KINGDOM	English-100		PG	a	
2023-10-09	2000	Gino's Italian Express	Garda - Bolzano	Gino leaves Verona on one of Italy's super fast trains and heads to the majestic Lake Garda, the biggest of the Italian lakes. Here he meets a team of rowers training for their annual regatta.	UNITED KINGDOM	English-100		G		
2023-10-09	2030	Rick Stein: From Venice to Istanbul	Turkey	Rick's epic Journey is nearing its completion as he leaves southern Greece for the shores of Western Turkey. On the Cesme Peninsula he enjoys creamy Armola cheese matured in goat skins.	UNITED KINGDOM	English-100		PG	a w	
2023-10-09	2140	Come Dine With Me UK	Bristol: Ellie	Solicitor Ellie is hoping her plant-based menu will win her the wongal But will her guest embrace her adventurous menu or is serving stinging nettle soup and fake raw eggs a step too far?	UNITED KINGDOM	English-100				
2023-10-09	2205	Come Dine With Me UK	Bristol: George	Music lover George is hoping a night of fun filled festivities can bag him the bucks. His festival vibes and culinary creations will certainly be a night to remember.	UNITED KINGDOM	English-100				
2023-10-09	2230	The Cook Up With Adam Liaw	Legendary Veggies	Two legends cooking with legendary veggies? Yes please! Presenter, podcaster and author Linda Marigliano and champion community leader Amar Singh joins Adam in the kitchen.	AUSTRALIA	English-100		PG		
2023-10-09	2300	United Plates Of America	Orange County	This California town is an ideal getaway for anyone looking to relax. But many people call this pristine beach town home. Today we meet the locals who make this Southern California place a getaway.	USA	English-100		G		
2023-10-09	2330	The Cook And The Chef	Party Time	Maggie and Simon show how to prepare excellent cocktail food for a stress-free party. The Cook and the Chef share their secrets about what to make ahead of time.	AUSTRALIA	English-100		G		

2023-10-09	2400	David Rocco's Dolce Tuscany	Gelato! Gelato!	Florence is the birthplace of gelato, so naturally, that's where David meets up with top gelato maker Vetulio Bondi.	CANADA	English-100		G			
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2023-10-09	2530	Rick Stein: From Venice to Istanbul	Turkey	Rick's epic journey is nearing its completion as he leaves southern Greece for the shores of Western Turkey. On the Cesme Peninsula he enjoys creamy Armola cheese matured in goat skins.	UNITED KINGDOM	English-100		PG	a w		
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2023-10-10	0700	Mary Makes It Easy	Meatless Monday	Not every meal needs to have meat as the star. Whether its for health, the environment, or any other reason, lots of people are trying their hand at Meatless Mondays.	CANADA	English-100		G			
2023-10-10	0730	Easy Eats	Easy Eats Series 2 Ep 3	Hera Te Kurapa cooks up seafood boil with a butter sauce, neckchop ragu with kumara mash, deep fried bananas with butterscotch sauce.	NEW ZEALAND	English-100					
2023-10-10	0800	Food Safari	Greek	Maeve O'Meara joins chef Peter Conistis in a Greek emporium to find out which olive oil is best to use, how to pick a good fetta cheese, and which herbs and spices to make use of.	AUSTRALIA	English-100	RPT	G		Y	
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2023-10-10	1200	Easy Eats	Easy Eats Series 2 Ep 3	Hera Te Kurapa cooks up seafood boil with a butter sauce, neckchop ragu with kumara mash, deep fried bananas with butterscotch sauce.	NEW ZEALAND	English-100					
2023-10-10	1230	Come Dine With Me UK	Bristol: Ellie	Solicitor Ellie is hoping her plant-based menu will win her the wonga! But will her guest embrace her adventurous menu or is serving stinging nettle soup and fake raw eggs a step too far?	UNITED KINGDOM	English-100					
2023-10-10	1300	Come Dine With Me UK	Bristol: George	Music lover George is hoping a night of fun filled festivities can bag him the bucks. His festival vibes and culinary creations will certainly be a night to remember.	UNITED KINGDOM	English-100					
2023-10-10	1330	Ainsley's Good Mood Food	Vegetables	Ainsley is getting his five a day as vegetables are the star of all today's recipes. There's a spicy start with his crispy cauliflower bites with a kickin' Korean sauce, great for sharing.	UNITED KINGDOM	English-100		G			
2023-10-10	1425	Destination Flavour Singapore Bitesize	Hari Kaya	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G			
2023-10-10	1430	David Rocco's Dolce Tuscany	India In Florence	David meets up with Eduardo and Selvaggia, two Indophiles living in Firenze, Florence - one is the owner of the city's first Indian restaurant, the other founded Florence's Indian film festival.	CANADA	English-100		G			
2023-10-10	1500	Tradition On A Plate	Paraoa 3 Ways	Rewana, Takakau and Paraoa Parai are the three staples for Maori in Aotearoa and abroad. Watch Monique and Henry serve up these delicious breads.	NEW ZEALAND	English-80; Maori-20		G			Υ
2023-10-10	1530	Scandimania	Scandimania Series 1 Ep 2	Hugh lands in Denmark, which the UN has declared the 'happiest country in the world'. In Copenhagen, he cooks with Rene Redzepi, owner and head chef at Noma, voted the best restaurant in the world.	UNITED KINGDOM	English-100		PG	s		
2023-10-10	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		Υ	
2023-10-10	1630	My Market Kitchen	Episode 47	Charlie Carrington from Atlas Dining cooks Peruvian-inspired roasted cauliflower.	AUSTRALIA	English-100		PG			
2023-10-10	1700	Mary Makes It Easy	Fast Food Fixes	Mary loves restaurant takeout. So, for these recipes she's delivering fast food flavours at home with dishes that are simple to make and even better to personalize as your own.	CANADA	English-100		G			Υ
2023-10-10	1730	Easy Eats	Easy Eats Series 2 Ep 4	Hera Te Kurapa cooks up stir fried paua with mango salsa, sticky pork rib with rice and broccoli, pani popo with coconut cream.	NEW ZEALAND	English-100					

2023-10-10	1800	Food Safari	Chinese	In this episode, Maeve O'Meara explores the world of Chinese food, one of the most ancient and developed cuisines on earth.	AUSTRALIA	English-100	RPT	G
2023-10-10	1830	Food Unwrapped	Fortified Wine, Almond Butter And Onion	Kate investigates why almond butter is more expensive than other nutty spreads. Jimmy meanwhile journeys from Spain to Portugal to uncover the secrets of how wine is turned into fortified wine.	UNITED KINGDOM	English-100		PG
2023-10-10	1900	The Cook Up With Adam Liaw	Doorstep Deliveries	Scrap your apps! It's doorstep deliveries courtesy of Adam and guests, chef and photographer Joel Bennetts and Hope St Radio's Ellie Bouhadana.	AUSTRALIA	English-100		PG
2023-10-10	1930	Planet Bbq	East Meets West	The meeting of East and West has profoundly influenced how we cook and eat. This show takes fusion cuisine to the grill.	USA	English-100		
2023-10-10	2000	Project Fire	Project Fire Series 3 Ep 2	Steak. Few other words in the English language have such power to make our hearts beat faster and our mouths water than sizzling slabs of beef seared over live fire.	USA	English-100		
2023-10-10	2030	Fun'q With Spencer Watts	Fun'q With Spencer Watts Series 1 Ep 2	Spencer Watts is inspired to embrace big, big food for a big big barbecue feast. He makes jumbo turkey legs with sticky molasses and sweet brown sugar mop.	CANADA	English-100		
2023-10-10	2100	Nico Reynolds: All Fired Up	Grill Everything	Nico believes that anything you can cook inside, you can cook outside, only better! He's putting this theory to the test with delicious Breakfast, Lunch and Dinner recipes, all cooked on the grill.	IRELAND	English-100		
2023-10-10	2130	Come Dine With Me UK	Bristol: Carla	Sales manager Carla is treating everyone to a vegan foraging feast. The guests are impressed, until a few unexpected guests crawl in - adding a bit more extra protein to her starter!	UNITED KINGDOM	English-100		
2023-10-10	2200	Come Dine With Me UK	Bristol: Shumin	Shumin to creates her authentic vegan Bangladeshi banquet with an added splash of Bollywood. Will Shumin's spicy extravaganza heat up the leaderboard or will it leave her chances going up in smoke?	UNITED KINGDOM	English-100		
2023-10-10	2230	The Cook Up With Adam Liaw	Doorstep Deliveries	Scrap your apps! It's doorstep deliveries courtesy of Adam and guests, chef and photographer Joel Bennetts and Hope St Radio's Ellie Bouhadana.	AUSTRALIA	English-100		PG
2023-10-10	2300	United Plates Of America	Santa Barbara	From farm to table, grape to glass. The Santa Barbara food and wine industry is booming. We get a lesson in fine wines and some pointers on getting the most instagram-worthy photos.	USA	English-100		PG
2023-10-10	2330	The Cook And The Chef	Some Favourites From The Year	Maggie and Simon revisit a few of their favourite kitchen moments from the year. They look back on the eggs, pasta, and mouth-watering desserts on the menu.	AUSTRALIA	English-100		G
2023-10-10	2400	David Rocco's Dolce Tuscany	India In Florence	David meets up with Eduardo and Selvaggia, two Indophiles living in Firenze, Florence - one is the owner of the city's first Indian restaurant, the other founded Florence's Indian film festival.	CANADA	English-100		G
2023-10-10	2430	Planet Bbq	East Meets West	The meeting of East and West has profoundly influenced how we cook and eat. This show takes fusion cuisine to the grill.	USA	English-100		
2023-10-10	2500	Project Fire	Project Fire Series 3 Ep 2	Steak. Few other words in the English language have such power to make our hearts beat faster and our mouths water than sizzling slabs of beef seared over live fire.	USA	English-100		
2023-10-10	2530	Fun'q With Spencer Watts	Fun'q With Spencer Watts Series 1 Ep 2	Spencer Watts is inspired to embrace big, big food for a big big barbecue feast. He makes jumbo turkey legs with sticky molasses and sweet brown sugar mop.	CANADA	English-100		
2023-10-10	2600	Nico Reynolds: All Fired Up	Grill Everything	Nico believes that anything you can cook inside, you can cook outside, only better! He's putting this theory to the test with delicious Breakfast, Lunch and Dinner recipes, all cooked on the grill.	IRELAND	English-100		

2023-10-10	2630	Come Dine With Me UK	Bristol: Carla	Sales manager Carla is treating everyone to a vegan foraging feast. The guests are impressed, until a few unexpected guests crawl in - adding a bit more extra protein to her starter!	UNITED KINGDOM	English-100					
2023-10-10	2700	Come Dine With Me UK	Bristol: Shumin	Shumin to creates her authentic vegan Bangladeshi banquet with an added splash of Bollywood. Will Shumin's spicy extravaganza heat up the leaderboard or will it leave her chances going up in smoke?	UNITED KINGDOM	English-100					
2023-10-10	2730	Ainsley's Good Mood Food	Vegetables	Ainsley is getting his five a day as vegetables are the star of all today's recipes. There's a spicy start with his crispy cauliflower bites with a kickin' Korean sauce, great for sharing.	UNITED KINGDOM	English-100		G			
2023-10-10	2825	Destination Flavour Singapore Bitesize	Hari Kaya	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G			
2023-10-10	2830	Tradition On A Plate	Paraoa 3 Ways	Rewana, Takakau and Paraoa Parai are the three staples for Maori in Aotearoa and abroad. Watch Monique and Henry serve up these delicious breads.	NEW ZEALAND	English-80; Maori-20		G			Υ
2023-10-11	0500	My Market Kitchen	Episode 47	Charlie Carrington from Atlas Dining cooks Peruvian-inspired roasted cauliflower.	AUSTRALIA	English-100		PG			
2023-10-11	0530	Scandimania	Scandimania Series 1 Ep 2	Hugh lands in Denmark, which the UN has declared the 'happiest country in the world'. In Copenhagen, he cooks with Rene Redzepi, owner and head chef at Noma, voted the best restaurant in the world.	UNITED KINGDOM	English-100		PG	s		
2023-10-11	0625	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		Υ	
2023-10-11	0630	The Cook And The Chef	Some Favourites From The Year	Maggie and Simon revisit a few of their favourite kitchen moments from the year. They look back on the eggs, pasta, and mouth-watering desserts on the menu.	AUSTRALIA	English-100		G			
2023-10-11	0700	Mary Makes It Easy	Fast Food Fixes	Mary loves restaurant takeout. So, for these recipes she's delivering fast food flavours at home with dishes that are simple to make and even better to personalise as your own.	CANADA	English-100		G			Υ
2023-10-11	0730	Easy Eats	Easy Eats Series 2 Ep 4	Hera Te Kurapa cooks up stir fried paua with mango salsa, sticky pork rib with rice and broccoli, pani popo with coconut cream.	NEW ZEALAND	English-100					
2023-10-11	0800	Food Safari	Chinese	In this episode, Maeve O'Meara explores the world of Chinese food, one of the most ancient and developed cuisines on earth.	AUSTRALIA	English-100	RPT	G		Y	
2023-10-11	0830	Planet Bbq	East Meets West	The meeting of East and West has profoundly influenced how we cook and eat. This show takes fusion cuisine to the grill.	USA	English-100					
2023-10-11	0900	Project Fire	Project Fire Series 3 Ep 2	Steak. Few other words in the English language have such power to make our hearts beat faster and our mouths water than sizzling slabs of beef seared over live fire.	USA	English-100					
2023-10-11	0930	Fun'q With Spencer Watts	Fun'q With Spencer Watts Series 1 Ep 2	Spencer Watts is inspired to embrace big, big food for a big big barbecue feast. He makes jumbo turkey legs with sticky molasses and sweet brown sugar mop.	CANADA	English-100					
2023-10-11	1000	Nico Reynolds: All Fired Up	Grill Everything	Nico believes that anything you can cook inside, you can cook outside, only better! He's putting this theory to the test with delicious Breakfast, Lunch and Dinner recipes, all cooked on the grill.	IRELAND	English-100					
2023-10-11	1030	Food Unwrapped	Fortified Wine, Almond Butter And Onion	Kate investigates why almond butter is more expensive than other nutty spreads. Jimmy meanwhile journeys from Spain to Portugal to uncover the secrets of how wine is turned into fortified wine.	UNITED KINGDOM	English-100		PG			

2023-10-11	1100	The Cook Up With Adam Liaw	Doorstep Deliveries	Scrap your apps! It's doorstep deliveries courtesy of Adam and guests, chef and photographer Joel Bennetts and Hope St Radio's Ellie Bouhadana.	AUSTRALIA	English-100		PG			
2023-10-11	1130	Mary Makes It Easy	Fast Food Fixes	Mary loves restaurant takeout. So, for these recipes she's delivering fast food flavours at home with dishes that are simple to make and even better to personalize as your own.	CANADA	English-100		G			Υ
2023-10-11	1200	Easy Eats	Easy Eats Series 2 Ep 4	Hera Te Kurapa cooks up stir fried paua with mango salsa, sticky pork rib with rice and broccoli, pani popo with coconut cream.	NEW ZEALAND	English-100					
2023-10-11	1230	Come Dine With Me UK	Bristol: Carla	Sales manager Carla is treating everyone to a vegan foraging feast. The guests are impressed, until a few unexpected guests crawl in - adding a bit more extra protein to her starter!	UNITED KINGDOM	English-100					
2023-10-11	1300	Come Dine With Me UK	Bristol: Shumin	Shumin to creates her authentic vegan Bangladeshi banquet with an added splash of Bollywood. Will Shumin's spicy extravaganza heat up the leaderboard or will it leave her chances going up in smoke?	UNITED KINGDOM	English-100					
2023-10-11	1330	Ainsley's Good Mood Food	Grains And Pulses	Ainsley is celebrating some unsung heroes who are the start of so many wonderful mealsgrains and pulses. First up a taste of the Mediterranean with Seared Tuna.	UNITED KINGDOM	English-100		G			
2023-10-11	1425	Destination Flavour Singapore Bitesize	Lamb Kebabs	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G			
2023-10-11	1430	David Rocco's Dolce Tuscany	Pitigliano	David sets off to the picturesque medieval town of Pitigliano, also known as Little Jerusalem, to meet (and eat!) with the locals and take in the area's beautiful sights.	CANADA	English-100		G			
2023-10-11	1500	Tradition On A Plate	Ara Ara Mata	Monique and Henry put a special twist on ceviche, while keeping it affordable and fresh!	NEW ZEALAND	English-90; Maori-10		G			Υ
2023-10-11	1530	Scandimania	Scandimania Series 1 Ep 3	Hugh visits Norway, the fourth richest country in the world, where he tries some smoked sheep's head, visits an open prison that looks like a holiday camp, and goes diving for sea urchins.	UNITED KINGDOM	English-100		PG	a n w		Υ
2023-10-11	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	
2023-10-11	1630	My Market Kitchen	Episode 48	Ben is back with Chef Mod to cook Tom Yum, and zucchini and goat's cheese salad.	AUSTRALIA	English-100		PG			
2023-10-11	1700	Mary Makes it Easy	Let Them Eat Cake	Cake is the star of the show and Mary has three foolproof cake recipes to make sure your next celebration is a hit.	CANADA	English-100		G			
2023-10-11	1730	Easy Eats	Easy Eats Series 2 Ep 5	Hera Te Kurapa cooks up Mum's brawn (pig head), caramelised duck breast, baby roasted veg and kumara mash, cream cheese carrot cake.	NEW ZEALAND	English-100					
2023-10-11	1800	Food Safari	Italian	Maeve takes a look into the world of the people who taught us how to drink coffee and appreciate good olive oil, and those who showed us the simple deliciousness of pizza and pasta - the Italians.	AUSTRALIA	English-100	RPT	G		Y	
2023-10-11	1830	Food Unwrapped	Dates, Processed Meats And Perfect Apple	t Kate meets a sausage maker whose sales suffered in the wake of the recent World Health Organisation report linking processed meat to cancer. Jimmy's off to Israel on the trail of an elusive fruit.	UNITED KINGDOM	English-100		PG			
2023-10-11	1900	The Cook Up With Adam Liaw	Everyday Eats	You're in for a treat as the very funny Jennifer Wong and the very foodie Tony Ton join Adam to take everyday eats from run of the mill to totally brill.	AUSTRALIA	English-100		PG			

2023-10-11	1930	Nigel Slater's Middle East	Nigel Slater's Middle East Series 1 Ep 1	Nigel Slater begins a Middle Eastern food adventure in Lebanon, a cuisine that has travelled the globe, but whose heart remains at home.	UNITED KINGDOM	English-100		
2023-10-11	2000	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 5	Get festive today with Kirsten's impressive chocolate berry layer cake, then dive into chocolatey heaven with a gorgeous chocolate flan.	AUSTRALIA	English-100		
2023-10-11	2030	Ainsley's Fantastic Flavours	Herby	This week all the dishes focus on the power of herbs. Ainsley Harriott cooks up a brilliant breakfast dish of fresh and herby huevos rancheros with Pico de Gallo.	UNITED KINGDOM	English-100		PG
2023-10-11	2130	Come Dine With Me UK	Bristol: Chris	Meat Alternative Research Consultant Chris is hoping his 'meaty' meat free meals will delight his guests. Will his surprises be enough to bagsie the 1,000 pound prize?	UNITED KINGDOM	English-100		
2023-10-11	2200	Come Dine With Me UK	Leeds: Jill	The first to host is proud dog mum, Jill, who's hoping her simple vegan fare will fair well with her guests, and what's more, she's throwing in some rather naughty entertainment.	UNITED KINGDOM	English-100		
2023-10-11	2230	The Cook Up With Adam Liaw	Everyday Eats	You're in for a treat as the very funny Jennifer Wong and the very foodie Tony Ton Join Adam to take everyday eats from run of the mill to totally brill.	AUSTRALIA	English-100		PG
2023-10-11	2300	United Plates Of America	Palm Springs	The deserts of America are hot and hostile. Known for its mid-century modern architecture and its cool bespoke resorts. No town does cool like Palm Springs, California.	USA	English-100		G
2023-10-11	2330	The Cook And The Chef	Raspberries And Barramundi	Simon and Maggie stroll back into the kitchen for a new season to dish up a refreshing summer feast. Maggie uses delicious second flush raspberries to adorn a fail-proof sponge cake.	AUSTRALIA	English-100		G
2023-10-11	2400	David Rocco's Dolce Tuscany	Pitigliano	David sets off to the picturesque medieval town of Pitigliano, also known as Little Jerusalem, to meet (and eat!) with the locals and take in the area's beautiful sights.	CANADA	English-100		G
2023-10-11	2430	Nigel Slater's Middle East	Nigel Slater's Middle East Series 1 Ep 1	Nigel Slater begins a Middle Eastern food adventure in Lebanon, a cuisine that has travelled the globe, but whose heart remains at home.	UNITED KINGDOM	English-100		
2023-10-11	2500	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 5	Get festive today with Kirsten's impressive chocolate berry layer cake, then dive into chocolatey heaven with a gorgeous chocolate flan.	AUSTRALIA	English-100		
2023-10-11	2530	Ainsley's Fantastic Flavours	Herby	This week all the dishes focus on the power of herbs. Ainsley Harriott cooks up a brilliant breakfast dish of fresh and herby huevos rancheros with Pico de Gallo.	UNITED KINGDOM	English-100		PG
2023-10-11	2630	Come Dine With Me UK	Bristol: Chris	Meat Alternative Research Consultant Chris is hoping his 'meaty' meat free meals will delight his guests. Will his surprises be enough to bagsie the 1,000 pound prize?	UNITED KINGDOM	English-100		
2023-10-11	2700	Come Dine With Me UK	Leeds: Jill	The first to host is proud dog mum, Jill, who's hoping her simple vegan fare will fair well with her guests, and what's more, she's throwing in some rather naughty entertainment.	UNITED KINGDOM	English-100		
2023-10-11	2730	Ainsley's Good Mood Food	Grains And Pulses	Ainsley is celebrating some unsung heroes who are the start of so many wonderful mealsgrains and pulses. First up a taste of the Mediterranean with Seared Tuna.	UNITED KINGDOM	English-100		G
2023-10-11	2825	Destination Flavour Singapore Bitesize	Lamb Kebabs	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G
2023-10-11	2830	Tradition On A Plate	Ara Ara Mata	Monique and Henry put a special twist on ceviche, while keeping it affordable and fresh!	NEW ZEALAND	English-90; Maori-10		G

2023-10-12	0500	My Market Kitchen	Episode 48	Ben is back with Chef Mod to cook Tom Yum, and zucchini and goat's cheese salad.	AUSTRALIA	English-100		PG			
2023-10-12	0530	Scandimania	Scandimania Series 1 Ep 3	Hugh visits Norway, the fourth richest country in the world, where he tries some smoked sheep's head, visits an open prison that looks like a holiday camp, and goes diving for sea urchins.	UNITED KINGDOM	English-100		PG	a n w		Υ
2023-10-12	0625	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		Υ	
2023-10-12	0630	The Cook And The Chef	Raspberries And Barramundi	Simon and Maggie stroll back into the kitchen for a new season to dish up a refreshing summer feast. Maggie uses delicious second flush raspberries to adorn a fail-proof sponge cake.	AUSTRALIA	English-100		G			
2023-10-12	0700	Mary Makes It Easy	Let Them Eat Cake	Cake is the star of the show and Mary has three foolproof cake recipes to make sure your next celebration is a hit.	CANADA	English-100		G			
2023-10-12	0730	Easy Eats	Easy Eats Series 2 Ep 5	Hera Te Kurapa cooks up Mum's brawn (pig head), caramelised duck breast, baby roasted veg and kumara mash, cream cheese carrot cake.	NEW ZEALAND	English-100					
2023-10-12	0800	Food Safari	Italian	Maeve takes a look into the world of the people who taught us how to drink coffee and appreciate good olive oil, and those who showed us the simple deliciousness of pizza and pasta - the Italians.	AUSTRALIA	English-100	RPT	G		Y	
2023-10-12	0830	Nigel Slater's Middle East	Nigel Slater's Middle East Series 1 Ep 1	 Nigel Slater begins a Middle Eastern food adventure in Lebanon, a cuisine that has travelled the globe, but whose heart remains at home. 	UNITED KINGDOM	English-100					
2023-10-12	0900	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 5	Get festive today with Kirsten's impressive chocolate berry layer cake, then dive into chocolatey heaven with a gorgeous chocolate flan.	AUSTRALIA	English-100					
2023-10-12	0930	Ainsley's Fantastic Flavours	Herby	This week all the dishes focus on the power of herbs. Ainsley Harriott cooks up a brilliant breakfast dish of fresh and herby huevos rancheros with Pico de Gallo.	UNITED KINGDOM	English-100		PG			
2023-10-12	1030	Food Unwrapped	Dates, Processed Meats And Perfect Apple	: Kate meets a sausage maker whose sales suffered in the wake of the recent World Health Organisation report linking processed meat to cancer. Jimmy's off to Israel on the trail of an elusive fruit.	UNITED KINGDOM	English-100		PG			
2023-10-12	1100	The Cook Up With Adam Liaw	Everyday Eats	You're in for a treat as the very funny Jennifer Wong and the very foodie Tony Ton join Adam to take everyday eats from run of the mill to totally brill.	AUSTRALIA	English-100		PG			
2023-10-12	1130	Mary Makes It Easy	Let Them Eat Cake	Cake is the star of the show and Mary has three foolproof cake recipes to make sure your next celebration is a hit.	CANADA	English-100		G			
2023-10-12	1200	Easy Eats	Easy Eats Series 2 Ep 5	Hera Te Kurapa cooks up Mum's brawn (pig head), caramelised duck breast, baby roasted veg and kumara mash, cream cheese carrot cake.	NEW ZEALAND	English-100					
2023-10-12	1230	Come Dine With Me UK	Bristol: Chris	Meat Alternative Research Consultant Chris is hoping his 'meaty' meat free meals will delight his guests. Will his surprises be enough to bagsie the 1,000 pound prize?	UNITED KINGDOM	English-100					
2023-10-12	1300	Come Dine With Me UK	Leeds: Jill	The first to host is proud dog mum, Jill, who's hoping her simple vegan fare will fair well with her guests, and what's more, she's throwing in some rather naughty entertainment.	UNITED KINGDOM	English-100					
2023-10-12	1330	Ainsley's Good Mood Food	Going Green	Leafy greens are guaranteed to make you feel good, and all today's dishes have a healthy portion of the glorious green stuff. Starting with breakfast muffins so tasty you will want them for breakfast.	UNITED KINGDOM	English-100		G			
2023-10-12	1425	Destination Flavour Singapore Bitesize	Singapore Chilli Crab	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	PG	a w		

2023-10-12	1430	David Rocco's Dolce Tuscany	Parmigiano-Reggiano	David's sister runs a North American-style kids' summer camp with a special focus on food in the heart of Tuscany.	CANADA	English-100		G			
2023-10-12	1500	Tradition On A Plate	Inanga Delight	If you think you've tried Inanga, you haven't tried Monique and Henry's Inanga Delight with Watakeri Keremi. It's healthy, it's light and it's most certainly a delight!	NEW ZEALAND	English-50; Maori-50		PG	a w		Υ
2023-10-12	1530	Luke Nguyen's Memories Of The Mekong	Luke Nguyen's Memories Of The Mekong Series 1 Ep 1	This two-part series features celebrated chef Luke Nguyen as he recalls the most memorable moments and the best culinary discoveries from his journey through the Greater Mekong.	AUSTRALIA	English-100	RPT	G		Y	Υ
2023-10-12	1630	My Market Kitchen	Episode 49	Georgia Barnes returns to teach Ben how to make homemade muesli bars.	AUSTRALIA	English-100		G			
2023-10-12	1700	Mary Makes It Easy	Freezer Fixes	The freezer doesn't have to be a neglected ingredient wasteland. Mary makes the freezer your friend by throwing together four recipes that bring those frozen staples back to life.	CANADA	English-100		G			
2023-10-12	1730	Easy Eats	Easy Eats Series 2 Ep 6	Hera Te Kurapa cooks up titi gnocchi with lemon butter sauce and capers, steak banh mi fried bread rolls, banana and black doris plum trifle.	NEW ZEALAND	English-100					
2023-10-12	1800	Food Safari	Thai	This week's program enters the world of Thai food where the flavours are intense and are balanced together to create harmony for both the palate and for overall health.	AUSTRALIA	English-100	RPT	G		Υ	
2023-10-12	1830	Food Unwrapped	Yeast, Black Pepper And Crisp Flavour	Jimmy meets a man with one of the strangest jobs in the food industry, harvesting different strains of yeast. Kate's in Vietnam, the world's largest exporter of black pepper.	UNITED KINGDOM	English-100		PG			
2023-10-12	1900	The Cook Up With Adam Liaw	Simply Delicious	It's Easy Entertaining, and chef Federica Andrisani and Food Trail: South Africa host Warren Mendes are here to help Adam put on a simply delicious spread.	AUSTRALIA	English-100		PG			
2023-10-12	1930	Nigel Slater's Middle East	Nigel Slater's Middle East Series 1 E 2	Fig Nigel's next stop in the region is Turkey. From Istanbul, to rural Anatolia, and the mountains of the Black Sea, he discovers a diverse land, rich with tradition and local flavour.	UNITED KINGDOM	English-100					
2023-10-12	2000	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 1 Ep 2	Paula will be cooking on the terrace – serving up locally-caught langoustines on a potato and smoked dulse wafer with pickled carrot.	UNITED KINGDOM	English-100					
2023-10-12	2030	Guillaume's Paris	Guillaume's Paris Series 1 Ep 4	Chef Guillaume Brahimi enjoys the finer things in Paris life that can only be found in the 7th and 8th Arrondissements, including a visit to the iconic Jules Verne restaurant in the Eiffel Tower.	AUSTRALIA	English-70; French-30	RPT	G		Y	Y
2023-10-12	2100	Paradise Kitchen Bali	Rice	Lauren delves into the staple ingredient of many Asian cuisine - rice. With a mix of local and western recipes, from a Balinese Nasi Goreng to a Risotto, rice is the perfect base for a tasty meal.	NETHERLANDS	English-90; Balinese-10		PG			
2023-10-12	2130	Come Dine With Me UK	Leeds: Sophia	Acting lecturer, Sophia is hoping her homage to her Mediterranean heritage will win over her guests. Will her skills in the kitchen be enough for her to claim her this week's cash?	UNITED KINGDOM	English-100					
2023-10-12	2200	Come Dine With Me UK	Leeds: Will	Entrepreneur Will, who is hoping his Malaysian menu and his homemade sauces will impress his guests. It's a musical night, with dodgy dancing and unusual instruments, but will this be enough?	UNITED KINGDOM	English-100					
2023-10-12	2230	The Cook Up With Adam Liaw	Simply Delicious	It's Easy Entertaining, and chef Federica Andrisani and Food Trail: South Africa host Warren Mendes are here to help Adam put on a simply delicious spread.	AUSTRALIA	English-100		PG			
2023-10-12	2300	United Plates Of America	Island Of Hawaii, The	Most people who visit Hawaii head straight to Honolulu. But there's so much more to Hawaii than Honolulu. We discover the food and farms that make this island so special on the Island of Hawaii.	USA	English-100		G			

2023-10-12	2330	The Cook And The Chef	Croc And Honey	To check out the Northern Territory's claim that they produce the best crocodile meat, Simon visits a farm near Darwin and talks to zoologist Adam Britton.	AUSTRALIA	English-100		G			
2023-10-12	2400	David Rocco's Dolce Tuscany	Parmigiano-Reggiano	David's sister runs a North American-style kids' summer camp with a special focus on food in the heart of Tuscany.	CANADA	English-100		G			
2023-10-12	2430	Nigel Slater's Middle East	Nigel Slater's Middle East Series 1 Ep	Nigel's next stop in the region is Turkey. From Istanbul, to rural Anatolia, and the mountains of the Black Sea, he discovers a diverse land, rich with tradition and local flavour.	UNITED KINGDOM	English-100					
2023-10-12	2500	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 1 Ep 2	Paula will be cooking on the terrace – serving up locally-caught langoustines on a potato and smoked dulse wafer with pickled carrot.	UNITED KINGDOM	English-100					
2023-10-12	2530	Guillaume's Paris	Guillaume's Paris Series 1 Ep 4	Chef Guillaume Brahimi enjoys the finer things in Paris life that can only be found in the 7th and 8th Arrondissements, including a visit to the iconic Jules Verne restaurant in the Eiffel Tower.	AUSTRALIA	English-70; French-30	RPT	G		Υ	Υ
2023-10-12	2600	Paradise Kitchen Bali	Rice	Lauren delves into the staple ingredient of many Asian cuisine - rice. With a mix of local and western recipes, from a Balinese Nasi Goreng to a Risotto, rice is the perfect base for a tasty meal.	NETHERLANDS	English-90; Balinese-10		PG			
2023-10-12	2630	Come Dine With Me UK	Leeds: Sophia	Acting lecturer, Sophia is hoping her homage to her Mediterranean heritage will win over her guests. Will her skills in the kitchen be enough for her to claim her this week's cash?	UNITED KINGDOM	English-100					
2023-10-12	2700	Come Dine With Me UK	Leeds: Will	Entrepreneur Will, who is hoping his Malaysian menu and his homemade sauces will impress his guests. It's a musical night, with dodgy dancing and unusual instruments, but will this be enough?	UNITED KINGDOM	English-100					
2023-10-12	2730	Ainsley's Good Mood Food	Going Green	Leafy greens are guaranteed to make you feel good, and all today's dishes have a healthy portion of the glorious green stuff. Starting with breakfast muffins so tasty you will want them for breakfast.	UNITED KINGDOM	English-100		G			
2023-10-12	2825	Destination Flavour Singapore Bitesize	Singapore Chilli Crab	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	PG	a w		
2023-10-12	2830	Tradition On A Plate	Inanga Delight	If you think you've tried Inanga, you haven't tried Monique and Henry's Inanga Delight with Watakeri Keremi. It's healthy, it's light and it's most certainly a delight!	NEW ZEALAND	English-50; Maori-50		PG	a w		Υ
2023-10-13	0500	My Market Kitchen	Episode 49	Georgia Barnes returns to teach Ben how to make homemade muesli bars.	AUSTRALIA	English-100		G			
2023-10-13	0530	Luke Nguyen's Memories Of The Mekong	Luke Nguyen's Memories Of The Mekong Series 1 Ep 1	This two-part series features celebrated chef Luke Nguyen as he recalls the most memorable moments and the best culinary discoveries from his journey through the Greater Mekong.	AUSTRALIA	English-100	RPT	G		Y	Υ
2023-10-13	0630	The Cook And The Chef	Croc And Honey	To check out the Northern Territory's claim that they produce the best crocodile meat, Simon visits a farm near Darwin and talks to zoologist Adam Britton.	AUSTRALIA	English-100		G			
2023-10-13	0700	Mary Makes It Easy	Freezer Fixes	The freezer doesn't have to be a neglected ingredient wasteland. Mary makes the freezer your friend by throwing together four recipes that bring those frozen staples back to life.	CANADA	English-100		G			
2023-10-13	0730	Easy Eats	Easy Eats Series 2 Ep 6	Hera Te Kurapa cooks up titi gnocchi with lemon butter sauce and capers, steak banh ml fried bread rolls, banana and black doris plum trifle.	NEW ZEALAND	English-100					
2023-10-13	0800	Food Safari	Thai	This week's program enters the world of Thai food where the flavours are intense and are balanced together to create harmony for both the palate and for overall health.	AUSTRALIA	English-100	RPT	G		Υ	

2023-10-13	0830	Nigel Slater's Middle East	Nigel Slater's Middle East Series 1 E ₁ 2	P Nigel's next stop in the region is Turkey. From Istanbul, to rural Anatolia, and the mountains of the Black Sea, he discovers a diverse land, rich with tradition and local flavour.	UNITED KINGDOM	English-100					
2023-10-13	0900	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 1 Ep 2	Paula will be cooking on the terrace – serving up locally-caught langoustines on a potato and smoked dulse wafer with pickled carrot.	UNITED KINGDOM	English-100					
2023-10-13	0930	Guillaume's Paris	Guillaume's Paris Series 1 Ep 4	Chef Guillaume Brahimi enjoys the finer things in Paris life that can only be found in the 7th and 8th Arrondissements, including a visit to the iconic Jules Verne restaurant in the Elffel Tower.	AUSTRALIA	English-70; French-30	RPT	G		Y	Y
2023-10-13	1000	Paradise Kitchen Bali	Rice	Lauren delves into the staple ingredient of many Asian cuisine - rice. With a mix of local and western recipes, from a Balinese Nasi Goreng to a Risotto, rice is the perfect base for a tasty meal.	NETHERLANDS	English-90; Balinese-10		PG			
2023-10-13	1030	Food Unwrapped	Yeast, Black Pepper And Crisp Flavour	Jimmy meets a man with one of the strangest jobs in the food industry, harvesting different strains of yeast. Kate's in Vietnam, the world's largest exporter of black pepper.	UNITED KINGDOM	English-100		PG			
2023-10-13	1100	The Cook Up With Adam Liaw	Simply Delicious	It's Easy Entertaining, and chef Federica Andrisani and Food Trail: South Africa host Warren Mendes are here to help Adam put on a simply delicious spread.	AUSTRALIA	English-100		PG			
2023-10-13	1130	Mary Makes It Easy	Freezer Fixes	The freezer doesn't have to be a neglected ingredient wasteland. Mary makes the freezer your friend by throwing together four recipes that bring those frozen staples back to life.	CANADA	English-100		G			
2023-10-13	1200	Easy Eats	Easy Eats Series 2 Ep 6	Hera Te Kurapa cooks up titi gnocchi with lemon butter sauce and capers, steak banh mi fried bread rolls, banana and black doris plum trifle.	NEW ZEALAND	English-100					
2023-10-13	1230	Come Dine With Me UK	Leeds: Sophia	Acting lecturer, Sophia is hoping her homage to her Mediterranean heritage will win over her guests. Will her skills in the kitchen be enough for her to claim her this week's cash?	UNITED KINGDOM	English-100					
2023-10-13	1300	Come Dine With Me UK	Leeds: Will	Entrepreneur Will, who is hoping his Malaysian menu and his homemade sauces will impress his guests. It's a musical night, with dodgy dancing and unusual instruments, but will this be enough?	UNITED KINGDOM	English-100					
2023-10-13	1330	Ainsley's Good Mood Food	Herbs And Spices	Ainsley uses one of his favourite spices to make lamb kofta with sumac onions served with flatbreads and chilli-mint yoghurt.	UNITED KINGDOM	English-100		G			
2023-10-13	1425	Destination Flavour Singapore Bitesize	Fish Head Curry	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	PG			
2023-10-13	1430	David Rocco's Dolce Tuscany	Kid's Camp	David's sister runs a North American-style kids' summer camp with a special focus on food in the heart of Tuscany. David decides to pay a visit and spend some time with his kids.	CANADA	English-100		G			
2023-10-13	1500	Tradition On A Plate	Tertiary O The Moan	Tiritiri o te Moana is Henry and Monique's interpretation of what the indigenous rock lobster means to them, and more importantly how they shape this traditional kal into wonder on a plate.	NEW ZEALAND	English-90; Maori-10		PG	a w		Υ
2023-10-13	1530	Luke Nguyen's Memories Of The Mekong	Luke Nguyen's Memories Of The Mekong Series 1 Ep 2	In part two of Memories of the Mekong, Luke ventures deeper into the region exploring the culinary wonders and ancient cultures of Laos, Cambodia and Vietnam.	AUSTRALIA	English-100	RPT	G		Y	Υ
2023-10-13	1630	My Market Kitchen	Episode 50	Chef Lesley Chan shows Ben his special stir-fried rice vermicelli with beef recipe.	AUSTRALIA	English-100		G			

2023-10-13	1700	Mary Makes It Easy	Early Bird Baking	Breakfast doesn't have to be the same old morning routine day after day. Mary shows how embracing your oven and baking for breakfast is the ultimate game changer to switch up your daily grind.	CANADA	English-100		G
2023-10-13	1730	Easy Eats	Easy Eats Series 2 Ep 7	Hera Te Kurapa cooks up stuffed snapper with an Asian dipping sauce, marinated beef kebabs with a roasted capsicum sauce, steamed pudding with custard and fruit salad.	NEW ZEALAND	English-100		
2023-10-13	1800	Food Safari	Lebanese	This week Food Safari goes in search of the fresh green flavours of Lebanese food and Maeve visits one of her favourite Middle Eastern emporiums with master chef Greg Malouf.	AUSTRALIA	English-100	RPT	G
2023-10-13	1830	Food Unwrapped	Marmalade, Sustainable Fish And Goat	Jimmy is in Seville, looking for the mysterious ingredient that gives marmalade its bitter tang. Kate is investigating sustainable fish. Matt meets a man who is trying to turn Britain onto goat meat.	UNITED KINGDOM	English-100		PG
2023-10-13	1900	The Cook Up With Adam Liaw	Practical Picnic	It's Easy Entertaining and alfresco's a go-go Adam and guests, award-winning chef Somer Sivrioglu and one of Australia's most popular digital creators Daen Lia, have a practical picnic.	AUSTRALIA	English-100		PG
2023-10-13	1930	Nigel Slater's Middle East	Nigel Slater's Middle East Series 1 Ep 3	Nigel Slater concludes his journey by visiting a country shrouded in mystery and often in the headlines: Iran. Through its food, Nigel hopes to find out what life is really like.	UNITED KINGDOM	English-100		
2023-10-13	2000	John Torode's Middle East	Aswan	John is in Aswan, a city where the Middle East and Africa collide; where the food of the local Nubian people has influenced every-day eating. John starts in one his favourite places, a market!	CANADA	English-100		G
2023-10-13	2030	Rick Stein's Road To Mexico	Guadalajara To Puerto Vallarta	Leaving the Baja Peninsula, Rick explores the western mainland. He lands in the town that placed tequila on the world map and the metropolis that produced mariachis and dishes like chilli con carne.	UNITED KINGDOM	English-100		PG
2023-10-13	2140	Come Dine With Me UK	Leeds: Mark	IT consultant and cycling enthusiast Mark, is looking to charm his guests with his Italian themed menu. Will he be at the front of the race come the end of the week and claim the 1000 pound prize?	UNITED KINGDOM	English-100		
2023-10-13	2205	Come Dine With Me UK	Leeds: Satty	Marketing manager, Satty, is hoping to bowl her guests over with a Bollywood bonanza. Can she serve up a storm to claim her this week's cash?	UNITED KINGDOM	English-100		
2023-10-13	2230	The Cook Up With Adam Liaw	Practical Picnic	It's Easy Entertaining and alfresco's a go-go Adam and guests, award-winning chef Somer Sivrioglu and one of Australia's most popular digital creators Daen Lia, have a practical picnic.	AUSTRALIA	English-100		PG
2023-10-13	2300	United Plates Of America	Phoenix	The capital city of Phoenix is known as the valley of the sun. This sprawling metropolis located in the heart of the Sonora Desert, Today i savor some of these desert flavors in Phoenix Arizona.	USA	English-100		G
2023-10-13	2330	The Cook And The Chef	Fish And Crabs	Maggie meets food legend Rick Stein and they discuss the gentle art of cooking fish. Back in the kitchen, Maggie works her magic on an impressive piece of farmed Kingfish.	AUSTRALIA	English-100		G
2023-10-13	2400	David Rocco's Dolce Tuscany	Kid's Camp	David's sister runs a North American-style kids' summer camp with a special focus on food in the heart of Tuscany. David decides to pay a visit and spend some time with his kids.	CANADA	English-100		G
2023-10-13	2430	Nigel Slater's Middle East	Nigel Slater's Middle East Series 1 Ep 3	Nigel Slater concludes his journey by visiting a country shrouded in mystery and often in the headlines: Iran. Through its food, Nigel hopes to find out what life is really like.	UNITED KINGDOM	English-100		
2023-10-13	2500	John Torode's Middle East	Aswan	John is in Aswan, a city where the Middle East and Africa collide; where the food of the local Nubian people has influenced every-day eating. John starts in one his favourite places, a market!	CANADA	English-100		G

2023-10-13	2530	Rick Stein's Road To Mexico	Guadalajara To Puerto Vallarta	Leaving the Baja Peninsula, Rick explores the western mainland. He lands in the town that placed tequila on the world map and the metropolis that produced mariachis and dishes like chilli con carne.	UNITED KINGDOM	English-100		PG			
2023-10-13	2640	Come Dine With Me UK	Leeds: Mark	IT consultant and cycling enthusiast Mark, is looking to charm his guests with his Italian themed menu. Will he be at the front of the race come the end of the week and claim the 1000 pound prize?	UNITED KINGDOM	English-100					
2023-10-13	2705	Come Dine With Me UK	Leeds: Satty	Marketing manager, Satty, is hoping to bowl her guests over with a Bollywood bonanza. Can she serve up a storm to claim her this week's cash?	UNITED KINGDOM	English-100					
2023-10-13	2730	Ainsley's Good Mood Food	Herbs And Spices	Ainsley uses one of his favourite spices to make lamb kofta with sumac onions served with flatbreads and chilli-mint yoghurt.	UNITED KINGDOM	English-100		G			
2023-10-13	2825	Destination Flavour Singapore Bitesize	Fish Head Curry	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	PG			
2023-10-13	2830	Tradition On A Plate	Tertiary O The Moan	Tiritiri o te Moana is Henry and Monique's interpretation of what the indigenous rock lobster means to them, and more importantly how they shape this traditional kai into wonder on a plate.	NEW ZEALAND	English-90; Maori-10		PG	a w		Υ
2023-10-14	0500	My Market Kitchen	Episode 50	Chef Lesley Chan shows Ben his special stir-fried rice vermicelli with beef recipe.	AUSTRALIA	English-100		G			
2023-10-14	0530	Luke Nguyen's Memories Of The Mekong	Luke Nguyen's Memories Of The Mekong Series 1 Ep 2	In part two of Memories of the Mekong, Luke ventures deeper into the region exploring the culinary wonders and ancient cultures of Laos, Cambodia and Vietnam.	AUSTRALIA	English-100	RPT	G		Υ	Υ
2023-10-14	0630	The Cook And The Chef	Fish And Crabs	Maggie meets food legend Rick Stein and they discuss the gentle art of cooking fish. Back in the kitchen, Maggie works her magic on an impressive piece of farmed Kingfish.	AUSTRALIA	English-100		G			
2023-10-14	0700	Mary Makes It Easy	Early Bird Baking	Breakfast doesn't have to be the same old morning routine day after day. Mary shows how embracing your oven and baking for breakfast is the ultimate game changer to switch up your daily grind.	CANADA	English-100		G			
2023-10-14	0730	Easy Eats	Easy Eats Series 2 Ep 7	Hera Te Kurapa cooks up stuffed snapper with an Asian dipping sauce, marinated beef kebabs with a roasted capsicum sauce, steamed pudding with custard and fruit salad.	NEW ZEALAND	English-100					
2023-10-14	0800	Food Safari	Lebanese	This week Food Safari goes in search of the fresh green flavours of Lebanese food and Maeve visits one of her favourite Middle Eastern emporiums with master chef Greg Malouf.	AUSTRALIA	English-100	RPT	G		Υ	
2023-10-14	0830	Nigel Slater's Middle East	Nigel Slater's Middle East Series 1 E 3	p Nigel Slater concludes his journey by visiting a country shrouded in mystery and often in the headlines: Iran. Through its food, Nigel hopes to find out what life is really like.	UNITED KINGDOM	English-100					
2023-10-14	0900	John Torode's Middle East	Aswan	John is in Aswan, a city where the Middle East and Africa collide; where the food of the local Nubian people has influenced every-day eating. John starts in one his favourite places, a market!	CANADA	English-100		G			
2023-10-14	0930	Rick Stein's Road To Mexico	Guadalajara To Puerto Vallarta	Leaving the Baja Peninsula, Rick explores the western mainland. He lands in the town that placed tequila on the world map and the metropolis that produced mariachis and dishes like chilli con carne.	UNITED KINGDOM	English-100		PG			
2023-10-14	1035	Food Unwrapped	Marmalade, Sustainable Fish And Goat	Jimmy is in Seville, looking for the mysterious ingredient that gives marmalade its bitter tang. Kate is investigating sustainable fish. Matt meets a man who is trying to turn Britain onto goat meat.	UNITED KINGDOM	English-100		PG			
2023-10-14	1100	The Cook Up With Adam Liaw	Practical Picnic	It's Easy Entertaining and alfresco's a go-go Adam and guests, award-winning chef Somer Sivrioglu and one of Australia's most popular digital creators Daen Lia, have a practical picnic.	AUSTRALIA	English-100		PG			

2023-10-14	1130	Mary Makes It Easy	Early Bird Baking	Breakfast doesn't have to be the same old morning routine day after day. Mary shows how embracing your oven and baking for breakfast is the ultimate game changer to switch up your daily grind.	CANADA	English-100		G		
2023-10-14	1200	Easy Eats	Easy Eats Series 2 Ep 7	Hera Te Kurapa cooks up stuffed snapper with an Asian dipping sauce, marinated beef kebabs with a roasted capsicum sauce, steamed pudding with custard and fruit salad.	NEW ZEALAND	English-100				
2023-10-14	1230	Come Dine With Me UK	Leeds: Mark	IT consultant and cycling enthusiast Mark, is looking to charm his guests with his Italian themed menu. Will he be at the front of the race come the end of the week and claim the 1000 pound prize?	UNITED KINGDOM	English-100				
2023-10-14	1300	Come Dine With Me UK	Leeds: Satty	Marketing manager, Satty, is hoping to bowl her guests over with a Bollywood bonanza. Can she serve up a storm to claim her this week's cash?	UNITED KINGDOM	English-100				
2023-10-14	1330	Luke Nguyen's Memories Of The Mekong	Luke Nguyen's Memories Of The Mekong Series 1 Ep 2	In part two of Memories of the Mekong, Luke ventures deeper into the region exploring the culinary wonders and ancient cultures of Laos, Cambodia and Vietnam.	AUSTRALIA	English-100	RPT	G	Υ	Υ
2023-10-14	1430	Easy Eats	Easy Eats Series 2 Ep 8	Hera Te Kurapa cooks up quick and easy pork and chive dumpling soup, whanau (family) caesar salad, doughnuts 3 ways, glazed, creamed, cinnamon sugar.	NEW ZEALAND	English-100				
2023-10-14	1500	Easy Eats	Easy Eats Series 2 Ep 9	Hera Te Kurapa as she cooks up delicious but simple meals for your whanau to enjoy. In this episode: Pork, prawn and paua spring rolls, titi pate & tamarillo chutney, vegan vege filo parcel.	NEW ZEALAND	English-100				
2023-10-14	1530	Asia Unplated With Diana Chan	Filipino	Diana is joined by chef Ross Magnaye who shares his favourite meal - Fillipino pork and chicken adobo. Ross shares his passion and knowledge for Filipino food while Diana prepares sinuglaw.	AUSTRALIA	English-100		G		
2023-10-14	1600	Asia Unplated With Diana Chan	Cambodian	Cambodian cuisine is often overlooked in Australia so Diana enlists the help of chef Jerry Mai to explore the vibrant flavours that are integral to Cambodian cooking.	AUSTRALIA	English-100		PG		
2023-10-14	1630	Rick Stein's Road To Mexico	Guadalajara To Puerto Vallarta	Leaving the Baja Peninsula, Rick explores the western mainland. He lands in the town that placed tequila on the world map and the metropolis that produced mariachis and dishes like chilli con carne.	UNITED KINGDOM	English-100		PG		
2023-10-14	1735	Born To Cook: Jack Stein Down Under	Crabs, Figs And Marron	Jack Stein is in Augusta to meet with weathered fisherman, Mick. After a quick surf with Taj Burrow, he heads to a fig orchard where he learns about the history of figs in Australia.	AUSTRALIA	English-100		G		
2023-10-14	1805	Adam Liaw's Road Trip For Good	Mallacoota, Lobethal & Ulladulla	Adam is in the town of Mallacoota - the area that became an international symbol for the summer's devastating bushfires. Here he visits the local abalone co-op whose factory burnt down in the fires.	AUSTRALIA	English-100		PG	Υ	
2023-10-14	1830	Luca's Key Ingredient	Luca's Key Ingredient Series 1 Ep 7	Today Luca shows his ways of making chocolate shine in his cooking with a chocolate pudding, chocolate mini buns and even shows the secret to his famous chocolate spaghetti.	AUSTRALIA	English-100		PG		
2023-10-14	1900	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 1	In this sumptuous and picturesque new series, Silvia Colloca journeys back to her Italian homeland to introduce her family and present her love of healthy, hearty Italian fare.	AUSTRALIA	English-100	RPT	G	Y	
2023-10-14	1930	Selena + Chef	Selena + Jon + Vinny	Selena bows down to two iconic chefs who've been behind many, many dinners in her life: restaurateurs, authors, and BFFs Jon and Vinny.	USA	English-100		PG		Y
2023-10-14	2000	Selena + Chef	Selena + Nancy Silverton	Nancy Silverton helps Selena craft an ambitious vegetable buffet - but, a series of hilarious technical difficulties brings her kitchen to its knees.	USA	English-100		PG		Y
2023-10-14	2030	Hairy Bikers Northern Exposure	Poland	Si and Dave make sausages in the polish countryside with a family who have been making them for generations. They also visit the home of gingerbread and the astronomer, Copernicus.	UNITED KINGDOM	English-100		PG		Υ

2023-10-14	2135	Anthony Bourdain: No Reservations	Las Vegas	On assignment and with deadline looming for a major food magazine, Tony's got four days to cover the very best of the new chef-centric Las Vegas.	USA	English-100		PG			
2023-10-14	2230	Anthony Bourdain: A Cook's Tour	French Laundry Experience, The	Marooned in San Francisco, Tony tastes local shellfish and durian ice cream before embarking on a pilgrimage to experience the genius of Thomas Keller, chef, and owner of The French Laundry.	USA	English-100		PG	a w		
2023-10-14	2300	Anthony Bourdain: A Cook's Tour	Traditional Tastes	Tony is invited to experience the culinary heart and distinct walled medinas (districts) of the Moroccan city Fez.	USA	English-100		PG			
2023-10-14	2330	Hugh's Fish Fight	Hugh's Fish Fight Series 1 Ep 3	Hugh's fish fight takes him to Scotland, to the largest farmed salmon company in the world, then to Brussels and Westminster to try to and make some waves.	UNITED KINGDOM	English-100		М	a w		Υ
2023-10-14	2425	Destination Flavour Singapore Bitesize	Lamb Kebabs	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G			
2023-10-14	2430	Asia Unplated With Diana Chan	Filipino	Diana is joined by chef Ross Magnaye who shares his favourite meal - Fillipino pork and chicken adobo. Ross shares his passion and knowledge for Filipino food while Diana prepares sinuglaw.	AUSTRALIA	English-100		G			
2023-10-14	2500	Asia Unplated With Diana Chan	Cambodian	Cambodian cuisine is often overlooked in Australia so Diana enlists the help of chef Jerry Mai to explore the vibrant flavours that are integral to Cambodian cooking.	AUSTRALIA	English-100		PG			
2023-10-14	2530	Anthony Bourdain: No Reservations	Las Vegas	On assignment and with deadline looming for a major food magazine, Tony's got four days to cover the very best of the new chef-centric Las Vegas.	USA	English-100		PG			
2023-10-14	2625	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 6	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y	
2023-10-14	2630	Born To Cook: Jack Stein Down Under	Crabs, Figs And Marron	Jack Stein is in Augusta to meet with weathered fisherman, Mick. After a quick surf with Taj Burrow, he heads to a fig orchard where he learns about the history of figs in Australia.	AUSTRALIA	English-100		G			
2023-10-14	2700	Adam Liaw's Road Trip For Good	Mallacoota, Lobethal & Ulladulla	Adam is in the town of Mallacoota - the area that became an international symbol for the summer's devastating bushfires. Here he visits the local abalone co-op whose factory burnt down in the fires.	AUSTRALIA	English-100		PG		Y	
2023-10-14	2730	Luca's Key Ingredient	Luca's Key Ingredient Series 1 Ep 7	Today Luca shows his ways of making chocolate shine in his cooking with a chocolate pudding, chocolate mini buns and even shows the secret to his famous chocolate spaghetti.	AUSTRALIA	English-100		PG			
2023-10-14	2800	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 1	In this sumptuous and picturesque new series, Silvia Colloca journeys back to her Italian homeland to introduce her family and present her love of healthy, hearty Italian fare.	AUSTRALIA	English-100	RPT	G		Υ	
2023-10-14	2830	Asia Unplated With Diana Chan	Filipino	Diana is joined by chef Ross Magnaye who shares his favourite meal - Fillipino pork and chicken adobo. Ross shares his passion and knowledge for Filipino food while Diana prepares sinuglaw.	AUSTRALIA	English-100		G			