



WEEK 43: Sunday, 22 October- Saturday, 28 October 2023 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2023-10-22	0500	Adam Liaw's Road Trip For Good	Tathra, Tallangatta & Kingscote	Adam heads Kangaroo Island in South Australia where he meets one of the first and biggest organic honey producers in Australia - Peter Davis - who lost 500 out of his 800 hives in one day.	AUSTRALIA	English-100		PG		Y	
2023-10-22	0530	Order Up!	Order Up! Series 1 Ep 1	Fresh in the kitchen, Hudson needs to beef up his culinary foundations. Starting in his own backyard of Los Angeles, California - he must learn the skills needed to kickstart his culinary adventure.	CANADA	English-100					
2023-10-22	0630	Selena + Chef	Selena + Angelo Sosa	Culinary director and restaurateur, Angelo Sosa, enrolls Selena in two core classes. They go back to basics to chef up the perfect guacamole and baja-style fried rice. Angelo shares a kitchen secret.	USA	English-100		G			Y
2023-10-22	0700	Selena + Chef	Selena + Tanya Holland	Tanya Holland connects Selena to her Southern roots with a mouth-watering soul food feast. On the menu, crispy buttermilk fried chicken and fresh-baked cheddar scallion biscuits!	USA	English-100		G			Y
2023-10-22	0730	Hairy Bikers Northern Exposure	Baltic States: Lithuania, Latvia And Estonia, The	The bikers travel to the Baltic States, starting with Lithuania, where they make a pilgrimage to the Hill of Crosses. In Latvia, they ride with Latvia's oldest biker gang, The Brothers of the Wind.	UNITED KINGDOM	English-100		PG	a w		
2023-10-22	0835	Born To Cook: Jack Stein Down Under	Red Wine, Finger Limes And Capers	Jack Stein heads to a winery where he blends his own Pinot Noir and enjoys a home-cooked lamb shank. At an elusive finger lime orchard, he sees the budding citrus caviar in Pemberton.	AUSTRALIA	English-100		PG			
2023-10-22	0905	Adam Liaw's Road Trip For Good	Tathra, Tallangatta & Kingscote	Adam heads Kangaroo Island in South Australia where he meets one of the first and biggest organic honey producers in Australia - Peter Davis - who lost 500 out of his 800 hives in one day.	AUSTRALIA	English-100		PG		Y	
2023-10-22	0930	Palisa Anderson's Water Heart Food	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	
2023-10-22	1000	Palisa Anderson's Water Heart Food	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	
2023-10-22	1030	John Torode's Korean Food Tour	Soups And Stews	John meets up with broadcaster and chef Matthew Chung who takes him to his favourite soup kitchen. Soups are eaten at every meal and a good soup is the mainstay of breakfast, lunch and dinner.	UNITED KINGDOM	English-100		PG	a w		
2023-10-22	1125	Cook Up With Adam Liaw Bitesize	Bacon And Egg Salad	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	
2023-10-22	1130	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 3	Silvia journeys to Ascoli Piceno and immerses herself in Italian cafe culture. Inspired, she returns to her Italian family home to make the perfect coffee dunking cookie - tozzetti.	AUSTRALIA	English-100	RPT	G		Y	

2023-10-22	1200	The Cook Up With Adam Liaw	Fun With Friends	What do you make when your mates come over? Adam and guests, Bella Brutta's Luke Powell and Alone's Gina Chick have got some ideas!	AUSTRALIA	English-100	RPT	PG		
2023-10-22	1230	The Cook Up With Adam Liaw	Eco Eats	Nothing beats eco eats! Astrid Jorgensen, founder of Pub and Couch Choir, and Paul Iskov, owner of roaming restaurant, Fervor, joins Adam to make sustainable and attainable recipes!	AUSTRALIA	English-100	RPT	PG		
2023-10-22	1300	The Cook Up With Adam Liaw	Quickfire Dinners	Social media sensation, Andy Hearnden, and cookbook queen, Lara Lee, are in the kitchen with Adam to share their recipe winners for quickfire dinners.	AUSTRALIA	English-100	RPT	PG		
2023-10-22	1330	The Cook Up With Adam Liaw	Sweet Corn	It's a corn - tastic time as Adam's two sweet guests, chef Matt Stone and comedian Nina Oyama, cook sweetcorn. Sweet as.	AUSTRALIA	English-100	RPT	PG		
2023-10-22	1400	The Cook Up With Adam Liaw	Festival Of Lights	It's Easy Entertaining with The Cook Up, and Adam is celebrating Diwali, the festival of lights, with chefs Gunjan Aylawadi and Nagesh Seethiah.	AUSTRALIA	English-100		PG		
2023-10-22	1430	Asia Unplated With Diana Chan	Malaysian	Diana seeks inspiration from her Malaysian roots, conjuring the sights and smells of food stalls from her childhood, and guest Jacob Leung shares his tips for creating perfect fried rice.	AUSTRALIA	English-100		G		
2023-10-22	1500	Asia Unplated With Diana Chan	Indonesian	Diana prepares an Indonesian street food favourite - perkedel jagung - crispy, deep fried corn fritters, while chef Jerry Mai showcases Indonesian spices with her Balinese grilled chicken.	AUSTRALIA	English-100		G		
2023-10-22	1530	Palisa Anderson's Water Heart Food	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
2023-10-22	1600	Palisa Anderson's Water Heart Food	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
2023-10-22	1630	Vanishing Foods	Eating Nose To Tail	Aun explores nose-to-tail eating - where no part of an animal goes to waste, and things get heady in the Philippines with the pricey cabeza de jabali - cold cuts of meat made with a boar's head.	UNITED KINGDOM	English-100		PG	a w	Y
2023-10-22	1700	Vanishing Foods	Eating Better Than Kings	Aun examines a dish originally created by China's literati - Henan's Zu An smoked mandarin fish, that requires demanding fire control and intricate flower knife work.	UNITED KINGDOM	English-100		PG		Y
2023-10-22	1730	Paradise Kitchen Bali	Nuts	Lauren gets creative cooking with various nuts, exploring their culinary potential beyond snacking. She experiments with new ways to incorporate these nutrient-packed ingredients into her dishes.	NETHERLANDS	English-90; Balinese-10		PG		
2023-10-22	1800	Flat Out Food	Wild Rice	Jenn joins the wild rice harvest in Northwest Saskatchewan before sharing a meal that uses the ingredient in creative ways.	CANADA	English-100		PG		
2023-10-22	1830	Gourmet Farmer Afloat	Ready, Willing And Abel	Gourmet Farmer's much loved land lubbers Matthew Evans, Nick Haddow and Ross O'Meara take to the sea to discover Australia's fascinating history and bounty while having the time of their lives.	AUSTRALIA	English-100	RPT	G	q	Y
2023-10-22	1930	James Martin's French Adventure	Charente	Inspired by a visit to a distillery, James uses Cognac for his first al fresco cook. He then meets a miller who still uses traditional methods to make award-winning brioche loaves.	UNITED KINGDOM	English-100		PG	a	

2023-10-22	2030	Marcus Wareing's Kitchen Garden Tales	Rewilding	Marcus has noticed more and more deer on his land and wants to learn what he should be doing to manage them. He goes to Knepp Estate to meet Charlie and Issy who have turned over their 3500-acre farm.	UNITED KINGDOM	English-100		PG		
2023-10-22	2100	Marcus Wareing's Kitchen Garden Tales	Flavour	There is plenty of fresh produce growing in the kitchen garden, but one of the important ingredients that Marcus uses is salt. Something he can't produce himself. He travels to Essex and learns how.	UNITED KINGDOM	English-100		PG		
2023-10-22	2130	Anthony Bourdain: No Reservations	Japan	Tony's Japanese adventure begins in Osaka at an underground bar devoted to the hardcore fans of the local baseball team, the Hanshin Tigers.	USA	English-100		PG		
2023-10-22	2225	Please Eat Slowly Bitesize	Dumplings	Victor shares his tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right.	AUSTRALIA	English-100		G		
2023-10-22	2230	Anthony Bourdain: A Cook's Tour	Food Tastes Better With Sand Between Your Toes	In the Caribbean paradise of St. Martin, Tony eats a healthy Rastafarian meal with a freedom fighter, helps prepare grub for a food caravan, and discovers foodstuffs not available in America.	USA	English-100		G		
2023-10-22	2300	Anthony Bourdain: A Cook's Tour	No Beads, No Bourbon Street	In New Orleans, Louisiana, Tony catches a Bayou alligator, cools off with a world-famous snow cone and eats jambalaya with a dancing chef.	USA	English-100		PG		
2023-10-22	2330	Mystery Diners	Undercover Brother	The owner of a Las Vegas bistro fears his restaurant manager may not be doing the greatest job in his role. The hardest part: the manager is his brother.	USA	English-100		PG		Y
2023-10-22	2400	Mystery Diners	Tipping Point, The	Charles Stiles and the Mystery Diners investigate a rumour that a recently promoted head waiter isn't evenly distributing the pooled tips.	USA	English-100		PG		Y
2023-10-22	2430	John Torode's Korean Food Tour	Soups And Stews	John meets up with broadcaster and chef Matthew Chung who takes him to his favourite soup kitchen. Soups are eaten at every meal and a good soup is the mainstay of breakfast, lunch and dinner.	UNITED KINGDOM	English-100		PG	a w	
2023-10-22	2525	Cook Up With Adam Liaw Bitesize	Bacon And Egg Salad	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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2023-10-22	2630	Palisa Anderson's Water Heart Food	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
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2023-10-22	2830	Paradise Kitchen Bali	Nuts	Lauren gets creative cooking with various nuts, exploring their culinary potential beyond snacking. She experiments with new ways to incorporate these nutrient-packed ingredients into her dishes.	NETHERLANDS	English-90; Balinese-10		PG			
2023-10-23	0500	Flat Out Food	Wild Rice	Jenn joins the wild rice harvest in Northwest Saskatchewan before sharing a meal that uses the ingredient in creative ways.	CANADA	English-100		PG			
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2023-10-23	0725	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G			Y
2023-10-23	0730	Marcus Wareing's Kitchen Garden Tales	Rewilding	Marcus has noticed more and more deer on his land and wants to learn what he should be doing to manage them. He goes to Knepp Estate to meet Charlie and Issy who have turned over their 3500-acre farm.	UNITED KINGDOM	English-100		PG			
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2023-10-23	1100	Palisa Anderson's Water Heart Food	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

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2023-10-23	1330	Ainsley's Good Mood Food	Grains And Pulses	Ainsley pays tribute to humble grains and pulses, making the most of their versatility and taste in all his dishes. First up is a sumptuous summery dish of pan-seared sardines with thyme-roasted vine.	UNITED KINGDOM	English-100		G		
2023-10-23	1425	Destination Flavour - Japan	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
2023-10-23	1430	School Night Dinners	Fish & Chips And Hidden Veg Taco Cups	We're making a family classic - fish and chips, with a healthy twist so it's perfect for kids. Then we 'fight the fussy' by tactically using veg to make sure your kids get their five-a-day.	USA	English-100		G		
2023-10-23	1500	Minjiba Entertains	Family Food Haven	It's all about family when Minjiba meets a single father on a quest to expand the culinary experience for his twin boys. Minjiba is up for the task with an imaginative kid friendly hamburger feast.	USA	English-100		G		
2023-10-23	1530	Choccywoccydoodah	Katie Melua	The chocolatiers reach new levels of creativity as multi-platinum selling songstress Katie Melua challenges them to capture her life story in cake form, to celebrate ten years with her music label.	UNITED KINGDOM	English-100		PG		
2023-10-23	1625	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 4	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y	
2023-10-23	1630	My Market Kitchen	Episode 56	Georgia Barnes shares her recipes for mango and pineapple chia pudding and rainbow chard primavera spaghetti.	AUSTRALIA	English-100		G		
2023-10-23	1700	Mary Makes It Easy	Pasta La Vista	Pasta can be kind of boring if you're throwing together just noodles and sauce. Mary will have you saying grazie! with four deliziosa pasta meal recipes that keep it simple but amp up the flavour.	CANADA	English-100		G		
2023-10-23	1730	Freshly Picked With Simon Toohey	Ep 1	Learn to make the crispiest tempura eggplant tacos and get brunch sorted with a potato rosti utilising locally grown Dutch cream potatoes. Lynton Tapp makes his ultimate banana bake recipe.	AUSTRALIA	English-100				
2023-10-23	1800	Food Safari	French Safari Part 2	Chef Guillaume Brahimi gives Maeve a guide to essential fresh ingredients - from herbs to vegetables - then shows how to cook the perfect steak and the potatoes.	AUSTRALIA	English-100	RPT	G		Y
2023-10-23	1830	Food Unwrapped	Best Of 4 - Saffron, Glace Cherries And White Bait	Kate heads to Morocco to uncover the secrets of saffron fraud. Jimmy finds out what pub grub favourite, 'whitebait', actually is - and learns why we can't get it in Latvian supermarkets.	UNITED KINGDOM	English-100		PG		

2023-10-23	1900	The Cook Up With Adam Liaw	Mozzarella	Comedian and TV presenter Julia Zemiro and chef Morgan McGlone are in the kitchen cooking up their favourite mozzarella treats.	AUSTRALIA	English-100	RPT	PG	I	Y
2023-10-23	1930	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 5	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100		PG	a w	
2023-10-23	2000	Gino's Italian Express	Milan - Treviglio - Bergamo	Gino's journey begins in the Italian capital of fashion, Milano. Here he visits an elegant cocktail bar who were the first to introduce the idea of the aperitivo in Milan.	UNITED KINGDOM	English-100		PG		
2023-10-23	2030	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 1	Rick Stein launches his new series about his home county of Cornwall with a trip back in time to his early days running a nightclub in Padstow.	UNITED KINGDOM	English-100		PG	a	
2023-10-23	2100	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 2	Rick Stein travels to St Ives to tell us about one of Britain's little-known artists, Alfred Wallis. In the shadow of Bodmin Moor Rick visits a very rare collection of Medieval stained-glass windows.	UNITED KINGDOM	English-100		PG	a	
2023-10-23	2130	Come Dine With Me UK	West Midlands: Kuda	Entrepreneur and social media star, Kuda, is hoping to take his guests on an African adventure with a Zimbabwean and world influenced African A La Carte menu. Will it be enough to win the cash prize?	UNITED KINGDOM	English-100		PG		
2023-10-23	2200	Come Dine With Me UK	West Midlands: Rich	Construction recruitment consultant, Rich, is hoping to wow his guests with his Italian menu and themed night. Tune in to see if he has what it takes to seal the 1000 pound prize.	UNITED KINGDOM	English-100		PG		
2023-10-23	2230	The Cook Up with Adam Liaw	Family Meals In 20 Minutes	Every Night of the Week's Lucy Tweed and renowned butcher Anthony Puharich are in The Cook Up kitchen with host Adam Liaw, showcasing their best twenty-minute family meals for any night of the week.	AUSTRALIA	English-100	RPT	G		Y
2023-10-23	2300	United Plates Of America	Sacramento	Sacramento is fast becoming a must-visit town for anyone who loves food, and people are beginning to notice its charm. It's located at the centre of America's most abundant agricultural region.	USA	English-100		G		
2023-10-23	2330	The Cook And The Chef	Chocolate And Lamb	Maggie makes a chocolate cake with whisky soaked raisins while Simon conjures up a spectacular Bombe Alaska. Maggie follows her cake with a twist on traditional Moussaka.	AUSTRALIA	English-100		G		
2023-10-23	2400	Mystery Diners	Something Smells Fishy	Complaints about the quality of fish at this restaurant reveals that a recently hired chef may not be honest about what's in his high-priced dishes.	USA	English-100		PG		Y
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2023-10-24	0930	Food Unwrapped	Best Of 4 - Saffron, Glace Cherries And White Bait	Kate heads to Morocco to uncover the secrets of saffron fraud. Jimmy finds out what pub grub favourite, 'whitebait', actually is - and learns why we can't get it in Latvian supermarkets.	UNITED KINGDOM	English-100		PG		

2023-10-24	1000	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 5	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100		PG	a	w
2023-10-24	1030	Gino's Italian Express	Milan - Treviglio - Bergamo	Gino's journey begins in the Italian capital of fashion, Milano. Here he visits an elegant cocktail bar who were the first to introduce the idea of the aperitivo in Milan.	UNITED KINGDOM	English-100		PG		
2023-10-24	1100	The Cook Up With Adam Liaw	Mozzarella	Comedian and TV presenter Julia Zemiro and chef Morgan McGlone are in the kitchen cooking up their favourite mozzarella treats.	AUSTRALIA	English-100	RPT	PG	I	Y
2023-10-24	1130	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 1	Rick Stein launches his new series about his home county of Cornwall with a trip back in time to his early days running a nightclub in Padstow.	UNITED KINGDOM	English-100		PG	a	
2023-10-24	1200	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 2	Rick Stein travels to St Ives to tell us about one of Britain's little-known artists, Alfred Wallis. In the shadow of Bodmin Moor Rick visits a very rare collection of Medieval stained-glass windows.	UNITED KINGDOM	English-100		PG	a	
2023-10-24	1230	Come Dine With Me UK	West Midlands: Kuda	Entrepreneur and social media star, Kuda, is hoping to take his guests on an African adventure with a Zimbabwean and world influenced African A La Carte menu. Will it be enough to win the cash prize?	UNITED KINGDOM	English-100		PG		
2023-10-24	1300	Come Dine With Me UK	West Midlands: Rich	Construction recruitment consultant, Rich, is hoping to wow his guests with his Italian menu and themed night. Tune in to see if he has what it takes to seal the 1000 pound prize.	UNITED KINGDOM	English-100		PG		
2023-10-24	1330	Ainsley's Good Mood Food	Something Sweet	Ainsley is feeling sweet in today's show, and has added a little sweetness to his dishes, starting off with Vietnamese caramel chilli chicken, a spicy and sweet one-pan wonder!	UNITED KINGDOM	English-100		G		
2023-10-24	1425	Destination Flavour - Japan	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
2023-10-24	1430	School Night Dinners	Fridge Raid Breakfast Frittatas And Mac And Squeeze	Nic and Ian knock up a nutritious breakfast that'll get your kids fed and ready for a day of school, featuring special guest: Dy Rupy from The Doctor's Kitchen.	USA	English-100		PG		
2023-10-24	1500	Minjiba Entertains	Romantic Fusion	Minjiba is on a top-secret mission in the eclectic styled home of a client in Lavington, Nairobi who wants to surprise her husband with a romantic meal fusing their Portuguese and Angolan roots.	USA	English-100		G		
2023-10-24	1530	Choccywoccydoodah	Greg Rutherford	It could be a step too far for the chocolatiers as British long jump gold medallist Greg Rutherford sets them an Olympic sized challenge - to create the biggest candy house they have ever made.	UNITED KINGDOM	English-100		PG	a	
2023-10-24	1625	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 5	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2023-10-24	1630	My Market Kitchen	Episode 57	Ben and David Mann set up at a communal BBQ to cook BBQ Prawns with a peach salad that David feeds to the local wildlife.	AUSTRALIA	English-100		G		
2023-10-24	1700	Mary Makes It Easy	Pie In The Sky	Piemaking can be daunting, but Mary provides a pastry crash course with three different types of dough to make all your pie in the sky dreams come true.	CANADA	English-100		G		

2023-10-24	1730	Freshly Picked With Simon Toohey	Ep 2	Simon attempts to create the perfect momo with a delicious red sauce, and whips out his recipe for golden, fried tempeh with sate and bok choy. Tim makes his famous mushroom and leek toastie recipe.	AUSTRALIA	English-100				
2023-10-24	1800	Food Safari	Indonesian Safari	Maeve plunges into the vibrant spicy world of Indonesian food with chef Rohanna Halim, who heads an all-girl kitchen team at her restaurant in Sydney.	AUSTRALIA	English-100	RPT	G		Y
2023-10-24	1830	Food Unwrapped	Best Of 5 - Gluten, Red Wine And Gelatin	Kate is in Romania finding out how cheap red wine is made, and asks if we can really tell the difference between cheap and posh plonk? Jimmy looks into the reasons why many of us are avoiding gluten.	UNITED KINGDOM	English-100		PG		
2023-10-24	1900	The Cook Up With Adam Liaw	Food With A Story	Mabu Mabu owner and chef Nornie Bero and actor Andy Trieu are in The Cook Up Kitchen with Adam Liaw to delve into their lives to create food with a story.	AUSTRALIA	English-100	RPT	G		Y
2023-10-24	1930	Planet Bbq	San Antonio Grill	Get ready for Carne Asado breakfast tacos, Jason Dady's oak-smoked cherry-glazed ribs, and beef cheek barbacoa prepared by local smoke master esaul ramos.	USA	English-100		PG		
2023-10-24	2000	Project Fire	Killer Barbeque Hold The Meat	You don't need a degree in barbecue to know that vegetables have hit the grill big time. Vegetables for everyone - who delights in the smokiness and supernatural sweetness live fire imparts to plant.	USA	English-100		PG		
2023-10-24	2030	Fun'q With Spencer Watts	Fun'q With Spencer Watts Series 1 Ep 4	Spencer's feeling spicy! He makes a chickpea salad with charred halloumi and a cumin vinaigrette. He dresses humble cauliflower in a buttery sumac spice rub, and whips up with two dipping sauces.	CANADA	English-100		PG		
2023-10-24	2100	Nico Reynolds: All Fired Up	Grilling For Two	Chef Nico believes one of the most romantic things you can do is make someone a delicious meal. He takes his portable BBQ to the beautiful Powerscourt Waterfall, Ireland to whip up a meal for two.	IRELAND	English-100		PG		
2023-10-24	2130	Come Dine With Me UK	West Midlands: Amy	Pharmacy technician Amy is hoping to impress everyone with her Asian extravaganza curry favour. But will it be too discerning to her guests?	UNITED KINGDOM	English-100		PG		
2023-10-24	2200	Come Dine With Me UK	West Midlands: Sophie	It's make-up artist and "Glam Goth" Sophie's turn to host. Will she throw in the towel before the night is out leaving her guests to fend for themselves, or will she give one last throw of the dice?	UNITED KINGDOM	English-100		PG		
2023-10-24	2230	The Cook Up with Adam Liaw	Japanese	The Feed's Marc Fennell and executive chef and founder of Sokyō, Chase Kojima, challenge host Adam Liaw to a Japanese food cook-off in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG	s	Y
2023-10-24	2300	United Plates Of America	Newport	In this episode we visit Newport, Rhode Island. A hidden gem 3 hours north of busy New York. Open green space, stunning architecture and locally sourced gastronomic delights await.	USA	English-100		G		
2023-10-24	2330	The Cook And The Chef	Food For Kids	Maggie performs some magic with a light lemony cake cooked with plump sultana grapes. Maggie then combines fragrant quince with rosemary to make a beautiful savoury jelly.	AUSTRALIA	English-100		G		
2023-10-24	2400	Mystery Diners	Valet Disservice	Complaints about a valet service sends Mystery Diners undercover to show just how detrimental a bad valet can be to a restaurant's business.	USA	English-100		PG		Y
2023-10-24	2430	Fun'q With Spencer Watts	Fun'q With Spencer Watts Series 1 Ep 4	Spencer's feeling spicy! He makes a chickpea salad with charred halloumi and a cumin vinaigrette. He dresses humble cauliflower in a buttery sumac spice rub, and whips up with two dipping sauces.	CANADA	English-100		PG		

2023-10-24	2500	Nico Reynolds: All Fired Up	Grilling For Two	Chef Nico believes one of the most romantic things you can do is make someone a delicious meal. He takes his portable BBQ to the beautiful Powerscourt Waterfall, Ireland to whip up a meal for two.	IRELAND	English-100		PG		
2023-10-24	2530	Come Dine With Me UK	West Midlands: Amy	Pharmacy technician Amy is hoping to impress everyone with her Asian extravaganza curry favour. But will it be too discerning to her guests?	UNITED KINGDOM	English-100		PG		
2023-10-24	2600	Come Dine With Me UK	West Midlands: Sophie	It's make-up artist and "Glam Goth" Sophie's turn to host. Will she throw in the towel before the night is out leaving her guests to fend for themselves, or will she give one last throw of the dice?	UNITED KINGDOM	English-100		PG		
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2023-10-25	1500	Minjiba Entertains	Fresh Water Farm	At Lake Naivasha, in Kenya's Rift Valley Minjiba sets a date with nature at Chui Lodge and rose farm to create a themed meal that includes roses from the farm and fresh caught crayfish.	USA	English-100		PG		
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2023-10-25	1700	Mary Makes It Easy	Desk Lunch	For the home or office, Mary starts with Thai inspired soba noodle cold rolls that are make-ahead friendly, before a tasty sandwich swap - roasted mushroom flatbread with bacon and white bean spread.	CANADA	English-100		G	
2023-10-25	1730	Freshly Picked With Simon Toohey	Ep 3	Make beans the hero with today's simple recipe for a Spanish style white bean casserole that's big on flavour, and for the perfect lazy dinner a slow baked sweet potato.	AUSTRALIA	English-100			
2023-10-25	1800	Food Safari	Maltese Safari	This episode of Food Safari explores a different take on Mediterranean cooking with the rustic delights of Maltese food.	AUSTRALIA	English-100	RPT	G	Y
2023-10-25	1830	Food Unwrapped	Best Of 6 - Figs, Energy Drinks And Kidney Beans	Jimmy investigates the myth that there is a wasp inside your fresh fig. Kate looks into how energy drinks give you a boost, and Matt finds out why you can't eat kidney beans raw.	UNITED KINGDOM	English-100		PG	
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2023-10-25	1930	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 6	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100		PG	a w
2023-10-25	2000	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 7	From elegant swans to delicate chocolate tubes, it's time for homemade desserts that are just as good as any fine dining establishment.	AUSTRALIA	English-100		PG	
2023-10-25	2030	Ainsley's Fantastic Flavours	Meaty	Ainsley Harriott and friends make the most of meaty flavours. While Ainsley is on breakfast duty, he cooks up potato rosti with black pudding, poached egg and crispy maple-sriracha bacon.	UNITED KINGDOM	English-100		PG	
2023-10-25	2130	Come Dine With Me UK	West Midlands: Phil	West Midlands-based club owner, Phil hosts a glitzy 'Awards Show' night, hoping his guests will award him enough cash to walk away with the 1000 pound prize.	UNITED KINGDOM	English-100		PG	
2023-10-25	2200	Come Dine With Me UK	North London Day 1	Estate agent, Susie, is hoping to wow her guests with an evening dedicated to her mixed heritage. She serves up an array of Persian dishes as well as a risky Irish dessert she's only ever made once.	UNITED KINGDOM	English-100		PG	
2023-10-25	2230	The Cook Up with Adam Liaw	Spinach	Host Adam Liaw, author and food critic Anthony Huckstep, and owner of LP's Quality Meats, Luke Powell, cook up a storm as they re-create their favourite spinach dishes.	AUSTRALIA	English-100	RPT	G	Y
2023-10-25	2300	United Plates Of America	Napa, Ca.	Napa Valley is fast becoming one of the world most renowned wine regions. Today it's all about food that works best with good wine.	USA	English-100		G	
2023-10-25	2330	The Cook And The Chef	Oats And Goats Cheese	If you enjoy the smell of freshly baked bread, you won't able to resist Maggie's oat, raisin and fennel bread. Irresistibly rich, it's perfect at any time, but especially for breakfast.	AUSTRALIA	English-100		G	

2023-10-25	2400	Mystery Diners	Getting A Leg Up	A former waiter has threatened a lawsuit against owner Derrick, so to appease him Derrick made him a host - but his laziness hasn't stopped.	USA	English-100		PG		Y
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2023-10-25	2525	Please Eat Slowly Bitesize	Mango Crepe	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100		G		
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2023-10-26	1330	Ainsley's Good Mood Food	Going Green	A dose of greens is sure to make you feel good and Ainsley's dishes are packed with them. On a visit to Vertical Future, Ainsley gets a glimpse at how we can grow fresh produce in a revolutionary way.	UNITED KINGDOM	English-100		G		
2023-10-26	1425	Destination Flavour - Japan	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
2023-10-26	1430	School Night Dinners	Food For Thought And The Proof Is In The Pudding	It's no secret that kids are easily distracted, one minute they might be doing their homework, the next minute they're climbing the walls or hunting around the cupboard for biscuits.	USA	English-100		PG		

2023-10-26	1500	Minjiba Entertains	Modern Zen Menu	Tea from Kenya's vast plantations is center stage at a celebratory meal for a client with minimalist tastes. Fusing tea into a Zen inspired black chai chicken.	USA	English-100		G		
2023-10-26	1530	Choccywoccydoodah	Anton And Erin	Strictly Come Dancing Legends Anton Du Beke and Erin Boag challenge the chocolatiers to make an outlandish creation to celebrate their UK tour. They want something with the full Hollywood glamour.	UNITED KINGDOM	English-100		PG	a	
2023-10-26	1625	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		Y
2023-10-26	1630	My Market Kitchen	Episode 59	Kathy Tsaples cooks rice pilaf, a kitchen staple dish that everyone must know!	AUSTRALIA	English-100		G		
2023-10-26	1700	Mary Makes It Easy	May Contain	Don't let dietary restrictions hold you back from making tasty treats. Mary shows how to cater to food intolerances and allergies by amping up the flavour instead of using ingredient substitutions.	CANADA	English-100		G		
2023-10-26	1730	Freshly Picked With Simon Toohey	Ep 4	Simon adds some zing to a summer salad with under-utilised ingredients like kohlrabi and radishes, then impresses with a crispy and creamy mushroom and leek potato pie that has some serious flavour.	AUSTRALIA	English-100				
2023-10-26	1800	Food Safari	Pakistani Safari	Looks at some of the Pakistani dishes that are loved around the world - like biryani - the layered spiced rice and meat dish.	AUSTRALIA	English-100	RPT	G		Y
2023-10-26	1830	Plat Du Tour	Plat Du Tour Series 4 (30 Min Version)	Guillaume Brahimi cooks dishes inspired by the Auvergne Rhone Alps region of eastern France. Guillaume shows us how to make a classic Coq au Vin, and La Truffade in this special compilation.				PG		Y Y
2023-10-26	1900	The Cook Up With Adam Liaw	80's Dinner Party	Get the boombox and Fluro legwarmers out, we're going back to the 80's baby! Looking for Alibrandi actress Pia Miranda and chef Justin North join Adam in the Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2023-10-26	1930	Rick Stein's Seafood Odyssey	Suffolk And Naples	Contemplating life over a bottle of wine against the backdrop of the bay of Naples, Rick has found the perfect place, and person, to start his Seafood Odyssey.	UNITED KINGDOM	English-100		PG	a s w	
2023-10-26	2000	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 2 Ep 1	Paula adds a modern twist to a traditional roozle breid, a variation on potato bread, by transforming it into a taco.	UNITED KINGDOM	English-100				
2023-10-26	2030	Guillaume's Paris	Guillaume's Paris Series 1 Ep 6	Chef Guillaume Brahimi explores the 11th and 12th arrondissements of Paris to discover best food experiences in the city. Guillaume visits the chocolate factory of Alain Ducasse.	AUSTRALIA	English-70; French-30	RPT	G		Y Y
2023-10-26	2100	Paradise Kitchen Bali	Banana	Lauren's celebration of the humble banana is a tribute to its glorious versatility. She skilfully crafts a variety of recipes that revolve around this beloved fruit.	NETHERLANDS	English-90; Balinese-10		PG		
2023-10-26	2130	Come Dine With Me UK	North London Day 2	Animation graduate, Michael, hopes his Italian inspired menu will win over his competitors, but will his entertainment leave a lasting impression and win him the 1000 pound prize?	UNITED KINGDOM	English-100		PG		
2023-10-26	2200	Come Dine With Me UK	North London Day 3	Events and management company owner, Shivz, hopes her menu of tried and tested favourites will win over her competitors. But will the talk of pelicans, politics, and professions throw a curve ball?	UNITED KINGDOM	English-100		PG		

2023-10-26	2230	The Cook Up with Adam Liaw	Ricotta	Sardinian native and Pilu owner Giovanni Pilu and Acme famed chef Mitch Orr take over The Cook Up kitchen as they re-create their favourite beloved ricotta dishes alongside series host, Adam Liaw.	AUSTRALIA	English-100	RPT	PG		Y
2023-10-26	2300	United Plates Of America	Palm Springs	Today it's all about Palm Springs resort food. This historic city in Riverside county is synonymous with the silver screen and swimming pools.	USA	English-100		G		
2023-10-26	2330	The Cook And The Chef	Pepper And Salt	Maggie and Simon demonstrate why salt and pepper feature as giants in culinary history. Simon makes a real pepper sauce that turns a steak into so much more than a pub meal.	AUSTRALIA	English-100		G		
2023-10-26	2400	Mystery Diners	Raising The Stakes	The owner of a Moroccan-themed restaurant in California believes his manager may have a gambling problem that's affecting his ability to do his job.	USA	English-100		PG		Y
2023-10-26	2430	Guillaume's Paris	Guillaume's Paris Series 1 Ep 6	Chef Guillaume Brahimi explores the 11th and 12th arrondissements of Paris to discover best food experiences in the city. Guillaume visits the chocolate factory of Alain Ducasse.	AUSTRALIA	English-70; French-30	RPT	G	Y	Y
2023-10-26	2500	Paradise Kitchen Bali	Banana	Lauren's celebration of the humble banana is a tribute to its glorious versatility. She skillfully crafts a variety of recipes that revolve around this beloved fruit.	NETHERLANDS	English-90; Balinese-10		PG		
2023-10-26	2530	Come Dine With Me UK	North London Day 2	Animation graduate, Michael, hopes his Italian inspired menu will win over his competitors, but will his entertainment leave a lasting impression and win him the 1000 pound prize?	UNITED KINGDOM	English-100		PG		
2023-10-26	2600	Come Dine With Me UK	North London Day 3	Events and management company owner, Shivz, hopes her menu of tried and tested favourites will win over her competitors. But will the talk of pelicans, politics, and professions throw a curve ball?	UNITED KINGDOM	English-100		PG		
2023-10-26	2630	The Cook Up with Adam Liaw	Ricotta	Sardinian native and Pilu owner Giovanni Pilu and Acme famed chef Mitch Orr take over The Cook Up kitchen as they re-create their favourite beloved ricotta dishes alongside series host, Adam Liaw.	AUSTRALIA	English-100	RPT	PG		Y
2023-10-26	2700	United Plates Of America	Palm Springs	Today it's all about Palm Springs resort food. This historic city in Riverside county is synonymous with the silver screen and swimming pools.	USA	English-100		G		
2023-10-26	2730	The Cook And The Chef	Pepper And Salt	Maggie and Simon demonstrate why salt and pepper feature as giants in culinary history. Simon makes a real pepper sauce that turns a steak into so much more than a pub meal.	AUSTRALIA	English-100		G		
2023-10-26	2800	Mystery Diners	Raising The Stakes	The owner of a Moroccan-themed restaurant in California believes his manager may have a gambling problem that's affecting his ability to do his job.	USA	English-100		PG		Y
2023-10-26	2830	School Night Dinners	Food For Thought And The Proof Is In The Pudding	It's no secret that kids are easily distracted, one minute they might be doing their homework, the next minute they're climbing the walls or hunting around the cupboard for biscuits.	USA	English-100		PG		
2023-10-27	0500	Minjiba Entertains	Modern Zen Menu	Tea from Kenya's vast plantations is center stage at a celebratory meal for a client with minimalist tastes. Fusing tea into a Zen inspired black chai chicken.	USA	English-100		G		
2023-10-27	0530	Ainsley's Good Mood Food	Going Green	A dose of greens is sure to make you feel good and Ainsley's dishes are packed with them. On a visit to Vertical Future, Ainsley gets a glimpse at how we can grow fresh produce in a revolutionary way.	UNITED KINGDOM	English-100		G		

2023-10-27	0625	Destination Flavour - Japan	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
2023-10-27	0630	Choccywoccydoodah	Anton And Erin	Strictly Come Dancing Legends Anton Du Beke and Erin Boag challenge the chocolatiers to make an outlandish creation to celebrate their UK tour. They want something with the full Hollywood glamour.	UNITED KINGDOM	English-100		PG	a		
2023-10-27	0725	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		Y	
2023-10-27	0730	My Market Kitchen	Episode 59	Kathy Tsaples cooks rice pilaf, a kitchen staple dish that everyone must know!	AUSTRALIA	English-100		G			
2023-10-27	0800	Mary Makes It Easy	May Contain	Don't let dietary restrictions hold you back from making tasty treats. Mary shows how to cater to food intolerances and allergies by amping up the flavour instead of using ingredient substitutions.	CANADA	English-100		G			
2023-10-27	0830	Freshly Picked With Simon Toohey	Ep 4	Simon adds some zing to a summer salad with under-utilised ingredients like kohlrabi and radishes, then impresses with a crispy and creamy mushroom and leek potato pie that has some serious flavour.	AUSTRALIA	English-100					
2023-10-27	0900	Food Safari	Pakistani Safari	Looks at some of the Pakistani dishes that are loved around the world - like biryani - the layered spiced rice and meat dish.	AUSTRALIA	English-100	RPT	G		Y	
2023-10-27	0930	Plat Du Tour	Plat Du Tour Series 4 (30 Min Version)	Guillaume Brahimi cooks dishes inspired by the Auvergne Rhone Alps region of eastern France. Guillaume shows us how to make a classic Coq au Vin, and La Truffade in this special compilation.	AUSTRALIA	English-100		PG		Y	Y
2023-10-27	1000	Rick Stein's Seafood Odyssey	Suffolk And Naples	Contemplating life over a bottle of wine against the backdrop of the bay of Naples, Rick has found the perfect place, and person, to start his Seafood Odyssey.	UNITED KINGDOM	English-100		PG	a s w		
2023-10-27	1030	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 2 Ep 1	Paula adds a modern twist to a traditional roozle breid, a variation on potato bread, by transforming it into a taco.	UNITED KINGDOM	English-100					
2023-10-27	1100	The Cook Up With Adam Liaw	80's Dinner Party	Get the boombox and Fluro legwarmers out, we're going back to the 80's baby! Looking for Alibrandi actress Pia Miranda and chef Justin North join Adam in the Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y	
2023-10-27	1130	Guillaume's Paris	Guillaume's Paris Series 1 Ep 6	Chef Guillaume Brahimi explores the 11th and 12th arrondissements of Paris to discover best food experiences in the city. Guillaume visits the chocolate factory of Alain Ducasse.	AUSTRALIA	English-70; French-30	RPT	G		Y	Y
2023-10-27	1200	Paradise Kitchen Bali	Banana	Lauren's celebration of the humble banana is a tribute to its glorious versatility. She skillfully crafts a variety of recipes that revolve around this beloved fruit.	NETHERLANDS	English-90; Balinese-10		PG			
2023-10-27	1230	Come Dine With Me UK	North London Day 2	Animation graduate, Michael, hopes his Italian inspired menu will win over his competitors, but will his entertainment leave a lasting impression and win him the 1000 pound prize?	UNITED KINGDOM	English-100		PG			
2023-10-27	1300	Come Dine With Me UK	North London Day 3	Events and management company owner, Shivz, hopes her menu of tried and tested favourites will win over her competitors. But will the talk of pelicans, politics, and professions throw a curve ball?	UNITED KINGDOM	English-100		PG			

2023-10-27	1330	Ainsley's Good Mood Food	Fruit And Berries	Fruits and Berries take centre stage in all the dishes in today's show. Ainsley shows that fruits and berries can add amazing flavours to a savoury dish or be the start of a sensational dessert.	UNITED KINGDOM	English-100		G		
2023-10-27	1425	Destination Flavour - Japan	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
2023-10-27	1430	Lightened Up	Filipino Fare	Chef and health enthusiast, Erwan Heussaff, tackles some traditional Filipino dishes and finds ways to make even the most unhealthy, high fat, high sugar foods a little better for you.	USA	English-100		PG		
2023-10-27	1500	Minjiba Entertains	Bbq Beach Resort	The ocean bears witness to many adventures and Minjiba joins the fun as she prepares a freshly caught seafood BBQ at the exquisite Swahili styled Lantana Galu Beach Resort.	USA	English-100		G		
2023-10-27	1530	Choccywoccydoodah	Dick And Dom	Zany children's television double act Dick and Dom challenge the chocolatiers to make an astounding Christmas-themed cake for a children's party at number 10 Downing Street.	UNITED KINGDOM	English-100		PG	a	
2023-10-27	1625	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2023-10-27	1630	My Market Kitchen	Episode 60	Ben is joined by Chef Karen Chan for her authentic Taiwanese Three Cup Chicken.	AUSTRALIA	English-100		G		
2023-10-27	1700	Mary Makes It Easy	Spice, Spice, Baby	Mary's first stop on her spice-fuelled adventure is Za'atar pita bread, featuring a tangy, nutty herb and spice blend originating from Western Asia and mostly made up of spice-cupboard staples.	CANADA	English-100		G		
2023-10-27	1730	Freshly Picked With Simon Toohey	Ep 5	Learn how a cheat pizza can fit into any day of the week and stay healthy, and get sweet with a decadent coconut ice cream with bananas and caramel.	AUSTRALIA	English-100				
2023-10-27	1800	Food Safari	Croatian Safari	Dennis Valcich runs through the key ingredients used in Croatian cooking and demonstrates a recipe from the Dalmatian coast - artichoke with potatoes and broad beans.	AUSTRALIA	English-100	RPT	G		Y
2023-10-27	1830	Plat Du Tour	Plat Du Tour Series 4 (30 Min Version)	In this special collection, Guillaume Brahimi explores the southwest of France and shares delicious recipes such as Pintxos, and small, sweet cakes known as Caneles.	AUSTRALIA	English-100		G		Y Y
2023-10-27	1900	The Cook Up With Adam Liaw	Fresh	Head chef and author, Jason Roberts, at Sydney restaurant Red Lantern Mark Jensen join Adam in the Cook Up kitchen to create some easy and simple fresh inspired dishes.	AUSTRALIA	English-100	RPT	G		Y
2023-10-27	1930	Rick Stein's Seafood Odyssey	India And Cornwall	Rick flees the restaurant to seek comfort from the sea. Thirty miles out of Padstow, he begins to calm down. Veteran fisherman Ivan Bates introduces Rick to the joys of fishing.	UNITED KINGDOM	English-100		PG		a w
2023-10-27	2000	John Torode's Middle East	Alexandria	John is in Alexandria on Egypt's north coast, city the largest on the Mediterranean. John gets stuck in to the city's many culinary delights and seeks inspiration for a dish of his own.	CANADA	English-100		G		
2023-10-27	2030	Rick Stein's Road To Mexico	Oaxaca To Chinantlan Mountains	Rick Stein reaches Oaxaca. Home to Mexico's national cheese, queso oxaca and a land where vanilla grows wild. Rick delights in exploring, where you can smell the tropical fruit from roadside stalls.	UNITED KINGDOM	English-100		PG		

2023-10-27	2140	Come Dine With Me UK	North London Day 4	Insurance underwriter, Fraser, hopes his Asian-inspired menu will win over his competitors. There's a clash over cruises, stand up surprises, and a sunset singalong but will his cooking be enough?	UNITED KINGDOM	English-100		PG	
2023-10-27	2205	Come Dine With Me UK	North London Day 5	PR executive, Melissa, hopes her menu of Greek Cypriot classics will win over the others. After a week of bad singing, piano playing, and impressions it's up to her to show that she has what it takes.	UNITED KINGDOM	English-100		PG	
2023-10-27	2230	The Cook Up with Adam Liaw	Mushrooms	Host Adam Liaw is joined by former Ready Steady Cook presenter Janelle Bloom and China Doll head chef Frank Shek as they serve up their favourite mushroom dishes in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
2023-10-27	2300	United Plates Of America	Boston	Today we visit Boston, a city known for traditional New England seafood culture. From traditional beverages with a modern twist, a rock'n'roll Mexican restaurant to authentic cuban cuisine.	USA	English-100		PG	
2023-10-27	2330	The Cook And The Chef	Trout And Eggs	Maggie uses her trout in a green tomato salsa, combining sweet and savoury flavours to perfection. Simon shows us how to smoke our own trout and combines big flakes of the fish with mayonnaise.	AUSTRALIA	English-100		G	
2023-10-27	2400	Mystery Diners	Extra Curricular	The owner of a piza house in California suspects his 'frat-tastic' college-enrolled waiter is taking the party off campus and into his restaurant.	USA	English-100		PG	Y
2023-10-27	2430	Rick Stein's Road To Mexico	Oaxaca To Chinantlan Mountains	Rick Stein reaches Oaxaca. Home to Mexico's national cheese, queso oxaca and a land where vanilla grows wild. Rick delights in exploring, where you can smell the tropical fruit from roadside stalls.	UNITED KINGDOM	English-100		PG	
2023-10-27	2540	Come Dine With Me UK	North London Day 4	Insurance underwriter, Fraser, hopes his Asian-inspired menu will win over his competitors. There's a clash over cruises, stand up surprises, and a sunset singalong but will his cooking be enough?	UNITED KINGDOM	English-100		PG	
2023-10-27	2605	Come Dine With Me UK	North London Day 5	PR executive, Melissa, hopes her menu of Greek Cypriot classics will win over the others. After a week of bad singing, piano playing, and impressions it's up to her to show that she has what it takes.	UNITED KINGDOM	English-100		PG	
2023-10-27	2630	The Cook Up with Adam Liaw	Mushrooms	Host Adam Liaw is joined by former Ready Steady Cook presenter Janelle Bloom and China Doll head chef Frank Shek as they serve up their favourite mushroom dishes in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
2023-10-27	2700	United Plates Of America	Boston	Today we visit Boston, a city known for traditional New England seafood culture. From traditional beverages with a modern twist, a rock'n'roll Mexican restaurant to authentic cuban cuisine.	USA	English-100		PG	
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2023-10-27	2800	Mystery Diners	Extra Curricular	The owner of a piza house in California suspects his 'frat-tastic' college-enrolled waiter is taking the party off campus and into his restaurant.	USA	English-100		PG	Y
2023-10-27	2830	Lightened Up	Filipino Fare	Chef and health enthusiast, Erwan Heussaff, tackles some traditional Filipino dishes and finds ways to make even the most unhealthy, high fat, high sugar foods a little better for you.	USA	English-100		PG	
2023-10-28	0500	Minjiba Entertains	Bbq Beach Resort	The ocean bears witness to many adventures and Minjiba joins the fun as she prepares a freshly caught seafood BBQ at the exquisite Swahili styled Lantana Galu Beach Resort.	USA	English-100		G	

2023-10-28	0530	Ainsley's Good Mood Food	Fruit And Berries	Fruits and Berries take centre stage in all the dishes in today's show. Ainsley shows that fruits and berries can add amazing flavours to a savoury dish or be the start of a sensational dessert.	UNITED KINGDOM	English-100		G		
2023-10-28	0625	Destination Flavour - Japan	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
2023-10-28	0630	Choccywoccydoodah	Dick And Dom	Zany children's television double act Dick and Dom challenge the chocolatiers to make an astounding Christmas-themed cake for a children's party at number 10 Downing Street.	UNITED KINGDOM	English-100		PG	a	
2023-10-28	0725	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2023-10-28	0730	My Market Kitchen	Episode 60	Ben is joined by Chef Karen Chan for her authentic Taiwanese Three Cup Chicken.	AUSTRALIA	English-100		G		
2023-10-28	0800	Mary Makes It Easy	Spice, Spice, Baby	Mary's first stop on her spice-fuelled adventure is Za'atar pita bread, featuring a tangy, nutty herb and spice blend originating from Western Asia and mostly made up of spice-cupboard staples.	CANADA	English-100		G		
2023-10-28	0830	Freshly Picked With Simon Toohey	Ep 5	Learn how a cheat pizza can fit into any day of the week and stay healthy, and get sweet with a decadent coconut ice cream with bananas and caramel.	AUSTRALIA	English-100				
2023-10-28	0900	Food Safari	Croatian Safari	Dennis Valcich runs through the key ingredients used in Croatian cooking and demonstrates a recipe from the Dalmatian coast - artichoke with potatoes and broad beans.	AUSTRALIA	English-100	RPT	G		Y
2023-10-28	0930	Plat Du Tour	Plat Du Tour Series 4 (30 Min Version)	In this special collection, Guillaume Brahimi explores the southwest of France and shares delicious recipes such as Pintxos, and small, sweet cakes known as Caneles.	AUSTRALIA	English-100		G		Y
2023-10-28	1000	Rick Stein's Seafood Odyssey	India And Cornwall	Rick flees the restaurant to seek comfort from the sea. Thirty miles out of Padstow, he begins to calm down. Veteran fisherman Ivan Bates introduces Rick to the joys of fishing.	UNITED KINGDOM	English-100		PG	a w	
2023-10-28	1030	John Torode's Middle East	Alexandria	John is in Alexandria on Egypt's north coast, city the largest on the Mediterranean. John gets stuck in to the city's many culinary delights and seeks inspiration for a dish of his own.	CANADA	English-100		G		
2023-10-28	1100	The Cook Up With Adam Liaw	Fresh	Head chef and author, Jason Roberts, at Sydney restaurant Red Lantern Mark Jensen join Adam in the Cook Up kitchen to create some easy and simple fresh inspired dishes.	AUSTRALIA	English-100	RPT	G		Y
2023-10-28	1130	Rick Stein's Road To Mexico	Oaxaca To Chinantlan Mountains	Rick Stein reaches Oaxaca. Home to Mexico's national cheese, queso oxaca and a land where vanilla grows wild. Rick delights in exploring, where you can smell the tropical fruit from roadside stalls.	UNITED KINGDOM	English-100		PG		
2023-10-28	1240	Come Dine With Me UK	North London Day 4	Insurance underwriter, Fraser, hopes his Asian-inspired menu will win over his competitors. There's a clash over cruises, stand up surprises, and a sunset singalong but will his cooking be enough?	UNITED KINGDOM	English-100		PG		
2023-10-28	1305	Come Dine With Me UK	North London Day 5	PR executive, Melissa, hopes her menu of Greek Cypriot classics will win over the others. After a week of bad singing, piano playing, and impressions it's up to her to show that she has what it takes.	UNITED KINGDOM	English-100		PG		

2023-10-28	1330	Ainsley's Good Mood Food	Seaside Delights	Ainsley is rejoicing in everything the sea and the seaside has to offer. His first cook is a great way to spice up midweek meals, harissa crusted cod with quick chickpea, spinach and tomato stew.	UNITED KINGDOM	English-100		PG	a w		
2023-10-28	1425	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 8	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y	Y
2023-10-28	1430	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 4	Travelling south to from her mother's hometown of Abruzzo to Molise, Silvia collects some roadside onions and teams up with her brother to make mouth-watering onion Focaccia.	AUSTRALIA	English-100	RPT	G		Y	
2023-10-28	1500	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 5	This episode, Silvia Colloca takes in the fresh sea air of San Benedetto del Tronto and discovers the secrets behind fritto misto, an Italian seaside speciality.	AUSTRALIA	English-100	RPT	G		Y	
2023-10-28	1530	Joanna And Jennifer: Absolutely Changers	Joanna And Jennifer: Absolutely Changers	Absolutely Fabulous duo Jennifer Saunders and Joanna Lumley are reuniting on-screen to take a trip to the Champagne region of France to find out exactly how to put the bubbles into bubbly.	UNITED KINGDOM	English-100		PG			Y
2023-10-28	1640	Beyond River Cottage	Beyond River Cottage Series 1 Ep 1	It's five years since Hugh left London behind for rural Dorset, and now he and his growing family are moving on from River Cottage to the nearby farm of their dreams.	UNITED KINGDOM	English-100		PG	a l w		
2023-10-28	1705	Beyond River Cottage	Beyond River Cottage Series 1 Ep 2	It's been several weeks since Hugh took a lease on a collection of barns near his new farm in Dorset. He plans to turn them into a culinary headquarters - a place he can use as an outlet for his home.	UNITED KINGDOM	English-100		PG			
2023-10-28	1730	Born To Cook: Jack Stein Down Under	Pork, Venison And Gin	Jack Stein visits some rare-breed pigs, visits the first venison farm in Western Australia and ends with a trip to Limeburners where he makes gin at Cameron's Giniversity.	AUSTRALIA	English-100		G			
2023-10-28	1800	Adam Liaw's Road Trip For Good	Beechworth, Hay Valley & Batlow	Adam's journey continues to the Adelaide Hills in South Australia. Known for its avant-garde, cool climate wines, the region's winemakers are doing it tough.	AUSTRALIA	English-100		PG		Y	
2023-10-28	1830	Order Up!	Order Up! Series 1 Ep 2	Houston, Texas is known as the land of smokehouses and barbeques and it's here that Hudson learns fusion techniques to smoke meat, grill fajitas and create barbeque using a wok!	CANADA	English-100					
2023-10-28	1930	Selena + Chef	Selena + Daniel Holzman	Daniel Holzman, the mastermind behind The Meatball Shop, puts Selena to work with one of the most ambitious meals she's cooked to date: mini chicken meatballs paired with gnocchi made from scratch.	USA	English-100		PG			Y
2023-10-28	2000	Selena + Chef	Selena + Nyesha Arrington	Southern California chef, Nyesha Arrington, guides Selena through cooking two delicious meals: pan-seared branzino with spiced tomato-coconut sauce and homecooked doggy biscuits.	USA	English-100		G			Y
2023-10-28	2030	Hairy Bikers Northern Exposure	Russia	The bikers preconceptions of Russia are challenged as they spend a night back-stage at the ballet courtesy of one of Russia's most powerful Oligarchs.	UNITED KINGDOM	English-100		PG			
2023-10-28	2140	Anthony Bourdain: No Reservations	South Florida	Tony begins his exploration of outer Miami in the vibrant Creole enclave of Little Haiti. Later, he heads out to the vast subtropical preserves of the Everglades.	USA	English-100		PG	a w		
2023-10-28	2235	Anthony Bourdain: A Cook's Tour	Mystical World	Salvador da Bahia offers fruitful local markets, and rich Bahian cuisine. Here, Tony experiences the culinary talents of the famous Bahian artist of the kitchen - Chef Dada.	USA	English-100		G			

2023-10-28	2305	Anthony Bourdain: A Cook's Tour	How To Be A Carioca	What is a Carioca? These lovable scamps love the beach, flirting, and hanging out at restaurants and bars. Tony gives the lifestyle a try.	USA	English-100		PG	a l s w	
2023-10-28	2335	Mystery Diners	Sleeping On The Job	Chef Marc notices a disparity in sales receipts and inventory with his high-end Italian deli meats. A Mystery Diner goes undercover as a busboy to discover who's using supplies for personal gain.	USA	English-100		PG		Y
2023-10-28	2405	Mystery Diners	Singles Night	A Mystery Diner goes undercover as a waitress to find out why a bar in Las Vegas has a steady decline in female patrons and learns that the manager is serving more than just drinks from the bar.	USA	English-100		PG		Y
2023-10-28	2435	Ainsley's Good Mood Food	Seaside Delights	Ainsley is rejoicing in everything the sea and the seaside has to offer. His first cook is a great way to spice up midweek meals, harissa crusted cod with quick chickpea, spinach and tomato stew.	UNITED KINGDOM	English-100		PG	a w	
2023-10-28	2530	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 4	Travelling south to from her mother's hometown of Abruzzo to Molise, Silvia collects some roadside onions and teams up with her brother to make mouth-watering onion Focaccia.	AUSTRALIA	English-100	RPT	G		Y
2023-10-28	2600	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 5	This episode, Silvia Colloca takes in the fresh sea air of San Benedetto del Tronto and discovers the secrets behind fritto misto, an Italian seaside speciality.	AUSTRALIA	English-100	RPT	G		Y
2023-10-28	2630	Joanna And Jennifer: Absolutely Champs	Joanna And Jennifer: Absolutely Champs	Absolutely Fabulous duo Jennifer Saunders and Joanna Lumley are reuniting on-screen to take a trip to the Champagne region of France to find out exactly how to put the bubbles into bubbly.	UNITED KINGDOM	English-100		PG		Y
2023-10-28	2740	Beyond River Cottage	Beyond River Cottage Series 1 Ep 1	It's five years since Hugh left London behind for rural Dorset, and now he and his growing family are moving on from River Cottage to the nearby farm of their dreams.	UNITED KINGDOM	English-100		PG	a l w	
2023-10-28	2805	Beyond River Cottage	Beyond River Cottage Series 1 Ep 2	It's been several weeks since Hugh took a lease on a collection of barns near his new farm in Dorset. He plans to turn them into a culinary headquarters - a place he can use as an outlet for his home.	UNITED KINGDOM	English-100		PG		
2023-10-28	2830	Born To Cook: Jack Stein Down Under	Pork, Venison And Gin	Jack Stein visits some rare-breed pigs, visits the first venison farm in Western Australia and ends with a trip to Limeburners where he makes gin at Cameron's Giniversity.	AUSTRALIA	English-100		G		