



**WEEK 40: Sunday, 26 September - Saturday, 2 October 2021 NSW, VIC, TAS, SA**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Cap
2021-09-26	0500	<b>Lidia's Kitchen</b>	Acidity	Lidia prepares red cabbage and bacon salad with a warm bacon and balsamic vinegar dressing, chicken in vinegar sauce, and savoy cabbage and potatoes with garlic.	USA	English-100	RPT	G	
2021-09-26	0530	<b>Hairy Bikers' Asian Adventure</b>	Thailand - Bangkok And The Central Plains	They say it's impossible to eat badly in Thailand and the Hairy Bikers discover why. They are in Bangkok and Thailand's central plains, where much of the familiar Thai cuisine originates.	UNITED KINGDOM	English-100	RPT	G	Y
2021-09-26	0635	<b>Ainsley's Food We Love</b>	Ainsley's Food We Love Series 1 Ep 3	Ainsley is in the kitchen as he is inspired by the great retro dishes of the past. He starts his Forgotten Classics menu with a sumptuous minced beef, potato, and onion pie served with buttery greens.	UNITED KINGDOM	English-100	RPT	PG	
2021-09-26	0730	<b>Anthony Bourdain: Parts Unknown</b>	Sicily	The Sicilian way of life puts a premium on savouring family, life, and food. Tony travels in search of those foods and their producers as he eats his way around the island.	USA	English-100	RPT	M	
2021-09-26	0825	<b>Destination Flavour Bitesize</b>	Destination Flavour Bitesize Series 1 Ep 10	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	Y
2021-09-26	0830	<b>Anthony Bourdain: Parts Unknown</b>	Detroit	Few cities have experienced such a dramatic economic rise and fall as Detroit. In this episode, Tony explores the past, present and future of the Motor City.	USA	English-100	RPT	M	
2021-09-26	0925	<b>Destination Flavour Bitesize</b>	Destination Flavour Bitesize Series 1 Ep 10	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	Y
2021-09-26	0930	<b>Nadia's Family Feasts</b>	Nadia's Family Feasts Series 1 Ep 3	Nadia Sawalha is joined in the kitchen by chef Zoe Adjonyoh, and together they prepare a family feast from Africa, including Ghanaian-spiced chicken kebabs and peanut butter stew.	UNITED KINGDOM	English-100	RPT	G	
2021-09-26	1025	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 1	Poh and Co. invites you into the always delicious world of acclaimed cook, artist and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-09-26	1030	<b>Rhodes Across Italy</b>	Emilia-Romagna	Gary Rhodes travels to Emilia-Romagna - the culinary capital of Italy and the home of Parma ham, Parmesan cheese and much more, on the latest leg of his grand tour of Italian regional cuisines.	UNITED KINGDOM	English-100	RPT	G	
2021-09-26	1125	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 2	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-09-26	1130	<b>No Passport Required</b>	Los Angeles	Marcus Samuelsson arrives in sunny Los Angeles to meet with Armenians influencing the city's food scene.	USA	English-100	RPT	PG	
2021-09-26	1230	<b>Jonathan Phang's Gourmet Express</b>	Penang To Bangkok	In George Town, the historic capital of the Malaysian state of Penang, Jonathan explores a Sunday morning market and ends up buying a 100 year-old egg which he eats back on the train.	UNITED KINGDOM	English-100	RPT	G	Y
2021-09-26	1325	<b>Destination Flavour Bitesize</b>	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	Y
2021-09-26	1330	<b>Born To Cook: Jack Stein Down Under</b>	Born To Cook: Jack Stein Down Under Series 2	The tropical climate of Australia's Northwest lends itself to a whole variety of interesting ingredients, as Jack finds out on his visit to the sea with Indigenous guide Bart Pigram.	AUSTRALIA	English-100	RPT	PG	
2021-09-26	1400	<b>The Cook Up with Adam Liaw</b>	Herbs From The Garden	Nomad head chef Jacqui Challinor and cook instructor and Iranian refugee Mahshid Babzartabi join host Adam Liaw in The Cook Up kitchen to make their favourite dishes containing herbs from the garden.	AUSTRALIA	English-100	RPT	PG	
2021-09-26	1430	<b>The Cook Up with Adam Liaw</b>	Biscuits	Food icon, writer and presenter Pamela Clark and owner of Andy Bowdy Pastry, Andrew Bowden, join host Adam Liaw in The Cook Up kitchen to share their favourite biscuit recipes.	AUSTRALIA	English-100	RPT	PG	
2021-09-26	1500	<b>The Cook Up with Adam Liaw</b>	White Fish	Tonight, host Adam Liaw, Chaco bar's Keita Abe and Nilgiri's Ajoy Joshi are in The Cook Up kitchen creating dishes that involve a versatile ingredient - white fish.	AUSTRALIA	English-100	RPT	PG	



2021-09-26	1530	<b>The Cook Up with Adam Liaw</b>	Potato	Tonight the owner of Vic's Meats, Anthony Puharich, and LP's Quality Meats Luke Powell join host Adam Liaw to give us their take on the ultimate potato dish to accompany a meal.	AUSTRALIA	English-100	RPT	PG	
2021-09-26	1600	<b>The Cook Up with Adam Liaw</b>	Seaweed	Triple J's Linda Marigliano and owner of Kitchen by Mike, Mike McEnearney, join host Adam Liaw in The Cook Up kitchen to whip up some seaweed wonders.	AUSTRALIA	English-100	RPT	PG	
2021-09-26	1630	<b>The Cook And The Chef</b>	German Influence, A	Maggie Beer is passionate about the Barossa Valley and it's German Heritage. She's a proud spokesperson for the area and its many and varied food producers.	AUSTRALIA	English-100		G	
2021-09-26	1700	<b>The Cook And The Chef</b>	Winter And Chocolate	The weather's cooler, the ugg boots are on, and the fires are roaring. Before the Winter Blues hit, why not cheer up with some chocolate.	AUSTRALIA	English-100		G	
2021-09-26	1730	<b>The Cook And The Chef</b>	In The Hills	When Simon returned to Adelaide, after studying to be a chef, he had a whole new appreciation for the Adelaide Hills. As a youngster he's tear around the hills on his motorbike.	AUSTRALIA	English-100		G	
2021-09-26	1800	<b>Amazon Taste</b>	Acari	Despite its frightening appearance and hard shell, the Acari is a delicious fish. Thiago Castanho learns more about this Amazonian delicacy on a trip to the cities of Santarem and Prainha.	BRAZIL	English-50; Portuguese-50		PG	
2021-09-26	1830	<b>Our Food, Our Family</b>	Aslam Family, The	Michela is in Cardiff to meet the Aslam family - four generations of food lovers. Between mouthfuls of mouth-watering curries, can Michela coax their secret spice mix from the family?	UNITED KINGDOM	English-100	RPT	PG	
2021-09-26	1900	<b>India Unplated</b>	Gujarat	Celebrate the diversity of Indian cuisine as acclaimed Indian-Australian chefs, Helly Raichura, Adam D'Sylva and Sandeep Pandit present their enticing new food series, India Unplated.	AUSTRALIA	English-100	RPT	PG	Y
2021-09-26	1930	<b>Weekend Breaks With Gregg Wallace</b>	Berlin	Gregg Wallace heads to the German capital for a three day trip where he gets to the heart of Berlin's food scene, and gets involved in the beer culture.	UNITED KINGDOM	English-100	RPT	PG	
2021-09-26	2025	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2021-09-26	2030	<b>Rick Stein's Long Weekends</b>	Bologna	Rick Stein visits Bologna in northern Italy, a city so famous for its food that it's known as the stomach of Italy. He learns how to make the local fresh egg pasta used for tortellini.	UNITED KINGDOM	English-100	RPT	G	Y
2021-09-26	2135	<b>Anthony Bourdain: Parts Unknown</b>	Tokyo	Tony has travelled to Tokyo countless times, but on this trip he is in search of the city's dark, extreme, and bizarrely obsessive underside. It will be surprising, and at times shocking.	USA	English-100		M	
2021-09-26	2230	<b>Anthony Bourdain: Parts Unknown</b>	South Africa	In this episode, Tony visits the Johannesburg suburb of Hillbrow, spends a day in the life of a taxi driver and discovers the culture and food that makes up modern day Johannesburg.	USA	English-100		M	
2021-09-26	2325	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y
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2021-09-27	1330	<b>Donal's Kitchen Hero</b>	Trim Castle	Donal visits Trim Castle, the largest Anglo-Norman castle in Ireland, which was constructed over a thirty-year period by Hugh de Lacy and his son Walter. He prepares seafood paella and bun cha.	IRELAND	English-100	RPT	G	
2021-09-27	1400	<b>Sarah Graham Cooks Cape Town</b>	Food Barn Noordhoek	No trip to Noordhoek is complete without a visit to the Food Barn. Sarah meets up with chef Franck Dangereux to see if she can prise his mushroom and truffle ravioli recipe out of him.	SOUTH AFRICA	English-100	RPT	G	
2021-09-27	1430	<b>Bonacini's Italy</b>	Umbria	Known for its lush landscape, Umbria is a region that offers fresh, seasonal ingredients perfect for simple yet boldly flavoured cuisine. Michael cooks with an Umbrian speciality - black truffles.	CANADA	English-100	RPT	G	
2021-09-27	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, fishing for sardines and anchovies, and a look at an electric samovar.	AUSTRALIA	English-100	RPT	G	

2021-09-27	1530	<b>Lidia's Kitchen</b>	Italian American Classics	Lidia shares some of her favourite Italian-American classics, including lasagna with ricotta and fresh mozzarella, eggplant parmigiana stacks, and a perfect simple salad.	USA	English-100		PG	
2021-09-27	1600	<b>Donna Hay: Basics To Brilliance</b>	Donna Hay: Basics To Brilliance Series 1	Donna teaches us her tricks for the tastiest fried chicken you'll ever eat, along with prawn dumplings so delicate and flavourful they'll have your mouth watering.	AUSTRALIA	English-100	RPT	G	
2021-09-27	1630	<b>Middle East Feast With Shane Delia</b>	Vegetarian	Award-winning chef Shane Delia takes viewers on a tantalising and flavourful journey through an array of Middle Eastern dishes and also delves into the stories behind these recipes soaked in history.	AUSTRALIA	English-100	RPT	G	
2021-09-27	1700	<b>Food Safari</b>	Food Safari Series 4 Episode 7	Maeve O'Meara explores the delicious world of Polish food as chef Judyta Slupnicki introduces her to the essentials - from smallgoods, to horseradish and pickled gherkins.	AUSTRALIA	English-100	RPT	G	Y
2021-09-27	1730	<b>The Cook And The Chef</b>	Modern Chinese	As a tribute to famed Chinese cuisine chef Kylie Kwong, Maggie and Simon both attempt classic Kylie recipes.	AUSTRALIA	English-100	RPT	G	
2021-09-27	1800	<b>Nigella Bites</b>	Fast Food	Nigella Lawson shares her tips for quick and satisfying meals with recipes for lemon linguine, salmon and mushy peas and griddled chicken with herbed spiked yogurt.	UNITED KINGDOM	English-100	RPT	G	Y
2021-09-27	1830	<b>Nigella Bites</b>	Entertaining	For Nigella, entertaining means spending time with friends, not anguishing alone in the kitchen. To take the strain out of home entertaining Nigella goes a Middle Eastern style meze.	UNITED KINGDOM	English-100	RPT	G	Y
2021-09-27	1900	<b>The Cook Up with Adam Liaw</b>	Lamb Cutlets	Host Adam Liaw is joined by food writer Tori Haschka and head chef at One & Only Wolgan Valley, James Viles, to whip up some lamb cutlet favourites in The Cook Up kitchen.	AUSTRALIA	English-100		PG	
2021-09-27	1930	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Jamie & Jimmy's Food Fight Club Series 5 Ep 7	Jimmy and Jamie welcome actor Martin Clunes to the cafe. Inspired by family summer holidays as a boy in Mallorca, Martin has always wanted to learn how to recreate the incredible paella made there.	UNITED KINGDOM	English-100		PG	
2021-09-27	2030	<b>Hairy Bikers Chocolate Challenge</b>	Hairy Bikers Chocolate Challenge Series 1 Ep 5	The final three chocolatiers embark on the ultimate chocolate challenge. First, they face a brutal knock out round where they have to create three different versions of their signature chocolate bar.	UNITED KINGDOM	English-100		PG	
2021-09-27	2125	<b>Destination Flavour Scandinavia Bitesize</b>	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
2021-09-27	2130	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 6	In this episode, Luke leaves the hustle and bustle of Hanoi behind for the mystical mountains of Sapa. Once there, he prepares some black chicken in the local streets.	AUSTRALIA	English-100	RPT	G	Y
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2021-09-28	1025	<b>Poh &amp; Co. Bitesize</b>	Garden, The	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-09-28	1030	<b>Lidia's Kitchen</b>	Italian American Classics	Lidia shares some of her favourite Italian-American classics, including lasagna with ricotta and fresh mozzarella, eggplant parmigiana stacks, and a perfect simple salad.	USA	English-100	RPT	PG	
2021-09-28	1100	<b>The Cook Up with Adam Liaw</b>	Lamb Cutlets	Host Adam Liaw is joined by food writer Tori Haschka and head chef at One & Only Wolgan Valley, James Viles, to whip up some lamb cutlet favourites in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG	
2021-09-28	1130	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 6	In this episode, Luke leaves the hustle and bustle of Hanoi behind for the mystical mountains of Sapa. Once there, he prepares some black chicken in the local streets.	AUSTRALIA	English-100	RPT	G	Y
2021-09-28	1200	<b>Middle East Feast With Shane Delia</b>	Vegetarian	Award-winning chef Shane Delia takes viewers on a tantalising and flavourful journey through an array of Middle Eastern dishes and also delves into the stories behind these recipes soaked in history.	AUSTRALIA	English-100	RPT	G	
2021-09-28	1230	<b>Nigella Bites</b>	Fast Food	Nigella Lawson shares her tips for quick and satisfying meals with recipes for lemon linguine, salmon and mushy peas and griddled chicken with herbed spiked yogurt.	UNITED KINGDOM	English-100	RPT	G	Y
2021-09-28	1300	<b>Nigella Bites</b>	Entertaining	For Nigella, entertaining means spending time with friends, not anguishing alone in the kitchen. To take the strain out of home entertaining Nigella goes a Middle Eastern style meze.	UNITED KINGDOM	English-100	RPT	G	Y

2021-09-28	1330	<b>Donal's Kitchen Hero</b>	Dublin Horse Show	Donal visits the famous Dublin Horse Show and prepares margarita chicken and tomato shellfish soup. In Donal's bakery, he makes a fun coffee swirl cake.	IRELAND	English-100	RPT	G	
2021-09-28	1400	<b>Sarah Graham Cooks Cape Town</b>	Grand Tasting Affair	Not wanting to mess with a working formulae, wine expert and Rob's best friend Allister Kreft is bringing the wine, while Sarah is cooking, and everyone else is eating.	SOUTH AFRICA	English-100	RPT	G	
2021-09-28	1430	<b>Bonacini's Italy</b>	Sardegna	Appreciating island culture, Michael Bonacini explores the enchanting region of Sardegna and its exceptional cuisine.	CANADA	English-100	RPT	G	
2021-09-28	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, bush tomatoes - from picking to chutney, and coffee machines through the centuries.	AUSTRALIA	English-100	RPT	G	
2021-09-28	1530	<b>Lidia's Kitchen</b>	Fish Fiesta	Lidia shares some of her favourite seafood dishes, including mussels with fennel and saffron, cucumber salad, and baked striped bass with lemon sauce made with cheese flavoured breadcrumbs.	USA	English-100		PG	
2021-09-28	1600	<b>Donna Hay: Basics To Brilliance</b>	Donna Hay: Basics To Brilliance Series 1	Donna surprises us with a super tasty and versatile mince mixture, we learn how to make perfect pillows of ricotta gnocchi and discover the secret for the ultimate and indulgent chocolate brownies.	AUSTRALIA	English-100	RPT	G	
2021-09-28	1630	<b>Middle East Feast With Shane Delia</b>	Sunday Lunch	Shane Delia and guest chef Tom Sarafian share their family favourites for the perfect family lunch.	AUSTRALIA	English-100	RPT	G	
2021-09-28	1700	<b>Food Safari</b>	Food Safari Series 4 Episode 8	Maeve O'Meara explores the fascinating food of Afghanistan where the guest is always seen as king and beautiful feasts are prepared using age-old recipes.	AUSTRALIA	English-100	RPT	G	Y
2021-09-28	1730	<b>The Cook And The Chef</b>	Talking Thai	Simon revels in his favourite Thai food, and encourages heat- avoiding Maggie to 'dip a toe' into this chilli laden cuisine.	AUSTRALIA	English-100		G	
2021-09-28	1800	<b>Nigella Bites</b>	Family Food	We all have certain foods which comfort us because they remind us of childhood. For Nigella, her ultimate 'desert island dish' is her mother's steak bernaïsse.	UNITED KINGDOM	English-100	RPT	G	Y
2021-09-28	1830	<b>Nigella Bites</b>	Home Alone	Nigella focuses on the foods she loves to eat when she's cooking for one. One of her favourite and most regular lunches is salad with pancetta and parmesan.	UNITED KINGDOM	English-100	RPT	G	Y
2021-09-28	1900	<b>The Cook Up with Adam Liaw</b>	Culture Clash	The Lebanese Plate's Lina Jebeile and MasterChef alumni Kylie Millar join host Adam Liaw in The Cook Up kitchen as they create some traditional favourites with a difference.	AUSTRALIA	English-100		PG	
2021-09-28	1930	<b>Kylie Kwong: Heart And Soul</b>	Noodles	The Chinese are inventive cooks, making delicious meals from basic ingredients. Kylie tries out her cheap cut recipes on the staff at a famous Chinese restaurant.	AUSTRALIA	English-100	RPT	G	Y
2021-09-28	2000	<b>David Rocco's Dolce Africa</b>	Stone Town, Zanzibar	Arriving in Zanzibar, a picturesque island known for its white sand beaches and its cultural melting-pot of African and Arabic culture, David is enchanted by the local people and their way of life.	CANADA	English-100		PG	
2021-09-28	2030	<b>Remarkable Places To Eat</b>	Yorkshire	Fred Sirieix is heading to Yorkshire in the company of Britain's queen of baking Nadiya Hussain. Nadiya loves Yorkshire and believes the food scene is one of the most varied in the United Kingdom.	UNITED KINGDOM	English-100	RPT	G	
2021-09-28	2135	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 7	Continuing in Sapa, Luke ventures beyond the main town and visits the local villages where he delves into some rich local traditions.	AUSTRALIA	English-100	RPT	G	Y
2021-09-28	2200	<b>The Cook Up with Adam Liaw</b>	Culture Clash	The Lebanese Plate's Lina Jebeile and MasterChef alumni Kylie Millar join host Adam Liaw in The Cook Up kitchen as they create some traditional favourites with a difference.	AUSTRALIA	English-100	RPT	PG	
2021-09-28	2230	<b>The Cook And The Chef</b>	Talking Thai	Simon revels in his favourite Thai food, and encourages heat- avoiding Maggie to 'dip a toe' into this chilli laden cuisine.	AUSTRALIA	English-100	RPT	G	
2021-09-28	2300	<b>Nigella Bites</b>	Family Food	We all have certain foods which comfort us because they remind us of childhood. For Nigella, her ultimate 'desert island dish' is her mother's steak bernaïsse.	UNITED KINGDOM	English-100	RPT	G	Y
2021-09-28	2330	<b>Nigella Bites</b>	Home Alone	Nigella focuses on the foods she loves to eat when she's cooking for one. One of her favourite and most regular lunches is salad with pancetta and parmesan.	UNITED KINGDOM	English-100	RPT	G	Y
2021-09-28	2400	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, bush tomatoes - from picking to chutney, and coffee machines through the centuries.	AUSTRALIA	English-100	RPT	G	

2021-09-28	2430	<b>Kylie Kwong: Heart And Soul</b>	Noodles	The Chinese are inventive cooks, making delicious meals from basic ingredients. Kylie tries out her cheap cut recipes on the staff at a famous Chinese restaurant.	AUSTRALIA	English-100	RPT	G	Y
2021-09-28	2500	<b>David Rocco's Dolce Africa</b>	Stone Town, Zanzibar	Arriving in Zanzibar, a picturesque island known for its white sand beaches and its cultural melting-pot of African and Arabic culture, David is enchanted by the local people and their way of life.	CANADA	English-100	RPT	PG	
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2021-09-28	2635	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 7	Continuing in Sapa, Luke ventures beyond the main town and visits the local villages where he delves into some rich local traditions.	AUSTRALIA	English-100	RPT	G	Y
2021-09-28	2700	<b>Donal's Kitchen Hero</b>	Dublin Horse Show	Donal visits the famous Dublin Horse Show and prepares margarita chicken and tomato shellfish soup. In Donal's bakery, he makes a fun coffee swirl cake.	IRELAND	English-100	RPT	G	
2021-09-28	2730	<b>Sarah Graham Cooks Cape Town</b>	Grand Tasting Affair	Not wanting to mess with a working formulae, wine expert and Rob's best friend Allister Kreft is bringing the wine, while Sarah is cooking, and everyone else is eating.	SOUTH AFRICA	English-100	RPT	G	
2021-09-28	2800	<b>Bonacini's Italy</b>	Sardegna	Appreciating island culture, Michael Bonacini explores the enchanting region of Sardegna and its exceptional cuisine.	CANADA	English-100	RPT	G	
2021-09-28	2830	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, bush tomatoes - from picking to chutney, and coffee machines through the centuries.	AUSTRALIA	English-100	RPT	G	
2021-09-29	0500	<b>Lidia's Kitchen</b>	Fish Fiesta	Lidia shares some of her favourite seafood dishes, including mussels with fennel and saffron, cucumber salad, and baked striped bass with lemon sauce made with cheese flavoured breadcrumbs.	USA	English-100	RPT	PG	
2021-09-29	0530	<b>Donna Hay: Basics To Brilliance</b>	Donna Hay: Basics To Brilliance Series 1	Donna surprises us with a super tasty and versatile mince mixture, we learn how to make perfect pillows of ricotta gnocchi and discover the secret for the ultimate and indulgent chocolate brownies.	AUSTRALIA	English-100	RPT	G	
2021-09-29	0600	<b>Middle East Feast With Shane Delia</b>	Sunday Lunch	Shane Delia and guest chef Tom Sarafian share their family favourites for the perfect family lunch.	AUSTRALIA	English-100	RPT	G	
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2021-09-29	0800	<b>Nigella Bites</b>	Home Alone	Nigella focuses on the foods she loves to eat when she's cooking for one. One of her favourite and most regular lunches is salad with pancetta and parmesan.	UNITED KINGDOM	English-100	RPT	G	Y
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2021-09-29	1130	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 7	Continuing in Sapa, Luke ventures beyond the main town and visits the local villages where he delves into some rich local traditions.	AUSTRALIA	English-100	RPT	G	Y



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2021-09-29	1330	<b>Donal's Kitchen Hero</b>	Hook Lighthouse	Donal takes refuge from some appalling weather at the Hook Lighthouse to cook for the windswept visitors, preparing a chorizo and chicken bean stew, and a warming chilli and tomato crab pasta.	IRELAND	English-100	RPT	G	
2021-09-29	1400	<b>Sarah Graham Cooks Cape Town</b>	Weekend Away	Sarah's family and close friends spend a relaxing weekend away at the seaside. It's an opportunity for the adults to try their hand at fishing and for the children to enjoy building sandcastles.	SOUTH AFRICA	English-100	RPT	G	
2021-09-29	1430	<b>Bonacini's Italy</b>	Friuli Venezia Giulia	One of Italy's quieter regions, Friuli Venezia Giulia offers iconic dishes, waiting to be discovered. Michael Bonacini begins his exploration of the region with his take on a traditional dish.	CANADA	English-100	RPT	G	
2021-09-29	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Sheraton Mirage chef Christian Heidenreich, and South American caramel.	AUSTRALIA	English-100	RPT	G	
2021-09-29	1530	<b>Lidia's Kitchen</b>	It's Pasta Night!	Lidia shares some of her favourite pasta dishes, including spaghetti with anchovies and breadcrumbs, pasta chinja, and panzanella calabrese.	USA	English-100		PG	
2021-09-29	1600	<b>Donna Hay: Basics To Brilliance</b>	Donna Hay: Basics To Brilliance Series 1	Donna reveals how to make a deliciously juicy rump steak, along with a flavoursome Thai green curry paste that really packs a punch, and the most perfectly light sponge cake.	AUSTRALIA	English-100	RPT	G	
2021-09-29	1630	<b>Middle East Feast With Shane Delia</b>	Turkish	Unpretentious, homely, and full of flavour, Turkish cuisine is a favourite across the world. Shane is joined by Turkish chef Murat Ovaz to highlight the best of Turkish home cooking.	AUSTRALIA	English-100	RPT	G	
2021-09-29	1700	<b>Food Safari</b>	Food Safari Series 4 Episode 9	Maeve O'Meara explores the world of Danish food, a cuisine crafted for the cold - some dishes date back to the days of the Vikings, others like the sandwich smorrebrod are modern.	AUSTRALIA	English-100	RPT	G	Y
2021-09-29	1730	<b>The Cook And The Chef</b>	Andrew Fielke	Bush tucker has come a long way since the 1980s when a few bushfood pioneers discovered that this country is jam packed with fantastic native wild foods.	AUSTRALIA	English-100		G	
2021-09-29	1800	<b>Nigella Bites</b>	Weekend	Nigella Lawson shares her favourite weekend recipes, focusing on the simple yet delicious food she cooks for herself, her family and friends. Nigella shares her recipe for Clementine cake.	UNITED KINGDOM	English-100	RPT	G	Y
2021-09-29	1830	<b>Nigella Bites</b>	TV Dinners	Nigella Lawson rustles up a selection of TV dinners for those occasions when time is of the essence, including Thai yellow pumpkin and seafood curry and linguine with garlic oil and pancetta.	UNITED KINGDOM	English-100	RPT	G	Y
2021-09-29	1900	<b>The Cook Up with Adam Liaw</b>	Malaysian	In The Cook Up kitchen, host Adam Liaw is joined by owner and head chef of Ho Jiak, Junda Khoo, and style editor at Delicious magazine, Kristen Jenkins, as they tap into the south-east Asian cuisine.	AUSTRALIA	English-100		PG	
2021-09-29	1930	<b>Giada Entertains</b>	Weeknight Special	Sometimes no occasion is the best occasion! Giada surprises her daughter, Jade, in the middle of the week with a special menu that includes all her favourite comfort foods.	USA	English-100		G	
2021-09-29	2000	<b>Kylie Kwong: Heart And Soul</b>	Mushroom	There's a party for the opening of an art exhibition and Kylie is doing the catering.	AUSTRALIA	English-100	RPT	G	Y
2021-09-29	2030	<b>Rick Stein's Taste Of The Sea</b>	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	RPT	PG	
2021-09-29	2100	<b>Rick Stein's Seafood Odyssey</b>	Thailand And Cornwall	In the local hot and bustling market, Rick collects ingredients for the dishes ranging from chargrilled prawns with simpleThai dipping sauce to horseshoe crab roes with green mango salad.	UNITED KINGDOM	English-100	RPT	PG	
2021-09-29	2130	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 8	The small town of Bac Ha comes alive on weekends as tourists flock to its renowned weekend market. Here Luke prepares some ginger chicken in the 'food court' with a bunch of keen observers.	AUSTRALIA	English-100	RPT	G	Y



2021-09-29	2200	<b>The Cook Up with Adam Liaw</b>	Malaysian	In The Cook Up kitchen, host Adam Liaw is joined by owner and head chef of Ho Jiak, Junda Khoo, and style editor at Delicious magazine, Kristen Jenkins, as they tap into the south-east Asian cuisine.	AUSTRALIA	English-100	RPT	PG	
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2021-09-30	1000	<b>Rick Stein's Seafood Odyssey</b>	Thailand And Cornwall	In the local hot and bustling market, Rick collects ingredients for the dishes ranging from chargrilled prawns with simpleThai dipping sauce to horseshoe crab roes with green mango salad.	UNITED KINGDOM	English-100	RPT	PG	
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2021-09-30	1100	<b>The Cook Up with Adam Liaw</b>	Malaysian	In The Cook Up kitchen, host Adam Liaw is joined by owner and head chef of Ho Jiak, Junda Khoo, and style editor at Delicious magazine, Kristen Jenkins, as they tap into the south-east Asian cuisine.	AUSTRALIA	English-100	RPT	PG	
2021-09-30	1130	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 8	The small town of Bac Ha comes alive on weekends as tourists flock to its renowned weekend market. Here Luke prepares some ginger chicken in the 'food court' with a bunch of keen observers.	AUSTRALIA	English-100	RPT	G	Y
2021-09-30	1200	<b>Middle East Feast With Shane Delia</b>	Turkish	Unpretentious, homely, and full of flavour, Turkish cuisine is a favourite across the world. Shane is joined by Turkish chef Murat Ovaz to highlight the best of Turkish home cooking.	AUSTRALIA	English-100	RPT	G	
2021-09-30	1230	<b>Nigella Bites</b>	Weekend	Nigella Lawson shares her favourite weekend recipes, focusing on the simple yet delicious food she cooks for herself, her family and friends. Nigella shares her recipe for Clementine cake.	UNITED KINGDOM	English-100	RPT	G	Y
2021-09-30	1300	<b>Nigella Bites</b>	TV Dinners	Nigella Lawson rustles up a selection of TV dinners for those occasions when time is of the essence, including Thai yellow pumpkin and seafood curry and linguine with garlic oil and pancetta.	UNITED KINGDOM	English-100	RPT	G	Y
2021-09-30	1330	<b>Donal's Kitchen Hero</b>	Dublin Zoo	Donal visits the Dublin Zoo - one of Ireland's most popular attractions, which opened in 1831. Feeding time at the zoo is always a popular event, and Donal sets out to feed some of the visitors.	IRELAND	English-100	RPT	G	
2021-09-30	1400	<b>Sarah Graham Cooks Cape Town</b>	Bo-Kaap Cooking Lesson	Sarah heads to well-known Cape Malay cuisine exponent Faldela Tolker's home in the Bo-Kaap for a Cape Malay cooking lesson.	SOUTH AFRICA	English-100	RPT	G	
2021-09-30	1430	<b>Let's Brunch</b>	Healthy Start	Vanessa Gianfrancesco shares brunch recipes that are as healthy as they are satisfying, including a baked eggs with spinach and zucchini, a blueberry smoothie bowl, and a turmeric latte.	CANADA	English-100	RPT	G	
2021-09-30	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, potato gnocchi lamingtons, mushrooms from Tassie, and sea urchin cooked Japanese-style.	AUSTRALIA	English-100	RPT	G	
2021-09-30	1530	<b>Lidia's Kitchen</b>	A Comforting Casserole	Lidia demonstrates how to make a hearty Italian style version of layered casserole of beef with cabbage and potatoes topped with fontina cheese.	USA	English-100		PG	
2021-09-30	1600	<b>Donna Hay: Basics To Brilliance</b>	Donna Hay: Basics To Brilliance Series 1	Donna demonstrates just how easy it is to make perfectly sticky and saucy pork ribs, together with a tantalising Asian-style poached chicken, and the recipe for the ultimate chocolate fudge cake.	AUSTRALIA	English-100	RPT	G	
2021-09-30	1630	<b>Middle East Feast With Shane Delia</b>	Breakfast	Layered with spices and full of flavour, Shane shares some inspiration and the art to a good Middle Eastern breakfast feast that is a guaranteed great way to start the day.	AUSTRALIA	English-100	RPT	G	
2021-09-30	1700	<b>Food Safari</b>	Food Safari Series 4 Episode 10	Maeve O'Meara explores the fascinating creole cuisine of Broome, with dishes as varied as chilli mudcrab, satay, pearl meat ceviche and a simple raw fish dish called susame.	AUSTRALIA	English-100	RPT	G	Y
2021-09-30	1730	<b>The Cook And The Chef</b>	Fast Food	Maggie and Simon show us some home cooked alternatives to the mass produced 'convenience' foods that dominate our supermarket shelves today.	AUSTRALIA	English-100		G	
2021-09-30	1800	<b>Nigella Bites</b>	Comfort Food	Nigella Lawson shares recipes of her favourite comfort foods. First up are rich and creamy mashed potatoes, which can also be used as leftovers to make Salmon Cakes.	UNITED KINGDOM	English-100	RPT	G	Y
2021-09-30	1830	<b>Nigella Bites</b>	All-Day Breakfast	Why be constrained by a time table? Enjoy breakfast food day or night. For Nigella Lawson breakfast starts with pancakes and muffins.	UNITED KINGDOM	English-100	RPT	G	Y



2021-09-30	1900	<b>The Cook Up with Adam Liaw</b>	Liqueur	The Cook Up host Adam Liaw is joined in The Cook Up kitchen by Italian home cook Silvia Colloca and restaurateur and owner of Nel, Nelly Robinson, as they make dishes by adding alcohol!	AUSTRALIA	English-100		PG	
2021-09-30	1930	<b>Donna Hay Everyday Fresh</b>	Donna Hay Everyday Fresh Series 1 Ep 3	Donna is making one of her favourite recipes, it's a light ricotta and kale gnocchi baked in a tomato and balsamic sauce. It's sure to become your new go-to dish full of green goodness.	AUSTRALIA	English-100		PG	
2021-09-30	2000	<b>India Unplated</b>	India Unplated Series 1 Ep 2	This episode includes Adam's duck and bamboo shoot curry, a delicious teatime snack by Helly called Kardoi, and finally Boot Baja (mixed stir fry lentils) with Aloo pitika by Sandeep.	AUSTRALIA	English-100		PG	
2021-09-30	2030	<b>Our Food, Our Family</b>	Nevin Family, The	Michela Chiappa is in Abercynon for the fascinating and touching story of the Nevin family, including food lover Kemi Nevin and her three grown-up children.	UNITED KINGDOM	English-100	RPT	PG	
2021-09-30	2100	<b>Barefoot Contessa: Back To Basics</b>	Thanksgiving New Ideas	Ina Garten is giving traditional Thanksgiving dinner dishes a modern twist. To start, it's out with the big bird and in with Tuscan turkey roulade, which is easy to make and carve.	USA	English-100		G	
2021-09-30	2130	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 9	Seafood is the main ingredient as we float around one of the worlds natural wonders, Ha Long Bay. Luke prepares mantis prawns cooked on a bonfire he prepared on one of the two Ha Long Bay beaches.	AUSTRALIA	English-100	RPT	G	Y
2021-09-30	2200	<b>The Cook Up with Adam Liaw</b>	Liqueur	The Cook Up host Adam Liaw is joined in The Cook Up kitchen by Italian home cook Silvia Colloca and restaurateur and owner of Nel, Nelly Robinson, as they make dishes by adding alcohol!	AUSTRALIA	English-100	RPT	PG	
2021-09-30	2230	<b>The Cook And The Chef</b>	Fast Food	Maggie and Simon show us some home cooked alternatives to the mass produced 'convenience' foods that dominate our supermarket shelves today.	AUSTRALIA	English-100	RPT	G	
2021-09-30	2300	<b>Nigella Bites</b>	Comfort Food	Nigella Lawson shares recipes of her favourite comfort foods. First up are rich and creamy mashed potatoes, which can also be used as leftovers to make Salmon Cakes.	UNITED KINGDOM	English-100	RPT	G	Y
2021-09-30	2330	<b>Nigella Bites</b>	All-Day Breakfast	Why be constrained by a time table? Enjoy breakfast food day or night. For Nigella Lawson breakfast starts with pancakes and muffins.	UNITED KINGDOM	English-100	RPT	G	Y
2021-09-30	2400	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, potato gnocchi lamingtons, mushrooms from Tassie, and sea urchin cooked Japanese-style.	AUSTRALIA	English-100	RPT	G	
2021-09-30	2430	<b>Donna Hay Everyday Fresh</b>	Donna Hay Everyday Fresh Series 1 Ep 3	Donna is making one of her favourite recipes, it's a light ricotta and kale gnocchi baked in a tomato and balsamic sauce. It's sure to become your new go-to dish full of green goodness.	AUSTRALIA	English-100	RPT	PG	
2021-09-30	2500	<b>India Unplated</b>	India Unplated Series 1 Ep 2	This episode includes Adam's duck and bamboo shoot curry, a delicious teatime snack by Helly called Kardoi, and finally Boot Baja (mixed stir fry lentils) with Aloo pitika by Sandeep.	AUSTRALIA	English-100	RPT	PG	
2021-09-30	2530	<b>Our Food, Our Family</b>	Nevin Family, The	Michela Chiappa is in Abercynon for the fascinating and touching story of the Nevin family, including food lover Kemi Nevin and her three grown-up children.	UNITED KINGDOM	English-100	RPT	PG	
2021-09-30	2600	<b>Barefoot Contessa: Back To Basics</b>	Thanksgiving New Ideas	Ina Garten is giving traditional Thanksgiving dinner dishes a modern twist. To start, it's out with the big bird and in with Tuscan turkey roulade, which is easy to make and carve.	USA	English-100	RPT	G	
2021-09-30	2630	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 9	Seafood is the main ingredient as we float around one of the worlds natural wonders, Ha Long Bay. Luke prepares mantis prawns cooked on a bonfire he prepared on one of the two Ha Long Bay beaches.	AUSTRALIA	English-100	RPT	G	Y
2021-09-30	2700	<b>Donal's Kitchen Hero</b>	Dublin Zoo	Donal visits the Dublin Zoo - one of Ireland's most popular attractions, which opened in 1831. Feeding time at the zoo is always a popular event, and Donal sets out to feed some of the visitors.	IRELAND	English-100	RPT	G	
2021-09-30	2730	<b>Sarah Graham Cooks Cape Town</b>	Bo-Kaap Cooking Lesson	Sarah heads to well-known Cape Malay cuisine exponent Faldela Tolker's home in the Bo-Kaap for a Cape Malay cooking lesson.	SOUTH AFRICA	English-100	RPT	G	
2021-09-30	2800	<b>Let's Brunch</b>	Healthy Start	Vanessa Gianfrancesco shares brunch recipes that are as healthy as they are satisfying, including a baked eggs with spinach and zucchini, a blueberry smoothie bowl, and a turmeric latte.	CANADA	English-100	RPT	G	
2021-09-30	2830	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, potato gnocchi lamingtons, mushrooms from Tassie, and sea urchin cooked Japanese-style.	AUSTRALIA	English-100	RPT	G	
2021-10-01	0500	<b>Lidia's Kitchen</b>	A Comforting Casserole	Lidia demonstrates how to make a hearty Italian style version of layered casserole of beef with cabbage and potatoes topped with fontina cheese.	USA	English-100	RPT	PG	

2021-10-01	0530	<b>Donna Hay: Basics To Brilliance</b>	Donna Hay: Basics To Brilliance Series 1	Donna demonstrates just how easy it is to make perfectly sticky and saucy pork ribs, together with a tantalising Asian-style poached chicken, and the recipe for the ultimate chocolate fudge cake.	AUSTRALIA	English-100	RPT	G	
2021-10-01	0600	<b>Middle East Feast With Shane Delia</b>	Breakfast	Layered with spices and full of flavour, Shane shares some inspiration and the art to a good Middle Eastern breakfast feast that is a guaranteed great way to start the day.	AUSTRALIA	English-100	RPT	G	
2021-10-01	0630	<b>Food Safari</b>	Food Safari Series 4 Episode 10	Maeve O'Meara explores the fascinating creole cuisine of Broome, with dishes as varied as chilli mudcrab, satay, pearl meat ceviche and a simple raw fish dish called susame.	AUSTRALIA	English-100	RPT	G	Y
2021-10-01	0700	<b>The Cook And The Chef</b>	Fast Food	Maggie and Simon show us some home cooked alternatives to the mass produced 'convenience' foods that dominate our supermarket shelves today.	AUSTRALIA	English-100	RPT	G	
2021-10-01	0730	<b>Nigella Bites</b>	Comfort Food	Nigella Lawson shares recipes of her favourite comfort foods. First up are rich and creamy mashed potatoes, which can also be used as leftovers to make Salmon Cakes.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-01	0800	<b>Nigella Bites</b>	All-Day Breakfast	Why be constrained by a time table? Enjoy breakfast food day or night. For Nigella Lawson breakfast starts with pancakes and muffins.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-01	0830	<b>Donna Hay Everyday Fresh</b>	Donna Hay Everyday Fresh Series 1 Ep 3	Donna is making one of her favourite recipes, it's a light ricotta and kale gnocchi baked in a tomato and balsamic sauce. It's sure to become your new go-to dish full of green goodness.	AUSTRALIA	English-100	RPT	PG	
2021-10-01	0900	<b>India Unplated</b>	India Unplated Series 1 Ep 2	This episode includes Adam's duck and bamboo shoot curry, a delicious teatime snack by Helly called Kardoi, and finally Boot Baja (mixed stir fry lentils) with Aloo pitika by Sandeep.	AUSTRALIA	English-100	RPT	PG	
2021-10-01	0930	<b>Our Food, Our Family</b>	Nevin Family, The	Michela Chiappa is in Abercynon for the fascinating and touching story of the Nevin family, including food lover Kemi Nevin and her three grown-up children.	UNITED KINGDOM	English-100	RPT	PG	
2021-10-01	1000	<b>Barefoot Contessa: Back To Basics</b>	Thanksgiving New Ideas	Ina Garten is giving traditional Thanksgiving dinner dishes a modern twist. To start, it's out with the big bird and in with Tuscan turkey roulade, which is easy to make and carve.	USA	English-100	RPT	G	
2021-10-01	1030	<b>Lidia's Kitchen</b>	A Comforting Casserole	Lidia demonstrates how to make a hearty Italian style version of layered casserole of beef with cabbage and potatoes topped with fontina cheese.	USA	English-100	RPT	PG	
2021-10-01	1100	<b>The Cook Up with Adam Liaw</b>	Liqueur	The Cook Up host Adam Liaw is joined in The Cook Up kitchen by Italian home cook Silvia Colloca and restaurateur and owner of Nel, Nelly Robinson, as they make dishes by adding alcohol!	AUSTRALIA	English-100	RPT	PG	
2021-10-01	1130	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 9	Seafood is the main ingredient as we float around one of the worlds natural wonders, Ha Long Bay. Luke prepares mantis prawns cooked on a bonfire he prepared on one of the two Ha Long Bay beaches.	AUSTRALIA	English-100	RPT	G	Y
2021-10-01	1200	<b>Middle East Feast With Shane Delia</b>	Breakfast	Layered with spices and full of flavour, Shane shares some inspiration and the art to a good Middle Eastern breakfast feast that is a guaranteed great way to start the day.	AUSTRALIA	English-100	RPT	G	
2021-10-01	1230	<b>Nigella Bites</b>	Comfort Food	Nigella Lawson shares recipes of her favourite comfort foods. First up are rich and creamy mashed potatoes, which can also be used as leftovers to make Salmon Cakes.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-01	1300	<b>Nigella Bites</b>	All-Day Breakfast	Why be constrained by a time table? Enjoy breakfast food day or night. For Nigella Lawson breakfast starts with pancakes and muffins.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-01	1330	<b>Donal's Kitchen Hero</b>	Waterford And Suir Valley Railway	Donal cooks Toulouse sausage and puy lentil stew, and salt baked salmon for the passengers waiting for the next train on the Waterford to Dungarvan line.	IRELAND	English-100	RPT	G	
2021-10-01	1400	<b>Sarah Graham Cooks Cape Town</b>	Eligin Wine Farm	Sarah and Rob visit their friend Allister Kreft's small wine farm in Elgin. Belfield is one of the smallest commercial wine farms in South Africa and is a family-run affair.	SOUTH AFRICA	English-100	RPT	G	
2021-10-01	1430	<b>Let's Brunch</b>	Pancake Brunch	Pancakes are a classic brunch staple. Vanessa Gianfrancesco shares her tips and twists for this traditional dish with savoury, sweet, and crunchy recipes.	CANADA	English-100	RPT	G	
2021-10-01	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Icelandic salmon, Rusty's Markets in Cairns, and Portuguese Piri Piri chicken.	AUSTRALIA	English-100	RPT	G	
2021-10-01	1530	<b>Lidia's Kitchen</b>	Crazy For Mushrooms	Lidia shares some of her favourite mushroom dishes, including warm mushroom salad, funghi marinate, and vegetarian chestnut and mushroom ragu.	USA	English-100		PG	



2021-10-01	1600	<b>Donna Hay: Basics To Brilliance</b>	Donna Hay: Basics To Brilliance Series 1	Donna divulges her secrets for the ultimate crowd-pleaser; the simple way to make delicious butterflied chicken. We learn the perfect combination for a salt and pepper spice mix.	AUSTRALIA	English-100	RPT	G	
2021-10-01	1630	<b>Middle East Feast With Shane Delia</b>	Middle Eastern Sweets	With layered pastries, fragrant syrups, crunchy nuts, and dried fruits on show, Shane offers the best of pure indulgent Middle Eastern sweets that are the perfect end to any feast.	AUSTRALIA	English-100	RPT	G	
2021-10-01	1700	<b>Food Safari</b>	Moroccan	Maeve journeys into the world of Moroccan food and meets a range of top chefs and home-cooks who are passionate about their delicious cuisine.	AUSTRALIA	English-100	RPT	G	Y
2021-10-01	1730	<b>The Cook And The Chef</b>	Celebrity Chefs	Simon is a big fan of Gordon Ramsay, one of the UK's most notorious celebrity chefs, so decides to cook a timbale recipe of Gordon's - with the added touch of some delicious South Australian mullet.	AUSTRALIA	English-100		G	
2021-10-01	1800	<b>Nigella Bites</b>	Trashy	Nigella Lawson turns her back on food snobs, preparing the type of recipes most chefs wouldn't be seen dead making, including ham baked in cola and a chocolate lime cheesecake.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-01	1830	<b>Nigella Bites</b>	Temple Food	For anyone suffering after a heavy night of partying, Nigella Lawson has just the tonic, offering suggestions for dishes that cleanse the mind and body.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-01	1900	<b>The Cook Up with Adam Liaw</b>	Rice	Filipino chef and owner of Sydney restaurant Cebu Lechon, Will Mahusay, and MasterChef alumni Hoda Hannaway catch up with host Adam Liaw in The Cook Up kitchen to create some easy rice dishes.	AUSTRALIA	English-100		PG	
2021-10-01	1930	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 1	In the last year Paul's family has grown, so he employs a local, Harrison, as his part-time farm hand. With the fencing an on-going issue, he finds a way to change the face and shape of the farm.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-10-01	2030	<b>Jamie's Chef</b>	Jamie's Chef Series 1 Ep 3	This episode follows Aaron Craze and his family as they attempt to move into the Essex pub restaurant. Their troubles begin when the Foundation has problems in organising the transfer for the pub.	UNITED KINGDOM	English-100		PG	
2021-10-01	2130	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 10	Mai Chau is the last stop for Luke on his journey through the northern regions of Vietnam. Here he prepares a young jackfruit salad, which he shares with a nearby family in their stilt house.	AUSTRALIA	English-100	RPT	G	Y
2021-10-01	2200	<b>The Cook Up with Adam Liaw</b>	Rice	Filipino chef and owner of Sydney restaurant Cebu Lechon, Will Mahusay, and MasterChef alumni Hoda Hannaway catch up with host Adam Liaw in The Cook Up kitchen to create some easy rice dishes.	AUSTRALIA	English-100	RPT	PG	
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2021-10-01	2330	<b>Nigella Bites</b>	Temple Food	For anyone suffering after a heavy night of partying, Nigella Lawson has just the tonic, offering suggestions for dishes that cleanse the mind and body.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-01	2400	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Icelandic salmon, Rusty's Markets in Cairns, and Portuguese Piri Piri chicken.	AUSTRALIA	English-100	RPT	G	
2021-10-01	2430	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 1	In the last year Paul's family has grown, so he employs a local, Harrison, as his part-time farm hand. With the fencing an on-going issue, he finds a way to change the face and shape of the farm.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-10-01	2530	<b>Jamie's Chef</b>	Jamie's Chef Series 1 Ep 3	This episode follows Aaron Craze and his family as they attempt to move into the Essex pub restaurant. Their troubles begin when the Foundation has problems in organising the transfer for the pub.	UNITED KINGDOM	English-100	RPT	PG	
2021-10-01	2630	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 10	Mai Chau is the last stop for Luke on his journey through the northern regions of Vietnam. Here he prepares a young jackfruit salad, which he shares with a nearby family in their stilt house.	AUSTRALIA	English-100	RPT	G	Y
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2021-10-01	2730	<b>Sarah Graham Cooks Cape Town</b>	Eligin Wine Farm	Sarah and Rob visit their friend Allister Kreft's small wine farm in Elgin. Belfield is one of the smallest commercial wine farms in South Africa and is a family-run affair.	SOUTH AFRICA	English-100	RPT	G	
2021-10-01	2800	<b>Let's Brunch</b>	Pancake Brunch	Pancakes are a classic brunch staple. Vanessa Gianfrancesco shares her tips and twists for this traditional dish with savoury, sweet, and crunchy recipes.	CANADA	English-100	RPT	G	

2021-10-01	2830	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Icelandic salmon, Rusty's Markets in Cairns, and Portuguese Piri Piri chicken.	AUSTRALIA	English-100	RPT	G	
2021-10-02	0500	<b>Lidia's Kitchen</b>	Crazy For Mushrooms	Lidia shares some of her favourite mushroom dishes, including warm mushroom salad, funghi marinate, and vegetarian chestnut and mushroom ragu.	USA	English-100	RPT	PG	
2021-10-02	0530	<b>Donna Hay: Basics To Brilliance</b>	Donna Hay: Basics To Brilliance Series 1	Donna divulges her secrets for the ultimate crowd-pleaser; the simple way to make delicious butterflied chicken. We learn the perfect combination for a salt and pepper spice mix.	AUSTRALIA	English-100	RPT	G	
2021-10-02	0600	<b>Middle East Feast With Shane Delia</b>	Middle Eastern Sweets	With layered pastries, fragrant syrups, crunchy nuts, and dried fruits on show, Shane offers the best of pure indulgent Middle Eastern sweets that are the perfect end to any feast.	AUSTRALIA	English-100	RPT	G	
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2021-10-02	0800	<b>Nigella Bites</b>	Temple Food	For anyone suffering after a heavy night of partying, Nigella Lawson has just the tonic, offering suggestions for dishes that cleanse the mind and body.	UNITED KINGDOM	English-100	RPT	G	Y
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2021-10-02	1230	<b>Nigella Bites</b>	Trashy	Nigella Lawson turns her back on food snobs, preparing the type of recipes most chefs wouldn't be seen dead making, including ham baked in cola and a chocolate lime cheesecake.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-02	1300	<b>Nigella Bites</b>	Temple Food	For anyone suffering after a heavy night of partying, Nigella Lawson has just the tonic, offering suggestions for dishes that cleanse the mind and body.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-02	1330	<b>Nadia's Family Feasts</b>	Nadia's Family Feasts Series 1 Ep 4	Nadia Sawalha is joined in the kitchen by chef Jeremy Pang, and together they prepare a family feast from China, including prawn toasts with smacked cucumber, and claypot chicken.	UNITED KINGDOM	English-100	RPT	G	
2021-10-02	1425	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 1	Poh and Co. invites you into the always delicious world of acclaimed cook, artist and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-10-02	1430	<b>Rhodes Across Italy</b>	Liguria	Gary Rhodes travels to the northern region of Piedmont on the latest leg of his Italian culinary grand tour. Piedmont is the truffle capital of Italy and Gary cooks a white truffle risotto.	UNITED KINGDOM	English-100	RPT	G	
2021-10-02	1525	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 8	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2021-10-02	1530	<b>No Passport Required</b>	Philadelphia	Marcus Samuelsson heads to Philadelphia, where he meets new friends and old, and learns more about the city's Italian food scene.	USA	English-100	RPT	PG	



2021-10-02	1635	<b>Jonathan Phang's Gourmet Express</b>	English Journeys, The	Jonathan takes the British Pullman to Whitstable in Kent and faces his phobia for oysters. He goes foraging on the beach with 'fine food forager' Lucia Jackson and cooks a gourmet dinner.	UNITED KINGDOM	English-100	RPT	G	Y
2021-10-02	1730	<b>Delia's How To Cook</b>	Pastry	Delia gives an easy first lesson in the art of making pastry with a shortcrust flan and flaky pastry. Demonstrating just how easy it is to create simple but delicious meals, she bakes a smoked fish.	UNITED KINGDOM	English-100	RPT	G	
2021-10-02	1800	<b>Cheese Slices</b>	Champion Of English Cheese, The	Will visits influential cheese retailer Neal's Yard Dairy in London, where cheese champion Randolph Hodgson explains how English traditional farmhouse country cheese was saved from extinction.	AUSTRALIA	English-100	RPT	G	
2021-10-02	1830	<b>Cheese Slices</b>	Twins Of The Mediterranean: Corsica And Sardinia	Despite being close neighbours, these two large islands in the Mediterranean have distinctly different cheese traditions.	AUSTRALIA	English-100	RPT	G	
2021-10-02	1900	<b>Born To Cook: Jack Stein Down Under</b>	Born To Cook: Jack Stein Down Under Series 2	Jack spends time with a local farming family to help them with their fruit picking, earning himself a key ingredient for Watermelon Nahm Jim, an incredible side-dish recipe.	AUSTRALIA	English-100	RPT	G	
2021-10-02	1930	<b>Hairy Bikers' Asian Adventure</b>	Thailand - Beaches And Mountains	The bikers travel to the palm-lined beaches of the south and the jungle-clad mountains of the north to explore Thailand's multicultural history and its place at the heart of the spice trade.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-10-02	2035	<b>Ainsley's Food We Love</b>	Ainsley's Food We Love Series 1 Ep 4	Ainsley is inspired by the great dishes of the school canteen. He starts off with a sumptuous shepherd's pie with minted peas. Pussycat Doll Kimberly Wyatt joins him for a cheese and bean tortilla.	UNITED KINGDOM	English-100		PG	
2021-10-02	2130	<b>Anthony Bourdain: Parts Unknown</b>	Las Vegas	Tony travels to Las Vegas, a city known for over-indulgence, with food author Michael Ruhlman, and visits locales that include Huntridge Tavern and famed 'e' restaurant by chef Jose Andres.	USA	English-100		PG	
2021-10-02	2225	<b>Poh &amp; Co. Bitesize</b>	Family	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-10-02	2230	<b>Anthony Bourdain: Parts Unknown</b>	Punjab	Tony explores the ever-changing state of Punjab - one of the most beautiful and relatively unknown areas of India. Punjab is the Sikh Holy Land and is also India's agricultural breadbasket.	USA	English-100		PG	
2021-10-02	2325	<b>Poh &amp; Co. Bitesize</b>	Community	Welcome to the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-10-02	2330	<b>Rhodes Across Italy</b>	Liguria	Gary Rhodes travels to the northern region of Piedmont on the latest leg of his Italian culinary grand tour. Piedmont is the truffle capital of Italy and Gary cooks a white truffle risotto.	UNITED KINGDOM	English-100	RPT	G	
2021-10-02	2425	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 8	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2021-10-02	2430	<b>No Passport Required</b>	Philadelphia	Marcus Samuelsson heads to Philadelphia, where he meets new friends and old, and learns more about the city's Italian food scene.	USA	English-100	RPT	PG	
2021-10-02	2530	<b>Born To Cook: Jack Stein Down Under</b>	Born To Cook: Jack Stein Down Under Series 2	Jack spends time with a local farming family to help them with their fruit picking, earning himself a key ingredient for Watermelon Nahm Jim, an incredible side-dish recipe.	AUSTRALIA	English-100	RPT	G	
2021-10-02	2700	<b>Cheese Slices</b>	Champion Of English Cheese, The	Will visits influential cheese retailer Neal's Yard Dairy in London, where cheese champion Randolph Hodgson explains how English traditional farmhouse country cheese was saved from extinction.	AUSTRALIA	English-100	RPT	G	
2021-10-02	2730	<b>Hairy Bikers' Asian Adventure</b>	Thailand - Beaches And Mountains	The bikers travel to the palm-lined beaches of the south and the jungle-clad mountains of the north to explore Thailand's multicultural history and its place at the heart of the spice trade.	UNITED KINGDOM	English-100	RPT	PG	Y
2021-10-02	2835	<b>Cheese Slices</b>	Twins Of The Mediterranean: Corsica And Sardinia	Despite being close neighbours, these two large islands in the Mediterranean have distinctly different cheese traditions.	AUSTRALIA	English-100	RPT	G	