



**WEEK 27: Sunday, 2 July - Saturday, 8 July 2023 - ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2023-07-02	0500	<b>Field Trip With Curtis Stone</b>	Lombardy	Curtis travels to the Lombardy region at the base of the Italian Alps to discover a local cheese and peasant dish. He subsequently embarks on a helicopter tour of a prestigious Franciacorta vineyard.	USA	English-100		PG		Y
2023-07-02	0530	<b>Masters Of Savours</b>	Masters Of Wine	This episode takes us to the most prestigious wine "grands crus" to meet the men and women behind the nectar connoisseurs the world raves about.	FRANCE	English-100		PG		
2023-07-02	0630	<b>Martha Bakes</b>	French Meringue	French meringue is one of the most simple, yet mysterious traditions in the world of pastry. Let Martha demystify this classic French technique and unlock a world of heavenly light sweets.	USA	English-100		G		
2023-07-02	0700	<b>Martha Bakes</b>	Press-In Crusts	Easy no roll pie crust? Martha teaches a foolproof method to creating perfect crusts in no time - say goodbye to hassle and hello to ease.	USA	English-100		G		
2023-07-02	0730	<b>John Torode's Ireland</b>	Dublin To The Wicklow Mountain	John meets proprietor and chef Ciaran at this classic Dublin pub. He learns about the role of the pub in Dublin and Irish life, the colourful history of this pub.	IRELAND	English-100		G		
2023-07-02	0825	<b>Please Eat Slowly Bitesize</b>	Mango Crepe	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100		G		
2023-07-02	0830	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 1 Ep 8	Michel Roux continues on his food adventure, looking for the best produce he can find to bring back to his holiday kitchen. Today he visits a pig farm in search of the best cuts for a delicious pork.	UNITED KINGDOM	English-100		G		Y
2023-07-02	0925	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 6, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	
2023-07-02	0930	<b>John Torode's Korean Food Tour</b>	Royal	John explores the regal beginnings of Korean cuisine. With food writer Daniel Gray, John visits the UNESCO heritage city of Jeonju, the place where Korea's most famous dish, Royal Bibimpap hails from.	UNITED KINGDOM	English-100		G		Y
2023-07-02	1025	<b>Destination Flavour Singapore Bitesize</b>	Fruit Stall	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		
2023-07-02	1030	<b>Masters Of Savours</b>	Masters Of Wine	This episode takes us to the most prestigious wine "grands crus" to meet the men and women behind the nectar connoisseurs the world raves about.	FRANCE	English-100		PG		
2023-07-02	1130	<b>Martha Bakes</b>	French Meringue	French meringue is one of the most simple, yet mysterious traditions in the world of pastry. Let Martha demystify this classic French technique and unlock a world of heavenly light sweets.	USA	English-100		G		

2023-07-02	1200	<b>Martha Bakes</b>	Press-In Crusts	Easy no roll pie crust? Martha teaches a foolproof method to creating perfect crusts in no time - say goodbye to hassle and hello to ease.	USA	English-100		G	
2023-07-02	1230	<b>John Torode's Ireland</b>	Dublin To The Wicklow Mountain	John meets proprietor and chef Ciaran at this classic Dublin pub. He learns about the role of the pub in Dublin and Irish life, the colourful history of this pub.	IRELAND	English-100		G	
2023-07-02	1325	<b>Please Eat Slowly Bitesize</b>	Mango Crepe	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100		G	
2023-07-02	1330	<b>Plat Du Tour</b>	Ep2	Guillaume Brahimi explores cuisine from the southern side of France where there are so many heart warming delights to taste.	AUSTRALIA	English-100		G	
2023-07-02	1400	<b>The Cook Up With Adam Liaw</b>	Fast And Fruity	Join Adam and television personalities Mark Humphries and Brooke Blurton in The Cook Up Kitchen as they make fast and fruity dishes.	AUSTRALIA	English-100	RPT	PG	Y
2023-07-02	1430	<b>The Cook Up With Adam Liaw</b>	Pizza	Pizza is an Italian classic and a family favourite so host Adam Liaw, television presenter Jessica Rowe and food writer Tristan Lutze are in The Cook Up kitchen to make their favourite versions.	AUSTRALIA	English-100	RPT	PG	Y
2023-07-02	1500	<b>The Cook Up With Adam Liaw</b>	Fresh	Chef & author Jason Roberts and head chef 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
2023-07-02	1530	<b>The Cook Up With Adam Liaw</b>	Mexican	Adam hosts Mexican Deli owner Rosa Cienfuegos and Chica Bonita chef Alejandro Huerta to create dishes from our guests' home country of Mexico.	AUSTRALIA	English-100	RPT	G	Y
2023-07-02	1600	<b>The Cook Up with Adam Liaw</b>	Sunday Lunch	The owners of Sunday Kitchen, mother and daughter Karima Hazim and Sivine Tabbouch, join host Adam Liaw in the Cook up Kitchen to make their Sunday lunch must-have dishes.	AUSTRALIA	English-100	RPT	G	Y
2023-07-02	1630	<b>John Torode's Ireland</b>	Wicklow To Wexford	John visits this beautiful 800-year-old country estate with its own organic farm and restored 17th century gardens. He meets the restaurant chef, Niall, who shows him round the gardens.	IRELAND	English-100		G	
2023-07-02	1725	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 3, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
2023-07-02	1730	<b>Taste The Nation With Padma Lakshmi</b>	Gullah Way, The	The Gullah Geechee people of South Carolina are fighting to preserve the traditions passed down from their ancestors. Padma catches and cracks crab with new friends and old.	USA	English-100		PG	Y
2023-07-02	1805	<b>Mary Makes It Easy</b>	Back To The Bbq	Follow Mary's recipes to level up your grilling go-tos and you'll be calling yourself a grill master in no time.	CANADA	English-100		PG	
2023-07-02	1830	<b>Food Chain: From Source To Table</b>	Butter And Kailan	In his quest to uncover the reasons behind food price hikes, Chef Ming comes face to face with a butter crisis in France and a fussy leafy green nicknamed the "Princess Vegetable" in Malaysia.	SINGAPORE	English-100		G	Y
2023-07-02	1930	<b>Hairy Bikers Northern Exposure</b>	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	

2023-07-02	2035	<b>Gordon Ramsay Uncharted</b>	Louisiana Bayou Cuisine	Chef Ramsay journeys to Louisiana to learn the secrets of Cajun cooking. He meets Eric Cook - ex-Marine turned celebrated chef - who sends him off to get lost in the marsh.	UNITED KINGDOM	English-100		PG		Y
2023-07-02	2130	<b>Please Eat Slowly Bitesize</b>	Steam Fish	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100		G		
2023-07-02	2135	<b>Anthony Bourdain: No Reservations</b>	London / Edinburgh	There is something alluring in the air in the UK when it comes to the people, the scenery and the food, and Anthony is off to discover what it is.	USA	English-100	RPT	PG		Y
2023-07-02	2230	<b>Anthony Bourdain: Parts Unknown</b>	Uruguay	Anthony journeys to the progressive South American nation of Uruguay, accompanied by NYC chef Ignacio Mattos, a native Uruguayan, where they enjoy a wide selection of meats.	USA	English-100		PG		Y
2023-07-02	2325	<b>Please Eat Slowly Bitesize</b>	Claypot Rice	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor shares his best tips to create your own!	AUSTRALIA	English-100		G		
2023-07-02	2330	<b>Anthony Bourdain: Parts Unknown</b>	Bhutan	Anthony and film director Darren Aronofsky tour the remote South Asian Kingdom of Bhutan and travel on the winding East-West Highway known for its spectacular views of the Himalayan Mountains.	USA	English-100		PG		Y
2023-07-02	2425	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 6	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2023-07-02	2430	<b>John Torode's Ireland</b>	Wicklow To Wexford	John visits this beautiful 800-year-old country estate with its own organic farm and restored 17th century gardens. He meets the restaurant chef, Niall, who shows him round the gardens.	IRELAND	English-100		G		
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2023-07-02	2605	<b>Mary Makes It Easy</b>	Back To The Bbq	Follow Mary's recipes to level up your grilling go-tos and you'll be calling yourself a grill master in no time.	CANADA	English-100		PG		
2023-07-02	2630	<b>Food Chain: From Source To Table</b>	Butter And Kailan	In his quest to uncover the reasons behind food price hikes, Chef Ming comes face to face with a butter crisis in France and a fussy leafy green nicknamed the "Princess Vegetable" in Malaysia.	SINGAPORE	English-100		G		Y
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2023-07-02	2830	<b>The Cook Up With Adam Liaw</b>	Fast And Fruity	Join Adam and television personalities Mark Humphries and Brooke Blurton in The Cook Up Kitchen as they make fast and fruity dishes.	AUSTRALIA	English-100	RPT	PG		Y
2023-07-03	0500	<b>The Cook Up with Adam Liaw</b>	Pizza	Pizza is an Italian classic and a family favourite so host Adam Liaw, television presenter Jessica Rowe and food writer Tristan Lutze are in The Cook Up kitchen to make their favourite versions.	AUSTRALIA	English-100	RPT	PG		Y
2023-07-03	0530	<b>The Cook Up With Adam Liaw</b>	Fresh	Chef & author Jason Roberts and head chef 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

2023-07-03	0600	<b>The Cook Up With Adam Liaw</b>	Mexican	Adam hosts Mexican Deli owner Rosa Cienfuegos and Chica Bonita chef Alejandro Huerta to create dishes from our guests' home country of Mexico.	AUSTRALIA	English-100	RPT	G	Y
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2023-07-03	1300	<b>Eating Inn</b>	Adrift Part 2	Adrift Michelin starred owner executive chef David Myers introduces his young Australian star head chef Pete Smit who proceeds to show our host chef Phillip why he is already super highly regarded.	SINGAPORE	English-100		G	
2023-07-03	1330	<b>David Rocco's Dolce Tuscany</b>	Simone & Friends	Simone Farcassi is a local butcher from Casentino whose award-winning prosciutto is garnering worldwide attention. He wants to show David all of the great culinary finds in his hometown.	CANADA	English-100		G	Y
2023-07-03	1400	<b>A New Zealand Food Story</b>	New Zealand Food Story Series 1 Ep, A 6	Back in Auckland there are more delays to the restaurant, so Ben hits Waiheke Island to taste the best oysters in town—before his world comes crashing down!	NEW ZEALAND	English-100		PG	
2023-07-03	1430	<b>Ainsley's Good Mood Food</b>	Coffee And Chocolate	In his kitchen, Ainsley has some delicious dishes made even more special with a dash of coffee or chocolate. Starting with an Italian classic, a caponata served with fennel and cacao rubbed pork.	UNITED KINGDOM	English-100		G	

2023-07-03	1525	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2023-07-03	1530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Cheese	Jamie and Jimmy put British cheeses nose-to-nose with their French rivals. Alan Carr pops into the cafe for a dangerous game of 'fig roll roulette'.	UNITED KINGDOM	English-100		PG	
2023-07-03	1625	<b>Please Eat Slowly Bitesize</b>	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	
2023-07-03	1630	<b>Tradition On A Plate</b>	Inanga Delight	If you think you've tried Inanga, you haven't tried Monique and Henry's Inanga Delight with Watakeri Keremi. It's healthy, it's light... and it's most certainly a delight!	NEW ZEALAND	English-50; Maori-50		PG	
2023-07-03	1700	<b>Good Tucker</b>	Upali's	Suren and Matt visit Upali's, a stalwart of Sri Lankan cuisine in Victoria, where they learn how to make a delicious Jaffna crab curry.	AUSTRALIA	English-100		PG	
2023-07-03	1730	<b>Cooking With Curtis</b>	Laura	Photographer Laura met her husband, Jason, while working at a restaurant - she was a server, he was a sommelier. Together they are raising their young daughter, Olivia, who has a rare condition.	USA	English-100		G	
2023-07-03	1800	<b>The Cook And The Chef</b>	Luscious Lunch, A	The season is on the change and Maggie and Simon prepare for an early autumn lunch. As Maggie lives in the Barossa, on Saturdays she shops at the Barossa Market.	AUSTRALIA	English-100		PG	
2023-07-03	1830	<b>Food Safari</b>	Turkish Safari	Maeve O'Meara delves into the amazing array of vegetable dishes, salads, dips and marinated meats that make up Turkish cuisine.	AUSTRALIA	English-100	RPT	G	Y
2023-07-03	1900	<b>The Cook Up With Adam Liaw</b>	Beach Dinner	NAIDOC Week host Nornie Bero is joined by presenter Matty Mills and visual artist Gail Mabo to make memorable beach dinners.	AUSTRALIA	English-100		PG	
2023-07-03	1930	<b>Luke Nguyen's Food Trail</b>	Luke Nguyen's Food Trail Series 1 Ep 3	Escaping the hustle and bustle of Sydney, Luke visits the Blue Mountains in New South Wales.	AUSTRALIA	English-100	RPT	PG	Y
2023-07-03	2000	<b>Cook Like An Italian With Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 1 Ep 1	Silvia starts by detailing the best way to stock an Italian pantry, proving that when a pantry is well stocked, you only need a few fresh ingredients to create simple yet memorable meals.	AUSTRALIA	English-100		G	Y
2023-07-03	2030	<b>Rick Stein's Far Eastern Odyssey</b>	Thailand And Malaysia	Rick takes a train to Phuket to learn the art of hot and sour tom yum goong, the culinary icon of Thailand. Later he meets up with one of his cooking heroes, David Thompson.	UNITED KINGDOM	English-100	RPT	PG	Y
2023-07-03	2135	<b>Food Unwrapped</b>	Sardines, Ducks And Pasta	Are fresh sardines better for us than tinned sardines? How much is known about the ducks we consume? And, when it comes to pasta, is fresh best?	UNITED KINGDOM	English-100		PG	
2023-07-03	2200	<b>Rick Stein's Taste Of The Sea</b>	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	
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2023-07-03	2300	<b>Anthony Bourdain: A Cook's Tour</b>	My Hometown Favourites	Tony gives us an intimate tour of the New York City foods he loves - sturgeon and bagels, fluke ceviche, braised veal cheek, authentic cheese and, of course, a hotdog.	USA	English-100		PG		
2023-07-03	2330	<b>Food Safari</b>	Turkish Safari	Maeve O'Meara delves into the amazing array of vegetable dishes, salads, dips and marinated meats that make up Turkish cuisine.	AUSTRALIA	English-100	RPT	G		Y
2023-07-03	2400	<b>Bizarre Foods: Delicious Destinations</b>	Kyoto	From the artistic multi-course dining experience known as Kaiseki, to the everyday humble comfort foods called Obanzai, Andrew explores some of Japan's oldest culinary traditions.	USA	English-100		G		
2023-07-03	2430	<b>Luke Nguyen's Food Trail</b>	Luke Nguyen's Food Trail Series 1 Ep 3	Escaping the hustle and bustle of Sydney, Luke visits the Blue Mountains in New South Wales.	AUSTRALIA	English-100	RPT	PG		Y
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2023-07-04	0530	<b>A New Zealand Food Story</b>	New Zealand Food Story Series 1 Ep, A 6	Back in Auckland there are more delays to the restaurant, so Ben hits Waiheke Island to taste the best oysters in town--before his world comes crashing down!	NEW ZEALAND	English-100		PG		
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2023-07-04	0630	<b>Good Tucker</b>	Upali's	Suren and Matt visit Upali's, a stalwart of Sri Lankan cuisine in Victoria, where they learn how to make a delicious Jaffna crab curry.	AUSTRALIA	English-100		PG		
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2023-07-04	1225	<b>Please Eat Slowly Bitesize</b>	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	
2023-07-04	1230	<b>Good Tucker</b>	Upali's	Suren and Matt visit Upali's, a stalwart of Sri Lankan cuisine in Victoria, where they learn how to make a delicious Jaffna crab curry.	AUSTRALIA	English-100		PG	
2023-07-04	1300	<b>Eating Inn</b>	Yardbird	Founder John Kunkel gives us the rundown as host chef Phil and he do a tasting at the Yardbird Bar. Then its into the kitchen with chef Leonardo, a Mexican born southern American chef.	SINGAPORE	English-100		PG	
2023-07-04	1330	<b>David Rocco's Dolce Tuscany</b>	Balsamico Di Modena	David meets with Angelo Giacobazzi, a fourth-generation producer of Aceto Balsamico di Modena vinegar. Together, they visit his cantina where the vinegars are aged for up to 35 years.	CANADA	English-100		G	
2023-07-04	1400	<b>A New Zealand Food Story</b>	New Zealand Food Story Series 1 Ep, A 7	Ben meets the CEO of Precinct Properties to see what the ramifications of Covid-19 are to his restaurant. He then heads to Te Henga in Waitakere, west Auckland, to learn from the Hangi Master.	NEW ZEALAND	English-100		PG	
2023-07-04	1430	<b>Ainsley's Good Mood Food</b>	Nuts And Seeds	In today's show nuts and seeds take centre stage in all Ainsley's dishes. He kicks things off with a dish from his travels, trofie pasta with a pistachio and mint pesto.	UNITED KINGDOM	English-100		G	
2023-07-04	1525	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2023-07-04	1530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Sausages	Jimmy and Jamie pitch British sausages against their German rivals, and Gwyneth Paltrow comes to the cafe to cook pasta with the boys and face a food fight of her own.	UNITED KINGDOM	English-100		PG	Y
2023-07-04	1625	<b>Please Eat Slowly Bitesize</b>	Yee Sang	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100		G	

2023-07-04	1630	<b>Tradition On A Plate</b>	Tertiary O The Moan	Tiritiri o te Moana is Henry and Monique's interpretation of what the indigenous rock lobster means to them, and more importantly how they shape this traditional kai into wonder on a plate.	NEW ZEALAND	English-50; Maori-50		PG		
2023-07-04	1700	<b>Good Tucker</b>	Kadota	Aaron and Suren explore Victoria's beautiful spa country foraging for rosehips, pine mushrooms and more before Suren and Matt sit down to enjoy the honest food at the heart of the Kadota experience.	AUSTRALIA	English-100		PG		
2023-07-04	1730	<b>Cooking With Curtis</b>	Kendra	Writer and avid foodie Kendra was devastated when she learned she had multiple food allergies. Fearful it would put a wrinkle in her dating life, she was encouraged after meeting Laron.	USA	English-100		G		
2023-07-04	1800	<b>The Cook And The Chef</b>	Pizzas	Not many of us are lucky enough to have a wood oven in the back yard. But all is not lost. If you want to make brilliant home cooked pizzas, all you need is a conventional oven.	AUSTRALIA	English-100		PG		
2023-07-04	1830	<b>Food Safari</b>	Spanish Safari	You can smell the heady scents of saffron, paprika and garlic as host Maeve O'Meara investigates the key ingredients needed to create a Spanish pantry.	AUSTRALIA	English-100	RPT	G		Y
2023-07-04	1900	<b>The Cook Up With Adam Liaw</b>	Luscious Leaves	We're celebrating NAIDOC Week with host Nornie Bero, actor Bjorn Stewart, Currie Country's Arabella Douglas and a whole lot of luscious leaves!	AUSTRALIA	English-100		PG		
2023-07-04	1930	<b>Luke Nguyen's Food Trail</b>	Luke Nguyen's Food Trail Series 1 Ep 4	On the sunshine coast of Australia, Luke meets with a local fisherman to learn about where his produce comes from and they go out netting for Spanner Crabs.	AUSTRALIA	English-100	RPT	G		Y
2023-07-04	2000	<b>Donal's Meals In Minutes</b>	Easy Step Meals	Cooking is something that everyone should know how to do, but for those that may not be confident in the kitchen, this whole episode is all about meals for the novice cook.	IRELAND	English-100		G		
2023-07-04	2030	<b>Jamie's Ultimate Veg</b>	Jamie's Ultimate Veg Series 1 Ep 4	Jamie showcases vegetables in his scruffy eggplant lasagne. He explores Asia's biggest fruit and vegetable market, then shows how to pack a punch with an incredible bean salad.	UNITED KINGDOM	English-100		G		
2023-07-04	2130	<b>Food Unwrapped</b>	Caffine, Prawns, Formed Ham	In this special episode Jimmy Doherty, Matt Tebbutt and Kate Quilton test some of the food techniques they've discovered during the series, to answer viewers' burning questions.	UNITED KINGDOM	English-100		PG		Y
2023-07-04	2200	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 1	Rick forages for mussels in his favourite rock pools, tours Bodmin Moor's dark past with his son Jack, and cooks a fool-proof soufflé with artisan Cornish goat's cheese.	UNITED KINGDOM	English-100		PG		
2023-07-04	2230	<b>The Cook Up With Adam Liaw</b>	Luscious Leaves	We're celebrating NAIDOC Week with host Nornie Bero, actor Bjorn Stewart, Currie Country's Arabella Douglas and a whole lot of luscious leaves!	AUSTRALIA	English-100		PG		
2023-07-04	2300	<b>Anthony Bourdain: A Cook's Tour</b>	French Laundry Experience, The	Marooned in San Francisco, Tony tastes local shellfish and durian ice cream before embarking on a pilgrimage to experience the genius of Thomas Keller, chef, and owner of The French Laundry.	USA	English-100		PG		
2023-07-04	2330	<b>Food Safari</b>	Spanish Safari	You can smell the heady scents of saffron, paprika and garlic as host Maeve O'Meara investigates the key ingredients needed to create a Spanish pantry.	AUSTRALIA	English-100	RPT	G		Y
2023-07-04	2400	<b>Bizarre Foods: Delicious Destinations</b>	Kanazawa	Andrew introduces Kanazawa, Japan, a modern city filled with deep traditions. From regionally fished Kano crab to sushi built using aged rice.	USA	English-100		G		Y
2023-07-04	2430	<b>Luke Nguyen's Food Trail</b>	Luke Nguyen's Food Trail Series 1 Ep 4	On the sunshine coast of Australia, Luke meets with a local fisherman to learn about where his produce comes from and they go out netting for Spanner Crabs.	AUSTRALIA	English-100	RPT	G		Y



2023-07-04	2500	<b>Donal's Meals In Minutes</b>	Easy Step Meals	Cooking is something that everyone should know how to do, but for those that may not be confident in the kitchen, this whole episode is all about meals for the novice cook.	IRELAND	English-100		G	
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2023-07-04	2630	<b>Ainsley's Good Mood Food</b>	Nuts And Seeds	In today's show nuts and seeds take centre stage in all Ainsley's dishes. He kicks things off with a dish from his travels, trofie pasta with a pistachio and mint pesto.	UNITED KINGDOM	English-100		G	
2023-07-04	2725	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2023-07-04	2730	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Sausages	Jimmy and Jamie pitch British sausages against their German rivals, and Gwyneth Paltrow comes to the cafe to cook pasta with the boys and face a food fight of her own.	UNITED KINGDOM	English-100		PG	Y
2023-07-04	2825	<b>Please Eat Slowly Bitesize</b>	Yee Sang	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100		G	
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2023-07-05	0500	<b>David Rocco's Dolce Tuscany</b>	Balsamico Di Modena	David meets with Angelo Giacobazzi, a fourth-generation producer of Aceto Balsamico di Modena vinegar. Together, they visit his cantina where the vinegars are aged for up to 35 years.	CANADA	English-100		G	
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2023-07-05	0600	<b>Tradition On A Plate</b>	Tertiary O The Moan	Tiritiri o te Moana is Henry and Monique's interpretation of what the indigenous rock lobster means to them, and more importantly how they shape this traditional kai into wonder on a plate.	NEW ZEALAND	English-50; Maori-50		PG	
2023-07-05	0630	<b>Good Tucker</b>	Kadota	Aaron and Suren explore Victoria's beautiful spa country foraging for rosehips, pine mushrooms and more before Suren and Matt sit down to enjoy the honest food at the heart of the Kadota experience.	AUSTRALIA	English-100		PG	
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2023-07-05	1000	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 1	Rick forages for mussels in his favourite rock pools, tours Bodmin Moor's dark past with his son Jack, and cooks a fool-proof soufflé with artisan Cornish goat's cheese.	UNITED KINGDOM	English-100		PG	
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2023-07-05	1300	<b>Eating Inn</b>	Db Bistro Part 1	Chef Daniel Boulud is the maestro. His restaurant in New York, is one of the worlds best and rocks two Michelin Stars. His proteges run first class venues all round the world including DB Bistro.	SINGAPORE	English-100		PG	
2023-07-05	1330	<b>David Rocco's Dolce Tuscany</b>	Wheat, Flour, Pasta	At Villa Poggio Bartoli, the wheat harvest is a big deal. To this day, the threshing of the wheat is done the old-fashioned way using machinery from the 1920s.	CANADA	English-100		G	
2023-07-05	1400	<b>A New Zealand Food Story</b>	New Zealand Food Story Series 1 Ep, A 8	Ben continues his journey of discovery about what New Zealand cuisine is, but will his restaurant open in time?	NEW ZEALAND	English-100		PG	
2023-07-05	1430	<b>Ainsley's Good Mood Food</b>	Vegetables	A veggie packed diet is a great way to feel good. Ainsley is working through the veg patch and making dishes filled with tasty vegetables. His first dish is a Harriott house favourite.	UNITED KINGDOM	English-100		G	
2023-07-05	1525	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2023-07-05	1530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Desserts	Jimmy and Jamie want to see if British puds can beat Italian desserts. Jonathan Ross pops into the cafe to cook an extra-special bread and butter pudding with the boys.	UNITED KINGDOM	English-100		G	Y
2023-07-05	1625	<b>Please Eat Slowly Bitesize</b>	Hand Pull Noodle	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100		G	
2023-07-05	1630	<b>Tradition On A Plate</b>	Hanawiti Titi	There is nothing more traditional than the Titi, commonly known as the Mutton Bird. With its unique flavours, Monique and Henry make a traditional dish contemporary for today's palate.	NEW ZEALAND	English-50; Maori-50		PG	
2023-07-05	1700	<b>Good Tucker</b>	Ipsos	It's a trip down the Great Ocean Road this week as Suren and Matt head to Ipsos, a Lorne dining institution.	AUSTRALIA	English-100		PG	
2023-07-05	1730	<b>Cooking With Curtis</b>	Greg	Greg wants to cook a meal for his husband, Rob, who has supported him as Greg cares for his aging parents. Intimidated to use Rob's favorite protein,	USA	English-100		PG	

2023-07-05	1800	<b>The Cook And The Chef</b>	Easter In Cooking	It's Easter and Simon surprises Maggie with a chilli Easter Egg whipped up at work under the expert eyes of his pastry chefs. Maggie's no fan of chilli but Simon's determined to win her over.	AUSTRALIA	English-100		G		
2023-07-05	1830	<b>French Food Safari</b>	French Food Safari Series 1	This series is a celebration of exquisite French cuisine in all its delicious complexity. Presented by Maeve O'Meara and renowned chef Guillaume Brahimi.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-07-05	1900	<b>The Cook Up With Adam Liaw</b>	Pepperberries	The NAIDOC Week celebrations continue with bushfood educator Jody Orcher, podcaster Rowdie Walden and host Nornie Bero's favourite native ingredient, pepperberry.	AUSTRALIA	English-100		PG		
2023-07-05	1930	<b>Luke Nguyen's Food Trail</b>	Luke Nguyen's Food Trail Series 1 Ep 5	Luke completes his visit to Brisbane and heads to Saigon where he spends time with his family. He visits his Mum and Aunty 8 in Hoc Mon before cooking a traditional feast.	AUSTRALIA	English-100	RPT	PG	Y	Y
2023-07-05	2000	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 1	Award-winning chef Rick Stein's in France for a gastronomic journey through the waterways of France, travelling by barge on the Canal du Midi from Bordeaux to Marseilles for the best food and wine.	UNITED KINGDOM	English-100		G		
2023-07-05	2030	<b>Guillaume's Paris</b>	Guillaume's Paris Series 1 Ep 1	French chef Guillaume Brahimi returns to the city that made his reputation and follows the story of food through Paris' 20 arrondissements.	AUSTRALIA	English-70; French-30	RPT	G	Y	Y
2023-07-05	2100	<b>Guillaume's Paris</b>	Guillaume's Paris Series 1 Ep 2	Chef Guillaume Brahimi explores the 3rd and 4th arrondissements of Paris to meet some legends of the city's food scene. Guillaume visits Marche des Enfants Rouges, the oldest covered market in Paris.	AUSTRALIA	English-70; French-30	RPT	G	Y	Y
2023-07-05	2130	<b>Food Unwrapped</b>	Beef, Ice Cream, Tinned Grapefruit	Jimmy heads to Brazil to put stock cubes in the spotlight. How can something so small taste so beefy?	UNITED KINGDOM	English-100		PG		
2023-07-05	2200	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 2	Rick visits an ancient apple orchard to learn the traditional way of making cider, cooks a chicken, leek and cider gratin, and delves into the rich history of the Cornish sea shanty.	UNITED KINGDOM	English-100		G		
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2023-07-05	2300	<b>Anthony Bourdain: A Cook's Tour</b>	Traditional Tastes	Tony is invited to experience the culinary heart and distinct walled medinas (districts) of the Moroccan city Fez.	USA	English-100		PG		
2023-07-05	2330	<b>French Food Safari</b>	French Food Safari Series 1	This series is a celebration of exquisite French cuisine in all its delicious complexity. Presented by Maeve O'Meara and renowned chef Guillaume Brahimi.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-07-05	2400	<b>Bizarre Foods: Delicious Destinations</b>	Phoenix	Andrew Zimmern explores the multicultural cuisine of Phoenix. A heavy Mexican influence is present throughout the restaurant scene in dishes like chilaquiles and pazole.	USA	English-100		G		
2023-07-05	2430	<b>Luke Nguyen's Food Trail</b>	Luke Nguyen's Food Trail Series 1 Ep 5	Luke completes his visit to Brisbane and heads to Saigon where he spends time with his family. He visits his Mum and Aunty 8 in Hoc Mon before cooking a traditional feast.	AUSTRALIA	English-100	RPT	PG	Y	Y
2023-07-05	2500	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 1	Award-winning chef Rick Stein's in France for a gastronomic journey through the waterways of France, travelling by barge on the Canal du Midi from Bordeaux to Marseilles for the best food and wine.	UNITED KINGDOM	English-100		G		

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2023-07-06	1300	<b>Eating Inn</b>	Db Bistro Part 2	Back at DB Bistro our host joins team Daniel and Jonathan and it's a little bit crazy but a lot of fun. The chemistry between is palpable and our Host Chef Phil tries to orchestrate the mayhem.	SINGAPORE	English-100		PG		
2023-07-06	1330	<b>David Rocco's Dolce South East Asia</b>	Finding Purpose	The coming together of Chinese, Malay, and Indian cultures, gives the food in Penang an identity of its own. David meets a few of the locals who share their love of food.	CANADA	English-100		PG		
2023-07-06	1400	<b>A New Zealand Food Story</b>	Awarua	Ben's restaurant, Ahi, has now been open for over 18 months. Ben is keen to revisit some of the people who make up the Ahi menu, starting in Awarua.	NEW ZEALAND	English-100		PG		
2023-07-06	1430	<b>Ainsley's Good Mood Food</b>	Herbs And Spices	In today's show, Ainsley shows you how herbs and spices can elevate any dish and take it from good to great. He gets things going with a lamb rogan josh, packed with flavour.	UNITED KINGDOM	English-100		G		
2023-07-06	1525	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y	
2023-07-06	1530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Beer	Jimmy and Jamie want to see if they can beat the Belgians at their own game - by making a better beer. Jamie and Jimmy set off to find a new generation of artisan beer makers.	UNITED KINGDOM	English-100		PG		
2023-07-06	1625	<b>Please Eat Slowly Bitesize</b>	Steam Fish	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100		G		

2023-07-06	1630	<b>Tradition On A Plate</b>	Paua Horotai	Paua, the "Black Gold of the Sea", is smashed, crashed and bashed by our delectable duo, plating up Paua Frittetes, and Panko Paua Crumbed Haloumi Balls with Avocado Mousse.	NEW ZEALAND	English-50; Maori-50	PG			
2023-07-06	1700	<b>Good Tucker</b>	Mustafas	Not only is Shepparton one of Victoria's most diverse towns, it's also home to Australia's first drive-through kebab shop; Suren meets Hatice and Harun Aktas to hear the story of how it came to be.	AUSTRALIA	English-100	PG			
2023-07-06	1730	<b>Cooking With Curtis</b>	Nanette	During the pandemic, Nanette cooked her way through Curtis' book, "What's For Dinner?" and started culinary school.	USA	English-100	PG			
2023-07-06	1800	<b>The Cook And The Chef</b>	Cooking With Kids	School Holidays mean finding things for the kids to do and Maggie and Simon get some kids busy looking for mushrooms and picking plums. Simon also visits a Mussel farm in Port Lincoln.	AUSTRALIA	English-100	G			
2023-07-06	1830	<b>French Food Safari</b>	French Food Safari Series 1	Maeve and Guillaume travel to the underground bakery of one of the great Parisian bakers, Jean-Luc Poujaran, who supplies all the top restaurants in the city.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-07-06	1900	<b>The Cook Up With Adam Liaw</b>	Family Pie	It's NAIDOC Week on The Cook Up, and Warndu's Damien Coulthard, Haus of Dizzy's Kristy Dickinson and host Nornie Bero are making family pie.	AUSTRALIA	English-100	PG			
2023-07-06	1930	<b>Luke Nguyen's Food Trail</b>	Luke Nguyen's Food Trail Series 1 Ep 6	When he's not busy running his restaurants and has a day off, Luke likes to explore places away from the city. Luke explores Vung Tau, a coastal town finding different delicacies on each corner.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-07-06	2000	<b>Sara's Istanbul Delights</b>	Sara's Istanbul Delights	After a perfect lunch at Park Fora with Tanem Sivarile, Sara shares her delicious recipe for fish tartar with tarhana.	TURKEY	English-50; Turkish-50	PG			
2023-07-06	2030	<b>Rick Stein's Long Weekends</b>	Berlin	Rick's latest culinary long weekend takes him to Berlin where history and the avant garde dwell enticingly side by side.	UNITED KINGDOM	English-100	RPT	G	Y	
2023-07-06	2135	<b>Food Unwrapped</b>	Vanilla, Rice, Cheese	Matt meets with a team of researchers to examine why reheating rice can make people ill and discovers what makes the precooked rice stocked in supermarkets safe to eat.	UNITED KINGDOM	English-100				
2023-07-06	2200	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 3	Rick visits Europe's largest tea plantation beside the Fal River in Cornwall, where he indulges in an afternoon tea of tea loaf and plum compote.	UNITED KINGDOM	English-100	G			
2023-07-06	2230	<b>The Cook Up With Adam Liaw</b>	Family Pie	It's NAIDOC Week on The Cook Up, and Warndu's Damien Coulthard, Haus of Dizzy's Kristy Dickinson and host Nornie Bero are making family pie.	AUSTRALIA	English-100	PG			
2023-07-06	2300	<b>Anthony Bourdain: A Cook's Tour</b>	Portugal: Cod Crazy	Tony travels to Porto, home of the famous Port wine, where he is immediately exposed to the codfish and the almost mythical place it holds in Portuguese cuisine and culture.	USA	English-100	PG			
2023-07-06	2330	<b>French Food Safari</b>	French Food Safari Series 1	Maeve and Guillaume travel to the underground bakery of one of the great Parisian bakers, Jean-Luc Poujaran, who supplies all the top restaurants in the city.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-07-06	2400	<b>Bizarre Foods: Delicious Destinations</b>	Las Vegas	Andrew Zimmern goes on a gastronomic tour of Las Vegas. From quail breast stuffed with foie gras and mouthwatering Waygu steaks to classic veal Parmigiana and tantalizing Thai, Sin City has it all!	USA	English-100	PG			Y
2023-07-06	2430	<b>Luke Nguyen's Food Trail</b>	Luke Nguyen's Food Trail Series 1 Ep 6	When he's not busy running his restaurants and has a day off, Luke likes to explore places away from the city. Luke explores Vung Tau, a coastal town finding different delicacies on each corner.	AUSTRALIA	English-100	RPT	G	Y	Y

2023-07-06	2500	<b>Sara's Istanbul Delights</b>	Sara's Istanbul Delights	After a perfect lunch at Park Fora with Tanem Sivariile, Sara shares her delicious recipe for fish tartar with tarhana.	TURKEY	English-50; Turkish-50		PG		
2023-07-06	2530	<b>Rick Stein's Long Weekends</b>	Berlin	Rick's latest culinary long weekend takes him to Berlin where history and the avant garde dwell enticingly side by side.	UNITED KINGDOM	English-100	RPT	G		Y
2023-07-06	2635	<b>Ainsley's Good Mood Food</b>	Herbs And Spices	In today's show, Ainsley shows you how herbs and spices can elevate any dish and take it from good to great. He gets things going with a lamb rogan josh, packed with flavour.	UNITED KINGDOM	English-100		G		
2023-07-06	2730	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Beer	Jimmy and Jamie want to see if they can beat the Belgians at their own game - by making a better beer. Jamie and Jimmy set off to find a new generation of artisan beer makers.	UNITED KINGDOM	English-100		PG		
2023-07-06	2825	<b>Please Eat Slowly Bitesize</b>	Steam Fish	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100		G		
2023-07-06	2830	<b>Eating Inn</b>	Db Bistro Part 2	Back at DB Bistro our host joins team Daniel and Jonathan and it's a little bit crazy but a lot of fun. The chemistry between is palpable and our Host Chef Phil tries to orchestrate the mayhem.	SINGAPORE	English-100		PG		
2023-07-07	0500	<b>David Rocco's Dolce South East Asia</b>	Finding Purpose	The coming together of Chinese, Malay, and Indian cultures, gives the food in Penang an identity of its own. David meets a few of the locals who share their love of food.	CANADA	English-100		PG		
2023-07-07	0530	<b>A New Zealand Food Story</b>	Awarua	Ben's restaurant, Ahi, has now been open for over 18 months. Ben is keen to revisit some of the people who make up the Ahi menu, starting in Awarua.	NEW ZEALAND	English-100		PG		
2023-07-07	0600	<b>Tradition On A Plate</b>	Paua Horotai	Paua, the "Black Gold of the Sea", is smashed, crashed and bashed by our delectable duo, plating up Paua Frittetes, and Panko Paua Crumbed Haloumi Balls with Avocado Mousse.	NEW ZEALAND	English-50; Maori-50		PG		
2023-07-07	0630	<b>Good Tucker</b>	Mustafas	Not only is Shepparton one of Victoria's most diverse towns, it's also home to Australia's first drive-through kebab shop; Suren meets Hatice and Harun Aktas to hear the story of how it came to be.	AUSTRALIA	English-100		PG		
2023-07-07	0700	<b>Cooking With Curtis</b>	Nanette	During the pandemic, Nanette cooked her way through Curtis' book, "What's For Dinner?" and started culinary school.	USA	English-100		PG		
2023-07-07	0730	<b>The Cook And The Chef</b>	Cooking With Kids	School Holidays mean finding things for the kids to do and Maggie and Simon get some kids busy looking for mushrooms and picking plums. Simon also visits a Mussel farm in Port Lincoln.	AUSTRALIA	English-100		G		
2023-07-07	0800	<b>French Food Safari</b>	French Food Safari Series 1	Maeve and Guillaume travel to the underground bakery of one of the great Parisian bakers, Jean-Luc Poujaran, who supplies all the top restaurants in the city.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-07-07	0830	<b>Rick Stein's Long Weekends</b>	Berlin	Rick's latest culinary long weekend takes him to Berlin where history and the avant garde dwell enticingly side by side.	UNITED KINGDOM	English-100	RPT	G		Y
2023-07-07	0935	<b>Food Unwrapped</b>	Vanilla, Rice, Cheese	Matt meets with a team of researchers to examine why reheating rice can make people ill and discovers what makes the precooked rice stocked in supermarkets safe to eat.	UNITED KINGDOM	English-100				

2023-07-07	1000	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 3	Rick visits Europe's largest tea plantation beside the Fal River in Cornwall, where he indulges in an afternoon tea of tea loaf and plum compote.	UNITED KINGDOM	English-100		G	
2023-07-07	1030	<b>Tradition On A Plate</b>	Paua Horotai	Paua, the "Black Gold of the Sea", is smashed, crashed and bashed by our delectable duo, plating up Paua Frittetes, and Panko Paua Crumbed Haloumi Balls with Avocado Mousse.	NEW ZEALAND	English-50; Maori-50		PG	
2023-07-07	1100	<b>The Cook Up With Adam Liaw</b>	Family Pie	It's NAIDOC Week on The Cook Up, and Warndu's Damien Coulthard, Haus of Dizzy's Kristy Dickinson and host Nornie Bero are making family pie.	AUSTRALIA	English-100		PG	
2023-07-07	1130	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Beer	Jimmy and Jamie want to see if they can beat the Belgians at their own game - by making a better beer. Jamie and Jimmy set off to find a new generation of artisan beer makers.	UNITED KINGDOM	English-100		PG	
2023-07-07	1225	<b>Please Eat Slowly Bitesize</b>	Steam Fish	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100		G	
2023-07-07	1230	<b>Good Tucker</b>	Mustafas	Not only is Shepparton one of Victoria's most diverse towns, it's also home to Australia's first drive-through kebab shop; Suren meets Hatice and Harun Aktas to hear the story of how it came to be.	AUSTRALIA	English-100		PG	
2023-07-07	1300	<b>Eating Inn</b>	Spago Part 1	The first of two episodes that bring us into a lively one on one with the man himself - Chef Wolfgang Puck and then Host Chef Phil Davenport guides us through the wonderful world of Spago.	SINGAPORE	English-100		PG	
2023-07-07	1330	<b>David Rocco's Dolce South East Asia</b>	Art In Georgetown	David heads to George Town, Penang to explore the multicultural hub and its incredible food and art scene. The artists in George Town are breaking new boundaries to inspire many through their work.	CANADA	English-100		PG	
2023-07-07	1400	<b>A New Zealand Food Story</b>	Wallaby	Ben continues his South Island trip, visiting the Mackenzie Country, the Canterbury Plains and the Rakaia Gorge.	NEW ZEALAND	English-100		PG	
2023-07-07	1430	<b>Ainsley's Good Mood Food</b>	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	
2023-07-07	1525	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2023-07-07	1530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Usain Bolt	On cafe's menu this week Jamie reveals how to cook the ultimate steak - his blow-out cote de boeuf, and Jimmy produces succulent tandoori chicken in his a DIY dustbin oven.	UNITED KINGDOM	English-100		PG	
2023-07-07	1625	<b>Please Eat Slowly Bitesize</b>	Claypot Rice	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor shares his best tips to create your own!	AUSTRALIA	English-100		G	
2023-07-07	1630	<b>Tradition On A Plate</b>	Kutai Trio	Kutai is a protein that has existed in Aotearoa for thousands of years. Tune in as our daring duo serve up 3 simple delicious dishes that will get the taste buds singing.	NEW ZEALAND	English-50; Maori-50		PG	
2023-07-07	1700	<b>Good Tucker</b>	Lucy's	The remote far eastern tip of Victoria might seem like an unlikely spot for some of Victoria's best dumplings, but that's exactly what Suren and Matt find when they visit Lucy's.	AUSTRALIA	English-100		PG	



2023-07-07	1730	<b>Cooking With Curtis</b>	Sandra	Sandra is confident with her abilities in the kitchen but wants to surprise her sister Kendra, who is the consummate host, with pro tips from Curtis.	USA	English-100		G		
2023-07-07	1800	<b>The Cook And The Chef</b>	Cooking With Grapes	Raise a toast to the glorious grape as Simon and Maggie celebrate with the fruit of the vine. In Maggie's Barossa kitchen, they showcase a range of savoury and sweet dishes cooked with whole grapes.	AUSTRALIA	English-100		G		
2023-07-07	1830	<b>French Food Safari</b>	French Food Safari Series 1	Maeve and Guillaume explore the delicious relaxed style of bistro eating - the inexpensive way of eating that has been popular for hundreds of years.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-07-07	1900	<b>The Cook Up With Adam Liaw</b>	Native Twist	Astrophysicist Kirsten Banks and Yerrabingin's Christian Hampson join NAIDOC Week host Nornie Bero to cook food with a native twist.	AUSTRALIA	English-100		PG		
2023-07-07	1930	<b>Luke Nguyen's Food Trail</b>	Luke Nguyen's Food Trail Series 1 Ep 7	With Luke's busy life it's important to find the work life balance. Devoting Sunday as a family day, he explores the outdoors and the variety of restaurants Saigon has to offer.	AUSTRALIA	English-100	RPT	PG	Y	
2023-07-07	2000	<b>Gok Wan's Easy Asian</b>	Timeless Favourites	No matter how vast the menu, Gok knows there are some dishes you just can't beat; Gok perfects sweet and sour sauce with battered veg, a mouth-watering char siu pork and a roulade with an Asian twist!	UNITED KINGDOM	English-100		G		
2023-07-07	2030	<b>Khanh Ong's Wild Food</b>	Khanh Ong's Wild Food Series 1 Ep 8	Khanh travels to Tasmania to hunts for truffles, explore a walnut farm and learn about the ethical harvesting of wallaby meat, a protein that is unique to Tasmania.	AUSTRALIA	English-100		PG		
2023-07-07	2125	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 7	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-07-07	2130	<b>Food Unwrapped</b>	Cod, Bananas, Popcorn	Kate investigates why most British supermarkets only stock one variety of banana, unlike other fruit varieties, and heads to Malaysia to learn about a disease that could mean the end of bananas.	UNITED KINGDOM	English-100				
2023-07-07	2200	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 4	After soaking up the ambiance at one of the UK's last live cattle markets in Truro, Rick's in the mood for Steak & Kidney Pud, before setting sail out of Falmouth in a hand-built boat.	UNITED KINGDOM	English-100		G		
2023-07-07	2230	<b>The Cook Up With Adam Liaw</b>	Native Twist	Astrophysicist Kirsten Banks and Yerrabingin's Christian Hampson join NAIDOC Week host Nornie Bero to cook food with a native twist.	AUSTRALIA	English-100		PG		
2023-07-07	2300	<b>Anthony Bourdain: A Cook's Tour</b>	San Sebastian: A Food Lover's Town	Tony explores the food-crazed Basque culture. Tony's guide, Chef Luis Irizar, takes Tony into the underworld of Basque gastronomic societies. Later, Tony explores the city's tapas bars.	USA	English-100		PG		
2023-07-07	2330	<b>French Food Safari</b>	French Food Safari Series 1	Maeve and Guillaume explore the delicious relaxed style of bistro eating - the inexpensive way of eating that has been popular for hundreds of years.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-07-07	2400	<b>Bizarre Foods: Delicious Destinations</b>	Big Island, The	Andrew Zimmern heads to Hawaii's Big Island to take in its laid-back cuisine. From ancient traditions like lau lau and opakapaka fish to new traditions like the loco moco and huli chicken.	USA	English-100		G		
2023-07-07	2430	<b>Luke Nguyen's Food Trail</b>	Luke Nguyen's Food Trail Series 1 Ep 7	With Luke's busy life it's important to find the work life balance. Devoting Sunday as a family day, he explores the outdoors and the variety of restaurants Saigon has to offer.	AUSTRALIA	English-100	RPT	PG	Y	
2023-07-07	2500	<b>Gok Wan's Easy Asian</b>	Timeless Favourites	No matter how vast the menu, Gok knows there are some dishes you just can't beat; Gok perfects sweet and sour sauce with battered veg, a mouth-watering char siu pork and a roulade with an Asian twist!	UNITED KINGDOM	English-100		G		



2023-07-08	0930	<b>Food Unwrapped</b>	Cod, Bananas, Popcorn	Kate investigates why most British supermarkets only stock one variety of banana, unlike other fruit varieties, and heads to Malaysia to learn about a disease that could mean the end of bananas.	UNITED KINGDOM	English-100				
2023-07-08	1000	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 4	After soaking up the ambiance at one of the UK's last live cattle markets in Truro, Rick's in the mood for Steak & Kidney Pud, before setting sail out of Falmouth in a hand-built boat.	UNITED KINGDOM	English-100				G
2023-07-08	1030	<b>Tradition On A Plate</b>	Kutai Trio	Kutai is a protein that has existed in Aotearoa for thousands of years. Tune in as our daring duo serve up 3 simple delicious dishes that will get the taste buds singing.	NEW ZEALAND	English-50; Maori-50				PG
2023-07-08	1100	<b>The Cook Up With Adam Liaw</b>	Native Twist	Astrophysicist Kirsten Banks and Yerrabingin's Christian Hampson join NAIDOC Week host Nornie Bero to cook food with a native twist.	AUSTRALIA	English-100				PG
2023-07-08	1130	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Usain Bolt	On cafe's menu this week Jamie reveals how to cook the ultimate steak - his blow-out cote de boeuf, and Jimmy produces succulent tandoori chicken in his a DIY dustbin oven.	UNITED KINGDOM	English-100				PG
2023-07-08	1225	<b>Please Eat Slowly Bitesize</b>	Claypot Rice	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor shares his best tips to create your own!	AUSTRALIA	English-100				G
2023-07-08	1230	<b>Good Tucker</b>	Lucy's	The remote far eastern tip of Victoria might seem like an unlikely spot for some of Victoria's best dumplings, but that's exactly what Suren and Matt find when they visit Lucy's.	AUSTRALIA	English-100				PG
2023-07-08	1300	<b>The Cook And The Chef</b>	Cooking With Grapes	Raise a toast to the glorious grape as Simon and Maggie celebrate with the fruit of the vine. In Maggie's Barossa kitchen, they showcase a range of savoury and sweet dishes cooked with whole grapes.	AUSTRALIA	English-100				G
2023-07-08	1330	<b>French Food Safari</b>	French Food Safari Series 1	Maeve and Guillaume explore the delicious relaxed style of bistro eating - the inexpensive way of eating that has been popular for hundreds of years.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-07-08	1400	<b>The Cook Up With Adam Liaw</b>	Naidoc: Warrigal Greens	This week we're celebrating NAIDOC Week. Starting it off, Adam and the Cook Up kitchen hosts Gumbaynggirr man Kyah Lulman and proud Whadjuk Noongar woman Narelda Jacobs.	AUSTRALIA	English-100	RPT	G	Y	
2023-07-08	1430	<b>The Cook Up With Adam Liaw</b>	Naidoc: Design Your Own National Dish	Rockpool chef and proud Palawa man Luke Bourke, BrothaBlack of the Yiman nation and Indigenous mentor Shannon Williams and Adam are in the Cook Up kitchen as they design their own national dishes.	AUSTRALIA	English-100	RPT	G	Y	
2023-07-08	1500	<b>The Cook Up With Adam Liaw</b>	Naidoc: National Dish From Your Country	Anaiwan man Dean Widders and Nornie Bero from the Meriam people in the Torres Strait join Adam in the Cook Up kitchen to create dishes that are inspired by the Indigenous Country they come from.	AUSTRALIA	English-100	RPT	G	Y	
2023-07-08	1530	<b>The Cook Up With Adam Liaw</b>	Naidoc: Native Herbs	Kamilaroi woman Jayde Harris and Gamilaroi woman Nakkiah Lui are in the Cook Up kitchen with Adam to create dishes that showcase native Indigenous herbs.	AUSTRALIA	English-100	RPT	G	Y	
2023-07-08	1600	<b>The Cook Up With Adam Liaw</b>	Naidoc: Cheese	To round out NAIDOC Week, Adam and the Cook Up kitchen host Darug countrymen Sam and Luke Bourke, who create their ultimate cheesy dishes.	AUSTRALIA	English-100	RPT	G	Y	
2023-07-08	1630	<b>John Torode's Ireland</b>	Wexford To Cork	John finds out about the Wexford phenomenon of strawberry huts by the side of roads, where local growers are allowed to sell their wares.	IRELAND	English-100				G
2023-07-08	1725	<b>Please Eat Slowly Bitesize</b>	Claypot Rice	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor shares his best tips to create your own!	AUSTRALIA	English-100				G

2023-07-08	1730	<b>Pacific Island Food Revolution</b>	Pacific Island Food Revolution Series 3 Ep 5	Our teams are tasked with cooking a soup suitable for the whole family that could be served over a couple of days after a disastrous event.	NEW ZEALAND	English-100		PG		
2023-07-08	1825	<b>Destination Flavour Fillers</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	
2023-07-08	1830	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 2 Ep 1	Michel cooks a fabulous lunch of lamb, seasonal vegetables and rose jus, then meets a forager to pick wild herbs and vegetables, which he serves with pan-fried fillets of Mediterranean scorpion fish.	UNITED KINGDOM	English-100		G		Y
2023-07-08	1930	<b>John Torode's Korean Food Tour</b>	Fish And Sea	John travels south to Busan, a lively beach city on the South coast, which has Korea's best and biggest seafood market. At Jagalchi market, he samples the mackerel for breakfast.	UNITED KINGDOM	English-100		PG		
2023-07-08	2030	<b>Masters Of Savours</b>	Masters Of Truffle	Learn the secrets of this precious tuber, and how the truffle has grown from scented mushrooms to the highly coveted "black diamond" in just a few years.	FRANCE	English-100		PG		
2023-07-08	2130	<b>Anthony Bourdain: No Reservations</b>	Greek Islands	Greek Islands - Supposedly Greece has the world's healthiest diet. From Crete to Ithaca, Anthony heads off on a culinary odyssey to find out if that reputation is deserved. #FoodNetworkAU	USA	English-100	RPT	PG		
2023-07-08	2225	<b>Destination Flavour - Japan</b>	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
2023-07-08	2230	<b>Anthony Bourdain: Parts Unknown</b>	Berlin	In Berlin - an anomaly among German metropolises - Anthony Bourdain encounters an extremely accepting society, teeming with unbridled creativity, despite a grim history.	USA	English-100		PG		Y
2023-07-08	2325	<b>Cook Up With Adam Liaw Bitesize</b>	Cook Up With Adam Liaw Bitesize Series 1 Ep 5, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	
2023-07-08	2330	<b>Anthony Bourdain: Parts Unknown</b>	Hong Kong	Bourdain visits Hong Kong - a city that's always in transition and unapologetically modern that has another side - a beautiful one that's in danger of disappearing entirely.	USA	English-100		PG		Y
2023-07-08	2425	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 9	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-07-08	2430	<b>The Cook Up With Adam Liaw</b>	Naidoc: Warrigal Greens	This week we're celebrating NAIDOC Week. Starting it off, Adam and the Cook Up kitchen hosts Gumbaynggirr man Kyah Lulman and proud Whadjuk Noongar woman Narelda Jacobs.	AUSTRALIA	English-100	RPT	G	Y	
2023-07-08	2500	<b>The Cook Up With Adam Liaw</b>	Naidoc: Design Your Own National Dish	Rockpool chef and proud Palawa man Luke Bourke, BrothaBlack of the Yiman nation and Indigenous mentor Shannon Williams and Adam are in the Cook Up kitchen as they design their own national dishes.	AUSTRALIA	English-100	RPT	G	Y	
2023-07-08	2530	<b>The Cook Up With Adam Liaw</b>	Naidoc: National Dish From Your Country	Anaiwan man Dean Widders and Nornie Bero from the Meriam people in the Torres Strait join Adam in the Cook Up kitchen to create dishes that are inspired by the Indigenous Country they come from.	AUSTRALIA	English-100	RPT	G	Y	
2023-07-08	2600	<b>The Cook Up With Adam Liaw</b>	Naidoc: Native Herbs	Kamilaroi woman Jayde Harris and Gamilaroi woman Nakkiah Lui are in the Cook Up kitchen with Adam to create dishes that showcase native Indigenous herbs.	AUSTRALIA	English-100	RPT	G	Y	
2023-07-08	2630	<b>John Torode's Ireland</b>	Wexford To Cork	John finds out about the Wexford phenomenon of strawberry huts by the side of roads, where local growers are allowed to sell their wares.	IRELAND	English-100		G		
2023-07-08	2725	<b>Please Eat Slowly Bitesize</b>	Claypot Rice	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor shares his best tips to create your own!	AUSTRALIA	English-100		G		

2023-07-08	2730	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 2 Ep 1	Michel cooks a fabulous lunch of lamb, seasonal vegetables and rose jus, then meets a forager to pick wild herbs and vegetables, which he serves with pan-fried fillets of Mediterranean scorpion fish.	UNITED KINGDOM	English-100		G		Y
2023-07-08	2825	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 9	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y