



WEEK 49: Sunday, 28 November - Saturday, 4 December 2021 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2021-11-28	0500	Cheese Slices	New Cheese Pioneers: Tasmania, The	Will invites his friend Tetsuya Wakuda to accompany him on a tour of Tasmania and to demonstrate a few of his unusual recipe ideas with the local dairy produce.	AUSTRALIA	English-100	RPT	G		
2021-11-28	0530	Anthony Bourdain: Parts Unknown	Greece	Tony visits the Greek Islands to kick off the new season of Parts Unknown in a region known for its sun, sand, and charming lifestyle, rich in history and known for its infamous healthy diet.	USA	English-100	RPT	PG		Y
2021-11-28	0625	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 8	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-11-28	0630	Anthony Bourdain: Parts Unknown	Chicago	Chicago is revealed through the memories and stories of the people who live there - primarily a select few, drawn from the regulars at The Old Town Ale House, one of Chicago's most iconic bars.	USA	English-100	RPT	PG		
2021-11-28	0725	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y	
2021-11-28	0730	Bonacini's Italy Christmas Specials	Italian Christmas	From Veneto, Sardinia, Calabria, Sicily, and Emilia Romagna, Michael explores the homey Christmas flavours and traditions of these unique Italian regions.	CANADA	English-100	RPT	G		
2021-11-28	0825	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 9	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2021-11-28	0830	Delia's How To Cook	Store Cupboard	Delia advises on an essential part of a cook's repertoire - store cupboard ingredients. There are around 40 items - from unrefined sugar to star anise - that she wouldn't be without.	UNITED KINGDOM	English-100	RPT	G		
2021-11-28	0900	South Africa With Gregg Wallace	Garden Province (The Zulu Kingdom), The	After a traditional breakfast of coffee and rusks just outside Durban, Gregg grabs a lift with a local heli-pilot and takes a ride up into the remote and beautiful Zulu Kingdom.	UNITED KINGDOM	English-100	RPT	PG		Y
2021-11-28	0930	Donal's Meals In Minutes	Fast Feast Meals	This episode is full of recipes that are going to impress your friends, but best of all, they don't take hours and hours to prep and cook. Keep it simple and impress your friends with a tasty feast.	IRELAND	English-100	RPT	PG		
2021-11-28	1000	Donal's Meals In Minutes	Shopping Basket Meals	Donal shares recipes for those who just want to use up some store cupboard staples and a few ingredients they've picked up from the shop on the way home.	IRELAND	English-100	RPT	PG		
2021-11-28	1030	Amy Schumer Learns To Cook	Picnic, Soup And Salad	Amy and Chris pack a picnic lunch to take advantage of the summer weather. Amy starts things off with a margarita, while Chris makes pesto pasta salad, a chicken cutlet BLT, and brownies for dessert.	USA	English-100	RPT	PG		Y
2021-11-28	1125	Poh & Co. Bitesize	Family	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2021-11-28	1130	Licence To Grill	Brick Breaking Bash	Rob's friend uses his head while Rob grills up a dinner of champions - grilled five spice flavoured quail, hickory smoked veal and spinach stuffed beef roast, grilled mushrooms and a grilled beet salad.	CANADA	English-100	RPT	PG		
2021-11-28	1200	Licence To Grill	Summertime Jazz	Rob enjoys a barbecued dinner of grilled brie and port soaked cranberries, stuffed chicken breasts, rotisserie baby back pork ribs and roasted stuffed pears before heading off to the outdoor jazz festival.	CANADA	English-100		PG		
2021-11-28	1230	Licence To Grill	Golf Clinic Bbq	After a golf clinic, Rob fires up the grill and prepares prosciutto wrapped shrimp, stuffed grilled snapper, slow smoked stuffed veal roast, grilled cornmeal cakes and a couple of great salads.	CANADA	English-100		PG		
2021-11-28	1300	Licence To Grill	Scavenger Hunt Bbq	The scavenger hunt is on and Rob cooks up apple and herb stuffed pork chops, grilled clams, stuffed zucchinis, and twice grilled spuds.	CANADA	English-100		PG		
2021-11-28	1330	Licence To Grill	Slo Pitch Bbq, The	It's the annual slow pitch game and Rob treats everyone to a home run BBQ with rotisserie game hens, barbecued ham with a nectarine chutney, grilled corn relish, and a carrot and cranberry casserole.	CANADA	English-100		PG		
2021-11-28	1400	The Cook Up with Adam Liaw	Lime Leaves	Universal Paramount chef Christine Manfield and Bird Cow Fish chef Alex Herbert show their dishes, using lime leaves, in The Cook Up kitchen with host Adam Liaw.	AUSTRALIA	English-100	RPT	PG	Y	

2021-11-28	1430	The Cook Up with Adam Liaw	Staff Meals	The Cook Up kitchen plays host to Nomad head chef Jacqui Challinor and former head chef at Claude's Chui Lee Luk, and they share the dishes they cook their staff with host Adam Liaw.	AUSTRALIA	English-100	RPT	PG	Y
2021-11-28	1500	The Cook Up with Adam Liaw	Afternoon Tea	Monday Morning Cooking Club's Merelyn Chalmers and chef and author Analiese Gregory whip up afternoon tea in The Cook Up Kitchen with host Adam Liaw.	AUSTRALIA	English-100	RPT	PG	Y
2021-11-28	1530	The Cook Up with Adam Liaw	Haloumi	The Lebanese Plate's Lina Jebeile and Bondi Harvest chef Guy Turland are in The Cook Up kitchen with host Adam Liaw to show the many different ways to hero haloumi in your dishes.	AUSTRALIA	English-100	RPT	PG	Y
2021-11-28	1600	The Cook Up with Adam Liaw	Cheat's Dessert	Host Adam Liaw, Ethiopian cook Tinsae Elsdon and head chef at The Old Fitz, Anna Ugarte-Carral, drop in to The Cook Up kitchen to share the favourite cheat's desserts.	AUSTRALIA	English-100	RPT	PG	Y
2021-11-28	1630	The Cook And The Chef	Fusion Food	Simon and Maggie marvel at the British success in putting their own stamp on a Pakistani curry and then celebrate the cross-cultural cuisine of Australia's own 'Father Of Fusion', Cheong Liew.	AUSTRALIA	English-100	RPT	G	
2021-11-28	1700	The Cook And The Chef	Vego's	Simon and Maggie go vegetarian, proving a meat free diet is far from bland and boring. While vegetarianism has always been part of Indian and Asian culture, it didn't really kick off until the 1800s.	AUSTRALIA	English-100	RPT	G	
2021-11-28	1730	The Cook And The Chef	All The Tea And China	Simon and Maggie are holding a tea party to celebrate the days when afternoon teas, complete with cakes and cucumber sandwiches, were quite the done thing.	AUSTRALIA	English-100	RPT	G	
2021-11-28	1800	Taste Of France	L'auberge Sur-Les-Bois	Daniel Barratier has worked with some of the best chefs traveling the world, now he's back in his hometown, Annecy, the 'Venice of the French Alps', where he invested in a true fine dining restaurant.	SWEDEN	English-50; French-50		PG	Y
2021-11-28	1830	Girls Guide:Hunting Fishing Wild Cooking	A Girls Guide to Hunting Fishing Wild Cooking S1 Ep 2	Analiese makes the most of a busy spring as she starts to build her pantry and kitchen garden, before going diving for wild scallops at a friend's secret diving spot.	AUSTRALIA	English-100	RPT	PG	Y
2021-11-28	1900	India Unplated	Andhara Pradesh / Telangana	This episode starts with Adam's famous Hyderabadi Dum Biryani, followed by Sandeep's Pesarattu - eaten with curries and Helly's Dum Batair.	AUSTRALIA	English-100	RPT	PG	Y
2021-11-28	1930	Simply Raymond Blanc	British Food Revolution	Raymond Blanc prepares an ingenious pea soup, a tasty stuffed pepper, and a new take on that old British classic, brown sauce. Meanwhile, Paul Ainsworth presents an alternative cheese board.	ENGLAND	English-100		PG	
2021-11-28	2025	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 10	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
2021-11-28	2030	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 3	The blue sea of the Mediterranean beckons. Rick is invited to a beautiful beach party at La Pelosa, where everyone gets stuck into preparing lunch.	UNITED KINGDOM	English-100	RPT	G	Y
2021-11-28	2140	Anthony Bourdain: Parts Unknown	Montana	Tony travels to Big Sky Country - Montana, a place that has always attracted those looking to live by their own means - cowboys, artists, billionaires, prospectors, cattlemen, drifters, and miners.	USA	English-100		PG	
2021-11-28	2235	Anthony Bourdain: Parts Unknown	Georgia	Strategically located at the crux of ancient spice routes from Russia, Asia and the Middle East, post-Soviet satellite Georgia has always cultivated and maintained a fascinating culture all its own.	USA	English-100		PG	Y
2021-11-28	2330	The Global Farm	Italy	Courtney meets a lemon farmer whose family has been growing on the cliffs of the Amalfi Coast for generations, visits the restaurant La Caravella, and harvests San Marzano tomatoes from the base of Mount Vesuvius.	BULGARIA	Bulgarian-12.5; Italian-12.5; Croatian-12.5; English-12.5; French-12.5;		PG	Y
2021-11-28	2400	Tom Kerridge's Barbeque	Tom Kerridge's Barbeque Series 1 Ep 11	Tom gives his take on incredible meals that are perfect for a campfire cook-up. The staple of bangers and beans gets turned on its head to become a one pot stew with white beans, paprika and chorizo.	UNITED KINGDOM	English-100		PG	
2021-11-28	2430	Tom Kerridge's Barbeque	Tom Kerridge's Barbeque Series 1 Ep 12	Tom shows us three dishes that take just minutes to whip up - incredible 'choose your own' pizzas, fresh sardines with delicious couscous, and Korean-inspired flame grilled beef wrapped in lettuce cups.	UNITED KINGDOM	English-100		PG	
2021-11-28	2500	Food Safari Fire	Food Safari Fire Series 1 Ep 9	Maeve explores the ancient art of smoking in cuisines around the world, tasting hot smoked salmon, West African condiments, flavoursome smoked lamb, and Kansa City style ribs.	AUSTRALIA	English-100		G	Y
2021-11-28	2530	Food Safari Fire	Food Safari Fire Series 1 Ep 10	In the series finale, Maeve embraces the ingenuity of the home-made barbecue, exploring the remarkably adaptable 44 gallon drum used in the Kimberley as a smoker for barramundi.	AUSTRALIA	English-100		G	Y

2021-11-28	2600	Girls Guide:Hunting Fishing Wild Cooking	A Girls Guide to Hunting Fishing Wild Cooking S1 Ep 2	Analiiese makes the most of a busy spring as she starts to build her pantry and kitchen garden, before going diving for wild scallops at a friend's secret diving spot.	AUSTRALIA	English-100	RPT	PG	Y
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2021-11-28	2825	Destination Flavour Singapore Bitesize	Hari Kaya	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	
2021-11-28	2830	India Unplated	Andhra Pradesh / Telangana	This episode starts with Adam's famous Hyderabad Dum Biryani, followed by Sandeep's Pesarattu - eaten with curries and Helly's Dum Batair.	AUSTRALIA	English-100	RPT	PG	Y
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2021-11-29	1330	Donal's Kitchen Hero	Baking With Kids	With a long summer holiday to contend with and the sunshine not guaranteed, Donal comes up with a way to keep his nephews and nieces occupied - baking biscuits and cakes.	IRELAND	English-100	RPT	G	

2021-11-29	1400	Struggle Meals	Paty For Pennies	Frankie makes three dishes for a party of four, that when combined, are cheaper than just one meal out for brunch. Then it's a taco party for five people for only twenty-dollars.	USA	English-100	RPT	PG		
2021-11-29	1430	Bonacini's Italy	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		
2021-11-29	1500	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 12	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, the fishermen of Ceduna, cake decorating with Amanda Way, and the dancing ginger growers.	AUSTRALIA	English-100	RPT	G	Y	
2021-11-29	1530	Oliver's Twist	Wedding	Jamie prepares a meal to remember for a friend's wedding day. Recipes include antipasto platters, baked salmon, salsa verde, antipasto platters, and summer berries with mascarpone cream.	UNITED KINGDOM	English-100	RPT	G		
2021-11-29	1600	Mystery Diners	Big Earl's Gone Wild	Mystery Diners go undercover as a waitress and a flirty customer in hopes of scoring invitations to an after-hours bash after hearing rumours of late-night staff parties.	USA	English-100	RPT	PG		Y
2021-11-29	1630	Pati's Mexican Table	Sonora Family Favorites For Sami	Pati spends a day in her kitchen with her son, Sami, cooking some recipes inspired by her travels in Sonora, Mexico. She prepares beef chimis, rice lentils with crispy onions, and a sweet and savoury dessert.	USA	English-100		PG		Y
2021-11-29	1700	Food Safari	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	
2021-11-29	1730	The Cook And The Chef	Food For A Cold Winter	There's Italian sunshine and some chilly Australian surf in this mid-winter episode. Simon reveals his Englishman's love of visiting the beach in cold weather.	AUSTRALIA	English-100		G		
2021-11-29	1800	The Cook And The Chef	Kids In The Kitchen	Rolled sleeves, flour covered fingers and chocolate smeared grins - it's winter school holidays and the kids are in the kitchen. Join Maggie as she shares her grandchildren's favourite recipes.	AUSTRALIA	English-100	RPT	G		
2021-11-29	1830	Nigella Kitchen	Easy Does It	Nigella uses every trick in the book to make food that's delicious and as effortless as possible. Nigella shows a speedy take on a French classic, tarragon chicken with steamed green beans.	UNITED KINGDOM	English-100	RPT	G		
2021-11-29	1900	The Cook Up with Adam Liaw	Summer Salads	The Cook Up host Adam Liaw brings Yellow's Nina Huynh and food and travel writer Yasmin Newman into The Cook Up kitchen to create their favourite summer salads.	AUSTRALIA	English-100		PG	Y	
2021-11-29	1930	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 6 Ep 8	Jamie and Jimmy welcome British actor and everyone's favourite ewok to Southend Pier, as Warwick Davis joins them in the cafe. Warwick prepares a tasty beef and stilton pie for the diners.	UNITED KINGDOM	English-100		PG		
2021-11-29	2025	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 6	Welcome to the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2021-11-29	2030	Rick Stein's German Bite	Rick Stein's German Bite	Chef Rick Stein sets out on a German voyage in search of tantalising culinary gems. His journey is timed perfectly with the arrival of the new season's herring on the north German coast.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2021-11-29	2135	Luke Nguyen's Street Food Asia	Saigon, Vietnam - Part 1	Luke begins his adventure in his family's home city of Saigon, Vietnam. Early in the morning, Luke ventures into the hustle and bustle of market life looking for a traditional vermicelli noodle dish.	AUSTRALIA	English-100	RPT	G	Y	Y
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2021-11-29	2230	Counter Space	Food Justice	Counter Space takes on systemic racism in America's food systems. Sophia pays homage to the legendary chef Edna Lewis through cooking and talks with culinary star Kia Damon.	USA	English-100	RPT	PG		
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2021-11-30	1035	Bonacini's Italy	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		
2021-11-30	1100	The Cook Up with Adam Liaw	Summer Salads	The Cook Up host Adam Liaw brings Yellow's Nina Huynh and food and travel writer Yasmin Newman into The Cook Up kitchen to create their favourite summer salads.	AUSTRALIA	English-100	RPT	PG	Y	
2021-11-30	1130	Oliver's Twist	Wedding	Jamie prepares a meal to remember for a friend's wedding day. Recipes include antipasto platters, baked salmon, salsa verde, antipasto platters, and summer berries with mascarpone cream.	UNITED KINGDOM	English-100	RPT	G		

2021-11-30	1200	Mystery Diners	Big Earl's Gone Wild	Mystery Diners go undercover as a waitress and a flirty customer in hopes of scoring invitations to an after-hours bash after hearing rumours of late-night staff parties.	USA	English-100	RPT	PG		Y
2021-11-30	1230	Pati's Mexican Table	Sonora Family Favorites For Sami	Pati spends a day in her kitchen with her son, Sami, cooking some recipes inspired by her travels in Sonora, Mexico. She prepares beef chimis, rice lentils with crispy onions, and a sweet and savoury dessert.	USA	English-100	RPT	PG		Y
2021-11-30	1300	Food Safari	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	
2021-11-30	1330	Donal's Kitchen Hero	Barbeque	Donal prepares dishes to take on a barbeque, including spatchcock chicken, sticky barbeque spare ribs, red cabbage and carrot coleslaw, chorizo, rocket and red onion salad, and some mojitos.	IRELAND	English-100	RPT	G		
2021-11-30	1400	Struggle Meals	Food-Back-From-The-Dead	Stale bread, old bananas, canned food, dry foods - they often get a bad wrap, but it's not the end for them yet. Frankie shares his recipes for using these pantry staples to create delicious meals.	USA	English-100	RPT	PG		
2021-11-30	1430	Bonacini's Italy	Sardegna	Appreciating island culture, Michael Bonacini explores the enchanting region of Sardegna and its exceptional cuisine.	CANADA	English-100	RPT	G		
2021-11-30	1500	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to an Aussie rainforest to look for bunya nuts, and tasting fruit gelato.	AUSTRALIA	English-100	RPT	G	Y	
2021-11-30	1530	Oliver's Twist	Suppliers Surprise	As a regular customer at their stalls, Jamie decides to invite some Borough Market vendors to dinner, where the meals are made from their own wares. He cooks up a scrumptious Italian mixed roast.	UNITED KINGDOM	English-100	RPT	G		
2021-11-30	1600	Mystery Diners	F For Effort	A Mystery Diner goes undercover as a waiter and discovers several problem employees who are threatening patrons, drinking on the job and eating customers' food.	USA	English-100	RPT	PG		Y
2021-11-30	1630	Pati's Mexican Table	Legends Of The Sonoran Sea	Pati prepares a couple of recipes inspired by her experiences in Sonora, Mexico: shrimp tacos bravos and a seafood tostadas piled high and layered with salsa negra, and apple chiltipin salsa.	USA	English-100		PG		Y
2021-11-30	1700	Food Safari	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	
2021-11-30	1730	The Cook And The Chef	Soup And Rice	Maggie and Simon often start out with the same ingredient and end up in very different places. They're taking different approaches to cooking with rice.	AUSTRALIA	English-100	RPT	G		
2021-11-30	1800	The Cook And The Chef	Winter Menus	Maggie and Simon prepare some of their favourite winter recipes. It's all about comfort food, rich hearty dishes to warm you up on those chilly days.	AUSTRALIA	English-100	RPT	G		
2021-11-30	1830	Nigella Kitchen	I Did It My Way	Nigella is putting her very own stamp on some seriously fabulous and favourite recipes. First up, tiramisu, a luscious Italian dessert made even more incredible with hazelnut liqueur.	UNITED KINGDOM	English-100	RPT	G		
2021-11-30	1900	The Cook Up with Adam Liaw	Summer	Comedian Joel Creasey and Radio/TV presenter Myf Warhurst join host Adam Liaw in The Cook Up kitchen as they create their favourite summer dishes.	AUSTRALIA	English-100		PG	Y	
2021-11-30	1930	Donna Hay Everyday Fresh	Donna Hay Everyday Fresh Series 1 Ep 2	Donna prepares one of her favourite pan recipes, sticky miso chicken roasted on sesame pumpkin, followed by the most amazingly crunchy, cheesy super-green Reuben sandwich.	AUSTRALIA	English-100	RPT	G		
2021-11-30	2000	Anna's Occasions	Family Celebration	Celebrity chef Anna Olson creates three delicious desserts that are sure to impress: creamy lemon squares with cream cheese; a simple, moist Latin American tres leches cake; and a chocolate sheet cake for a crowd.	CANADA	English-100		PG		
2021-11-30	2030	John Torode's Korean Food Tour	Soups And Stews	John meets up with broadcaster and chef Matthew Chung who takes him to his favourite soup kitchen. Soups are eaten at every meal and a good soup is the mainstay of breakfast, lunch and dinner.	UNITED KINGDOM	English-100		PG		
2021-11-30	2125	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 7	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2021-11-30	2130	Luke Nguyen's Street Food Asia	Saigon, Vietnam - Part 2	Luke continues through the streets of Saigon in District 1 visiting his favourite Pho restaurant.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-11-30	2200	The Cook Up with Adam Liaw	Summer	Comedian Joel Creasey and Radio/TV presenter Myf Warhurst join host Adam Liaw in The Cook Up kitchen as they create their favourite summer dishes.	AUSTRALIA	English-100	RPT	PG	Y	

2021-11-30	2230	Counter Space	Elementary Needs	Sophia explores kids' access to food in Kenya and cooks a traditional Kenyan stew. We meet NY teachers bridging the hunger gap in the U.S. and pay homage to the humble lunch box.	USA	English-100	RPT	PG		Y
2021-11-30	2300	The Cook And The Chef	Soup And Rice	Maggie and Simon often start out with the same ingredient and end up in very different places. They're taking different approaches to cooking with rice.	AUSTRALIA	English-100	RPT	G		
2021-11-30	2330	The Cook And The Chef	Winter Menus	Maggie and Simon prepare some of their favourite winter recipes. It's all about comfort food, rich hearty dishes to warm you up on those chilly days.	AUSTRALIA	English-100	RPT	G		
2021-11-30	2400	Nigella Kitchen	I Did It My Way	Nigella is putting her very own stamp on some seriously fabulous and favourite recipes. First up, tiramisu, a luscious Italian dessert made even more incredible with hazelnut liqueur.	UNITED KINGDOM	English-100	RPT	G		
2021-11-30	2430	Pati's Mexican Table	Legends Of The Sonoran Sea	Pati prepares a couple of recipes inspired by her experiences in Sonora, Mexico: shrimp tacos bravos and a seafood tostadas piled high and layered with salsa negra, and apple chiltipin salsa.	USA	English-100	RPT	PG		Y
2021-11-30	2500	Donal's Kitchen Hero	Barbeque	Donal prepares dishes to take on a barbeque, including spatchcock chicken, sticky barbeque spare ribs, red cabbage and carrot coleslaw, chorizo, rocket and red onion salad, and some mojitos.	IRELAND	English-100	RPT	G		
2021-11-30	2530	Donna Hay Everyday Fresh	Donna Hay Everyday Fresh Series 1 Ep 2	Donna prepares one of her favourite pan recipes, sticky miso chicken roasted on sesame pumpkin, followed by the most amazingly crunchy, cheesy super-green Reuben sandwich.	AUSTRALIA	English-100	RPT	G		
2021-11-30	2600	Anna's Occasions	Family Celebration	Celebrity chef Anna Olson creates three delicious desserts that are sure to impress: creamy lemon squares with cream cheese; a simple, moist Latin American tres leches cake; and a chocolate sheet cake for a crowd.	CANADA	English-100	RPT	PG		
2021-11-30	2630	John Torode's Korean Food Tour	Soups And Stews	John meets up with broadcaster and chef Matthew Chung who takes him to his favourite soup kitchen. Soups are eaten at every meal and a good soup is the mainstay of breakfast, lunch and dinner.	UNITED KINGDOM	English-100	RPT	PG		
2021-11-30	2725	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 7	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2021-11-30	2730	Luke Nguyen's Street Food Asia	Saigon, Vietnam - Part 2	Luke continues through the streets of Saigon in District 1 visiting his favourite Pho restaurant.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-11-30	2800	Struggle Meals	Food-Back-From-The-Dead	Stale bread, old bananas, canned food, dry foods - they often get a bad wrap, but it's not the end for them yet. Frankie shares his recipes for using these pantry staples to create delicious meals.	USA	English-100	RPT	PG		
2021-11-30	2830	Bonacini's Italy	Sardegna	Appreciating island culture, Michael Bonacini explores the enchanting region of Sardegna and its exceptional cuisine.	CANADA	English-100	RPT	G		
2021-12-01	0500	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to an Aussie rainforest to look for bunya nuts, and tasting fruit gelato.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-01	0530	Oliver's Twist	Suppliers Surprise	As a regular customer at their stalls, Jamie decides to invite some Borough Market vendors to dinner, where the meals are made from their own wares. He cooks up a scrumptious Italian mixed roast.	UNITED KINGDOM	English-100	RPT	G		
2021-12-01	0600	Mystery Diners	F For Effort	A Mystery Diner goes undercover as a waiter and discovers several problem employees who are threatening patrons, drinking on the job and eating customers' food.	USA	English-100	RPT	PG		Y
2021-12-01	0630	Pati's Mexican Table	Legends Of The Sonoran Sea	Pati prepares a couple of recipes inspired by her experiences in Sonora, Mexico: shrimp tacos bravos and a seafood tostadas piled high and layered with salsa negra, and apple chiltipin salsa.	USA	English-100	RPT	PG		Y
2021-12-01	0700	Food Safari	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	
2021-12-01	0730	Nigella Kitchen	I Did It My Way	Nigella is putting her very own stamp on some seriously fabulous and favourite recipes. First up, tiramisu, a luscious Italian dessert made even more incredible with hazelnut liqueur.	UNITED KINGDOM	English-100	RPT	G		
2021-12-01	0800	Luke Nguyen's Street Food Asia	Saigon, Vietnam - Part 2	Luke continues through the streets of Saigon in District 1 visiting his favourite Pho restaurant.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-12-01	0830	Donna Hay Everyday Fresh	Donna Hay Everyday Fresh Series 1 Ep 2	Donna prepares one of her favourite pan recipes, sticky miso chicken roasted on sesame pumpkin, followed by the most amazingly crunchy, cheesy super-green Reuben sandwich.	AUSTRALIA	English-100	RPT	G		

2021-12-01	0900	Anna's Occasions	Family Celebration	Celebrity chef Anna Olson creates three delicious desserts that are sure to impress: creamy lemon squares with cream cheese; a simple, moist Latin American tres leches cake; and a chocolate sheet cake for a crowd.	CANADA	English-100	RPT	PG	
2021-12-01	0930	John Torode's Korean Food Tour	Soups And Stews	John meets up with broadcaster and chef Matthew Chung who takes him to his favourite soup kitchen. Soups are eaten at every meal and a good soup is the mainstay of breakfast, lunch and dinner.	UNITED KINGDOM	English-100	RPT	PG	
2021-12-01	1025	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 7	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-12-01	1030	Bonacini's Italy	Sardegna	Appreciating island culture, Michael Bonacini explores the enchanting region of Sardegna and its exceptional cuisine.	CANADA	English-100	RPT	G	
2021-12-01	1100	The Cook Up with Adam Liaw	Summer	Comedian Joel Creasey and Radio/TV presenter Myf Warhurst join host Adam Liaw in The Cook Up kitchen as they create their favourite summer dishes.	AUSTRALIA	English-100	RPT	PG	Y
2021-12-01	1130	Oliver's Twist	Suppliers Surprise	As a regular customer at their stalls, Jamie decides to invite some Borough Market vendors to dinner, where the meals are made from their own wares. He cooks up a scrumptious Italian mixed roast.	UNITED KINGDOM	English-100	RPT	G	
2021-12-01	1200	Mystery Diners	F For Effort	A Mystery Diner goes undercover as a waiter and discovers several problem employees who are threatening patrons, drinking on the job and eating customers' food.	USA	English-100	RPT	PG	Y
2021-12-01	1230	Pati's Mexican Table	Legends Of The Sonoran Sea	Pati prepares a couple of recipes inspired by her experiences in Sonora, Mexico: shrimp tacos bravos and a seafood tostadas piled high and layered with salsa negra, and apple chilitipin salsa.	USA	English-100	RPT	PG	Y
2021-12-01	1300	Food Safari	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
2021-12-01	1330	Donal's Kitchen Hero	Food For Romance	Donal cooks dinner for his girlfriend. He serves up a platter of baked shellfish, a chicken tagine with pomegranate, and a white chocolate and blueberry cheesecake.	IRELAND	English-100	RPT	G	
2021-12-01	1400	Struggle Meals	Wrap It Up	Frankie shares his method for preparing portable wraps at home for quick and easy lunches.	USA	English-100	RPT	PG	
2021-12-01	1430	Bonacini's Italy	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	
2021-12-01	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 1	Maeve gets an old family recipe from a famous Broome clan, the singing Pigram Brothers, and Joanna hangs out with chef Simmon Hawke, who cooks snails Italian style.	AUSTRALIA	English-100	RPT	G	Y
2021-12-01	1530	Oliver's Twist	Friends	There's a lot to catch-up on when Jamie's old classmates turn up for a school reunion. Jamie cooks up a wealth of tasty food in preparation, including fried zucchini flowers and fig canapes.	UNITED KINGDOM	English-100	RPT	G	
2021-12-01	1600	Mystery Diners	Managing Disaster	Mystery Diners go undercover as waitresses to see if the manager of Amaro Pizzeria and Vino Lounge in Arizona is hiring attractive waitresses over qualified ones.	USA	English-100	RPT	PG	Y
2021-12-01	1630	Pati's Mexican Table	Super Sonoran	Following a trip to the resort town of Puerto Penasco, Pati prepares three unique classic Sonoran recipes - each one a meal in itself: pescado zarandeado, a gallina pinta soup, and rice with clams.	USA	English-100		PG	Y
2021-12-01	1700	Food Safari	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
2021-12-01	1730	The Cook And The Chef	Oysters And Pastry	For Simon this week's show is all about pastry, while Maggie heads off on another food adventure, hunting for great oysters on SA's Eyre Peninsula.	AUSTRALIA	English-100	RPT	G	
2021-12-01	1800	The Cook And The Chef	Tasmanian Fresh	Maggie travels to Tasmania and samples some of the wonderful produce that the Apple Isle has to offer.	AUSTRALIA	English-100	RPT	G	
2021-12-01	1830	Nigella Kitchen	Devilishly Good	It's time for some seriously delicious eating and in Nigella's kitchen every mouthful is devilishly good. First up is her fabulous, fiery, red jumbo chilli sauce with tortilla chips.	UNITED KINGDOM	English-100	RPT	G	
2021-12-01	1900	The Cook Up with Adam Liaw	Party Plate	Cookbook author and wife of Jimmy Barnes, Jane Barnes, and MasterChef judge Jock Zonfrillo are in The Cook Up kitchen with host Adam Liaw to share their ultimate party plates.	AUSTRALIA	English-100		PG	Y

2021-12-01	1930	Restaurants On The Edge	Muskoka	During the harsh Canadian winter, restaurant owner Connie faces empty seats and harsh reviews, and needs a transformation that draws in year-round customers if she's going to be able to keep her place open.	CANADA	English-100		PG			Y
2021-12-01	2030	James Martin's American Adventure	Napa	Celebrity chef James Martin begins his American Adventure with a visit to the Napa Valley. James drops into one of the best food and drink markets in California before cooking delicious local produce.	UNITED KINGDOM	English-100		PG			
2021-12-01	2130	Luke Nguyen's Street Food Asia	Bangkok, Thailand - Part 1	Bangkok is filled with different street food vendors on every corner. Luke stumbles across hidden stalls and learns how to cook Thai Coconut Pudding.	AUSTRALIA	English-100	RPT	G	Y		Y
2021-12-01	2200	The Cook Up with Adam Liaw	Party Plate	Cookbook author and wife of Jimmy Barnes, Jane Barnes, and MasterChef judge Jock Zonfrillo are in The Cook Up kitchen with host Adam Liaw to share their ultimate party plates.	AUSTRALIA	English-100	RPT	PG	Y		
2021-12-01	2230	Counter Space	Feeding On Isolation	Counter Space explores the role that isolation has had on eating disorders this year. Sophia and friend Jessie Kahnweiler cook remotely and forge connection during lockdown.	USA	English-100	RPT	PG			
2021-12-01	2300	The Cook And The Chef	Oysters And Pastry	For Simon this week's show is all about pastry, while Maggie heads off on another food adventure, hunting for great oysters on SA's Eyre Peninsula.	AUSTRALIA	English-100	RPT	G			
2021-12-01	2330	The Cook And The Chef	Tasmanian Fresh	Maggie travels to Tasmania and samples some of the wonderful produce that the Apple Isle has to offer.	AUSTRALIA	English-100	RPT	G			
2021-12-01	2400	Nigella Kitchen	Devilishly Good	It's time for some seriously delicious eating and in Nigella's kitchen every mouthful is devilishly good. First up is her fabulous, fiery, red jumbo chilli sauce with tortilla chips.	UNITED KINGDOM	English-100	RPT	G			
2021-12-01	2430	Pati's Mexican Table	Super Sonoran	Following a trip to the resort town of Puerto Penasco, Pati prepares three unique classic Sonoran recipes - each one a meal in itself: pescado zarandeado, a gallina pinta soup, and rice with clams.	USA	English-100	RPT	PG			Y
2021-12-01	2500	Donal's Kitchen Hero	Food For Romance	Donal cooks dinner for his girlfriend. He serves up a platter of baked shellfish, a chicken tagine with pomegranate, and a white chocolate and blueberry cheesecake.	IRELAND	English-100	RPT	G			
2021-12-01	2530	Restaurants On The Edge	Muskoka	During the harsh Canadian winter, restaurant owner Connie faces empty seats and harsh reviews, and needs a transformation that draws in year-round customers if she's going to be able to keep her place open.	CANADA	English-100	RPT	PG			Y
2021-12-01	2630	James Martin's American Adventure	Napa	Celebrity chef James Martin begins his American Adventure with a visit to the Napa Valley. James drops into one of the best food and drink markets in California before cooking delicious local produce.	UNITED KINGDOM	English-100	RPT	PG			
2021-12-01	2730	Luke Nguyen's Street Food Asia	Bangkok, Thailand - Part 1	Bangkok is filled with different street food vendors on every corner. Luke stumbles across hidden stalls and learns how to cook Thai Coconut Pudding.	AUSTRALIA	English-100	RPT	G	Y		Y
2021-12-01	2800	Struggle Meals	Wrap It Up	Frankie shares his method for preparing portable wraps at home for quick and easy lunches.	USA	English-100	RPT	PG			
2021-12-01	2830	Bonacini's Italy	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			
2021-12-02	0500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 1	Maeve gets an old family recipe from a famous Broome clan, the singing Pigram Brothers, and Joanna hangs out with chef Simmon Hawke, who cooks snails Italian style.	AUSTRALIA	English-100	RPT	G	Y		
2021-12-02	0530	Oliver's Twist	Friends	There's a lot to catch-up on when Jamie's old classmates turn up for a school reunion. Jamie cooks up a wealth of tasty food in preparation, including fried zucchini flowers and fig canapes.	UNITED KINGDOM	English-100	RPT	G			
2021-12-02	0600	Mystery Diners	Managing Disaster	Mystery Diners go undercover as waitresses to see if the manager of Amaro Pizzeria and Vino Lounge in Arizona is hiring attractive waitresses over qualified ones.	USA	English-100	RPT	PG			Y
2021-12-02	0630	Pati's Mexican Table	Super Sonoran	Following a trip to the resort town of Puerto Penasco, Pati prepares three unique classic Sonoran recipes - each one a meal in itself: pescado zarandeado, a gallina pinta soup, and rice with clams.	USA	English-100	RPT	PG			Y
2021-12-02	0700	Food Safari	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		
2021-12-02	0730	Nigella Kitchen	Devilishly Good	It's time for some seriously delicious eating and in Nigella's kitchen every mouthful is devilishly good. First up is her fabulous, fiery, red jumbo chilli sauce with tortilla chips.	UNITED KINGDOM	English-100	RPT	G			
2021-12-02	0800	Luke Nguyen's Street Food Asia	Bangkok, Thailand - Part 1	Bangkok is filled with different street food vendors on every corner. Luke stumbles across hidden stalls and learns how to cook Thai Coconut Pudding.	AUSTRALIA	English-100	RPT	G	Y		Y

2021-12-02	0830	Restaurants On The Edge	Muskoka	During the harsh Canadian winter, restaurant owner Connie faces empty seats and harsh reviews, and needs a transformation that draws in year-round customers if she's going to be able to keep her place open.	CANADA	English-100	RPT	PG		Y
2021-12-02	0930	James Martin's American Adventure	Napa	Celebrity chef James Martin begins his American Adventure with a visit to the Napa Valley. James drops into one of the best food and drink markets in California before cooking delicious local produce.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-02	1030	Bonacini's Italy	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		
2021-12-02	1100	The Cook Up with Adam Liaw	Party Plate	Cookbook author and wife of Jimmy Barnes, Jane Barnes, and MasterChef judge Jock Zonfrillo are in The Cook Up kitchen with host Adam Liaw to share their ultimate party plates.	AUSTRALIA	English-100	RPT	PG		Y
2021-12-02	1130	Oliver's Twist	Friends	There's a lot to catch-up on when Jamie's old classmates turn up for a school reunion. Jamie cooks up a wealth of tasty food in preparation, including fried zucchini flowers and fig canapes.	UNITED KINGDOM	English-100	RPT	G		
2021-12-02	1200	Mystery Diners	Managing Disaster	Mystery Diners go undercover as waitresses to see if the manager of Amaro Pizzeria and Vino Lounge in Arizona is hiring attractive waitresses over qualified ones.	USA	English-100	RPT	PG		Y
2021-12-02	1230	Pati's Mexican Table	Super Sonoran	Following a trip to the resort town of Puerto Penasco, Pati prepares three unique classic Sonoran recipes - each one a meal in itself: pescado zarandeado, a gallina pinta soup, and rice with clams.	USA	English-100	RPT	PG		Y
2021-12-02	1300	Food Safari	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
2021-12-02	1330	Donal's Kitchen Hero	Gone Fishin'	A mackerel fishing trip inspires Donal to cook mussels, fish and chips, and mackerel with chilli and garlic, which he cooks on the boat.	IRELAND	English-100	RPT	G		
2021-12-02	1400	Struggle Meals	Bacon My Heart	Versatility is important, and these three items - bacon, eggs, and a whole chicken - will feed you a plethora of delicious and affordable meals.	USA	English-100	RPT	PG		
2021-12-02	1430	Let's Brunch	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		
2021-12-02	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 2	Joanna goes on a fishing trip with the sea cucumber divers of the far north, and Maeve meets the most passionate eggplant grower ever in Carnarvon, Western Australia.	AUSTRALIA	English-100	RPT	G		Y
2021-12-02	1530	Oliver's Twist	World Cup	After preparing a hearty breakfast of yoghurt, a chilli scrambled egg wrap and Bloody Mary, Jamie and his friends gather around the TV to cheer on England at the 2002 World Cup.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-02	1600	Mystery Diners	Grumpy Tom	Chef 'Grumpy Tom' has a knack for disrespecting everyone in his restaurant, including the new owner. Jessica goes undercover to prove just how grumpy Tom is and how his attitude affects business.	USA	English-100	RPT	PG		Y
2021-12-02	1630	Pati's Mexican Table	Cooking For My Crew In Sonora	As they travel through Mexico's vast state of Sonora, Pati gets inspired and decides to cook a meal for her production crew. Pati prepares caldo de queso, grilled asparagus, and chicken covered in pecan sauce.	USA	English-100		PG		Y
2021-12-02	1700	Food Safari	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
2021-12-02	1730	The Cook And The Chef	Desserts And Tagines	From a Dutch oven to a casserole dish many cultures boast a pot for slow cooking and for the Moroccans it's the cone shaped Tagine. This week Maggie and Simon celebrate the spirit of the Tagine.	AUSTRALIA	English-100	RPT	G		
2021-12-02	1800	The Cook And The Chef	Baking	The classic meat pie gets a glorious make-over after Simon visits a city pie-cart. Back in the kitchen, Maggie surprises him by recalling her three AM trip to the pie-cart, in her younger days.	AUSTRALIA	English-100	RPT	G		
2021-12-02	1830	Nigella Kitchen	Safety In Numbers	It is Christmas, and Nigella is having a fabulous easy drinks party. On the menu there are meltingly tender turkey meatballs in tomato sauce and a must-have party recipe.	UNITED KINGDOM	English-100	RPT	G		
2021-12-02	1900	The Cook Up with Adam Liaw	Mango	Host Adam Liaw is joined by Universal/Paramount's Christine Manfield and Longrain's Martin Boetz in The Cook Up kitchen to create their favourite mango dishes.	AUSTRALIA	English-100		PG		Y
2021-12-02	1930	Barefoot Contessa: Back To Basics	French To Make At Home	Ina Garten has all the tricks for cooking French at home, with secrets to a showstopping summer filet of beef with bearnaise mayonnaise and an endive, orange and roquefort salad.	USA	English-100		PG		

2021-12-02	2000	Food Safari Water	From The Water	Maeve O'Meara journeys into the Top End of Australia to seek out wild barramundi with local fisherman Billy Boustead and his chef friend, legendary Darwin and Alice Springs restaurateur Jimmy Shu.	AUSTRALIA	English-100	RPT	PG	Y	
2021-12-02	2030	Girls Guide:Hunting Fishing Wild Cooking	A Girls Guide to Hunting Fishing Wild Cooking S1 Ep 3	Analiase embarks on new adventures, raising two piglets for meat with her neighbour, confronting her fear of bees for a wild honey harvest, and goes on a solo fly-fishing trip for wild trout.	AUSTRALIA	English-100		PG		
2021-12-02	2100	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 5	Deeper into South West France, Rick joins a local fisherman in search of pike and zander on the River Tarn at Moissac, and cooks Pike in Pinot Noir, a popular duck confit with braised red cabbage.	UNITED KINGDOM	English-100	RPT	G		
2021-12-02	2130	Luke Nguyen's Street Food Asia	Bangkok, Thailand - Part 2	Luke continues his journey through the backstreets of Bangkok uncovering secret street food eats in a local neighbourhood searching for the best Tom Yum soup.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-12-02	2200	The Cook Up with Adam Liaw	Mango	Host Adam Liaw is joined by Universal/Paramount's Christine Manfield and Longrain's Martin Boetz in The Cook Up kitchen to create their favourite mango dishes.	AUSTRALIA	English-100	RPT	PG	Y	
2021-12-02	2230	Plat Du Tour	Ep1	Guillaume Brahimi is cooking dishes inspired by the North side of France. From the rocky shores of Brittany, to the rolling hills of Burgundy, there is a long list of delicious produce to cook with.	AUSTRALIA	English-100	RPT	PG		
2021-12-02	2300	The Cook And The Chef	Desserts And Tagines	From a Dutch oven to a casserole dish many cultures boast a pot for slow cooking and for the Moroccans it's the cone shaped Tagine. This week Maggie and Simon celebrate the spirit of the Tagine.	AUSTRALIA	English-100	RPT	G		
2021-12-02	2330	The Cook And The Chef	Baking	The classic meat pie gets a glorious make-over after Simon visits a city pie-cart. Back in the kitchen, Maggie surprises him by recalling her three AM trip to the pie-cart, in her younger days.	AUSTRALIA	English-100	RPT	G		
2021-12-02	2400	Nigella Kitchen	Safety In Numbers	It is Christmas, and Nigella is having a fabulous easy drinks party. On the menu there are meltingly tender turkey meatballs in tomato sauce and a must-have party recipe.	UNITED KINGDOM	English-100	RPT	G		
2021-12-02	2430	Pati's Mexican Table	Cooking For My Crew In Sonora	As they travel through Mexico's vast state of Sonora, Pati gets inspired and decides to cook a meal for her production crew. Pati prepares caldo de queso, grilled asparagus, and chicken covered in pecan sauce.	USA	English-100	RPT	PG		Y
2021-12-02	2500	Donal's Kitchen Hero	Gone Fishin'	A mackerel fishing trip inspires Donal to cook mussels, fish and chips, and mackerel with chilli and garlic, which he cooks on the boat.	IRELAND	English-100	RPT	G		
2021-12-02	2530	Barefoot Contessa: Back To Basics	French To Make At Home	Ina Garten has all the tricks for cooking French at home, with secrets to a showstopping summer filet of beef with bearnaise mayonnaise and an endive, orange and roquefort salad.	USA	English-100	RPT	PG		
2021-12-02	2600	Food Safari Water	From The Water	Maeve O'Meara journeys into the Top End of Australia to seek out wild barramundi with local fisherman Billy Boustead and his chef friend, legendary Darwin and Alice Springs restaurateur Jimmy Shu.	AUSTRALIA	English-100	RPT	PG	Y	
2021-12-02	2630	Girls Guide:Hunting Fishing Wild Cooking	A Girls Guide to Hunting Fishing Wild Cooking S1 Ep 3	Analiase embarks on new adventures, raising two piglets for meat with her neighbour, confronting her fear of bees for a wild honey harvest, and goes on a solo fly-fishing trip for wild trout.	AUSTRALIA	English-100	RPT	PG		
2021-12-02	2700	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 5	Deeper into South West France, Rick joins a local fisherman in search of pike and zander on the River Tarn at Moissac, and cooks pike in Pinot Noir, a popular duck confit with braised red cabbage.	UNITED KINGDOM	English-100	RPT	G		
2021-12-02	2730	Luke Nguyen's Street Food Asia	Bangkok, Thailand - Part 2	Luke continues his journey through the backstreets of Bangkok uncovering secret street food eats in a local neighbourhood searching for the best Tom Yum soup.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-12-02	2800	Struggle Meals	Bacon My Heart	Versatility is important, and these three items - bacon, eggs, and a whole chicken - will feed you a plethora of delicious and affordable meals.	USA	English-100	RPT	PG		
2021-12-02	2830	Let's Brunch	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		
2021-12-03	0500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 2	Joanna goes on a fishing trip with the sea cucumber divers of the far north, and Maeve meets the most passionate eggplant grower ever in Carnarvon, Western Australia.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-03	0530	Oliver's Twist	World Cup	After preparing a hearty breakfast of yoghurt, a chilli scrambled egg wrap and Bloody Mary, Jamie and his friends gather around the TV to cheer on England at the 2002 World Cup.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-03	0600	Mystery Diners	Grumpy Tom	Chef 'Grumpy Tom' has a knack for disrespecting everyone in his restaurant, including the new owner. Jessica goes undercover to prove just how grumpy Tom is and how his attitude affects business.	USA	English-100	RPT	PG		Y

2021-12-03	0630	Pati's Mexican Table	Cooking For My Crew In Sonora	As they travel through Mexico's vast state of Sonora, Pati gets inspired and decides to cook a meal for her production crew. Pati prepares caldo de queso, grilled asparagus, and chicken covered in pecan sauce.	USA	English-100	RPT	PG			Y
2021-12-03	0700	Food Safari	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	
2021-12-03	0730	Nigella Kitchen	Safety In Numbers	It is Christmas, and Nigella is having a fabulous easy drinks party. On the menu there are meltingly tender turkey meatballs in tomato sauce and a must-have party recipe.	UNITED KINGDOM	English-100	RPT	G			
2021-12-03	0800	Luke Nguyen's Street Food Asia	Bangkok, Thailand - Part 2	Luke continues his journey through the backstreets of Bangkok uncovering secret street food eats in a local neighbourhood searching for the best Tom Yum soup.	AUSTRALIA	English-100	RPT	G		Y	Y
2021-12-03	0830	Barefoot Contessa: Back To Basics	French To Make At Home	Ina Garten has all the tricks for cooking French at home, with secrets to a showstopping summer filet of beef with bearnaise mayonnaise and an endive, orange and roquefort salad.	USA	English-100	RPT	PG			
2021-12-03	0900	Food Safari Water	From The Water	Maeve O'Meara journeys into the Top End of Australia to seek out wild barramundi with local fisherman Billy Boustead and his chef friend, legendary Darwin and Alice Springs restaurateur Jimmy Shu.	AUSTRALIA	English-100	RPT	PG		Y	
2021-12-03	0930	Girls Guide:Hunting Fishing Wild Cooking	A Girls Guide to Hunting Fishing Wild Cooking S1 Ep 3	Analise embarks on new adventures, raising two piglets for meat with her neighbour, confronting her fear of bees for a wild honey harvest, and goes on a solo fly-fishing trip for wild trout.	AUSTRALIA	English-100	RPT	PG			
2021-12-03	1000	Rick Stein's French Odyssey	Rick Stein's French Odyssey Series 1 Ep 5	Deeper into South West France, Rick joins a local fisherman in search of pike and zander on the River Tarn at Moissac, and cooks pike in Pinot Noir, a popular duck confit with braised red cabbage.	UNITED KINGDOM	English-100	RPT	G			
2021-12-03	1030	Let's Brunch	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			
2021-12-03	1100	The Cook Up with Adam Liaw	Mango	Host Adam Liaw is joined by Universal/Paramount's Christine Manfield and Longrain's Martin Boetz in The Cook Up kitchen to create their favourite mango dishes.	AUSTRALIA	English-100	RPT	PG		Y	
2021-12-03	1130	Oliver's Twist	World Cup	After preparing a hearty breakfast of yoghurt, a chilli scrambled egg wrap and Bloody Mary, Jamie and his friends gather around the TV to cheer on England at the 2002 World Cup.	UNITED KINGDOM	English-100	RPT	PG			
2021-12-03	1200	Mystery Diners	Grumpy Tom	Chef 'Grumpy Tom' has a knack for disrespecting everyone in his restaurant, including the new owner. Jessica goes undercover to prove just how grumpy Tom is and how his attitude affects business.	USA	English-100	RPT	PG			Y
2021-12-03	1230	Pati's Mexican Table	Cooking For My Crew In Sonora	As they travel through Mexico's vast state of Sonora, Pati gets inspired and decides to cook a meal for her production crew. Pati prepares caldo de queso, grilled asparagus, and chicken covered in pecan sauce.	USA	English-100	RPT	PG			Y
2021-12-03	1300	Food Safari	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	
2021-12-03	1330	Donal's Kitchen Hero	Birthday Party	Donal's hosting a birthday party and decides to go for food that's easily eaten standing up, rather than a formal dinner party. The menu includes Swedish meatballs, and shredded duck salad.	IRELAND	English-100	RPT	G			
2021-12-03	1400	Struggle Meals	Instant Gratification	Carbs are loved the world over! Endlessly versatile, cheap, and super filling - Frankie shares his tricks for pasta, pizza dough, and delicious, easy ramen.	USA	English-100	RPT	PG			
2021-12-03	1430	Let's Brunch	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			
2021-12-03	1500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 3	Maeve stops at a Greek taverna at the edge of the desert for bouzouki and souvlaki among the opal mines, and Joanna joins a group of lotus eaters (literally) in far north NSW.	AUSTRALIA	English-100	RPT	G		Y	
2021-12-03	1530	Oliver's Twist	Halloween	In preparation for a night of trick-or-treating with his friends' children, Jamie makes some party food to keep the autumn chill at bay.	UNITED KINGDOM	English-100	RPT	PG			
2021-12-03	1600	Mystery Diners	Undercover Brother	The owner of a Las Vegas bistro fears his restaurant manager may not be doing the greatest job in his role. The hardest part: the manager is his brother.	USA	English-100	RPT	PG			Y
2021-12-03	1630	Pati's Mexican Table	Sabores Nortenos	Pati is inspired by Sonora, Mexico's 'northern flavours'. In her kitchen, she makes pork chops and corn, chile and cheese tamales. In Sonora, she visits a hacienda and tries tamales and enchiladas.	USA	English-100		PG			Y

2021-12-03	1700	Food Safari	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	
2021-12-03	1730	The Cook And The Chef	Quails And Momos	Maggie and Simon demonstrate how a little bird like quail can pack a big punch. Simon's chilli quail is a crispy explosion of flavours, and Maggie uses quince paste.	AUSTRALIA	English-100	RPT	G		
2021-12-03	1800	Nigella Bites Christmas Special	Nigella Bites Christmas Special	Nigella Lawson prepares her favourite recipes for the festive period, and reveals a few of her own culinary secrets to ensure a delicious Christmas feast with minimum fuss.	UNITED KINGDOM	English-100	RPT	G	Y	
2021-12-03	1900	The Cook Up with Adam Liaw	Desert Island Dish	If you were stuck on a desert island, what is the one thing you would constantly crave to eat? Well, The Cook Up host Adam Liaw, singer Christine Anu and actor Remy Hii create just that!	AUSTRALIA	English-100		PG	Y	
2021-12-03	1930	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 2	With Hugh back in the UK, Paul finds himself alone at River Cottage. He sets about getting his winter vegetable crop fed, using an organic fertiliser recipe using the farm's unwanted products.	UNITED KINGDOM	English-100	RPT	PG	Y	
2021-12-03	2030	Jamie's Great Britain	Yorkshire	Jamie travels to Yorkshire where he uncovers the impact the Industrial Revolution had here on everything from the people on the streets to the food on plates.	UNITED KINGDOM	English-100	RPT	G	Y	
2021-12-03	2125	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 8	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-03	2130	Luke Nguyen's Street Food Asia	Kuala Lumpur, Malaysia - Part 1	Luke meets his friend Tana in Brickfiels, filled with a variety of different Indian dishes.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-12-03	2200	The Cook Up with Adam Liaw	Desert Island Dish	If you were stuck on a desert island, what is the one thing you would constantly crave to eat? Well, The Cook Up host Adam Liaw, singer Christine Anu and actor Remy Hii create just that!	AUSTRALIA	English-100	RPT	PG	Y	
2021-12-03	2230	Plat Du Tour	Ep2	Guillaume Brahimi explores cuisine from the southern side of France where there are so many heart warming delights to taste.	AUSTRALIA	English-100	RPT	G		
2021-12-03	2300	The Cook And The Chef	Quails And Momos	Maggie and Simon demonstrate how a little bird like quail can pack a big punch. Simon's chilli quail is a crispy explosion of flavours, and Maggie uses quince paste.	AUSTRALIA	English-100	RPT	G		
2021-12-03	2330	The Cook And The Chef	Truffles	With a truffle from WA, Simon and Maggie Beer use a sophisticated ingredient in the simplest of ways - on scrambled eggs, pasta, boiled potatoes and, amazingly, on salt and vinegar chips.	AUSTRALIA	English-100	RPT	G		
2021-12-03	2400	Nigella Bites Christmas Special	Nigella Bites Christmas Special	Nigella Lawson prepares her favourite recipes for the festive period, and reveals a few of her own culinary secrets to ensure a delicious Christmas feast with minimum fuss.	UNITED KINGDOM	English-100	RPT	G	Y	
2021-12-03	2500	Donal's Kitchen Hero	Birthday Party	Donal's hosting a birthday party and decides to go for food that's easily eaten standing up, rather than a formal dinner party. The menu includes Swedish meatballs, and shredded duck salad.	IRELAND	English-100	RPT	G		
2021-12-03	2530	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 2	With Hugh back in the UK, Paul finds himself alone at River Cottage. He sets about getting his winter vegetable crop fed, using an organic fertiliser recipe using the farm's unwanted products.	UNITED KINGDOM	English-100	RPT	PG	Y	
2021-12-03	2630	Jamie's Great Britain	Yorkshire	Jamie travels to Yorkshire where he uncovers the impact the Industrial Revolution had here on everything from the people on the streets to the food on plates.	UNITED KINGDOM	English-100	RPT	G	Y	
2021-12-03	2725	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 8	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-03	2730	Luke Nguyen's Street Food Asia	Kuala Lumpur, Malaysia - Part 1	Luke meets his friend Tana in Brickfiels, filled with a variety of different Indian dishes.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-12-03	2800	Struggle Meals	Instant Gratification	Carbs are loved the world over! Endlessly versatile, cheap, and super filling - Frankie shares his tricks for pasta, pizza dough, and delicious, easy ramen.	USA	English-100	RPT	PG		
2021-12-03	2830	Let's Brunch	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		
2021-12-04	0500	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 3	Maeve stops at a Greek taverna at the edge of the desert for bouzouki and souvlaki among the opal mines, and Joanna joins a group of lotus eaters (literally) in far north NSW.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-04	0530	Oliver's Twist	Halloween	In preparation for a night of trick-or-treating with his friends' children, Jamie makes some party food to keep the autumn chill at bay.	UNITED KINGDOM	English-100	RPT	PG		

2021-12-04	0600	Mystery Diners	Undercover Brother	The owner of a Las Vegas bistro fears his restaurant manager may not be doing the greatest job in his role. The hardest part: the manager is his brother.	USA	English-100	RPT	PG		Y
2021-12-04	0630	Pati's Mexican Table	Sabores Nortenos	Pati is inspired by Sonora, Mexico's 'northern flavours'. In her kitchen, she makes pork chops and corn, chile and cheese tamales. In Sonora, she visits a hacienda and tries tamales and enchiladas.	USA	English-100	RPT	PG		Y
2021-12-04	0700	Food Safari	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	
2021-12-04	0730	Nigella Bites Christmas Special	Nigella Bites Christmas Special	Nigella Lawson prepares her favourite recipes for the festive period, and reveals a few of her own culinary secrets to ensure a delicious Christmas feast with minimum fuss.	UNITED KINGDOM	English-100	RPT	G	Y	
2021-12-04	0830	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 2	With Hugh back in the UK, Paul finds himself alone at River Cottage. He sets about getting his winter vegetable crop fed, using an organic fertiliser recipe using the farm's unwanted products.	UNITED KINGDOM	English-100	RPT	PG	Y	
2021-12-04	0930	Jamie's Great Britain	Yorkshire	Jamie travels to Yorkshire where he uncovers the impact the Industrial Revolution had here on everything from the people on the streets to the food on plates.	UNITED KINGDOM	English-100	RPT	G		Y
2021-12-04	1025	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 8	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-04	1030	Let's Brunch	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		
2021-12-04	1100	The Cook Up with Adam Liaw	Desert Island Dish	If you were stuck on a desert island, what is the one thing you would constantly crave to eat? Well, The Cook Up host Adam Liaw, singer Christine Anu and actor Remy Hii create just that!	AUSTRALIA	English-100	RPT	PG	Y	
2021-12-04	1130	Oliver's Twist	Halloween	In preparation for a night of trick-or-treating with his friends' children, Jamie makes some party food to keep the autumn chill at bay.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-04	1200	Mystery Diners	Undercover Brother	The owner of a Las Vegas bistro fears his restaurant manager may not be doing the greatest job in his role. The hardest part: the manager is his brother.	USA	English-100	RPT	PG		Y
2021-12-04	1230	Pati's Mexican Table	Sabores Nortenos	Pati is inspired by Sonora, Mexico's 'northern flavours'. In her kitchen, she makes pork chops and corn, chile and cheese tamales. In Sonora, she visits a hacienda and tries tamales and enchiladas.	USA	English-100	RPT	PG		Y
2021-12-04	1300	Food Safari	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	
2021-12-04	1330	Luke Nguyen's Street Food Asia	Kuala Lumpur, Malaysia - Part 1	Luke meets his friend Tana in Brickfiels, filled with a variety of different Indian dishes.	AUSTRALIA	English-100	RPT	G	Y	Y
2021-12-04	1400	Oliver's Twist	Christmas	Jamie treats his staff to a tasty Christmas dinner, with a delicious vegetable pie and ice cream for dessert.	UNITED KINGDOM	English-100	RPT	G		
2021-12-04	1430	Amy Schumer Learns To Cook	Not Frozen And Kids' Menu	Chris decides to teach Amy how to make some of her favourite frozen foods from scratch. While Amy gets things going with a pina colada, Chris shows Amy how to make crowd-pleasing pigs in a blanket.	USA	English-100	RPT	PG		Y
2021-12-04	1525	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 7	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-04	1530	Hairy Bikers' Mississippi Adventure	Country	Si and Dave take the country roads to Nashville, for some home-style food and country music. They cook biscuits and gravy, and visit the Grand Ole Opry stage.	UNITED KINGDOM	English-100	RPT	G		
2021-12-04	1625	Poh & Co. Bitesize	Celebration	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-04	1630	Delia's How To Cook	Meat	From the truly traditional to the exciting and exotic, Delia presents a mouth-watering selection of meat dishes for committed carnivores.	UNITED KINGDOM	English-100	RPT	G		
2021-12-04	1700	Tropical Gourmet: New Caledonia	Kanak Traditions	Justine goes exploring to find some exotic local ingredients like inyam, taro, and river prawns. The prawns are simply pan fried with shallots and butter while the inyam goes into a rich octopus stew.	AUSTRALIA	English-100	RPT	PG		
2021-12-04	1730	Tropical Gourmet: New Caledonia	Cattle Country	Justine shares a simple yet flavour filled way to cook local prawns, and serves a seriously luxurious venison and foie gras burger.	AUSTRALIA	English-100	RPT	G		

2021-12-04	1800	Cheese Slices	India: Indian Paneer And The Chenna Sweets Of West Bengal	Will travels to the old city of Kolkata during the Holi festival to learn about the origins of Paneer and Chennai.	AUSTRALIA	English-100		G		
2021-12-04	1830	Scandinavia	Scandinavia Series 1 Ep 1	Hugh Fearnley-Whittingstall travels to the three 'happiest' countries in the world - Denmark, Norway and Sweden - to look at their society, architecture, education, environment and food.	UNITED KINGDOM	English-100				
2021-12-04	1930	Donal's Meals In Minutes	Vegetarian Meals	Donal shows how to widen your meat-free cooking repertoire and that going meat-free doesn't mean flavour-free. From Indian inspired Dahls to speedy salads that can be put together in no time.	IRELAND	English-100		PG		
2021-12-04	2000	Donal's Meals In Minutes	Donal's Favourite Meals	Donal has been cooking for over 15 years now and still gets excited about going into the kitchen. This episode is a homage to some of the favourite meals that he has cooked over the years.	IRELAND	English-100		PG		
2021-12-04	2030	Gino's Italian Coastal Escape	Amalfi	Gino kicks his Italian escape off on the famous Amalfi coast where he prepares a classic Caprese salad and ricotta dumplings called dunderi.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-04	2100	Gino's Italian Coastal Escape	Sorrento And Capri	Continuing his culinary odyssey along the Mediterranean coast, Gino sails to beautiful Capri to sample la dolce vita. While there, he also unearths the origins of Italy's most famous digestivo.	UNITED KINGDOM	English-100	RPT	G		
2021-12-04	2130	Anthony Bourdain: Parts Unknown	Manila	Tony returns to the Philippines by way of Manila, its crowded capital city. Home to 12 to 15 million inhabitants, Manila is hot, tropical, smoggy, fascinating, and chaotic in the lead up to Christmas.	USA	English-100		PG		
2021-12-04	2225	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 5	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	
2021-12-04	2230	Anthony Bourdain: Parts Unknown	Cologne	Tony travels to Cologne to talk about beer, music, art, and the issue currently on every German's mind - immigration.	USA	English-100		PG		Y
2021-12-04	2325	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 6	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	Y
2021-12-04	2330	The Global Farm	Croatia	Courtney travels to Croatia and meets with a professional truffle hunter in Istria, visits an award-winning producer of Terra Rossa olive oil, and learns about hemp production in Virovitica.	BULGARIA	Bulgarian-12.5; Croatian-12.5; English-12.5; French-12.5;		PG		
2021-12-04	2400	Cheese Slices	India: Indian Paneer And The Chenna Sweets Of West Bengal	Will travels to the old city of Kolkata during the Holi festival to learn about the origins of Paneer and Chennai.	AUSTRALIA	English-100	RPT	G		
2021-12-04	2430	Scandinavia	Scandinavia Series 1 Ep 1	Hugh Fearnley-Whittingstall travels to the three 'happiest' countries in the world - Denmark, Norway and Sweden - to look at their society, architecture, education, environment and food.	UNITED KINGDOM	English-100	RPT			
2021-12-04	2530	Donal's Meals In Minutes	Vegetarian Meals	Donal shows how to widen your meat-free cooking repertoire and that going meat-free doesn't mean flavour-free. From Indian inspired Dahls to speedy salads that can be put together in no time.	IRELAND	English-100	RPT	PG		
2021-12-04	2600	Donal's Meals In Minutes	Donal's Favourite Meals	Donal has been cooking for over 15 years now and still gets excited about going into the kitchen. This episode is a homage to some of the favourite meals that he has cooked over the years.	IRELAND	English-100	RPT	PG		
2021-12-04	2630	Gino's Italian Coastal Escape	Amalfi	Gino kicks his Italian escape off on the famous Amalfi coast where he prepares a classic Caprese salad and ricotta dumplings called dunderi.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-04	2700	Gino's Italian Coastal Escape	Sorrento And Capri	Continuing his culinary odyssey along the Mediterranean coast, Gino sails to beautiful Capri to sample la dolce vita. While there, he also unearths the origins of Italy's most famous digestivo.	UNITED KINGDOM	English-100	RPT	G		
2021-12-04	2730	Anthony Bourdain: Parts Unknown	Manila	Tony returns to the Philippines by way of Manila, its crowded capital city. Home to 12 to 15 million inhabitants, Manila is hot, tropical, smoggy, fascinating, and chaotic in the lead up to Christmas.	USA	English-100	RPT	PG		
2021-12-04	2825	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 5	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	
2021-12-04	2830	Tropical Gourmet: New Caledonia	Kanak Traditions	Justine goes exploring to find some exotic local ingredients like inyam, taro, and river prawns. The prawns are simply pan fried with shallots and butter while the inyam goes into a rich octopus stew.	AUSTRALIA	English-100	RPT	PG		