



**WEEK 1** Sunday, 29 December 2024 Saturday, 4 January 2025

**ALL MARKETS**

| Date       | Start Time | Title                                    | Episode Title                           | Digital Egg Synopsis  | Country of Origin | Language    | Repeat | Classification | Consumer Advice | Closed Captions | Subtitles |
|------------|------------|--|---|---|-------------------|-------------|--------|----------------|-----------------|-----------------|-----------|
| 2024-12-29 | 0500       | Tales From River Cottage                 | Land And Livestock                      | Having made his decision to stay in Dorset and continue the rural life, Hugh considers the big question facing the committed smallholder - how far are you prepared to go? You don't need much space for chickens, or even for pigs, but once you've got a couple of acres, all kinds of possibilities open up. | UNITED KINGDOM    | English-100 | RPT    | PG             | a               |                 |           |
| 2024-12-29 | 0530       | River Cottage: Three Go Mad              | Actors, The                             | Hugh Fearnley-Whittingstall opens the doors of River Cottage to Philip Glenister, Keeley Hawes, and Felicity Kendal, who are famous for acting but not cooking!   | UNITED KINGDOM    | English-100 | RPT    | PG             | a l w           |                 |           |
| 2024-12-29 | 0630       | Rick Stein's Spain                       | Rick Stein's Spain Series 1 Ep 4        | Rick heads for the little-known region of Extramadura - it's famous for pimenton and Spain's most celebrated ham iberico. In his old camper he drives south to Spain's most romantic city: Seville, the home of tapas and flamenco.   | UNITED KINGDOM    | English-100 | RPT    | G              |                 |                 | Y         |
| 2024-12-29 | 0735       | Extreme Food Phobics                     | Ep 6                                    | This episode features an 18-year-old who lives on up to 100 crispy chicken nuggets a week due to his crippling fear of food textures, and a mum concerned her fruit and veg phobia is having a negative impact on her seven-year-old son.   | UNITED KINGDOM    | English-100 | RPT    | PG             | a               |                 | Y         |
| 2024-12-29 | 0830       | Hairy Bikers Go North                    | Cumbria                                 | The Lakes is the most visited national park in England and with such an incredible scenery it's not hard to see why. Dave takes Si around his beloved home turf in search of the best produce and food that this beautiful place can offer.   | UNITED KINGDOM    | English-100 | RPT    | PG             |                 |                 |           |
| 2024-12-29 | 0925       | Destination Flavour China Bitesize       | Tibetan Yak Belly Stew                  | All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.   | AUSTRALIA         | English-100 | RPT    | G              |                 |                 | Y         |
| 2024-12-29 | 0930       | Hairy Bikers Go North                    | North Yorkshire                         | On this leg, the bikers will be exploring the wild lands of the Yorkshire moors and the amazing producers that call the North York Moors National Park their home.  | UNITED KINGDOM    | English-100 | RPT    | G              |                 |                 |           |
| 2024-12-29 | 1025       | Taste The Philippines With Yasmin Newman | Smoked Bicol Express With Luisa Brimble | Renowned cookbook photographer Louisa Brimble shares her smoky version of bicol express, a classic dish from her hometown in the Philippines.   | AUSTRALIA         | English-100 | RPT    | G              |                 |                 |           |
| 2024-12-29 | 1030       | Jack Stein: Inside The Box               | Lucca                                   | Lucca is the lucky destination for this comfort food classic and Stefano Terigi, of Giglio restaurant, is the lucky Michelin star chef helping him Italian-ify it. Turning traditional British into traditional Italian means one thing and one thing only to Steafno, and that's pasta.                        | AUSTRALIA         | English-100 | RPT    | G              |                 |                 |           |
| 2024-12-29 | 1100       | The Chocolate Queen                      | Chocolate Queen Series 2, The Ep 7      | An episode to make the kids happy - learn to make Coconut Lollipop, Chocolate Butterflies and Flower Pot Cakes. Plus Kirsten's recipe for a Choc Swiss Roll that's perfectly light and airy.  | AUSTRALIA         | English-100 | RPT    | G              |                 |                 |           |

|            |      |  |   |   |                |             |     |    |       |   |
|------------|------|--|---|---|----------------|-------------|-----|----|-------|---|
| 2024-12-29 | 1130 | <b>River Cottage: Three Go Mad</b>             | Actors, The   | Hugh Fearnley-Whittingstall opens the doors of River Cottage to Philip Glenister, Keeley Hawes, and Felicity Kendal, who are famous for acting but not cooking!   | UNITED KINGDOM | English-100 | RPT | PG | a l w |   |
| 2024-12-29 | 1230 | <b>Rick Stein's Spain</b>                      | Rick Stein's Spain Series 1 Ep 4                      | Rick heads for the little-known region of Extremadura - it's famous for pimenton and Spain's most celebrated ham Iberico. In his old camper he drives south to Spain's most romantic city: Seville, the home of tapas and flamenco.   | UNITED KINGDOM | English-100 | RPT | G  |       | Y |
| 2024-12-29 | 1335 | <b>Lorraine Pascale: Be A Better Cook</b>      | Sonia Harwood   | With plenty of deceptively easy recipes and fantastic tips, Lorraine Pascale shows people with no kitchen confidence how to pull off an impressive meal for friends and family.   | UNITED KINGDOM | English-100 | RPT | G  |       |   |
| 2024-12-29 | 1405 | <b>Pati's Mexican Table</b>                    | Revolutionary Bites                                   | Pati experiences preserved foods that sustained people during the Mexican Revolution.   | USA            | English-100 | RPT | G  |       | Y |
| 2024-12-29 | 1435 | <b>Michel Roux's French Country Cooking</b>    | Brunch  | Michel makes a decadent brunch starting with cheese souffles. A visit to a historic restaurant in Avignon inspires a classic smoked chicken and mushrooms pithivier, then a wine jelly with fruits.   | UNITED KINGDOM | English-100 | RPT | G  |       | Y |
| 2024-12-29 | 1530 | <b>Michel Roux's French Country Cooking</b>    | Celebration   | In this delightful masterclass Michel cooks a celebration meal featuring a curried mussel millefeuille, a rich venison daube and a trio of differently flavoured choux buns.  | UNITED KINGDOM | English-100 | RPT | PG | a w   | Y |
| 2024-12-29 | 1625 | <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 |
| 2024-12-29 | 1630 | <b>Jack Stein: Inside The Box</b>              | Malmö   | Keen to prove to the people of Malmö it's not just 'cheese on toast,' Jack presents Welsh rarebit with Nordic twists that, in his opinion, end up altering the dish for the better.   | AUSTRALIA      | English-100 | RPT | PG | a w   |   |
| 2024-12-29 | 1700 | <b>The Chocolate Queen</b>                     | Chocolate Queen Series 2, The Ep 8                    | Get whipped into a chocolate frenzy with Kirsten's recipes for Chocolate Mousse Cake and Ganache Filled Cookies, plus learn to make picture pretty Chocolate Snowflakes.  | AUSTRALIA      | English-100 | RPT | G  |       |   |
| 2024-12-29 | 1730 | <b>Eating Inn</b>                              | Wakuda: Marina Bay Sands, Singapore                   | Back at Singapore's iconic MBS, Tetsuya shows off his latest creation, Wakuda, a more relaxed Japanese/Californian style affair. Already rocking the Las Vegas culinary scene, this is Japanese with a difference.  | SINGAPORE      | English-100 |     | PG | a w   |   |
| 2024-12-29 | 1830 | <b>James Martin's Spanish Adventure</b>        | Madrid  | In Madrid, James tries a calamari sandwich, samples garlic prawns, tastes churros, meets a blind food critic, and tastes Vermouth.  | UNITED KINGDOM | English-100 | RPT | PG | a w   | Y |
| 2024-12-29 | 1930 | <b>Be My Guest With Ina Garten</b>             | Ann Patchett  | The award winning novelist and book store owner Ann Patchett is joining Ina for a fun filled day at the barn. Ann's best selling book Tom Lake is set on a cherry orchard so Ina is welcoming her with a simple country dessert, Cherry Clafouti. Ann shares childhood revelations, her winning formula to writing 9 best-selling novels and why she decided to open a bookstore in Nashville. They both love Charlie Birds Farro salad so it's on the menu for lunch along with Ina's Jummy Eggs and Ann's favorite Roasted cauliflower, one delicious grain salad two ways. | USA            | English-100 |     |    |       |   |
| 2024-12-29 | 2000 | <b>Tom Kerridge's Pub Kitchen Secrets</b>      | Fresh Is Best   | Tom's chefs debut a new dish on the pub menu celebrating the freshest, seasonal ingredients.  | UNITED KINGDOM | English-100 |     | PG |       |   |
| 2024-12-29 | 2030 | <b>Rick Stein's Mediterranean Escapes</b>      | Puglia And Corfu                                      | Rick departs Italy and makes his way to the Greek island of Corfu, where he attends a family feast. He visits kitchens in restaurants all over the island and learns how to make authentic Greek dishes such as a Greek peasant salad with good quality feta and olives; pastitsio and baked Greek omelette with wild greens and herbs, leeks and feta.   | UNITED KINGDOM | English-100 | RPT | G  |       | Y |

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| 2024-12-29 | 2140 | <b>Anthony Bourdain: Parts Unknown</b>         | Mississippi   | Tony seeks to challenge his notions of Mississippi by taking a road trip to meet a wide cast of Mississippians, enjoying the diverse foodways, and embracing the traditional and contemporary music worlds from Gospel to Blues to Hip Hop in underground clubs and juke joints. Tony starts in the state capitol of Jackson journeying throughout the storied Mississippi Delta, onto the literary epicentre of Oxford before the lure of the Delta brings him back.   | USA            | English-100 | RPT | PG | a   |     |
| 2024-12-29 | 2230 | <b>Extreme Food Phobics</b>                    | Ep 7  | This episode follows a 34-year-old woman whose restrictive diet of mostly chip butties is putting her health at serious risk, and a street food chef who is so terrified of most foods that he can't even taste his own dishes.   | UNITED KINGDOM | English-100 | RPT | PG | a   | Y   |
| 2024-12-29 | 2325 | <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   |
| 2024-12-29 | 2330 | <b>Jack Stein: Inside The Box</b>              | Malmö   | Keen to prove to the people of Malmö it's not just 'cheese on toast,' Jack presents Welsh rarebit with Nordic twists that, in his opinion, end up altering the dish for the better.   | AUSTRALIA      | English-100 | RPT | PG | a w |     |
| 2024-12-29 | 2400 | <b>The Chocolate Queen</b>                     | Chocolate Queen Series 2, The Ep 8                    | Get whipped into a chocolate frenzy with Kirsten's recipes for Chocolate Mousse Cake and Ganache Filled Cookies, plus learn to make picture pretty Chocolate Snowflakes.  | AUSTRALIA      | English-100 | RPT | G  |     |     |
| 2024-12-29 | 2430 | <b>Michel Roux's French Country Cooking</b>    | Brunch  | Michel makes a decadent brunch starting with cheese souffles. A visit to a historic restaurant in Avignon inspires a classic smoked chicken and mushrooms pithivier, then a wine jelly with fruits.   | UNITED KINGDOM | English-100 | RPT | G  |     | Y   |
| 2024-12-29 | 2525 | <b>Bring A Plate</b>                           | Jc's Chicken And Pork Adobo With Eggs                 | JC serves up his Filipino national dish, sharing a touching tale of his grandmother's culinary influence. Hear how he uses the DISH structure to help him talk about the food.  | AUSTRALIA      | English-100 | RPT | G  |     | Y   |
| 2024-12-29 | 2530 | <b>Michel Roux's French Country Cooking</b>    | Celebration   | In this delightful masterclass Michel cooks a celebration meal featuring a curried mussel millefeuille, a rich venison daube and a trio of differently flavoured choux buns.  | UNITED KINGDOM | English-100 | RPT | PG | a w | Y   |
| 2024-12-29 | 2625 | <b>Destination Flavour Japan Bitesize</b>      | Hokkaido  | 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 |
| 2024-12-29 | 2630 | <b>Eating Inn</b>                              | Wakuda: Marina Bay Sands, Singapore                   | Back at Singapore's iconic MBS, Tetsuya shows off his latest creation, Wakuda, a more relaxed Japanese/Californian style affair. Already rocking the Las Vegas culinary scene, this is Japanese with a difference.  | SINGAPORE      | English-100 | RPT | PG | a w |     |
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| 2024-12-29 | 2825 | <b>Destination Flavour Japan Bitesize</b>      | Tohoku  | 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   |
| 2024-12-29 | 2830 | <b>Be My Guest With Ina Garten</b>             | Ann Patchett  | The award winning novelist and book store owner Ann Patchett is joining Ina for a fun filled day at the barn. Ann's best selling book Tom Lake is set on a cherry orchard so Ina is welcoming her with a simple country dessert, Cherry Clafouti. Ann shares childhood revelations, her winning formula to writing 9 best-selling novels and why she decided to open a bookstore in Nashville. They both love Charlie Birds Farro salad so it's on the menu for lunch along with Ina's Jammy Eggs and Ann's favorite Roasted cauliflower, one delicious grain salad two ways. | USA            | English-100 | RPT |    |     |     |

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| 2024-12-30 | 0500 | <b>Jack Stein: Inside The Box</b>           | Malmo                                 | Keen to prove to the people of Malmo it's not just 'cheese on toast,' Jack presents Welsh rarebit with Nordic twists that, in his opinion, end up altering the dish for the better.   | AUSTRALIA      | English-100 | RPT | PG | a w |   |
| 2024-12-30 | 0530 | <b>James Martin's Spanish Adventure</b>     | Madrid                                | In Madrid, James tries a calamari sandwich, samples garlic prawns, tastes churros, meets a blind food critic, and tastes Vermouth.  | UNITED KINGDOM | English-100 | RPT | PG | a w | Y |
| 2024-12-30 | 0625 | <b>Bring A Plate</b>                        | Jc's Chicken And Pork Adobo With Eggs | JC serves up his Filipino national dish, sharing a touching tale of his grandmother's culinary influence. Hear how he uses the DISH structure to help him talk about the food.  | AUSTRALIA      | English-100 | RPT | G  |     | Y |
| 2024-12-30 | 0630 | <b>Rick Stein's Mediterranean Escapes</b>   | Puglia And Corfu                      | Rick departs Italy and makes his way to the Greek island of Corfu, where he attends a family feast. He visits kitchens in restaurants all over the island and learns how to make authentic Greek dishes such as a Greek peasant salad with good quality feta and olives; pastitsio and baked Greek omelette with wild greens and herbs, leeks and feta.   | UNITED KINGDOM | English-100 | RPT | G  |     | Y |
| 2024-12-30 | 0740 | <b>Extreme Food Phobics</b>                 | Ep 7                                  | This episode follows a 34-year-old woman whose restrictive diet of mostly chip butties is putting her health at serious risk, and a street food chef who is so terrified of most foods that he can't even taste his own dishes.   | UNITED KINGDOM | English-100 | RPT | PG | a   | Y |
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| 2024-12-30 | 1025 | <b>Bring A Plate</b>                        | Jc's Chicken And Pork Adobo With Eggs | JC serves up his Filipino national dish, sharing a touching tale of his grandmother's culinary influence. Hear how he uses the DISH structure to help him talk about the food.  | AUSTRALIA      | English-100 | RPT | G  |     | Y |
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| 2024-12-30 | 1100 | <b>The Chocolate Queen</b>                  | Chocolate Queen Series 2, The Ep 8    | Get whipped into a chocolate frenzy with Kirsten's recipes for Chocolate Mousse Cake and Ganache Filled Cookies, plus learn to make picture pretty Chocolate Snowflakes.  | AUSTRALIA      | English-100 | RPT | G  |     |   |
| 2024-12-30 | 1130 | <b>Be My Guest With Ina Garten</b>          | Ann Patchett                          | The award winning novelist and book store owner Ann Patchett is joining Ina for a fun filled day at the barn. Ann's best selling book Tom Lake is set on a cherry orchard so Ina is welcoming her with a simple country dessert, Cherry Clafouti. Ann shares childhood revelations, her winning formula to writing 9 best-selling novels and why she decided to open a bookstore in Nashville. They both love Charlie Birds Farro salad so it's on the menu for lunch along with Ina's Jammy Eggs and Ann's favorite Roasted cauliflower, one delicious grain salad two ways. | USA            | English-100 | RPT |    |     |   |
| 2024-12-30 | 1200 | <b>Tom Kerridge's Pub Kitchen Secrets</b>   | Fresh Is Best                         | Tom's chefs debut a new dish on the pub menu celebrating the freshest, seasonal ingredients.  | UNITED KINGDOM | English-100 | RPT | PG |     |   |
| 2024-12-30 | 1230 | <b>Come Dine With Me</b>                    | Swansea Day 15                        | Keen tennis player Janine hopes to serve up an ace with a tennis themed evening, but will her courses be too spicy?   | UNITED KINGDOM | English-100 | RPT | PG | s   |   |
| 2024-12-30 | 1300 | <b>David Rocco's Dolce Tuscany</b>          | Parmigiano-Reggiano                   | David's sister runs a North American-style kids' summer camp with a special focus on food in the heart of Tuscany.  | CANADA         | English-100 | RPT | G  |     |   |

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|------------|------|--|----------------------------------|---|----------------|---------------------------|-----|----|--|-----|---|---|
| 2024-12-30 | 1330 | <b>My Market Kitchen</b>                       | My Market Kitchen Series 4 Ep 17 | On this episode of My Market Kitchen, Elena is in the kitchen with Khanh showing her Spiced Butter-Roasted Cauliflower recipe. Then Khanh makes a quick 15 Min Udon Noodle, perfect for midweek dinners. Elena then dedicates her Spaghetti Bolognese to her grandmother, a healthy take on a childhood favourite.  | AUSTRALIA      | English-100               | RPT | G  |  |     |   |   |
| 2024-12-30 | 1400 | <b>Food Safari</b>                             | Singaporean Safari               | Maeve savours the wonderful complexity of Singaporean food. She meets up with two Singaporean friends to guide her through the range of ingredients - passionate homecook Helina Lee picks the top spices and sauces needed while chef Alex Lee shows off the range of seafood which he transforms into the famous Singapore chilli mudcrab.  | AUSTRALIA      | English-100               | RPT | G  |  | Y   |   |   |
| 2024-12-30 | 1430 | <b>Eating Plants</b>                           | Mexico                           | 20% of Mexicans identify themselves as vegetarian or vegan. Celebrated Mexican actor Sofia Sisniega discovers the history of plant-based Mexican food right back to the Aztecs and follows this tradition through to the modern-day vegan food treats. Sofia visits food trucks and local markets that are veganising cultural recipes and learns more about Mexico's beloved vegan churros and cacao.  | AUSTRALIA      | English-100               | RPT | G  |  |     |   |   |
| 2024-12-30 | 1505 | <b>Selena + Chef</b>                           | Selena + Ludo Lefebvre           | Selena Gomez's cooking journey comes full circle as her very first culinary instructor, Ludo Lefebvre, returns to see just how much she's grown - or not. As she settles into her new surroundings in Malibu, Selena steps even further out of her comfort zone as she and Ludo whip up grilled sole with burnt tomato and sorrel, followed by grilled pineapple with spicy banana caramel sauce for dessert.   | USA            | English-100               | RPT | PG |  | Y   |   |   |
| 2024-12-30 | 1535 | <b>Food Markets: In The Belly Of The City</b>  | Thessaloniki - Kapani            | The Kapani market is situated just behind the Aristotelous square of the city of Thessaloniki, facing the Aegean Sea. Exploring this market is exploring the city and its history - a tasteful mix of Sephardic, Balkan, Turkish and Greek delights.  | FRANCE         | English-50;<br>Greek-50   | RPT | PG |  | Y   | Y |   |
| 2024-12-30 | 1635 | <b>Oliver's Twist</b>                          | Jekka The Herb Lady              | More culinary inspiration from Jamie Oliver. Here, he cooks for his friend Jekka who grows herbs. Dishes include lemon verbena granita with apple compote.  | UNITED KINGDOM | English-100               | RPT | G  |  |     |   |   |
| 2024-12-30 | 1700 | <b>Freshly Picked</b>                          | Ep 26                            | Today Simon shows how to spice up a simple salad. The vegan dad, Jack Rock, also returns with the perfect snack, spinach & feta rolls. Simon then ventures to Tasmania and visits Soyoyoy to explore fresh tofu.  | AUSTRALIA      | English-100               |     | PG |  |     |   |   |
| 2024-12-30 | 1730 | <b>Everyday Gourmet With Justine Schofield</b> | Episode 8                        | Justine kicks off with a bang of flavour in her Baked Chermoula Fish and Grape, Apple and Ginger Chutney. Then Darren Purchase makes Canneles.  | AUSTRALIA      | English-100               |     | G  |  |     |   |   |
| 2024-12-30 | 1800 | <b>Rick Stein's Seafood Lovers' Guide</b>      | Episode 4                        | Rick visits Morecambe and meets Ray who goes shrimping and makes potted shrimps. In Solway Firth, he discovers the wonder of fresh salmon, oysters, and scallops.   | UNITED KINGDOM | English-100               | RPT | PG |  | a w |   |   |
| 2024-12-30 | 1830 | <b>Hugh's Three Good Things</b>                | Chicken                          | Hugh's out to prove that you really can make a winning dish from three key ingredients and he's putting his cooking where his heart is.   | UNITED KINGDOM | English-100               | RPT | G  |  |     |   |   |
| 2024-12-30 | 1900 | <b>The Cook Up With Adam Liaw</b>              | Pizza                            | It's easy entertaining with The Cook Up. Adam is joined by two pizza crust-dough-dians, Luke Powell from Bella Brutta and Jess Smith from City Oltra, for a pizza party.  | AUSTRALIA      | English-100               | RPT | G  |  | Y   |   |   |
| 2024-12-30 | 1930 | <b>Nadiya's Party Feast</b>                    | Nadiya's Party Feast             | Nadiya Hussain is throwing a party and we're all invited! She shares her secrets for the perfect celebration - whether it's dishes to put in the middle or delicious nibbles. Nobody will want to leave!  | UNITED KINGDOM | English-100               | RPT | G  |  |     |   |   |
| 2024-12-30 | 2040 | <b>Stanley Tucci: Searching For Italy</b>      | Milan                            | Milan is the capital of Lombardy. It's Italy's second biggest city and the business powerhouse. Stanley's first stop is the Duomo, the largest cathedral in Italy where he meets Italian journalist Beppe Severgnini. Beppe explains the Milanese eat food for work. But in recent years Milan has become a culinary mecca. Stanley heads to Ratana, a buzzy restaurant led by chef Cesare Battisti. Cesare shows Stanley how to ace a schnitzel, which he contends is Milanese, not Austrian despite the Germanic sounding name. | USA            | English-90;<br>Italian-10 | RPT | PG |  | a w | Y | Y |
| 2024-12-30 | 2130 | <b>Heston's Feasts</b>                         | Titanic Feast                    | Heston lays on an adventurous Edwardian feast worthy of being served on the Titanic. The menu features an Antarctic roll served on edible snow, inspired by Scott of the Antarctic, and a camel burger, inspired by Lawrence of Arabia.   | UNITED KINGDOM | English-100               | RPT | G  |  |     | Y |   |

|            |      |   |                                  |   |                |                           |     |    |     |     |
|------------|------|---|----------------------------------|---|----------------|---------------------------|-----|----|-----|-----|
| 2024-12-30 | 2230 | <b>The Cook Up With Adam Liaw</b>         | Great Outdoors, The              | Zero Waste expert Sarah Wilson and Three Blue Ducks owner and chef Mark LaBrooy join Adam in the Cook Up kitchen to create some dishes easy to make and take on your outdoor adventures.  | AUSTRALIA      | English-100               | RPT | G  |     | Y   |
| 2024-12-30 | 2300 | <b>The Cook And The Chef</b>              | Limes And Rice                   | The beautiful fertile soils of the Northern Rivers Regions of NSW have made possible many amazing subtropical food enterprises. One of Maggie's favourite food stories from the region is that of Gerard Buchanan, a farmer who discovered that the fruit that would become his most profitable, the native finger lime, was actually growing wild on his property.   | AUSTRALIA      | English-100               | RPT | G  |     |     |
| 2024-12-30 | 2330 | <b>Andrew Zimmern's Wild Game Kitchen</b> | Wild Turkey Legs                 | Chef Andrew Zimmern shares a genius technique for butchering and grilling butterflied turkey legs over an open fire, an easy way to ensure the meat is cooked perfectly without drying it out. To complement the richness of the meat, he serves the turkey legs with a bright, lemony carrot orzo and creamed greens topped with crunchy, cheesy breadcrumbs.  | USA            | English-100               | RPT | G  |     |     |
| 2024-12-30 | 2400 | <b>David Rocco's Dolce Tuscany</b>        | Parmigiano-Reggiano              | David's sister runs a North American-style kids' summer camp with a special focus on food in the heart of Tuscany.  | CANADA         | English-100               | RPT | G  |     |     |
| 2024-12-30 | 2430 | <b>Nadiya's Party Feast</b>               | Nadiya's Party Feast             | Nadiya Hussain is throwing a party and we're all invited! She shares her secrets for the perfect celebration - whether it's dishes to put in the middle or delicious nibbles. Nobody will want to leave!  | UNITED KINGDOM | English-100               | RPT | G  |     |     |
| 2024-12-30 | 2540 | <b>Stanley Tucci: Searching For Italy</b> | Milan                            | Milan is the capital of Lombardy. It's Italy's second biggest city and the business powerhouse. Stanley's first stop is the Duomo, the largest cathedral in Italy where he meets Italian journalist Beppe Severgnini. Beppe explains the Milanese eat food for work. But in recent years Milan has become a culinary mecca. Stanley heads to Ratanà, a buzzy restaurant led by chef Cesare Battisti. Cesare shows Stanley how to ace a schnitzel, which he contends is Milanese, not Austrian despite the Germanic sounding name. | USA            | English-90;<br>Italian-10 | RPT | PG | a w | Y Y |
| 2024-12-30 | 2630 | <b>Heston's Feasts</b>                    | Titanic Feast                    | Heston lays on an adventurous Edwardian feast worthy of being served on the Titanic. The menu features an Antarctic roll served on edible snow, inspired by Scott of the Antarctic, and a camel burger, inspired by Lawrence of Arabia.   | UNITED KINGDOM | English-100               | RPT | G  |     | Y   |
| 2024-12-30 | 2730 | <b>The Cook Up With Adam Liaw</b>         | Great Outdoors, The              | Zero Waste expert Sarah Wilson and Three Blue Ducks owner and chef Mark LaBrooy join Adam in the Cook Up kitchen to create some dishes easy to make and take on your outdoor adventures.  | AUSTRALIA      | English-100               | RPT | G  |     | Y   |
| 2024-12-30 | 2800 | <b>The Cook And The Chef</b>              | Limes And Rice                   | The beautiful fertile soils of the Northern Rivers Regions of NSW have made possible many amazing subtropical food enterprises. One of Maggie's favourite food stories from the region is that of Gerard Buchanan, a farmer who discovered that the fruit that would become his most profitable, the native finger lime, was actually growing wild on his property.   | AUSTRALIA      | English-100               | RPT | G  |     |     |
| 2024-12-30 | 2830 | <b>Andrew Zimmern's Wild Game Kitchen</b> | Wild Turkey Legs                 | Chef Andrew Zimmern shares a genius technique for butchering and grilling butterflied turkey legs over an open fire, an easy way to ensure the meat is cooked perfectly without drying it out. To complement the richness of the meat, he serves the turkey legs with a bright, lemony carrot orzo and creamed greens topped with crunchy, cheesy breadcrumbs.  | USA            | English-100               | RPT | G  |     |     |
| 2024-12-31 | 0500 | <b>David Rocco's Dolce Tuscany</b>        | Parmigiano-Reggiano              | David's sister runs a North American-style kids' summer camp with a special focus on food in the heart of Tuscany.  | CANADA         | English-100               | RPT | G  |     |     |
| 2024-12-31 | 0530 | <b>My Market Kitchen</b>                  | My Market Kitchen Series 4 Ep 17 | On this episode of My Market Kitchen, Elena is in the kitchen with Khanh showing her Spiced Butter-Roasted Cauliflower recipe. Then Khanh makes a quick 15 Min Udon Noodle, perfect for midweek dinners. Elena then dedicates her Spaghetti Bolognese to her grandmother, a healthy take on a childhood favourite.  | AUSTRALIA      | English-100               | RPT | G  |     |     |
| 2024-12-31 | 0600 | <b>Food Safari</b>                        | Singaporean Safari               | Maeve savours the wonderful complexity of Singaporean food. She meets up with two Singaporean friends to guide her through the range of ingredients - passionate homecook Helina Lee picks the top spices and sauces needed while chef Alex Lee shows off the range of seafood which he transforms into the famous Singapore chilli mudcrab.  | AUSTRALIA      | English-100               | RPT | G  |     | Y   |

|            |      |  |                                  |   |                |                         |     |    |     |   |
|------------|------|--|----------------------------------|---|----------------|-------------------------|-----|----|-----|---|
| 2024-12-31 | 0630 | <b>Eating Plants</b>                           | Mexico                           | 20% of Mexicans identify themselves as vegetarian or vegan. Celebrated Mexican actor Sofia Sisnega discovers the history of plant-based Mexican food right back to the Aztecs and follows this tradition through to the modern-day vegan food treats. Sofia visits food trucks and local markets that are veganising cultural recipes and learns more about Mexico's beloved vegan churros and cacao.         | AUSTRALIA      | English-100             | RPT | G  |     |   |
| 2024-12-31 | 0705 | <b>Selena + Chef</b>                           | Selena + Ludo Lefebvre           | Selena Gomez's cooking journey comes full circle as her very first culinary instructor, Ludo Lefebvre, returns to see just how much she's grown - or not. As she settles into her new surroundings in Malibu, Selena steps even further out of her comfort zone as she and Ludo whip up grilled sole with burnt tomato and sorrel, followed by grilled pineapple with spicy banana caramel sauce for dessert. | USA            | English-100             | RPT | PG |     | Y |
| 2024-12-31 | 0735 | <b>Food Markets: In The Belly Of The City</b>  | Thessaloniki - Kapani            | The Kapani market is situated just behind the Aristotelous square of the city of Thessaloniki, facing the Aegean Sea. Exploring this market is exploring the city and its history - a tasteful mix of Sephardic, Balkan, Turkish and Greek delights.  | FRANCE         | English-50;<br>Greek-50 | RPT | PG | Y   | Y |
| 2024-12-31 | 0835 | <b>Oliver's Twist</b>                          | Jekka The Herb Lady              | More culinary inspiration from Jamie Oliver. Here, he cooks for his friend Jekka who grows herbs. Dishes include lemon verbena granita with apple compote.  | UNITED KINGDOM | English-100             | RPT | G  |     |   |
| 2024-12-31 | 0900 | <b>Freshly Picked</b>                          | Ep 26                            | Today Simon shows how to spice up a simple salad. The vegan dad, Jack Rock, also returns with the perfect snack, spinach & feta rolls. Simon then ventures to Tasmania and visits Soyoyoy to explore fresh tofu.  | AUSTRALIA      | English-100             | RPT | PG |     |   |
| 2024-12-31 | 0930 | <b>Everyday Gourmet With Justine Schofield</b> | Episode 8                        | Justine kicks off with a bang of flavour in her Baked Chermoula Fish and Grape, Apple and Ginger Chutney. Then Darren Purchase makes Canneles.  | AUSTRALIA      | English-100             | RPT | G  |     |   |
| 2024-12-31 | 1000 | <b>Rick Stein's Seafood Lovers' Guide</b>      | Episode 4                        | Rick visits Morecambe and meets Ray who goes shrimping and makes potted shrimps. In Solway Firth, he discovers the wonder of fresh salmon, oysters, and scallops.   | UNITED KINGDOM | English-100             | RPT | PG | a w |   |
| 2024-12-31 | 1030 | <b>Hugh's Three Good Things</b>                | Chicken                          | Hugh's out to prove that you really can make a winning dish from three key ingredients and he's putting his cooking where his heart is.   | UNITED KINGDOM | English-100             | RPT | G  |     |   |
| 2024-12-31 | 1100 | <b>The Cook Up With Adam Liaw</b>              | Pizza                            | It's easy entertaining with The Cook Up. Adam is joined by two pizza crust-dough-dians, Luke Powell from Bella Brutta and Jess Smith from City Ultra, for a pizza party.  | AUSTRALIA      | English-100             | RPT | G  |     | Y |
| 2024-12-31 | 1130 | <b>Nadiya's Party Feast</b>                    | Nadiya's Party Feast             | Nadiya Hussain is throwing a party and we're all invited! She shares her secrets for the perfect celebration - whether it's dishes to put in the middle or delicious nibbles. Nobody will want to leave!  | UNITED KINGDOM | English-100             | RPT | G  |     |   |
| 2024-12-31 | 1235 | <b>Come Dine With Me UK</b>                    | North Surrey Day 1               | In North Surrey the first host, 39-year-old planning enforcement officer Becky, is joined by Petrina, Rob, Shoba, and Giovanni. Do her crispy croutons and lamb shank stew impress?   | UNITED KINGDOM | English-100             | RPT | PG |     |   |
| 2024-12-31 | 1300 | <b>David Rocco's Dolce Tuscany</b>             | Kid's Camp                       | David's sister runs a North American-style kids' summer camp with a special focus on food in the heart of Tuscany. David decides to pay a visit and spend some time with his kids.  | CANADA         | English-100             | RPT | G  |     |   |
| 2024-12-31 | 1330 | <b>My Market Kitchen</b>                       | My Market Kitchen Series 4 Ep 18 | Elena loves healthy takes on classic dishes and today's Caramelised Onion Sausage Rolls is no exception. Then Khanh joins Bel from Wine Selectors for a Roast Chook with figs dish, paired with perfect wines. Finished off with a fresh Grilled Lemongrass and Ginger Beef from Elena.   | AUSTRALIA      | English-100             | RPT | G  |     |   |

|            |      |   |                                     |   |                |                           |     |    |     |   |   |
|------------|------|---|-------------------------------------|---|----------------|---------------------------|-----|----|-----|---|---|
| 2024-12-31 | 1400 | <b>Food Safari</b>                              | Hungarian Safari                    | Maeve O'Meara explores the flavour, texture and wonderful complexity of Hungarian food.   | AUSTRALIA      | English-100               | RPT | G  |     | Y |   |
| 2024-12-31 | 1430 | <b>Eating Plants</b>                            | New Zealand                         | From his ancestral Maori roots NZ actor Sonam Hoani embraces local stories of plant-based food and medicines, leaps into the stunning ravines and enjoys vegan cheese and wine platters.  | AUSTRALIA      | English-100               | RPT | G  |     |   |   |
| 2024-12-31 | 1500 | <b>Selena + Chef</b>                            | Selena + Kristen Kish               | Chef, writer, and TV host Kristen Kish helps Selena put a twist on her summertime favourites, including Mexican street corn, glazed carrots, cheesy chickpea fried broccoli, and a strawberry yuzu dessert. From smoking yogurt to pressurising yuzu juice, Selena explores just how high-tech the kitchen can be!  | USA            | English-100               | RPT | PG |     | Y |   |
| 2024-12-31 | 1530 | <b>Food Markets: In The Belly Of The City</b>   | Sardinia - Mercato Di San Benedetto | The market of San Benedetto in Cagliari is the island's belly. It is one of the biggest fresh produce markets in Europe and arguably said to be the biggest fish market in Europe. A paradise for food lovers, where every stall keeper has a story to tell.  | FRANCE         | English-60;<br>Italian-40 | RPT | PG | a w | Y | Y |
| 2024-12-31 | 1630 | <b>Oliver's Twist</b>                           | East Meets West                     | Chef Jamie Oliver rustles up another delicious meal. Today, he makes some Japanese food including gyozas with dipping sauce, sakatini cocktails, and shabu shabu.   | UNITED KINGDOM | English-100               | RPT | G  |     |   |   |
| 2024-12-31 | 1700 | <b>Freshly Picked</b>                           | Ep 27                               | Comedian Judith Lucy is in the Freshly Picked kitchen today to make a delicious potato flatbread. Simon makes delicious button mushrooms and tasty polenta biscuits, then journeys to Meru Miso for a tasty miso soup.  | AUSTRALIA      | English-100               |     | PG | I   |   |   |
| 2024-12-31 | 1730 | <b>Everyday Gourmet With Justine Schofield</b>  | Episode 9                           | Justine cooks up some cheeky Chorizo Nachos, Creamy Zucchini and Prawn Pasta and a heavenly Hazelnut and Coffee Cake. This devilish day is topped with a special treat from one of Australia's most well loved Pastry Chefs Robert Coco.  | AUSTRALIA      | English-100               |     | G  |     |   |   |
| 2024-12-31 | 1800 | <b>Rick Stein's Seafood Lovers' Guide</b>       | Episode 5                           | Rick visits Northern Ireland for potted herrings and goes on many fishing expeditions. He cooks prawns with an old French recipe, does a stir fry with eel, cooks trout, and makes miso soup.   | UNITED KINGDOM | English-100               | RPT | PG | a w |   |   |
| 2024-12-31 | 1830 | <b>Hugh's Three Good Things</b>                 | Venison                             | It's the penultimate day of meat week and the chefs are taking on a wonderful but less popular butcher's option - venison, a meat that's dear to Hugh's heart!  | UNITED KINGDOM | English-100               | RPT | G  |     |   |   |
| 2024-12-31 | 1900 | <b>The Cook Up With Adam Liaw</b>               | Star Of The Show                    | Adam has lined up two stars, Opera Australia Principal Singers Esther Song and Christian Qi, to make food that's bound to be the star of the show.  | AUSTRALIA      | English-100               | RPT | G  |     | Y |   |
| 2024-12-31 | 1930 | <b>Jamie And Jimmy's Festive Feast NYE</b>      | Jamie And Jimmy's Festive Feast     | Jamie Oliver and Jimmy Doherty kick start the New Year celebrations with a special edition of Friday Night Feast. And, as we all need a treat at the end of this year, they are joined by not one but TWO celebrity guests to get the party going. Singer songwriter Sam Smith and PE teacher to the nation Joe Wicks join Jamie and Jimmy to help prepare a range of delicious dishes, perfect to get us in the mood for the New Year. | UNITED KINGDOM | English-100               |     | PG |     |   |   |
| 2024-12-31 | 2030 | <b>Marcus Wareing At Christmas</b>              | New Years Eve                       | In this final episode, Marcus shares a mouthwatering three-course menu to kick off the New year in style. To get the party started, it's a warming spiced apple and gin punch laced with a little kiss of brandy.   | UNITED KINGDOM | English-100               | RPT | PG |     |   |   |
| 2024-12-31 | 2100 | <b>Paula McIntyre's Hamely Kitchen Specials</b> | Hamely Hogmanay                     | It's Hogmanay, and Chef Paula McIntyre is celebrating Auld Year' night with a delicious festive supper. On the menu is cock-a-leekie soup, roast duck and a clootie dumpling with whisky cream.   | UNITED KINGDOM | English-100               | RPT | PG |     |   |   |



|            |      |   |  |   |                |             |     |    |     |   |   |
|------------|------|---|--|---|----------------|-------------|-----|----|-----|---|---|
| 2024-12-31 | 2130 | <b>Heston's Feasts</b>                          | Gothic Feast                                     | Heston creates a banquet based on favourite 19th century horror novels like Dracula and Frankenstein, including blood risotto and an edible monster. He polishes it off with an appetising graveyard for dessert.   | UNITED KINGDOM | English-100 | RPT | PG | a n | Y | Y |
| 2024-12-31 | 2230 | <b>The Cook Up With Adam Liaw</b>               | Shortcuts  | The first ever winner of MasterChef Julie Goodwin and comedian extraordinaire Aaron Chen are in the Cook Up kitchen with Adam to whip up some easy recipes that use shortcuts.  | AUSTRALIA      | English-100 | RPT | G  |     | Y |   |
| 2024-12-31 | 2300 | <b>In The Spirit With Lindsay And Curtis</b>    | New Year's Eve With Tori Spelling & Jennie Garth | Lindsay invites her Beverly Hills 90210 co-stars Tori Spelling and Jennie Garth for the countdown. While Curtis prepares nibbles, Lindsay conducts a champagne tasting.   | USA            | English-100 | RPT | PG |     |   |   |
| 2024-12-31 | 2330 | <b>Andrew Zimmern's Wild Game Kitchen</b>       | Carne Adovada                                    | Learn to make carne adovada with Andrew Zimmern's easy tips for butchering wild hog shoulder to braise with lots of chiles, vinegar and Mexican oregano in a Dutch oven over an open fire. To complete the meal, chef Zimmern whips up a pot of cilantro lime rice and charred tomatillo salsa. Add bowls of guacamole, cotija cheese, jalapenos and onion for the ultimate taco spread.  | USA            | English-100 | RPT | G  |     |   |   |
| 2024-12-31 | 2400 | <b>David Rocco's Dolce Tuscany</b>              | Kid's Camp                                       | David's sister runs a North American-style kids' summer camp with a special focus on food in the heart of Tuscany. David decides to pay a visit and spend some time with his kids.  | CANADA         | English-100 | RPT | G  |     |   |   |
| 2024-12-31 | 2430 | <b>Jamie And Jimmy's Festive Feast NYE</b>      | Jamie And Jimmy's Festive Feast                  | Jamie Oliver and Jimmy Doherty kick start the New Year celebrations with a special edition of Friday Night Feast. And, as we all need a treat at the end of this year, they are joined by not one but TWO celebrity guests to get the party going. Singer songwriter Sam Smith and PE teacher to the nation Joe Wicks join Jamie and Jimmy to help prepare a range of delicious dishes, perfect to get us in the mood for the New Year. | UNITED KINGDOM | English-100 | RPT | PG |     |   |   |
| 2024-12-31 | 2530 | <b>Marcus Wareing At Christmas</b>              | New Years Eve                                    | In this final episode, Marcus shares a mouthwatering three-course menu to kick off the New year in style. To get the party started, it's a warming spiced apple and gin punch laced with a little kiss of brandy.   | UNITED KINGDOM | English-100 | RPT | PG |     |   |   |
| 2024-12-31 | 2600 | <b>Paula McIntyre's Hamely Kitchen Specials</b> | Hamely Hogmanay                                  | It's Hogmanay, and Chef Paula McIntyre is celebrating Auld Year' night with a delicious festive supper. On the menu is cock-a-leekie soup, roast duck and a clootie dumpling with whisky cream.   | UNITED KINGDOM | English-100 | RPT | PG |     |   |   |
| 2024-12-31 | 2630 | <b>Heston's Feasts</b>                          | Gothic Feast                                     | Heston creates a banquet based on favourite 19th century horror novels like Dracula and Frankenstein, including blood risotto and an edible monster. He polishes it off with an appetising graveyard for dessert.   | UNITED KINGDOM | English-100 | RPT | PG | a n | Y | Y |
| 2024-12-31 | 2730 | <b>The Cook Up With Adam Liaw</b>               | Shortcuts  | The first ever winner of MasterChef Julie Goodwin and comedian extraordinaire Aaron Chen are in the Cook Up kitchen with Adam to whip up some easy recipes that use shortcuts.  | AUSTRALIA      | English-100 | RPT | G  |     | Y |   |
| 2024-12-31 | 2800 | <b>In The Spirit With Lindsay And Curtis</b>    | New Year's Eve With Tori Spelling & Jennie Garth | Lindsay invites her Beverly Hills 90210 co-stars Tori Spelling and Jennie Garth for the countdown. While Curtis prepares nibbles, Lindsay conducts a champagne tasting.   | USA            | English-100 | RPT | PG |     |   |   |
| 2024-12-31 | 2830 | <b>Andrew Zimmern's Wild Game Kitchen</b>       | Carne Adovada                                    | Learn to make carne adovada with Andrew Zimmern's easy tips for butchering wild hog shoulder to braise with lots of chiles, vinegar and Mexican oregano in a Dutch oven over an open fire. To complete the meal, chef Zimmern whips up a pot of cilantro lime rice and charred tomatillo salsa. Add bowls of guacamole, cotija cheese, jalapenos and onion for the ultimate taco spread.  | USA            | English-100 | RPT | G  |     |   |   |
| 2025-01-01 | 0500 | <b>David Rocco's Dolce Tuscany</b>              | Kid's Camp                                       | David's sister runs a North American-style kids' summer camp with a special focus on food in the heart of Tuscany. David decides to pay a visit and spend some time with his kids.  | CANADA         | English-100 | RPT | G  |     |   |   |

|            |      |  |                                     |   |                |                           |     |    |     |  |     |   |
|------------|------|--|-------------------------------------|---|----------------|---------------------------|-----|----|-----|--|-----|---|
| 2025-01-01 | 0530 | <b>My Market Kitchen</b>                       | My Market Kitchen Series 4 Ep 18    | Elena loves healthy takes on classic dishes and today's Caramelised Onion Sausage Rolls is no exception. Then Khanh joins Bel from Wine Selectors for a Roast Chook with figs dish, paired with perfect wines. Finished off with a fresh Grilled Lemongrass and Ginger Beef from Elena.   | AUSTRALIA      | English-100               | RPT | G  |     |  |     |   |
| 2025-01-01 | 0600 | <b>Food Safari</b>                             | Hungarian Safari                    | Maeve O'Meara explores the flavour, texture and wonderful complexity of Hungarian food.   | AUSTRALIA      | English-100               | RPT | G  |     |  | Y   |   |
| 2025-01-01 | 0630 | <b>Eating Plants</b>                           | New Zealand                         | From his ancestral Maori roots NZ actor Sonam Hoani embraces local stories of plant-based food and medicines, leaps into the stunning ravines and enjoys vegan cheese and wine platters.  | AUSTRALIA      | English-100               | RPT | G  |     |  |     |   |
| 2025-01-01 | 0700 | <b>Selena + Chef</b>                           | Selena + Kristen Kish               | Chef, writer, and TV host Kristen Kish helps Selena put a twist on her summertime favourites, including Mexican street corn, glazed carrots, cheesy chickpea fried broccoli, and a strawberry yuzu dessert. From smoking yogurt to pressurising yuzu juice, Selena explores just how high-tech the kitchen can be!  | USA            | English-100               | RPT | PG |     |  | Y   |   |
| 2025-01-01 | 0730 | <b>Food Markets: In The Belly Of The City</b>  | Sardinia - Mercato Di San Benedetto | The market of San Benedetto in Cagliari is the island's belly. It is one of the biggest fresh produce markets in Europe and arguably said to be the biggest fish market in Europe. A paradise for food lovers, where every stall keeper has a story to tell.  | FRANCE         | English-60;<br>Italian-40 | RPT | PG | a w |  | Y   | Y |
| 2025-01-01 | 0830 | <b>Oliver's Twist</b>                          | East Meets West                     | Chef Jamie Oliver rustles up another delicious meal. Today, he makes some Japanese food including gyozas with dipping sauce, sakatini cocktails, and shabu shabu.   | UNITED KINGDOM | English-100               | RPT | G  |     |  |     |   |
| 2025-01-01 | 0900 | <b>Freshly Picked</b>                          | Ep 27                               | Comedian Judith Lucy is in the Freshly Picked kitchen today to make a delicious potato flatbread. Simon makes delicious button mushrooms and tasty polenta biscuits, then journeys to Meru Miso for a tasty miso soup.  | AUSTRALIA      | English-100               | RPT | PG |     |  | I   |   |
| 2025-01-01 | 0930 | <b>Everyday Gourmet With Justine Schofield</b> | Episode 9                           | Justine cooks up some cheeky Chorizo Nachos, Creamy Zucchini and Prawn Pasta and a heavenly Hazelnut and Coffee Cake. This devilish day is topped with a special treat from one of Australia's most well loved Pastry Chefs Robert Coco.  | AUSTRALIA      | English-100               | RPT | G  |     |  |     |   |
| 2025-01-01 | 1000 | <b>Rick Stein's Seafood Lovers' Guide</b>      | Episode 5                           | Rick visits Northern Ireland for potted herrings and goes on many fishing expeditions. He cooks prawns with an old French recipe, does a stir fry with eel, cooks trout, and makes miso soup.   | UNITED KINGDOM | English-100               | RPT | PG |     |  | a w |   |
| 2025-01-01 | 1030 | <b>Hugh's Three Good Things</b>                | Venison                             | It's the penultimate day of meat week and the chefs are taking on a wonderful but less popular butcher's option - venison, a meat that's deer to Hugh's heart!  | UNITED KINGDOM | English-100               | RPT | G  |     |  |     |   |
| 2025-01-01 | 1100 | <b>The Cook Up With Adam Liaw</b>              | Star Of The Show                    | Adam has lined up two stars, Opera Australia Principal Singers Esther Song and Christian Qi, to make food that's bound to be the star of the show.  | AUSTRALIA      | English-100               | RPT | G  |     |  | Y   |   |
| 2025-01-01 | 1130 | <b>Jamie And Jimmy's Festive Feast NYE</b>     | Jamie And Jimmy's Festive Feast     | Jamie Oliver and Jimmy Doherty kick start the New Year celebrations with a special edition of Friday Night Feast. And, as we all need a treat at the end of this year, they are joined by not one but TWO celebrity guests to get the party going. Singer songwriter Sam Smith and PE teacher to the nation Joe Wicks join Jamie and Jimmy to help prepare a range of delicious dishes, perfect to get us in the mood for the New Year. | UNITED KINGDOM | English-100               | RPT | PG |     |  |     |   |
| 2025-01-01 | 1230 | <b>Come Dine With Me UK</b>                    | North Surrey Day 2                  | It's the second night in north Surrey, and Shoba is serving an Indian menu. The guests are less than impressed with the frozen fish curry; can belly dancing, Bollywood-style, save the day?  | UNITED KINGDOM | English-100               | RPT | PG |     |  | s   |   |
| 2025-01-01 | 1300 | <b>David Rocco's Dolce Tuscany</b>             | Dario's Ciccia                      | David returns to visit his friend and arguably one of the most famous butchers in the world, Dario Cecchini.  | CANADA         | English-100               | RPT | PG |     |  | Y   |   |

|            |      |  |                                  |   |                |                          |     |    |  |     |   |
|------------|------|--|----------------------------------|---|----------------|--------------------------|-----|----|--|-----|---|
| 2025-01-01 | 1330 | <b>My Market Kitchen</b>                       | My Market Kitchen Series 4 Ep 19 | On this episode of My Market Kitchen, Khanh serves up his delicious Melon and Prosciutto Salad for Elena. He then cooks his take on a childhood classic with a Coconut Rough Tart. Lastly we get taken on a journey to France with Elena's Normandy Mussels.  | AUSTRALIA      | English-100              | RPT | G  |  |     |   |
| 2025-01-01 | 1400 | <b>Food Safari</b>                             | Sri Lankan Safari                | Hosted by Maeve O'Meara, this episode features acclaimed chef Peter Kuravita, and the queen of Asian cooking in Australia - Charmaine Solomon OAM.  | AUSTRALIA      | English-100              | RPT | G  |  | Y   |   |
| 2025-01-01 | 1430 | <b>Eating Plants</b>                           | Sweden                           | While a lot of traditional Swedish food is heavy on meat and fish, vegans are now well catered for. Local host Cajsa Wessberg visits Stockholm's Smakamera who use rapeseed oil and pea protein as the main ingredients for delicious vegan mayonnaise and visits Hooked Foods to trial the plant-based salmon flakes.  | AUSTRALIA      | English-100              | RPT | PG |  | I   |   |
| 2025-01-01 | 1505 | <b>Selena + Chef</b>                           | Selena + Devonn Francis          | Artist, activist, and chef DeVonn Francis guides Selena through his version of an elevated banana-inspired Jamaican meal including a torched banana cake and banana leaf roasted snapper. But can the pair pull off the meal between Selena's first kitchen injury, multiple donations to the 'okey dokey' jar, and a redemptive attempt at opening a coconut?      | USA            | English-100              | RPT | PG |  |     |   |
| 2025-01-01 | 1535 | <b>Food Markets: In The Belly Of The City</b>  | In The Belly Of Dijon            | The Halles de Dijon is a huge expanse hosting over 700 stalls in 4 pavilions. Its size goes along with the variety of specialities coming from the Burgundy region.   | FRANCE         | English-60;<br>French-40 |     | G  |  | Y   | Y |
| 2025-01-01 | 1635 | <b>Oliver's Twist</b>                          | New Kids On The Block            | New trainees have started at Jamie's restaurant, Fifteen, and Jamie is treating them to a dinner party at his house. This will be a chance for the new chefs to get to know Jamie's style of cooking, and for Jamie to bond with his new employees.   | UNITED KINGDOM | English-100              | RPT | G  |  |     |   |
| 2025-01-01 | 1700 | <b>Freshly Picked</b>                          | Ep 28                            | Simon travels to Mildura and showcases dried fruit in his delicious chocolate mousse with blood orange and mint. Back in kitchen, he serves grilled fennel and black garlic dressing and a dinner party favourite, winter crudites.   | AUSTRALIA      | English-100              |     | PG |  |     |   |
| 2025-01-01 | 1730 | <b>Everyday Gourmet With Justine Schofield</b> | Episode 10                       | Mix up your breakfast routine with Justine's Jar Poached Eggs and Roasted Grape Bruschetta. Justine cooks up a Roasted Pork Loin with Spiced Pears before Trish McKenzie treats us with her White Chocolate Rocky Road.   | AUSTRALIA      | English-100              |     | G  |  |     |   |
| 2025-01-01 | 1800 | <b>Rick Stein's Seafood Lovers' Guide</b>      | Episode 6                        | Rick Stein visits Cromer, famous for its crabs and stiffkey blue cockles. Near Kings Lynn, he gathers samphire and shrimps, then cooks crabs with hollandaise sauce, shrimp risotto, and plaice goujons.  | UNITED KINGDOM | English-100              | RPT | PG |  | a w |   |
| 2025-01-01 | 1830 | <b>Hugh's Three Good Things</b>                | Beef                             | It's the final day of meat week and some might argue we've saved the best till last: beef! Guest chef Lisa Allen of Northcote Manor is showing her Michelin starred skills by not even cooking her beef!  | UNITED KINGDOM | English-100              | RPT | G  |  |     |   |
| 2025-01-01 | 1900 | <b>The Cook Up With Adam Liaw</b>              | Supper Club                      | It's easy entertaining, and you're invited to Adam's supper club with world renowned chef Asma Khan and Gourmet Traveller's head honcho, Joanna Hunkin.   | AUSTRALIA      | English-100              | RPT | G  |  | Y   |   |
| 2025-01-01 | 1930 | <b>In The Spirit With Lindsay And Curtis</b>   | New Year's Day With Kelly Hu     | Curtis and Lindsay surprise actress Kelly Hu with a noodle pulling lesson from a master. Lindsay shares her Korean mom's recipe for a good luck New Year's soup.  | USA            | English-100              | RPT | G  |  |     |   |
| 2025-01-01 | 2000 | <b>Rachael Ray's Meals In Minutes</b>          | Reintroduction To Top Tonkatsu   | You may not know that you've been eating Tonkatsu for years. Let Rachel reintroduce you to her version of the dish also known as, fried pork chops, served with an umami rich sauce that will awaken your palate.   | USA            | English-100              |     |    |  |     |   |
| 2025-01-01 | 2030 | <b>Adam Richman Eats Britain</b>               | Eton Mess                        | Global food explorer Adam is touring Britain, one incredible, edible place at a time, using the map as his menu to visit places in Britain that have given their name to world-famous dishes. He's arrived in Eton to taste the famous culinary mash-up, Eton Mess. He also has a right Royal Afternoon Tea in Windsor, as well as some delicious venison bon bons. | UNITED KINGDOM | English-100              |     | G  |  |     |   |

|            |      |  |                                |   |                |             |     |    |   |
|------------|------|--|--------------------------------|---|----------------|-------------|-----|----|---|
| 2025-01-01 | 2100 | <b>Masters Of Taste With Gary Mehigan</b>    | Best Of Jaipur                 | Sampling street food through Jaipur, Gary ends his day with a royal pit-cooked chicken.   | USA            | English-100 |     | G  |   |
| 2025-01-01 | 2130 | <b>Heston's Feasts</b>                       | 70s Feast                      | Heston goes 70s retro, plundering the technicolour wonderland of his boyhood culinary experiences for a feast featuring savoury ice lollies, a luxury school dinner of spam fritters, lumpy mash and cabbage, and a flying dessert.   | UNITED KINGDOM | English-100 | RPT | G  | Y |
| 2025-01-01 | 2230 | <b>The Cook Up With Adam Liaw</b>            | Snacks                         | Who doesn't love a good filling and easy snack? Adam and guests, pastry chef Lauren Eldridge and TAFE student Kirsty Lea, are in the Cook Up kitchen to add some more go-to snacks to your list.  | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2025-01-01 | 2300 | <b>The Cook And The Chef</b>                 | Brussels Sprouts And Avocado   | Maggie and Simon go green with brussels sprouts and avocados. Enjoy their warm winter take on the much maligned sprout and take a trip back to the seventies with Simon's avocado ice cream.  | AUSTRALIA      | English-100 | RPT | G  |   |
| 2025-01-01 | 2330 | <b>Andrew Zimmern's Wild Game Kitchen</b>    | Roasted Hog                    | For pig roast perfection, chef Andrew Zimmern marinates a whole young hog in orange juice, vinegar and garlic before roasting it for several hours in a caja china, a wooden box that cooks the pig with downward convective heat. Pull the pork and serve it with a chopped sweet-and-sour Southern-style coleslaw and charred pineapple salsa.                    | USA            | English-100 | RPT | G  |   |
| 2025-01-01 | 2400 | <b>David Rocco's Dolce Tuscany</b>           | Dario's Ciccìa                 | David returns to visit his friend and arguably one of the most famous butchers in the world, Dario Cecchini.  | CANADA         | English-100 | RPT | PG | Y |
| 2025-01-01 | 2430 | <b>In The Spirit With Lindsay And Curtis</b> | New Year's Day With Kelly Hu   | Curtis and Lindsay surprise actress Kelly Hu with a noodle pulling lesson from a master. Lindsay shares her Korean mom's recipe for a good luck New Year's soup.  | USA            | English-100 | RPT | G  |   |
| 2025-01-01 | 2500 | <b>Rachael Ray's Meals In Minutes</b>        | Reintroduction To Top Tonkatsu | You may not know that you've been eating Tonkatsu for years. Let Rachel reintroduce you to her version of the dish also known as, fried pork chops, served with an umami rich sauce that will awaken your palate.   | USA            | English-100 | RPT |    |   |
| 2025-01-01 | 2530 | <b>Adam Richman Eats Britain</b>             | Eton Mess                      | Global food explorer Adam is touring Britain, one incredible, edible place at a time, using the map as his menu to visit places in Britain that have given their name to world-famous dishes. He's arrived in Eton to taste the famous culinary mash-up, Eton Mess. He also has a right Royal Afternoon Tea in Windsor, as well as some delicious venison bon bons. | UNITED KINGDOM | English-100 | RPT | G  |   |
| 2025-01-01 | 2600 | <b>Masters Of Taste With Gary Mehigan</b>    | Best Of Jaipur                 | Sampling street food through Jaipur, Gary ends his day with a royal pit-cooked chicken.   | USA            | English-100 | RPT | G  |   |
| 2025-01-01 | 2630 | <b>Heston's Feasts</b>                       | 70s Feast                      | Heston goes 70s retro, plundering the technicolour wonderland of his boyhood culinary experiences for a feast featuring savoury ice lollies, a luxury school dinner of spam fritters, lumpy mash and cabbage, and a flying dessert.   | UNITED KINGDOM | English-100 | RPT | G  | Y |
| 2025-01-01 | 2730 | <b>The Cook Up With Adam Liaw</b>            | Snacks                         | Who doesn't love a good filling and easy snack? Adam and guests, pastry chef Lauren Eldridge and TAFE student Kirsty Lea, are in the Cook Up kitchen to add some more go-to snacks to your list.  | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2025-01-01 | 2800 | <b>The Cook And The Chef</b>                 | Brussels Sprouts And Avocado   | Maggie and Simon go green with brussels sprouts and avocados. Enjoy their warm winter take on the much maligned sprout and take a trip back to the seventies with Simon's avocado ice cream.  | AUSTRALIA      | English-100 | RPT | G  |   |
| 2025-01-01 | 2830 | <b>Andrew Zimmern's Wild Game Kitchen</b>    | Roasted Hog                    | For pig roast perfection, chef Andrew Zimmern marinates a whole young hog in orange juice, vinegar and garlic before roasting it for several hours in a caja china, a wooden box that cooks the pig with downward convective heat. Pull the pork and serve it with a chopped sweet-and-sour Southern-style coleslaw and charred pineapple salsa.                    | USA            | English-100 | RPT | G  |   |

|            |      |   |                                  |  |                |                          |     |    |     |   |   |
|------------|------|---|----------------------------------|--|----------------|--------------------------|-----|----|-----|---|---|
| 2025-01-02 | 0500 | David Rocco's Dolce Tuscany             | Dario's Ciccia                   | David returns to visit his friend and arguably one of the most famous butchers in the world, Dario Cecchini.   | CANADA         | English-100              | RPT | PG |     | Y |   |
| 2025-01-02 | 0530 | My Market Kitchen                       | My Market Kitchen Series 4 Ep 19 | On this episode of My Market Kitchen, Khanh serves up his delicious Melon and Prosciutto Salad for Elena. He then cooks his take on a childhood classic with a Coconut Rough Tart. Lastly we get taken on a journey to France with Elena's Normandy Mussels.   | AUSTRALIA      | English-100              | RPT | G  |     |   |   |
| 2025-01-02 | 0600 | Food Safari                             | Sri Lankan Safari                | Hosted by Maeve O'Meara, this episode features acclaimed chef Peter Kuravita, and the queen of Asian cooking in Australia - Charmaine Solomon OAM.   | AUSTRALIA      | English-100              | RPT | G  |     | Y |   |
| 2025-01-02 | 0630 | Eating Plants                           | Sweden                           | While a lot of traditional Swedish food is heavy on meat and fish, vegans are now well catered for. Local host Cajså Wessberg visits Stockholm's Smakamera who use rapeseed oil and pea protein as the main ingredients for delicious vegan mayonnaise and visits Hooked Foods to trial the plant-based salmon flakes.   | AUSTRALIA      | English-100              | RPT | PG | I   |   |   |
| 2025-01-02 | 0705 | Selena + Chef                           | Selena + Devonn Francis          | Artist, activist, and chef DeVonn Francis guides Selena through his version of an elevated banana-inspired Jamaican meal including a torched banana cake and banana leaf roasted snapper. But can the pair pull off the meal between Selena's first kitchen injury, multiple donations to the 'okey dokey' jar, and a redemptive attempt at opening a coconut? | USA            | English-100              | RPT | PG |     |   |   |
| 2025-01-02 | 0735 | Food Markets: In The Belly Of The City  | In The Belly Of Dijon            | The Halles de Dijon is a huge expanse hosting over 700 stalls in 4 pavilions. Its size goes along with the variety of specialities coming from the Burgundy region.  | FRANCE         | English-60;<br>French-40 | RPT | G  |     | Y | Y |
| 2025-01-02 | 0835 | Oliver's Twist                          | New Kids On The Block            | New trainees have started at Jamie's restaurant, Fifteen, and Jamie is treating them to a dinner party at his house. This will be a chance for the new chefs to get to know Jamie's style of cooking, and for Jamie to bond with his new employees.  | UNITED KINGDOM | English-100              | RPT | G  |     |   |   |
| 2025-01-02 | 0900 | Freshly Picked                          | Ep 28                            | Simon travels to Mildura and showcases dried fruit in his delicious chocolate mousse with blood orange and mint. Back in kitchen, he serves grilled fennel and black garlic dressing and a dinner party favourite, winter crudites.  | AUSTRALIA      | English-100              | RPT | PG |     |   |   |
| 2025-01-02 | 0930 | Everyday Gourmet With Justine Schofield | Episode 10                       | Mix up your breakfast routine with Justine's Jar Poached Eggs and Roasted Grape Bruschetta. Justine cooks up a Roasted Pork Loin with Spiced Pears before Trish McKenzie treats us with her White Chocolate Rocky Road.  | AUSTRALIA      | English-100              | RPT | G  |     |   |   |
| 2025-01-02 | 1000 | Rick Stein's Seafood Lovers' Guide      | Episode 6                        | Rick Stein visits Cromer, famous for its crabs and stiffkey blue cockles. Near Kings Lynn, he gathers samphire and shrimps, then cooks crabs with hollandaise sauce, shrimp risotto, and plaice goujons.   | UNITED KINGDOM | English-100              | RPT | PG | a w |   |   |
| 2025-01-02 | 1030 | Hugh's Three Good Things                | Beef                             | It's the final day of meat week and some might argue we've saved the best till last: beef! Guest chef Lisa Allen of Northcote Manor is showing her Michelin starred skills by not even cooking her beef!   | UNITED KINGDOM | English-100              | RPT | G  |     |   |   |
| 2025-01-02 | 1100 | The Cook Up With Adam Liaw              | Supper Club                      | It's easy entertaining, and you're invited to Adam's supper club with world renowned chef Asma Khan and Gourmet Traveller's head honcho, Joanna Hunkin.  | AUSTRALIA      | English-100              | RPT | G  |     | Y |   |
| 2025-01-02 | 1130 | In The Spirit With Lindsay And Curtis   | New Year's Day With Kelly Hu     | Curtis and Lindsay surprise actress Kelly Hu with a noodle pulling lesson from a master. Lindsay shares her Korean mom's recipe for a good luck New Year's soup.   | USA            | English-100              | RPT | G  |     |   |   |

|            |      |  |                                  |   |                |                          |     |    |     |   |
|------------|------|--|----------------------------------|---|----------------|--------------------------|-----|----|-----|---|
| 2025-01-02 | 1200 | <b>Rachael Ray's Meals In Minutes</b>          | Reintroduction To Top Tonkatsu   | You may not know that you've been eating Tonkatsu for years. Let Rachel reintroduce you to her version of the dish also known as, fried pork chops, served with an umami rich sauce that will awaken your palate.   | USA            | English-100              | RPT |    |     |   |
| 2025-01-02 | 1230 | <b>Come Dine With Me UK</b>                    | North Surrey Day 3               | In north Surrey, 31-year-old drum tutor Rob is hoping his Thai-tastic menu will impress his guests and snare him the prize, as well as impressing the object of his affections, Petrina.  | UNITED KINGDOM | English-100              | RPT | PG |     |   |
| 2025-01-02 | 1300 | <b>David Rocco's Dolce Tuscany</b>             | Fisherman Of Orbetello           | David visits the seaside Tuscan town of Orbetello, where a co-op of fisherman not only fish on the lagoons for eel, seabream and sea bass, but also run the entire smoking and canning operation as well as a seaside restaurant.   | CANADA         | English-100              | RPT | PG | a w |   |
| 2025-01-02 | 1330 | <b>My Market Kitchen</b>                       | My Market Kitchen Series 4 Ep 20 | You can now make your own Beetroot Relish at home with Elena's recipe! After that Khanh shows us his Sweet and Sticky Roast Pork followed by Tuna Nicoise Salad from Elena.   | AUSTRALIA      | English-100              | RPT | G  |     |   |
| 2025-01-02 | 1400 | <b>Food Safari</b>                             | Brazilian Safari                 | Featuring the best in food the world has to offer, Food Safari is an enticing blend of exciting food with down to earth practicality. Tonight, Maeve O'Meara explores the flavour, texture and wonderful complexity of Brazilian food.  | AUSTRALIA      | English-100              | RPT | G  | Y   |   |
| 2025-01-02 | 1430 | <b>Eating Plants</b>                           | Thailand                         | A vegan revolution is storming up in Thailand. Local actor Richie Kul visits the research lab of Meat Avatar creating plant-based crispy pork bites and learns from chef Sarita the basics of a roast chili paste. Richie learns how to cook some infamous Thai dishes at a local cooking school and eats out with popular vegan youtuber Wan, who is introducing a vegan diet to millions of her Thai followers. | AUSTRALIA      | English-100              | RPT | G  |     |   |
| 2025-01-02 | 1500 | <b>Selena + Chef</b>                           | Selena + Rachael Ray             | Emmy Award-winning television icon Rachael Ray helps Selena treat her Nana and Papa to a delicious date night meal of beer battered fish and elote salad. Then, to celebrate Selena's grandparents in style, Gracie steps up for tartar sauce duty, while Rachael's husband John shakes up a spicy Michelada.   | USA            | English-100              | RPT | G  |     |   |
| 2025-01-02 | 1530 | <b>Food Markets: In The Belly Of The City</b>  | In The Belly Of Hamburg          | Nearly a km long, the Isemarkt in Hamburg is one of the most significant bi-weekly markets the city can boost. 200 stalls full of fruit, bread, vegetables, fish, baked products and the best bonbons in town can be found under the U-Bahn viaduct.  | FRANCE         | English-65;<br>German-35 |     | G  | Y   | Y |
| 2025-01-02 | 1630 | <b>Oliver's Twist</b>                          | Late Night Munchies              | Chef Jamie Oliver rustles up more tasty food for his pals. Here, he prepares hot toddies, Philly steak sandwiches, chocolate cake, and flavoured popcorn.   | UNITED KINGDOM | English-100              | RPT | G  |     |   |
| 2025-01-02 | 1700 | <b>Freshly Picked</b>                          | Ep 29                            | Zacchary Bird is back with a delicious okonomiyaki recipe. Simon serves up Japanese flavours in a yummy stir fry. Staying in tune with the Asian theme, Simon makes delicious bao at Cross Farms packed with sumo citrus.   | AUSTRALIA      | English-100              |     | G  |     |   |
| 2025-01-02 | 1730 | <b>Everyday Gourmet With Justine Schofield</b> | Episode 11                       | Darren Purchase drops by Justine's kitchen to show us how to make Jamaican Ginger Cake. Justine shows us some ways to jazz up cabbage and puts a little spin on the classic BBQ Chicken.  | AUSTRALIA      | English-100              |     | G  |     |   |
| 2025-01-02 | 1800 | <b>Rick Stein's Seafood Lovers' Guide</b>      | Episode 7                        | Rick visits Bear Island in Co. Cork where he meets Mike Sullivan, restaurant owner, and cooks monk fish with scallops and seaweed. He makes Cornish pasties, carrageen pudding, and trout along the way.  | UNITED KINGDOM | English-100              | RPT | PG | a w |   |
| 2025-01-02 | 1830 | <b>Hugh's Three Good Things</b>                | Apples                           | The River Cottage Head Chef Gill Meller is back to take on Hugh again in the food fight with flair - as three chefs come together to cook meals based around three key ingredients. This week it is all about fruit.  | UNITED KINGDOM | English-100              | RPT | G  |     |   |

|            |      |   |                                |   |                |             |     |    |     |
|------------|------|---|--------------------------------|---|----------------|-------------|-----|----|-----|
| 2025-01-02 | 1900 | <b>The Cook Up With Adam Liaw</b>         | Practical Picnic               | It's Easy Entertaining and alfresco's a go-go. Adam and guests, award-winning chef Somer Sivrioglu and one of Australia's most popular digital creators Daen Lia, have a practical picnic.  | AUSTRALIA      | English-100 | RPT | G  | Y   |
| 2025-01-02 | 1930 | <b>Paul Goes To Hollywood</b>             | Los Angeles                    | Paul's epic 3000 mile road trip culminates in the city that celebrates his name. He arrives just in time to meet a notable 'friend' and enjoys the best tacos north of the Mexican border. At home, he cooks a classic LA beef sandwich.  | UNITED KINGDOM | English-100 | RPT | G  |     |
| 2025-01-02 | 2030 | <b>Jamie At Home</b>                      | Lamb                           | Jamie gets a visit from Daphne, a Welsh sheep farmer, and they talk about some of the misconceptions of spring lamb, the differences between lamb, hogget and mutton and how good conditions for the animals ultimately makes the meat taste so much better.  | UNITED KINGDOM | English-100 |     |    |     |
| 2025-01-02 | 2100 | <b>Symon's Dinners Cooking Out</b>        | Classic Cleveland City Chicken | City Chicken may have hailed from the depression era but this meal is anything but dreary. Michael Symons takes this now midwestern classic and revives it! He starts with some grilled breaded pork before adding asparagus.   | USA            | English-100 |     | G  |     |
| 2025-01-02 | 2130 | <b>Heston's Feasts</b>                    | 80s Feast                      | Heston returns to the 1980s, cooking up sake champagne in a giant mobile phone with edible sushi money, the ultimate toasted sandwich, a power lobster in the microwave, and a weightless floating dessert combining vienetta and tiramisu.   | UNITED KINGDOM | English-100 | RPT | G  | Y   |
| 2025-01-02 | 2230 | <b>The Cook Up With Adam Liaw</b>         | Grains                         | Former NRL player-turned-coach Dean Widders and Mabu Mabu owner and chef Nornie Bero join Adam in the Cook Up Kitchen to create some hearty dishes using a family staple, grains.   | AUSTRALIA      | English-100 | RPT | G  | Y   |
| 2025-01-02 | 2300 | <b>The Cook And The Chef</b>              | Lemon Myrtle And Pizzas        | The little village of Nimbin, in the Byron Bay Hinterland, has embraced its reputation as Australia's hippie capital and the influence of the counter culture extends way beyond the colourful main street.   | AUSTRALIA      | English-100 | RPT | G  |     |
| 2025-01-02 | 2330 | <b>Andrew Zimmern's Wild Game Kitchen</b> | Bison Tomahawk Chop            | Chef Andrew Zimmern shares a simple trick for getting the most out of your marinade - char the meat first, stick in the marinade for 24 hours, then finish it low and slow over an open fire. It's the best way to treat a luxury cut like Bison tomahawk chops, served with a classic Tuscan bread salad and roasted eggplant topped with Calabrian chiles and ricotta cheese. | USA            | English-100 | RPT | G  |     |
| 2025-01-02 | 2400 | <b>David Rocco's Dolce Tuscany</b>        | Fisherman Of Orbetello         | David visits the seaside Tuscan town of Orbetello, where a co-op of fisherman not only fish on the lagoons for eel, seabream and sea bass, but also run the entire smoking and canning operation as well as a seaside restaurant.   | CANADA         | English-100 | RPT | PG | a w |
| 2025-01-02 | 2430 | <b>Paul Goes To Hollywood</b>             | Los Angeles                    | Paul's epic 3000 mile road trip culminates in the city that celebrates his name. He arrives just in time to meet a notable 'friend' and enjoys the best tacos north of the Mexican border. At home, he cooks a classic LA beef sandwich.  | UNITED KINGDOM | English-100 | RPT | G  |     |
| 2025-01-02 | 2530 | <b>Jamie At Home</b>                      | Lamb                           | Jamie gets a visit from Daphne, a Welsh sheep farmer, and they talk about some of the misconceptions of spring lamb, the differences between lamb, hogget and mutton and how good conditions for the animals ultimately makes the meat taste so much better.  | UNITED KINGDOM | English-100 | RPT |    |     |
| 2025-01-02 | 2600 | <b>Symon's Dinners Cooking Out</b>        | Classic Cleveland City Chicken | City Chicken may have hailed from the depression era but this meal is anything but dreary. Michael Symons takes this now midwestern classic and revives it! He starts with some grilled breaded pork before adding asparagus.   | USA            | English-100 | RPT | G  |     |
| 2025-01-02 | 2630 | <b>Heston's Feasts</b>                    | 80s Feast                      | Heston returns to the 1980s, cooking up sake champagne in a giant mobile phone with edible sushi money, the ultimate toasted sandwich, a power lobster in the microwave, and a weightless floating dessert combining vienetta and tiramisu.   | UNITED KINGDOM | English-100 | RPT | G  | Y   |
| 2025-01-02 | 2730 | <b>The Cook Up With Adam Liaw</b>         | Grains                         | Former NRL player-turned-coach Dean Widders and Mabu Mabu owner and chef Nornie Bero join Adam in the Cook Up Kitchen to create some hearty dishes using a family staple, grains.   | AUSTRALIA      | English-100 | RPT | G  | Y   |

|            |      |  |                                  |   |                |                          |     |    |     |     |
|------------|------|--|----------------------------------|---|----------------|--------------------------|-----|----|-----|-----|
| 2025-01-02 | 2800 | <b>The Cook And The Chef</b>                   | Lemon Myrtle And Pizzas          | The little village of Nimbin, in the Byron Bay Hinterland, has embraced its reputation as Australia's hippie capital and the influence of the counter culture extends way beyond the colourful main street.   | AUSTRALIA      | English-100              | RPT | G  |     |     |
| 2025-01-02 | 2830 | <b>Andrew Zimmern's Wild Game Kitchen</b>      | Bison Tomahawk Chop              | Chef Andrew Zimmern shares a simple trick for getting the most out of your marinade - char the meat first, stick in the marinade for 24 hours, then finish it low and slow over an open fire. It's the best way to treat a luxury cut like Bison tomahawk chops, served with a classic Tuscan bread salad and roasted eggplant topped with Calabrian chiles and ricotta cheese.                                   | USA            | English-100              | RPT | G  |     |     |
| 2025-01-03 | 0500 | <b>David Rocco's Dolce Tuscany</b>             | Fisherman Of Orbetello           | David visits the seaside Tuscan town of Orbetello, where a co-op of fisherman not only fish on the lagoons for eel, seabream and sea bass, but also run the entire smoking and canning operation as well as a seaside restaurant.   | CANADA         | English-100              | RPT | PG | a w |     |
| 2025-01-03 | 0530 | <b>My Market Kitchen</b>                       | My Market Kitchen Series 4 Ep 20 | You can now make your own Beetroot Relish at home with Elena's recipe! After that Khanh shows us his Sweet and Sticky Roast Pork followed by Tuna Nicoise Salad from Elena.   | AUSTRALIA      | English-100              | RPT | G  |     |     |
| 2025-01-03 | 0600 | <b>Food Safari</b>                             | Brazilian Safari                 | Featuring the best in food the world has to offer, Food Safari is an enticing blend of exciting food with down to earth practicality. Tonight, Maeve O'Meara explores the flavour, texture and wonderful complexity of Brazilian food.  | AUSTRALIA      | English-100              | RPT | G  |     | Y   |
| 2025-01-03 | 0630 | <b>Eating Plants</b>                           | Thailand                         | A vegan revolution is storming up in Thailand. Local actor Richie Kul visits the research lab of Meat Avatar creating plant-based crispy pork bites and learns from chef Sarita the basics of a roast chili paste. Richie learns how to cook some infamous Thai dishes at a local cooking school and eats out with popular vegan youtuber Wan, who is introducing a vegan diet to millions of her Thai followers. | AUSTRALIA      | English-100              | RPT | G  |     |     |
| 2025-01-03 | 0700 | <b>Selena + Chef</b>                           | Selena + Rachael Ray             | Emmy Award-winning television icon Rachael Ray helps Selena treat her Nana and Papa to a delicious date night meal of beer battered fish and elote salad. Then, to celebrate Selena's grandparents in style, Gracie steps up for tartar sauce duty, while Rachael's husband John shakes up a spicy Michelada.   | USA            | English-100              | RPT | G  |     |     |
| 2025-01-03 | 0730 | <b>Food Markets: In The Belly Of The City</b>  | In The Belly Of Hamburg          | Nearly a km long, the Isemarkt in Hamburg is one of the most significant bi-weekly markets the city can boost. 200 stalls full of fruit, bread, vegetables, fish, baked products and the best bonbons in town can be found under the U-Bahn viaduct.  | FRANCE         | English-65;<br>German-35 | RPT | G  |     | Y Y |
| 2025-01-03 | 0830 | <b>Oliver's Twist</b>                          | Late Night Munchies              | Chef Jamie Oliver rustles up more tasty food for his pals. Here, he prepares hot toddies, Philly steak sandwiches, chocolate cake, and flavoured popcorn.   | UNITED KINGDOM | English-100              | RPT | G  |     |     |
| 2025-01-03 | 0900 | <b>Freshly Picked</b>                          | Ep 29                            | Zacchary Bird is back with a delicious okonomiyaki recipe. Simon serves up Japanese flavours in a yummy stir fry. Staying in tune with the Asian theme, Simon makes delicious bao at Cross Farms packed with sumo citrus.   | AUSTRALIA      | English-100              | RPT | G  |     |     |
| 2025-01-03 | 0930 | <b>Everyday Gourmet With Justine Schofield</b> | Episode 11                       | Darren Purchase drops by Justine's kitchen to show us how to make Jamaican Ginger Cake. Justine shows us some ways to jazz up cabbage and puts a little spin on the classic BBQ Chicken.  | AUSTRALIA      | English-100              | RPT | G  |     |     |
| 2025-01-03 | 1000 | <b>Rick Stein's Seafood Lovers' Guide</b>      | Episode 7                        | Rick visits Bear Island in Co. Cork where he meets Mike Sullivan, restaurant owner, and cooks monk fish with scallops and seaweed. He makes Cornish pasties, carrageen pudding, and trout along the way.  | UNITED KINGDOM | English-100              | RPT | PG | a w |     |
| 2025-01-03 | 1030 | <b>Hugh's Three Good Things</b>                | Apples                           | The River Cottage Head Chef Gill Meller is back to take on Hugh again in the food fight with flair - as three chefs come together to cook meals based around three key ingredients. This week it is all about fruit.  | UNITED KINGDOM | English-100              | RPT | G  |     |     |



|            |      |  |                                  |   |                |                           |     |    |     |   |
|------------|------|--|----------------------------------|---|----------------|---------------------------|-----|----|-----|---|
| 2025-01-03 | 1100 | <b>The Cook Up With Adam Liaw</b>              | Practical Picnic                 | It's Easy Entertaining and alfresco's a go-go. Adam and guests, award-winning chef Somer Sivrioglu and one of Australia's most popular digital creators Daen Lia, have a practical picnic.  | AUSTRALIA      | English-100               | RPT | G  |     | Y |
| 2025-01-03 | 1130 | <b>Jamie At Home</b>                           | Lamb                             | Jamie gets a visit from Daphne, a Welsh sheep farmer, and they talk about some of the misconceptions of spring lamb, the differences between lamb, hogget and mutton and how good conditions for the animals ultimately makes the meat taste so much better.  | UNITED KINGDOM | English-100               | RPT |    |     |   |
| 2025-01-03 | 1200 | <b>Symon's Dinners Cooking Out</b>             | Classic Cleveland City Chicken   | City Chicken may have hailed from the depression era but this meal is anything but dreary. Michael Symons takes this now midwestern classic and revives it! He starts with some grilled breaded pork before adding asparagus.   | USA            | English-100               | RPT | G  |     |   |
| 2025-01-03 | 1230 | <b>Come Dine With Me UK</b>                    | North Surrey Day 4               | In north Surrey, 49-year-old Petrina hopes her experience entertaining on cruise ships gives her the edge. Or will it be her dessert: 'Petrina's Salted Caramel Chocolate Crunch Surprise'?   | UNITED KINGDOM | English-100               | RPT | PG | s   |   |
| 2025-01-03 | 1300 | <b>David Rocco's Dolce Tuscany</b>             | Land & Sea                       | David visits an agriturismo that specializes in sheep's milk cheese and gets creative using it in the kitchen. Then it's on to the nearby seaside town of Porto Ercole.   | CANADA         | English-100               | RPT | PG | a w | Y |
| 2025-01-03 | 1330 | <b>My Market Kitchen</b>                       | My Market Kitchen Series 4 Ep 21 | In this episode, a dedication to Elena's cousin Leah with a Swedish meatballs recipe. Then in the kitchen, Khanh is using some pantry wraps to make his ultimate chicken salad wrap, followed by banana pancakes with three different ways of using bananas.  | AUSTRALIA      | English-100               | RPT | G  |     |   |
| 2025-01-03 | 1400 | <b>Food Safari</b>                             | Korean Safari                    | Maeve O'Meara visits Chung Jae Lee at Mapo Korean Restaurant - voted Adelaide's top Asian restaurant.   | AUSTRALIA      | English-100               | RPT | G  |     | Y |
| 2025-01-03 | 1430 | <b>Eating Plants</b>                           | Canada                           | Toronto is one of the best places in the world to be vegan. Renowned chef and host Amy Symington learns about Canada's organic maple syrup and visits the community gardens supplying the ingredients for Toronto's vegans.   | AUSTRALIA      | English-100               | RPT | G  |     |   |
| 2025-01-03 | 1500 | <b>Selena + Chef</b>                           | Selena + Nick DiGiovanni         | Social media cooking star and Harvard graduate Nick DiGiovanni challenges Selena with one of her most difficult recipes yet: homemade pesto pasta served inside a cheese wheel, with a side of burrata peach salad. From kneading her own pasta dough to enlisting Papa's help in carrying an 80-pound parmesan wheel from her front door, all hands are on deck in Selena's kitchen! | USA            | English-100               | RPT | PG | I   | Y |
| 2025-01-03 | 1530 | <b>Food Markets: In The Belly Of The City</b>  | In The Belly Of Ljubljana        | The diversity and richness of Slovenia are perfectly represented at the central market of Ljubljana: bakeries, and family dairies and meat stalls offering the Carniola sausage or the Kraski prsut, a delicious, unique ham can be found on the lower level of a seminary building.  | FRANCE         | English-72;<br>Slovene-28 |     | G  |     |   |
| 2025-01-03 | 1630 | <b>Oliver's Twist</b>                          | Big Cheese, The                  | Foodie fun with Jamie Oliver. Here, he visits a friend at her new cheese shop, then returns home with some of her produce and prepares the ultimate cheese board.   | UNITED KINGDOM | English-100               | RPT | G  |     |   |
| 2025-01-03 | 1700 | <b>Freshly Picked</b>                          | Ep 30                            | Simon's curry-filled flatbread and delicious tart are the perfect way to start your day. Therese Toohey joins Simon again for another family recipe, a hearty eggplant and chickpea curry that tastes like home. Simon then visits Tas-saff and makes a delicious jewelled rice dish celebrating saffron.   | AUSTRALIA      | English-100               |     | PG |     |   |
| 2025-01-03 | 1730 | <b>Everyday Gourmet With Justine Schofield</b> | Episode 12                       | Daniel Wilson, owner of Huxtaburger, joins us in the kitchen to make a flavoursome Prawn and Kaffir Lime Leaf Larb and Justine gives us her secrets to the best Peanut Butter and Smashed Raspberry Wraps and some delicious Creamed Celery Soup.   | AUSTRALIA      | English-100               |     | G  |     |   |

|            |      |   |                                   |  |                |             |     |    |     |   |
|------------|------|---|-----------------------------------|--|----------------|-------------|-----|----|-----|---|
| 2025-01-03 | 1800 | <b>Rick Stein's Seafood Lovers' Guide</b> | Episode 8                         | Rick visits Whitby where he tries kippers smoked by brothers Barry and Derek Brown, a family recipe for years. He visits Flamborough Head where he goes longlining for cod with Richard Emerson.   | UNITED KINGDOM | English-100 | RPT | PG | a w |   |
| 2025-01-03 | 1830 | <b>Hugh's Three Good Things</b>           | Pears                             | It's pear time in Hugh's Three Good Things. All week, the River Cottage Head Chef Gill Meller and by Sophie Wright, a chef who's cooked for the likes of Leonardo DiCaprio, Roman Abramovich and Avril Lavigne, join Hugh for some cooking pear-fectio!  | UNITED KINGDOM | English-100 | RPT | G  |     |   |
| 2025-01-03 | 1900 | <b>The Cook Up With Adam Liaw</b>         | Provincial French Picnic, The     | It's Easy Entertaining, and designer Jamie Durie and chef Annie Smithers join Adam for The Provincial French Picnic.   | AUSTRALIA      | English-100 | RPT | G  |     | Y |
| 2025-01-03 | 1930 | <b>Andi Oliver's Fabulous Feasts</b>      | Cornwall                          | Andi goes to Cornwall to help a local chef put on a feast to thank NHS staff. Her idea of holding a feast for 80 on a long table, on a beach, is tricky, but will it be amazing?   | UNITED KINGDOM | English-100 |     | G  |     |   |
| 2025-01-03 | 2030 | <b>Sergio Perera's Destination Noosa</b>  | Sergio Perera's Destination Noosa | Michelin-trained chef and world traveller, Sergio Perera, takes to Noosa on the Sunshine coast where he explores the plentiful food scene of the region. Cooking fresh and locally sourced dishes, and venturing along the coastline and surrounding hinterlands, Sergio will be joined by friends and the pioneers of the Noosa food scene.   | AUSTRALIA      | English-100 |     | PG | a w | Y |
| 2025-01-03 | 2130 | <b>Heston's Feasts</b>                    | Ultimate Feast                    | Top chef Heston Blumenthal sets out to reinvent famous past or imagined feasts for celebrity diners. Heston picks his favourite dishes from his first series of Feasts, including meat fruit from the middle ages, a mesmerising mock turtle soup from his trippy Victorian Feast, a cake from ancient Rome, and an edible monster from the times of Henry VIII called a cockatrice. | UNITED KINGDOM | English-100 | RPT | PG | s   | Y |
| 2025-01-03 | 2230 | <b>The Cook Up With Adam Liaw</b>         | Taco Tuesday                      | The Taco Tuesday phenomenon has reached the Cook Up kitchen! Adam, food writer Kate Gibbs, and former MasterChef contestant Aaron Harvie create their favourite taco recipes.  | AUSTRALIA      | English-100 | RPT | G  |     | Y |
| 2025-01-03 | 2300 | <b>The Cook And The Chef</b>              | Coffee And Macadamia Nuts         | This week take a trip with Maggie to the stunning sub tropical hinterland of Northern New South Wales where she explores a macadamia plantation and sips locally grown coffee. In the kitchen Maggie and Simon use our native bush nut and coffee to create both savoury and sweet delights.   | AUSTRALIA      | English-100 | RPT | G  |     |   |
| 2025-01-03 | 2330 | <b>Andrew Zimmern's Wild Game Kitchen</b> | Shellfish                         | Chef Andrew Zimmern demystifies cooking clams, mussels and oysters - all three incredible, sustainable seafood options that are fun to forage. First up, Andrew cooks a pot of creamy clam chowder with a fortified clam broth. Then, he shares a simple but impressive recipe for mussels fra diavolo - mussels cooked in a spicy tomato broth.                                     | USA            | English-100 | RPT | G  |     |   |
| 2025-01-03 | 2400 | <b>David Rocco's Dolce Tuscany</b>        | Land & Sea                        | David visits an agriturismo that specializes in sheep's milk cheese and gets creative using it in the kitchen. Then it's on to the nearby seaside town of Porto Ercole.  | CANADA         | English-100 | RPT | PG | a w | Y |
| 2025-01-03 | 2430 | <b>Andi Oliver's Fabulous Feasts</b>      | Cornwall                          | Andi goes to Cornwall to help a local chef put on a feast to thank NHS staff. Her idea of holding a feast for 80 on a long table, on a beach, is tricky, but will it be amazing?   | UNITED KINGDOM | English-100 | RPT | G  |     |   |
| 2025-01-03 | 2530 | <b>Sergio Perera's Destination Noosa</b>  | Sergio Perera's Destination Noosa | Michelin-trained chef and world traveller, Sergio Perera, takes to Noosa on the Sunshine coast where he explores the plentiful food scene of the region. Cooking fresh and locally sourced dishes, and venturing along the coastline and surrounding hinterlands, Sergio will be joined by friends and the pioneers of the Noosa food scene.   | AUSTRALIA      | English-100 | RPT | PG | a w | Y |
| 2025-01-03 | 2630 | <b>Heston's Feasts</b>                    | Ultimate Feast                    | Top chef Heston Blumenthal sets out to reinvent famous past or imagined feasts for celebrity diners. Heston picks his favourite dishes from his first series of Feasts, including meat fruit from the middle ages, a mesmerising mock turtle soup from his trippy Victorian Feast, a cake from ancient Rome, and an edible monster from the times of Henry VIII called a cockatrice. | UNITED KINGDOM | English-100 | RPT | PG | s   | Y |
| 2025-01-03 | 2730 | <b>The Cook Up With Adam Liaw</b>         | Taco Tuesday                      | The Taco Tuesday phenomenon has reached the Cook Up kitchen! Adam, food writer Kate Gibbs, and former MasterChef contestant Aaron Harvie create their favourite taco recipes.  | AUSTRALIA      | English-100 | RPT | G  |     | Y |

|            |      |  |                                  |   |                |                           |     |    |     |   |
|------------|------|--|----------------------------------|---|----------------|---------------------------|-----|----|-----|---|
| 2025-01-03 | 2800 | <b>The Cook And The Chef</b>                   | Coffee And Macadamia Nuts        | This week take a trip with Maggie to the stunning sub tropical hinterland of Northern New South Wales where she explores a macadamia plantation and sips locally grown coffee. In the kitchen Maggie and Simon use our native bush nut and coffee to create both savoury and sweet delights.  | AUSTRALIA      | English-100               | RPT | G  |     |   |
| 2025-01-03 | 2830 | <b>Andrew Zimmern's Wild Game Kitchen</b>      | Shellfish                        | Chef Andrew Zimmern demystifies cooking clams, mussels and oysters - all three incredible, sustainable seafood options that are fun to forage. First up, Andrew cooks a pot of creamy clam chowder with a fortified clam broth. Then, he shares a simple but impressive recipe for mussels fra diavolo - mussels cooked in a spicy tomato broth.                                      | USA            | English-100               | RPT | G  |     |   |
| 2025-01-04 | 0500 | <b>David Rocco's Dolce Tuscany</b>             | Land & Sea                       | David visits an agriturismo that specializes in sheep's milk cheese and gets creative using it in the kitchen. Then it's on to the nearby seaside town of Porto Ercole.   | CANADA         | English-100               | RPT | PG | a w | Y |
| 2025-01-04 | 0530 | <b>My Market Kitchen</b>                       | My Market Kitchen Series 4 Ep 21 | In this episode, a dedication to Elena's cousin Leah with a Swedish meatballs recipe. Then in the kitchen, Khanh is using some pantry wraps to make his ultimate chicken salad wrap, followed by banana pancakes with three different ways of using bananas.  | AUSTRALIA      | English-100               | RPT | G  |     |   |
| 2025-01-04 | 0600 | <b>Food Safari</b>                             | Korean Safari                    | Maeve O'Meara visits Chung Jae Lee at Mapo Korean Restaurant - voted Adelaide's top Asian restaurant.   | AUSTRALIA      | English-100               | RPT | G  |     | Y |
| 2025-01-04 | 0630 | <b>Eating Plants</b>                           | Canada                           | Toronto is one of the best places in the world to be vegan. Renowned chef and host Amy Symington learns about Canada's organic maple syrup and visits the community gardens supplying the ingredients for Toronto's vegans.   | AUSTRALIA      | English-100               | RPT | G  |     |   |
| 2025-01-04 | 0700 | <b>Selena + Chef</b>                           | Selena + Nick Digiovanni         | Social media cooking star and Harvard graduate Nick DiGiovanni challenges Selena with one of her most difficult recipes yet: homemade pesto pasta served inside a cheese wheel, with a side of burrata peach salad. From kneading her own pasta dough to enlisting Papa's help in carrying an 80-pound parmesan wheel from her front door, all hands are on deck in Selena's kitchen! | USA            | English-100               | RPT | PG | I   | Y |
| 2025-01-04 | 0730 | <b>Food Markets: In The Belly Of The City</b>  | In The Belly Of Ljubljana        | The diversity and richness of Slovenia are perfectly represented at the central market of Ljubljana: bakeries, and family dairies and meat stalls offering the Carniola sausage or the Kraski prsut, a delicious, unique ham can be found on the lower level of a seminary building.  | FRANCE         | English-72;<br>Slovene-28 | RPT | G  |     |   |
| 2025-01-04 | 0830 | <b>Oliver's Twist</b>                          | Big Cheese, The                  | Foodie fun with Jamie Oliver. Here, he visits a friend at her new cheese shop, then returns home with some of her produce and prepares the ultimate cheese board.   | UNITED KINGDOM | English-100               | RPT | G  |     |   |
| 2025-01-04 | 0900 | <b>Freshly Picked</b>                          | Ep 30                            | Simon's curry-filled flatbread and delicious tart are the perfect way to start your day. Therese Toohey joins Simon again for another family recipe, a hearty eggplant and chickpea curry that tastes like home. Simon then visits Tas-saff and makes a delicious jewelled rice dish celebrating saffron.   | AUSTRALIA      | English-100               | RPT | PG |     |   |
| 2025-01-04 | 0930 | <b>Everyday Gourmet With Justine Schofield</b> | Episode 12                       | Daniel Wilson, owner of Huxtaburger, joins us in the kitchen to make a flavoursome Prawn and Kaffir Lime Leaf Larb and Justine gives us her secrets to the best Peanut Butter and Smashed Raspberry Wraps and some delicious Creamed Celery Soup.   | AUSTRALIA      | English-100               | RPT | G  |     |   |
| 2025-01-04 | 1000 | <b>Rick Stein's Seafood Lovers' Guide</b>      | Episode 8                        | Rick visits Whitby where he tries kippers smoked by brothers Barry and Derek Brown, a family recipe for years. He visits Flamborough Head where he goes longlining for cod with Richard Emerson.  | UNITED KINGDOM | English-100               | RPT | PG | a w |   |
| 2025-01-04 | 1030 | <b>Hugh's Three Good Things</b>                | Pears                            | It's pear time in Hugh's Three Good Things. All week, the River Cottage Head Chef Gill Meller and by Sophie Wright, a chef who's cooked for the likes of Leonardo DiCaprio, Roman Abramovich and Avril Lavigne, join Hugh for some cooking pear-fection!  | UNITED KINGDOM | English-100               | RPT | G  |     |   |
| 2025-01-04 | 1100 | <b>The Cook Up With Adam Liaw</b>              | Provincial French Picnic, The    | It's Easy Entertaining, and designer Jamie Durie and chef Annie Smithers join Adam for The Provincial French Picnic.  | AUSTRALIA      | English-100               | RPT | G  |     | Y |

|            |      |                                    |                                    |  |                |             |     |    |       |   |
|------------|------|------------------------------------|------------------------------------|--|----------------|-------------|-----|----|-------|---|
| 2025-01-04 | 1130 | Andi Oliver's Fabulous Feasts      | Cornwall                           | Andi goes to Cornwall to help a local chef put on a feast to thank NHS staff. Her idea of holding a feast for 80 on a long table, on a beach, is tricky, but will it be amazing?   | UNITED KINGDOM | English-100 | RPT | G  |       |   |
| 2025-01-04 | 1230 | David Rocco's Dolce Tuscany        | Land & Sea                         | David visits an agriturismo that specializes in sheep's milk cheese and gets creative using it in the kitchen. Then it's on to the nearby seaside town of Porto Ercole.  | CANADA         | English-100 | RPT | PG | a w   | Y |
| 2025-01-04 | 1300 | My Market Kitchen                  | My Market Kitchen Series 4 Ep 21   | In this episode, a dedication to Elena's cousin Leah with a Swedish meatballs recipe. Then in the kitchen, Khanh is using some pantry wraps to make his ultimate chicken salad wrap, followed by banana pancakes with three different ways of using bananas. | AUSTRALIA      | English-100 | RPT | G  |       |   |
| 2025-01-04 | 1330 | Food Safari                        | Korean Safari                      | Maeve O'Meara visits Chung Jae Lee at Mapo Korean Restaurant - voted Adelaide's top Asian restaurant.  | AUSTRALIA      | English-100 | RPT | G  |       | Y |
| 2025-01-04 | 1400 | Eating Plants                      | Canada                             | Toronto is one of the best places in the world to be vegan. Renowned chef and host Amy Symington learns about Canada's organic maple syrup and visits the community gardens supplying the ingredients for Toronto's vegans.                                  | AUSTRALIA      | English-100 | RPT | G  |       |   |
| 2025-01-04 | 1430 | Hairy Bikers Go North              | West Yorkshire                     | Starting in Leeds, the bikers are visiting the stunning Kirkgate Market to fill up their panier for their upcoming stay and travels across the north of England.   | UNITED KINGDOM | English-100 | RPT | PG | a l w |   |
| 2025-01-04 | 1525 | Please Eat Slowly Bitesize         | Steamed Whole Fish                 | 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 | RPT | G  |       |   |
| 2025-01-04 | 1530 | Hairy Bikers Go North              | Northumberland                     | This week the Hairy Bikers continue their Northern odyssey in the county of Northumberland. It's an area that Si King knows well, having holidayed there many times throughout his childhood.  | UNITED KINGDOM | English-100 | RPT | PG | a w   |   |
| 2025-01-04 | 1625 | A Taste Of Island Dreams           | Amalul's Pandan Bubble Tea         | Amalul, Alimah's granddaughter, is a self-proclaimed bubble tea connoisseur. She shares her bright bubble tea brew and pays tribute to the vibrant and flavourful pandanus leaf.   | AUSTRALIA      | English-100 | RPT | G  |       |   |
| 2025-01-04 | 1630 | Jack Stein: Inside The Box         | Bangkok                            | It's the classic roast pork bun and Jack is adamant that he can make Thai locals learn to love British applesauce as much as he does by luring them in with a Thai style. and very un-British, larb-spiced pork.   | AUSTRALIA      | English-100 | RPT | G  |       |   |
| 2025-01-04 | 1700 | The Chocolate Queen                | Chocolate Queen Series 2, The Ep 9 | Get the basics right today with Kirsten and her recipe for chocolate lashes and homemade chocolate chips. Then learn the tricks to two Australian classic favourites with a Lamington Cake and Chocolate Caramel Slice.                                      | AUSTRALIA      | English-100 | RPT | G  |       |   |
| 2025-01-04 | 1730 | Lorraine Pascale: Be A Better Cook | Neil Forster                       | With plenty of deceptively easy recipes and fantastic tips, Lorraine Pascale shows people with no kitchen confidence how to pull off an impressive meal for friends and family.  | UNITED KINGDOM | English-100 |     | G  |       |   |
| 2025-01-04 | 1800 | Pati's Mexican Table               | Cowboy Life                        | Pati saddles up for an exhilarating ride into Chihuahua's ranch and rodeo life.  | USA            | English-100 |     | PG | a w   | Y |
| 2025-01-04 | 1830 | Jimmy Doherty's New Zealand Escape | Ep 1                               | Jimmy Doherty heads to Aotearoa to sample the finest and most surprising foods on the planet. He learns to gravity-fish and trade, heads to a women-only farm, and the oldest illegal distillery.  | NEW ZEALAND    | English-100 | RPT | PG | a w   |   |

|            |      |  |                                    |  |                |             |     |    |       |   |
|------------|------|--|------------------------------------|--|----------------|-------------|-----|----|-------|---|
| 2025-01-04 | 1930 | <b>River Cottage: Three Go Mad</b>         | Comedians, The                     | Hugh Fearnley-Whittingstall is joined at River Cottage by three much loved comedians, Robert Webb, Lee Mack and Ruby Wax. But can their talent on the stage translate to the plate?  | UNITED KINGDOM | English-100 | RPT | PG |       |   |
| 2025-01-04 | 2030 | <b>Rick Stein: From Venice to Istanbul</b> | Venice                             | Rick Stein embarks on a new gastronomic road trip from Venice to Istanbul through the countries of the former Byzantine Empire - a melting pot of East and West. His journey begins in the magnificent city of Venice and on the idyllic Greek island of Syml he cooks some of his favourite Venetian dishes - seafood risotto, Tiramisu and gnocchi with spider crab.   | UNITED KINGDOM | English-100 | RPT | PG | a w   |   |
| 2025-01-04 | 2140 | <b>Anthony Bourdain: Parts Unknown</b>     | Russia                             | In the shadow of Red Square, in the dining room of the historic and luxurious Metropol Hotel, Tony and Zamir sample famous beluga caviar and catch up both on their friendship and what's going on in Russia in these turbulent times. Zamir has a theory. As the 100th anniversary of the 1917 Russian Revolution approaches, he has a feeling that the stage is being set for another revolution. A revolution against corruption, the oligarchy, and Putin himself. | USA            | English-100 | RPT | PG | a s v | Y |
| 2025-01-04 | 2235 | <b>Extreme Food Phobics</b>                | Ep 8                               | This episode features a barbecue-nut who can't bear the sight of avocados, and an Equestrian coach whose diet is preventing her from going on dates.   | UNITED KINGDOM | English-100 | RPT | PG |       | Y |
| 2025-01-04 | 2330 | <b>Jack Stein: Inside The Box</b>          | Bangkok                            | It's the classic roast pork bun and Jack is adamant that he can make Thai locals learn to love British applesauce as much as he does by luring them in with a Thai style. and very un-British, larb-spiced pork.   | AUSTRALIA      | English-100 | RPT | G  |       |   |
| 2025-01-04 | 2400 | <b>The Chocolate Queen</b>                 | Chocolate Queen Series 2, The Ep 9 | Get the basics right today with Kirsten and her recipe for chocolate lashes and homemade chocolate chips. Then learn the tricks to two Australian classic favourites with a Lamington Cake and Chocolate Caramel Slice.  | AUSTRALIA      | English-100 | RPT | G  |       |   |
| 2025-01-04 | 2430 | <b>Hairy Bikers Go North</b>               | West Yorkshire                     | Starting in Leeds, the bikers are visiting the stunning Kirkgate Market to fill up their panier for their upcoming stay and travels across the north of England.   | UNITED KINGDOM | English-100 | RPT | PG | a l w |   |
| 2025-01-04 | 2525 | <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-in-one. Victor talks through which claypot is best to use, and how you can achieve fluffy rice plus a crispy bottom layer without burning.  | AUSTRALIA      | English-100 | RPT | G  |       |   |
| 2025-01-04 | 2530 | <b>Hairy Bikers Go North</b>               | Northumberland                     | This week the Hairy Bikers continue their Northern odyssey in the county of Northumberland. It's an area that Si King knows well, having holidayed there many times throughout his childhood.  | UNITED KINGDOM | English-100 | RPT | PG | a w   |   |
| 2025-01-04 | 2625 | <b>Please Eat Slowly Bitesize</b>          | Steamed Whole Fish                 | 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 | RPT | G  |       |   |
| 2025-01-04 | 2630 | <b>Lorraine Pascale: Be A Better Cook</b>  | Neil Forster                       | With plenty of deceptively easy recipes and fantastic tips, Lorraine Pascale shows people with no kitchen confidence how to pull off an impressive meal for friends and family.  | UNITED KINGDOM | English-100 | RPT | G  |       |   |
| 2025-01-04 | 2700 | <b>Pati's Mexican Table</b>                | Cowboy Life                        | Pati saddles up for an exhilarating ride into Chihuahua's ranch and rodeo life.  | USA            | English-100 | RPT | PG | a w   | Y |
| 2025-01-04 | 2730 | <b>Anthony Bourdain: Parts Unknown</b>     | Russia                             | In the shadow of Red Square, in the dining room of the historic and luxurious Metropol Hotel, Tony and Zamir sample famous beluga caviar and catch up both on their friendship and what's going on in Russia in these turbulent times. Zamir has a theory. As the 100th anniversary of the 1917 Russian Revolution approaches, he has a feeling that the stage is being set for another revolution. A revolution against corruption, the oligarchy, and Putin himself. | USA            | English-100 | RPT | PG | a s v | Y |

|            |      |                                   |                            |  |           |             |     |   |
|------------|------|-----------------------------------|----------------------------|--|-----------|-------------|-----|---|
| 2025-01-04 | 2825 | <b>A Taste Of Island Dreams</b>   | Amalul's Pandan Bubble Tea | Amalul, Alimah's granddaughter, is a self-proclaimed bubble tea connoisseur. She shares her bright bubble tea brew and pays tribute to the vibrant and flavourful pandanus leaf.                                 | AUSTRALIA | English-100 | RPT | G |
| 2025-01-04 | 2830 | <b>Jack Stein: Inside The Box</b> | Bangkok                    | It's the classic roast pork bun and Jack is adamant that he can make Thai locals learn to love British applesauce as much as he does by luring them in with a Thai style. and very un-British, larb-spiced pork. | AUSTRALIA | English-100 | RPT | G |