



**WEEK 1: Sunday, 31 December 2023 - Saturday, 6 January 2024 - ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2023-12-31	0500	<b>Mystery Diners</b>	Fyre On The Beach	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100		PG			Y
2023-12-31	0530	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 4	After soaking up the ambiance at one of the UK's last live cattle markets in Truro, Rick's in the mood for steak and kidney pud, before setting sail out of Falmouth in a hand-built boat.	UNITED KINGDOM	English-100		G			
2023-12-31	0600	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 5	Rick goes fishing for his favourite oysters, makes a delicious fish soup and discovers the all-but-forgotten story of Cornwall's ancient capital, Lostwithiel.	UNITED KINGDOM	English-100		G			
2023-12-31	0630	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 5	Paul's pasture poultry have all grown up and it's processing time. Chris Franks is back to share his knowledge and wisdom.	UNITED KINGDOM	English-100	RPT	PG	a w		Y
2023-12-31	0730	<b>Paul Hollywood Eats Mexico</b>	Baja California, Milpa Alta, Oaxaca, Yucatan Peninsula	Paul visits Baja California and tastes fresh cactus in Milpa Alta and insects in Oaxaca, then judges a pasty baking competition in a small mining town.	UNITED KINGDOM	English-100		PG	a l		Y
2023-12-31	0825	<b>Destination Flavour Singapore Bitesize</b>	Hari Kaya	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G			Y
2023-12-31	0830	<b>John Torode's Ireland</b>	Wicklow To Wexford	John visits this beautiful 800-year-old country estate with its own organic farm and restored 17th century gardens. He meets the restaurant chef, Niall, who shows him round the gardens.	UNITED KINGDOM	English-100		G			
2023-12-31	0925	<b>Cook Up With Adam Liaw Bitesize</b>	Gobi Manchurian	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G			Y
2023-12-31	0930	<b>Homegrown Tastes South Africa</b>	Fine Dining	Lorna and good friend Pearl Modiadie indulge in a tour of Joburg's fine dining scene, with world class cocktails. Lorna creates her own fine dining experience using some very unusual ingredients.	UNITED KINGDOM	English-100		PG			Y
2023-12-31	1030	<b>Tales From River Cottage</b>	Customs And Rituals	When it comes to acquainting yourself with the curious local customs of your newfound rural home, Hugh's basic message is - get stuck in, and no half measures.	UNITED KINGDOM	English-100		G			
2023-12-31	1100	<b>Tales From River Cottage</b>	River And The Sea, The	Hugh explains how the river and sea offer the smallholder a combination of escape and adventure, as well as free food - from crabs and cuttlefish to eels and pike - for fantastic fishy feasts.	UNITED KINGDOM	English-100		PG	a w		
2023-12-31	1130	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 5	Paul's pasture poultry have all grown up and it's processing time. Chris Franks is back to share his knowledge and wisdom.	UNITED KINGDOM	English-100	RPT	PG	a w		Y

2023-12-31	1230	<b>Mystery Diners</b>	Hawaiian Club Crashers	Hosted by Charles Stiles, this hidden-camera show uses mystery diners to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100		PG			Y
2023-12-31	1300	<b>Mystery Diners</b>	Fyre On The Beach	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100		PG			Y
2023-12-31	1330	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 4	After soaking up the ambiance at one of the UK's last live cattle markets in Truro, Rick's in the mood for steak and kidney pud, before setting sail out of Falmouth in a hand-built boat.	UNITED KINGDOM	English-100		G			
2023-12-31	1400	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 5	Rick goes fishing for his favourite oysters, makes a delicious fish soup and discovers the all-but-forgotten story of Cornwall's ancient capital, Lostwithiel.	UNITED KINGDOM	English-100		G			
2023-12-31	1430	<b>Tales From River Cottage</b>	Customs And Rituals	When it comes to acquainting yourself with the curious local customs of your newfound rural home, Hugh's basic message is - get stuck in, and no half measures.	UNITED KINGDOM	English-100		G			
2023-12-31	1500	<b>Tales From River Cottage</b>	River And The Sea, The	Hugh explains how the river and sea offer the smallholder a combination of escape and adventure, as well as free food - from crabs and cuttlefish to eels and pike - for fantastic fishy feasts.	UNITED KINGDOM	English-100		PG	a w		
2023-12-31	1530	<b>Red Chef Revival</b>	Blood Tribe	Braving a recent breakup, host Shane Chartrand visits the Blood Tribe, a First Nations band government in southern Alberta, Canada, to cook a bison heart over an open fire.	CANADA	English-100	RPT	PG	a d l		Y
2023-12-31	1600	<b>Red Chef Revival</b>	Nemaiah Valley	An annual deadly horse race brings host Cezin Nottaway to Nemaiah Valley, a First Nations reserve and ranching community in the interior of British Columbia.	CANADA	English-100	RPT	PG			Y
2023-12-31	1630	<b>Food Chain: From Source To Table</b>	Wake Up Call Farms	Chef Ming explores whether farms can be made more productive in a land-scarce country. He discovers a burgeoning agri-tech scene, then explores why the new technology isn't yet making an impact.	SINGAPORE	English-100		PG	a l v w		
2023-12-31	1730	<b>Paul Hollywood: A Baker's Life</b>	Pizza, Roulade & Madeira Cake	Paul Hollywood reflects on his time on The Great British Bake Off, watching footage of his original audition tapes, and providing a never before seen behind the scenes look at the famous tent.	UNITED KINGDOM	English-100		G			
2023-12-31	1800	<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		PG			
2023-12-31	1830	<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		G			
2023-12-31	1930	<b>James Martin's French Adventure</b>	Arles	James heads to an olive grove to cook pan fried lamb chops with baby aubergines, before taking artistic inspiration from one of Arles's famous residents - Vincent Van Gogh.	UNITED KINGDOM	English-100		PG	a w		Y
2023-12-31	2030	<b>Secret World Of Snacks: Ice Cream</b>	Ice Cream	Jo Brand narrates this behind the scenes look at the battles between our favourite ice-creams. The creative brains behind some of our most iconic frozen treats reveal exactly what it takes to win.	UNITED KINGDOM	English-100	RPT	PG	s		Y
2023-12-31	2130	<b>Anthony Bourdain: No Reservations</b>	Greek Islands	Greek Islands - Supposedly Greece has the world's healthiest diet. From Crete to Ithaca, Anthony heads off on a culinary odyssey to find out if that reputation is deserved. #FoodNetworkAU	USA	English-100	RPT	PG	s		

2023-12-31	2225	<b>Destination Flavour Fillers</b>	Episode 9	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y
2023-12-31	2230	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 6	Paul welcomes his new jersey cow, Bessie, but it's not the homecoming he was hoping for - Bessie could be barren. Tomato season has sprung and Paul needs to make the most of his troubled crop.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2023-12-31	2330	<b>Mystery Diners</b>	Bad Credit	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG		Y
2023-12-31	2400	<b>Mystery Diners</b>	Deli Drama	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG		Y
2023-12-31	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		G		
2023-12-31	2530	<b>James Martin's French Adventure</b>	Arles	James heads to an olive grove to cook pan fried lamb chops with baby aubergines, before taking artistic inspiration from one of Arles's famous residents - Vincent Van Gogh.	UNITED KINGDOM	English-100		PG	a w	Y
2023-12-31	2625	<b>Destination Flavour Fillers</b>	Episode 9	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y
2023-12-31	2630	<b>Secret World Of Snacks: Ice Cream</b>	Ice Cream	Jo Brand narrates this behind the scenes look at the battles between our favourite ice-creams. The creative brains behind some of our most iconic frozen treats reveal exactly what it takes to win.	UNITED KINGDOM	English-100	RPT	PG	s	Y
2023-12-31	2725	<b>Cook Up With Adam Liaw Bitesize</b>	Pouding Chomeur	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2023-12-31	2730	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 6	Paul welcomes his new jersey cow, Bessie, but it's not the homecoming he was hoping for - Bessie could be barren. Tomato season has sprung and Paul needs to make the most of his troubled crop.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2023-12-31	2830	<b>Mystery Diners</b>	Bad Credit	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG		Y
2024-01-01	0500	<b>Mystery Diners</b>	Deli Drama	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG		Y
2024-01-01	0530	<b>Food Chain: From Source To Table</b>	Wake Up Call Farms	Chef Ming explores whether farms can be made more productive in a land-scarce country. He discovers a burgeoning agri-tech scene, then explores why the new technology isn't yet making an impact.	SINGAPORE	English-100		PG	a l v w	
2024-01-01	0630	<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		G		
2024-01-01	0730	<b>James Martin's French Adventure</b>	Arles	James heads to an olive grove to cook pan fried lamb chops with baby aubergines, before taking artistic inspiration from one of Arles's famous residents - Vincent Van Gogh.	UNITED KINGDOM	English-100		PG	a w	Y

2024-01-01	0825	<b>Destination Flavour Fillers</b>	Episode 9	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y
2024-01-01	0830	<b>Secret World Of Snacks: Ice Cream</b>	Ice Cream	Jo Brand narrates this behind the scenes look at the battles between our favourite ice-creams. The creative brains behind some of our most iconic frozen treats reveal exactly what it takes to win.	UNITED KINGDOM	English-100	RPT	PG	s	Y
2024-01-01	0925	<b>Cook Up With Adam Liaw Bitesize</b>	Pouding Chomeur	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2024-01-01	0930	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 6	Paul welcomes his new jersey cow, Bessie, but it's not the homecoming he was hoping for - Bessie could be barren. Tomato season has sprung and Paul needs to make the most of his troubled crop.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-01-01	1030	<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		G		
2024-01-01	1130	<b>Food Chain: From Source To Table</b>	Wake Up Call Farms	Chef Ming explores whether farms can be made more productive in a land-scarce country. He discovers a burgeoning agri-tech scene, then explores why the new technology isn't yet making an impact.	SINGAPORE	English-100		PG	a l v w	
2024-01-01	1230	<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		PG		
2024-01-01	1300	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 6	Luke Nguyen ventures to the Shan State where entire villages and kilometres of tomato farms float upon Inle Lake. There he experiences the warm hospitality of the Shan people.	AUSTRALIA	English-100	RPT	G		Y
2024-01-01	1330	<b>Taste The Nation With Padma Lakshmi</b>	Where The Kabob Is Hot	Padma tastes her way through Los Angeles, sampling one of her favourite cuisines - Persian food, one kebab at a time.	USA	English-100		PG	a l	Y
2024-01-01	1405	<b>My Greek Table With Diane Kochilas</b>	An Ionian Odyssey	Diane visits a local cook at home to learn the secrets of the local lemony cod stew, then in her own kitchen prepares dishes from these lush lands off of Greece's western coast.	USA	English-50; Greek-50		G		Y
2024-01-01	1435	<b>Plat Du Tour</b>	Ep 1	Guillaume Brahimi is cooking dishes inspired by the North side of France. From the rocky shores of Brittany, to the rolling hills of Burgundy, there is a long list of delicious produce to cook with.				PG		
2024-01-01	1505	<b>Plat Du Tour</b>	Ep2	Guillaume Brahimi explores cuisine from the southern side of France where there are so many heart warming delights to taste.				G		
2024-01-01	1535	<b>Make This Tonight</b>	Nick's Og Fried Chicken, Biscuits And Fingerling Potato Salad	Chef Nick goes old school and takes us on a trip down south, and shows us his tricks for extra crispy fried chicken and flakey-af biscuits. Then Chef Akira puts a new and delicious twist on a classic.	USA	English-100		PG	l	
2024-01-01	1600	<b>David Rocco's Dolce Homemade</b>	Momofuko	An ex-soldier, guest Chef Hans Vogels is all about discipline and order when it comes to running his kitchen, while David is a Quanto Basta chef and enjoys creativity and improvisation.	CANADA	English-100		PG	l	
2024-01-01	1630	<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.	AUSTRALIA	English-100		G		

2024-01-01	1700	<b>Mark Moriarty: Off Duty Chef</b>	Vegetables	Mark makes vegetables the star and shows us how to treat them with care and attention to let their glorious flavours shine. Making pot roast cauliflower, vegetable dahl, and some tricks with beetroot.	UNITED KINGDOM	English-100		PG			
2024-01-01	1730	<b>Gourmet Farmer</b>	Goats Milk Ice Cream	This series follows Matthew Evans, former editor of the SMH Good Food Guide, as he pursues a culinary and personal sea change in Tasmania.	AUSTRALIA	English-100	RPT	G		Y	
2024-01-01	1800	<b>French Food Safari</b>	French Food Safari Series 1	Maeve and Guillaume get the lowdown on how a top-class kitchen works by joining Guillaume Brahimi for a busy night at his restaurant to see how his exquisite meals are created and served.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-01-01	1830	<b>Lidia's Kitchen</b>	Roman Interlude, A	Rome is one of Lidia's favourite cities, and she features some Roman classic techniques. Recipes include scallops saltimbocca and lamb chops with mint salsa verde and roasted potato wedges.	USA	English-100		PG			
2024-01-01	1900	<b>The Cook Up With Adam Liaw</b>	Peanut Butter	Survivor Australia winner Pia Miranda and hospitality consultant Justin North join Adam in the Cook Up kitchen to create their ultimate peanut butter dishes.	AUSTRALIA	English-100	RPT	G		Y	
2024-01-01	1930	<b>Shane Delia's Spice Journey</b>	Shane Delia's Spice Journey Series 1 Episode 7	Shane Delia's culinary journey across the Middle East continues as he travels to Iran, home to one of the world's most influential cooking traditions - Persian cuisine.	AUSTRALIA	English-100	RPT	PG		Y	Y
2024-01-01	2000	<b>Luke Nguyen's India</b>	Maduri	Madurai, the spiritual heartbeat of Tamil Nadu, is Luke's next stop on his tantalizing tour. Teaming up with local foodie journalist Harini, they unveil culinary gems known only to the city's insiders.	AUSTRALIA	English-99; Tamil-1		PG			
2024-01-01	2030	<b>Eva Longoria: Searching For Mexico</b>	Oaxaca	Eva travels to southern Mexico to experience the magic of Oaxaca. There she meets celebrity chef Celia Florian who's quesillo cheese with crickets and edible flowers is a delight to Eva.	USA	English-50; Spanish-50	RPT	PG		Y	Y
2024-01-01	2125	<b>Cook Up With Adam Liaw Bitesize</b>	Lamb Skewers With Tomato Bush Tahini	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y	
2024-01-01	2130	<b>Come Dine With Me</b>	North West 4	This week's competition is in the North West, where tonight's host is 44-year-old filmmaker and acting coach, Pete.	UNITED KINGDOM	English-100		PG			
2024-01-01	2200	<b>Come Dine With Me</b>	North West 5	This week's competition is in the North West, where tonight's host is 30-year-old HR manager and trainee therapist, Jane.	UNITED KINGDOM	English-100		PG	a		
2024-01-01	2230	<b>The Cook Up With Adam Liaw</b>	Nostalgia	The Lebanese Plate's Lina Jebile and MasterChef alumni Kylie Millar join host Adam Liaw in The Cook Up kitchen as they create some of their favourite foods from their childhood.	AUSTRALIA	English-100	RPT	G		Y	
2024-01-01	2300	<b>Bizarre Foods: Delicious Destinations</b>	Big Island, The	Andrew Zimmern heads to Hawaii's Big Island to take in its laid-back cuisine. From ancient traditions like lau lau and opakapaka fish to new traditions like the loco moco and huli chicken.	USA	English-100		G			
2024-01-01	2330	<b>The Cook And The Chef</b>	Restaurant And Mietta, The	Maggie and Simon celebrate the era of 'Grand cuisine'. The 1970's and 80's heralded a renaissance in Australian restaurant culture, heavily influenced by French 'Haute or Grand cuisine'.	AUSTRALIA	English-100		G			
2024-01-01	2400	<b>Mystery Diners</b>	Bowling For Dollars	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100		PG			Y

2024-01-01	2430	<b>Shane Delia's Spice Journey</b>	Shane Delia's Spice Journey Series 1 Episode 7	Shane Delia's culinary journey across the Middle East continues as he travels to Iran, home to one of the world's most influential cooking traditions - Persian cuisine.	AUSTRALIA	English-100	RPT	PG		Y	Y
2024-01-01	2500	<b>Luke Nguyen's India</b>	Maduri	Madurai, the spiritual heartbeat of Tamil Nadu, is Luke's next stop on his tantalizing tour. Teaming up with local foodie journalist Harini, they unveil culinary gems known only to the city's insiders.	AUSTRALIA	English-99; Tamil-1		PG			
2024-01-01	2530	<b>Eva Longoria: Searching For Mexico</b>	Oaxaca	Eva travels to southern Mexico to experience the magic of Oaxaca. There she meets celebrity chef Celia Florian who's quesillo cheese with crickets and edible flowers is a delight to Eva.	USA	English-50; Spanish-50	RPT	PG		Y	Y
2024-01-01	2625	<b>Cook Up With Adam Liaw Bitesize</b>	Lamb Skewers With Tomato Bush Tahini	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y	
2024-01-01	2630	<b>Come Dine With Me</b>	North West 4	This week's competition is in the North West, where tonight's host is 44-year-old filmmaker and acting coach, Pete.	UNITED KINGDOM	English-100		PG			
2024-01-01	2700	<b>Come Dine With Me</b>	North West 5	This week's competition is in the North West, where tonight's host is 30-year-old HR manager and trainee therapist, Jane.	UNITED KINGDOM	English-100		PG	a		
2024-01-01	2730	<b>Plat Du Tour</b>	Ep 1	Guillaume Brahimi is cooking dishes inspired by the North side of France. From the rocky shores of Brittany, to the rolling hills of Burgundy, there is a long list of delicious produce to cook with.				PG			
2024-01-01	2800	<b>Plat Du Tour</b>	Ep2	Guillaume Brahimi explores cuisine from the southern side of France where there are so many heart warming delights to taste.				G			
2024-01-01	2830	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 6	Luke Nguyen ventures to the Shan State where entire villages and kilometres of tomato farms float upon Inle Lake. There he experiences the warm hospitality of the Shan people.	AUSTRALIA	English-100	RPT	G		Y	
2024-01-02	0500	<b>Taste The Nation With Padma Lakshmi</b>	Where The Kabob Is Hot	Padma tastes her way through Los Angeles, sampling one of her favourite cuisines - Persian food, one kebab at a time.	USA	English-100		PG	a I		Y
2024-01-02	0535	<b>My Greek Table With Diane Kochilas</b>	An Ionian Odyssey	Diane visits a local cook at home to learn the secrets of the local lemony cod stew, then in her own kitchen prepares dishes from these lush lands off of Greece's western coast.	USA	English-50; Greek-50		G			Y
2024-01-02	0605	<b>Make This Tonight</b>	Nick's Og Fried Chicken, Biscuits And Fingerling Potato Salad	Chef Nick goes old school and takes us on a trip down south, and shows us his tricks for extra crispy fried chicken and flakey-af biscuits. Then Chef Akira puts a new and delicious twist on a classic.	USA	English-100		PG	I		
2024-01-02	0630	<b>David Rocco's Dolce Homemade</b>	Momofuko	An ex-soldier, guest Chef Hans Vogels is all about discipline and order when it comes to running his kitchen, while David is a Quanto Basta chef and enjoys creativity and improvisation.	CANADA	English-100		PG	I		
2024-01-02	0700	<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.	AUSTRALIA	English-100		G			
2024-01-02	0730	<b>Mark Moriarty: Off Duty Chef</b>	Vegetables	Mark makes vegetables the star and shows us how to treat them with care and attention to let their glorious flavours shine. Making pot roast cauliflower, vegetable dahl, and some tricks with beetroot.	UNITED KINGDOM	English-100		PG			

2024-01-02	0800	<b>Gourmet Farmer</b>	Goats Milk Ice Cream	This series follows Matthew Evans, former editor of the SMH Good Food Guide, as he pursues a culinary and personal sea change in Tasmania.	AUSTRALIA	English-100	RPT	G	Y	
2024-01-02	0830	<b>French Food Safari</b>	French Food Safari Series 1	Maeve and Guillaume get the lowdown on how a top-class kitchen works by joining Guillaume Brahimi for a busy night at his restaurant to see how his exquisite meals are created and served.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-01-02	0900	<b>Lidia's Kitchen</b>	Roman Interlude, A	Rome is one of Lidia's favourite cities, and she features some Roman classic techniques. Recipes include scallops saltimbocca and lamb chops with mint salsa verde and roasted potato wedges.	USA	English-100		PG		
2024-01-02	0930	<b>Shane Delia's Spice Journey</b>	Shane Delia's Spice Journey Series 1 Episode 7	Shane Delia's culinary journey across the Middle East continues as he travels to Iran, home to one of the world's most influential cooking traditions - Persian cuisine.	AUSTRALIA	English-100	RPT	PG	Y	Y
2024-01-02	1000	<b>Luke Nguyen's India</b>	Maduri	Madurai, the spiritual heartbeat of Tamil Nadu, is Luke's next stop on his tantalizing tour. Teaming up with local foodie journalist Harini, they unveil culinary gems known only to the city's insiders.	AUSTRALIA	English-99; Tamil-1		PG		
2024-01-02	1030	<b>Eva Longoria: Searching For Mexico</b>	Oaxaca	Eva travels to southern Mexico to experience the magic of Oaxaca. There she meets celebrity chef Celia Florian who's quesillo cheese with crickets and edible flowers is a delight to Eva.	USA	English-50; Spanish-50	RPT	PG	Y	Y
2024-01-02	1125	<b>Cook Up With Adam Liaw Bitesize</b>	Lamb Skewers With Tomato Bush Tahini	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	
2024-01-02	1130	<b>Come Dine With Me</b>	North West 4	This week's competition is in the North West, where tonight's host is 44-year-old filmmaker and acting coach, Pete.	UNITED KINGDOM	English-100		PG		
2024-01-02	1200	<b>Come Dine With Me</b>	North West 5	This week's competition is in the North West, where tonight's host is 30-year-old HR manager and trainee therapist, Jane.	UNITED KINGDOM	English-100		PG	a	
2024-01-02	1230	<b>The Cook Up With Adam Liaw</b>	Nostalgia	The Lebanese Plate's Lina Jebelle and MasterChef alumni Kylie Millar join host Adam Liaw in The Cook Up kitchen as they create some of their favourite foods from their childhood.	AUSTRALIA	English-100	RPT	G	Y	
2024-01-02	1300	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 7	Luke hikes to the hill tribe villages of the Shan State and the township of Keng Tung, where he cooks some unusual delicacies and local marketplace favourites.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-01-02	1330	<b>Taste The Nation With Padma Lakshmi</b>	Original Americans, The	What is the original American cuisine? Padma travels to Arizona to eat food that is indigenous to this land.	USA	English-100		PG	a d l	
2024-01-02	1400	<b>My Greek Table With Diane Kochilas</b>	Dodecanese For Dinner, The	On the Dodecanese islands, Diane delves into some of the one-of-a-kind ingredients that characterize the local cuisine: wine-soaked cheeses, cumin-scented rusks and more!	USA	English-50; Greek-50		G		
2024-01-02	1430	<b>Food In Our Time</b>	Nature	Andre goes back to the very origin of our sustenance - Nature. Food is a gift of nature as much as it is born out of the constraints of the physical environment.	SINGAPORE	English-100		PG		Y
2024-01-02	1530	<b>Make This Tonight</b>	Lonley Hearts Mezze	Chef Parisa creates the ultimate sharing table full of cozy and colorful Mezze bites such as Red Beet Labneh, Herby Spinach Dip, Za'atar Crisps and Lavash Pizza.	USA	English-100		G		

2024-01-02	1600	<b>David Rocco's Dolce Homemade</b>	Bar Aperitivo	From Florence to Toronto, guest Nicholas Madella aka Buba, traveled from Italy to help David start his aperitivo bar, David Rocco Bar Aperitivo.	CANADA	English-100		G		
2024-01-02	1630	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 22	First up on My Market Kitchen Elena and Khanh are cooking up a storm with some choc spice cookies. Then Khanh shows us his spicy breakfast Shakshuka.	AUSTRALIA	English-100		G		
2024-01-02	1700	<b>Mark Moriarty: Off Duty Chef</b>	Bread And Desserts	Chef Mark loves baking and working in the pastry section in top restaurants. He creates four recipes - chocolate honeycomb squares, buttery garlic brioche bread, focaccia, then a chocolate souffle.	UNITED KINGDOM	English-100		PG		
2024-01-02	1730	<b>Gourmet Farmer</b>	Pigs Prosciutto And Offal	Matthew feels inspired to make prosciutto and sources two piglets from Jen, a local farmer. He also learns a traditional way to prepare offal.	AUSTRALIA	English-100	RPT	G		Y
2024-01-02	1800	<b>French Food Safari</b>	French Food Safari Series 1	Maeve and Guillaume are taken on a tour of one of the top Parisienne kitchens with three Michelin-starred chef Guy Savoy, who cooks up some of his signature dishes.	AUSTRALIA	English-100	RPT	G		Y Y
2024-01-02	1830	<b>Lidia's Kitchen</b>	Restaurant Inspiration	Fresh pasta with pear and pecorino is a restaurant favourite at Felidia, and Lidia shows how to use that flavour combination and in a risotto. She also makes short ribs braised in barolo with orzo.	USA	English-100		PG		
2024-01-02	1900	<b>The Cook Up With Adam Liaw</b>	Zero Waste	Delicious curators Phoebe Wood and Warren Mendes are in the Cook Up kitchen with Adam to create some zero waste dishes that use all the ingredients.	AUSTRALIA	English-100	RPT	G		Y
2024-01-02	1930	<b>Mary Berry Everyday</b>	Ep 1	Mary travels to Scotland to enjoy the best of their everyday larder. She discovers wonderful shellfish in Ullapool, shares the joys of BBQ with chef Tom Kitchin and whips up a whisky cream.	UNITED KINGDOM	English-100		PG	a w	
2024-01-02	2000	<b>Selena + Chef</b>	Selena + Ludo Lefebvre	Selena welcomes us into her new place as she improves her nonexistent cooking skills with the help of legendary French chef and restaurateur Ludo Lefebvre.	USA	English-100		G		Y
2024-01-02	2030	<b>Rick Stein's Taste Of Italian Opera</b>	Rick Stein's Taste Of Italian Opera	In this colourful special, top chef Rick Stein takes a lighthearted look at the role that food played in the creation of Italian opera and shows how music and food are intrinsically linked in Italy.	UNITED KINGDOM	English-100	RPT	G		Y
2024-01-02	2140	<b>Come Dine With Me</b>	North West 6	This week's competition is in the North West, where last to host is administrator Christine, who's hoping to win her guests over with an evening of chilled out, no fuss food.	UNITED KINGDOM	English-100		PG		
2024-01-02	2205	<b>Come Dine With Me</b>	Stroud 1	This week's competition is in Stroud, where first up is housewife and horse trainer, Melanie, who's opted for a quick and easy vegetarian menu so she can focus on a glamorous night of hosting.	UNITED KINGDOM	English-100		G		
2024-01-02	2230	<b>The Cook Up With Adam Liaw</b>	TV Dinners	Host Adam Liaw is joined in the kitchen by food writer Tori Haschka and head chef at One and Only Wolgan Valley, James Viles, to whip up some quick and easy dinners you can eat in front of the TV.	AUSTRALIA	English-100	RPT	G		Y
2024-01-02	2300	<b>Bizarre Foods: Delicious Destinations</b>	Tahiti	From a Polynesian twist on ceviche to freshwater shrimp coated in a sweet, coconut-curry sauce, Andrew sets sail on a culinary voyage through the signature dishes of Tahiti.	USA	English-100		G		
2024-01-02	2330	<b>The Cook And The Chef</b>	Modern Chinese	As a tribute to famed Chinese cuisine chef Kylie Kwong, Maggie and Simon both attempt classic Kylie recipes.	AUSTRALIA	English-100		G		



2024-01-02	2400	<b>Mystery Diners</b>	Very Bad Bosses	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100	PG			Y
2024-01-02	2430	<b>Mary Berry Everyday</b>	Ep 1	Mary travels to Scotland to enjoy the best of their everyday larder. She discovers wonderful shellfish in Ullapool, shares the joys of BBQ with chef Tom Kitchin and whips up a whisky cream.	UNITED KINGDOM	English-100	PG	a w		
2024-01-02	2500	<b>Selena + Chef</b>	Selena + Ludo Lefevbre	Selena welcomes us into her new place as she improves her nonexistent cooking skills with the help of legendary French chef and restaurateur Ludo Lefevbre.	USA	English-100	G			Y
2024-01-02	2530	<b>Rick Stein's Taste Of Italian Opera</b>	Rick Stein's Taste Of Italian Opera	In this colourful special, top chef Rick Stein takes a lighthearted look at the role that food played in the creation of Italian opera and shows how music and food are intrinsically linked in Italy.	UNITED KINGDOM	English-100	RPT	G		Y
2024-01-02	2640	<b>Come Dine With Me</b>	North West 6	This week's competition is in the North West, where last to host is administrator Christine, who's hoping to win her guests over with an evening of chilled out, no fuss food.	UNITED KINGDOM	English-100	PG			
2024-01-02	2705	<b>Come Dine With Me</b>	Stroud 1	This week's competition is in Stroud, where first up is housewife and horse trainer, Melanie, who's opted for a quick and easy vegetarian menu so she can focus on a glamorous night of hosting.	UNITED KINGDOM	English-100	G			
2024-01-02	2730	<b>Food In Our Time</b>	Nature	Andre goes back to the very origin of our sustenance - Nature. Food is a gift of nature as much as it is born out of the constraints of the physical environment.	SINGAPORE	English-100	PG			Y
2024-01-02	2830	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 7	Luke hikes to the hill tribe villages of the Shan State and the township of Keng Tung, where he cooks some unusual delicacies and local marketplace favourites.	AUSTRALIA	English-100	RPT	G		Y
2024-01-03	0500	<b>Taste The Nation With Padma Lakshmi</b>	Original Americans, The	What is the original American cuisine? Padma travels to Arizona to eat food that is indigenous to this land.	USA	English-100	PG	a d l		
2024-01-03	0530	<b>My Greek Table With Diane Kochilas</b>	Dodecanese For Dinner, The	On the Dodecanese islands, Diane delves into some of the one-of-a-kind ingredients that characterize the local cuisine: wine-soaked cheeses, cumin-scented rusks and more!	USA	English-50; Greek-50	G			
2024-01-03	0600	<b>Make This Tonight</b>	Lonley Hearts Mezze	Chef Parisa creates the ultimate sharing table full of cozy and colorful Mezze bites such as Red Beet Labneh, Herby Spinach Dip, Za'atar Crisps and Lavash Pizza.	USA	English-100	G			
2024-01-03	0630	<b>David Rocco's Dolce Homemade</b>	Bar Aperitivo	From Florence to Toronto, guest Nicholas Madella aka Buba, traveled from Italy to help David start his aperitivo bar, David Rocco Bar Aperitivo.	CANADA	English-100	G			
2024-01-03	0700	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 22	First up on My Market Kitchen Elena and Khanh are cooking up a storm with some choc spice cookies. Then Khanh shows us his spicy breakfast Shakshuka.	AUSTRALIA	English-100	G			
2024-01-03	0730	<b>Mark Moriarty: Off Duty Chef</b>	Bread And Desserts	Chef Mark loves baking and working in the pastry section in top restaurants. He creates four recipes - chocolate honeycomb squares, buttery garlic brioche bread, focaccia, then a chocolate souffle.	UNITED KINGDOM	English-100	PG			
2024-01-03	0800	<b>Gourmet Farmer</b>	Pigs Prosciutto And Offal	Matthew feels inspired to make prosciutto and sources two piglets from Jen, a local farmer. He also learns a traditional way to prepare offal.	AUSTRALIA	English-100	RPT	G		Y

2024-01-03	0830	<b>French Food Safari</b>	French Food Safari Series 1	Maeve and Guillaume are taken on a tour of one of the top Parisienne kitchens with three Michelin-starred chef Guy Savoy, who cooks up some of his signature dishes.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-01-03	0900	<b>Lidia's Kitchen</b>	Restaurant Inspiration	Fresh pasta with pear and pecorino is a restaurant favourite at Felidia, and Lidia shows how to use that flavour combination and in a risotto. She also makes short ribs braised in barolo with orzo.	USA	English-100		PG			
2024-01-03	0930	<b>Mary Berry Everyday</b>	Ep 1	Mary travels to Scotland to enjoy the best of their everyday larder. She discovers wonderful shellfish in Ullapool, shares the joys of BBQ with chef Tom Kitchin and whips up a whisky cream.	UNITED KINGDOM	English-100		PG	a w		
2024-01-03	1000	<b>Selena + Chef</b>	Selena + Ludo Lefebvre	Selena welcomes us into her new place as she improves her nonexistent cooking skills with the help of legendary French chef and restaurateur Ludo Lefebvre.	USA	English-100		G			Y
2024-01-03	1030	<b>Rick Stein's Taste Of Italian Opera</b>	Rick Stein's Taste Of Italian Opera	In this colourful special, top chef Rick Stein takes a lighthearted look at the role that food played in the creation of Italian opera and shows how music and food are intrinsically linked in Italy.	UNITED KINGDOM	English-100	RPT	G		Y	
2024-01-03	1140	<b>Come Dine With Me</b>	North West 6	This week's competition is in the North West, where last to host is administrator Christine, who's hoping to win her guests over with an evening of chilled out, no fuss food.	UNITED KINGDOM	English-100		PG			
2024-01-03	1205	<b>Come Dine With Me</b>	Stroud 1	This week's competition is in Stroud, where first up is housewife and horse trainer, Melanie, who's opted for a quick and easy vegetarian menu so she can focus on a glamorous night of hosting.	UNITED KINGDOM	English-100		G			
2024-01-03	1230	<b>The Cook Up With Adam Liaw</b>	TV Dinners	Host Adam Liaw is joined in the kitchen by food writer Tori Haschka and head chef at One and Only Wolgan Valley, James Viles, to whip up some quick and easy dinners you can eat in front of the TV.	AUSTRALIA	English-100	RPT	G		Y	
2024-01-03	1300	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 8	Luke makes it to the town of Chiang Khong in northern Thailand, where he literally catches the ingredients for his traditional Tom Yum fish soup and tasty northern-style frog curry.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-01-03	1330	<b>Taste The Nation With Padma Lakshmi</b>	Dancing In Little Lima	Padma knows the power of a great bowl of ceviche. She visits Paterson, New Jersey - a Peruvian enclave, for a deeper look at the vibrant culture and food scene of Peru.	USA	English-100		PG	a v		Y
2024-01-03	1400	<b>My Greek Table With Diane Kochilas</b>	Diane Discovers Athens	Diane discovers the history of her neighborhood in the heart of central Athens with the city's most renowned urban chronicler, and cooks up a Spiced Roasted Chicken with Toasted Orzo Pilaf and more.	USA	English-50; Greek-50		G			
2024-01-03	1430	<b>Food In Our Time</b>	Heritage	In this episode, Andre meets storytellers who are preserving and continuing the narrative of humanity through the things we eat. From Japan to Peru to Ghana, our intrepid chef travels to 3 continents.	SINGAPORE	English-100		PG	a w		Y
2024-01-03	1530	<b>Make This Tonight</b>	Retro Cool Beef Bourguignon With Cream Roasted Potato	Chef Royce is doing a grown-up version of a retro classic - Beef Bourguignon, accompanied by Garlic Green Beans and the creamiest roasted Yukon Gold Potatoes.	USA	English-100		PG			
2024-01-03	1600	<b>David Rocco's Dolce Homemade</b>	Food Truckers, The	If you could decide on one last dish, what would it be? With the help of David's daughters, Emma and Giorgia, the Rocco family cook up their all-time favourite meals.	CANADA	English-100		PG	l		
2024-01-03	1630	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 23	On today's show of My Market Kitchen Elena and Khanh are making honey mustard crispy potatoes, a decadent dessert called Kladdkaka and a warm green salad.	AUSTRALIA	English-100		G			

2024-01-03	1700	<b>Mark Moriarty: Off Duty Chef</b>	Dining In	Chef Mark loves throwing a dinner party for his friends and family. He's reviving the classic prawn cocktail, then an epic beef wellington, and lastly a trick to make a creme caramel.	UNITED KINGDOM	English-100		PG		
2024-01-03	1730	<b>Gourmet Farmer</b>	Passata And Fishing	Matthew Evans has thrown in his city life for small farm living in Tasmania. Tonight, Matthew embarks on a fishing adventure, returning to harvest tomatoes.		English-100	RPT	G		Y
2024-01-03	1800	<b>Food Safari Earth</b>	New Green, The	Maeve meets Sydney chef Peter Gilmore, Thai chef Amy Chanta, Middle Eastern chef Joseph Abboud, and one of Australia's most acclaimed chefs, Martin Benn as they celebrate the power of vegetables.	AUSTRALIA	English-100	RPT	G		Y
2024-01-03	1830	<b>Lidia's Kitchen</b>	Everything Delicious	Lidia shares three simply delicious Italian classics - a prosciutto cotto appetiser, lemony shrimp over zucchini, and a light olive oil cake to finish of the meal.	USA	English-100		PG		
2024-01-03	1900	<b>The Cook Up With Adam Liaw</b>	Vego Isn't A Flavour	Gardening Australia host Costa Georgiadis and chef Tom Walton join Adam in the Cook Up kitchen to create their vegetarian inspired dishes.	AUSTRALIA	English-100	RPT	G		Y
2024-01-03	1930	<b>Paradise Kitchen Bali</b>	Coconuts	Lauren goes beyond the norms of what can be created in the kitchen with this exotic nut by recreating a calamari dish out of coconut flesh.	NETHERLANDS	English-90; Balinese-10		G		Y Y
2024-01-03	2000	<b>Luca's Key Ingredient</b>	Episode 7	It's a gorgonzola kind of day in the kitchen with Luca Ciano. Featuring elegant Italian dishes such as figs with gorgonzola, mini polentine and a refined gnocchi dish worthy of any restaurant.	AUSTRALIA	English-100		G		
2024-01-03	2030	<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		PG	a w	
2024-01-03	2130	<b>Come Dine With Me</b>	Stroud 2	It's the second night of the competition from Stroud and the turn of the only man in this week's group, Elliot, to cook.	UNITED KINGDOM	English-100		PG		
2024-01-03	2200	<b>Come Dine With Me</b>	Stroud 3	This week's competition is in Stroud, where third to host this week is Belarusian rocker Tatsy, and she's trying to impress her guests by giving them a taste of 'Mother Russia'.	UNITED KINGDOM	English-100		PG		
2024-01-03	2230	<b>The Cook Up With Adam Liaw</b>	Cooking With Kids	Top chef Colin Fassnidge and owner of Eastwood's Deli and Cooking School, Kelly Eastwood, drop by The Cook Up kitchen to cook with host Adam Liaw to create kid-friendly dishes.	AUSTRALIA	English-100	RPT	G		Y
2024-01-03	2300	<b>Bizarre Foods: Delicious Destinations</b>	Puerto Vallarta	Andrew Zimmern heads to Mexico's Pacific, Puerto Vallarta to explore the local cuisine. He finds local favourites reimagined to the delight of visitors.	USA	English-100		G		
2024-01-03	2330	<b>The Cook And The Chef</b>	Talking Thai	Simon revels in his favourite Thai food, and encourages heat- avoiding Maggie to 'dip a toe' into this chilli laden cuisine.	AUSTRALIA	English-100		G		
2024-01-03	2400	<b>Mystery Diners</b>	Barrel Of Monkeys	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG		Y
2024-01-03	2430	<b>Paradise Kitchen Bali</b>	Coconuts	Lauren goes beyond the norms of what can be created in the kitchen with this exotic nut by recreating a calamari dish out of coconut flesh.	NETHERLANDS	English-90; Balinese-10		G		Y Y

2024-01-03	2500	Luca's Key Ingredient	Episode 7	It's a gorgonzola kind of day in the kitchen with Luca Ciano. Featuring elegant Italian dishes such as figs with gorgonzola, mini polentine and a refined gnocchi dish worthy of any restaurant.	AUSTRALIA	English-100	G			
2024-01-03	2530	James Martin's Spanish Adventure	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	PG	a	w	
2024-01-03	2630	Come Dine With Me	Stroud 2	It's the second night of the competition from Stroud and the turn of the only man in this week's group, Elliot, to cook.	UNITED KINGDOM	English-100	PG			
2024-01-03	2700	Come Dine With Me	Stroud 3	This week's competition is in Stroud, where third to host this week is Belarusian rocker Tatsy, and she's trying to impress her guests by giving them a taste of 'Mother Russia'.	UNITED KINGDOM	English-100	PG			
2024-01-03	2730	Food In Our Time	Heritage	In this episode, Andre meets storytellers who are preserving and continuing the narrative of humanity through the things we eat. From Japan to Peru to Ghana, our intrepid chef travels to 3 continents.	SINGAPORE	English-100	PG	a	w	Y
2024-01-03	2830	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 1 Ep 8	Luke makes it to the town of Chiang Khong in northern Thailand, where he literally catches the ingredients for his traditional Tom Yum fish soup and tasty northern-style frog curry.	AUSTRALIA	English-100	RPT	G		Y
2024-01-04	0500	Taste The Nation With Padma Lakshmi	Dancing In Little Lima	Padma knows the power of a great bowl of ceviche. She visits Paterson, New Jersey - a Peruvian enclave, for a deeper look at the vibrant culture and food scene of Peru.	USA	English-100	PG	a	v	Y
2024-01-04	0530	My Greek Table With Diane Kochilas	Diane Discovers Athens	Diane discovers the history of her neighborhood in the heart of central Athens with the city's most renowned urban chronicler, and cooks up a Spiced Roasted Chicken with Toasted Orzo Pilaf and more.	USA	English-50; Greek-50	G			
2024-01-04	0600	Make This Tonight	Retro Cool Beef Bourguignon With Cream Roasted Potato	Chef Royce is doing a grown-up version of a retro classic - Beef Bourguignon, accompanied by Garlic Green Beans and the creamiest roasted Yukon Gold Potatoes.	USA	English-100	PG			
2024-01-04	0630	David Rocco's Dolce Homemade	Food Truckers, The	If you could decide on one last dish, what would it be? With the help of David's daughters, Emma and Giorgia, the Rocco family cook up their all-time favourite meals.	CANADA	English-100	PG		I	
2024-01-04	0700	My Market Kitchen	My Market Kitchen Series 4 Ep 23	On today's show of My Market Kitchen Elena and Khanh are making honey mustard crispy potatoes, a decadent dessert called Kladdkaka and a warm green salad.	AUSTRALIA	English-100	G			
2024-01-04	0730	Mark Moriarty: Off Duty Chef	Dining In	Chef Mark loves throwing a dinner party for his friends and family. He's reviving the classic prawn cocktail, then an epic beef wellington, and lastly a trick to make a creme caramel.	UNITED KINGDOM	English-100	PG			
2024-01-04	0800	Gourmet Farmer	Passata And Fishing	Matthew Evans has thrown in his city life for small farm living in Tasmania. Tonight, Matthew embarks on a fishing adventure, returning to harvest tomatoes.		English-100	RPT	G		Y
2024-01-04	0830	Food Safari Earth	New Green, The	Maeve meets Sydney chef Peter Gilmore, Thai chef Amy Chanta, Middle Eastern chef Joseph Abboud, and one of Australia's most acclaimed chefs, Martin Benn as they celebrate the power of vegetables.	AUSTRALIA	English-100	RPT	G		Y
2024-01-04	0900	Lidia's Kitchen	Everything Delicious	Lidia shares three simply delicious Italian classics - a prosciutto cotto appetiser, lemony shrimp over zucchini, and a light olive oil cake to finish of the meal.	USA	English-100	PG			

2024-01-04	0930	<b>Paradise Kitchen Bali</b>	Coconuts	Lauren goes beyond the norms of what can be created in the kitchen with this exotic nut by recreating a calamari dish out of coconut flesh.	NETHERLANDS	English-90; Balinese-10		G		Y	Y
2024-01-04	1000	<b>Luca's Key Ingredient</b>	Episode 7	It's a gorgonzola kind of day in the kitchen with Luca Ciano. Featuring elegant Italian dishes such as figs with gorgonzola, mini polentine and a refined gnocchi dish worthy of any restaurant.	AUSTRALIA	English-100		G			
2024-01-04	1030	<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		PG	a w		
2024-01-04	1130	<b>Come Dine With Me</b>	Stroud 2	It's the second night of the competition from Stroud and the turn of the only man in this week's group, Elliot, to cook.	UNITED KINGDOM	English-100		PG			
2024-01-04	1200	<b>Come Dine With Me</b>	Stroud 3	This week's competition is in Stroud, where third to host this week is Belarussian rocker Tatsy, and she's trying to impress her guests by giving them a taste of 'Mother Russia'.	UNITED KINGDOM	English-100		PG			
2024-01-04	1230	<b>The Cook Up With Adam Liaw</b>	Cooking With Kids	Top chef Colin Fassnidge and owner of Eastwood's Deli and Cooking School, Kelly Eastwood, drop by The Cook Up kitchen to cook with host Adam Liaw to create kid-friendly dishes.	AUSTRALIA	English-100	RPT	G		Y	
2024-01-04	1300	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 9	Travelling in north Thailand, Luke arrives at the mountainous Mae Salong where he prepare a rustic tomato dish with Apear, an Aka grandmother. He then sets up kitchen in a banana forest.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-01-04	1330	<b>Taste The Nation With Padma Lakshmi</b>	Pad Thai Gamble, The	Las Vegas is home to one of the largest groups of Thai immigrants in America. Padma shares stories with the community over delicious food - Pad Thai is just the start.	USA	English-100		G			Y
2024-01-04	1405	<b>My Greek Table With Diane Kochilas</b>	Accidental Vegan, The	So much Greek food is naturally vegan. Diane explores the fast-growing vegan trends in Athens, honing in on the transformation of meat-based Greek classics to plant-based alternatives.	USA	English-50; Greek-50		G			
2024-01-04	1435	<b>Food In Our Time</b>	Legacy	In the 21st century, the role of the chef has evolved. Andre meets three visionaries who are changing the way we eat and think about food.	SINGAPORE	English-100		PG	a		Y
2024-01-04	1535	<b>Make This Tonight</b>	Iconic Persian Stew	Chef Einat shares her family recipes for Ghormeh Sabzi - lamb stew with chickpeas, spinach, and spices along with her perfect Pilaf Rice and refreshingly simple Fresh Herb Salad.	USA	English-100		G			
2024-01-04	1600	<b>David Rocco's Dolce Homemade</b>	Favourite Meals	If you could decide on one last dish, what would it be? With the help of David's daughters, Emma and Giorgia, the Rocco family cook up their all-time favourite meals.	CANADA	English-100		PG	a w		
2024-01-04	1630	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 24	In this episode, Elena shows us how to make a sweet and sticky seafood salad. This is followed by an end-of-the-week ginger and carrot soup recipe then with a healthy sticky date pudding.	AUSTRALIA	English-100		G			
2024-01-04	1700	<b>Mark Moriarty: Off Duty Chef</b>	Menu One	Chef Mark focuses on some classics - spaghetti carbonara using a few cupboard ingredients and a carrot cake. In his 'How To Perfect' series, Mark looks at some essential knife skills to up your game.	UNITED KINGDOM	English-100					
2024-01-04	1730	<b>Gourmet Farmer</b>	Apples And Cider	It's raining apples, and Matthew is ready to make full use of the abundant harvest. He learns how to make cider and cooks an apple and blackberry shortcake.		English-100	RPT	G		Y	

2024-01-04	1800	<b>Food Safari Earth</b>	Staples	Maeve seeks out the deeply satisfying carbohydrate staples at the heart of many of the great dishes of the world. In this episode, Indian, Italian, Lebanese, and Cuban recipes are the stars.	AUSTRALIA	English-100	RPT	G		Y	
2024-01-04	1830	<b>Lidia's Kitchen</b>	From Italy To America	Italian American cuisine continues to evolve with time. Lidia demonstrates a traditional favourite, spaghetti with meatballs. Then, a contemporary pork chop Milanese that is a delicacy.	USA	English-100		PG			
2024-01-04	1900	<b>The Cook Up With Adam Liaw</b>	Musicals	Actress and performer Virginia Gay and political satirist Mark Humphries are in the Cook Up kitchen with Adam to sing their favourite musicals and create dishes inspired by them.	AUSTRALIA	English-100	RPT	PG	I	Y	
2024-01-04	1930	<b>Nigella: The Cook Who Made Me</b>	Nigella: The Cook Who Made Me	A memoir celebrating the life and influence of Britain's doyenne of Italian food - 91-year-old trailblazer, Anna del Conte. Featuring and narrated by Nigella Lawson, Anna's most ardent advocate.	UNITED KINGDOM	English-100	RPT	G		Y	Y
2024-01-04	2035	<b>Rick Stein: From Venice to Istanbul</b>	Turkey	Rick's epic journey is nearing its completion as he leaves southern Greece for the shores of Western Turkey. On the Cesme Peninsula he enjoys creamy Armola cheese matured in goat skins.	UNITED KINGDOM	English-100		PG	a w		
2024-01-04	2145	<b>Come Dine With Me</b>	Stroud 4	It's the fourth night of the competition in Stroud and the turn of marketing executive Liv to host. She is incorporating her love of Italian food into her menu, despite the fact she has never been.	UNITED KINGDOM	English-100		PG			
2024-01-04	2210	<b>Come Dine With Me</b>	Stroud 5	Tensions are rising high between the two women and it seems everyone is waiting to see if it will blow. It may be a battle of the risottos but Kate has a secret weapon that may help her win the prize.	UNITED KINGDOM	English-100		G			
2024-01-04	2235	<b>The Cook Up With Adam Liaw</b>	Saturday Night Dinners	Host Adam Liaw invites Saturday Night Pasta cookbook author Elizabeth Hewson and Good Food Guide editor Myffy Rigby into the kitchen to create their ultimate and easy Saturday night dinners.	AUSTRALIA	English-100	RPT	G		Y	
2024-01-04	2305	<b>Bizarre Foods: Delicious Destinations</b>	Merida	Andrew Zimmern ventures to Merida, the capital of the Mexican state of Yucatan, to explore the Mayan and Spanish-influenced culture and cuisine.	USA	English-100		G		Y	
2024-01-04	2330	<b>The Cook And The Chef</b>	Andrew Fielke	Bush tucker has come a long way since the 1980s when a few bushfood pioneers discovered that this country is jam packed with fantastic native wild foods.	AUSTRALIA	English-100		G			
2024-01-04	2400	<b>Mystery Diners</b>	Red Hot Mess	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG		Y	
2024-01-04	2430	<b>Nigella: The Cook Who Made Me</b>	Nigella: The Cook Who Made Me	A memoir celebrating the life and influence of Britain's doyenne of Italian food - 91-year-old trailblazer, Anna del Conte. Featuring and narrated by Nigella Lawson, Anna's most ardent advocate.	UNITED KINGDOM	English-100	RPT	G		Y	Y
2024-01-04	2535	<b>Rick Stein: From Venice to Istanbul</b>	Turkey	Rick's epic journey is nearing its completion as he leaves southern Greece for the shores of Western Turkey. On the Cesme Peninsula he enjoys creamy Armola cheese matured in goat skins.	UNITED KINGDOM	English-100		PG	a w		
2024-01-04	2645	<b>Come Dine With Me</b>	Stroud 4	It's the fourth night of the competition in Stroud and the turn of marketing executive Liv to host. She is incorporating her love of Italian food into her menu, despite the fact she has never been.	UNITED KINGDOM	English-100		PG			
2024-01-04	2710	<b>Come Dine With Me</b>	Stroud 5	Tensions are rising high between the two women and it seems everyone is waiting to see if it will blow. It may be a battle of the risottos but Kate has a secret weapon that may help her win the prize.	UNITED KINGDOM	English-100		G			

2024-01-04	2735	<b>Food In Our Time</b>	Legacy	In the 21st century, the role of the chef has evolved. Andre meets three visionaries who are changing the way we eat and think about food.	SINGAPORE	English-100		PG	a		Y
2024-01-04	2830	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 9	Travelling in north Thailand, Luke arrives at the mountainous Mae Salong where he prepare a rustic tomato dish with Apear, an Aka grandmother. He then sets up kitchen in a banana forest.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-01-05	0500	<b>Taste The Nation With Padma Lakshmi</b>	Pad Thai Gamble, The	Las Vegas is home to one of the largest groups of Thai immigrants in America. Padma shares stories with the community over delicious food - Pad Thai is just the start.	USA	English-100		G			Y
2024-01-05	0535	<b>My Greek Table With Diane Kochilas</b>	Accidental Vegan, The	So much Greek food is naturally vegan. Diane explores the fast-growing vegan trends in Athens, honing in on the transformation of meat-based Greek classics to plant-based alternatives.	USA	English-50; Greek-50		G			
2024-01-05	0605	<b>Make This Tonight</b>	Iconic Persian Stew	Chef Einat shares her family recipes for Ghormeh Sabzi - lamb stew with chickpeas, spinach, and spices along with her perfect Pilaf Rice and refreshingly simple Fresh Herb Salad.	USA	English-100		G			
2024-01-05	0630	<b>David Rocco's Dolce Homemade</b>	Favourite Meals	If you could decide on one last dish, what would it be? With the help of David's daughters, Emma and Giorgia, the Rocco family cook up their all-time favourite meals.	CANADA	English-100		PG	a w		
2024-01-05	0700	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 24	In this episode, Elena shows us how to make a sweet and sticky seafood salad. This is followed by an end-of-the-week ginger and carrot soup recipe then with a healthy sticky date pudding.	AUSTRALIA	English-100		G			
2024-01-05	0730	<b>Mark Moriarty: Off Duty Chef</b>	Menu One	Chef Mark focuses on some classics - spaghetti carbonara using a few cupboard ingredients and a carrot cake. In his 'How To Perfect' series, Mark looks at some essential knife skills to up your game.	UNITED KINGDOM	English-100					
2024-01-05	0800	<b>Gourmet Farmer</b>	Apples And Cider	It's raining apples, and Matthew is ready to make full use of the abundant harvest. He learns how to make cider and cooks an apple and blackberry shortcake.		English-100	RPT	G		Y	
2024-01-05	0830	<b>Food Safari Earth</b>	Staples	Maeve seeks out the deeply satisfying carbohydrate staples at the heart of many of the great dishes of the world. In this episode, Indian, Italian, Lebanese, and Cuban recipes are the stars.	AUSTRALIA	English-100	RPT	G		Y	
2024-01-05	0900	<b>Lidia's Kitchen</b>	From Italy To America	Italian American cuisine continues to evolve with time. Lidia demonstrates a traditional favourite, spaghetti with meatballs. Then, a contemporary pork chop Milanese that is a delicacy.	USA	English-100		PG			
2024-01-05	0930	<b>Nigella: The Cook Who Made Me</b>	Nigella: The Cook Who Made Me	A memoir celebrating the life and influence of Britain's doyenne of Italian food - 91-year-old trailblazer, Anna del Conte. Featuring and narrated by Nigella Lawson, Anna's most ardent advocate.	UNITED KINGDOM	English-100	RPT	G		Y	Y
2024-01-05	1035	<b>Rick Stein: From Venice to Istanbul</b>	Turkey	Rick's epic journey is nearing its completion as he leaves southern Greece for the shores of Western Turkey. On the Cesme Peninsula he enjoys creamy Armola cheese matured in goat skins.	UNITED KINGDOM	English-100		PG	a w		
2024-01-05	1140	<b>Come Dine With Me</b>	Stroud 4	It's the fourth night of the competition in Stroud and the turn of marketing executive Liv to host. She is incorporating her love of Italian food into her menu, despite the fact she has never been.	UNITED KINGDOM	English-100		PG			
2024-01-05	1205	<b>Come Dine With Me</b>	Stroud 5	Tensions are rising high between the two women and it seems everyone is waiting to see if it will blow. It may be a battle of the risottos but Kate has a secret weapon that may help her win the prize.	UNITED KINGDOM	English-100		G			

2024-01-05	1230	<b>The Cook Up With Adam Liaw</b>	Saturday Night Dinners	Host Adam Liaw invites Saturday Night Pasta cookbook author Elizabeth Hewson and Good Food Guide editor Myffy Rigby into the kitchen to create their ultimate and easy Saturday night dinners.	AUSTRALIA	English-100	RPT	G		Y
2024-01-05	1300	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 10	Luke hits the bustling town of Chiang Mai. Here he cooks some classic Thai dishes, such as green papaya salad, at the night market.	AUSTRALIA	English-100	RPT	G		Y
2024-01-05	1330	<b>Taste The Nation With Padma Lakshmi</b>	Zen And The Art Of Poke	Padma dives into Japanese culture, ubiquitous in Honolulu, to understand just how far their cultural footprint reaches.	USA	English-100		PG	a l w	Y
2024-01-05	1400	<b>My Greek Table With Diane Kochilas</b>	Street Food In Athens	Diane explores the street food scene of Athens and is inspired to create some of her own: gyro-stuffed baked bread, and a green bean salad with hazelnuts.	USA	English-50; Greek-50		G		
2024-01-05	1430	<b>Lightened Up</b>	More Cheddar The Better, The	Erwan creates healthier alternatives to two classic cheesy dishes: Mac N' Cheese and Grilled Cheese.	USA	English-100		G		
2024-01-05	1500	<b>Lightened Up</b>	All The Chicken	Erwan creates healthier alternatives to two classic comfort foods: Chicken N' Waffles and Buffalo Wings.	USA	English-100		PG		
2024-01-05	1530	<b>Make This Tonight</b>	Count Of Monte Cristo Goes To Cuba, The	Chef Jason merges two iconic sandwiches into a super, savory powerhouse of flavors. Meet the Monte Cristo Cubano, complete with slow-roasted, mojo pork, country ham, and battered swiss cheese.	USA	English-100		PG		
2024-01-05	1600	<b>David Rocco's Dolce Homemade</b>	Ice Wine	Canada has an international reputation for having some of the best icewine. David and guest Don Ziraldo, co-founder of Inniskillin, discuss the creation of the world renowned icewine company.	CANADA	English-100		PG	l	
2024-01-05	1630	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 25	Today, Elena utilises leftovers to make a pork fusilli dish. We then are joined by Bel from Wine Selectors to make a delicious baked brie dish with Khanh paired with the perfect wines.	AUSTRALIA	English-100		G		
2024-01-05	1700	<b>Mark Moriarty: Off Duty Chef</b>	Menu Two	Chicken is the focus, and Mark has some techniques to share. Some recipes include, a chicken bacon broccoli crumble and a Thai-inspired green curry. Mark shows us how to break down a whole chicken.	UNITED KINGDOM	English-100				
2024-01-05	1730	<b>Gourmet Farmer</b>	Chicken Dispatching And Abalone Diving	Matthew and Nick visit Nene on Bruny Island where they go abalone diving. Back on the farm Matthew has a problem - an over-supply of roosters.		English-100	RPT	PG	a w	Y
2024-01-05	1800	<b>Food Safari Earth</b>	Spring	Maeve O'Meara explores the iconic dishes of the world that honour spring, when vegetables are at their sweetest and most tender.	AUSTRALIA	English-100	RPT	G		Y
2024-01-05	1830	<b>Lidia's Kitchen</b>	All About Grandma	Grandma Erminia's favourites grace today's menu and include a rice and pea soup; a simple prosciutto cotto sandwich and a dish that the family finds on many Sunday menus: baked stuffed shells.	USA	English-100		PG		
2024-01-05	1900	<b>The Cook Up With Adam Liaw</b>	Couch Potato	Adam and our guests, Mexican Deli owner Rosa Cienfuegos and Chica Bonita chef Alejandro Huerta serve up their ultimate lazy, couch day dishes in the Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2024-01-05	1930	<b>Rick Stein's Long Weekends</b>	Copenhagen	Rick Stein eats his way around design-loving Copenhagen, the home of Hans Christian Anderson - and the latest in fine dining.	UNITED KINGDOM	English-100		G		



2024-01-05	2040	<b>Inside Hotel Chocolat</b>	Inside Hotel Chocolat Series 1 Ep 1	Chocolatier Kiri pitches her 'Lady Marmalade' chocolate to a tough tasting panel in the hope of getting it signed off and in stores.	UNITED KINGDOM	English-100		G	
2024-01-05	2140	<b>Come Dine With Me</b>	Glasgow 1	This week's competitors are from in and around Glasgow where first to host is 38 year old, part time princess and full time hairdresser Jen.	UNITED KINGDOM	English-100		PG	
2024-01-05	2205	<b>Come Dine With Me</b>	Glasgow 2	This week's competitors are from in and around Glasgow where second to host is 32 year old, psychic medium Robert.	UNITED KINGDOM	English-100		PG	
2024-01-05	2230	<b>The Cook Up With Adam Liaw</b>	Eggs	Ethiopian cook Tinsae Eldson, head chef at The Old Fitz, Anna Ugarte-Carral, and host Adam Liaw create their favourite egg dishes in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
2024-01-05	2300	<b>Bizarre Foods: Delicious Destinations</b>	El Paso	Andrew Zimmern is in El Paso, where Texas meets Mexico on the border as well as in the kitchen. The city is filled with Tex-Mex cuisine as well as Mexican classics.	USA	English-100		G	
2024-01-05	2330	<b>The Cook And The Chef</b>	Fast Food	Maggie and Simon show us some home cooked alternatives to the mass produced 'convenience' foods that dominate our supermarket shelves today.	AUSTRALIA	English-100		G	
2024-01-05	2400	<b>Mystery Diners</b>	Private Chef Sting	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100		PG	Y
2024-01-05	2430	<b>Rick Stein's Long Weekends</b>	Copenhagen	Rick Stein eats his way around design-loving Copenhagen, the home of Hans Christian Anderson - and the latest in fine dining.	UNITED KINGDOM	English-100		G	
2024-01-05	2540	<b>Inside Hotel Chocolat</b>	Inside Hotel Chocolat Series 1 Ep 1	Chocolatier Kiri pitches her 'Lady Marmalade' chocolate to a tough tasting panel in the hope of getting it signed off and in stores.	UNITED KINGDOM	English-100		G	
2024-01-05	2640	<b>Come Dine With Me</b>	Glasgow 1	This week's competitors are from in and around Glasgow where first to host is 38 year old, part time princess and full time hairdresser Jen.	UNITED KINGDOM	English-100		PG	
2024-01-05	2705	<b>Come Dine With Me</b>	Glasgow 2	This week's competitors are from in and around Glasgow where second to host is 32 year old, psychic medium Robert.	UNITED KINGDOM	English-100		PG	
2024-01-05	2730	<b>Lightened Up</b>	More Cheddar The Better, The	Erwan creates healthier alternatives to two classic cheesy dishes: Mac N' Cheese and Grilled Cheese.	USA	English-100		G	
2024-01-05	2800	<b>Lightened Up</b>	All The Chicken	Erwan creates healthier alternatives to two classic comfort foods: Chicken N' Waffles and Buffalo Wings.	USA	English-100		PG	
2024-01-05	2830	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 10	Luke hits the bustling town of Chiang Mai. Here he cooks some classic Thai dishes, such as green papaya salad, at the night market.	AUSTRALIA	English-100	RPT	G	Y
2024-01-06	0500	<b>Taste The Nation With Padma Lakshmi</b>	Zen And The Art Of Poke	Padma dives into Japanese culture, ubiquitous in Honolulu, to understand just how far their cultural footprint reaches.	USA	English-100		PG	a l w Y

2024-01-06	0530	<b>My Greek Table With Diane Kochilas</b>	Street Food In Athens	Diane explores the street food scene of Athens and is inspired to create some of her own: gyro-stuffed baked bread, and a green bean salad with hazelnuts.	USA	English-50; Greek-50	G			
2024-01-06	0600	<b>Make This Tonight</b>	Count Of Monte Cristo Goes To Cuba, The	Chef Jason merges two iconic sandwiches into a super, savory powerhouse of flavors. Meet the Monte Cristo Cubano, complete with slow-roasted, mojo pork, country ham, and battered swiss cheese.	USA	English-100	PG			
2024-01-06	0630	<b>David Rocco's Dolce Homemade</b>	Ice Wine	Canada has an international reputation for having some of the best icewine. David and guest Don Ziraldo, co-founder of Inniskillin, discuss the creation of the world renowned icewine company.	CANADA	English-100	PG	I		
2024-01-06	0700	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 25	Today, Elena utilises leftovers to make a pork fusilli dish. We then are joined by Bel from Wine Selectors to make a delicious baked brie dish with Khanh paired with the perfect wines.	AUSTRALIA	English-100	G			
2024-01-06	0730	<b>Mark Moriarty: Off Duty Chef</b>	Menu Two	Chicken is the focus, and Mark has some techniques to share. Some recipes include, a chicken bacon broccoli crumble and a Thai-inspired green curry. Mark shows us how to break down a whole chicken.	UNITED KINGDOM	English-100				
2024-01-06	0800	<b>Gourmet Farmer</b>	Chicken Dispatching And Abalone Diving	Matthew and Nick visit Nene on Bruny Island where they go abalone diving. Back on the farm Matthew has a problem - an over-supply of roosters.		English-100	RPT	PG	a w	Y
2024-01-06	0830	<b>Food Safari Earth</b>	Spring	Maeve O'Meara explores the iconic dishes of the world that honour spring, when vegetables are at their sweetest and most tender.	AUSTRALIA	English-100	RPT	G		Y
2024-01-06	0900	<b>Lidia's Kitchen</b>	All About Grandma	Grandma Erminia's favourites grace today's menu and include a rice and pea soup; a simple prosciutto cotto sandwich and a dish that the family finds on many Sunday menus: baked stuffed shells.	USA	English-100	PG			
2024-01-06	0930	<b>Rick Stein's Long Weekends</b>	Copenhagen	Rick Stein eats his way around design-loving Copenhagen, the home of Hans Christian Anderson - and the latest in fine dining.	UNITED KINGDOM	English-100	G			
2024-01-06	1040	<b>Inside Hotel Chocolat</b>	Inside Hotel Chocolat Series 1 Ep 1	Chocolatier Kiri pitches her 'Lady Marmalade' chocolate to a tough tasting panel in the hope of getting it signed off and in stores.	UNITED KINGDOM	English-100	G			
2024-01-06	1140	<b>Come Dine With Me</b>	Glasgow 1	This week's competitors are from in and around Glasgow where first to host is 38 year old, part time princess and full time hairdresser Jen.	UNITED KINGDOM	English-100	PG			
2024-01-06	1205	<b>Come Dine With Me</b>	Glasgow 2	This week's competitors are from in and around Glasgow where second to host is 32 year old, psychic medium Robert.	UNITED KINGDOM	English-100	PG			
2024-01-06	1230	<b>The Cook Up With Adam Liaw</b>	Eggs	Ethiopian cook Tinsae Eldson, head chef at The Old Fitz, Anna Ugarte-Carral, and host Adam Liaw create their favourite egg dishes in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2024-01-06	1300	<b>Lightened Up</b>	More Cheddar The Better, The	Erwan creates healthier alternatives to two classic cheesy dishes: Mac N' Cheese and Grilled Cheese.	USA	English-100	G			
2024-01-06	1330	<b>Chronicles Of Nadiya</b>	Chronicles Of Nadiya Series 1 Ep 1	Food and cooking are at the heart of family gatherings and everyday life for British born and bred Nadiya Hussain. Now she is returning to her roots in Bangladesh.	UNITED KINGDOM	English-100	PG	a w		Y

2024-01-06	1435	<b>Lightened Up</b>	Finger Foods	Erwan creates healthier alternatives to traditional finger foods: Nachos and Pizza.	USA	English-100		PG		
2024-01-06	1505	<b>Lightened Up</b>	Going Vegan	Erwan creates vegan alternatives to a classic American food and an unexpected dessert: Burger and Cheesecake.	USA	English-100		PG		
2024-01-06	1535	<b>Luke Nguyen's Memories Of The Mekong</b>	Luke Nguyen's Memories Of The Mekong Series 1 Ep 1	This two-part series features celebrated chef Luke Nguyen as he recalls the most memorable moments and the best culinary discoveries from his journey through the Greater Mekong.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-01-06	1635	<b>Paul Hollywood Eats Mexico</b>	Oaxaca, Mayapan, Tultepec	For his final week in Mexico Paul's concentrating on learning all about drinks - and that includes booze, soft drink, soup, sauces; anything that doesn't need chewing on the way down!	UNITED KINGDOM	English-100		PG	a v	Y
2024-01-06	1730	<b>John Torode's Ireland</b>	Wexford To Cork	John finds out about the Wexford phenomenon of strawberry huts by the side of roads, where local growers are allowed to sell their wares.	UNITED KINGDOM	English-100		G		
2024-01-06	1825	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y	
2024-01-06	1830	<b>Homegrown Tastes South Africa</b>	Northwest	Lorna explores the Northwest province to find out more about one of South Africa's favourite ingredients, beef. She prepares a local favourite for her guest, Kamohelo Bombe.	UNITED KINGDOM	English-100		G		Y
2024-01-06	1930	<b>Tales From River Cottage</b>	Wild Larder, The	Hugh recalls three years of tuning in to the wild Dorset landscape, and then feeding off it. He explains why wild food should always be a prime part of the smallholders diet.	UNITED KINGDOM	English-100		PG	a w	
2024-01-06	2000	<b>Tales From River Cottage</b>	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?	UNITED KINGDOM	English-100		PG	a	
2024-01-06	2030	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 6	Rick visits an ancient Cornish deer farm, then returns to his kitchen in Padstow to make a magnificent venison wellington.	UNITED KINGDOM	English-100		PG		
2024-01-06	2100	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 7	Rick explores his passion for fresh and unusual salad leaves with a trip around an organic market garden called Soul Farm, and is inspired to make a radicchio tart.	UNITED KINGDOM	English-100		PG		
2024-01-06	2130	<b>Anthony Bourdain: No Reservations</b>	Romania	Anthony and Zamir are off on an adventure to celebrate Zamir's birthday in Romania, a land of vampire tales, communist regimes and a rich culinary history.	USA	English-100	RPT	PG		
2024-01-06	2225	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y	
2024-01-06	2230	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 7	Living so close to the coast has many advantages, like learning how to forage for seaside food. As a valuable member of the community, Paul helps out the largest fire service in the world, the RFS.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-01-06	2330	<b>Mystery Diners</b>	Repeat Offender	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG		Y

2024-01-06	2400	<b>Mystery Diners</b>	Mystery Wedding	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG			Y
2024-01-06	2430	<b>Chronicles Of Nadiya</b>	Chronicles Of Nadiya Series 1 Ep 1	Food and cooking are at the heart of family gatherings and everyday life for British born and bred Nadiya Hussain. Now she is returning to her roots in Bangladesh.	UNITED KINGDOM	English-100		PG	a w		Y
2024-01-06	2535	<b>Lightened Up</b>	Finger Foods	Erwan creates healthier alternatives to traditional finger foods: Nachos and Pizza.	USA	English-100		PG			
2024-01-06	2605	<b>Lightened Up</b>	Going Vegan	Erwan creates vegan alternatives to a classic American food and an unexpected dessert: Burger and Cheesecake.	USA	English-100		PG			
2024-01-06	2635	<b>Luke Nguyen's Memories Of The Mekong</b>	Luke Nguyen's Memories Of The Mekong Series 1 Ep 1	This two-part series features celebrated chef Luke Nguyen as he recalls the most memorable moments and the best culinary discoveries from his journey through the Greater Mekong.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-01-06	2735	<b>Paul Hollywood Eats Mexico</b>	Oaxaca, Mayapan, Tultepec	For his final week in Mexico Paul's concentrating on learning all about drinks - and that includes booze, soft drink, soup, sauces; anything that doesn't need chewing on the way down!	UNITED KINGDOM	English-100		PG	a v		Y
2024-01-06	2830	<b>Mystery Diners</b>	Repeat Offender	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG			Y

