



WEEK 10: Sunday, 3 March - Saturday, 9 March 2024 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-03-03	0500	The Cook And The Chef	Blondes Have More Fun	Chefs love working with colour and contrast, but Maggie and Simon love a challenge so this week they're going blonde. White asparagus, light coloured meats, garlic, white chocolate, and coconut.	AUSTRALIA	English-100		G			
2024-03-03	0530	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 5	Khanh embarks on an epic road trip through Central Gippsland, and learns how to forage for ingredients for a wild salad from locals.	AUSTRALIA	English-100		PG	a w	Y	
2024-03-03	0625	Please Eat Slowly Bitesize	Claypot Rice	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor shares his best tips to create your own!	AUSTRALIA	English-100		G			
2024-03-03	0630	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 7	Back on the farm, it's time to make some much needed changes. Jean teaches Paul the forgotten skill of stone masonry. Meanwhile, Digger brings joy to some people in need.	UNITED KINGDOM	English-100	RPT	G			Y
2024-03-03	0730	Ainsley's Fantastic Flavours	Meaty	Ainsley Harriott and friends make the most of meaty flavours. While Ainsley is on breakfast duty, he cooks up potato rosti with black pudding, poached egg and crispy maple-sriracha bacon.	UNITED KINGDOM	English-100		PG			
2024-03-03	0825	Cook Up With Adam Liaw Bitesize	Chicken Sausage Poule Au Pot	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
2024-03-03	0830	Giada Entertains	Giada Entertains Series 4 Ep 3	Giada gets in the game day spirit and keeps folks entertained before kickoff by hosting a pre-game burger bash. The party features family fun activities and a buffet of mortadella meatball sliders.	USA	English-100		G			
2024-03-03	0900	Barefoot Contessa: Back To Basics	Tex Mex Entertaining	Ina Garten has all the bases covered when it comes to Tex-Mex entertaining. She makes a light and airy tres leches cake with berries, and her crowd-pleasing pork posole is a spicy main course.	USA	English-100		G			
2024-03-03	0930	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		PG	a w		
2024-03-03	1000	Rick Stein's Seafood Lovers' Guide	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		PG	a w		
2024-03-03	1030	Evolving Vegan	Portland	A diverse group of chefs create mouth-watering plant-based dumplings, fried 'chik'n' sandwiches, and Vietnamese 'catfish'. Mena forages for lobster mushrooms and visits the oldest tofu factory.	CANADA	English-100		G		Y	Y
2024-03-03	1125	Please Eat Slowly Bitesize	Claypot Rice	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor shares his best tips to create your own!	AUSTRALIA	English-100		G			

2024-03-03	1130	Luke Nguyen's Memories Of The Mekong	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
2024-03-03	1230	Luke Nguyen's Memories Of The Mekong	Luke Nguyen's Memories Of The Mekong Series 1 Ep 2	In part two of Memories of the Mekong, Luke ventures deeper into the region exploring the culinary wonders and ancient cultures of Laos, Cambodia and Vietnam.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-03-03	1330	The Cook And The Chef	Bbq Party	The warm spring days in the Barossa Valley are perfect for a barbecue and this week Maggie and Simon make the most of the weather to turn on the gas and start sizzling some of their favourites.	AUSTRALIA	English-100		G		
2024-03-03	1400	The Cook Up With Adam Liaw	Fruity Bakes	The Salopian Inn's Karena Armstrong and award-winning entertainer Eddie Perfect are in the kitchen with Adam, making their favourite fruity bakes.		English-100	RPT	G		
2024-03-03	1430	The Cook Up With Adam Liaw	Not Your Normal Salad	Tennis player Priscilla Hon and YouTuber Ann Reardon join Adam to make the case for salad. But not your normal salad. These are cool salads.		English-100	RPT	G		
2024-03-03	1500	The Cook Up With Adam Liaw	Made With Mangoes	It's like staring directly at the sun - and then eating it - as host and cook Justine Schofield and chef Paul Farag join Adam to make culinary gold with the sun-shiniest of ingredients: mangoes.		English-100	RPT	PG		
2024-03-03	1530	The Cook Up With Adam Liaw	Fast, Fab & Fruity	It's a guaranteed flavour sensation as drag legend Art Simone, chef Jerry Mai and Adam cook food that's fast, fab and fruity.		English-100	RPT	PG		
2024-03-03	1600	The Cook Up With Adam Liaw	Provincial French Picnic, The	It's Easy Entertaining, and designer Jamie Durie and chef Annie Smithers join Adam for The Provincial French Picnic.		English-100		G		
2024-03-03	1630	Giada Entertains	Giada Entertains Series 4 Ep 4	Jade loves chocolate just as much as her mother so Giada is hosting a chocolate-themed Valentine's Day party for her and her friends. The fancy lunch menu includes chocolate strawberry cups.	USA	English-100		G		
2024-03-03	1700	Barefoot Contessa: Back To Basics	Cook With A Pro	Ina gets a cooking masterclass with three professional chefs. She learns how to make the most incredible roasted carrot tart, perfect crepes and chocolate sauce, plus all the secrets of pasta.	USA	English-100		G		
2024-03-03	1730	Taste Of France	L'auberge Sur-Les-Bois	Daniel Barratier has worked with some of the best chefs traveling the world, now he's back in his hometown, Annecy, the 'Venice of the French Alps', where he invested in a true fine dining restaurant.	SWEDEN	English-50; French-50		G		Y
2024-03-03	1800	Luca's Key Ingredient	Luca's Key Ingredient Series 1 Ep 4	Today's episode highlights the importance of small goods when it comes to Italian cooking. Luca uses Bresaola, Mortadella and Mezze Maniche to create three elegant and impressive dishes.	AUSTRALIA	English-100		PG	I	
2024-03-03	1830	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 1 Ep 8	Michel Roux continues on his food adventure, looking for the best produce he can find to bring back to his holiday kitchen. Today he visits a pig farm in search of the best cuts for a delicious pork.	UNITED KINGDOM	English-100		G		Y
2024-03-03	1925	Please Eat Slowly Bitesize	Claypot Rice	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor shares his best tips to create your own!	AUSTRALIA	English-100		G		
2024-03-03	1930	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 3	Jamie packs in the veg with his big, bold black bean burger. He gets inspired by some gorgeous greens in the Middle East, and creates some crunch with a double corn salad.	UNITED KINGDOM	English-100		G		

2024-03-03	2030	Remarkable Places To Eat	New Forest	Fred Sirieix heads to The New Forest with former greengrocer Chris Bavin as his guide. Chris spent many a happy family holiday camping in the forest as a child and is a huge fan of the area.	UNITED KINGDOM	English-100		PG	a w	
2024-03-03	2130	Anthony Bourdain: No Reservations	Venice	Anthony's mission is to avoid Venice's tourist traps and to discover the city as it's experienced by the locals. One of his first stops is Da Romano Trattoria on the island of Burano.	USA	English-100	RPT	PG		Y
2024-03-03	2225	Please Eat Slowly Bitesize	Claypot Rice	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor shares his best tips to create your own!	AUSTRALIA	English-100		G		
2024-03-03	2230	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 8	Paul takes part in a species eradication program, but it's not your average day out weeding - this method goes to new heights.	UNITED KINGDOM	English-100	RPT	PG		Y
2024-03-03	2330	The Cook And The Chef	Picnic Holiday	Summer's just around the corner and soon the days in the Barossa Valley will be hot and the risk of snakes too high to roam far, so Maggie is making the most of the last mild weather.	AUSTRALIA	English-100		G		
2024-03-03	2400	The Cook Up With Adam Liaw	Fruity Bakes	The Salopian Inn's Karena Armstrong and award-winning entertainer Eddie Perfect are in the kitchen with Adam, making their favourite fruity bakes.		English-100	RPT	G		
2024-03-03	2430	The Cook Up With Adam Liaw	Not Your Normal Salad	Tennis player Priscilla Hon and YouTuber Ann Reardon join Adam to make the case for salad. But not your normal salad. These are cool salads.		English-100	RPT	G		
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2024-03-03	2600	The Cook Up With Adam Liaw	Provincial French Picnic, The	It's Easy Entertaining, and designer Jamie Durie and chef Annie Smithers join Adam for The Provincial French Picnic.		English-100		G		
2024-03-03	2630	Giada Entertains	Giada Entertains Series 4 Ep 4	Jade loves chocolate just as much as her mother so Giada is hosting a chocolate-themed Valentine's Day party for her and her friends. The fancy lunch menu includes chocolate strawberry cups.	USA	English-100		G		
2024-03-03	2700	Barefoot Contessa: Back To Basics	Cook With A Pro	Ina gets a cooking masterclass with three professional chefs. She learns how to make the most incredible roasted carrot tart, perfect crepes and chocolate sauce, plus all the secrets of pasta.	USA	English-100		G		
2024-03-03	2730	Taste Of France	L'auberge Sur-Les-Bois	Daniel Barratier has worked with some of the best chefs traveling the world, now he's back in his hometown, Annecy, the 'Venice of the French Alps', where he invested in a true fine dining restaurant.	SWEDEN	English-50; French-50		G		Y
2024-03-03	2800	Luca's Key Ingredient	Luca's Key Ingredient Series 1 Ep 4	Today's episode highlights the importance of small goods when it comes to Italian cooking. Luca uses Bresaola, Mortadella and Mezze Maniche to create three elegant and impressive dishes.	AUSTRALIA	English-100		PG	I	
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2024-03-04	0625	Cook Up With Adam Liaw Bitesize	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
2024-03-04	0630	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 3	Jamie packs in the veg with his big, bold black bean burger. He gets inspired by some gorgeous greens in the Middle East, and creates some crunch with a double corn salad.	UNITED KINGDOM	English-100		G	
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2024-03-04	1130	The Cook Up With Adam Liaw	Provincial French Picnic, The	It's Easy Entertaining, and designer Jamie Durie and chef Annie Smithers join Adam for The Provincial French Picnic.		English-100		G	
2024-03-04	1200	Giada Entertains	Giada Entertains Series 4 Ep 4	Jade loves chocolate just as much as her mother so Giada is hosting a chocolate-themed Valentine's Day party for her and her friends. The fancy lunch menu includes chocolate strawberry cups.	USA	English-100		G	
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2024-03-04	1300	My Market Kitchen	My Market Kitchen Series 4 Ep 66	On this episode of My Market Kitchen, Elena is cooking a delicious Vietnamese Turmeric Fish and a Vegan Mince Sweet Potato Subs. Khanh is using Jalna Yoghurt to create a Crepe Cake with Lemon Yoghurt.	AUSTRALIA	English-100	G			
2024-03-04	1330	David Rocco's Dolce India	Backwaters Of Kerala, The	Kollam is a beautiful old seaport and city in Kerala. David gets a chance to explore life in this verdant region: he goes digging for clams and takes a tour on a floating restaurant down the river.	CANADA	English-100	PG	a w		
2024-03-04	1400	My Greek Table With Diane Kochilas	Foods That Unite Us, The	Diane ventures beyond tradition into the global world, embracing new ingredients, inspired by Athens' vibrant dining scene, and christening a whole bevy of new recipes Greek!	USA	English-50; Greek-50	G			
2024-03-04	1430	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 2	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, the botanical ark in Queensland, and Japanese sashimi with Hideo Dekura.	AUSTRALIA	English-100	RPT	G	Y	
2024-03-04	1500	Australia's Food Bowl	Healthy River, Healthy Veg	The rich red soil of Mildura, coupled with water from the mighty Murray River, provide the perfect conditions to grow vegetables - and Stefano loves to cook with the freshest local vegetables around.	AUSTRALIA	English-100	G			
2024-03-04	1530	Amy Schumer Learns To Cook	Amy's Steakhouse Dinner, Bbq	Amy is ready to show off her chef skills by taking the lead and attempting to cook her favourite meal - a classic steakhouse dinner featuring seared skirt steak and creamed spinach.	USA	English-100	PG	a l s	Y	
2024-03-04	1625	Cook Up With Adam Liaw Bitesize	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	
2024-03-04	1630	Eat China	Eastern Sweets	Shanghai is the home of pan-fried buns and the best soup dumplings. We uncover a 200-year-old recipe for sweet and sour fish, and find out how people here cook a local version of shrimp ceviche.	CHINA	English-80; Cantonese-10; Mandarin-10	G		Y	
2024-03-04	1700	Everyday Gourmet With Justine Schofield	Ep 36	Justine bakes her mustard and tomato crusted fish and cooks up a delicious chorba and is then joined by ex-Masterchef contestant, Rishi Desai to make a fantastic semolina halva.	AUSTRALIA	English-100	G			
2024-03-04	1730	Pati's Mexican Table	Welcome To Guadalajara	Pati explores the culinary highlights of Jalisco's capital city, Guadalajara. She starts at a legendary street cart for a taste of the city's most iconic sandwich, tortas ahogadas.	USA	English-100	G		Y	
2024-03-04	1800	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 6	When he's not busy running his restaurants and has a day off, Luke likes to explore places away from the city. Luke explores Vung Tau, a coastal town finding different delicacies on each corner.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-03-04	1830	Mary Makes It Easy	When You Fish Upon A Star	Mary helps you master the catch of the day with recipes focused around fish, including zesty tuna tartare and curried salmon en papillote.	CANADA	English-100	G			
2024-03-04	1900	The Cook Up With Adam Liaw	Eating For Good Sleep	Dr Michael Mosley shows Adam and Brihony Dawson what to cook for a good night's sleep and gives some tips on how to get a solid 8 hours a night.		English-100	PG			
2024-03-04	1930	Malaysia Gourmet With Justine Schofield	Ep 6	Start with an invigorating sunrise hike up Ria Lookout in Sabah, followed by the preparation of delicious Malaysian breakfast noodles. Justine explores Penang Hill before savouring a Sarawak laksa.	AUSTRALIA	English-100	G			
2024-03-04	2000	Long Weekend In... With Rory O'Connell	Nantes	Rory creates a recipe to remind him of a magnificent weekend in Nantes - Baked Turbot with Sauce Beurre Blanc.	IRELAND	English-100	G			

2024-03-04	2030	Nigellissima	Nigellissima Series 1 Ep 2	Nigella Lawson's mission to show how easy it is to bring the spirit of Italy into the kitchen continues as she shares the secrets of her celebratory Italian roast chicken.	UNITED KINGDOM	English-100	RPT	G		Y	
2024-03-04	2100	Our Food, Our Family	Aslam Family, The	Michela is in Cardiff to meet the Aslam family - four generations of food lovers. Between mouthfuls of mouth-watering curries, can Michela coax their secret spice mix from the family?	UNITED KINGDOM	English-100		PG			
2024-03-04	2130	Come Dine With Me UK	Leeds: Mark	IT consultant and cycling enthusiast Mark, is looking to charm his guests with his Italian themed menu. Will he be at the front of the race come the end of the week and claim the 1000 pound prize?	UNITED KINGDOM	English-100		PG			
2024-03-04	2200	Come Dine With Me UK	Leeds: Satty	Marketing manager, Satty, is hoping to bowl her guests over with a Bollywood bonanza. Can she serve up a storm to claim her this week's cash?	UNITED KINGDOM	English-100		PG			
2024-03-04	2230	The Cook Up With Adam Liaw	Eating For Good Sleep	Dr Michael Mosley shows Adam and Brihony Dawson what to cook for a good night's sleep and gives some tips on how to get a solid 8 hours a night.		English-100		PG			
2024-03-04	2300	Counter Space	Ceremony Food	Sophia makes pork paletas, a dish for Taiwan's faithful, and meets cake master Ron Ben-Israel, who explores the role cakes play in ceremonies, as well as a tribe helping a dwindling salmon population.	USA	English-100	RPT	PG	I	Y	
2024-03-04	2330	The Cook And The Chef	Christmas	Christmas is fast approaching, but for some of us that brings the annual stress of working out how to feed a big group.	AUSTRALIA	English-100		PG			
2024-03-04	2400	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 6	When he's not busy running his restaurants and has a day off, Luke likes to explore places away from the city. Luke explores Vung Tau, a coastal town finding different delicacies on each corner.	AUSTRALIA	English-100	RPT	G		Y	Y
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2024-03-05	0700	Eat China	Eastern Sweets	Shanghai is the home of pan-fried buns and the best soup dumplings. We uncover a 200-year-old recipe for sweet and sour fish, and find out how people here cook a local version of shrimp ceviche.	CHINA	English-80; Cantonese-10; Mandarin-10		G			Y
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2024-03-05	1000	Long Weekend In... With Rory O'Connell	Nantes	Rory creates a recipe to remind him of a magnificent weekend in Nantes - Baked Turbot with Sauce Beurre Blanc.	IRELAND	English-100		G			
2024-03-05	1030	Everyday Gourmet With Justine Schofield	Ep 36	Justine bakes her mustard and tomato crusted fish and cooks up a delicious chorba and is then joined by ex-Masterchef contestant, Rishi Desai to make a fantastic semolina halva.	AUSTRALIA	English-100		G			
2024-03-05	1100	The Cook Up With Adam Liaw	Eating For Good Sleep	Dr Michael Mosley shows Adam and Brihony Dawson what to cook for a good night's sleep and gives some tips on how to get a solid 8 hours a night.		English-100		PG			

2024-03-05	1130	Nigellissima	Nigellissima Series 1 Ep 2	Nigella Lawson's mission to show how easy it is to bring the spirit of Italy into the kitchen continues as she shares the secrets of her celebratory Italian roast chicken.	UNITED KINGDOM	English-100	RPT	G		Y
2024-03-05	1200	Our Food, Our Family	Aslam Family, The	Michela is in Cardiff to meet the Aslam family - four generations of food lovers. Between mouthfuls of mouth-watering curries, can Michela coax their secret spice mix from the family?	UNITED KINGDOM	English-100		PG		
2024-03-05	1230	Mary Makes It Easy	When You Fish Upon A Star	Mary helps you master the catch of the day with recipes focused around fish, including zesty tuna tartare and curried salmon en papillote.	CANADA	English-100		G		
2024-03-05	1300	My Market Kitchen	My Market Kitchen Series 4 Ep 67	Khanh is in the kitchen today showing Elena his Prawn Saganaki recipe, perfect quick dinner or lunch. Then we head to The George on Collins for a delicate Ginger Caramel Rockling and Pork Belly recipe.	AUSTRALIA	English-100		G		
2024-03-05	1330	David Rocco's Dolce India	Beef In Fort Kochi	David visits the historic region of Fort Kochi which is one of the few places in India where you can eat beef. David goes on a hunt for the good stuff, enjoying chili fried and dry-fried beef.	CANADA	English-100		G		
2024-03-05	1400	My Greek Table With Diane Kochilas	Pie Heaven	Diane visits the mountain enclave of a traditional shepherding family in Epirus and makes a feta cheese pie with layers of crisp homemade pastry that is baked the way it's been done for centuries.	USA	English-50; Greek-50		G		Y
2024-03-05	1430	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 3	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Italian buffalo milk mozzarella cheese, and mooncakes for the August Mooncake Festival.	AUSTRALIA	English-100	RPT	G		Y
2024-03-05	1500	Australia's Food Bowl	Garlic	Garlic is an essential ingredient across cuisines in every culture around the world, and Stefano explains why Australian-grown garlic is far superior in taste and much healthier than imported garlic.	AUSTRALIA	English-100		G		
2024-03-05	1530	Jamie's Chef	Jamie's Chef Series 1 Ep 1	Jamie's Chef follows four of the graduates of the Fifteen Foundation compete for a chance to open and run their own pub in Essex. Jamie Oliver along with two other judges must determine the winner.	UNITED KINGDOM	English-100		PG	d I	Y
2024-03-05	1630	Eat China	Northern Comfort	Northern China is the birthplace of bao and other hearty dishes like lamb skewers and bean soup. Follow us as we make classic Chinese pork buns and go on a food tour of Beijing.	CHINA	English-80; Cantonese-10; Mandarin-10		PG		Y
2024-03-05	1700	Everyday Gourmet With Justine Schofield	Ep 37	Adam Swanson joins Justine to make his tagliatelle with chicken and almonds and then Justine shares her Dukkah crusted eggs with feta and shows you a great homemade stock.	AUSTRALIA	English-100		G		
2024-03-05	1730	Pati's Mexican Table	Food Meets Art	Pati explores some unique spots where food and art truly connect. At Ceramica Suro, she gets a tour of the ceramics factory that supplies dishware and textiles to some of the finest restaurants.	USA	English-100		G		Y
2024-03-05	1800	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 7	With Luke's busy life it's important to find the work life balance. Devoting Sunday as a family day, he explores the outdoors and the variety of restaurants Saigon has to offer.	AUSTRALIA	English-100	RPT	PG		Y
2024-03-05	1830	Mary Makes It Easy	Steakhouse Sides	Mary prepares indulgent side dishes that stand out next to a steak, like shrimp scampi stuffed potato, or stuffed mushrooms two ways.	CANADA	English-100		G		
2024-03-05	1900	The Cook Up With Adam Liaw	Too Hot To Cook	What do you make when it's too hot to cook? Adam's very cool guests, actor Bert LaBonte and chef Rodney Dunn, join him to make food that's fast and refreshing.		English-100		G		

2024-03-05	1930	Mary Berry's Love To Cook	For Family And Friends	Mary steps out with daughter, Annabel who shares her joy of foraging and cooking in the open, whilst rustling up her best recipes that offer the perfect comfort for family and friends.	UNITED KINGDOM	English-100		PG	
2024-03-05	2000	Paula McIntyre's Hamely Kitchen	Episode 3	Paula makes the perfect comfort food: beef olives with onion gravy and creamy mash. And in Mournes, cooks up monkfish with potato bread chips and a seaweed flavoured mayo.	UNITED KINGDOM	English-100		G	
2024-03-05	2030	Selena + Chef	Selena + Nyesha Arrington	Southern California chef, Nyesha Arrington, guides Selena through cooking two delicious meals: pan-seared branzino with spiced tomato-coconut sauce and homecooked doggy biscuits.	USA	English-100		G	Y
2024-03-05	2100	Food Trail South Africa	Pretoria & Soweto	Warren travels to Pretoria and Johannesburg; there he meets chef Xoliswa, personal cook to the former president Nelson Mandela and learns to cook samp risotto and sweet chicken.	AUSTRALIA	English-100		G	Y
2024-03-05	2130	Come Dine With Me UK	Huddersfield: Dannica	Travel loving credit controller Dannica is treating her guest to a culinary round the world tour, from Italy to Mexico. She's embarking on an ambitious menu. What could possibly go wrong?	UNITED KINGDOM	English-100		PG	
2024-03-05	2200	Come Dine With Me UK	Huddersfield: Ann-Marie	Ann-marie serves up 50s glamour, crazy concoctions and posh Italian nosh. Will her fine taste be enough to win the 1000 pound prize?	UNITED KINGDOM	English-100		PG	a
2024-03-05	2230	The Cook Up With Adam Liaw	Too Hot To Cook	What do you make when it's too hot to cook? Adam's very cool guests, actor Bert LaBonte and chef Rodney Dunn, join him to make food that's fast and refreshing.		English-100		G	
2024-03-05	2300	Counter Space	Zero Waste (Ish)	Wasting food may soon be a thing of the past if influencers have anything to say about it. Sophia cooks with leftover bread, and she learns why 'less waste' might be more realistic than 'zero waste'.	USA	English-100	RPT	PG	I Y
2024-03-05	2330	The Cook And The Chef	Add A Little Spice	It's Valentines day, and while neither Simon or Maggie will confess to being big partakers of the day, it is an excuse to share food.	AUSTRALIA	English-100		G	
2024-03-05	2400	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 7	With Luke's busy life it's important to find the work life balance. Devoting Sunday as a family day, he explores the outdoors and the variety of restaurants Saigon has to offer.	AUSTRALIA	English-100	RPT	PG	Y
2024-03-05	2430	Mary Berry's Love To Cook	For Family And Friends	Mary steps out with daughter, Annabel who shares her joy of foraging and cooking in the open, whilst rustling up her best recipes that offer the perfect comfort for family and friends.	UNITED KINGDOM	English-100		PG	
2024-03-05	2500	Paula McIntyre's Hamely Kitchen	Episode 3	Paula makes the perfect comfort food: beef olives with onion gravy and creamy mash. And in Mournes, cooks up monkfish with potato bread chips and a seaweed flavoured mayo.	UNITED KINGDOM	English-100		G	
2024-03-05	2530	Selena + Chef	Selena + Nyesha Arrington	Southern California chef, Nyesha Arrington, guides Selena through cooking two delicious meals: pan-seared branzino with spiced tomato-coconut sauce and homecooked doggy biscuits.	USA	English-100		G	Y
2024-03-05	2600	Food Trail South Africa	Pretoria & Soweto	Warren travels to Pretoria and Johannesburg; there he meets chef Xoliswa, personal cook to the former president Nelson Mandela and learns to cook samp risotto and sweet chicken.	AUSTRALIA	English-100		G	Y
2024-03-05	2630	Come Dine With Me UK	Huddersfield: Dannica	Travel loving credit controller Dannica is treating her guest to a culinary round the world tour, from Italy to Mexico. She's embarking on an ambitious menu. What could possibly go wrong?	UNITED KINGDOM	English-100		PG	

2024-03-05	2700	Come Dine With Me UK	Huddersfield: Ann-Marie	Ann-marie serves up 50s glamour, crazy concoctions and posh Italian nosh. Will her fine taste be enough to win the 1000 pound prize?	UNITED KINGDOM	English-100		PG	a	
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2024-03-05	2830	My Greek Table With Diane Kochilas	Pie Heaven	Diane visits the mountain enclave of a traditional shepherding family in Epirus and makes a feta cheese pie with layers of crisp homemade pastry that is baked the way it's been done for centuries.	USA	English-50; Greek-50		G		Y
2024-03-06	0500	Australia's Food Bowl	Garlic	Garlic is an essential ingredient across cuisines in every culture around the world, and Stefano explains why Australian-grown garlic is far superior in taste and much healthier than imported garlic.	AUSTRALIA	English-100		G		
2024-03-06	0530	Jamie's Chef	Jamie's Chef Series 1 Ep 1	Jamie's Chef follows four of the graduates of the Fifteen Foundation compete for a chance to open and run their own pub in Essex. Jamie Oliver along with two other judges must determine the winner.	UNITED KINGDOM	English-100		PG	d I	Y
2024-03-06	0630	Everyday Gourmet With Justine Schofield	Ep 37	Adam Swanson joins Justine to make his tagliatelle with chicken and almonds and then Justine shares her Dukkah crusted eggs with feta and shows you a great homemade stock.	AUSTRALIA	English-100		G		
2024-03-06	0700	Eat China	Northern Comfort	Northern China is the birthplace of bao and other hearty dishes like lamb skewers and bean soup. Follow us as we make classic Chinese pork buns and go on a food tour of Beijing.	CHINA	English-80; Cantonese-10; Mandarin-10		PG		Y
2024-03-06	0730	Pati's Mexican Table	Food Meets Art	Pati explores some unique spots where food and art truly connect. At Ceramica Suro, she gets a tour of the ceramics factory that supplies dishware and textiles to some of the finest restaurants.	USA	English-100		G		Y
2024-03-06	0800	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 7	With Luke's busy life it's important to find the work life balance. Devoting Sunday as a family day, he explores the outdoors and the variety of restaurants Saigon has to offer.	AUSTRALIA	English-100	RPT	PG		Y
2024-03-06	0830	Mary Makes It Easy	Steakhouse Sides	Mary prepares indulgent side dishes that stand out next to a steak, like shrimp scampi stuffed potato, or stuffed mushrooms two ways.	CANADA	English-100		G		
2024-03-06	0900	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 3	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Italian buffalo milk mozzarella cheese, and mooncakes for the August Mooncake Festival.	AUSTRALIA	English-100	RPT	G		Y
2024-03-06	0930	Mary Berry's Love To Cook	For Family And Friends	Mary steps out with daughter, Annabel who shares her joy of foraging and cooking in the open, whilst rustling up her best recipes that offer the perfect comfort for family and friends.	UNITED KINGDOM	English-100		PG		
2024-03-06	1000	Paula McIntyre's Hamely Kitchen	Episode 3	Paula makes the perfect comfort food: beef olives with onion gravy and creamy mash. And in Mournes, cooks up monkfish with potato bread chips and a seaweed flavoured mayo.	UNITED KINGDOM	English-100		G		
2024-03-06	1030	Everyday Gourmet With Justine Schofield	Ep 37	Adam Swanson joins Justine to make his tagliatelle with chicken and almonds and then Justine shares her Dukkah crusted eggs with feta and shows you a great homemade stock.	AUSTRALIA	English-100		G		

2024-03-06	1100	The Cook Up With Adam Liaw	Too Hot To Cook	What do you make when it's too hot to cook? Adam's very cool guests, actor Bert LaBonte and chef Rodney Dunn, join him to make food that's fast and refreshing.		English-100	G				
2024-03-06	1130	Selena + Chef	Selena + Nyesha Arrington	Southern California chef, Nyesha Arrington, guides Selena through cooking two delicious meals: pan-seared branzino with spiced tomato-coconut sauce and homecooked doggy biscuits.	USA	English-100	G			Y	
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2024-03-06	1230	Mary Makes It Easy	Steakhouse Sides	Mary prepares indulgent side dishes that stand out next to a steak, like shrimp scampi stuffed potato, or stuffed mushrooms two ways.	CANADA	English-100	G				
2024-03-06	1300	My Market Kitchen	My Market Kitchen Series 4 Ep 68	On this episode of My Market Kitchen Elena is cooking her favourite Japanese Street food. Khanh shows us a great way to use leftovers with his Lamb Vermicelli Salad.	AUSTRALIA	English-100	G				
2024-03-06	1330	David Rocco's Dolce India	Paradise Found	The beautiful Chinese fishing nets are iconic tourist attractions along the coast of Kochi, and David discovers that the fishermen who operate them are just as intriguing.	CANADA	English-100	PG	a w			
2024-03-06	1400	My Greek Table With Diane Kochilas	Everyday Superfoods	Diane invites a well-known dietician into her kitchen and together they prepare a deliciously healthy meal that is brimming with Greek superfoods. On the menu: a Spiced Carrot Soup Three Ways.	USA	English-50; Greek-50	G				
2024-03-06	1430	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 4	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, wild trout from a Tasmanian lake, Lebanese pastry, and native quandongs.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-03-06	1500	Australia's Food Bowl	Almonds And Bees	Stefano travels to Hattah-Kulkyne National Park in the Mallee district to see local beekeeper Roger Moser who has thousands of bees in hives. He has been bringing his bees here for forty years.	AUSTRALIA	English-100	G				
2024-03-06	1530	Jamie's Chef	Jamie's Chef Series 1 Ep 2	Thasanee visits the Essex pub and meets the locals. Here she comes to the realisation that her dream Thai restaurant might fail if there is not enough support from the residents.	UNITED KINGDOM	English-100	PG	I		Y	
2024-03-06	1630	Eat China	Carb Edition Part 1	Have a favourite type of noodles? We travel to some of China's top noodle-making regions to see how they still knead, pull, and cook everything by hand.	CHINA	English-80; Cantonese-10; Mandarin-10	G			Y	
2024-03-06	1700	Everyday Gourmet With Justine Schofield	Ep 38	Justine makes some her braised silverbeet in some fun little mushroom cups and shows you how to make a great spirulina salad dressing. Shaun Presland also joins the kitchen to whip up his scallops.	AUSTRALIA	English-100	G				
2024-03-06	1730	Pati's Mexican Table	Jalisco Classics	Pati stops at a couple of Guadalajara's most beloved restaurants for two of the region's classic recipes. At Super Menuderia Cano, Pati learns the secrets to their menudo recipe.	USA	English-100	G			Y	
2024-03-06	1800	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 8	Luke takes us to his top 3 traditional Pho Restaurants in Saigon and explains the differences between the styles of Pho Broth found throughout Vietnam. Luke then takes us behind the scenes at Grain.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-03-06	1830	Mary Makes It Easy	Sneak Attack	Give yourself a nutritional sneak attack with Mary's recipes that cram in the good stuff without skimping on flavour.	CANADA	English-100	G			Y	

2024-03-06	1900	The Cook Up With Adam Liaw	Dinner SOS	Adam and his guests, powerhouse hospitality duo Martin Benn and Vicki Wild, answer the dinner SOS distress call.		English-100		G		
2024-03-06	1930	Adam and Poh's Great Australian Bites	Alice Springs	A nation's cuisine reflects its history and its heart. With tens of thousands of years of continuous culinary history, Adam and Poh's adventure starts at the very centre of Australia: Uluru.	AUSTRALIA	English-100		PG		Y
2024-03-06	2000	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 9	Dive into a fruity chocolate journey today with Kirsten's lime and coconut-infused choux buns and a simple cream and raspberry tart. Along with muddy snowballs and chocolate brownie biscuits.	AUSTRALIA	English-100		PG		
2024-03-06	2030	James Martin's Spanish Adventure	Costa Blanca	In Costa Blanca, James visits a cherry orchard, meets a fisherman selling Denia shrimp, and enjoys a Denton dish. James cooks pork with cherries, doughnuts, spiced tuna salad and rice with fish.	UNITED KINGDOM	English-100		PG	a w	Y
2024-03-06	2130	Come Dine With Me UK	Huddersfield: Irum	School admin assistant, Irum, is trying to woo her guests with an evening of classic Pakistani home cooking. Will she get the right level of heat for her guest in these authentic dishes?	UNITED KINGDOM	English-100		PG		
2024-03-06	2200	Come Dine With Me UK	Huddersfield: Brilliance	Trainee nurse, Brilliance, is bringing a taste of her native Zimbabwe to Huddersfield. She plans on serving up chicken parts that her guests have never experienced before. Will it be too much?	UNITED KINGDOM	English-100		PG		
2024-03-06	2230	The Cook Up With Adam Liaw	Dinner SOS	Adam and his guests, powerhouse hospitality duo Martin Benn and Vicki Wild, answer the dinner SOS distress call.		English-100		G		
2024-03-06	2300	Counter Space	Jamaican Roots	In this episode, we explore veganism's roots in Jamaica's Rastafarian community while Sophia makes grilled cheese on ube bread. Plus, Shaggy takes us to his favourite NYC restaurant.	USA	English-100	RPT	PG	d	Y
2024-03-06	2330	The Cook And The Chef	All Fired Up	Since the dawn of time we've known there's something special that happens when you cook a piece of meat over flame, so this week on the show, Maggie and Simon get 'fired up'.	AUSTRALIA	English-100		G		
2024-03-06	2400	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 8	Luke takes us to his top 3 traditional Pho Restaurants in Saigon and explains the differences between the styles of Pho Broth found throughout Vietnam. Luke then takes us behind the scenes at Grain.	AUSTRALIA	English-100	RPT	G		Y Y
2024-03-06	2430	Adam and Poh's Great Australian Bites	Alice Springs	A nation's cuisine reflects its history and its heart. With tens of thousands of years of continuous culinary history, Adam and Poh's adventure starts at the very centre of Australia: Uluru.	AUSTRALIA	English-100		PG		Y
2024-03-06	2500	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 9	Dive into a fruity chocolate journey today with Kirsten's lime and coconut-infused choux buns and a simple cream and raspberry tart. Along with muddy snowballs and chocolate brownie biscuits.	AUSTRALIA	English-100		PG		
2024-03-06	2530	James Martin's Spanish Adventure	Costa Blanca	In Costa Blanca, James visits a cherry orchard, meets a fisherman selling Denia shrimp, and enjoys a Denton dish. James cooks pork with cherries, doughnuts, spiced tuna salad and rice with fish.	UNITED KINGDOM	English-100		PG	a w	Y
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2024-03-06	2730	My Market Kitchen	My Market Kitchen Series 4 Ep 68	On this episode of My Market Kitchen Elena is cooking her favourite Japanese Street food. Khanh shows us a great way to use leftovers with his Lamb Vermicelli Salad.	AUSTRALIA	English-100	G				
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2024-03-07	0530	Jamie's Chef	Jamie's Chef Series 1 Ep 2	Thasanee visits the Essex pub and meets the locals. Here she comes to the realisation that her dream Thai restaurant might fail if there is not enough support from the residents.	UNITED KINGDOM	English-100	PG		I	Y	
2024-03-07	0630	Everyday Gourmet With Justine Schofield	Ep 38	Justine makes some her braised silverbeet in some fun little mushroom cups and shows you how to make a great spirulina salad dressing. Shaun Presland also joins the kitchen to whip up his scallops.	AUSTRALIA	English-100	G				
2024-03-07	0700	Eat China	Carb Edition Part 1	Have a favourite type of noodles? We travel to some of China's top noodle-making regions to see how they still knead, pull, and cook everything by hand.	CHINA	English-80; Cantonese-10; Mandarin-10	G			Y	
2024-03-07	0730	Pati's Mexican Table	Jalisco Classics	Pati stops at a couple of Guadalajara's most beloved restaurants for two of the region's classic recipes. At Super Menuderia Cano, Pati learns the secrets to their menudo recipe.	USA	English-100	G			Y	
2024-03-07	0800	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 8	Luke takes us to his top 3 traditional Pho Restaurants in Saigon and explains the differences between the styles of Pho Broth found throughout Vietnam. Luke then takes us behind the scenes at Grain.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-03-07	0830	Mary Makes It Easy	Sneak Attack	Give yourself a nutritional sneak attack with Mary's recipes that cram in the good stuff without skimping on flavour.	CANADA	English-100	G			Y	
2024-03-07	0900	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 4	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, wild trout from a Tasmanian lake, Lebanese pastry, and native quandongs.	AUSTRALIA	English-100	RPT	G		Y	Y
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2024-03-07	1130	James Martin's Spanish Adventure	Costa Blanca	In Costa Blanca, James visits a cherry orchard, meets a fisherman selling Denia shrimp, and enjoys a Denton dish. James cooks pork with cherries, doughnuts, spiced tuna salad and rice with fish.	UNITED KINGDOM	English-100		PG	a w	Y
2024-03-07	1230	Mary Makes It Easy	Sneak Attack	Give yourself a nutritional sneak attack with Mary's recipes that cram in the good stuff without skimping on flavour.	CANADA	English-100		G		Y
2024-03-07	1300	My Market Kitchen	My Market Kitchen Series 4 Ep 69	Today on My Market Kitchen Elena and Khanh are preparing a budget friendly Burger, Fries and Shake dinner for 4. Then Khanh is on the road with David Mann cooking a Grilled Stuffed Squid.	AUSTRALIA	English-100		G		
2024-03-07	1330	David Rocco's Dolce India	Bengali Thali	David and Myanck head into the kitchen with their fish-market finds and experiment with Kolkata's signature ingredients: mustard and fresh river fish, and everyone agrees the results are delicious.	CANADA	English-100		PG		
2024-03-07	1400	My Greek Table With Diane Kochilas	My Greek Dinner Party	Diane meets up with Greece's most famous chef and a famed seafood master, Lefteris Lazarou. The two go back a ways, and his path mirrors the road Greek cooking has travelled these past three decades.	USA	English-50; Greek-50		G		
2024-03-07	1430	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 5	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Nuevo Latino food, koeksisters - a sticky South African sweet, and Spanish chorizo.	AUSTRALIA	English-100	RPT	G		Y
2024-03-07	1500	Australia's Food Bowl	Darling Barka	Barkindji man and respected Elder, Uncle Peter Peterson meets Stefano and tells him about life growing up on the Barka (Darling River) and its significance to the lives of the Indigenous communities.	AUSTRALIA	English-100		G		
2024-03-07	1530	Jamie's Chef	Jamie's Chef Series 1 Ep 3	This episode follows Aaron Craze and his family as they attempt to move into the Essex pub restaurant. Their troubles begin when the Foundation has problems in organising the transfer for the pub.	UNITED KINGDOM	English-100		PG	a l	
2024-03-07	1630	Eat China	Carb Edition Part 2	Here are more Chinese noodles you may have never heard of, but you are going to want to try after this. Featuring Sichuan's gold thread noodles, Zhejiang's pot-lid noodles and Fujian's misua noodles.	CHINA	English-80; Cantonese-10; Mandarin-10		PG	a w	Y
2024-03-07	1700	Everyday Gourmet With Justine Schofield	Ep 39	Justine serves up her sweet chilli chicken drumettes, Daniela Fra shares her recipe for quinoa tabbouleh with acai and chia and Dario D'Agostino makes his calamari in padella.	AUSTRALIA	English-100		G		
2024-03-07	1730	Pati's Mexican Table	Los Mariachis	Some say that Jalisco is the birthplace of Mariachi. In this episode, Pati learns about the history, the instruments and the meaning behind that beloved Mexican music.	USA	English-100		G		Y
2024-03-07	1800	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 9	Only weeks away from the grand opening, Luke takes us on a guided behind the scenes tour of his restaurant Vietnam House. The nerves have been building with the opening of Luke's dream.	AUSTRALIA	English-100	RPT	G		Y
2024-03-07	1830	Mary Makes It Easy	Doughn't Go Bakin' My Heart	Mary's straightforward bread recipes are all you knead: biscuits, buns, thick focaccia pizza, and a classic loaf.	CANADA	English-100		G		
2024-03-07	1900	The Cook Up With Adam Liaw	Great Australian Pub Meal, The	Chef Jacqui Challinor and actor Dave Lawson join Adam to make great Australian pub meals at home. And they won't even charge you extra for sauce.		English-100		G		
2024-03-07	1930	My Greatest Dishes	Monica Galetti	Monica Galetti's started with humble beginnings to cooking in one of the most demanding kitchens. Her dishes: Samoan raw fish, scallops, toffee pop and hokey dessert, and a citrus marinated salmon.	UNITED KINGDOM	English-100		PG		

2024-03-07	2000	My Greatest Dishes	Theo Randall	Head chef at the famed Italian restaurant, Theo Randall shares his four best dishes; apple pie, squab pigeon on fried bread, rotolo di spinachi, and a luxurious fish stew.	UNITED KINGDOM	English-100		PG	
2024-03-07	2030	Rick Stein's Taste Of Italian Opera	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
2024-03-07	2135	Come Dine With Me UK	Huddersfield: Adam	NHS staff, Adam, is hoping to win his guests over with a menu inspired by his favourite Chinese buffet in Spain. He plans to woo his diners with deep fried and greasy grub.	UNITED KINGDOM	English-100		PG	
2024-03-07	2205	Come Dine With Me UK	Royal Leamington Spa: Debs	Glam and boujee attire at the ready as recruitment manager Debs kickstarts Royal Leamington Spa's hottest culinary competition. Will her champagne jelly set and how will she cope with her rowdy guest?	UNITED KINGDOM	English-100		PG	a
2024-03-07	2230	The Cook Up With Adam Liaw	Great Australian Pub Meal, The	Chef Jacqui Challinor and actor Dave Lawson join Adam to make great Australian pub meals at home. And they won't even charge you extra for sauce.		English-100		G	
2024-03-07	2300	Counter Space	Taste Makers	Science and senses collide in the food labs of the Netherlands and Sophia creates a savoury gravy and braciolo. Chef Eric Huang talks about MSG and the racist roots of the falsely maligned enhancer.	USA	English-100	RPT	G	Y
2024-03-07	2330	The Cook And The Chef	It's Presentation	This episode is all about presentation. Even though Maggie likes to tease Simon about the 'chef-y' look of his dishes, she really does agree that we eat with our eyes as well as our taste buds.	AUSTRALIA	English-100		G	
2024-03-07	2400	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 9	Only weeks away from the grand opening, Luke takes us on a guided behind the scenes tour of his restaurant Vietnam House. The nerves have been building with the opening of Luke's dream.	AUSTRALIA	English-100	RPT	G	Y
2024-03-07	2430	My Greatest Dishes	Monica Galetti	Monica Galetti's started with humble beginnings to cooking in one of the most demanding kitchens. Her dishes: Samoan raw fish, scallops, toffee pop and hokey dessert, and a citrus marinated salmon.	UNITED KINGDOM	English-100		PG	
2024-03-07	2500	My Greatest Dishes	Theo Randall	Head chef at the famed Italian restaurant, Theo Randall shares his four best dishes; apple pie, squab pigeon on fried bread, rotolo di spinachi, and a luxurious fish stew.	UNITED KINGDOM	English-100		PG	
2024-03-07	2530	Rick Stein's Taste Of Italian Opera	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
2024-03-07	2635	Come Dine With Me UK	Huddersfield: Adam	NHS staff, Adam, is hoping to win his guests over with a menu inspired by his favourite Chinese buffet in Spain. He plans to woo his diners with deep fried and greasy grub.	UNITED KINGDOM	English-100		PG	
2024-03-07	2705	Come Dine With Me UK	Royal Leamington Spa: Debs	Glam and boujee attire at the ready as recruitment manager Debs kickstarts Royal Leamington Spa's hottest culinary competition. Will her champagne jelly set and how will she cope with her rowdy guest?	UNITED KINGDOM	English-100		PG	a
2024-03-07	2730	My Market Kitchen	My Market Kitchen Series 4 Ep 69	Today on My Market Kitchen Elena and Khanh are preparing a budget friendly Burger, Fries and Shake dinner for 4. Then Khanh is on the road with David Mann cooking a Grilled Stuffed Squid.	AUSTRALIA	English-100		G	
2024-03-07	2800	David Rocco's Dolce India	Bengali Thali	David and Myanck head into the kitchen with their fish-market finds and experiment with Kolkata's signature ingredients: mustard and fresh river fish, and everyone agrees the results are delicious.	CANADA	English-100		PG	

2024-03-07	2830	My Greek Table With Diane Kochilas	My Greek Dinner Party	Diane meets up with Greece's most famous chef and a famed seafood master, Lefteris Lazarou. The two go back a ways, and his path mirrors the road Greek cooking has travelled these past three decades.	USA	English-50; Greek-50	G		
2024-03-08	0500	Australia's Food Bowl	Darling Barka	Barkindji man and respected Elder, Uncle Peter Peterson meets Stefano and tells him about life growing up on the Barka (Darling River) and its significance to the lives of the Indigenous communities.	AUSTRALIA	English-100	G		
2024-03-08	0530	Jamie's Chef	Jamie's Chef Series 1 Ep 3	This episode follows Aaron Craze and his family as they attempt to move into the Essex pub restaurant. Their troubles begin when the Foundation has problems in organising the transfer for the pub.	UNITED KINGDOM	English-100	PG	a l	
2024-03-08	0630	Everyday Gourmet With Justine Schofield	Ep 39	Justine serves up her sweet chilli chicken drumettes, Daniela Fra shares her recipe for quinoa tabbouleh with acai and chia and Dario D'Agostino makes his calamari in padella.	AUSTRALIA	English-100	G		
2024-03-08	0700	Eat China	Carb Edition Part 2	Here are more Chinese noodles you may have never heard of, but you are going to want to try after this. Featuring Sichuan's gold thread noodles, Zhejiang's pot-lid noodles and Fujian's misua noodles.	CHINA	English-80; Cantonese-10; Mandarin-10	PG	a w	Y
2024-03-08	0730	Pati's Mexican Table	Los Mariachis	Some say that Jalisco is the birthplace of Mariachi. In this episode, Pati learns about the history, the instruments and the meaning behind that beloved Mexican music.	USA	English-100	G		Y
2024-03-08	0800	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 9	Only weeks away from the grand opening, Luke takes us on a guided behind the scenes tour of his restaurant Vietnam House. The nerves have been building with the opening of Luke's dream.	AUSTRALIA	English-100	RPT	G	Y
2024-03-08	0830	Mary Makes It Easy	Doughn't Go Bakin' My Heart	Mary's straightforward bread recipes are all you knead: biscuits, buns, thick focaccia pizza, and a classic loaf.	CANADA	English-100	G		
2024-03-08	0900	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 5	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Nuevo Latino food, koeksisters - a sticky South African sweet, and Spanish chorizo.	AUSTRALIA	English-100	RPT	G	Y
2024-03-08	0930	My Greatest Dishes	Monica Galetti	Monica Galetti's started with humble beginnings to cooking in one of the most demanding kitchens. Her dishes: Samoan raw fish, scallops, toffee pop and hokey dessert, and a citrus marinated salmon.	UNITED KINGDOM	English-100	PG		
2024-03-08	1000	My Greatest Dishes	Theo Randall	Head chef at the famed Italian restaurant, Theo Randall shares his four best dishes; apple pie, squab pigeon on fried bread, rotolo di spinachi, and a luxurious fish stew.	UNITED KINGDOM	English-100	PG		
2024-03-08	1030	Everyday Gourmet With Justine Schofield	Ep 39	Justine serves up her sweet chilli chicken drumettes, Daniela Fra shares her recipe for quinoa tabbouleh with acai and chia and Dario D'Agostino makes his calamari in padella.	AUSTRALIA	English-100	G		
2024-03-08	1100	The Cook Up With Adam Liaw	Great Australian Pub Meal, The	Chef Jacqui Challinor and actor Dave Lawson join Adam to make great Australian pub meals at home. And they won't even charge you extra for sauce.		English-100	G		
2024-03-08	1130	Rick Stein's Taste Of Italian Opera	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
2024-03-08	1235	Mary Makes It Easy	Doughn't Go Bakin' My Heart	Mary's straightforward bread recipes are all you knead: biscuits, buns, thick focaccia pizza, and a classic loaf.	CANADA	English-100	G		

2024-03-08	1300	My Market Kitchen	My Market Kitchen Series 4 Ep 70	Elena and Adam from Wine Selectors are out of the studio today making a Strawberries Five Ways paired with the perfect wines. Then Khanh is cooking a Pomelo and Prawn on Betel Leaf dish.	AUSTRALIA	English-100		G		
2024-03-08	1330	David Rocco's Dolce India	Street Eats In Kolkata	David goes on a crazy food tour of the city; they ride the tram and do as the locals do on their quest to sample Kolkata's best street eats, including the famous Kati roll.	CANADA	English-100		G		
2024-03-08	1400	My Greek Table With Diane Kochilas	Father Of Modern Greek Cooking, The	Diane's daughter, Kyveli, has invited a few gallerists and young artists for dinner in her studio. On the menu: Braised Ouzo-Orange Octopus, Zucchini-Herb Phyllo Pie, and a giant Bean Greek Salad.	USA	English-50; Greek-50		G		Y
2024-03-08	1430	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 6	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Hungarian cheese strudel in the far north, and seafood at Wategos Beach in Byron.	AUSTRALIA	English-100	RPT	G		Y
2024-03-08	1500	Australia's Food Bowl	Communities	Many farming families have a long history of growing produce and Stefano meets some of the inspiring people around Mildura who have been working the land for generations.	AUSTRALIA	English-100		PG		
2024-03-08	1530	Jamie's Chef	Jamie's Chef Series 1 Ep 4	Aaron and Nikki eventually open the restaurant to customers. The first evening is a complete disaster with meals taking an hour to come out, bookings being lost and many patrons complaining.	UNITED KINGDOM	English-100		PG	a l	
2024-03-08	1630	Eat China	Carb Edition Part 3	It was so hard to pick, but we are boiling down our top bao picks to Shanghai's xiaolongbao, Jiangsu's tangbao, and Xinjiang's baked bao. We travelled to these regions to see how they are made.	CHINA	English-80; Cantonese-10; Mandarin-10		PG	a w	Y
2024-03-08	1700	Everyday Gourmet With Justine Schofield	Ep 40	Trish McKenzie drops by to make her hazelnut popcorn clusters and then Justine makes an Indian-style dry chicken curry and a beautiful spaghetti marinara.	AUSTRALIA	English-100		PG		
2024-03-08	1730	Pati's Mexican Table	Escaramuza	Jalisco is famous for its charros. In this episode, Pati experiences a unique and storied part of this part of the culture: the Escaramuza - an all-female horse riding and skills competition.	USA	English-100		G		Y
2024-03-08	1800	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 10	Luke hits the ground running in Hong Kong taking us to a few of his favourite spots to eat and drink in Hong Kong. Luke explores the hustle and bustle of the city to show his favourite food spots.	AUSTRALIA	English-100	RPT	G		Y
2024-03-08	1830	Mary Makes It Easy	Whatever Ails Ya	Mary showcases her go-to recipes for when you're not feeling 100 percent, from tummy-to heart-aches, or whatever else ails ya.	CANADA	English-100		PG		
2024-03-08	1900	The Cook Up With Adam Liaw	Italian Table, The	Chef Giovanni Pilu and author Julia Busuttill Nishimura join Adam for a night of Easy Entertaining at The Italian Table.		English-100		G		
2024-03-08	1930	Rick Stein's Far Eastern Odyssey	Bangladesh	Rick ends his culinary tour in Bangladesh, the country that spawned thousands of 'Indian' restaurants in Britain years ago. Not surprisingly, curry is at the top of his list.	UNITED KINGDOM	English-100	RPT	G		Y
2024-03-08	2040	Jamie's Great Britain	South Wales	Jamie travels to South Wales where he learns the massive impact the Welsh coal boom had on their food culture in the late 19th century and beyond, and how a massive Italian community evolved in Wales.	UNITED KINGDOM	English-100		PG	a l w	
2024-03-08	2135	Come Dine With Me UK	Royal Leamington Spa: Charlie	Hair and make up student, Charlie, aims to spice up the night with a 90s girl band dress code, even if his union jack outfit might be a few sizes too small these days.	UNITED KINGDOM	English-100		PG	a s	

2024-03-08	2200	Come Dine With Me UK	Royal Leamington Spa: Barry	Recruitment director, Barry, flexes his hosting prowess on a bid to win. He's hoping to elevate his evening by taking his guests on a retro inspired night down the pub, elevating pub classics.	UNITED KINGDOM	English-100		PG		
2024-03-08	2230	The Cook Up With Adam Liaw	Italian Table, The	Chef Giovanni Pilu and author Julia Busuttil Nishimura join Adam for a night of Easy Entertaining at The Italian Table.		English-100		G		
2024-03-08	2300	Counter Space	Rice Stuff, The	Indian rice farmers fight climate change by going back to basics as Sophia makes a green tea broth Dashi. Michael Twitty tells us why rice is indispensable in southern foodways.	USA	English-100	RPT	PG	a w	Y
2024-03-08	2330	The Cook And The Chef	Right Ingredient, The	Simon is after the right fish and ventures to the mouth of the Murray to find out why one of his favourite fish, the Coorong Mullet, has such a great flavour.	AUSTRALIA	English-100		G		
2024-03-08	2400	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 10	Luke hits the ground running in Hong Kong taking us to a few of his favourite spots to eat and drink in Hong Kong. Luke explores the hustle and bustle of the city to show his favourite food spots.	AUSTRALIA	English-100	RPT	G		Y
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2024-03-09	0700	Eat China	Carb Edition Part 3	It was so hard to pick, but we are boiling down our top bao picks to Shanghai's xiaolongbao, Jiangsu's tangbao, and Xinjiang's baked bao. We travelled to these regions to see how they are made.	CHINA	English-80; Cantonese-10; Mandarin-10		PG	a w	Y	
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2024-03-09	0800	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 10	Luke hits the ground running in Hong Kong taking us to a few of his favourite spots to eat and drink in Hong Kong. Luke explores the hustle and bustle of the city to show his favourite food spots.	AUSTRALIA	English-100	RPT	G		Y	
2024-03-09	0830	Mary Makes It Easy	Whatever Ails Ya	Mary showcases her go-to recipes for when you're not feeling 100 percent, from tummy-to heart-aches, or whatever else ails ya.	CANADA	English-100		PG			
2024-03-09	0900	Food Lovers Guide To Australia	Food Lovers Guide To Australia Ep 6	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Hungarian cheese strudel in the far north, and seafood at Wategos Beach in Byron.	AUSTRALIA	English-100	RPT	G		Y	
2024-03-09	0930	Rick Stein's Far Eastern Odyssey	Bangladesh	Rick ends his culinary tour in Bangladesh, the country that spawned thousands of 'Indian' restaurants in Britain years ago. Not surprisingly, curry is at the top of his list.	UNITED KINGDOM	English-100	RPT	G		Y	
2024-03-09	1035	Everyday Gourmet With Justine Schofield	Ep 40	Trish McKenzie drops by to make her hazelnut popcorn clusters and then Justine makes an Indian-style dry chicken curry and a beautiful spaghetti marinara.	AUSTRALIA	English-100		PG			
2024-03-09	1105	The Cook Up With Adam Liaw	Italian Table, The	Chef Giovanni Pilu and author Julia Busuttill Nishimura join Adam for a night of Easy Entertaining at The Italian Table.		English-100		G			
2024-03-09	1135	Jamie's Great Britain	South Wales	Jamie travels to South Wales where he learns the massive impact the Welsh coal boom had on their food culture in the late 19th century and beyond, and how a massive Italian community evolved in Wales.	UNITED KINGDOM	English-100		PG	a l w		
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2024-03-09	1400	My Greek Table With Diane Kochilas	Flavors Of The Athenian Art Scene	Diane prepares a meal for some of her closest friends. On the menu: Char-Broiled Cabbage 'Steaks' with Pomegranate Seeds and Lemon Zest; Whole Baked Fish with Leeks; and a Greek Yogurt Panna Cotta.	USA	English-50; Greek-50		PG			
2024-03-09	1430	Ottolenghi's Mediterranean Island Feast	Corsica	Yotam travels to the stunning French island of Corsica, where he discovers how the lush green landscape, called the maquis, flavours and infuses the food, from charcuterie and olive oil.	UNITED KINGDOM	English-100	RPT	G		Y	Y
2024-03-09	1525	Destination Flavour Fillers	Episode 5	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y	

2024-03-09	1530	Ottolenghi's Mediterranean Island Feast	Mallorca	On the Spanish Island of Mallorca, Yotam searches for authentic local cuisine, discovering wonderful local ingredients including ruby red prawns, the star ingredient in his version of paella.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2024-03-09	1625	Cook Up With Adam Liaw Bitesize	Lubia Polo	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	
2024-03-09	1630	Giada Entertains	Giada Entertains Series 4 Ep 5	After a recent trip to Capri, Giada hosts a lunch for her girlfriends that celebrates the island and one of its most inspiring ingredients - the lemon! The menu includes sole with lemon caper sauce.	USA	English-100		G		
2024-03-09	1700	Barefoot Contessa: Back To Basics	Perfect Pastry	Ina Garten shares tips and ideas for cooking with sweet, savoury, and even store-bought pastry. She starts with her foolproof sweet pastry dough for a showstopping French fig tart.	USA	English-100		G		
2024-03-09	1730	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 6	Khanh continues his road trip through Central Gippsland. He learns how to catch European carp to use in an ancient recipe for fish sauce, then whips up an amazing venison dish over the fire.	AUSTRALIA	English-100		PG	a w	Y
2024-03-09	1825	Please Eat Slowly Bitesize	Hand-Pulled Noodles	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100		G		
2024-03-09	1830	Evolving Vegan	Vancouver	Mena explores his Canadian backyard, discovering delicious plant-based sushi, pistachio cannolis, and pizza. He gets hands-on at a vegan cheese factory with comedian Bassem Youssef.	CANADA	English-100		G	Y	Y
2024-03-09	1930	Ainsley's Fantastic Flavours	Nutty	Ainsley celebrates the foods that give us nutty flavours. Serving up ricotta pancakes with bananas, pecans, and maple syrup. Paul meets with a roaster to learn about the complex flavours in coffee.	UNITED KINGDOM	English-100		G		
2024-03-09	2025	Cook Up With Adam Liaw Bitesize	Lubia Polo	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	
2024-03-09	2030	Rick Stein's Seafood Lovers' Guide	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		PG	a w	
2024-03-09	2100	Rick Stein's Food Heroes	Cornwall	Rick begins the series on home ground - Cornwall. Against a backdrop of stunning scenery, he samples clotted cream and saffron cakes.	UNITED KINGDOM	English-100		G		
2024-03-09	2130	Anthony Bourdain: No Reservations	Azores	Having worked in kitchens alongside generations of Azorean Portuguese immigrants, Tony decides to find out more about their motherland. He visits three different islands on his journey.	USA	English-100	RPT	PG		Y
2024-03-09	2225	Destination Flavour Fillers	Episode 5	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y	
2024-03-09	2230	The Wine Show	Wine Show Series 1 Ep 1, The	Matthew Goode and Matthew Rhys investigate the stories behind some of the world's most fascinating wines. From their villa HQ in the Italian hills, they head to Tuscany for a barrel race.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2024-03-09	2330	The Cook And The Chef	Too Many Tomatoes	Simon and Maggie paint the town red (and a range of other colours) when they celebrate a backyard fruit that's become a foundation stone of so much cooking - the glorious and gorgeous tomato.	AUSTRALIA	English-100		G		

2024-03-09	2400	Counter Space	Food For Thought	We examine our fascination with authenticity at the sushi bar as Sophia creates a recipe inspired by her heritage. We ask Marcus Samuelsson about the complexity of cultural claims in the food world.	USA	English-100	RPT	PG	I	Y
2024-03-09	2430	Ottolenghi's Mediterranean Island Feast	Corsica	Yotam travels to the stunning French island of Corsica, where he discovers how the lush green landscape, called the maquis, flavours and infuses the food, from charcuterie and olive oil.	UNITED KINGDOM	English-100	RPT	G		Y Y
2024-03-09	2525	Please Eat Slowly Bitesize	Hand-Pulled Noodles	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100		G		
2024-03-09	2530	Ottolenghi's Mediterranean Island Feast	Mallorca	On the Spanish Island of Mallorca, Yotam searches for authentic local cuisine, discovering wonderful local ingredients including ruby red prawns, the star ingredient in his version of paella.	UNITED KINGDOM	English-100	RPT	G		Y Y
2024-03-09	2625	Cook Up With Adam Liaw Bitesize	Lubia Polo	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
2024-03-09	2630	Giada Entertains	Giada Entertains Series 4 Ep 5	After a recent trip to Capri, Giada hosts a lunch for her girlfriends that celebrates the island and one of its most inspiring ingredients - the lemon! The menu includes sole with lemon caper sauce.	USA	English-100		G		
2024-03-09	2700	Barefoot Contessa: Back To Basics	Perfect Pastry	Ina Garten shares tips and ideas for cooking with sweet, savoury, and even store-bought pastry. She starts with her foolproof sweet pastry dough for a showstopping French fig tart.	USA	English-100		G		
2024-03-09	2730	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 6	Khanh continues his road trip through Central Gippsland. He learns how to catch European carp to use in an ancient recipe for fish sauce, then whips up an amazing venison dish over the fire.	AUSTRALIA	English-100		PG	a w	Y
2024-03-09	2825	Destination Flavour Fillers	Episode 5	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y
2024-03-09	2830	My Greek Table With Diane Kochilas	Flavors Of The Athenian Art Scene	Diane prepares a meal for some of her closest friends. On the menu: Char-Broiled Cabbage 'Steaks' with Pomegranate Seeds and Lemon Zest; Whole Baked Fish with Leeks; and a Greek Yogurt Panna Cotta.	USA	English-50; Greek-50		PG		