



WEEK 11: Sunday, 10 March - Saturday, 16 March 2024 - ALL MARKETS

| Date | Start Time | Title | Episode Title | Digital Epg Synopsis | Country of Origin | Language | Repeat | Classification | Consumer Advice | Closed Captions | Subtitles |
|------------|------------|--|-----------------------------------|---|-------------------|-------------------------|--------|----------------|-----------------|-----------------|-----------|
| 2024-03-10 | 0500 | 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 | | |
| 2024-03-10 | 0530 | 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 |
| 2024-03-10 | 0630 | 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 | | | |
| 2024-03-10 | 0725 | 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 | |
| 2024-03-10 | 0730 | 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 | | | |
| 2024-03-10 | 0800 | 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 | | | |
| 2024-03-10 | 0830 | 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 |
| 2024-03-10 | 0925 | 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 | |
| 2024-03-10 | 0930 | 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 |

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|------------|------|---|--------------------------------|--|----------------|-------------|-----|----|---|-----|
| 2024-03-10 | 1025 | 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 | | |
| 2024-03-10 | 1030 | 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 | | |
| 2024-03-10 | 1100 | 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 | | |
| 2024-03-10 | 1130 | 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 |
| 2024-03-10 | 1230 | 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 | | |
| 2024-03-10 | 1325 | 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 |
| 2024-03-10 | 1330 | 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 |
| 2024-03-10 | 1400 | 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. | AUSTRALIA | English-100 | RPT | PG | | |
| 2024-03-10 | 1430 | 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. | AUSTRALIA | English-100 | RPT | G | | |
| 2024-03-10 | 1500 | 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. | AUSTRALIA | English-100 | RPT | G | | |
| 2024-03-10 | 1530 | 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. | AUSTRALIA | English-100 | RPT | G | | |
| 2024-03-10 | 1600 | 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. | AUSTRALIA | English-100 | | G | | |

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| 2024-03-10 | 1630 | Giada Entertains | Giada Entertains Series 4 Ep 6 | Giada treats Jade to a special day of mother-daughter fun and a delicious dinner. The menu includes comforting dishes for just the two of them including pork braciole and pan-fried lemon potatoes. | USA | English-100 | G | | |
| 2024-03-10 | 1700 | Barefoot Contessa: Back To Basics | Portable Food | It's food on the move with Ina Garten as she shares pro tips for perfect portable eats. She makes moist lemon poppy seed cake for an afternoon snack at work and tomato mozzarella pan bagnat for lunch. | USA | English-100 | G | | |
| 2024-03-10 | 1730 | Taste Of France | La Bouitte | The charming Saint Martin de Belleville village is home to one of the very best restaurants in France - three Michelin star La Bouitte, a remarkable place with over 20 employees. | SWEDEN | English-50; French-50 | G | | Y |
| 2024-03-10 | 1800 | Luca's Key Ingredient | Luca's Key Ingredient Series 1 Ep 5 | Luca's ingredient today is a staple in Italy and all over the world, the humble grain of rice. With an entree, main and dessert, Luca shows how to turn rice into crisps, a risotto and even a cake. | AUSTRALIA | English-100 | G | | |
| 2024-03-10 | 1830 | Michel Roux's French Country Cooking | Michel Roux's French Country Cooking Series 2 Ep 1 | Michel cooks a fabulous lunch of lamb, seasonal vegetables and rose jus, then meets a forager to pick wild herbs and vegetables, which he serves with pan-fried fillets of Mediterranean scorpion fish. | UNITED KINGDOM | English-100 | G | | Y |
| 2024-03-10 | 1925 | Please Eat Slowly Bitesize | Steamed Whole Fish | Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket. | AUSTRALIA | English-100 | G | | |
| 2024-03-10 | 1930 | Jamie's Ultimate Veg | Jamie's Ultimate Veg Series 1 Ep 4 | Jamie showcases vegetables in his scruffy eggplant lasagne. He explores Asia's biggest fruit and vegetable market, then shows how to pack a punch with an incredible bean salad. | UNITED KINGDOM | English-100 | G | | |
| 2024-03-10 | 2030 | Remarkable Places To Eat | Puglia | TV and radio host, Dermot O'Leary takes Fred Sirieix to Puglia in Italy's deep South to his favourite restaurants showcasing simple but sublime cucina povera or poor man's cooking. | UNITED KINGDOM | English-100 | PG | a w | Y |
| 2024-03-10 | 2130 | Anthony Bourdain: No Reservations | Phillippines | Tony visits the Philippines, the 'Land of the Lechon'. He stops in Manila, which is a diverse combination of Spanish and Chinese cultures, which has created some delicious local dishes. | USA | English-100 | RPT | PG | |
| 2024-03-10 | 2225 | Destination Flavour China Bitesize | Shanghai Style Wonton Soup | All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw. | | | RPT | G | Y |

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| 2024-03-10 | 2230 | The Wine Show | Wine Show Series 1 Ep 2, The | The boys travel to Montalcino to meet a Super Tuscan called Cinzano, where they crash his vintage Fiat 500. Wine expert Joe Fattorini heads to Chile to find out if Gregorian chant can affect the wine. | UNITED KINGDOM | English-100 | RPT | PG | | Y | |
| 2024-03-10 | 2330 | The Cook And The Chef | Fabulous Figs | Our fig infatuated cook and chef are kept fully supplied with fruit after Simon finds out how to get his hands on figs all year round. | AUSTRALIA | English-100 | | G | | | |
| 2024-03-10 | 2400 | Luca's Key Ingredient | Luca's Key Ingredient Series 1 Ep 5 | Luca's ingredient today is a staple in Italy and all over the world, the humble grain of rice. With an entree, main and dessert, Luca shows how to turn rice into crisps, a risotto and even a cake. | AUSTRALIA | English-100 | | G | | | |
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| 2024-03-10 | 2525 | Please Eat Slowly Bitesize | Steamed Whole Fish | Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket. | AUSTRALIA | English-100 | | G | | | |
| 2024-03-10 | 2530 | Jamie's Ultimate Veg | Jamie's Ultimate Veg Series 1 Ep 4 | Jamie showcases vegetables in his scruffy eggplant lasagne. He explores Asia's biggest fruit and vegetable market, then shows how to pack a punch with an incredible bean salad. | UNITED KINGDOM | English-100 | | G | | | |
| 2024-03-10 | 2625 | Destination Flavour China Bitesize | Black Sesame Tangyuan | All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw. | | | RPT | G | | Y | Y |
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| 2024-03-10 | 2825 | Cook Up With Adam Liaw Bitesize | Japanese Mushroom And Spinach Spaghetti | 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 | |

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| 2024-03-11 | 1125 | Destination Flavour China Bitesize | Shanghai Style Wonton Soup | All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw. | | | RPT | G | | Y |
| 2024-03-11 | 1130 | Remarkable Places To Eat | Puglia | TV and radio host, Dermot O'Leary takes Fred Sirieix to Puglia in Italy's deep South to his favourite restaurants showcasing simple but sublime cucina povera or poor man's cooking. | UNITED KINGDOM | English-100 | | PG | a w | Y |
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| 2024-03-11 | 1300 | My Market Kitchen | My Market Kitchen Series 4 Ep 71 | Today on My Market Kitchen Elena shows us a Roast Duck Pho, perfect for cold winter nights. Khanh then takes us to his restaurant The George on Collins for a Pork Larb plated two ways. | AUSTRALIA | English-100 | | G | | |
| 2024-03-11 | 1330 | David Rocco's Dolce India | Chinese Calcutta | Kolkata is home to India's largest Chinese community, and they're fiercely proud of their Hakka-style cuisine - a fusion of Chinese and Indian. David spends the day with locals, learning and eating! | CANADA | English-100 | | PG | I | |
| 2024-03-11 | 1400 | Big Appetite | La's Hometown Hero | Spin through Ben Hundred's hometown of LA with stops at Chifa, La Casita Mexicana and Evan Funke's Motherwolf. | USA | English-100 | | PG | | |
| 2024-03-11 | 1430 | Food Lovers Guide To Australia | Food Lovers Guide To Australia Ep 7 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, an Iraqi kitchen in Victoria, and the Rattlesnake Grill in Neutral Bay. | AUSTRALIA | English-100 | RPT | G | | Y |
| 2024-03-11 | 1500 | Middle East Feast With Shane Delia | Vegetarian | Award-winning chef Shane Delia takes viewers on a tantalising and flavourful journey through an array of Middle Eastern dishes and also delves into the stories behind these recipes soaked in history. | AUSTRALIA | English-100 | | G | | Y |
| 2024-03-11 | 1530 | Jamie's Kitchen | Jamie's Kitchen Series 1 Ep 1 | Jamie Oliver is taking a huge risk. He's decided to train 15 young unemployed Londoners as Chefs who will work in a new non-profit making restaurant he's building in the East End. | UNITED KINGDOM | English-100 | | PG | | |

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| 2024-03-11 | 1630 | Eat China | Carb Edition Part 4 | Okay, we take back our words. We couldn't just stop at three when it comes to our favourite bao. So we explore four more that we are still thinking about today. | CHINA | English-80; Cantonese-10; Mandarin-10 | G | | Y |
| 2024-03-11 | 1700 | Everyday Gourmet With Justine Schofield | Ep 41 | Justine has Darren Purchase in the kitchen to make his lamington ice-cream sandwich and then she makes her Gran's meatloaf and shares an easy roasted almond butter. | AUSTRALIA | English-100 | G | | |
| 2024-03-11 | 1730 | Pati's Mexican Table | Tradition And Innovation | Pati meets chef and historian Maru Toledo who is working to preserve and pass on some of Jalisco's most important regional recipes. | USA | English-100 | G | | Y |
| 2024-03-11 | 1800 | Luke Nguyen's Food Trail | Luke Nguyen's Food Trail Series 1 Ep 11 | Inspired by his Hakka Heritage tracing back to Hong Kong, Luke wanted to influence Vietnamese cuisine in Hong Kong by combining flavours from all over Vietnam. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2024-03-11 | 1830 | Mary Makes It Easy | Toot, Toot, We're Going To Beantown! | When it comes to versatility, beans slap! Board the bean train with recipes like black bean brownies or linguini with white bean cream sauce. | CANADA | English-100 | PG | I | |
| 2024-03-11 | 1900 | The Cook Up With Adam Liaw | Nature's Finest | Shout out to Mother Nature as Restaurant Botanic's Justin James and Vola Foods's Ashely Vola join Adam to make fantastic food with nature's finest ingredients. | AUSTRALIA | English-100 | G | | |
| 2024-03-11 | 1930 | Malaysia Gourmet With Justine Schofield | Ep 7 | Continuing her journey in Malaysia, Justine discovers unique tea practices, the world of bees and honey in Sabah, and authentic, flavourful fish dishes prepared by local chefs. | AUSTRALIA | English-100 | G | | |
| 2024-03-11 | 2000 | Long Weekend In... With Rory O'Connell | Edinburgh | Rory creates a new recipe inspired by his trip to Edinburgh: black pudding with glazed apples and grainy mustard sauce. | IRELAND | English-100 | G | | |
| 2024-03-11 | 2030 | Nigellissima | Nigellissima Series 1 Ep 3 | Nigella treats her friends to an Italian-style supper of pork loin stuffed with parma ham and oregano, served alongside her speedy mock mash. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2024-03-11 | 2100 | Our Food, Our Family | Nevin Family, The | Michela Chiappa is in Abercynon for the fascinating and touching story of the Nevin family, including food lover Kemi Nevin and her three grown-up children. | UNITED KINGDOM | English-100 | PG | | |
| 2024-03-11 | 2130 | Come Dine With Me UK | Royal Leamington Spa: Sis | Pub landlady, Sis, is donning her hosting hat with a sports inspired evening in her bid to be top of the league and wow her guests with some home cooked favourites. | UNITED KINGDOM | English-100 | PG | | |
| 2024-03-11 | 2200 | Come Dine With Me UK | Royal Leamington Spa: Nikki | Final host of the week is lively admin assistant Nikki. She's hoping her musically themed menu will see her singing her way to the thousand pounds. Who will take home the thousand pounds? | UNITED KINGDOM | English-100 | PG | | |
| 2024-03-11 | 2230 | The Cook Up With Adam Liaw | Nature's Finest | Shout out to Mother Nature as Restaurant Botanic's Justin James and Vola Foods's Ashely Vola join Adam to make fantastic food with nature's finest ingredients. | AUSTRALIA | English-100 | G | | |

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| 2024-03-11 | 2300 | Andrew Zimmern's Wild Game Kitchen | Grilled Venison & Duck Gumbo | Andrew Zimmern butchers and trims his favourite tender cuts from the venison leg, grills the meat over an open fire and serves it with coal-roasted sweet potatoes and a sweet and spicy pepper relish. | USA | English-100 | | G | |
| 2024-03-11 | 2330 | The Cook And The Chef | Ducks | Ducks are on the menu this week and Simon re-visits his culinary past to take on a challenge from ancient China, Peking duck. Meanwhile, Maggie adds her Barossa touch to a traditional French dish. | AUSTRALIA | English-100 | | G | |
| 2024-03-11 | 2400 | Luke Nguyen's Food Trail | Luke Nguyen's Food Trail Series 1 Ep 11 | Inspired by his Hakka Heritage tracing back to Hong Kong, Luke wanted to influence Vietnamese cuisine in Hong Kong by combining flavours from all over Vietnam. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2024-03-11 | 2430 | Malaysia Gourmet With Justine Schofield | Ep 7 | Continuing her journey in Malaysia, Justine discovers unique tea practices, the world of bees and honey in Sabah, and authentic, flavourful fish dishes prepared by local chefs. | AUSTRALIA | English-100 | | G | |
| 2024-03-11 | 2500 | Long Weekend In... With Rory O'Connell | Edinburgh | Rory creates a new recipe inspired by his trip to Edinburgh: black pudding with glazed apples and grainy mustard sauce. | IRELAND | English-100 | | G | |
| 2024-03-11 | 2530 | Nigellissima | Nigellissima Series 1 Ep 3 | Nigella treats her friends to an Italian-style supper of pork loin stuffed with parma ham and oregano, served alongside her speedy mock mash. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2024-03-11 | 2600 | Our Food, Our Family | Nevin Family, The | Michela Chiappa is in Abercynon for the fascinating and touching story of the Nevin family, including food lover Kemi Nevin and her three grown-up children. | UNITED KINGDOM | English-100 | | PG | |
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| 2024-03-11 | 2730 | Andrew Zimmern's Wild Game Kitchen | Grilled Venison & Duck Gumbo | Andrew Zimmern butchers and trims his favourite tender cuts from the venison leg, grills the meat over an open fire and serves it with coal-roasted sweet potatoes and a sweet and spicy pepper relish. | USA | English-100 | | G | |
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| 2024-03-12 | 0500 | Big Appetite | La's Hometown Hero | Spin through Ben Hundred's hometown of LA with stops at Chifa, La Casita Mexicana and Evan Funke's Motherwolf. | USA | English-100 | | PG | |
| 2024-03-12 | 0530 | Food Lovers Guide To Australia | Food Lovers Guide To Australia Ep 7 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, an Iraqi kitchen in Victoria, and the Rattlesnake Grill in Neutral Bay. | AUSTRALIA | English-100 | RPT | G | Y |
| 2024-03-12 | 0600 | Middle East Feast With Shane Delia | Vegetarian | Award-winning chef Shane Delia takes viewers on a tantalising and flavourful journey through an array of Middle Eastern dishes and also delves into the stories behind these recipes soaked in history. | AUSTRALIA | English-100 | | G | Y |
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| 2024-03-12 | 0830 | Pat's Mexican Table | Tradition And Innovation | Pati meets chef and historian Maru Toledo who is working to preserve and pass on some of Jalisco's most important regional recipes. | USA | English-100 | | G | Y |
| 2024-03-12 | 0900 | Luke Nguyen's Food Trail | Luke Nguyen's Food Trail Series 1 Ep 11 | Inspired by his Hakka Heritage tracing back to Hong Kong, Luke wanted to influence Vietnamese cuisine in Hong Kong by combining flavours from all over Vietnam. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2024-03-12 | 0930 | Mary Makes It Easy | Toot, Toot, We're Going To Beantown! | When it comes to versatility, beans slap! Board the bean train with recipes like black bean brownies or linguini with white bean cream sauce. | CANADA | English-100 | | PG | I |
| 2024-03-12 | 1000 | Come Dine With Me UK | Royal Leamington Spa: Sis | Pub landlady, Sis, is donning her hosting hat with a sports inspired evening in her bid to be top of the league and wow her guests with some home cooked favourites. | UNITED KINGDOM | English-100 | | PG | |

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|------------|------|--|-------------------------------------|---|----------------|-------------|-----|----|---|
| 2024-03-12 | 1030 | Come Dine With Me UK | Royal Leamington Spa: Nikki | Final host of the week is lively admin assistant Nikki. She's hoping her musically themed menu will see her singing her way to the thousand pounds. Who will take home the thousand pounds? | UNITED KINGDOM | English-100 | | PG | |
| 2024-03-12 | 1100 | The Cook Up With Adam Liaw | Nature's Finest | Shout out to Mother Nature as Restaurant Botanic's Justin James and Vola Foods's Ashely Vola join Adam to make fantastic food with nature's finest ingredients. | AUSTRALIA | English-100 | | G | |
| 2024-03-12 | 1130 | Malaysia Gourmet With Justine Schofield | Ep 7 | Continuing her journey in Malaysia, Justine discovers unique tea practices, the world of bees and honey in Sabah, and authentic, flavourful fish dishes prepared by local chefs. | AUSTRALIA | English-100 | | G | |
| 2024-03-12 | 1200 | Long Weekend In... With Rory O'Connell | Edinburgh | Rory creates a new recipe inspired by his trip to Edinburgh: black pudding with glazed apples and grainy mustard sauce. | IRELAND | English-100 | | G | |
| 2024-03-12 | 1230 | Andrew Zimmern's Wild Game Kitchen | Grilled Venison & Duck Gumbo | Andrew Zimmern butchers and trims his favourite tender cuts from the venison leg, grills the meat over an open fire and serves it with coal-roasted sweet potatoes and a sweet and spicy pepper relish. | USA | English-100 | | G | |
| 2024-03-12 | 1300 | My Market Kitchen | My Market Kitchen Series 4 Ep 72 | On the show today Elena and Khanh are taking our their anger on a Bang Bang Chicken dish! Khanh brings his friend Hoda back into the kitchen and she is making a Black Sesame Halva Cheesecake. | AUSTRALIA | English-100 | | G | |
| 2024-03-12 | 1330 | David Rocco's Dolce India | Golden Amritsar | David fulfills his dream of visiting the Golden Temple, the holiest Sikh gurdwara in the world. The community serve 100,000 people a day, and David gets a chance to experience the cooking chaos. | CANADA | English-100 | | G | |
| 2024-03-12 | 1400 | Big Appetite | No Sleep Til Brooklyn | Ben hundreds hits Bonnie's, Aunts Et Uncles, Gage and Tollner, and searches for the best pizza in Brooklyn. | USA | English-100 | | PG | |
| 2024-03-12 | 1430 | Food Lovers Guide To Australia | Food Lovers Guide To Australia Ep 8 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, the Mahjong Club in Darwin, and Czech summer fruit dumplings. | AUSTRALIA | English-100 | RPT | G | Y |
| 2024-03-12 | 1500 | Middle East Feast With Shane Delia | Sunday Lunch | Shane Delia and guest chef Tom Sarafian share their family favourites for the perfect family lunch. | AUSTRALIA | English-100 | | G | Y |
| 2024-03-12 | 1530 | Jamie's Kitchen | Jamie's Kitchen Series 1 Ep 2 | The successful 15 cooks are announced to a mixed reaction - jubilation and tears. Training begins for the 15 finalists, where they begin to learn the basics. It's long hours and hard work. | UNITED KINGDOM | English-100 | | PG | |

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|------------|------|--|---|---|----------------|---|-----|---|---|
| 2024-03-12 | 1630 | Eat China | Back To Basics Part 1 | Why is rice king in China? Is MSG bad for you? What are the three aromatics that are used in everything from marinating meats to stir-frying dishes? We got the answers here. | CHINA | English-80; Cantonese-10; Mandarin-10 | G | | Y |
| 2024-03-12 | 1700 | Everyday Gourmet With Justine Schofield | Ep 42 | Justine cooks her Peking duck moneybags and a delicious gingerbread recipe and then Adam Swanson drops by to make his giant rigatoni with quick ragu sugo. | AUSTRALIA | English-100 | G | | |
| 2024-03-12 | 1730 | Pati's Mexican Table | Getting To The Roots | Pati meets the young chefs and owners of one of Guadalajara's most exciting new restaurants, Xokol, where they are reconnecting with their roots. | USA | English-100 | G | | Y |
| 2024-03-12 | 1800 | Luke Nguyen's Food Trail | Luke Nguyen's Food Trail Series 1 Ep 12 | Exploring the traditional style of Cantonese specialties, Luke hikes to a Dim Sum house where he helps prepare some of their most popular dim sum - a Quail Egg Siu Mai, and Steamed Rice rolls. | AUSTRALIA | English-100 | RPT | G | Y |
| 2024-03-12 | 1830 | Mary Makes It Easy | Sandwich Bored | Never get bored again with Mary's stacked recipe lineup of sandwich possibilities, like classic muffuletta or turkey patty melts. | CANADA | English-100 | G | | |
| 2024-03-12 | 1900 | The Cook Up With Adam Liaw | Mushrooms | Adam and his guests, globally acclaimed food writer Emiko Davies and hatted chef Alessandro Pavoni put the 'fun' in 'fungi' with a night of mouth-watering mushroom recipes. | AUSTRALIA | English-100 | G | | |
| 2024-03-12 | 1930 | Mary Berry's Love To Cook | For Beginners | Dame Mary Berry loves to encourage people to get in the kitchen and cook, with delicious recipes that even the most inexperienced cooks can master and the experienced cooks love! | UNITED KINGDOM | English-100 | PG | | |
| 2024-03-12 | 2000 | Paula McIntyre's Hamely Kitchen | Episode 4 | Paula cooks up a healthy version of a sausage roll with carrot ketchup on the side. She meets a Highland dance teacher and her father then shows them how to make the perfect barbecue lamb kebabs. | UNITED KINGDOM | English-100 | G | | |
| 2024-03-12 | 2030 | Selena + Chef | Selena + Curtis Stone | Michelin-starred chef, Curtis Stone, shows Selena how to master a perfectly cooked steak and transform it into a mouth-watering sandwich. Here's hoping Selena nails this tasty triumph! | USA | English-100 | G | | Y |
| 2024-03-12 | 2100 | Food Trail South Africa | Johannesburg | Warren concludes his travels by a vibrant trip to Johannesburg. He creates his spin on the traditional "7 Colours" meal - made up of seven foods, drawn from different cuisines across the country. | AUSTRALIA | English-100 | PG | | |
| 2024-03-12 | 2130 | Come Dine With Me UK | West Midlands: Kuda | Entrepreneur and social media star, Kuda, is hoping to take his guests on an African adventure with a Zimbabwean and world influenced African A La Carte menu. Will it be enough to win the cash prize? | UNITED KINGDOM | English-100 | PG | | |

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|------------|------|---|---|---|----------------|-------------|-----|----|---|
| 2024-03-12 | 2200 | Come Dine With Me UK | West Midlands: Rich | Construction recruitment consultant, Rich, is hoping to wow his guests with his Italian menu and themed night. Tune in to see if he has what it takes to seal the 1000 pound prize. | UNITED KINGDOM | English-100 | | PG | |
| 2024-03-12 | 2230 | The Cook Up With Adam Liaw | Mushrooms | Adam and his guests, globally acclaimed food writer Emiko Davies and hatted chef Alessandro Pavoni put the 'fun' in 'fungi' with a night of mouth-watering mushroom recipes. | AUSTRALIA | English-100 | | G | |
| 2024-03-12 | 2300 | Andrew Zimmern's Wild Game Kitchen | Bison Bites & Prosciutto-Wrapped Trout | Andrew prepares an appetiser of bison tenderloin bites, tossed in a spicy seasoning blend and served with two dipping sauces - an Indian-inspired tamarind sauce and a classic Hunan peanut sauce. | USA | English-100 | | G | |
| 2024-03-12 | 2330 | The Cook And The Chef | An Easter Breakfast | It's Easter and eggs are definitely on the menu. So for that relaxing holiday breakfast, Maggie is on a quest for the perfect omelette. | AUSTRALIA | English-100 | | G | |
| 2024-03-12 | 2400 | Luke Nguyen's Food Trail | Luke Nguyen's Food Trail Series 1 Ep 12 | Exploring the traditional style of Cantonese specialties, Luke hikes to a Dim Sum house where he helps prepare some of their most popular dim sum - a Quail Egg Siu Mai, and Steamed Rice rolls. | AUSTRALIA | English-100 | RPT | G | Y |
| 2024-03-12 | 2430 | Mary Berry's Love To Cook | For Beginners | Dame Mary Berry loves to encourage people to get in the kitchen and cook, with delicious recipes that even the most inexperienced cooks can master and the experienced cooks love! | UNITED KINGDOM | English-100 | | PG | |
| 2024-03-12 | 2500 | Paula McIntyre's Hamely Kitchen | Episode 4 | Paula cooks up a healthy version of a sausage roll with carrot ketchup on the side. She meets a Highland dance teacher and her father then shows them how to make the perfect barbecue lamb kebabs. | UNITED KINGDOM | English-100 | | G | |
| 2024-03-12 | 2530 | Selena + Chef | Selena + Curtis Stone | Michelin-starred chef, Curtis Stone, shows Selena how to master a perfectly cooked steak and transform it into a mouth-watering sandwich. Here's hoping Selena nails this tasty triumph! | USA | English-100 | | G | Y |
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| 2024-03-12 | 2630 | Come Dine With Me UK | West Midlands: Kuda | Entrepreneur and social media star, Kuda, is hoping to take his guests on an African adventure with a Zimbabwean and world influenced African A La Carte menu. Will it be enough to win the cash prize? | UNITED KINGDOM | English-100 | | PG | |
| 2024-03-12 | 2700 | Come Dine With Me UK | West Midlands: Rich | Construction recruitment consultant, Rich, is hoping to wow his guests with his Italian menu and themed night. Tune in to see if he has what it takes to seal the 1000 pound prize. | UNITED KINGDOM | English-100 | | PG | |

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| 2024-03-12 | 2830 | My Market Kitchen | My Market Kitchen Series 4 Ep 72 | On the show today Elena and Khanh are taking our their anger on a Bang Bang Chicken dish! Khanh brings his friend Hoda back into the kitchen and she is making a Black Sesame Halva Cheesecake. | AUSTRALIA | English-100 | | G | |
| 2024-03-13 | 0500 | Big Appetite | No Sleep Til Brooklyn | Ben hundreds hits Bonnie's, Aunts Et Uncles, Gage and Tollner, and searches for the best pizza in Brooklyn. | USA | English-100 | | PG | |
| 2024-03-13 | 0530 | Food Lovers Guide To Australia | Food Lovers Guide To Australia Ep 8 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, the Mahjong Club in Darwin, and Czech summer fruit dumplings. | AUSTRALIA | English-100 | RPT | G | Y |
| 2024-03-13 | 0600 | Middle East Feast With Shane Delia | Sunday Lunch | Shane Delia and guest chef Tom Sarafian share their family favourites for the perfect family lunch. | AUSTRALIA | English-100 | | G | Y |
| 2024-03-13 | 0630 | Jamie's Kitchen | Jamie's Kitchen Series 1 Ep 2 | The successful 15 cooks are announced to a mixed reaction - jubilation and tears. Training begins for the 15 finalists, where they begin to learn the basics. It's long hours and hard work. | UNITED KINGDOM | English-100 | | PG | |
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| 2024-03-13 | 1300 | My Market Kitchen | My Market Kitchen Series 4 Ep 73 | Elena and her friend Rob Rees are in the My Market Kitchen today cooking a Duck Confit with Celeriac, Spinach and Red Wine Glaze. Khanh is then showing us his Ham and Leek Quiche. | AUSTRALIA | English-100 | | G | |
| 2024-03-13 | 1330 | David Rocco's Dolce India | Punjabi Way, The | David is in Amritsar - a city known for the warmth of its people and its amazing food. He meets up with some locals, tries specialty Punjabi dishes and even learns to tie his own turban. | CANADA | English-100 | | G | |
| 2024-03-13 | 1400 | Big Appetite | Taking A Big Bite Out Of Boston | Ben Hundreds explores heritage-inspired spots in Boston including La Royal, Bronwyn and Wusong Road. | USA | English-100 | | G | |
| 2024-03-13 | 1430 | Food Lovers Guide To Australia | Food Lovers Guide To Australia Ep 9 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Macedonian food in inner city Perth, and North African spices in Rozelle. | AUSTRALIA | English-100 | RPT | G | Y |

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| 2024-03-13 | 1500 | Middle East Feast With Shane Delia | Turkish | Unpretentious, homely, and full of flavour, Turkish cuisine is a favourite across the world. Shane is joined by Turkish chef Murat Ovaz to highlight the best of Turkish home cooking. | AUSTRALIA | English-100 | G | | Y |
| 2024-03-13 | 1530 | Jamie's Kitchen | Jamie's Kitchen Series 1 Ep 3 | Jamie faces a serious problem. Some of his trainees aren't attending classes and others aren't up to scratch. The size of the problem becomes apparent when 11 of the 15 fail their first exam. | UNITED KINGDOM | English-100 | PG | I | |
| 2024-03-13 | 1630 | Eat China | Back To Basics Part 2 | What's the right way to use chopsticks? Why is mala so addictive? And why does fast food in China look so vastly different? Learn all the answers! | CHINA | English-80; Cantonese-10; Mandarin-10 | PG | a w | Y |
| 2024-03-13 | 1700 | Everyday Gourmet With Justine Schofield | Ep 43 | Adam Liaw visit the Everyday Gourmet kitchen to cook up a bang bang chicken salad with a peppery kick and Justine serves up salmon with a yoghurt and walnut sauce. | AUSTRALIA | English-100 | G | | |
| 2024-03-13 | 1730 | Pati's Mexican Table | Heart Of Tequila, The | Pati visits one of Jalisco's most popular tourist destinations and the birthplace of Mexico's most famous spirit, Tequila. She explores the town, learns about the history of tequila making. | USA | English-100 | G | | Y |
| 2024-03-13 | 1800 | Luke Nguyen's Food Trail | Luke Nguyen's Food Trail Series 1 Ep 13 | Luke and Lynne bask in the sites of Victoria Harbour before Luke cooks a traditional Chinese XO Sauce paired with Clams. Luke visits local favourite Michelin star restaurant Duddles. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2024-03-13 | 1830 | Mary Makes It Easy | Pub Crawlers | Mary makes her favourite bar bites at home like antojitos, beer battered cheese curds, and crispy baked chicken wings. | CANADA | English-100 | G | | |
| 2024-03-13 | 1900 | The Cook Up With Adam Liaw | Food Culture | Jung Eun Chae from Chae restaurant and Ukrainian chef Iyegen Klopotenko are in the kitchen with Adam, cooking with fermented ingredients. | AUSTRALIA | English-100 | PG | | |
| 2024-03-13 | 1930 | Adam and Poh's Great Australian Bites | Darwin-Kakadu | If Australia were a cake - what would be the recipe? To start with - the recipe is ancient, handed down over 60,000 years by the oldest, continuous living culture on the planet. | AUSTRALIA | English-100 | PG | a | Y |
| 2024-03-13 | 2000 | The Chocolate Queen | Chocolate Queen Series 3 Ep, The 10 | Kirsten shows her chocolate twist on everyone's favourite: churros with a rich chocolate fudge sauce. Along with her irresistible coconut shortbread recipe, plus steamed chocolate baos. | AUSTRALIA | English-100 | G | | |
| 2024-03-13 | 2030 | James Martin's Spanish Adventure | Valencia | In Valencia, James visits a rice farm, reminisces at a favourite tapas bar, enjoys a fishing trip catching blue fin tuna and we are introduced to Horchata. | UNITED KINGDOM | English-100 | PG | a w | |
| 2024-03-13 | 2130 | Come Dine With Me UK | West Midlands: Amy | Pharmacy technician, Amy, is hoping to impress everyone with her Asian extravaganza curry favour. But will it be too discerning to her guests? | UNITED KINGDOM | English-100 | PG | | |

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| 2024-03-13 | 2200 | Come Dine With Me UK | West Midlands: Sophie | It's make-up artist and "Glam Goth" Sophie's turn to host. Will she throw in the towel before the night is out leaving her guests to fend for themselves, or will she give one last throw of the dice? | UNITED KINGDOM | English-100 | | PG | | |
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| 2024-03-14 | 1200 | The Chocolate Queen | Chocolate Queen Series 3 Ep, The 10 | Kirsten shows her chocolatey twist on everyone's favourite: churros with a rich chocolate fudge sauce. Along with her irresistible coconut shortbread recipe, plus steamed chocolate baos. | AUSTRALIA | English-100 | | G | | |
| 2024-03-14 | 1230 | Andrew Zimmern's Wild Game Kitchen | Turkey Tenders & Salmon With Lemon & Dill | Andrew shares his favourite way to prepare wild turkey breast - brined in pickle juice, dredged and pan-fried over an open fire, served with an indulgent cheese sauce and jalapeno-bacon wild rice. | USA | English-100 | | PG | | |
| 2024-03-14 | 1300 | My Market Kitchen | My Market Kitchen Series 4 Ep 74 | On My Market Kitchen today Khanh and Elena make Avocado Mango Turkey Wraps, followed by a Middle Eastern Spiced Lamb San Choy Bow with Adam from Wine Selectors pairing the perfect wines. | AUSTRALIA | English-100 | | G | | |
| 2024-03-14 | 1330 | David Rocco's Dolce India | Grand Bharat | David is in Delhi, taking in all the sights and sounds. After spending some time in the crazy crowds of Old Delhi, he decides to head for the greener pastures of ITC Grand Bharat. | CANADA | English-100 | | G | | |
| 2024-03-14 | 1400 | Big Appetite | Leveling Up In New York City | Ben Hundreds hits cutting edge concepts in NYC like Contra, Wildair, Madame Vo and Dhamaka, an explosive Indian eatery. Plus shopping, art and best sandwiches. | USA | English-100 | | PG | I | |
| 2024-03-14 | 1430 | Food Lovers Guide To Australia | Food Lovers Guide To Australia Ep 10 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, shallot pancakes Chinese style, Aussie truffles, and Lebanese breakfast pizza. | AUSTRALIA | English-100 | RPT | G | | Y |
| 2024-03-14 | 1500 | Middle East Feast With Shane Delia | Breakfast | Layered with spices and full of flavour, Shane shares some inspiration and the art to a good Middle Eastern breakfast feast that is a guaranteed great way to start the day. | AUSTRALIA | English-100 | | G | | Y |
| 2024-03-14 | 1530 | Jamie's Kitchen | Jamie's Kitchen Series 1 Ep 4 | Jamie sends the trainees on placements for a month, working alongside professional chefs in some of London's top restaurants. It is both a fantastic opportunity and a test for the trainees. | UNITED KINGDOM | English-100 | | PG | I | |

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|------------|------|--|--------------------------|---|----------------|---|-----|----|--|---|---|
| 2024-03-14 | 1630 | Eat China | Back To Basics Part 3 | Why isn't Chinese food the same without woks? Who really created fortune cookies? Discover the special tools and myths that give Chinese cuisine its unique flavour. | CHINA | English-80; Cantonese-10; Mandarin-10 | | G | | | Y |
| 2024-03-14 | 1700 | Everyday Gourmet With Justine Schofield | Ep 44 | Justine makes a staple vegetable super fun with her broccoli topped with grated hard ricotta and shows you some mini mozzarella and salami pizza pockets. | AUSTRALIA | English-100 | | G | | | |
| 2024-03-14 | 1730 | Pati's Mexican Table | Double Vallarta | Pati is in one of Mexico's most popular beach destinations, the beautiful, charming town of Puerto Vallarta. She gets an insider's tour of the best street food in Puerto Vallarta. | USA | English-100 | | G | | | Y |
| 2024-03-14 | 1800 | Luke Nguyen's Street Food Asia | Saigon, Vietnam - Part 1 | Luke begins his adventure in his family's home city of Saigon, Vietnam. Early in the morning, Luke ventures into the hustle and bustle of market life looking for a traditional vermicelli noodle dish. | AUSTRALIA | English-100 | RPT | G | | Y | Y |
| 2024-03-14 | 1830 | Mary Makes It Easy | Veggin' Out On The Grill | Mary is living the grill life veg-first with enticing vegetarian recipes like her pulled mushroom sandwich or grilled halloumi salad. | CANADA | English-100 | | G | | | |
| 2024-03-14 | 1900 | The Cook Up With Adam Liaw | Brunch At Mine | Mary is living the grill life veg-first with enticing vegetarian recipes like her pulled mushroom sandwich or grilled halloumi salad. | AUSTRALIA | English-100 | | G | | | |
| 2024-03-14 | 1930 | My Greatest Dishes | Michael Caines | Michael Caines is one of Britain's most distinguished chefs. Despite great hardships, he proved his worth. Dishes include: Apple tart, braised turbot, beef with red wine sauce, and a pistachio soufflé. | UNITED KINGDOM | English-100 | | G | | | |
| 2024-03-14 | 2000 | My Greatest Dishes | Tommi Miers | In 2005, Thomasina Miers was crowned MasterChef champion and launched her career. Her four greatest: Paris brest with praline, chicken hazelnut ravioli, sweet potato taquito, lamb shoulder. | UNITED KINGDOM | English-100 | | G | | | |
| 2024-03-14 | 2030 | Rick Stein's India | Kolkata And Chennai | Rick Stein begins his Indian journey by exploring the regions that began Britain's love affair with curry - Bengal and Tamil Nadu. The British influence in Kolkata and Chennai remains strong. | UNITED KINGDOM | English-100 | RPT | PG | | Y | Y |
| 2024-03-14 | 2140 | Come Dine With Me UK | West Midlands: Phil | West Midlands-based club owner, Phil hosts a glitzy 'Awards Show' night, hoping his guests will award him enough cash to walk away with the 1000 pound prize. | UNITED KINGDOM | English-100 | | PG | | | |
| 2024-03-14 | 2205 | Come Dine With Me UK | North London: Susie | Estate agent, Susie, is hoping to wow her guests with an evening dedicated to her mixed heritage. She serves up an array of Persian dishes as well as a risky Irish dessert she's only ever made once. | UNITED KINGDOM | English-100 | | PG | | | |

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| 2024-03-14 | 2230 | The Cook Up With Adam Liaw | Brunch At Mine | Mary is living the grill life veg-first with enticing vegetarian recipes like her pulled mushroom sandwich or grilled halloumi salad. | AUSTRALIA | English-100 | | G | | |
| 2024-03-14 | 2300 | Andrew Zimmern's Wild Game Kitchen | Rabbit Tacos & Pheasant With Apple Gravy | Andrew butchers a whole rabbit, then braises the meat in a rich and flavourful red chili sauce to serve in taco shells. He tops it all off with a simple blended tomatillo salsa and fresh cilantro. | USA | English-100 | | G | | |
| 2024-03-14 | 2330 | The Cook And The Chef | Mediterranean Style | Having visited Italy many times, Maggie never ceases to be inspired by the culinary philosophy she encountered there, an approach which works perfectly for the Mediterranean climate of the Barossa. | AUSTRALIA | English-100 | | G | | |
| 2024-03-14 | 2400 | Luke Nguyen's Street Food Asia | Saigon, Vietnam - Part 1 | Luke begins his adventure in his family's home city of Saigon, Vietnam. Early in the morning, Luke ventures into the hustle and bustle of market life looking for a traditional vermicelli noodle dish. | AUSTRALIA | English-100 | RPT | G | Y | Y |
| 2024-03-14 | 2430 | My Greatest Dishes | Michael Caines | Michael Caines is one of Britain's most distinguished chefs. Despite great hardships, he proved his worth. Dishes include: Apple tart, braised turbot, beef with red wine sauce, and a pistachio soufflé. | UNITED KINGDOM | English-100 | | G | | |
| 2024-03-14 | 2500 | My Greatest Dishes | Tommi Miers | In 2005, Thomasina Miers was crowned MasterChef champion and launched her career. Her four greatest: Paris brest with praline, chicken hazelnut ravioli, sweet potato taquito, lamb shoulder. | UNITED KINGDOM | English-100 | | G | | |
| 2024-03-14 | 2530 | Rick Stein's India | Kolkata And Chennai | Rick Stein begins his Indian journey by exploring the regions that began Britain's love affair with curry - Bengal and Tamil Nadu. The British influence in Kolkata and Chennai remains strong. | UNITED KINGDOM | English-100 | RPT | PG | Y | Y |
| 2024-03-14 | 2640 | Come Dine With Me UK | West Midlands: Phil | West Midlands-based club owner, Phil hosts a glitzy 'Awards Show' night, hoping his guests will award him enough cash to walk away with the 1000 pound prize. | UNITED KINGDOM | English-100 | | PG | | |
| 2024-03-14 | 2705 | Come Dine With Me UK | North London: Susie | Estate agent, Susie, is hoping to wow her guests with an evening dedicated to her mixed heritage. She serves up an array of Persian dishes as well as a risky Irish dessert she's only ever made once. | UNITED KINGDOM | English-100 | | PG | | |
| 2024-03-14 | 2730 | Andrew Zimmern's Wild Game Kitchen | Rabbit Tacos & Pheasant With Apple Gravy | Andrew butchers a whole rabbit, then braises the meat in a rich and flavourful red chili sauce to serve in taco shells. He tops it all off with a simple blended tomatillo salsa and fresh cilantro. | USA | English-100 | | G | | |
| 2024-03-14 | 2800 | The Cook And The Chef | Mediterranean Style | Having visited Italy many times, Maggie never ceases to be inspired by the culinary philosophy she encountered there, an approach which works perfectly for the Mediterranean climate of the Barossa. | AUSTRALIA | English-100 | | G | | |

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|------------|------|--|--------------------------------------|---|----------------|---|-----|----|---|---|---|
| 2024-03-14 | 2830 | My Market Kitchen | My Market Kitchen Series 4 Ep 74 | On My Market Kitchen today Khanh and Elena make Avocado Mango Turkey Wraps, followed by a Middle Eastern Spiced Lamb San Choy Bow with Adam from Wine Selectors pairing the perfect wines. | AUSTRALIA | English-100 | | G | | | |
| 2024-03-15 | 0500 | Big Appetite | Leveling Up In New York City | Ben Hundreds hits cutting edge concepts in NYC like Contra, Wildair, Madame Vo and Dhamaka, an explosive Indian eatery. Plus shopping, art and best sandwiches. | USA | English-100 | | PG | I | | |
| 2024-03-15 | 0530 | Food Lovers Guide To Australia | Food Lovers Guide To Australia Ep 10 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, shallot pancakes Chinese style, Aussie truffles, and Lebanese breakfast pizza. | AUSTRALIA | English-100 | RPT | G | | Y | |
| 2024-03-15 | 0600 | Middle East Feast With Shane Delia | Breakfast | Layered with spices and full of flavour, Shane shares some inspiration and the art to a good Middle Eastern breakfast feast that is a guaranteed great way to start the day. | AUSTRALIA | English-100 | | G | | Y | |
| 2024-03-15 | 0630 | Jamie's Kitchen | Jamie's Kitchen Series 1 Ep 4 | Jamie sends the trainees on placements for a month, working alongside professional chefs in some of London's top restaurants. It is both a fantastic opportunity and a test for the trainees. | UNITED KINGDOM | English-100 | | PG | I | | |
| 2024-03-15 | 0730 | Eat China | Back To Basics Part 3 | Why isn't Chinese food the same without woks? Who really created fortune cookies? Discover the special tools and myths that give Chinese cuisine its unique flavour. | CHINA | English-80; Cantonese-10; Mandarin-10 | | G | | Y | |
| 2024-03-15 | 0800 | Everyday Gourmet With Justine Schofield | Ep 44 | Justine makes a staple vegetable super fun with her broccoli topped with grated hard ricotta and shows you some mini mozzarella and salami pizza pockets. | AUSTRALIA | English-100 | | G | | | |
| 2024-03-15 | 0830 | Pati's Mexican Table | Double Vallarta | Pati is in one of Mexico's most popular beach destinations, the beautiful, charming town of Puerto Vallarta. She gets an insider's tour of the best street food in Puerto Vallarta. | USA | English-100 | | G | | Y | |
| 2024-03-15 | 0900 | Luke Nguyen's Street Food Asia | Saigon, Vietnam - Part 1 | Luke begins his adventure in his family's home city of Saigon, Vietnam. Early in the morning, Luke ventures into the hustle and bustle of market life looking for a traditional vermicelli noodle dish. | AUSTRALIA | English-100 | RPT | G | | Y | Y |
| 2024-03-15 | 0930 | Mary Makes It Easy | Veggin' Out On The Grill | Mary is living the grill life veg-first with enticing vegetarian recipes like her pulled mushroom sandwich or grilled halloumi salad. | CANADA | English-100 | | G | | | |
| 2024-03-15 | 1000 | Come Dine With Me UK | West Midlands: Phil | West Midlands-based club owner, Phil hosts a glitzy 'Awards Show' night, hoping his guests will award him enough cash to walk away with the 1000 pound prize. | UNITED KINGDOM | English-100 | | PG | | | |

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|------------|------|---|--|---|----------------|-------------|-----|----|---|
| 2024-03-15 | 1030 | Come Dine With Me UK | North London: Susie | Estate agent, Susie, is hoping to wow her guests with an evening dedicated to her mixed heritage. She serves up an array of Persian dishes as well as a risky Irish dessert she's only ever made once. | UNITED KINGDOM | English-100 | | PG | |
| 2024-03-15 | 1100 | The Cook Up With Adam Liaw | Brunch At Mine | Mary is living the grill life veg-first with enticing vegetarian recipes like her pulled mushroom sandwich or grilled halloumi salad. | AUSTRALIA | English-100 | | G | |
| 2024-03-15 | 1130 | My Greatest Dishes | Michael Caines | Michael Caines is one of Britain's most distinguished chefs. Despite great hardships, he proved his worth. Dishes include: Apple tart, braised turbot, beef with red wine sauce, and a pistachio soufflé. | UNITED KINGDOM | English-100 | | G | |
| 2024-03-15 | 1200 | My Greatest Dishes | Tommi Miers | In 2005, Thomasina Miers was crowned MasterChef champion and launched her career. Her four greatest: Paris brest with praline, chicken hazelnut ravioli, sweet potato taquito, lamb shoulder. | UNITED KINGDOM | English-100 | | G | |
| 2024-03-15 | 1230 | Andrew Zimmern's Wild Game Kitchen | Rabbit Tacos & Pheasant With Apple Gravy | Andrew butchers a whole rabbit, then braises the meat in a rich and flavourful red chili sauce to serve in taco shells. He tops it all off with a simple blended tomatillo salsa and fresh cilantro. | USA | English-100 | | G | |
| 2024-03-15 | 1300 | My Market Kitchen | My Market Kitchen Series 4 Ep 75 | Elena is cooking some Curry Prawn Dumplings on My Market Kitchen today, followed by a Tandoori Chicken Brioche Buns on the road with David Mann and Khanh. | AUSTRALIA | English-100 | | G | |
| 2024-03-15 | 1330 | David Rocco's Dolce Homemade | Memories Of Sicily | Keeping family and traditions together through food. David and guest Isabelle Loiacono re-create recipes passed down from Isabelle's family recipe book and using her Nonna's tools from the 1940s. | CANADA | English-100 | | G | |
| 2024-03-15 | 1400 | Big Appetite | Soul Of Los Angeles, The | Ben Hundreds hits restaurants inspired by heritage such as Cobi's, Alta Adams and Yangban Society; Plus best tacos. | USA | English-100 | | G | |
| 2024-03-15 | 1430 | Food Lovers Guide To Australia | Food Lovers Guide To Australia Ep 11 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, salami from Kogarah, Indian masala dosa in Crows Nest, and Indian-style chutney. | AUSTRALIA | English-100 | RPT | G | Y |
| 2024-03-15 | 1500 | Middle East Feast With Shane Delia | Middle Eastern Sweets | With layered pastries, fragrant syrups, crunchy nuts, and dried fruits on show, Shane offers the best of pure indulgent Middle Eastern sweets that are the perfect end to any feast. | AUSTRALIA | English-100 | | G | Y |
| 2024-03-15 | 1530 | Jamie's Kitchen | Jamie's Kitchen Series 1 Ep 5 | It's now the final weeks before the restaurant must open, and the trainees are being pushed through their paces in the newly completed restaurant kitchen. There are problems of all sorts to overcome. | UNITED KINGDOM | English-100 | | PG | I |
| 2024-03-15 | 1630 | Poh & Co. | Garden, The | Poh is busy creating an edible garden as the first step in transforming her suburban house into a home, seeking out inspiration and advice so she can become an even better cook and artist. | AUSTRALIA | English-100 | RPT | G | Y |

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|------------|------|--|--|---|----------------|-------------|-----|----|-----|---|
| 2024-03-15 | 1700 | Everyday Gourmet With Justine Schofield | Ep 45 | Justine shares her recipe for a breakfast bircher muesli, shows you a fantastic vermicelli salad with nuoc mam cham dressing and makes a cherry ripe mousse with Trish McKenzie. | AUSTRALIA | English-100 | | G | | |
| 2024-03-15 | 1730 | Pati's Mexican Table | Tacos And A Tostada | In this episode, Pati celebrates everyone's favorite Mexican creation, the taco. She tries two of Jalisco's best tacos -marlin tacos in Puerto Vallarta and barbacoa tacos in Guadalajara. | USA | English-100 | | G | | Y |
| 2024-03-15 | 1800 | Luke Nguyen's Street Food Asia | Saigon, Vietnam - Part 2 | Luke continues through the streets of Saigon in District 1 visiting his favourite Pho restaurant. | AUSTRALIA | English-100 | RPT | G | Y | Y |
| 2024-03-15 | 1830 | Mary Makes It Easy | Movie Night | Make your next movie night a feature presentation with Mary's array of snacks, from sweet and salty to savoury apps, and of course, popcorn! | CANADA | English-100 | | G | | |
| 2024-03-15 | 1900 | The Cook Up With Adam Liaw | Glorious Grills | It's Easy Entertaining with The Cook Up, and if you find grilling to be thrilling, you'll love comedian Nikki Britton, chef Joel Bennetts and Adam's glorious grills. | AUSTRALIA | English-100 | | | | |
| 2024-03-15 | 1930 | Rick Stein: From Venice to Istanbul | Venice | Rick begins his journey in Venice and makes his way to the idyllic Greek island of Symi where he cooks some of his favourite Venetian dishes - seafood risotto, Tiramisu, and gnocchi with spider crab. | UNITED KINGDOM | English-100 | | PG | a w | |
| 2024-03-15 | 2040 | Jamie's Great Britain | Heart Of England | Jamie's road trip takes him to the heart of England - The Midlands. Leicester is his first stop, where he uncovers the impact the British Empire's love for spice has had on Britain's food culture. | UNITED KINGDOM | English-100 | | PG | I | |
| 2024-03-15 | 2135 | Come Dine With Me UK | North London: Michael | Animation graduate, Michael, hopes his Italian inspired menu will win over his competitors, but will his entertainment leave a lasting impression and win him the 1000 pound prize? | UNITED KINGDOM | English-100 | | PG | | |
| 2024-03-15 | 2200 | Come Dine With Me UK | North London: Shivz | Events and management company owner, Shivz, hopes her menu of tried and tested favourites will win over her competitors. But will the talk of pelicans, politics, and professions throw a curve ball? | UNITED KINGDOM | English-100 | | PG | | |
| 2024-03-15 | 2230 | The Cook Up With Adam Liaw | Glorious Grills | It's Easy Entertaining with The Cook Up, and if you find grilling to be thrilling, you'll love comedian Nikki Britton, chef Joel Bennetts and Adam's glorious grills. | AUSTRALIA | English-100 | | | | |
| 2024-03-15 | 2300 | Andrew Zimmern's Wild Game Kitchen | Walley Shore Lunch & Grilled Elk Chops | Andrew prepares the ultimate shore lunch of fried walleye filets, served with a tangy homemade tartar sauce, coleslaw and crispy fried potatoes. | USA | English-100 | | G | | |
| 2024-03-15 | 2330 | The Cook And The Chef | Apples And Onions | Maggie and Simon transform the ordinary into the extraordinary, with a celebration of common ingredients that are humble yet wonderful - apples, onions, and old-fashioned chicken stock. | AUSTRALIA | English-100 | | G | | |
| 2024-03-15 | 2400 | Luke Nguyen's Street Food Asia | Saigon, Vietnam - Part 2 | Luke continues through the streets of Saigon in District 1 visiting his favourite Pho restaurant. | AUSTRALIA | English-100 | RPT | G | Y | Y |

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|------------|------|--|--|---|----------------|-------------|-----|-----|---|
| 2024-03-15 | 2430 | Rick Stein: From Venice to Istanbul | Venice | Rick begins his journey in Venice and makes his way to the idyllic Greek island of Syri where he cooks some of his favourite Venetian dishes - seafood risotto, Tiramisu, and gnocchi with spider crab. | UNITED KINGDOM | English-100 | PG | a w | |
| 2024-03-15 | 2540 | Jamie's Great Britain | Heart Of England | Jamie's road trip takes him to the heart of England - The Midlands. Leicester is his first stop, where he uncovers the impact the British Empire's love for spice has had on Britain's food culture. | UNITED KINGDOM | English-100 | PG | I | |
| 2024-03-15 | 2635 | Come Dine With Me UK | North London: Michael | Animation graduate, Michael, hopes his Italian inspired menu will win over his competitors, but will his entertainment leave a lasting impression and win him the 1000 pound prize? | UNITED KINGDOM | English-100 | PG | | |
| 2024-03-15 | 2700 | Come Dine With Me UK | North London: Shivz | Events and management company owner, Shivz, hopes her menu of tried and tested favourites will win over her competitors. But will the talk of pelicans, politics, and professions throw a curve ball? | UNITED KINGDOM | English-100 | PG | | |
| 2024-03-15 | 2730 | Andrew Zimmern's Wild Game Kitchen | Walley Shore Lunch & Grilled Elk Chops | Andrew prepares the ultimate shore lunch of fried walleye filets, served with a tangy homemade tartar sauce, coleslaw and crispy fried potatoes. | USA | English-100 | G | | |
| 2024-03-15 | 2800 | The Cook And The Chef | Apples And Onions | Maggie and Simon transform the ordinary into the extraordinary, with a celebration of common ingredients that are humble yet wonderful - apples, onions, and old-fashioned chicken stock. | AUSTRALIA | English-100 | G | | |
| 2024-03-15 | 2830 | My Market Kitchen | My Market Kitchen Series 4 Ep 75 | Elena is cooking some Curry Prawn Dumplings on My Market Kitchen today, followed by a Tandoori Chicken Brioche Buns on the road with David Mann and Khanh. | AUSTRALIA | English-100 | G | | |
| 2024-03-16 | 0500 | Big Appetite | Soul Of Los Angeles, The | Ben Hundreds hits restaurants inspired by heritage such as Cobi's, Alta Adams and Yangban Society; Plus best tacos. | USA | English-100 | G | | |
| 2024-03-16 | 0530 | Food Lovers Guide To Australia | Food Lovers Guide To Australia Ep 11 | Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, salami from Kogarah, Indian masala dosai in Crows Nest, and Indian-style chutney. | AUSTRALIA | English-100 | RPT | G | Y |
| 2024-03-16 | 0600 | Middle East Feast With Shane Delia | Middle Eastern Sweets | With layered pastries, fragrant syrups, crunchy nuts, and dried fruits on show, Shane offers the best of pure indulgent Middle Eastern sweets that are the perfect end to any feast. | AUSTRALIA | English-100 | G | | Y |
| 2024-03-16 | 0630 | Jamie's Kitchen | Jamie's Kitchen Series 1 Ep 5 | It's now the final weeks before the restaurant must open, and the trainees are being pushed through their paces in the newly completed restaurant kitchen. There are problems of all sorts to overcome. | UNITED KINGDOM | English-100 | PG | I | |

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|------------|------|--|--|---|----------------|-------------|-----|----|-----|---|
| 2024-03-16 | 0730 | Poh & Co. | Garden, The | Poh is busy creating an edible garden as the first step in transforming her suburban house into a home, seeking out inspiration and advice so she can become an even better cook and artist. | AUSTRALIA | English-100 | RPT | G | | Y |
| 2024-03-16 | 0800 | Everyday Gourmet With Justine Schofield | Ep 45 | Justine shares her recipe for a breakfast bircher muesli, shows you a fantastic vermicelli salad with nuoc mam cham dressing and makes a cherry ripe mousse with Trish McKenzie. | AUSTRALIA | English-100 | | G | | |
| 2024-03-16 | 0830 | Pati's Mexican Table | Tacos And A Tostada | In this episode, Pati celebrates everyone's favorite Mexican creation, the taco. She tries two of Jalisco's best tacos -marlin tacos in Puerto Vallarta and barbacoa tacos in Guadalajara. | USA | English-100 | | G | | Y |
| 2024-03-16 | 0900 | Luke Nguyen's Street Food Asia | Saigon, Vietnam - Part 2 | Luke continues through the streets of Saigon in District 1 visiting his favourite Pho restaurant. | AUSTRALIA | English-100 | RPT | G | Y | Y |
| 2024-03-16 | 0930 | Mary Makes It Easy | Movie Night | Make your next movie night a feature presentation with Mary's array of snacks, from sweet and salty to savoury apps, and of course, popcorn! | CANADA | English-100 | | G | | |
| 2024-03-16 | 1000 | Come Dine With Me UK | North London: Michael | Animation graduate, Michael, hopes his Italian inspired menu will win over his competitors, but will his entertainment leave a lasting impression and win him the 1000 pound prize? | UNITED KINGDOM | English-100 | | PG | | |
| 2024-03-16 | 1030 | Come Dine With Me UK | North London: Shivz | Events and management company owner, Shivz, hopes her menu of tried and tested favourites will win over her competitors. But will the talk of pelicans, politics, and professions throw a curve ball? | UNITED KINGDOM | English-100 | | PG | | |
| 2024-03-16 | 1100 | The Cook Up With Adam Liaw | Glorious Grills | It's Easy Entertaining with The Cook Up, and if you find grilling to be thrilling, you'll love comedian Nikki Britton, chef Joel Bennetts and Adam's glorious grills. | AUSTRALIA | English-100 | | | | |
| 2024-03-16 | 1130 | Rick Stein: From Venice to Istanbul | Venice | Rick begins his journey in Venice and makes his way to the idyllic Greek island of Symi where he cooks some of his favourite Venetian dishes - seafood risotto, Tiramisu, and gnocchi with spider crab. | UNITED KINGDOM | English-100 | | PG | a w | |
| 2024-03-16 | 1235 | Andrew Zimmern's Wild Game Kitchen | Walley Shore Lunch & Grilled Elk Chops | Andrew prepares the ultimate shore lunch of fried walleye filets, served with a tangy homemade tartar sauce, coleslaw and crispy fried potatoes. | USA | English-100 | | G | | |
| 2024-03-16 | 1300 | Everyday Gourmet With Justine Schofield | Ep 45 | Justine shares her recipe for a breakfast bircher muesli, shows you a fantastic vermicelli salad with nuoc mam cham dressing and makes a cherry ripe mousse with Trish McKenzie. | AUSTRALIA | English-100 | | G | | |
| 2024-03-16 | 1330 | Mary Makes It Easy | Movie Night | Make your next movie night a feature presentation with Mary's array of snacks, from sweet and salty to savoury apps, and of course, popcorn! | CANADA | English-100 | | G | | |

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|------------|------|--|---|---|----------------|-------------|-----|----|-----|---|---|
| 2024-03-16 | 1400 | Pati's Mexican Table | Tacos And A Tostada | In this episode, Pati celebrates everyone's favorite Mexican creation, the taco. She tries two of Jalisco's best tacos -marlin tacos in Puerto Vallarta and barbaoca tacos in Guadalajara. | USA | English-100 | | G | | | Y |
| 2024-03-16 | 1430 | Ottolenghi's Mediterranean Island Feast | Crete | Yotam visits Crete and explores its rich culinary history. In the ancient capital of Heraklion, Yotam makes a variation of the Cretan meze dakos, a mix of tomatoes, crumbled feta, olives and oregano. | UNITED KINGDOM | English-100 | RPT | G | | Y | Y |
| 2024-03-16 | 1525 | Cook Up With Adam Liaw Bitesize | Chicken Paprika | 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 | |
| 2024-03-16 | 1530 | Ottolenghi's Mediterranean Island Feast | Sardinia | Yotam travels to Sardinia to explore the island's unique food traditions and flavours. In the beautiful fishing port of Bosa, he cooks up a freshly caught lobster. | UNITED KINGDOM | English-100 | RPT | G | | Y | Y |
| 2024-03-16 | 1625 | Destination Flavour Down Under Bitesize | Destination Flavour Down Under Bitesize Series 1 Ep 6 | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand. | AUSTRALIA | English-100 | RPT | G | | Y | |
| 2024-03-16 | 1630 | Giada Entertains | Giada Entertains Series 4 Ep 7 | Giada hosts an intimate formal dinner with a multi-course meal that includes whole roasted beef tenderloin with peperonata and ricotta bruschetta with sweet and spicy tomatoes. | USA | English-100 | | G | | | |
| 2024-03-16 | 1700 | Barefoot Contessa: Back To Basics | Good Grilling | Ina is fired up and sharing her advice for grilling and barbecuing like a pro. To start, hot coals work their magic on her grilled Cornish hens, and she amps up the flavour on ribs and BBQ sauce. | USA | English-100 | | G | | | |
| 2024-03-16 | 1730 | Khanh Ong's Wild Food | Khanh Ong's Wild Food Series 1 Ep 7 | Khanh travels to Mallacoota, Victoria, to explore the seafood delicacies that the area has to offer and learns how to make blue cheese. | AUSTRALIA | English-100 | | PG | a w | Y | |
| 2024-03-16 | 1825 | Cook Up With Adam Liaw Bitesize | Periyaki Chicken | 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 | PG | | Y | |
| 2024-03-16 | 1830 | Evolving Vegan | Mexico City | In a frenzy of mezcal and spice, Mena devours a host of local delicacies - plant-based seafood, aguachile, and classic enfrijoladas. He makes traditional moles and visits the floating chinampas. | CANADA | English-100 | | G | | Y | Y |
| 2024-03-16 | 1930 | Ainsley's Fantastic Flavours | Earthy | Ainsley starts with pomegranate glazed lamb, roasted beetroot and freekeh salad with tahini dressing. Aldo makes his mushroom gnocchi and Gloria makes a one-pot roasted veg with halloumi. | UNITED KINGDOM | English-100 | | G | | | |
| 2024-03-16 | 2025 | Cook Up With Adam Liaw Bitesize | Chicken Paprika | 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 | |

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| 2024-03-16 | 2030 | Rick Stein's Food Heroes | Southern England | Rick tries some garlic fudge at the Isle of Wight garlic festival. He is more impressed with a bacon buttie that he buys from a stall, and sets off to find its source. | UNITED KINGDOM | English-100 | | G | | | |
| 2024-03-16 | 2100 | Rick Stein's Food Heroes | London, Midlands And East England | At London's Borough Market, which Rick Stein favourably compares with markets on the continent, he samples a superb eel pie and mash lunch at Manze's. | UNITED KINGDOM | English-100 | | PG | | | |
| 2024-03-16 | 2130 | Anthony Bourdain: No Reservations | Disappearing Manhattan | Best-selling author and chef Anthony Bourdain visits some of the quintessential Manhattan restaurants and finds that many are struggling in the city's changing landscape. | USA | English-100 | RPT | PG | | | |
| 2024-03-16 | 2225 | Destination Flavour Down Under Bitesize | Destination Flavour Down Under Bitesize Series 1 Ep 6 | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand. | AUSTRALIA | English-100 | RPT | G | | Y | |
| 2024-03-16 | 2230 | The Wine Show | Wine Show Series 1 Ep 3, The | From their villa HQ in the Italian hills, the boys head to Italy's ancient capital, where they find out why ancient Romans added cheese to their wine. | UNITED KINGDOM | English-100 | RPT | G | | Y | |
| 2024-03-16 | 2330 | The Cook And The Chef | Fish And Eggplant | Maggie and Simon are celebrating traditions. Simon follows some rules and breaks others to come up with a Penang Laksa that separates the true laksa lovers from the rest. | AUSTRALIA | English-100 | | G | | | |
| 2024-03-16 | 2400 | Giada Entertains | Giada Entertains Series 4 Ep 7 | Giada hosts an intimate formal dinner with a multi-course meal that includes whole roasted beef tenderloin with peperonata and ricotta bruschetta with sweet and spicy tomatoes. | USA | English-100 | | G | | | |
| 2024-03-16 | 2430 | Ottolenghi's Mediterranean Island Feast | Crete | Yotam visits Crete and explores its rich culinary history. In the ancient capital of Heraklion, Yotam makes a variation of the Cretan meze dakos, a mix of tomatoes, crumbled feta, olives and oregano. | UNITED KINGDOM | English-100 | RPT | G | | Y | Y |
| 2024-03-16 | 2525 | Cook Up With Adam Liaw Bitesize | Chicken Paprika | 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 | |
| 2024-03-16 | 2530 | Ottolenghi's Mediterranean Island Feast | Sardinia | Yotam travels to Sardinia to explore the island's unique food traditions and flavours. In the beautiful fishing port of Bosa, he cooks up a freshly caught lobster. | UNITED KINGDOM | English-100 | RPT | G | | Y | Y |
| 2024-03-16 | 2625 | Cook Up With Adam Liaw Bitesize | Periyaki Chicken | 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 | PG | | Y | |
| 2024-03-16 | 2630 | Khanh Ong's Wild Food | Khanh Ong's Wild Food Series 1 Ep 7 | Khanh travels to Mallacoota, Victoria, to explore the seafood delicacies that the area has to offer and learns how to make blue cheese. | AUSTRALIA | English-100 | | PG | a w | Y | |

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| 2024-03-16 | 2725 | Destination Flavour Down Under Bitesize | Destination Flavour Down Under Bitesize Series 1 Ep 6 | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand. | AUSTRALIA | English-100 | RPT | G | | Y | |
| 2024-03-16 | 2730 | Evolving Vegan | Mexico City | In a frenzy of mezcal and spice, Mena devours a host of local delicacies - plant-based seafood, aguachile, and classic enfrijoladas. He makes traditional moles and visits the floating chinampas. | CANADA | English-100 | | G | | Y | Y |
| 2024-03-16 | 2830 | Barefoot Contessa: Back To Basics | Good Grilling | Ina is fired up and sharing her advice for grilling and barbecuing like a pro. To start, hot coals work their magic on her grilled Cornish hens, and she amps up the flavour on ribs and BBQ sauce. | USA | English-100 | | G | | | |