



**WEEK 12: Sunday, 17 March - Saturday, 23 March 2024 - ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-03-17	0500	<b>The Cook And The Chef</b>	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			
2024-03-17	0530	<b>Ottolenghi's Mediterranean Island Feast</b>	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
2024-03-17	0625	<b>Cook Up With Adam Liaw Bitesize</b>	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	
2024-03-17	0630	<b>Ottolenghi's Mediterranean Island Feast</b>	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
2024-03-17	0725	<b>Destination Flavour Down Under Bitesize</b>	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	
2024-03-17	0730	<b>Khanh Ong's Wild Food</b>	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	
2024-03-17	0825	<b>Cook Up With Adam Liaw Bitesize</b>	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	
2024-03-17	0830	<b>Evolving Vegan</b>	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
2024-03-17	0930	<b>Ainsley's Fantastic Flavours</b>	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			
2024-03-17	1025	<b>Destination Flavour Japan Bitesize</b>	Osaka	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y	Y

2024-03-17	1030	<b>Rick Stein's Food Heroes</b>	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		
2024-03-17	1100	<b>Rick Stein's Food Heroes</b>	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		
2024-03-17	1130	<b>Ottolenghi's Mediterranean Island Feast</b>	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
2024-03-17	1225	<b>Cook Up With Adam Liaw Bitesize</b>	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	
2024-03-17	1230	<b>Evolving Vegan</b>	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
2024-03-17	1330	<b>Giada Entertains</b>	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		
2024-03-17	1400	<b>The Cook Up With Adam Liaw</b>	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	RPT	G		
2024-03-17	1430	<b>The Cook Up With Adam Liaw</b>	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	RPT	G		
2024-03-17	1500	<b>The Cook Up With Adam Liaw</b>	Food Culture	Jung Eun Chae from Chae restaurant and Ukrainian chef Iveneg Klopotenko are in the kitchen with Adam, cooking with fermented ingredients.	AUSTRALIA	English-100	RPT	PG		
2024-03-17	1530	<b>The Cook Up With Adam Liaw</b>	Brunch At Mine	Who wants to come to brunch at Adam's? Comedian Joe White and AFLW star Akec Makur Chuot, that's who! And hopefully, you!	AUSTRALIA	English-100	RPT	G		
2024-03-17	1600	<b>The Cook Up With Adam Liaw</b>	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		G		
2024-03-17	1630	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 8	Giada hosts an elegant outdoor lunch made with fresh garden ingredients to thank some of her friends and family for the special things they've done for her.	USA	English-100		G		
2024-03-17	1700	<b>Barefoot Contessa: Back To Basics</b>	Herbs All Ways	Ina Garten is cooking with her favourite herbs and sharing tips for turning up the flavour. Dill, chives, and basil shine in her heirloom tomatoes with herbed ricotta.	USA	English-100		G		

2024-03-17	1730	<b>Taste Of France</b>	Alexandre Mazzia (Am)	Today, we visit two Michelin star chef Alexandre Mazzia at his highly acclaimed restaurant in Marseilles. He's meticulous and precise in his food crafting, which covers both taste and presentation.	SWEDEN	English-50; French-50		G				Y
2024-03-17	1800	<b>Luca's Key Ingredient</b>	Luca's Key Ingredient Series 1 Ep 6	An essential in the Italian way of life is consuming at least one cup of coffee each day. Luca shows how to use coffee beans in more than just dessert with a wonderful Coffee Pappardelle.	AUSTRALIA	English-100		G				
2024-03-17	1830	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 2 Ep 2	Enthused by a visit to an artisan ice-cream maker, Michel creates a simple but spectacular strawberry ice-cream Bombe Alaska. Then Michel invites his in-laws over for a feast of calf's tongue.	UNITED KINGDOM	English-100		G				Y
2024-03-17	1925	<b>Cook Up With Adam Liaw Bitesize</b>	Lemongrass Pork Belly Rice	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	
2024-03-17	1930	<b>Jamie's Ultimate Veg</b>	Jamie's Ultimate Veg Series 1 Ep 5	Jamie feels the love for vegetables in British-Caribbean cuisine and delivers a flavourful pumpkin rice and butter bean stew.	UNITED KINGDOM	English-100		G				
2024-03-17	2030	<b>Remarkable Places To Eat</b>	Mallorca	Pastry Chef, Ravneet Gill takes Fred to Mallorca to experience incredible island cooking, from a buzzing beach bar serving holiday food in the sun, to light and fluffy pastries.	UNITED KINGDOM	English-100		PG		a w		Y
2024-03-17	2130	<b>Anthony Bourdain: No Reservations</b>	Sri Lanka	Anthony Bourdain heads to Sri Lanka to explore the effects that the Portuguese, Dutch, British, Indian, Arab, Malay and Moors have had on its cuisine.	USA	English-100	RPT	PG				Y
2024-03-17	2225	<b>Cook Up With Adam Liaw Bitesize</b>	Lemongrass Pork Belly Rice	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	
2024-03-17	2230	<b>The Wine Show</b>	Wine Show Series 1 Ep 4, The	From their villa HQ in the Italian hills, the boys head to the Vatican to meet a priest who needs a new communion wine. Expert Joe Fattorini heads to South Africa where he heads out on baboon patrol.	UNITED KINGDOM	English-100	RPT	PG			Y	Y
2024-03-17	2330	<b>The Cook And The Chef</b>	Eggplant And Bananas	While wondering through Adelaide's Himeji Gardens, Simon recalls an inspirational trip to Japan and the insights he gained about its chefs' discipline and their treatment of fish.	AUSTRALIA	English-100		G				
2024-03-17	2400	<b>Luca's Key Ingredient</b>	Luca's Key Ingredient Series 1 Ep 6	An essential in the Italian way of life is consuming at least one cup of coffee each day. Luca shows how to use coffee beans in more than just dessert with a wonderful Coffee Pappardelle.	AUSTRALIA	English-100		G				
2024-03-17	2430	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 2 Ep 2	Enthused by a visit to an artisan ice-cream maker, Michel creates a simple but spectacular strawberry ice-cream Bombe Alaska. Then Michel invites his in-laws over for a feast of calf's tongue.	UNITED KINGDOM	English-100		G				Y
2024-03-17	2525	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 4	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G			Y	

2024-03-17	2530	<b>Jamie's Ultimate Veg</b>	Jamie's Ultimate Veg Series 1 Ep 5	Jamie feels the love for vegetables in British-Caribbean cuisine and delivers a flavourful pumpkin rice and butter bean stew.	UNITED KINGDOM	English-100		G		
2024-03-17	2625	<b>Please Eat Slowly Bitesize</b>	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		
2024-03-17	2630	<b>Remarkable Places To Eat</b>	Mallorca	Pastry Chef, Ravneet Gill takes Fred to Mallorca to experience incredible island cooking, from a buzzing beach bar serving holiday food in the sun, to light and fluffy pastries.	UNITED KINGDOM	English-100		PG	a w	Y
2024-03-17	2730	<b>Anthony Bourdain: No Reservations</b>	Sri Lanka	Anthony Bourdain heads to Sri Lanka to explore the effects that the Portuguese, Dutch, British, Indian, Arab, Malay and Moors have had on its cuisine.	USA	English-100	RPT	PG		Y
2024-03-17	2825	<b>Cook Up With Adam Liaw Bitesize</b>	Lemongrass Pork Belly Rice	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
2024-03-17	2830	<b>The Cook And The Chef</b>	Eggplant And Bananas	While wondering through Adelaide's Himeji Gardens, Simon recalls an inspirational trip to Japan and the insights he gained about its chefs' discipline and their treatment of fish.	AUSTRALIA	English-100		G		
2024-03-18	0500	<b>The Cook Up With Adam Liaw</b>	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	RPT	G		
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2024-03-18	1125	<b>Cook Up With Adam Liaw Bitesize</b>	Lemongrass Pork Belly Rice	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
2024-03-18	1130	<b>Remarkable Places To Eat</b>	Mallorca	Pastry Chef, Ravneet Gill takes Fred to Mallorca to experience incredible island cooking, from a buzzing beach bar serving holiday food in the sun, to light and fluffy pastries.	UNITED KINGDOM	English-100	PG	a w		Y
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2024-03-18	1300	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 76	Today on My Market Kitchen Elena is making a Light & Green Soba Noodle Salad, then Khanh takes us to his restaurant The George on Collins for a Beef Tataki with Nuoc Mam Dressing dish.	AUSTRALIA	English-100	G			
2024-03-18	1330	<b>David Rocco's Dolce Homemade</b>	Vegan	It's not Vegan food it's just food. After a yoga retreat, guest Teri-Ann Carty decided to make the transition to go vegan and she has not looked back.	CANADA	English-100	PG			
2024-03-18	1400	<b>Pati's Mexican Table</b>	One Day In Oaxaca	Pati shows viewers how to get the most out of one day in the city of Oaxaca. In 24 hours, she takes in the top sights, meets up with a local guide, and goes to the market for lunch.	USA	English-100	G			Y
2024-03-18	1430	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Ep 12	Maeve O'Meara and Joanna Savill continue to explore the best food around. Today, Marjorie Bligh - popular author of cookbooks, sushi making in Ultimo, and Byron native produce.	AUSTRALIA	English-100	RPT	G		Y
2024-03-18	1500	<b>Middle East Feast With Shane Delia</b>	Israeli	Israel has a diverse food culture, with a strong connection to Mediterranean flavours. Shane is joined in the kitchen by guest Ehud Malka and offers up an entire feast of brilliant Israeli cuisine.	AUSTRALIA	English-100	G			Y

2024-03-18	1530	<b>Jamie's Kitchen</b>	Jamie's Kitchen Series 1 Ep 6	Jamie's new restaurant, Fifteen, has become one of London's most fashionable eateries but behind the scenes there are problems. Within a week of opening, three more students were asked to leave.	UNITED KINGDOM	English-100		PG	I		
2024-03-18	1630	<b>Poh &amp; Co.</b>	Small Business	Poh and her best friend Sarah have dreamt about opening their own market food stall since their days together at art school. Now that it's a reality and they are constantly experimenting.	AUSTRALIA	English-100	RPT	G			Y
2024-03-18	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 46	Johnny Di Francesco joins the kitchen to make a mouth-watering silverbeet and pancetta calzone. Justine shares her recipes for hot and sour salad of duck and prawn, shiitae and eggplant stir-fry.	AUSTRALIA	English-100		G			
2024-03-18	1730	<b>Palisa Anderson's Water Heart Food</b>	Humble Origins	Thailand is home to many incredible food markets that sell an abundance of fresh and seasonal fruit and vegetables, the type of produce Palisa now grows on her farm and supplies to many top-end chefs.	AUSTRALIA	English-100		G			Y
2024-03-18	1800	<b>Luke Nguyen's Street Food Asia</b>	Bangkok, Thailand - Part 1	Bangkok is filled with different street food vendors on every corner. Luke stumbles across hidden stalls and learns how to cook Thai Coconut Pudding.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-03-18	1830	<b>Lidia's Kitchen</b>	What's For Dinner?	Every culture has their way of asking, 'What's for Dinner?' Lidia inspires shows some of her easy favourites - a flavourful arborio rice, antipasto rice salad, sauteed chicken, and mushroom gratinate.	USA	English-100		G			
2024-03-18	1900	<b>The Cook Up With Adam Liaw</b>	Crispy Bites	Adam sets his sights on crispy bites, with Gourmet Traveller's Best New Talent Ollie Wong-Hee and award-winning actor Lincoln Younes.	AUSTRALIA	English-100		G			
2024-03-18	1930	<b>Malaysia Gourmet With Justine Schofield</b>	Ep 8	Justine highlights Malaysia's vibrant nature and delectable treats. She prepares a fruit salad and seafood barbecue before unveiling the sweet delight of Malaysian cuisine: Onde-onde.	AUSTRALIA	English-100		G			
2024-03-18	2000	<b>Long Weekend In... With Rory O'Connell</b>	Bath	After a delicious exploration of Bath, Rory makes the perfect recipe to remind him of his trip, his own version of a Bath Bun.	IRELAND	English-100		G			
2024-03-18	2030	<b>Nigellissima</b>	Nigellissima Series 1 Ep 4	Nigella shares her culinary talent as she presents delicious Italian-inspired food. First, Nigella reveals a secret passion for one of the tastes of Italy with her dark and deviant liquorice pudding.	UNITED KINGDOM	English-100	RPT	G			Y
2024-03-18	2100	<b>Our Food, Our Family</b>	Blytt-Jorden Family, The	Michela Chiappa is on the stunning Gower coast to meet and eat with an unexpected community of newcomers to the area. The Blytt-Jordens are three generations of Norwegians who have moved there.	UNITED KINGDOM	English-100		G			
2024-03-18	2130	<b>Come Dine With Me UK</b>	North London: Fraser	Insurance underwriter, Fraser, hopes his Asian-inspired menu will win over his competitors. There's a clash over cruises, stand up surprises, and a sunset singalong but will his cooking be enough?	UNITED KINGDOM	English-100		PG			
2024-03-18	2200	<b>Come Dine With Me UK</b>	North London: Melissa	PR executive, Melissa, hopes her menu of Greek Cypriot classics will win over the others. After a week of bad singing, piano playing, and impressions it's up to her to show that she has what it takes.	UNITED KINGDOM	English-100		PG			



2024-03-19	0500	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 76	Today on My Market Kitchen Elena is making a Light & Green Soba Noodle Salad, then Khanh takes us to his restaurant The George on Collins for a Beef Tataki with Nuoc Mam Dressing dish.	AUSTRALIA	English-100		G			
2024-03-19	0530	<b>David Rocco's Dolce Homemade</b>	Vegan	It's not Vegan food it's just food. After a yoga retreat, guest Teri-Ann Carty decided to make the transition to go vegan and she has not looked back.	CANADA	English-100		PG			
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2024-03-19	0630	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Ep 12	Maeve O'Meara and Joanna Savill continue to explore the best food around. Today, Marjorie Bligh - popular author of cookbooks, sushi making in Ultimo, and Byron native produce.	AUSTRALIA	English-100	RPT	G		Y	
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2024-03-19	1000	<b>Luke Nguyen's Street Food Asia</b>	Bangkok, Thailand - Part 1	Bangkok is filled with different street food vendors on every corner. Luke stumbles across hidden stalls and learns how to cook Thai Coconut Pudding.	AUSTRALIA	English-100	RPT	G		Y	Y
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2024-03-19	1200	<b>Long Weekend In... With Rory O'Connell</b>	Bath	After a delicious exploration of Bath, Rory makes the perfect recipe to remind him of his trip, his own version of a Bath Bun.	IRELAND	English-100		G		
2024-03-19	1230	<b>The Cook And The Chef</b>	Pheasants And Mushrooms	Maggie Beer, the cook who in so many ways defines regional cuisine, owes her success to what she describes as the 'audacity' to embark on a journey based on nothing more than an instinct to cook.	AUSTRALIA	English-100		G		
2024-03-19	1300	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 77	Khanh and Elena are in the My Market Kitchen today cooking a Pinoy Chicken & Grilled Bok Choy, Green Curry Prawn Toast and Fish Patties.	AUSTRALIA	English-100		G		
2024-03-19	1330	<b>David Rocco's Dolce Homemade</b>	Puglia	David and guest Mattia Pagliara prepare traditional dishes from Puglia, a small region in Southern Italy that just doesn't get the respect it deserves when it comes to food.	CANADA	English-100		PG		
2024-03-19	1400	<b>Pati's Mexican Table</b>	History Of Oaxaca Cuisine	Pati takes viewers on a deep dive into the history of Oaxacan cuisine from its pre-Hispanic origins, to the introduction of Spanish techniques, and finally modern day movements.	USA	English-100		PG		Y
2024-03-19	1430	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce Australia has to offer. In this episode, the Niagara cafe in Gundagai, and Turkish delights in Melbourne.	AUSTRALIA	English-100	RPT	G		Y
2024-03-19	1500	<b>Middle East Feast With Shane Delia</b>	Freshly Baked	Nothing says Middle Eastern hospitality like fresh pastries do. Shane and special guest Haikal Raji offer their best dough and bread recipes, the heart and soul of Middle Eastern food culture.	AUSTRALIA	English-100		G		Y
2024-03-19	1530	<b>Jamie's Kitchen</b>	Jamie's Kitchen Series 1 Ep 7	While Jamie is on paternity leave, the trainee chefs start taking days off work behind his back. And when he returns to the restaurant he discovers that two of them have decided to throw in the towel.	UNITED KINGDOM	English-100		PG		I
2024-03-19	1630	<b>Poh &amp; Co.</b>	Family	Poh learns how to make traditional Chinese zong dumplings from her mother. Andre Ursini takes Poh to visit his Aunt Anne's certified biodynamic farm, and the pair improvise several dishes.	AUSTRALIA	English-100	RPT	G		Y
2024-03-19	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 47	Justine makes chicken wrapped in nori and a fragrant mixed fruit and frangipane galette. Adam Swanson drops in to make his lentil, mushroom and pancetta casarecce brodo.	AUSTRALIA	English-100		G		
2024-03-19	1730	<b>Palisa Anderson's Water Heart Food</b>	Third Culture Cooks	Palisa meets up with two old friends - fellow second-generation Thais Ari Walpole and Mahalia Barnes. They visit the Sydney Fish Market, and cook some delicious Thai-inspired recipes.	AUSTRALIA	English-100		G		Y
2024-03-19	1800	<b>Luke Nguyen's Street Food Asia</b>	Bangkok, Thailand - Part 2	Luke continues his journey through the backstreets of Bangkok uncovering secret street food eats in a local neighbourhood searching for the best Tom Yum soup.	AUSTRALIA	English-100	RPT	G		Y
2024-03-19	1830	<b>Lidia's Kitchen</b>	Cheese Please!	In Italy, it's hard to find a meal without formaggio or cheese on the table. Lidia explains the culture of milk cheeses. Recipes include: chopped salad, tomato zucchini bread lasagna, beef rolls.	USA	English-100		G		

2024-03-19	1900	<b>The Cook Up With Adam Liaw</b>	Cook Once Eat Twice	It's the ultimate night of tasty kitchen efficiency. Adam and his guests, NSW Good Food Guide Young Chef of the Year Shashank Achuta and The Good Farm Shop's Scott Gooding cook once but eat twice.	AUSTRALIA	English-100	G			
2024-03-19	1930	<b>Mary Berry's Love To Cook</b>	On A Budget	For Mary Berry watching the pennies doesn't mean sacrificing on flavour - even an economical steak is on the menu - with her secrets of cooking from scratch in a frugal kitchen.	UNITED KINGDOM	English-100	G			
2024-03-19	2000	<b>Selena + Chef</b>	Selena + JJ Johnson	James Beard Award-winning author, humanitarian, and true talent in the kitchen, JJ Johnson, shows Selena how to pull off a flavourful seafood gumbo - inspired by his time cooking in West Africa.	USA	English-100	PG		Y	
2024-03-19	2030	<b>Choccywoccydoodah: Starstruck</b>	Wesley Snipes	The chocolatiers are back with a bang as this time Hollywood great Wesley Snipes challenges them to come up with their most explosive cake to date. He wants an action hero cake for his A-list friends.	UNITED KINGDOM	English-100	PG	a l		
2024-03-19	2130	<b>Come Dine With Me UK</b>	North Essex: Kelly	Mother of two, Kelly, takes her guests on a Mexican adventure with plans to make 'fun' the forefront of her evening. Will there be enough good times to get Kelly on track for 1000 pounds?	UNITED KINGDOM	English-100	PG			
2024-03-19	2200	<b>Come Dine With Me UK</b>	North Essex: Sohan	Smooth supporting artiste, Sohan brings an international flavour to his colourful party inspired by his Punjabi and Kenyan heritage, while also teaching his guests some Swahili! Will it be enough?	UNITED KINGDOM	English-100	PG			
2024-03-19	2230	<b>The Cook Up With Adam Liaw</b>	Cook Once Eat Twice	It's the ultimate night of tasty kitchen efficiency. Adam and his guests, NSW Good Food Guide Young Chef of the Year Shashank Achuta and The Good Farm Shop's Scott Gooding cook once but eat twice.	AUSTRALIA	English-100	G			
2024-03-19	2300	<b>Andrew Zimmern's Wild Game Kitchen</b>	Wild Boar Ragù & Blackened Steelhead	Andrew prepares a traditional Northern Italian-style wild boar ragù. He butchers the boar shoulder, then simmers it over a low fire with red wine and tomatoes to pair with a hearty bowl of pasta.	USA	English-100	G			
2024-03-19	2330	<b>The Cook And The Chef</b>	Pumpkins And Hazelnuts	Simon and Maggie celebrate new season pumpkins. As well as advising everyone to use that bit of spare space at home to grow them.	AUSTRALIA	English-100	G			
2024-03-19	2400	<b>Luke Nguyen's Street Food Asia</b>	Bangkok, Thailand - Part 2	Luke continues his journey through the backstreets of Bangkok uncovering secret street food eats in a local neighbourhood searching for the best Tom Yum soup.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-03-19	2430	<b>Mary Berry's Love To Cook</b>	On A Budget	For Mary Berry watching the pennies doesn't mean sacrificing on flavour - even an economical steak is on the menu - with her secrets of cooking from scratch in a frugal kitchen.	UNITED KINGDOM	English-100	G			
2024-03-19	2500	<b>Selena + Chef</b>	Selena + JJ Johnson	James Beard Award-winning author, humanitarian, and true talent in the kitchen, JJ Johnson, shows Selena how to pull off a flavourful seafood gumbo - inspired by his time cooking in West Africa.	USA	English-100	PG		Y	
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2024-03-19	2625	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 7	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2024-03-19	2630	<b>Come Dine With Me UK</b>	North Essex: Kelly	Mother of two, Kelly, takes her guests on a Mexican adventure with plans to make 'fun' the forefront of her evening. Will there be enough good times to get Kelly on track for 1000 pounds?	UNITED KINGDOM	English-100		PG	
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2024-03-19	2800	<b>Andrew Zimmern's Wild Game Kitchen</b>	Wild Boar Ragù & Blackened Steelhead	Andrew prepares a traditional Northern Italian-style wild boar ragù. He butchers the boar shoulder, then simmers it over a low fire with red wine and tomatoes to pair with a hearty bowl of pasta.	USA	English-100		G	
2024-03-19	2830	<b>The Cook And The Chef</b>	Pumpkins And Hazelnuts	Simon and Maggie celebrate new season pumpkins. As well as advising everyone to use that bit of spare space at home to grow them.	AUSTRALIA	English-100		G	
2024-03-20	0500	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 77	Khanh and Elena are in the My Market Kitchen today cooking a Pinoy Chicken & Grilled Bok Choy, Green Curry Prawn Toast and Fish Patties.	AUSTRALIA	English-100		G	
2024-03-20	0530	<b>David Rocco's Dolce Homemade</b>	Puglia	David and guest Mattia Pagliara prepare traditional dishes from Puglia, a small region in Southern Italy that just doesn't get the respect it deserves when it comes to food.	CANADA	English-100		PG	
2024-03-20	0600	<b>Pati's Mexican Table</b>	History Of Oaxaca Cuisine	Pati takes viewers on a deep dive into the history of Oaxacan cuisine from its pre-Hispanic origins, to the introduction of Spanish techniques, and finally modern day movements.	USA	English-100		PG	Y
2024-03-20	0630	<b>Food Lovers Guide To Australia</b>	Food Lovers Guide To Australia Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce Australia has to offer. In this episode, the Niagara cafe in Gundagai, and Turkish delights in Melbourne.	AUSTRALIA	English-100	RPT	G	Y
2024-03-20	0700	<b>Middle East Feast With Shane Delia</b>	Freshly Baked	Nothing says Middle Eastern hospitality like fresh pastries do. Shane and special guest Haikal Raji offer their best dough and bread recipes, the heart and soul of Middle Eastern food culture.	AUSTRALIA	English-100		G	Y
2024-03-20	0730	<b>Jamie's Kitchen</b>	Jamie's Kitchen Series 1 Ep 7	While Jamie is on paternity leave, the trainee chefs start taking days off work behind his back. And when he returns to the restaurant he discovers that two of them have decided to throw in the towel.	UNITED KINGDOM	English-100		PG	I
2024-03-20	0830	<b>Poh &amp; Co.</b>	Family	Poh learns how to make traditional Chinese zong dumplings from her mother. Andre Ursini takes Poh to visit his Aunt Anne's certified biodynamic farm, and the pair improvise several dishes.	AUSTRALIA	English-100	RPT	G	Y

2024-03-20	0900	<b>Everyday Gourmet With Justine Schofield</b>	Ep 47	Justine makes chicken wrapped in nori and a fragrant mixed fruit and frangipane galette. Adam Swanson drops in to make his lentil, mushroom and pancetta casarecce brodo.	AUSTRALIA	English-100		G		
2024-03-20	0930	<b>Palisa Anderson's Water Heart Food</b>	Third Culture Cooks	Palisa meets up with two old friends - fellow second-generation Thais Ari Walpole and Mahalia Barnes. They visit the Sydney Fish Market, and cook some delicious Thai-inspired recipes.	AUSTRALIA	English-100		G		Y
2024-03-20	1000	<b>Luke Nguyen's Street Food Asia</b>	Bangkok, Thailand - Part 2	Luke continues his journey through the backstreets of Bangkok uncovering secret street food eats in a local neighbourhood searching for the best Tom Yum soup.	AUSTRALIA	English-100	RPT	G		Y Y
2024-03-20	1030	<b>Lidia's Kitchen</b>	Cheese Please!	In Italy, it's hard to find a meal without formaggio or cheese on the table. Lidia explains the culture of milk cheeses. Recipes include: chopped salad, tomato zucchini bread lasagna, beef rolls.	USA	English-100		G		
2024-03-20	1100	<b>The Cook Up With Adam Liaw</b>	Cook Once Eat Twice	It's the ultimate night of tasty kitchen efficiency. Adam and his guests, NSW Good Food Guide Young Chef of the Year Shashank Achuta and The Good Farm Shop's Scott Gooding cook once but eat twice.	AUSTRALIA	English-100		G		
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2024-03-20	1200	<b>Selena + Chef</b>	Selena + Jj Johnson	James Beard Award-winning author, humanitarian, and true talent in the kitchen, JJ Johnson, shows Selena how to pull off a flavourful seafood gumbo - inspired by his time cooking in West Africa.	USA	English-100		PG		Y
2024-03-20	1230	<b>The Cook And The Chef</b>	Pumpkins And Hazelnuts	Simon and Maggie celebrate new season pumpkins. As well as advising everyone to use that bit of spare space at home to grow them.	AUSTRALIA	English-100		G		
2024-03-20	1300	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 78	Today on My Market Kitchen Elena is joined by Mimi Baines who is cooking a Japanese inspired Beef Tartare. Then Khanh is making his famous Crispy Pork Belly with Ribbon Salad.	AUSTRALIA	English-100		G		
2024-03-20	1330	<b>David Rocco's Dolce Homemade</b>	Burrata	Together with David and his daughters, Emma and Giorgia, they work together to make mozzarella and burrata from scratch.	CANADA	English-100		G		
2024-03-20	1400	<b>Pati's Mexican Table</b>	Queen In The Land Of Gods, A	Pati travels to the small town of Teotitlan de Valle to meet with one of the best cooks in Oaxaca, Abigail Mendoza.	USA	English-100		G		Y
2024-03-20	1430	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 1	Maeve O'Meara and Joanna Savill continue to explore the best food around. In this episode, wild barramundi in the Gulf of Carpentaria, Thai food in Kings Cross, and Greek food in SA.	AUSTRALIA	English-100	RPT	G		Y Y
2024-03-20	1500	<b>Middle East Feast With Shane Delia</b>	Comfort Food	Tom Sarafian joins host Shane Delia in the kitchen to focus on the best of slow-cooked comfort food, and Shane gives the secrets to his impressive slow-roasted lamb shoulder.	AUSTRALIA	English-100		G		Y

2024-03-20	1530	<b>Ainsley's Good Mood Food</b>	Seaside Delights	Ainsley is inspired by the tastes and delights of the seaside - he starts with a taste of Italy making his crab and lemon linguine with pangrattato.	UNITED KINGDOM	English-100		G			
2024-03-20	1625	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y	
2024-03-20	1630	<b>Poh &amp; Co.</b>	Community	The front yard is ready for planting at last and Poh and Jono choose a big range of seedlings and young plants at the nursery, and meet an adventurous young chef.	AUSTRALIA	English-100	RPT	G		Y	
2024-03-20	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 48	Daniela Fra shows you her recipe for a healthy coco-choc granola and Justine whips up her honey soy chicken with Chinese broccoli and her trout rillettes.	AUSTRALIA	English-100		G			
2024-03-20	1730	<b>Palisa Anderson's Water Heart Food</b>	On Origins	Palisa meets two well-known Sydney-based chefs - Paul Carmichael and Martin Boetz - to explore how cuisines from different countries can mingle and influence each other.	AUSTRALIA	English-100		G		Y	
2024-03-20	1800	<b>Luke Nguyen's Street Food Asia</b>	Kuala Lumpur, Malaysia - Part 1	Luke meets his friend Tana in Brickfields, filled with a variety of different Indian dishes.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-03-20	1830	<b>Lidia's Kitchen</b>	Family Meal	There is nothing more important to Lidia than gathering around the table with her family to share a meal. She makes balsamic chicken stir fry, a traditional frico recipe, and grape ricotta pizza.	USA	English-100		G			
2024-03-20	1900	<b>The Cook Up With Adam Liaw</b>	Divine Desserts	Satisfy your sweet tooth with divine desserts from chef Sarah Todd, Councillor and author Yvonne Weldon, and Adam.	AUSTRALIA	English-100		G			
2024-03-20	1930	<b>Adam and Poh's Great Australian Bites</b>	Gippsland	Adam and Poh head to one of Australia's great food bowls, Gippsland in Victoria. They want to discover what it is we love about simple home cooking and attempt to make the ultimate Aussie family meal.	AUSTRALIA	English-100		G		Y	
2024-03-20	2000	<b>Tastes Of The Tropics: Troppo Kitchen</b>	Taste Of The Tropics: Troppo Kitchen	Chef Nick Holloway travels across Far North Queensland to source the best ingredients for a tropical feast. Along the way he'll meet and discover the people, places, and beautiful stories there.	AUSTRALIA	English-100		PG			
2024-03-20	2030	<b>James Martin's Spanish Adventure</b>	Catalonia	In Catalonia, James visits the Boqueria market, eats Catalan Paella in Sitges, and takes a tour of a cava vineyard. He cooks cod, spatchcock chicken, cannelloni, and fruit in cava creme anglaise.	UNITED KINGDOM	English-100		PG	a w		Y
2024-03-20	2130	<b>Come Dine With Me UK</b>	North Essex: Paula	Podiatrist, Paula, loves all things retro and treats her guests to a nostalgic night with old school foodie classics and some seventies songs. Despite the awkwardness, has she done enough to win?	UNITED KINGDOM	English-100		PG			
2024-03-20	2200	<b>Come Dine With Me UK</b>	North Essex: Marta	Straight talking accountant, Marta, lays on a Polish wedding for her guests and with bickering, some dodgy food and singing it turns out to be a classic wedding! Will it be good enough to win?	UNITED KINGDOM	English-100		PG			Y

2024-03-20	2230	<b>The Cook Up With Adam Liaw</b>	Divine Desserts	Satisfy your sweet tooth with divine desserts from chef Sarah Todd, Councillor and author Yvonne Weldon, and Adam.	AUSTRALIA	English-100		G		
2024-03-20	2300	<b>Andrew Zimmern's Wild Game Kitchen</b>	Grilled Quail Noodle Salad & Braised Antelope Stew	Andrew Zimmern shares his favourite Vietnamese-inspired cold noodle salad, topped with a spicy herb sauce, lots of colourful fresh vegetables and perfectly grilled quail.	USA	English-100		G		
2024-03-20	2330	<b>The Cook And The Chef</b>	Year Of The Pig	It's the Chinese Year of the Pig, and Maggie and Simon are celebrating in the best way possible by sharing pork recipes.	AUSTRALIA	English-100		G		
2024-03-20	2400	<b>Luke Nguyen's Street Food Asia</b>	Kuala Lumpur, Malaysia - Part 1	Luke meets his friend Tana in Brickfields, filled with a variety of different Indian dishes.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-03-20	2430	<b>Adam and Poh's Great Australian Bites</b>	Gippsland	Adam and Poh head to one of Australia's great food bowls, Gippsland in Victoria. They want to discover what it is we love about simple home cooking and attempt to make the ultimate Aussie family meal.	AUSTRALIA	English-100		G	Y	
2024-03-20	2500	<b>Tastes Of The Tropics: Troppo Kitchen</b>	Taste Of The Tropics: Troppo Kitchen	Chef Nick Holloway travels across Far North Queensland to source the best ingredients for a tropical feast. Along the way he'll meet and discover the people, places, and beautiful stories there.	AUSTRALIA	English-100		PG		
2024-03-20	2530	<b>James Martin's Spanish Adventure</b>	Catalonia	In Catalonia, James visits the Boqueria market, eats Catalan Paella in Sitges, and takes a tour of a cava vineyard. He cooks cod, spatchcock chicken, cannelloni, and fruit in cava creme anglaise.	UNITED KINGDOM	English-100		PG	a w	Y
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2024-03-20	2800	<b>Andrew Zimmern's Wild Game Kitchen</b>	Grilled Quail Noodle Salad & Braised Antelope Stew	Andrew Zimmern shares his favourite Vietnamese-inspired cold noodle salad, topped with a spicy herb sauce, lots of colourful fresh vegetables and perfectly grilled quail.	USA	English-100		G		
2024-03-20	2830	<b>The Cook And The Chef</b>	Year Of The Pig	It's the Chinese Year of the Pig, and Maggie and Simon are celebrating in the best way possible by sharing pork recipes.	AUSTRALIA	English-100		G		
2024-03-21	0500	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 78	Today on My Market Kitchen Elena is joined by Mimi Baines who is cooking a Japanese inspired Beef Tartare. Then Khanh is making his famous Crispy Pork Belly with Ribbon Salad.	AUSTRALIA	English-100		G		

2024-03-21	0530	<b>David Rocco's Dolce Homemade</b>	Burrata	Together with David and his daughters, Emma and Giorgia, they work together to make mozzarella and burrata from scratch.	CANADA	English-100		G		
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2024-03-21	0700	<b>Middle East Feast With Shane Delia</b>	Comfort Food	Tom Sarafian joins host Shane Delia in the kitchen to focus on the best of slow-cooked comfort food, and Shane gives the secrets to his impressive slow-roasted lamb shoulder.	AUSTRALIA	English-100		G		Y
2024-03-21	0730	<b>Ainsley's Good Mood Food</b>	Seaside Delights	Ainsley is inspired by the tastes and delights of the seaside - he starts with a taste of Italy making his crab and lemon linguine with pangrattato.	UNITED KINGDOM	English-100		G		
2024-03-21	0825	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-03-21	0830	<b>Poh &amp; Co.</b>	Community	The front yard is ready for planting at last and Poh and Jono choose a big range of seedlings and young plants at the nursery, and meet an adventurous young chef.	AUSTRALIA	English-100	RPT	G		Y
2024-03-21	0900	<b>Everyday Gourmet With Justine Schofield</b>	Ep 48	Daniela Fra shows you her recipe for a healthy coco-choc granola and Justine whips up her honey soy chicken with Chinese broccoli and her trout rilletes.	AUSTRALIA	English-100		G		
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2024-03-21	1000	<b>Luke Nguyen's Street Food Asia</b>	Kuala Lumpur, Malaysia - Part 1	Luke meets his friend Tana in Brickfields, filled with a variety of different Indian dishes.	AUSTRALIA	English-100	RPT	G		Y Y
2024-03-21	1030	<b>Lidia's Kitchen</b>	Family Meal	There is nothing more important to Lidia than gathering around the table with her family to share a meal. She makes balsamic chicken stir fry, a traditional frico recipe, and grape ricotta pizza.	USA	English-100		G		
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2024-03-21	1130	<b>Adam and Poh's Great Australian Bites</b>	Gippsland	Adam and Poh head to one of Australia's great food bowls, Gippsland in Victoria. They want to discover what it is we love about simple home cooking and attempt to make the ultimate Aussie family meal.	AUSTRALIA	English-100		G		Y

2024-03-21	1200	<b>Tastes Of The Tropics: Troppo Kitchen</b>	Taste Of The Tropics: Troppo Kitchen	Chef Nick Holloway travels across Far North Queensland to source the best ingredients for a tropical feast. Along the way he'll meet and discover the people, places, and beautiful stories there.	AUSTRALIA	English-100		PG			
2024-03-21	1230	<b>The Cook And The Chef</b>	Year Of The Pig	It's the Chinese Year of the Pig, and Maggie and Simon are celebrating in the best way possible by sharing pork recipes.	AUSTRALIA	English-100		G			
2024-03-21	1300	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 79	Today on My Market Kitchen, Elena shows Khanh her favourite way to use leftovers with her Scrappy Chicken Soup.	AUSTRALIA	English-100		G			
2024-03-21	1330	<b>David Rocco's Dolce Homemade</b>	Pizza	David and guest Rocco Agostino take pizza making to the next level. Who knew pizza dunked in cappuccino could make the perfect combination.	CANADA	English-100		G			
2024-03-21	1400	<b>Pati's Mexican Table</b>	Mezcal Trail, The	Pati takes a drive to a region in Oaxaca known for producing some of the best mezcal in all of Mexico. She meets the producer of a small family-run operation and learns how mezcal is made.	USA	English-100		G		Y	
2024-03-21	1430	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 2	Maeve O'Meara and Joanna Savill continue to explore the best food around. Today, Japanese seaweed from Tasmania, Mediterranean-Australian cuisine, and food for Chinese New Year.	AUSTRALIA	English-100	RPT	G		Y	
2024-03-21	1500	<b>Middle East Feast With Shane Delia</b>	Bbq	Using cooking methods that have been perfected over time, Shane brings beautiful smoky flavours to some prawns, and Emir Ukur joins in with his recipe for the most famous Middle Eastern dish, kebab.	AUSTRALIA	English-100		G		Y	
2024-03-21	1530	<b>Ainsley's Good Mood Food</b>	Fruits And Berries	Ainsley is feeling fruity! In this episode, all his dishes use fruit - he begins with a dish from his travels, Rose Harissa Chicken Tagine with Apricots and Chickpeas.	UNITED KINGDOM	English-100		G			
2024-03-21	1625	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y	
2024-03-21	1630	<b>Poh &amp; Co.</b>	Love... And Pizza!	Poh and Jono start building a wood-fired pizza oven to enhance their outdoor entertaining area, so of course Poh enlists Andre's help to find a good tutor in the art of pizza dough.	AUSTRALIA	English-100	RPT	G		Y	
2024-03-21	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 49	Justine makes her Sicilian pork sausage ragu with pearl couscous, bakes some delicious almond cookies and is joined by Anjum Anand for the Quickest Ever Tarka Dal.	AUSTRALIA	English-100		G			
2024-03-21	1730	<b>Palisa Anderson's Water Heart Food</b>	Sauce Of It All, The	Palisa visits two well-known Byron-based chefs - Ben Devlin and Jason Saxby - to explore the idea of combining traditional cooking methods with the use of the local ingredients.	AUSTRALIA	English-100		G		Y	
2024-03-21	1800	<b>Luke Nguyen's Street Food Asia</b>	Kuala Lumpur, Malaysia, Part 2	Luke continues unearthing different street foods in Kuala Lumpur, starting at the central Jalan Imbi market.	AUSTRALIA	English-100	RPT	G		Y	Y



2024-03-21	1830	<b>Lidia's Kitchen</b>	An Italian Lunchbox	In Italy, a leisure lunch is just as important as dinner. Lidia shares ideas to make the American tradition more Italian; prosciutto cotto salad, cherry jam tart, and a scallion egg sandwich.	USA	English-100		G		
2024-03-21	1900	<b>The Cook Up With Adam Liaw</b>	Quick & Cosy	In Italy, a leisure lunch is just as important as dinner. Lidia shares ideas to make the American tradition more Italian; prosciutto cotto salad, cherry jam tart, and a scallion egg sandwich.	AUSTRALIA	English-100		G		
2024-03-21	1930	<b>Mary Berry's Easter Feasts</b>	Ep 1	Traditions followed by British families during Lent and Good Friday.	UNITED KINGDOM	English-100		G		
2024-03-21	2030	<b>Rick Stein's India</b>	Mumbai And Pondicherry	Rick explores the melting pot that is Mumbai in search of the bombil, the fish that immortalised Bombay Duck. He also gets to enjoy Parsee hospitality and learn about their contribution to India.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2024-03-21	2140	<b>Come Dine With Me UK</b>	North Essex: Brad	Parkour instructor, Brad, has been outspoken all week and now it's time for him to put his money where his mouth is and impress his fellow contestants. Will he bite off more than he can chew?	UNITED KINGDOM	English-100		PG		
2024-03-21	2205	<b>Come Dine With Me UK</b>	Cardiff: Tracey	Mental health support worker and budding singer, Tracey, brings in a Caribbean carnival, but will her Jamaican scotch bonnet be too much for her guests?	UNITED KINGDOM	English-100		PG	a	Y
2024-03-21	2230	<b>The Cook Up With Adam Liaw</b>	Quick & Cosy	In Italy, a leisure lunch is just as important as dinner. Lidia shares ideas to make the American tradition more Italian; prosciutto cotto salad, cherry jam tart, and a scallion egg sandwich.	AUSTRALIA	English-100		G		
2024-03-21	2300	<b>Andrew Zimmern's Wild Game Kitchen</b>	Five Spice Roasted Goose & Grilled Striped Bass	Andrew Zimmern sets up an Argentinean-style grill in his fire pit, creating a ring of coals to cook a whole goose in on a vertical roaster. It's his version of Peking-style goose.	USA	English-100		G		
2024-03-21	2330	<b>The Cook And The Chef</b>	Middle Eastern Cuisine	Maggie and Simon's culinary worlds meet in the middle, the Middle East. Both our cook and chef have been greatly influenced by the cuisine from this ancient land and are eager to share it with us.	AUSTRALIA	English-100		G		
2024-03-21	2400	<b>Luke Nguyen's Street Food Asia</b>	Kuala Lumpur, Malaysia, Part 2	Luke continues unearthing different street foods in Kuala Lumpur, starting at the central Jalan Imbi market.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-03-21	2430	<b>Mary Berry's Easter Feasts</b>	Ep 1	Traditions followed by British families during Lent and Good Friday.	UNITED KINGDOM	English-100		G		
2024-03-21	2530	<b>Rick Stein's India</b>	Mumbai And Pondicherry	Rick explores the melting pot that is Mumbai in search of the bombil, the fish that immortalised Bombay Duck. He also gets to enjoy Parsee hospitality and learn about their contribution to India.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2024-03-21	2640	<b>Come Dine With Me UK</b>	North Essex: Brad	Parkour instructor, Brad, has been outspoken all week and now it's time for him to put his money where his mouth is and impress his fellow contestants. Will he bite off more than he can chew?	UNITED KINGDOM	English-100		PG		

2024-03-21	2705	<b>Come Dine With Me UK</b>	Cardiff: Tracey	Mental health support worker and budding singer, Tracey, brings in a Caribbean carnival, but will her Jamaican scotch bonnet be too much for her guests?	UNITED KINGDOM	English-100	PG	a	Y
2024-03-21	2730	<b>The Cook Up With Adam Liaw</b>	Quick & Cosy	In Italy, a leisure lunch is just as important as dinner. Lidia shares ideas to make the American tradition more Italian; prosciutto cotto salad, cherry jam tart, and a scallion egg sandwich.	AUSTRALIA	English-100	G		
2024-03-21	2800	<b>Andrew Zimmern's Wild Game Kitchen</b>	Five Spice Roasted Goose & Grilled Striped Bass	Andrew Zimmern sets up an Argentinean-style grill in his fire pit, creating a ring of coals to cook a whole goose in on a vertical roaster. It's his version of Peking-style goose.	USA	English-100	G		
2024-03-21	2830	<b>The Cook And The Chef</b>	Middle Eastern Cuisine	Maggie and Simon's culinary worlds meet in the middle, the Middle East. Both our cook and chef have been greatly influenced by the cuisine from this ancient land and are eager to share it with us.	AUSTRALIA	English-100	G		
2024-03-22	0500	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 79	Today on My Market Kitchen, Elena shows Khanh her favourite way to use leftovers with her Scrappy Chicken Soup.	AUSTRALIA	English-100	G		
2024-03-22	0530	<b>David Rocco's Dolce Homemade</b>	Pizza	David and guest Rocco Agostino take pizza making to the next level. Who knew pizza dunked in cappuccino could make the perfect combination.	CANADA	English-100	G		
2024-03-22	0600	<b>Pati's Mexican Table</b>	Mezcal Trail, The	Pati takes a drive to a region in Oaxaca known for producing some of the best mezcal in all of Mexico. She meets the producer of a small family-run operation and learns how mezcal is made.	USA	English-100	G		Y
2024-03-22	0630	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 2	Maeve O'Meara and Joanna Savill continue to explore the best food around. Today, Japanese seaweed from Tasmania, Mediterranean-Australian cuisine, and food for Chinese New Year.	AUSTRALIA	English-100	RPT	G	Y
2024-03-22	0700	<b>Middle East Feast With Shane Delia</b>	Bbq	Using cooking methods that have been perfected over time, Shane brings beautiful smoky flavours to some prawns, and Emir Ukur joins in with his recipe for the most famous Middle Eastern dish, kebab.	AUSTRALIA	English-100	G		Y
2024-03-22	0730	<b>Ainsley's Good Mood Food</b>	Fruits And Berries	Ainsley is feeling fruity! In this episode, all his dishes use fruit - he begins with a dish from his travels, Rose Harissa Chicken Tagine with Apricots and Chickpeas.	UNITED KINGDOM	English-100	G		
2024-03-22	0825	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2024-03-22	0830	<b>Poh &amp; Co.</b>	Love... And Pizza!	Poh and Jono start building a wood-fired pizza oven to enhance their outdoor entertaining area, so of course Poh enlists Andre's help to find a good tutor in the art of pizza dough.	AUSTRALIA	English-100	RPT	G	Y
2024-03-22	0900	<b>Everyday Gourmet With Justine Schofield</b>	Ep 49	Justine makes her Sicilian pork sausage ragu with pearl couscous, bakes some delicious almond cookies and is joined by Anjum Anand for the Quickest Ever Tarka Dal.	AUSTRALIA	English-100	G		

2024-03-22	0930	<b>Palisa Anderson's Water Heart Food</b>	Sauce Of It All, The	Palisa visits two well-known Byron-based chefs - Ben Devlin and Jason Saxby - to explore the idea of combining traditional cooking methods with the use of the local ingredients.	AUSTRALIA	English-100		G	Y	
2024-03-22	1000	<b>Luke Nguyen's Street Food Asia</b>	Kuala Lumpur, Malaysia, Part 2	Luke continues unearthing different street foods in Kuala Lumpur, starting at the central Jalan Imbi market.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-03-22	1030	<b>Lidia's Kitchen</b>	An Italian Lunchbox	In Italy, a leisure lunch is just as important as dinner. Lidia shares ideas to make the American tradition more Italian; prosciutto cotto salad, cherry jam tart, and a scallion egg sandwich.	USA	English-100		G		
2024-03-22	1100	<b>The Cook Up With Adam Liaw</b>	Quick & Cosy	In Italy, a leisure lunch is just as important as dinner. Lidia shares ideas to make the American tradition more Italian; prosciutto cotto salad, cherry jam tart, and a scallion egg sandwich.	AUSTRALIA	English-100		G		
2024-03-22	1130	<b>Mary Berry's Easter Feasts</b>	Ep 1	Traditions followed by British families during Lent and Good Friday.	UNITED KINGDOM	English-100		G		
2024-03-22	1230	<b>The Cook And The Chef</b>	Middle Eastern Cuisine	Maggie and Simon's culinary worlds meet in the middle, the Middle East. Both our cook and chef have been greatly influenced by the cuisine from this ancient land and are eager to share it with us.	AUSTRALIA	English-100		G		
2024-03-22	1300	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 80	On My Market Kitchen today Elena cooks some Crispy Crunchy Sprouts, then Khanh brings his friend Naheda in to make a Deconstructed Baba Ganoush.	AUSTRALIA	English-100		G		
2024-03-22	1330	<b>David Rocco's Dolce Homemade</b>	Punjab	David and guest Rup Magon, a musician, actor and food lover from Montreal, spend the day recreating traditional Indian dishes filling the air with aroma and spices.	CANADA	English-100		G		
2024-03-22	1400	<b>Pati's Mexican Table</b>	From Pueblo To City	Pati spends a day with one of Oaxaca's best-known chefs and owner of Casa Oaxaca, Alex Ruiz.	USA	English-100		G		Y
2024-03-22	1430	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 3	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to Port Douglas, and Malaysian sweet delights.	AUSTRALIA	English-100	RPT	G	Y	
2024-03-22	1500	<b>Middle East Feast With Shane Delia</b>	Meze	Shane is helped in the kitchen by special guests Linda Jones and Joseph Abboud to bring a perfect feast of meze (an assortment of small Middle Eastern dishes) to the table.	AUSTRALIA	English-100		G	Y	
2024-03-22	1530	<b>Ainsley's Good Mood Food</b>	Eggs	Ainsley is EGG-xited to explore the wonderful world of eggs. He kicks things off with a delicious breakfast hash with nduja and kale for a spicy start to the day	UNITED KINGDOM	English-100		G		
2024-03-22	1625	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y	

2024-03-22	1630	<b>Poh &amp; Co.</b>	Celebration	The garden is nearing completion and Poh and Jono decide to have a party to say 'thank you' to everyone who helped and to christen the new pizza oven.	AUSTRALIA	English-100	RPT	G		Y
2024-03-22	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 50	Trish McKenzie bakes her top deck cafe cookies and Justine serves up her spaghetti vongole and a roasted duck breast with tomato braised peas.	AUSTRALIA	English-100		G		
2024-03-22	1730	<b>Palisa Anderson's Water Heart Food</b>	Cooking Country	In Thailand, foraging for wild ingredients and living off what the land provides is a big part of the way people live. In Byron, Indigenous woman Arabella Douglas forages for native ingredients.	AUSTRALIA	English-100		PG	a l w	Y
2024-03-22	1800	<b>Luke Nguyen's Street Food Asia</b>	Jakarta, Indonesia - Part 1	Meeting up with his old friend, Derice, Luke unearths the delicious delicacies of Jakarta's Chinatown, finding the experience a melting pot of diverse cultural cuisines.	AUSTRALIA	English-100	RPT	G		Y Y
2024-03-22	1830	<b>Lidia's Kitchen</b>	Go-To Cravings	Lidia loves to talk about cravings. She makes American-style recipes but with an Italian twist - pan pizza and mozzarella cheeseburger. The culinary chat focuses on chicken cutlets today!	USA	English-100		G		
2024-03-22	1900	<b>The Cook Up With Adam Liaw</b>	Mezze Table, The	Colours and flavours collide on The Mezze Table in a night of Easy Entertaining with Adam and his guests, TikTok legend Mahmoud Ismail and Bloodwood Head Chef Claire Van Vuuren.	AUSTRALIA	English-100		G		
2024-03-22	1930	<b>Rick Stein: From Venice to Istanbul</b>	Croatia	In the Byzantine city of Ravenna, Rick discovers Piadinas, street food dating back to Roman times before crossing the Adriatic Sea to Croatia - a first for Rick - and a chance to discover new dishes.	UNITED KINGDOM	English-100		PG	a w	
2024-03-22	2040	<b>Jamie's Great Britain</b>	West Country, The	Jamie visits the West Country - famous for its pasties, cheddar and delicious scrumpy cider. However, Jamie's in search of less traditional fare too, and tastes some Jamaican cooking in Bristol.	UNITED KINGDOM	English-100		PG		
2024-03-22	2140	<b>Come Dine With Me UK</b>	Cardiff: Nathanael	Business owner, Nathanael, is hoping his sports themed menu will impress his guests and help bag him the 1000 pound prize. Will he have the right tactics for a home win?	UNITED KINGDOM	English-100		PG	a	
2024-03-22	2205	<b>Come Dine With Me UK</b>	Cardiff: Alice	Alice, whose wanderings in wonderland have inspired her to deliver an unusual menu involving cooking preparation with power tools and steaming her main with beer. But will the food be too crazy?	UNITED KINGDOM	English-100		PG		
2024-03-22	2230	<b>The Cook Up With Adam Liaw</b>	Mezze Table, The	Colours and flavours collide on The Mezze Table in a night of Easy Entertaining with Adam and his guests, TikTok legend Mahmoud Ismail and Bloodwood Head Chef Claire Van Vuuren.	AUSTRALIA	English-100		G		
2024-03-22	2300	<b>Andrew Zimmern's Wild Game Kitchen</b>	Chicken Fried Axis Deer & Creole Halibut And Dirty Rice	Andrew Zimmern prepares the ultimate comfort food, a rootsy Americana meal of chicken fried axis deer, cream gravy and ashed potatoes, cooked directly in the hot coals.	USA	English-100		G		
2024-03-22	2330	<b>The Cook And The Chef</b>	Hand Food	How do you eat when you're on the go, wandering around a music festival or even working down a mineshaft? You need something you can eat with your hands.	AUSTRALIA	English-100		G		

2024-03-22	2400	<b>Luke Nguyen's Street Food Asia</b>	Jakarta, Indonesia - Part 1	Meeting up with his old friend, Derice, Luke unearths the delicious delicacies of Jakarta's Chinatown, finding the experience a melting pot of diverse cultural cuisines.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-03-22	2430	<b>Rick Stein: From Venice to Istanbul</b>	Croatia	In the Byzantine city of Ravenna, Rick discovers Piadinas, street food dating back to Roman times before crossing the Adriatic Sea to Croatia - a first for Rick - and a chance to discover new dishes.	UNITED KINGDOM	English-100		PG	a w		
2024-03-22	2540	<b>Jamie's Great Britain</b>	West Country, The	Jamie visits the West Country - famous for its pasties, cheddar and delicious scrumpy cider. However, Jamie's in search of less traditional fare too, and tastes some Jamaican cooking in Bristol.	UNITED KINGDOM	English-100		PG			
2024-03-22	2635	<b>Come Dine With Me UK</b>	Cardiff: Nathanael	Business owner, Nathanael, is hoping his sports themed menu will impress his guests and help bag him the 1000 pound prize. Will he have the right tactics for a home win?	UNITED KINGDOM	English-100		PG	a		
2024-03-22	2705	<b>Come Dine With Me UK</b>	Cardiff: Alice	Alice, whose wanderings in wonderland have inspired her to deliver an unusual menu involving cooking preparation with power tools and steaming her main with beer. But will the food be too crazy?	UNITED KINGDOM	English-100		PG			
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2024-03-22	2800	<b>Andrew Zimmern's Wild Game Kitchen</b>	Chicken Fried Axis Deer & Creole Halibut And Dirty Rice	Andrew Zimmern prepares the ultimate comfort food, a rootsy Americana meal of chicken fried axis deer, cream gravy and ashed potatoes, cooked directly in the hot coals.	USA	English-100		G			
2024-03-22	2830	<b>The Cook And The Chef</b>	Hand Food	How do you eat when you're on the go, wandering around a music festival or even working down a mineshaft? You need something you can eat with your hands.	AUSTRALIA	English-100		G			
2024-03-23	0500	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 80	On My Market Kitchen today Elena cooks some Crispy Crunchy Sprouts, then Khanh brings his friend Naheda in to make a Deconstructed Baba Ganoush.	AUSTRALIA	English-100		G			
2024-03-23	0530	<b>David Rocco's Dolce Homemade</b>	Punjab	David and guest Rup Magon, a musician, actor and food lover from Montreal, spend the day recreating traditional Indian dishes filling the air with aroma and spices.	CANADA	English-100		G			
2024-03-23	0600	<b>Pati's Mexican Table</b>	From Pueblo To City	Pati spends a day with one of Oaxaca's best-known chefs and owner of Casa Oaxaca, Alex Ruiz.	USA	English-100		G			Y
2024-03-23	0630	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 3	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to Port Douglas, and Malaysian sweet delights.	AUSTRALIA	English-100	RPT	G		Y	
2024-03-23	0700	<b>Middle East Feast With Shane Delia</b>	Meze	Shane is helped in the kitchen by special guests Linda Jones and Joseph Abboud to bring a perfect feast of meze (an assortment of small Middle Eastern dishes) to the table.	AUSTRALIA	English-100		G		Y	

2024-03-23	0730	<b>Ainsley's Good Mood Food</b>	Eggs	Ainsley is EGG-xited to explore the wonderful world of eggs. He kicks things off with a delicious breakfast hash with nduja and kale for a spicy start to the day	UNITED KINGDOM	English-100		G			
2024-03-23	0825	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y	
2024-03-23	0830	<b>Poh &amp; Co.</b>	Celebration	The garden is nearing completion and Poh and Jono decide to have a party to say 'thank you' to everyone who helped and to christen the new pizza oven.	AUSTRALIA	English-100	RPT	G		Y	
2024-03-23	0900	<b>Everyday Gourmet With Justine Schofield</b>	Ep 50	Trish McKenzie bakes her top deck cafe cookies and Justine serves up her spaghetti vongole and a roasted duck breast with tomato braised peas.	AUSTRALIA	English-100		G			
2024-03-23	0930	<b>Palisa Anderson's Water Heart Food</b>	Cooking Country	In Thailand, foraging for wild ingredients and living off what the land provides is a big part of the way people live. In Byron, Indigenous woman Arabella Douglas forages for native ingredients.	AUSTRALIA	English-100		PG	a l w	Y	
2024-03-23	1000	<b>Luke Nguyen's Street Food Asia</b>	Jakarta, Indonesia - Part 1	Meeting up with his old friend, Derice, Luke unearths the delicious delicacies of Jakarta's Chinatown, finding the experience a melting pot of diverse cultural cuisines.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-03-23	1030	<b>Lidia's Kitchen</b>	Go-To Cravings	Lidia loves to talk about cravings. She makes American-style recipes but with an Italian twist - pan pizza and mozzarella cheeseburger. The culinary chat focuses on chicken cutlets today!	USA	English-100		G			
2024-03-23	1100	<b>The Cook Up With Adam Liaw</b>	Mezze Table, The	Colours and flavours collide on The Mezze Table in a night of Easy Entertaining with Adam and his guests, TikTok legend Mahmoud Ismail and Bloodwood Head Chef Claire Van Vuuren.	AUSTRALIA	English-100		G			
2024-03-23	1130	<b>Rick Stein: From Venice to Istanbul</b>	Croatia	In the Byzantine city of Ravenna, Rick discovers Piadinas, street food dating back to Roman times before crossing the Adriatic Sea to Croatia - a first for Rick - and a chance to discover new dishes.	UNITED KINGDOM	English-100		PG	a w		
2024-03-23	1235	<b>The Cook And The Chef</b>	Hand Food	How do you eat when you're on the go, wandering around a music festival or even working down a mineshaft? You need something you can eat with your hands.	AUSTRALIA	English-100		G			
2024-03-23	1305	<b>Pati's Mexican Table</b>	From Pueblo To City	Pati spends a day with one of Oaxaca's best-known chefs and owner of Casa Oaxaca, Alex Ruiz.	USA	English-100		G		Y	
2024-03-23	1330	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 3 Ep 3	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a visit to Port Douglas, and Malaysian sweet delights.	AUSTRALIA	English-100	RPT	G		Y	
2024-03-23	1400	<b>Middle East Feast With Shane Delia</b>	Meze	Shane is helped in the kitchen by special guests Linda Jones and Joseph Abboud to bring a perfect feast of meze (an assortment of small Middle Eastern dishes) to the table.	AUSTRALIA	English-100		G		Y	

2024-03-23	1430	<b>John Torode's Ireland</b>	Dublin To The Wicklow Mountain	John meets proprietor and chef Ciaran at this classic Dublin pub. He learns about the role of the pub in Dublin and Irish life, the colourful history of this pub.	UNITED KINGDOM	English-100		G		
2024-03-23	1525	<b>Please Eat Slowly Bitesize</b>	Mango Pancakes	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100		G		
2024-03-23	1530	<b>John Torode's Ireland</b>	Wicklow To Wexford	John visits this beautiful 800-year-old country estate with its own organic farm and restored 17th century gardens. He meets the restaurant chef, Niall, who shows him round the gardens.	UNITED KINGDOM	English-100		G		
2024-03-23	1625	<b>Cook Up With Adam Liaw Bitesize</b>	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
2024-03-23	1630	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 9	There's nothing Giada loves more than an over-the-top costume party and this time she's going all out with a Big Hair Rocker Party! Her friends are coming over dressed as their favourite rock stars.	USA	English-100		G		
2024-03-23	1700	<b>Barefoot Contessa: Back To Basics</b>	Store Bought Is Fine	Store-bought ingredients pass the test for Ina Garten as she makes sweets, treats and more. Ready-made shortcuts wow in her raspberry baked Alaska with fresh raspberry sauce.	USA	English-100		G		
2024-03-23	1730	<b>Khanh Ong's Wild Food</b>	Khanh Ong's Wild Food Series 1 Ep 8	Khanh travels to Tasmania to hunts for truffles, explore a walnut farm and learn about the ethical harvesting of wallaby meat, a protein that is unique to Tasmania.	AUSTRALIA	English-100		PG	a l	Y
2024-03-23	1825	<b>Please Eat Slowly Bitesize</b>	Dumplings	Victor shares his tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right.	AUSTRALIA	English-100		G		
2024-03-23	1830	<b>Evolving Vegan</b>	Austin	Deep in the heart of Texas is a vegan oasis. Mena explores the off-beat Texan Capitol's surprising plant-based bounty: fried 'chicken', larger-than-life biscuits, 'short rib' baos and vegan brisket.	CANADA	English-100		PG	a l	Y
2024-03-23	1930	<b>Jimmy Doherty's New Zealand Escape</b>	Ep 1	Traditions followed by British families during Lent and Good Friday.	NEW ZEALAND	English-100		PG	a w	
2024-03-23	2030	<b>Rick Stein's Food Heroes</b>	North West England	In the middle of the Foot and Mouth crisis, Rick heads North in search of one of his favourite British dishes - Lancashire Hotpot.	UNITED KINGDOM	English-100		PG	a	
2024-03-23	2100	<b>Rick Stein's Food Heroes</b>	South East England	Rick samples whelks at a stall in Bognor Regis, cooks Britain's most popular dish, Steak and Kidney Pudding, explores the delights of a Sussex walled garden, and picks mulberries in Tiptree.	UNITED KINGDOM	English-100		PG	a s w	

2024-03-23	2130	<b>Anthony Bourdain: No Reservations</b>	Vietnam	Chef Anthony Bourdain heads back for seconds to one of his favourite places - Vietnam. At the end, Anthony decides to relocate for a year to write the great Vietnamese novel.	USA	English-100	RPT	PG			
2024-03-23	2225	<b>Destination Flavour China Bitesize</b>	Wenchang Chicken	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.			RPT	G		Y	
2024-03-23	2230	<b>The Wine Show</b>	Wine Show Series 1 Ep 5, The	From their villa HQ in the Italian hills, the boys the head to Chianti and the one time home of Mona Lisa Gherardini, subject of Da Vinci's famous portrait.	UNITED KINGDOM	English-100	RPT	PG		Y	Y
2024-03-23	2330	<b>The Cook And The Chef</b>	Macadamia Nuts And Pasta	Maggie's grandchildren harvest some of her macadamia nuts so she can incorporate them in a delicious biscuit, while Simon uses the nuts to coat a bitey goat cheese.	AUSTRALIA	English-100		G			
2024-03-23	2400	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 9	There's nothing Giada loves more than an over-the-top costume party and this time she's going all out with a Big Hair Rocker Party! Her friends are coming over dressed as their favourite rock stars.	USA	English-100		G			
2024-03-23	2430	<b>John Torode's Ireland</b>	Dublin To The Wicklow Mountain	John meets proprietor and chef Ciaran at this classic Dublin pub. He learns about the role of the pub in Dublin and Irish life, the colourful history of this pub.	UNITED KINGDOM	English-100		G			
2024-03-23	2525	<b>Please Eat Slowly Bitesize</b>	Mango Pancakes	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100		G			
2024-03-23	2530	<b>John Torode's Ireland</b>	Wicklow To Wexford	John visits this beautiful 800-year-old country estate with its own organic farm and restored 17th century gardens. He meets the restaurant chef, Niall, who shows him round the gardens.	UNITED KINGDOM	English-100		G			
2024-03-23	2625	<b>Cook Up With Adam Liaw Bitesize</b>	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	
2024-03-23	2630	<b>Khanh Ong's Wild Food</b>	Khanh Ong's Wild Food Series 1 Ep 8	Khanh travels to Tasmania to hunts for truffles, explore a walnut farm and learn about the ethical harvesting of wallaby meat, a protein that is unique to Tasmania.	AUSTRALIA	English-100		PG	a l	Y	
2024-03-23	2725	<b>Please Eat Slowly Bitesize</b>	Dumplings	Victor shares his tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right.	AUSTRALIA	English-100		G			



2024-03-23	2730	<b>Evolving Vegan</b>	Austin	Deep in the heart of Texas is a vegan oasis. Mena explores the off-beat Texan Capitol's surprising plant-based bounty: fried 'chicken', larger-than-life biscuits, 'short rib' baos and vegan brisket.	CANADA	English-100	PG	a l	Y
2024-03-23	2825	<b>Destination Flavour China Bitesize</b>	Wenchang Chicken	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.			RPT	G	Y
2024-03-23	2830	<b>Barefoot Contessa: Back To Basics</b>	Store Bought Is Fine	Store-bought ingredients pass the test for Ina Garten as she makes sweets, treats and more. Ready-made shortcuts wow in her raspberry baked Alaska with fresh raspberry sauce.	USA	English-100	G		