



WEEK 15: Sunday, 7 April - Saturday, 13 April 2024 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-04-07	0500	Rick Stein's Food Heroes	South East England And Wales	Rick pays a visit to his favourite formal vegetable garden at Chatsworth House, where he also chases chickens and cooks cabbage. Then he crosses the River Severn to sample the delights of Wales.	UNITED KINGDOM	English-100		G			
2024-04-07	0530	Jimmy Doherty's New Zealand Escape	Ep 3	Jimmy harvests sea clams with local fisherman who invented an extraordinary method of farming, then heads to Blenheim's wine country and Wairau Valley as 'Key puta te Wairau'.	NEW ZEALAND	English-100		PG	a w		
2024-04-07	0630	John Torode's Ireland	County Clare And The Burren	John meets Stephen Hegarty, local farmer and Burren expert, and they go for a walk on the limestone pavement of The Burren.	UNITED KINGDOM	English-100		G			
2024-04-07	0725	Destination Flavour China Bitesize	Bamboo Shoots And Cured Ham Stir Fry	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA		RPT	G		Y	Y
2024-04-07	0730	John Torode's Ireland	Aran Islands, Galway And Return To Dublin	John goes to meet David and Jenny O'Halloran of Blath Na Mara at their seaweed factory. Jenny is a local and David is from New Zealand and together they forage and sell seaweed.	UNITED KINGDOM	English-100		G			
2024-04-07	0825	Destination Flavour China Bitesize	Zhajiangmian	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.			RPT	G		Y	Y
2024-04-07	0830	Giada Entertains	Giada Entertains Series 4 Ep 13	Giada and her daughter Jade host an Easter-themed family brunch with a menu that includes Giada's spin on traditional Italian holiday dishes. She whips up Italian cinnamon rolls and eggs benedict.	USA	English-100		G			
2024-04-07	0900	Barefoot Contessa: Back To Basics	Spicy	Some like it hot, so Ina serves up some of her favourite spicy dishes. She starts with an exotic lamb and chickpea curry made with a fragrant mix of spices, and her lobster corn fritters.	USA	English-100		G			
2024-04-07	0930	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 10	Khanh Ong sets up camp on the magnificent Mornington Peninsula to cook a three course meal inspired by his travels.	AUSTRALIA	English-100		PG	a w	Y	
2024-04-07	1025	Please Eat Slowly Bitesize	Yee Sang	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100		G			

2024-04-07	1030	Eva Longoria: Searching For Mexico	Mexico City	Eva Longoria shows us around her adopted second hometown, Mexico City. This is where she met her husband, Pepe, and where they love to spend time with their son, Santi.	USA	English-50; Spanish-50	RPT	G		Y	Y
2024-04-07	1125	Destination Flavour China Bitesize	Bamboo Shoots And Cured Ham Stir Fry	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA		RPT	G		Y	Y
2024-04-07	1130	Rick Stein's Food Heroes	South East England And Wales	Rick pays a visit to his favourite formal vegetable garden at Chatsworth House, where he also chases chickens and cooks cabbage. Then he crosses the River Severn to sample the delights of Wales.	UNITED KINGDOM	English-100		G			
2024-04-07	1200	Rick Stein's Food Heroes	North East England And Scotland	Rick marvels at the salmon making their way back upstream. In the coastal village of Wabberthwaite, the Woodall family have been producing traditionally cured hams and sausages for generations.	UNITED KINGDOM	English-100		G			
2024-04-07	1230	Jimmy Doherty's New Zealand Escape	Ep 3	Jimmy harvests sea clams with local fisherman who invented an extraordinary method of farming, then heads to Blenheim's wine country and Wairau Valley as 'key puta te Wairau'.	NEW ZEALAND	English-100		PG	a w		
2024-04-07	1330	The Cook And The Chef	Spatchcocks And Terrines	Spatchcock and terrines are on the menu this week as Maggie and Simon share with us some of the traditions and ingredients that have influenced their culinary lives.	AUSTRALIA	English-100		G			
2024-04-07	1400	The Cook Up With Adam Liaw	Oodles Of Noodles	Adam gives his guests, multitalented broadcaster Yumi Stynes and renowned chef Victor Liang, oodles of noodles and tells them to use their noodles to make, you guessed it, oodles of noodles.	AUSTRALIA	English-100	RPT	G		Y	
2024-04-07	1430	The Cook Up With Adam Liaw	Fuss Free & Fragrant	Everyday Gourmet's Justine Schofield and chef Paul Farag. Three adjectives: fuss free and fragrant. One delicious night on The Cook Up.	AUSTRALIA	English-100	RPT	G		Y	
2024-04-07	1500	The Cook Up With Adam Liaw	Ace Of Bakes	When a dessert queen and a tennis champ come together, it's all about the ace of bakes. Ann Reardon and Priscilla Hon join Adam for a match-up not to be missed.	AUSTRALIA	English-100	RPT	G		Y	
2024-04-07	1530	The Cook Up With Adam Liaw	Soul Plates	What food do you make for the ones you love? Adam and his guests, chef Martin Benn and hospitality consultant Vicki Wild share their heart warming recipes.	AUSTRALIA	English-100	RPT	PG		Y	
2024-04-07	1600	The Cook Up With Adam Liaw	Eid Al-Fitr Feast, The	Celebrate the end of Ramadan with a night at the Eid al-Fitr Feast. Adam is joined by Malay food sensation Engku Putri Inna Mysara and the whizz behind Racha's Syrian Kitchen, Racha Abou Alchamat.	AUSTRALIA	English-100		G		Y	
2024-04-07	1630	Giada Entertains	Pastabilities	Giada invites her friends over to enjoy a pasta party together. They feast on a menu that includes malloreddus with shrimp and arugula as well as pappardelle with sausage ragu.	USA	English-100		G			
2024-04-07	1700	Barefoot Contessa: Back To Basics	Make Ahead Entertaining	Ina is entertaining, and she's taking the pressure off with all make-ahead dishes. She starts with two easy appetisers - mustard and gruyere batons and warm dates with blue cheese and prosciutto.	USA	English-100		G			

2024-04-07	1730	Taste Of France	Chateau De La Gaudé	With the rich heritage of Aix-en-Provence in southern France, Chateau de la Gaudé is not only a beautiful castle, it also houses a haute cuisine restaurant which recently got its first Michelin star.	SWEDEN	English-50; French-50	G				Y
2024-04-07	1800	Luca's Key Ingredient	Ep 2	Luca shows us his favourite recipes using today's key ingredient, potato.	AUSTRALIA	English-100	G				
2024-04-07	1830	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 2 Ep 5	Michel splashes out on spiny lobster, langoustines, oysters, clams and sea-squirts to make a stunning seafood platter with three dipping sauces.	UNITED KINGDOM	English-100	PG	a s w			Y
2024-04-07	1925	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 7	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	
2024-04-07	1930	A Cotswold Farm Shop	Ep 1	Set in the stunning Cotswold landscape Gloucester Service Station is a family run pitstop like no other. With its shelves stacked, follow the stories behind its items and people.	UNITED KINGDOM	English-100	PG				
2024-04-07	2030	Remarkable Places To Eat	Burgundy	Acclaimed chef Michael Caines takes Fred to Burgundy to amazing places to eat serving the finest French country cooking and exquisite patisserie.	UNITED KINGDOM	English-100	PG				Y
2024-04-07	2130	Anthony Bourdain: No Reservations	San Francisco	San Francisco is a city of districts and contradictions, each one with its own quirks and flavours. Between Chinatown, Haight-Ashbury and Fisherman's Wharf, Tony really can't go wrong.	USA	English-100	RPT	PG	s		
2024-04-07	2225	Cook Up With Adam Liaw Bitesize	Gobi Manchurian	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y	
2024-04-07	2230	The Wine Show	Wine Show Series 1 Ep 10, The	The boys travel north to the mountainous region of Trentino, where they meet an inspirational winemaker who ages her wine in clay urns.	UNITED KINGDOM	English-100	RPT	PG	a w	Y	Y
2024-04-07	2330	The Cook And The Chef	Sugar	This episode is all about sweetness and light, in the form of sugar and glorious North Queensland sunshine. Maggie and Simon begin with a couple of racks.	AUSTRALIA	English-100	G				
2024-04-07	2400	Barefoot Contessa: Back To Basics	Make Ahead Entertaining	Ina is entertaining, and she's taking the pressure off with all make-ahead dishes. She starts with two easy appetisers - mustard and gruyere batons and warm dates with blue cheese and prosciutto.	USA	English-100	G				
2024-04-07	2430	Taste Of France	Chateau De La Gaudé	With the rich heritage of Aix-en-Provence in southern France, Chateau de la Gaudé is not only a beautiful castle, it also houses a haute cuisine restaurant which recently got its first Michelin star.	SWEDEN	English-50; French-50	G				Y
2024-04-07	2500	Luca's Key Ingredient	Ep 2	Luca shows us his favourite recipes using today's key ingredient, potato.	AUSTRALIA	English-100	G				

2024-04-07	2530	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 2 Ep 5	Michel splashes out on spiny lobster, langoustines, oysters, clams and sea-squirts to make a stunning seafood platter with three dipping sauces.	UNITED KINGDOM	English-100		PG	a s w	Y
2024-04-07	2625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 7	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
2024-04-07	2630	A Cotswold Farm Shop	Ep 1	Set in the stunning Cotswold landscape Gloucester Service Station is a family run pitstop like no other. With its shelves stacked, follow the stories behind its items and people.	UNITED KINGDOM	English-100		PG		
2024-04-07	2730	Remarkable Places To Eat	Burgundy	Acclaimed chef Michael Caines takes Fred to Burgundy to amazing places to eat serving the finest French country cooking and exquisite patisserie.	UNITED KINGDOM	English-100		PG		Y
2024-04-07	2830	Giada Entertains	Pastabilities	Giada invites her friends over to enjoy a pasta party together. They feast on a menu that includes malloreddus with shrimp and arugula as well as pappardelle with sausage ragu.	USA	English-100		G		
2024-04-08	0500	The Cook Up With Adam Liaw	Oodles Of Noodles	Adam gives his guests, multitalented broadcaster Yumi Stynes and renowned chef Victor Liang, oodles of noodles and tells them to use their noodles to make, you guessed it, oodles of noodles.	AUSTRALIA	English-100	RPT	G		Y
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2024-04-08	0600	The Cook Up With Adam Liaw	Ace Of Bakes	When a dessert queen and a tennis champ come together, it's all about the ace of bakes. Ann Reardon and Priscilla Hon join Adam for a match-up not to be missed.	AUSTRALIA	English-100	RPT	G		Y
2024-04-08	0630	The Cook Up With Adam Liaw	Soul Plates	What food do you make for the ones you love? Adam and his guests, chef Martin Benn and hospitality consultant Vicki Wild share their heart warming recipes.	AUSTRALIA	English-100	RPT	PG		Y
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2024-04-08	0800	Barefoot Contessa: Back To Basics	Make Ahead Entertaining	Ina is entertaining, and she's taking the pressure off with all make-ahead dishes. She starts with two easy appetisers - mustard and gruyere batons and warm dates with blue cheese and prosciutto.	USA	English-100		G		
2024-04-08	0830	Taste Of France	Chateau De La Gaude	With the rich heritage of Aix-en-Provence in southern France, Chateau de la Gaude is not only a beautiful castle, it also houses a haute cuisine restaurant which recently got its first Michelin star.	SWEDEN	English-50; French-50		G		Y

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2024-04-08	1230	Masters Of Savours	Masters Of Coffee	The world of roasting has been in the midst of a revolution with the so-called 'specialty' coffee. We look at the complexity of this plant through the men and women who watch over it with passion.	FRANCE	English-100		G		
2024-04-08	1330	David Rocco's Dolce Homemade	Bar Aperitivo	From Florence to Toronto, guest Nicholas Madella aka Buba, traveled from Italy to help David start his aperitivo bar, David Rocco Bar Aperitivo.	CANADA	English-100		G		
2024-04-08	1400	Pati's Mexican Table	Ensenada's Epic Seafood	The port town of Ensenada is a seafood mecca. Fresh fish is everywhere you look, and this hub for seafood exportation is also the gateway to Mexican wine country.	USA	English-100		PG	a w	Y
2024-04-08	1430	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, two young indigenous women travel the outback to cook at a huge bush carnival.	AUSTRALIA	English-100	RPT	G		Y
2024-04-08	1500	David Rocco's Dolce Africa	Return Of Ethiopia, The	David speaks with several Ethiopian-born people who have spent the majority of their lives abroad and have recently moved back to the capital city, Addis Ababa.	CANADA	English-100		PG	a	
2024-04-08	1530	Ainsley's Good Mood Food	Herbs And Spices	In today's show, Ainsley shows you how herbs and spices can elevate any dish and take it from good to great. He gets things going with a lamb rogan josh, packed with flavour.	UNITED KINGDOM	English-100		G		
2024-04-08	1625	Destination Flavour Scandinavia Bitesize	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
2024-04-08	1630	Comfort Food With Spencer Watts	Board Game Grazing	On game nights, Spencer pulls out all the stops as we indulge in pepperoni arroncini risotto pops with molten mozza middles and spicy marinara sauce; puffed millet and cornmeal coated chicken.	CANADA	English-100		PG		

2024-04-08	1700	Everyday Gourmet With Justine Schofield	Ep 61	Alvin Quah visits the kitchen to share his recipe for papaya and lentil curry and then Justine shows you a one-pan big brekky and an apple and ginger cream mille-feuille.	AUSTRALIA	English-100	G		
2024-04-08	1730	John Torode's Middle East	Cairo	On this leg of his Middle Eastern adventure John is in Cairo, the largest city in the Middle East and the street food capital of Egypt. John hits the busy city streets to explore the flavours of Cairo	CANADA	English-100	G		
2024-04-08	1800	Luke Nguyen's India	Pondicherry	Luke makes a quick pitstop in Kumbakonam to learn how to make chutneys at the esteemed veg restaurant. Then heads to the picturesque seaside town of Pondicherry and explores Goubert Market.	AUSTRALIA	English-95; Tamil-5	G	Y	Y
2024-04-08	1830	Lidia's Kitchen	Southern Italian Favourites	Lidia loves southern Italy, and some of the Mediterranean staples. She prepares a flavourful bruschetta, a tomato and tropea onion salad, her spicy Bloody Mary, then talks about panzerotti.	USA	English-100	PG	a w	
2024-04-08	1900	The Cook Up With Adam Liaw	Wok This Way	International sensation Martin 'Yan Can Cook!' Yan joins Adam and award-winning food writer Lara Lee for a night of wonderful wok cooking.	AUSTRALIA	English-100		Y	
2024-04-08	1930	How Do They Really Do It?	How Do They Really Do It?: Nando's	Nando's restaurants have become a common sight on our high streets. Get some insight from former employees and industry experts to find out how it became a popular diner destination in the UK.	UNITED KINGDOM	English-100	G		
2024-04-08	2030	Marcus Wareing's Kitchen Garden Tales	Hops	Marcus investigates unusual food flavours that he can use in cooking. From foraging for edible produce to experimenting with his smoker to make chilli butter.	UNITED KINGDOM	English-100	G		
2024-04-08	2100	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 3	Paula is foraging for wild garlic which she will incorporate into a roast onion soup, served with savoury cheese and smoked tomato jam biscuits.	UNITED KINGDOM	English-100	G		
2024-04-08	2130	Come Dine With Me	Exeter-Devon Day 4	Lisa hits a dessert disaster when her ice cream roll is more frozen than it should be. Will a spin in the microwave do the trick or cost her a thousand pounds?	UNITED KINGDOM	English-100	PG	a	
2024-04-08	2200	Come Dine With Me	Exeter-Devon Day 5	Despite her hit and miss food, can Lorna's hosting skills and sense of fun make her a serious contender for the prize?	UNITED KINGDOM	English-100	PG	a l	
2024-04-08	2230	The Cook Up With Adam Liaw	Wok This Way	International sensation Martin 'Yan Can Cook!' Yan joins Adam and award-winning food writer Lara Lee for a night of wonderful wok cooking.	AUSTRALIA	English-100		Y	
2024-04-08	2300	The Cook And The Chef	Alice, The	Maggie takes us to the heart of Australia for the Alice Springs Desert Festival. Maggie was invited to the Festival to help judge one of its major events, the Wild food competition.	AUSTRALIA	English-100	G		
2024-04-08	2330	Jamie & Jimmy's Food Fight Club	Cheese	Jamie and Jimmy put British cheeses nose-to-nose with their French rivals. Alan Carr pops into the cafe for a dangerous game of 'fig roll roulette'.	UNITED KINGDOM	English-100	PG	a l s	

2024-04-08	2425	Destination Flavour Japan Bitesize	Hokkaido	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-04-08	2430	How Do They Really Do It?	How Do They Really Do It?: Nando's	Nando's restaurants have become a common sight on our high streets. Get some insight from former employees and industry experts to find out how it became a popular diner destination in the UK.	UNITED KINGDOM	English-100		G			
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2024-04-08	2830	David Rocco's Dolce Homemade	Bar Aperitivo	From Florence to Toronto, guest Nicholas Madella aka Buba, traveled from Italy to help David start his aperitivo bar, David Rocco Bar Aperitivo.	CANADA	English-100		G			
2024-04-09	0500	Pati's Mexican Table	Ensenada's Epic Seafood	The port town of Ensenada is a seafood mecca. Fresh fish is everywhere you look, and this hub for seafood exportation is also the gateway to Mexican wine country.	USA	English-100		PG	a w		Y
2024-04-09	0530	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, two young indigenous women travel the outback to cook at a huge bush carnival.	AUSTRALIA	English-100	RPT	G		Y	
2024-04-09	0600	David Rocco's Dolce Africa	Return Of Ethiopia, The	David speaks with several Ethiopian-born people who have spent the majority of their lives abroad and have recently moved back to the capital city, Addis Ababa.	CANADA	English-100		PG	a		
2024-04-09	0630	Masters Of Savours	Masters Of Coffee	The world of roasting has been in the midst of a revolution with the so-called 'specialty' coffee. We look at the complexity of this plant through the men and women who watch over it with passion.	FRANCE	English-100		G			

2024-04-09	0730	Ainsley's Good Mood Food	Herbs And Spices	In today's show, Ainsley shows you how herbs and spices can elevate any dish and take it from good to great. He gets things going with a lamb rogan josh, packed with flavour.	UNITED KINGDOM	English-100		G		
2024-04-09	0825	Destination Flavour Scandinavia Bitesize	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
2024-04-09	0830	Comfort Food With Spencer Watts	Board Game Grazing	On game nights, Spencer pulls out all the stops as we indulge in pepperoni arroncini risotto pops with molten mozza middles and spicy marinara sauce; puffed millet and cornmeal coated chicken.	CANADA	English-100		PG		
2024-04-09	0900	Everyday Gourmet With Justine Schofield	Ep 61	Alvin Quah visits the kitchen to share his recipe for papaya and lentil curry and then Justine shows you a one-pan big brekky and an apple and ginger cream mille-feuille.	AUSTRALIA	English-100		G		
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2024-04-09	1000	Luke Nguyen's India	Pondicherry	Luke makes a quick pitstop in Kumbakonam to learn how to make chutneys at the esteemed veg restaurant. Then heads to the picturesque seaside town of Pondicherry and explores Goubert Market.	AUSTRALIA	English-95; Tamil-5		G		Y Y
2024-04-09	1030	Lidia's Kitchen	Southern Italian Favourites	Lidia loves southern Italy, and some of the Mediterranean staples. She prepares a flavourful bruschetta, a tomato and tropea onion salad, her spicy Bloody Mary, then talks about panzerotti.	USA	English-100		PG	a w	
2024-04-09	1100	The Cook Up With Adam Liaw	Wok This Way	International sensation Martin 'Yan Can Cook!' Yan joins Adam and award-winning food writer Lara Lee for a night of wonderful wok cooking.	AUSTRALIA	English-100				Y
2024-04-09	1130	How Do They Really Do It?	How Do They Really Do It?: Nando's	Nando's restaurants have become a common sight on our high streets. Get some insight from former employees and industry experts to find out how it became a popular diner destination in the UK.	UNITED KINGDOM	English-100		G		
2024-04-09	1230	Masters Of Savours	Masters Of Luxury Teas	Tea is likely to become exceptional when it grows on miraculous soil and is handled by experts who respect the land and the plant. Some unexpected countries stand out, like Malawi and Vietnam.	FRANCE	English-100		G		
2024-04-09	1330	David Rocco's Dolce Homemade	Food Truckers, The	If you could decide on one last dish, what would it be? With the help of David's daughters, Emma and Giorgia, the Rocco family cook up their all-time favourite meals.	CANADA	English-100		PG	I	
2024-04-09	1400	Pati's Mexican Table	Baja Breakfast	While in Valle De Guadalupe, Pati visits one of the most legendary cooks in the area, Dona Esthela, who makes the best breakfast as far as the eye can see.	USA	English-100		G		Y
2024-04-09	1430	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 2	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, cultivation of the boab tree in WA, and croquemouche with Jean-Francois Perron.	AUSTRALIA	English-100	RPT	G		Y

2024-04-09	1500	David Rocco's Dolce Africa	Ciao Ethiopia	David meets up with his friend Fabricio, a proud Italian who spent his childhood in Addis Ababa, and together they explore some of the city's espresso cafes and fine Italian eateries.	CANADA	English-100		PG	a l w	Y
2024-04-09	1530	Ainsley's Good Mood Food	Grains And Pulses	Ainsley pays tribute to humble grains and pulses, making the most of their versatility and taste in all his dishes. First up is a sumptuous summery dish of pan-seared sardines with thyme-roasted vine.	UNITED KINGDOM	English-100		G		
2024-04-09	1625	Destination Flavour Scandinavia Bitesize	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
2024-04-09	1630	Comfort Food With Spencer Watts	Any Day Is Game Day	Spencer encourages us to make game day food including BBQ beef and bacon armadillo eggs with chipotle cheddar centres. Then he makes delicious dill pickle chip coated chicken wings with dirty pickles.	CANADA	English-100		PG		
2024-04-09	1700	Everyday Gourmet With Justine Schofield	Ep 62	Justine whips up her speck, kale and ricotta quiche, shares a dish of oam-fried salami on polenta and then is joined by Adam Swanson who makes a fun Italian flag lasagne.	AUSTRALIA	English-100		G		
2024-04-09	1730	John Torode's Middle East	Dubai Emirati	John is in Dubai, not to explore it's futuristic skyscrapers but to explore the food that evolved in Dubai long before those glittering towers were even built.	CANADA	English-100		G		
2024-04-09	1800	Luke Nguyen's India	Chennai	In Pondicherry, Luke joins forces to blend the flavours of the past and present! In the vibrant heart of Chennai Luke partners with fellow food enthusiast Manoj, exploring the city's food gems.	AUSTRALIA	English-98; Tamil-2		PG		Y Y
2024-04-09	1830	Lidia's Kitchen	Sweet & Savoury Fruit	Fruit makes everything better, and it can be used in sweet and savory recipes! Lidia creates a beautiful cheese plate, sausage and apples one-pot, then chats about risotto with orange juice too!	USA	English-100		G		
2024-04-09	1900	The Cook Up With Adam Liaw	Deliciously Cheesy	You feta believe Adam and his grate guests chef Ellie Hayes O'Brien and performer Christie Whelan Browne make everything deliciously cheesy.	AUSTRALIA	English-100		G		Y
2024-04-09	1930	Rachel Khoo's Simple Pleasures	My Childhood Favorites	Rachel Khoo reimagines some all-time favorite dishes with a modern twist. She conjures up a hearty beef and butternut squash stew that's perfect for a cold day.	USA	English-100		G		
2024-04-09	2000	Selena + Chef	Selena + Kelis Rogers	Kelis Rogers is not only a successful singer and songwriter, but also a cookbook author! She introduces Selena to a decadent oxtail yuca poutine and rosemary apple cranberry buckle.	USA	English-100		PG		
2024-04-09	2030	Choccywoccydoodah: Starstruck	Jason Donovan	Actor Jason Donovan challenges the team to come up with their most playful cake to date. Jason wants to present the cast of 'Priscilla, Queen of the Desert' with a cake they can eat and play too.	UNITED KINGDOM	English-100		PG	a	
2024-04-09	2130	Come Dine With Me	Newcastle Day 6	This dinner party shapes up to be an unusual evening with strange food, shocking name reveals and an unexpected dessert. But will it be enough to secure Delphinium a thousand pound prize?	UNITED KINGDOM	English-100		PG	a s	

2024-04-09	2200	Come Dine With Me	Newcastle Day 7	It's art teacher Karen's turn to host and she's looking to impress her guests with a ginger themed menu. Each course will include her favourite spice!	UNITED KINGDOM	English-100		PG	a	
2024-04-09	2230	The Cook Up With Adam Liaw	Deliciously Cheesy	You feta believe Adam and his grate guests chef Ellie Hayes O'Brien and performer Christie Whelan Browne make everything deliciously cheesy.	AUSTRALIA	English-100		G		Y
2024-04-09	2300	The Cook And The Chef	Prawns	We follow Simon as he travels to sunny North Queensland in search of Black Tiger Prawns. Passing through Townsville, he ends up at an ultra-modern prawn farm.	AUSTRALIA	English-100		G		
2024-04-09	2330	Jamie & Jimmy's Food Fight Club	Sausages	Jimmy and Jamie pitch British sausages against their German rivals, and Gwyneth Paltrow comes to the cafe to cook pasta with the boys and face a food fight of her own.	UNITED KINGDOM	English-100		PG	a l	Y
2024-04-09	2425	Destination Flavour Japan Bitesize	Tohoku	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y
2024-04-09	2430	Rachel Khoo's Simple Pleasures	My Childhood Favorites	Rachel Khoo reimagines some all-time favorite dishes with a modern twist. She conjures up a hearty beef and butternut squash stew that's perfect for a cold day.	USA	English-100		G		
2024-04-09	2500	Selena + Chef	Selena + Kelis Rogers	Kelis Rogers is not only a successful singer and songwriter, but also a cookbook author! She introduces Selena to a decadent oxtail yuca poutine and rosemary apple cranberry buckle.	USA	English-100		PG		
2024-04-09	2530	Choccywoccydoodah: Starstruck	Jason Donovan	Actor Jason Donovan challenges the team to come up with their most playful cake to date. Jason wants to present the cast of 'Priscilla, Queen of the Desert' with a cake they can eat and play too.	UNITED KINGDOM	English-100		PG	a	
2024-04-09	2625	Please Eat Slowly Bitesize	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		
2024-04-09	2630	Come Dine With Me	Newcastle Day 6	This dinner party shapes up to be an unusual evening with strange food, shocking name reveals and an unexpected dessert. But will it be enough to secure Delphinium a thousand pound prize?	UNITED KINGDOM	English-100		PG	a s	
2024-04-09	2700	Come Dine With Me	Newcastle Day 7	It's art teacher Karen's turn to host and she's looking to impress her guests with a ginger themed menu. Each course will include her favourite spice!	UNITED KINGDOM	English-100		PG	a	
2024-04-09	2730	Jamie & Jimmy's Food Fight Club	Sausages	Jimmy and Jamie pitch British sausages against their German rivals, and Gwyneth Paltrow comes to the cafe to cook pasta with the boys and face a food fight of her own.	UNITED KINGDOM	English-100		PG	a l	Y
2024-04-09	2825	Destination Flavour Japan Bitesize	Tohoku	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y

2024-04-09	2830	David Rocco's Dolce Homemade	Food Truckers, The	If you could decide on one last dish, what would it be? With the help of David's daughters, Emma and Giorgia, the Rocco family cook up their all-time favourite meals.	CANADA	English-100		PG	I	
2024-04-10	0500	Pati's Mexican Table	Baja Breakfast	While in Valle De Guadalupe, Pati visits one of the most legendary cooks in the area, Dona Esthela, who makes the best breakfast as far as the eye can see.	USA	English-100		G		Y
2024-04-10	0530	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 2	Maeye O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, cultivation of the boab tree in WA, and croquembouche with Jean-Francois Perron.	AUSTRALIA	English-100	RPT	G		Y
2024-04-10	0600	David Rocco's Dolce Africa	Ciao Ethiopia	David meets up with his friend Fabricio, a proud Italian who spent his childhood in Addis Ababa, and together they explore some of the city's espresso cafes and fine Italian eateries.	CANADA	English-100		PG	a l w	Y
2024-04-10	0630	Masters Of Savours	Masters Of Luxury Teas	Tea is likely to become exceptional when it grows on miraculous soil and is handled by experts who respect the land and the plant. Some unexpected countries stand out, like Malawi and Vietnam.	FRANCE	English-100		G		
2024-04-10	0730	Ainsley's Good Mood Food	Grains And Pulses	Ainsley pays tribute to humble grains and pulses, making the most of their versatility and taste in all his dishes. First up is a sumptuous summery dish of pan-seared sardines with thyme-roasted vine.	UNITED KINGDOM	English-100		G		
2024-04-10	0825	Destination Flavour Scandinavia Bitesize	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
2024-04-10	0830	Comfort Food With Spencer Watts	Any Day Is Game Day	Spencer encourages us to make game day food including BBQ beef and bacon armadillo eggs with chipotle cheddar centres. Then he makes delicious dill pickle chip coated chicken wings with dirty pickles.	CANADA	English-100		PG		
2024-04-10	0900	Everyday Gourmet With Justine Schofield	Ep 62	Justine whips up her speck, kale and ricotta quiche, shares a dish of oam-fried salami on polenta and then is joined by Adam Swanson who makes a fun Italian flag lasagne.	AUSTRALIA	English-100		G		
2024-04-10	0930	John Torode's Middle East	Dubai Emirati	John is in Dubai, not to explore it's futuristic skyscrapers but to explore the food that evolved in Dubai long before those glittering towers were even built.	CANADA	English-100		G		
2024-04-10	1000	Luke Nguyen's India	Chennai	In Pondicherry, Luke joins forces to blend the flavours of the past and present! In the vibrant heart of Chennai Luke partners with fellow food enthusiast Manoj, exploring the city's food gems.	AUSTRALIA	English-98; Tamil-2		PG		Y Y
2024-04-10	1030	Lidia's Kitchen	Sweet & Savoury Fruit	Fruit makes everything better, and it can be used in sweet and savory recipes! Lidia creates a beautiful cheese plate, sausage and apples one-pot, then chats about risotto with orange juice too!	USA	English-100		G		
2024-04-10	1100	The Cook Up With Adam Liaw	Deliciously Cheesy	You feta believe Adam and his grate guests chef Ellie Hayes O'Brien and performer Christie Whelan Browne make everything deliciously cheesy.	AUSTRALIA	English-100		G		Y

2024-04-10	1130	Rachel Khoo's Simple Pleasures	My Childhood Favorites	Rachel Khoo reimagines some all-time favorite dishes with a modern twist. She conjures up a hearty beef and butternut squash stew that's perfect for a cold day.	USA	English-100		G		
2024-04-10	1200	Selena + Chef	Selena + Kelis Rogers	Kelis Rogers is not only a successful singer and songwriter, but also a cookbook author! She introduces Selena to a decadent oxtail yuca poutine and rosemary apple cranberry buckle.	USA	English-100		PG		
2024-04-10	1230	Masters Of Savours	Masters Of Chiles	Originating in South and Central America, chilies have enjoyed dazzling success over the world. From India to Thailand, chefs reveal their secrets for bringing out the richness of their aromatic notes.	FRANCE	English-100		PG		
2024-04-10	1330	David Rocco's Dolce Homemade	Favourite Meals	If you could decide on one last dish, what would it be? With the help of David's daughters, Emma and Giorgia, the Rocco family cook up their all-time favourite meals.	CANADA	English-100		PG	a w	
2024-04-10	1400	Pati's Mexican Table	Mexican Wine Country	With over 100 wineries, Valle de Guadalupe has become the hottest new destination, with people traveling from all over to discover this new and exciting region.	USA	English-100		G		Y
2024-04-10	1430	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 3	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a Haigh family tradition of chocolate making, and pastizzi at Gato's Pastizzi.	AUSTRALIA	English-100	RPT	G		Y
2024-04-10	1500	David Rocco's Dolce Africa	Stone Town, Zanzibar	Arriving in Zanzibar, a picturesque island known for its white sand beaches and its cultural melting-pot of African and Arabic culture, David is enchanted by the local people and their way of life.	CANADA	English-100		PG	a d l	
2024-04-10	1530	Ainsley's Good Mood Food	Something Sweet	Ainsley is feeling sweet in today's show, and has added a little sweetness to his dishes, starting off with Vietnamese caramel chilli chicken, a spicy and sweet one-pan wonder!	UNITED KINGDOM	English-100		G		
2024-04-10	1625	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 5	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-04-10	1630	Comfort Food With Spencer Watts	Cheesey	Spencer makes a flavour packed spaetzle mac and cheese. Then he makes a beer cheese soup and goat cheese and tomato strudel, and finally he makes some simple disappearing cheese puffs.	CANADA	English-100		G		
2024-04-10	1700	Everyday Gourmet With Justine Schofield	Ep 63	Johnny Di Francesco joins Justine to make his fig and mascarpone calzone and then Justine makes her duck, mandarin and Brussel sprout salad and some chargrilled butterflied king prawns.	AUSTRALIA	English-100		G		
2024-04-10	1730	John Torode's Middle East	Red Sea	This time John is off to explore one of Egypt's national parks - Wadi El Gamel on the south of Egypt's Red Sea coast.	CANADA	English-100		PG	a w	
2024-04-10	1800	Luke Nguyen's India	Diwali	To celebrate Diwali in Chennai, Luke meets with Ajeeth, one of the best chefs in India who teaches him the secret to traditional Diwali meals for a celebratory dinner party.	AUSTRALIA	English-100		PG		Y Y

2024-04-10	1830	Lidia's Kitchen	Italian Essentials	Let's talks about some of Italian's famous staples - chicken parmigiana, arancini, and Bolognese sauce. Lidia's grandson talks about his strategy for success during their 'sharing recipes' segment.	USA	English-100	G			
2024-04-10	1900	The Cook Up With Adam Liaw	Pantry Improv	Renowned chef Jacqui Challinor and actor-slash-comedian Dave Lawson are saying 'yes, and' to a game of pantry improv with Adam. Don't miss it!	AUSTRALIA	English-100	G		Y	
2024-04-10	1930	Adam and Poh's Great Australian Bites	South Australia	This episode we are going to look at one great Aussie culinary innovation we've gifted to the world! From flat whites, to avo on toast, Aussie baristas and cooks are sought after all over the world.	AUSTRALIA	English-100	PG		Y	
2024-04-10	2000	Nadiya's Spices Made Simple	Feel Good Food	Nadiya starts the series by divulging the eight simple spices she uses ever day, beginning with four feel good dishes - lentil daal, a cheese and onion loaf, a seafood broth, and a classic cheesecake.	UNITED KINGDOM	English-100	G			
2024-04-10	2030	Jason Atherton's Dubai Dishes	Breakfast And Brunch	Jason invites us over for breakfast! For those looking for the best way to start their weekend in the world's best brunch hotspot - he will be cooking a Spanish dish inspired by an English breakfast.	UNITED KINGDOM		G			
2024-04-10	2130	Come Dine With Me	Newcastle Day 8	Tonight will be one for the guests to remember; there's a shock in store for Karen, lots of humble pie for Mark and some very unusual dumplings for Delph and David.	UNITED KINGDOM	English-100	PG			
2024-04-10	2200	Come Dine With Me	Newcastle Day 9	David's grand plan to throw the best dinner party is to serve an elaborate Ibizan style menu of tapas and paella, but has he bitten off more than he can chew?	UNITED KINGDOM	English-100	PG	a		
2024-04-10	2230	The Cook Up With Adam Liaw	Pantry Improv	Renowned chef Jacqui Challinor and actor-slash-comedian Dave Lawson are saying 'yes, and' to a game of pantry improv with Adam. Don't miss it!	AUSTRALIA	English-100	G		Y	
2024-04-10	2300	The Cook And The Chef	Favourite Dishes	Maggie and Simon cook up a few favourites. Simon masters a salty-sweet-sour balance with a vegetarian Pad Thai, while Maggie combines tender squid with capers and leek in a delicious spring salad.	AUSTRALIA	English-100	G			
2024-04-10	2330	Jamie & Jimmy's Food Fight Club	Desserts	Jimmy and Jamie want to see if British puds can beat Italian desserts. Jonathan Ross pops into the cafe to cook an extra-special bread and butter pudding with the boys.	UNITED KINGDOM	English-100	G		Y	
2024-04-10	2425	Destination Flavour Japan Bitesize	Ishikawa	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
2024-04-10	2430	Adam and Poh's Great Australian Bites	South Australia	This episode we are going to look at one great Aussie culinary innovation we've gifted to the world! From flat whites, to avo on toast, Aussie baristas and cooks are sought after all over the world.	AUSTRALIA	English-100	PG		Y	
2024-04-10	2500	Nadiya's Spices Made Simple	Feel Good Food	Nadiya starts the series by divulging the eight simple spices she uses ever day, beginning with four feel good dishes - lentil daal, a cheese and onion loaf, a seafood broth, and a classic cheesecake.	UNITED KINGDOM	English-100	G			

2024-04-10	2530	Jason Atherton's Dubai Dishes	Breakfast And Brunch	Jason invites us over for breakfast! For those looking for the best way to start their weekend in the world's best brunch hotspot - he will be cooking a Spanish dish inspired by an English breakfast.	UNITED KINGDOM			G		
2024-04-10	2630	Come Dine With Me	Newcastle Day 8	Tonight will be one for the guests to remember; there's a shock in store for Karen, lots of humble pie for Mark and some very unusual dumplings for Delph and David.	UNITED KINGDOM	English-100		PG		
2024-04-10	2700	Come Dine With Me	Newcastle Day 9	David's grand plan to throw the best dinner party is to serve an elaborate Ibizan style menu of tapas and paella, but has he bitten off more than he can chew?	UNITED KINGDOM	English-100		PG	a	
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2024-04-10	2825	Destination Flavour Japan Bitesize	Ishikawa	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
2024-04-10	2830	David Rocco's Dolce Homemade	Favourite Meals	If you could decide on one last dish, what would it be? With the help of David's daughters, Emma and Giorgia, the Rocco family cook up their all-time favourite meals.	CANADA	English-100		PG	a w	
2024-04-11	0500	Pati's Mexican Table	Mexican Wine Country	With over 100 wineries, Valle de Guadalupe has become the hottest new destination, with people traveling from all over to discover this new and exciting region.	USA	English-100		G		Y
2024-04-11	0530	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 3	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a Haigh family tradition of chocolate making, and pastizzi at Gato's Pastizzi.	AUSTRALIA	English-100	RPT	G		Y
2024-04-11	0600	David Rocco's Dolce Africa	Stone Town, Zanzibar	Arriving in Zanzibar, a picturesque island known for its white sand beaches and its cultural melting-pot of African and Arabic culture, David is enchanted by the local people and their way of life.	CANADA	English-100		PG	a d l	
2024-04-11	0630	Masters Of Savours	Masters Of Chiles	Originating in South and Central America, chilies have enjoyed dazzling success over the world. From India to Thailand, chefs reveal their secrets for bringing out the richness of their aromatic notes.	FRANCE	English-100		PG		
2024-04-11	0730	Ainsley's Good Mood Food	Something Sweet	Ainsley is feeling sweet in today's show, and has added a little sweetness to his dishes, starting off with Vietnamese caramel chilli chicken, a spicy and sweet one-pan wonder!	UNITED KINGDOM	English-100		G		
2024-04-11	0825	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 5	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-04-11	0830	Comfort Food With Spencer Watts	Cheesey	Spencer makes a flavour packed spaetzle mac and cheese. Then he makes a beer cheese soup and goat cheese and tomato strudel, and finally he makes some simple disappearing cheese puffs.	CANADA	English-100		G		

2024-04-11	0900	Everyday Gourmet With Justine Schofield	Ep 63	Johnny Di Francesco joins Justine to make his fig and mascarpone calzone and then Justine makes her duck, mandarin and Brussel sprout salad and some chargrilled butterflied king prawns.	AUSTRALIA	English-100	G		
2024-04-11	0930	John Torode's Middle East	Red Sea	This time John is off to explore one of Egypt's national parks - Wadi El Gamel on the south of Egypt's Red Sea coast.	CANADA	English-100	PG	a w	
2024-04-11	1000	Luke Nguyen's India	Diwali	To celebrate Diwali in Chennai, Luke meets with Ajeeth, one of the best chefs in India who teaches him the secret to traditional Diwali meals for a celebratory dinner party.	AUSTRALIA	English-100	PG		Y Y
2024-04-11	1030	Lidia's Kitchen	Italian Essentials	Let's talks about some of Italian's famous staples - chicken parmigiana, arancini, and Bolognese sauce. Lidia's grandson talks about his strategy for success during their 'sharing recipes' segment.	USA	English-100	G		
2024-04-11	1100	The Cook Up With Adam Liaw	Pantry Improv	Renowned chef Jacqui Challinor and actor-slash-comedian Dave Lawson are saying 'yes, and' to a game of pantry improv with Adam. Don't miss it!	AUSTRALIA	English-100	G		Y
2024-04-11	1130	Adam and Poh's Great Australian Bites	South Australia	This episode we are going to look at one great Aussie culinary innovation we've gifted to the world! From flat whites, to avo on toast, Aussie baristas and cooks are sought after all over the world.	AUSTRALIA	English-100	PG		Y
2024-04-11	1200	Nadiya's Spices Made Simple	Feel Good Food	Nadiya starts the series by divulging the eight simple spices she uses ever day, beginning with four feel good dishes - lentil daal, a cheese and onion loaf, a seafood broth, and a classic cheesecake.	UNITED KINGDOM	English-100	G		
2024-04-11	1230	Masters Of Savours	Masters Of Seaweed	Kombu, dulse, wakame: seaweeds are a growing success. Whether they're sought after for their nutritional properties, iodized flavours, or aesthetic appeal, they're set to conquer the world.	FRANCE		PG	a w	
2024-04-11	1330	David Rocco's Dolce Homemade	Ice Wine	Canada has an international reputation for having some of the best icewine. David and guest Don Ziraldo, co-founder of Inniskillin, discuss the creation of the world renowned icewine company.	CANADA	English-100	PG	I	
2024-04-11	1400	Pati's Mexican Table	Loreto Baja's Hidden Gem	One of Baja's most well kept secrets has Pati on a mission to explore this town bite-by-bite. Loreto is a small town on the Gulf of California with big excitement and a rich history.	USA	English-100	G		Y
2024-04-11	1430	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 4	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, mud crabbing in the Gulf of Carpentaria, and the secrets of Persian cuisine.	AUSTRALIA	English-100	RPT	PG	Y
2024-04-11	1500	David Rocco's Dolce Africa	Pole Pole Zanzibar	David journeys off the beaten path in Zanzibar to the small fishing village of Jambiani, where the motto is 'pole-pole' or 'slowly-slowly,' and the people are warm and inviting.	CANADA	English-100	PG	a w	
2024-04-11	1530	Ainsley's Good Mood Food	Dairy	Ainsley is celebrating dairy and all the wonderful things that can be made with it. His first dish brings a taste of the Mediterranean with a Greek lamb burger topped with feta and mint.	UNITED KINGDOM	English-100	G		

2024-04-11	1625	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 6	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2024-04-11	1630	Comfort Food With Spencer Watts	Inspired Comfort	Spencer shares some comfort food favourites inspired by those around him starting with a weeknight version of Mom's holiday turkey dinner - Turkey Milanese with cranberry butter sauce.	CANADA	English-100		G	
2024-04-11	1700	Everyday Gourmet With Justine Schofield	Ep 64	Justine gets busy in the kitchen with a white chocolate mousse with Pedro Ximenez Prunes and some delicious kataifi prawns, and then Sydney based chef, Massimo Mele joins Justine.	AUSTRALIA	English-100		G	
2024-04-11	1730	John Torode's Middle East	Luxor	John is in Luxor in central Egypt, an ancient city on the banks of the river Nile. John can't wait to explore a city steeped in history with its temples, tombs and ancient food to match.	CANADA	English-100		G	
2024-04-11	1800	Plat Du Tour	Ep 1	Guillaume Brahimi is cooking dishes inspired by the North side of France. From the rocky shores of Brittany, to the rolling hills of Burgundy, there is a long list of delicious produce to cook with.				PG	
2024-04-11	1830	Lidia's Kitchen	Keep It Fresh	Lidia focuses on fresh summertime recipes. She prepares shrimp melon salad, mezze rigatoni, and connects her grandson, Lorenzo to check on his peaches in white wine recipe.	USA	English-100		G	
2024-04-11	1900	The Cook Up With Adam Liaw	Edible Garden	Adam raids his edible garden with the help of his guests, du Fermier chef Annie Smithers and horticulturalist Jamie Durie.	AUSTRALIA	English-100		G	Y
2024-04-11	1930	Nigel Slater's Middle East	Nigel Slater's Middle East Series 1 Ep 2	Nigel's next stop in the region is Turkey. From Istanbul, to rural Anatolia, and the mountains of the Black Sea, he discovers a diverse land, rich with tradition and local flavour.	UNITED KINGDOM	English-100		PG	Y
2024-04-11	2030	Rick Stein's India	Rahasthan And Himachal Pradesh	Rick Stein arrives in the royal state of Rajasthan, the land of the kings. The majority of Rajasthanis are serious meat eaters with dishes like Jungle Maas.	UNITED KINGDOM	English-100	RPT	G	Y
2024-04-11	2140	Come Dine With Me	Newcastle Day 10	It's Mark turn to impress his new dinner party guests with a menu of deep fried brie, slow cooked lamb and a passion fruit pavlova.	UNITED KINGDOM	English-100		PG	a
2024-04-11	2205	Come Dine With Me	Swansea Day 11	Kevin is hoping to win his guests over with a Spanish-themed evening from his favourite holiday destination, Benidorm.	UNITED KINGDOM	English-100		PG	a
2024-04-11	2230	The Cook Up With Adam Liaw	Edible Garden	Adam raids his edible garden with the help of his guests, du Fermier chef Annie Smithers and horticulturalist Jamie Durie.	AUSTRALIA	English-100		G	Y
2024-04-11	2300	The Cook And The Chef	Party Time	Maggie and Simon show how to prepare excellent cocktail food for a stress-free party. The Cook and the Chef share their secrets about what to make ahead of time.	AUSTRALIA	English-100		G	

2024-04-11	2330	Jamie & Jimmy's Food Fight Club	Beer	Jimmy and Jamie want to see if they can beat the Belgians at their own game - by making a better beer. Jamie and Jimmy set off to find a new generation of artisan beer makers.	UNITED KINGDOM	English-100		PG	s		
2024-04-11	2425	Destination Flavour Japan Bitesize	Mie And Aichi	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
2024-04-11	2430	Nigel Slater's Middle East	Nigel Slater's Middle East Series 1 Ep 2	Nigel's next stop in the region is Turkey. From Istanbul, to rural Anatolia, and the mountains of the Black Sea, he discovers a diverse land, rich with tradition and local flavour.	UNITED KINGDOM	English-100		PG			Y
2024-04-11	2530	Rick Stein's India	Rahasthan And Himachal Pradesh	Rick Stein arrives in the royal state of Rajasthan, the land of the kings. The majority of Rajasthanis are serious meat eaters with dishes like Jungle Maas.	UNITED KINGDOM	English-100	RPT	G		Y	
2024-04-11	2640	Come Dine With Me	Newcastle Day 10	It's Mark's turn to impress his new dinner party guests with a menu of deep fried brie, slow cooked lamb and a passion fruit pavlova.	UNITED KINGDOM	English-100		PG	a		
2024-04-11	2705	Come Dine With Me	Swansea Day 11	Kevin is hoping to win his guests over with a Spanish-themed evening from his favourite holiday destination, Benidorm.	UNITED KINGDOM	English-100		PG	a		
2024-04-11	2730	Jamie & Jimmy's Food Fight Club	Beer	Jimmy and Jamie want to see if they can beat the Belgians at their own game - by making a better beer. Jamie and Jimmy set off to find a new generation of artisan beer makers.	UNITED KINGDOM	English-100		PG	s		
2024-04-11	2825	Destination Flavour Japan Bitesize	Mie And Aichi	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
2024-04-11	2830	David Rocco's Dolce Homemade	Ice Wine	Canada has an international reputation for having some of the best icewine. David and guest Don Ziraldo, co-founder of Inniskillin, discuss the creation of the world renowned icewine company.	CANADA	English-100		PG	I		
2024-04-12	0500	Pati's Mexican Table	Loreto Baja's Hidden Gem	One of Baja's most well kept secrets has Pati on a mission to explore this town bite-by-bite. Loreto is a small town on the Gulf of California with big excitement and a rich history.	USA	English-100		G			Y
2024-04-12	0530	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 4	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, mud crabbing in the Gulf of Carpentaria, and the secrets of Persian cuisine.	AUSTRALIA	English-100	RPT	PG		Y	
2024-04-12	0600	David Rocco's Dolce Africa	Pole Pole Zanzibar	David journeys off the beaten path in Zanzibar to the small fishing village of Jambiani, where the motto is 'pole-pole' or 'slowly-slowly', and the people are warm and inviting.	CANADA	English-100		PG	a w		
2024-04-12	0630	Masters Of Savours	Masters Of Seaweed	Kombu, dulse, wakame: seaweeds are a growing success. Whether they're sought after for their nutritional properties, iodized flavours, or aesthetic appeal, they're set to conquer the world.	FRANCE			PG	a w		

2024-04-12	0730	Ainsley's Good Mood Food	Dairy	Ainsley is celebrating dairy and all the wonderful things that can be made with it. His first dish brings a taste of the Mediterranean with a Greek lamb burger topped with feta and mint.	UNITED KINGDOM	English-100		G	
2024-04-12	0825	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 6	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2024-04-12	0830	Comfort Food With Spencer Watts	Inspired Comfort	Spencer shares some comfort food favourites inspired by those around him starting with a weeknight version of Mom's holiday turkey dinner - Turkey Milanese with cranberry butter sauce.	CANADA	English-100		G	
2024-04-12	0900	Everyday Gourmet With Justine Schofield	Ep 64	Justine gets busy in the kitchen with a white chocolate mousse with Pedro Ximenez Prunes and some delicious kataifi prawns, and then Sydney based chef, Massimo Mele joins Justine.	AUSTRALIA	English-100		G	
2024-04-12	0930	John Torode's Middle East	Luxor	John is in Luxor in central Egypt, an ancient city on the banks of the river Nile. John can't wait to explore a city steeped in history with its temples, tombs and ancient food to match.	CANADA	English-100		G	
2024-04-12	1000	Plat Du Tour	Ep 1	Guillaume Brahimi is cooking dishes inspired by the North side of France. From the rocky shores of Brittany, to the rolling hills of Burgundy, there is a long list of delicious produce to cook with.				PG	
2024-04-12	1030	Lidia's Kitchen	Keep It Fresh	Lidia focuses on fresh summertime recipes. She prepares shrimp melon salad, mezze rigatoni, and connects her grandson, Lorenzo to check on his peaches in white wine recipe.	USA	English-100		G	
2024-04-12	1100	The Cook Up With Adam Liaw	Edible Garden	Adam raids his edible garden with the help of his guests, du Fermier chef Annie Smithers and horticulturalist Jamie Durie.	AUSTRALIA	English-100		G	Y
2024-04-12	1130	Nigel Slater's Middle East	Nigel Slater's Middle East Series 1 Ep 2	Nigel's next stop in the region is Turkey. From Istanbul, to rural Anatolia, and the mountains of the Black Sea, he discovers a diverse land, rich with tradition and local flavour.	UNITED KINGDOM	English-100		PG	Y
2024-04-12	1230	Poh & Co. Best Bites	Poh & Co. Best Bites Series 1	Some of your favourite moments from Poh and Co.		English-100	RPT	G	Y
2024-04-12	1330	David Rocco's Dolce Homemade	Fast Food	Who doesn't love fast food especially when it's gourmet? Through his travels around the world, guest Matt Basile continues to expand and evolve with his fast food recipes.	CANADA	English-100		G	
2024-04-12	1400	Pati's Mexican Table	La Paz The Heart Of Baja Sur	Pati will explore the beauty and wonder of La Paz, the capital of Baja Sur. This breathtaking Baja destination has drawn her to visit its waters.	USA	English-100		G	Y
2024-04-12	1430	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 5	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, the last almond trees in the town of Willunga, and 400 herbs - all in one garden.	AUSTRALIA	English-100	RPT	G	Y

2024-04-12	1500	David Rocco's Dolce Africa	Flavours Of Durban	Local chef Andrew Draper takes David on a culinary journey through his hometown of Durban, South Africa. From trendy cafes to massive street markets, they get a taste of how the locals eat.	CANADA	English-100		PG	a w
2024-04-12	1530	Ainsley's Good Mood Food	Going Green	A dose of greens is sure to make you feel good and Ainsley's dishes are packed with them. On a visit to Vertical Future, Ainsley gets a glimpse at how we can grow fresh produce in a revolutionary way.	UNITED KINGDOM	English-100		G	
2024-04-12	1625	Destination Flavour Scandinavia Bitesize	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
2024-04-12	1630	Comfort Food With Spencer Watts	Comfort Food For A Crowd	Spencer rewards his hard-working crew with s'more-inspired cheesecake with a s'more-inspired dessert cocktail. Then it's a sheet pan meat lovers pizza with vodka sauce and banana peppers.	CANADA	English-100		PG	
2024-04-12	1700	Everyday Gourmet With Justine Schofield	Ep 65	Justine makes a tasty roast pork and shaved cabbage salad and shows you how to spice your scrambled eggs with porcini and enoki mushrooms. Trish McKenzie also drops in with a treat.	AUSTRALIA	English-100		G	
2024-04-12	1730	John Torode's Middle East	Dubai Expat	John is in Dubai, a city which is home to people from all over the world. He can't wait to find out about the food that the people have brought with them to this modern metropolis.	CANADA	English-100		PG	
2024-04-12	1800	Plat Du Tour	Ep2	Guillaume Brahimi explores cuisine from the southern side of France where there are so many heart warming delights to taste.				G	
2024-04-12	1830	Lidia's Kitchen	Italian Style Salads	Italians love their salads after the main course. Lidia makes a panzanella with fennel and shrimp, an eye-popping colourful orange and tropea onion salad, and then livens up a green salad.	USA	English-100		G	
2024-04-12	1900	The Cook Up With Adam Liaw	Street Eats Feast, The	Adam and his guests, chefs Justin James and Ashley Vola, take Easy Entertaining to the streets with The Street Eats Feast.	AUSTRALIA	English-100		G	Y
2024-04-12	1930	Rick Stein: From Venice to Istanbul	Peloponnese	Continuing his journey from Venice to Istanbul, Rick arrives in the Greek Peloponnese and samples memorable dishes like rooster stew, hilopites with mizithra cheese, and home-made moussaka.	UNITED KINGDOM	English-100		PG	a w
2024-04-12	2040	Extreme Food Phobics	Extreme Food Phobics Series 1 Ep 2	This episode features a mum of two whose restrictive diet of chips has resulted in a type 2 diabetes diagnosis, and an air stewardess, who is scared of onions and garlic.	UNITED KINGDOM	English-100	RPT	G	Y
2024-04-12	2130	Come Dine With Me	Swansea Day 12	Cafe bar owner Tino is hoping to wow her guests with an African banquet inspired by her homeland of Zimbabwe.	UNITED KINGDOM	English-100		PG	a
2024-04-12	2200	Come Dine With Me	Swansea Day 13	Beautician Natalie's hoping to win the grand prize as she pulls out all the stops with a George Michael themed evening.	UNITED KINGDOM	English-100		PG	

2024-04-12	2230	The Cook Up With Adam Liaw	Street Eats Feast, The	Adam and his guests, chefs Justin James and Ashley Vola, take Easy Entertaining to the streets with The Street Eats Feast.	AUSTRALIA	English-100		G		Y
2024-04-12	2300	The Cook And The Chef	Some Favourites From The Year	Maggie and Simon revisit a few of their favourite kitchen moments from the year. They look back on the eggs, pasta, and mouth-watering desserts on the menu.	AUSTRALIA	English-100		G		
2024-04-12	2330	Jamie & Jimmy's Food Fight Club	Usain Bolt	On cafe's menu this week Jamie reveals how to cook the ultimate steak - his blow-out cote de boeuf, and Jimmy produces succulent tandoori chicken in his a DIY dustbin oven.	UNITED KINGDOM	English-100		PG	a	
2024-04-12	2425	Destination Flavour Japan Bitesize	Tokyo Part 1	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
2024-04-12	2430	Rick Stein: From Venice to Istanbul	Peloponnese	Continuing his journey from Venice to Istanbul, Rick arrives in the Greek Peloponnese and samples memorable dishes like rooster stew, hilopites with mizithra cheese, and home-made moussaka.	UNITED KINGDOM	English-100		PG	a w	
2024-04-12	2540	Extreme Food Phobics	Extreme Food Phobics Series 1 Ep 2	This episode features a mum of two whose restrictive diet of chips has resulted in a type 2 diabetes diagnosis, and an air stewardess, who is scared of onions and garlic.	UNITED KINGDOM	English-100	RPT	G		Y
2024-04-12	2630	Come Dine With Me	Swansea Day 12	Cafe bar owner Tino is hoping to wow her guests with an African banquet inspired by her homeland of Zimbabwe.	UNITED KINGDOM	English-100		PG	a	
2024-04-12	2700	Come Dine With Me	Swansea Day 13	Beautician Natalie's hoping to win the grand prize as she pulls out all the stops with a George Michael themed evening.	UNITED KINGDOM	English-100		PG		
2024-04-12	2730	Jamie & Jimmy's Food Fight Club	Usain Bolt	On cafe's menu this week Jamie reveals how to cook the ultimate steak - his blow-out cote de boeuf, and Jimmy produces succulent tandoori chicken in his a DIY dustbin oven.	UNITED KINGDOM	English-100		PG	a	
2024-04-12	2825	Destination Flavour Japan Bitesize	Tokyo Part 1	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
2024-04-12	2830	David Rocco's Dolce Homemade	Fast Food	Who doesn't love fast food especially when it's gourmet? Through his travels around the world, guest Matt Basile continues to expand and evolve with his fast food recipes.	CANADA	English-100		G		
2024-04-13	0500	Pati's Mexican Table	La Paz The Heart Of Baja Sur	Pati will explore the beauty and wonder of La Paz, the capital of Baja Sur. This breathtaking Baja destination has drawn her to visit its waters.	USA	English-100		G		Y
2024-04-13	0530	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 5	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, the last almond trees in the town of Willunga, and 400 herbs - all in one garden.	AUSTRALIA	English-100	RPT	G		Y

2024-04-13	0600	David Rocco's Dolce Africa	Flavours Of Durban	Local chef Andrew Draper takes David on a culinary journey through his hometown of Durban, South Africa. From trendy cafes to massive street markets, they get a taste of how the locals eat.	CANADA	English-100		PG	a w	
2024-04-13	0630	Poh & Co. Best Bites	Poh & Co. Best Bites Series 1	Some of your favourite moments from Poh and Co.		English-100	RPT	G		Y
2024-04-13	0730	Ainsley's Good Mood Food	Going Green	A dose of greens is sure to make you feel good and Ainsley's dishes are packed with them. On a visit to Vertical Future, Ainsley gets a glimpse at how we can grow fresh produce in a revolutionary way.	UNITED KINGDOM	English-100		G		
2024-04-13	0825	Destination Flavour Scandinavia Bitesize	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
2024-04-13	0830	Comfort Food With Spencer Watts	Comfort Food For A Crowd	Spencer rewards his hard-working crew with s'more-inspired cheesecake with a s'more-inspired dessert cocktail. Then it's a sheet pan meat lovers pizza with vodka sauce and banana peppers.	CANADA	English-100		PG		
2024-04-13	0900	Everyday Gourmet With Justine Schofield	Ep 65	Justine makes a tasty roast pork and shaved cabbage salad and shows you how to spice your scrambled eggs with porcini and enoki mushrooms. Trish McKenzie also drops in with a treat.	AUSTRALIA	English-100		G		
2024-04-13	0930	John Torode's Middle East	Dubai Expat	John is in Dubai, a city which is home to people from all over the world. He can't wait to find out about the food that the people have brought with them to this modern metropolis.	CANADA	English-100		PG		
2024-04-13	1000	Plat Du Tour	Ep2	Guillaume Brahimi explores cuisine from the southern side of France where there are so many heart warming delights to taste.				G		
2024-04-13	1030	Lidia's Kitchen	Italian Style Salads	Italians love their salads after the main course. Lidia makes a panzanella with fennel and shrimp, an eye-popping colourful orange and tropea onion salad, and then livens up a green salad.	USA	English-100		G		
2024-04-13	1100	The Cook Up With Adam Liaw	Street Eats Feast, The	Adam and his guests, chefs Justin James and Ashley Vola, take Easy Entertaining to the streets with The Street Eats Feast.	AUSTRALIA	English-100		G		Y
2024-04-13	1130	Rick Stein: From Venice to Istanbul	Peloponnese	Continuing his journey from Venice to Istanbul, Rick arrives in the Greek Peloponnese and samples memorable dishes like rooster stew, hilopites with mizithra cheese, and home-made moussaka.	UNITED KINGDOM	English-100		PG	a w	
2024-04-13	1240	Extreme Food Phobics	Extreme Food Phobics Series 1 Ep 2	This episode features a mum of two whose restrictive diet of chips has resulted in a type 2 diabetes diagnosis, and an air stewardess, who is scared of onions and garlic.	UNITED KINGDOM	English-100	RPT	G		Y
2024-04-13	1330	Pati's Mexican Table	La Paz The Heart Of Baja Sur	Pati will explore the beauty and wonder of La Paz, the capital of Baja Sur. This breathtaking Baja destination has drawn her to visit its waters.	USA	English-100		G		Y

2024-04-13	1400	David Rocco's Dolce Africa	Flavours Of Durban	Local chef Andrew Draper takes David on a culinary journey through his hometown of Durban, South Africa. From trendy cafes to massive street markets, they get a taste of how the locals eat.	CANADA	English-100		PG	a w		
2024-04-13	1430	Jamie's Food Escapes	Marrakesh	This is Jamie's first time in Marrakesh and his excitement shines through as he explores the city and its extraordinary cuisine born out of the French, Arab and Berber cultures.	UNITED KINGDOM	English-100		PG			
2024-04-13	1525	Please Eat Slowly Bitesize	Yee Sang	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100		G			
2024-04-13	1530	Jamie's Food Escapes	Andalucia	Jamie travels to Andalucia in Southern Spain where he eats heavenly cakes cooked by nuns, and joins in the community festivities as he cooks a giant paella for a whole village.	UNITED KINGDOM	English-100		PG	a l w		
2024-04-13	1625	Destination Flavour Japan Bitesize	Shikoku And Kyushu	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
2024-04-13	1630	Giada Entertains	TV Dinners	Giada invites her friends over for a casual-but-delicious menu that includes tamari spiced nuts, sweet and crunchy jicama slaw, sausage hoagies and chocolate almond butter sandwich cookies.	USA	English-100		G			
2024-04-13	1700	Barefoot Contessa: Back To Basics	Holiday Brunch	Ina Garten is sharing recipes and tips for putting together a gorgeous seasonal brunch. She starts with shakshuka with feta, the perfect way to serve eggs, and bakes a batch of morning glory muffins.	USA	English-100		G			
2024-04-13	1730	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			
2024-04-13	1800	The Next Thing You Eat	Delivery: Rise Of The Machines	You'll be able to eat anything you want, wherever you are for a price. Robot pizza. Drone delivery. Technology is coming for the restaurant industry, but what's the cost of convenience?	USA						Y
2024-04-13	1830	Eva Longoria: Searching For Mexico	Yucatan	Eva travels to the edge of Mexico, to the jungles of Yucatan State, home of the ancient Maya. One of the great civilisations of Central America, the Maya thrived here until the arrival of the Spanish.	USA	English-50; Spanish-50	RPT	G		Y	Y
2024-04-13	1925	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	
2024-04-13	1930	Jimmy Doherty's New Zealand Escape	Ep 4	Jimmy is in Auckland meeting some of the incredible market gardeners and produce sellers who have put New Zealand's fresh produce on the map and mixes it up with the godfather of fusion food.	NEW ZEALAND	English-100		PG	I		Y
2024-04-13	2030	Rick Stein's Food Heroes	North Scotland	Rick and Chalky round off their journey of the UK at John O'Groats, visiting Rick's favourite deli in Edinburgh, a fish smokery in Argyll, enjoying freshly cooked lobster on Crail harbour front.	UNITED KINGDOM	English-100		PG	a w		

2024-04-13	2100	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 1	Rick travels to Bamburgh and tastes some Scotch Pies. After visiting Mike Ainsley, who farms Cheviot sheep, Rick whips up a tasty moussaka, using local lamb.	UNITED KINGDOM	English-100		G			
2024-04-13	2130	Anthony Bourdain: No Reservations	Thailand	Tony explores the bustling cities and exotic beach towns of Thailand and immerses himself in the local street foods, cultural practices, where discovers delicious dishes and friendly locals. #SBSfood	USA	English-100	RPT	PG	a		Y
2024-04-13	2225	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
2024-04-13	2230	The Wine Show	Wine Show Series 1 Ep 11, The	In their villa HQ in the Italian hills, the boys turn the tables on wine expert Joe Fattorini and send him off to find a wine that breaks all the rules.	UNITED KINGDOM	English-100	RPT	PG	a	Y	Y
2024-04-13	2330	Jamie's Food Escapes	Marrakesh	This is Jamie's first time in Marrakesh and his excitement shines through as he explores the city and its extraordinary cuisine born out of the French, Arab and Berber cultures.	UNITED KINGDOM	English-100		PG			
2024-04-13	2425	Please Eat Slowly Bitesize	Yee Sang	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100		G			
2024-04-13	2430	Jamie's Food Escapes	Andalucia	Jamie travels to Andalucia in Southern Spain where he eats heavenly cakes cooked by nuns, and joins in the community festivities as he cooks a giant paella for a whole village.	UNITED KINGDOM	English-100		PG	a l w		
2024-04-13	2525	Destination Flavour Japan Bitesize	Shikoku And Kyushu	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
2024-04-13	2530	Giada Entertains	TV Dinners	Giada invites her friends over for a casual-but-delicious menu that includes tamari spiced nuts, sweet and crunchy jicama slaw, sausage hoagies and chocolate almond butter sandwich cookies.	USA	English-100		G			
2024-04-13	2600	Barefoot Contessa: Back To Basics	Holiday Brunch	Ina Garten is sharing recipes and tips for putting together a gorgeous seasonal brunch. She starts with shakshuka with feta, the perfect way to serve eggs, and bakes a batch of morning glory muffins.	USA	English-100		G			
2024-04-13	2630	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			
2024-04-13	2700	The Next Thing You Eat	Delivery: Rise Of The Machines	You'll be able to eat anything you want, wherever you are for a price. Robot pizza. Drone delivery. Technology is coming for the restaurant industry, but what's the cost of convenience?	USA						Y
2024-04-13	2730	Eva Longoria: Searching For Mexico	Yucatan	Eva travels to the edge of Mexico, to the jungles of Yucatan State, home of the ancient Maya. One of the great civilisations of Central America, the Maya thrived here until the arrival of the Spanish.	USA	English-50; Spanish-50	RPT	G		Y	Y

2024-04-13	2825	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
2024-04-13	2830	Rick Stein's Food Heroes	North Scotland	Rick and Chalky round off their journey of the UK at John O'Groats, visiting Rick's favourite deli in Edinburgh, a fish smokery in Argyll, enjoying freshly cooked lobster on Crail harbour front.	UNITED KINGDOM	English-100		PG	a w