



WEEK 18: Sunday, 28 April- Saturday, 4 May 2024 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-04-28	0500	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 5	Rick visits Cork in Southern Ireland. At the English Market, the gastronomic heart of the city, he talks to retailers and cooks Corned Beef and Cabbage. Still in Eire, he travels up the east coast.	UNITED KINGDOM	English-100		PG			
2024-04-28	0530	Eva Longoria: Searching For Mexico	Nuevo Leon	The state of Nuevo Leon borders Texas, so this is a voyage of familiarity for Texas-born Eva. In the modern state capital Monterrey, Eva ventures to an innovative restaurant called Kohli.	USA	English-50; Spanish-50	RPT	PG	a d	Y	Y
2024-04-28	0625	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
2024-04-28	0630	Jamie's Food Escapes	French Pyrenees, The	Jamie visits the French Pyrenees, where he goes truffle-hunting with a pig and boar hunting with dogs. He is knighted into an order of serious bread makers and makes sausages with a professional.	UNITED KINGDOM	English-100		PG	a w		Y
2024-04-28	0730	Jamie's Food Escapes	Athens	The food in Athens is all about simple ingredients, simply put together. Jamie goes spear fishing off a local island, meets bee keepers who produce amazing honey, and makes goats cheese with a monk.	UNITED KINGDOM	English-100		PG	a		
2024-04-28	0830	Giada Entertains	Weeknight Special	Sometimes no occasion is the best occasion! Giada surprises her daughter, Jade, in the middle of the week with a special menu that includes all her favourite comfort foods.	USA	English-100		G			
2024-04-28	0900	Barefoot Contessa: Back To Basics	Jeffreys Favos	Ina Garten celebrates Jeffrey's favourite foods, starting with fried chicken sandwiches, perfect for kick-starting the weekend, and an incredible canape of salmon cured with dill and pernod.	USA	English-100		G			
2024-04-28	0930	Big Appetite	Taking A Big Bite Out Of Boston	Ben Hundreds explores heritage-inspired spots in Boston including La Royal, Bronwyn and Wusong Road.	USA	English-100		G			
2024-04-28	1000	The Next Thing You Eat	Restaurants: A Reckoning	COVID accelerated an upheaval that was a long time coming for the restaurant industry. So, what comes next? And will the future be more equitable for all?	USA			PG			Y
2024-04-28	1030	Hairy Bikers Go Local	Kopitiam, Glasgow	In Glasgow the Bikers meet Julie, who runs Kopitiam, an exciting and exclusive street food cafe. The Bikers enjoy Julie's special Scottish-Malaysian fusion menu and help her discover new produce.	UNITED KINGDOM	English-100		G			

2024-04-28	1135	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 4	Rick visits Cartmel in the Lake District, famous for its racecourse, its ancient 13th Century Priory and Jean Johns' sticky toffee pudding.	UNITED KINGDOM	English-100		PG				
2024-04-28	1205	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 5	Rick visits Cork in Southern Ireland. At the English Market, the gastronomic heart of the city, he talks to retailers and cooks Corned Beef and Cabbage. Still in Eire, he travels up the east coast.	UNITED KINGDOM	English-100		PG				
2024-04-28	1235	Eva Longoria: Searching For Mexico	Nuevo Leon	The state of Nuevo Leon borders Texas, so this is a voyage of familiarity for Texas-born Eva. In the modern state capital Monterrey, Eva ventures to an innovative restaurant called Kohli.	USA	English-50; Spanish-50	RPT	PG	a	d	Y	Y
2024-04-28	1330	Giada Entertains	Weeknight Special	Sometimes no occasion is the best occasion! Giada surprises her daughter, Jade, in the middle of the week with a special menu that includes all her favourite comfort foods.	USA	English-100		G				
2024-04-28	1400	The Cook Up With Adam Liaw	Fresh From The Farm	From a showbiz family to a farming, foodie family, Rachel Ward and Matilda Brown are at the forefront of regenerative agriculture - and they're cooking fresh from the farm with Adam.	AUSTRALIA	English-100	RPT	PG			Y	
2024-04-28	1430	The Cook Up With Adam Liaw	Well Dressed	Adam puts his well-dressed guests to the well-dressed test. Bar Heather's Ollie Wong-Hee and actor Lincoln Younes are in the kitchen working wonders with dressings.	AUSTRALIA	English-100	RPT	PG			Y	
2024-04-28	1500	The Cook Up With Adam Liaw	Culinary Adventure	Pack your bags and join Adam, chef Claire Van Vuuren and social media sensation Mahmoud Ismail for a culinary adventure!	AUSTRALIA	English-100	RPT	G			Y	
2024-04-28	1530	The Cook Up With Adam Liaw	Modern Touch	Every dish tonight has the modern touch, as scholar Dr Tyson Yunkaporta and chef Sean Connolly join Adam to give their food a contemporary spin.	AUSTRALIA	English-100	RPT	G			Y	
2024-04-28	1600	The Cook Up With Adam Liaw	Stress-Free Soiree, The	It's Easy Entertaining with The Cook Up, and Adam is joined by 'risotto king' Alessandro Pavoni and food writer extraordinaire Emiko Davies to show you how to host a stress-free soiree.	AUSTRALIA	English-100		G			Y	
2024-04-28	1630	Giada Entertains	Baby Shower Brunch	Giada hosts an elegant baby shower and brunch for her young Aunt Carolyn, who is like a little sister to Giada. The gorgeous and festive menu reflects the happy occasion.	USA	English-100		G				
2024-04-28	1700	Barefoot Contessa: Back To Basics	French To Make At Home	Ina Garten has all the tricks for cooking French at home, with secrets to a showstopping summer filet of beef with bearnaise mayonnaise and an endive, orange and roquefort salad.	USA	English-100		G				
2024-04-28	1730	Taste Of France	Ursus	Tree trunks, a ceiling disguised as a forest, stunning walnut wood tables and muted lighting - such is setting for the creative cuisine of Clement Bouvier at his restaurant Ursus in the Savoy region.	SWEDEN	English-50; French-50		G				Y
2024-04-28	1800	Luca's Key Ingredient	Ep 5	Luca shows us his favourite recipes using today's key ingredient, coffee.	AUSTRALIA	English-100		G				

2024-04-28	1830	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 2 Ep 8	Michel visits La Chassagnette, a Michelin-starred restaurant with a stunning kitchen garden, then goes off the beaten track to investigate the craft beer revolution that's underway in Provence.	UNITED KINGDOM	English-100		G		Y
2024-04-28	1925	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
2024-04-28	1930	A Cotswold Farm Shop	Ep 4	The farm shop wants to expand its pastry range to accommodate customers who abstain from eating animal products and this see's general manager Nuno visit The Artisan Baker.	UNITED KINGDOM	English-100		G		
2024-04-28	2030	Rick Stein's Road To Mexico	Monterey To San Diego	Rick Stein continues down the Californian coastline, past citrus groves, vineyards that inspired one his favourite movies, 'Sideways', and into the city of dreams, Los Angeles.	UNITED KINGDOM	English-100		G		
2024-04-28	2140	Anthony Bourdain: No Reservations	Hudson Valley, Ny	(5.6 Ep.3) Tony travels up and down the Hudson River Valley. #FoodNetworkAU	USA	English-100		PG		
2024-04-28	2235	The Wine Show	Wine Show Series 2, The Ep 3	In the third show in the new series of The Wine Show, James Purefoy and Matthew Goode think they're in for a fabulous lunch at the glamorous Palme D'Or restaurant in Cannes.	UNITED KINGDOM	English-100		PG		Y
2024-04-28	2330	Giada Entertains	Baby Shower Brunch	Giada hosts an elegant baby shower and brunch for her young Aunt Carolyn, who is like a little sister to Giada. The gorgeous and festive menu reflects the happy occasion.	USA	English-100		G		
2024-04-28	2400	Barefoot Contessa: Back To Basics	French To Make At Home	Ina Garten has all the tricks for cooking French at home, with secrets to a showstopping summer filet of beef with bearnaise mayonnaise and an endive, orange and roquefort salad.	USA	English-100		G		
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2024-04-28	2500	Luca's Key Ingredient	Ep 5	Luca shows us his favourite recipes using today's key ingredient, coffee.	AUSTRALIA	English-100		G		
2024-04-28	2530	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 2 Ep 8	Michel visits La Chassagnette, a Michelin-starred restaurant with a stunning kitchen garden, then goes off the beaten track to investigate the craft beer revolution that's underway in Provence.	UNITED KINGDOM	English-100		G		Y
2024-04-28	2625	A Cotswold Farm Shop	Ep 4	The farm shop wants to expand its pastry range to accommodate customers who abstain from eating animal products and this see's general manager Nuno visit The Artisan Baker.	UNITED KINGDOM	English-100		G		
2024-04-28	2725	Rick Stein's Road To Mexico	Monterey To San Diego	Rick Stein continues down the Californian coastline, past citrus groves, vineyards that inspired one his favourite movies, 'Sideways', and into the city of dreams, Los Angeles.	UNITED KINGDOM	English-100		G		

2024-04-28	2830	The Cook Up With Adam Liaw	Fresh From The Farm	From a showbiz family to a farming, foodie family, Rachel Ward and Matilda Brown are at the forefront of regenerative agriculture - and they're cooking fresh from the farm with Adam.	AUSTRALIA	English-100	RPT	PG	Y
2024-04-29	0500	The Cook Up With Adam Liaw	Well Dressed	Adam puts his well-dressed guests to the well-dressed test. Bar Heather's Ollie Wong-Hee and actor Lincoln Younes are in the kitchen working wonders with dressings.	AUSTRALIA	English-100	RPT	PG	Y
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2024-04-29	0925	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
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2024-04-29	1235	From Scratch	Utah	As the clock ticks, David desperately tries to catch a fish for a dish whose three main ingredients are trout trout trout.	UNITED KINGDOM	English-100		PG	a w	
2024-04-29	1330	Nigellissima	Nigellissima Series 1 Ep 2	Nigella Lawson's mission to show how easy it is to bring the spirit of Italy into the kitchen continues as she shares the secrets of her celebratory Italian roast chicken.	UNITED KINGDOM	English-100	RPT	G		Y
2024-04-29	1400	Pati's Mexican Table	Taste Of Mazatlan, A	Pati meets up with close friends in Mazatlan - Sinola's premiere resort town claiming 13 miles of beautiful Pacific coastline, and some of the best restaurants in Mexico.	USA	English-100		G		Y
2024-04-29	1430	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 3	Maeve stops at a Greek taverna at the edge of the desert for bouzouki and souvlaki among the opal mines, and Joanna joins a group of lotus eaters (literally) in far north NSW.	AUSTRALIA	English-100	RPT	G		Y
2024-04-29	1500	David Rocco's Dolce Napoli	Espresso Espresso	In Naples, coffee is a world unto itself, both culturally and socially. Dark, bittersweet shots of espresso drunk quickly and with purpose is part the Neapolitan's daily routine.	CANADA	English-100		PG		Y
2024-04-29	1530	Ainsley's Food We Love	Ainsley's Food We Love Series 1 Ep 9	Ainsley is in his kitchen inspired by dishes for those special occasions - date nights, anniversaries, dinner parties, and festivals. He is joined in the kitchen by food writer Alex Hollywood.	UNITED KINGDOM	English-100		G		
2024-04-29	1625	A Taste Of Island Dreams	Island Dreams Satay Skewers	For the perfect skewers, Alimah was taught to imagine she was sewing a running stitch when threading the skewer through the meat. She shares an Island Dreams satay favourite.	AUSTRALIA	English-100		G		
2024-04-29	1630	Comfort Food With Spencer Watts	Special Occasion Comfort	Share comfort food with company and learn how to whip up Spencer's burgundy chicken stew with porcini mushroom grits and pancetta. Then he prepares whole roasted pork belly with a fresh salsa verde.	CANADA	English-100		G		
2024-04-29	1700	Everyday Gourmet With Justine Schofield	Ep 76	Justine puts a healthy spin on a classic treat with her dried fruit lollipops, and then serves up some delicious mini burgers. Darren Purchase drops in to make his apple and blackberry spice cake.	AUSTRALIA	English-100		G		
2024-04-29	1730	Cook Like An Italian With Silvia Colloca	For The Love Of Eggs	In Italy, the culinary tradition of the egg is inextricably linked to pasta and pastries, in this episode Silvia explores 3 very different kinds of dishes all born of Italy's love of eggs.	AUSTRALIA	English-100		G		Y
2024-04-29	1800	Taste Of Australia With Hayden Quinn	Northern Beaches NSW	Hayden cooks up breakfast for the lifeguards after a surf, then heads off to the markets with his mate Daiki. They pick up some local Northern Beaches honey before cooking on the Manly Harbour.	AUSTRALIA	English-100		PG		
2024-04-29	1830	Food Safari	Indian	Maeve O'Meara ventures into the colourful and spicy world of Indian food, displaying how to make some fabulous 10-minute dishes as well as the secrets of great curries.	AUSTRALIA	English-100	RPT	G		Y

2024-04-29	1900	The Cook Up With Adam Liaw	Straight To The Sauce	It's a saucy night on The Cook Up as Adam and his guests, chef Victor Liong and broadcaster Yumi Stynes, go straight to the sauce.	AUSTRALIA	English-100		G		Y
2024-04-29	1930	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 2	Rick continues his journey from the Basque country on the Atlantic coast, to journey ever eastwards towards the Mediterranean sampling local food along the way.	UNITED KINGDOM	English-100	RPT	G		Y
2024-04-29	2040	Marcus Wareing's Kitchen Garden Tales	Crabbing	After doing some essential repairs, Marcus gets the digger out to start cultivating an area of his land called the Bund and plant hedgerow for the wildlife. He drafts Rosanna and Signe to help.	UNITED KINGDOM	English-100		PG	a w	
2024-04-29	2110	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 2 Ep 3	Paula visits a Belfast fishmongers where they smoke their own haddock. Inspired by Scottish Arbroath smokies, she uses it as a casing for a smokie Scotch egg served up with a parsley mayonnaise.	UNITED KINGDOM	English-100		PG		
2024-04-29	2140	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 5	River Cottage is on its way to becoming self-sufficient. With his own herbs, vegetables, eggs and cream from Bessie the cow, Paul whips up his first ever 'all from the farm' meal.	UNITED KINGDOM	English-100	RPT	PG		Y
2024-04-29	2235	The Cook Up With Adam Liaw	Straight To The Sauce	It's a saucy night on The Cook Up as Adam and his guests, chef Victor Liong and broadcaster Yumi Stynes, go straight to the sauce.	AUSTRALIA	English-100		G		Y
2024-04-29	2305	The Cook And The Chef	Oats And Goats Cheese	If you enjoy the smell of freshly baked bread, you won't able to resist Maggie's oat, raisin and fennel bread. Irresistibly rich, it's perfect at any time, but especially for breakfast.	AUSTRALIA	English-100		G		
2024-04-29	2335	Jamie & Jimmy's Food Fight Club	Paloma Faith	Paloma Faith relives childhood memories with a delicious Portuguese salt cod dish, Jamie serves the ultimate sticky Chinese ribs, and Jimmy brews his very own DIY craft beer.	UNITED KINGDOM	English-100		G		
2024-04-29	2430	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 2	Rick continues his journey from the Basque country on the Atlantic coast, to journey ever eastwards towards the Mediterranean sampling local food along the way.	UNITED KINGDOM	English-100	RPT	G		Y
2024-04-29	2540	Marcus Wareing's Kitchen Garden Tales	Crabbing	After doing some essential repairs, Marcus gets the digger out to start cultivating an area of his land called the Bund and plant hedgerow for the wildlife. He drafts Rosanna and Signe to help.	UNITED KINGDOM	English-100		PG	a w	
2024-04-29	2610	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 2 Ep 3	Paula visits a Belfast fishmongers where they smoke their own haddock. Inspired by Scottish Arbroath smokies, she uses it as a casing for a smokie Scotch egg served up with a parsley mayonnaise.	UNITED KINGDOM	English-100		PG		
2024-04-29	2640	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 5	River Cottage is on its way to becoming self-sufficient. With his own herbs, vegetables, eggs and cream from Bessie the cow, Paul whips up his first ever 'all from the farm' meal.	UNITED KINGDOM	English-100	RPT	PG		Y
2024-04-29	2735	Jamie & Jimmy's Food Fight Club	Paloma Faith	Paloma Faith relives childhood memories with a delicious Portuguese salt cod dish, Jamie serves the ultimate sticky Chinese ribs, and Jimmy brews his very own DIY craft beer.	UNITED KINGDOM	English-100		G		

2024-04-29	2830	The Cook And The Chef	Oats And Goats Cheese	If you enjoy the smell of freshly baked bread, you won't able to resist Maggie's oat, raisin and fennel bread. Irresistibly rich, it's perfect at any time, but especially for breakfast.	AUSTRALIA	English-100		G		
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2024-04-30	0530	From Scratch	Utah	As the clock ticks, David desperately tries to catch a fish for a dish whose three main ingredients are trout trout trout.	UNITED KINGDOM	English-100		PG	a w	
2024-04-30	0625	Destination Flavour Singapore Bitesize	Fruit Stall	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		Y
2024-04-30	0630	Pati's Mexican Table	Taste Of Mazatlan, A	Pati meets up with close friends in Mazatlan - Sinola's premiere resort town claiming 13 miles of beautiful Pacific coastline, and some of the best restaurants in Mexico.	USA	English-100		G		Y
2024-04-30	0700	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 3	Maeve stops at a Greek taverna at the edge of the desert for bouzouki and souvlaki among the opal mines, and Joanna joins a group of lotus eaters (literally) in far north NSW.	AUSTRALIA	English-100	RPT	G		Y
2024-04-30	0730	Ainsley's Food We Love	Ainsley's Food We Love Series 1 Ep 9	Ainsley is in his kitchen inspired by dishes for those special occasions - date nights, anniversaries, dinner parties, and festivals. He is joined in the kitchen by food writer Alex Hollywood.	UNITED KINGDOM	English-100		G		
2024-04-30	0825	A Taste Of Island Dreams	Island Dreams Satay Skewers	For the perfect skewers, Alimah was taught to imagine she was sewing a running stitch when threading the skewer through the meat. She shares an Island Dreams satay favourite.	AUSTRALIA	English-100		G		
2024-04-30	0830	Comfort Food With Spencer Watts	Special Occasion Comfort	Share comfort food with company and learn how to whip up Spencer's burgundy chicken stew with porcini mushroom grits and pancetta. Then he prepares whole roasted pork belly with a fresh salsa verde.	CANADA	English-100		G		
2024-04-30	0900	Everyday Gourmet With Justine Schofield	Ep 76	Justine puts a healthy spin on a classic treat with her dried fruit lollipops, and then serves up some delicious mini burgers. Darren Purchase drops in to make his apple and blackberry spice cake.	AUSTRALIA	English-100		G		
2024-04-30	0930	Cook Like An Italian With Silvia Colloca	For The Love Of Eggs	In Italy, the culinary tradition of the egg is inextricably linked to pasta and pastries, in this episode Silvia explores 3 very different kinds of dishes allborn of Italy's love of eggs.	AUSTRALIA	English-100		G		Y
2024-04-30	1000	Taste Of Australia With Hayden Quinn	Northern Beaches NSW	Hayden cooks up breakfast for the lifeguards after a surf, then heads off to the markets with his mate Daiki. They pick up some local Northern Beaches honey before cooking on the Manly Harbour.	AUSTRALIA	English-100		PG		
2024-04-30	1030	Food Safari	Indian	Maeve O'Meara ventures into the colourful and spicy world of Indian food, displaying how to make some fabulous 10-minute dishes as well as the secrets of great curries.	AUSTRALIA	English-100	RPT	G		Y

2024-04-30	1100	The Cook Up With Adam Liaw	Straight To The Sauce	It's a saucy night on The Cook Up as Adam and his guests, chef Victor Liong and broadcaster Yumi Stynes, go straight to the sauce.	AUSTRALIA	English-100		G		Y
2024-04-30	1130	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 2	Rick continues his journey from the Basque country on the Atlantic coast, to journey ever eastwards towards the Mediterranean sampling local food along the way.	UNITED KINGDOM	English-100	RPT	G		Y
2024-04-30	1235	From Scratch	Kenya	David travels to Kenya, where humanity began and makes a meal with chef Ariel Moscardi. The tent pole ingredients are plants gathered from the African plains and jungles, topped off with some goat.	UNITED KINGDOM	English-100		PG	a w	
2024-04-30	1330	Nigellissima	Nigellissima Series 1 Ep 3	Nigella treats her friends to an Italian-style supper of pork loin stuffed with parma ham and oregano, served alongside her speedy mock mash.	UNITED KINGDOM	English-100	RPT	G		Y
2024-04-30	1400	Pati's Mexican Table	El Fuerte, Magic Town	Pati travels to the northern part of Sinaloa and the town of El Fuerte, one of Mexico's 'Pueblos Magicos' or magic towns.	USA	English-100		G		Y
2024-04-30	1430	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 4	Joanna visits the Hmong community of Innisfail in far north Queensland who use every part of the banana plant for eating, and Maeve sits down to Sunday lunch Sri Lankan-style.	AUSTRALIA	English-100	RPT	G		Y
2024-04-30	1500	David Rocco's Dolce Napoli	Capri Way, The	The island of Capri is known for its natural beauty, gorgeous hotels and luxury shopping. David visits his friends at the hotel San Felice and gets the true Capri treatment.	CANADA	English-100		PG	a w	
2024-04-30	1530	Ainsley's Food We Love	Ainsley's Food We Love Series 1 Ep 10	Join Ainsley in the kitchen, as he is inspired by winter warming and comforting dishes to help keep us warm and toasty. Ainsley is joined by Strictly Come Dancing royalty, Anton Du Beke.	UNITED KINGDOM	English-100		G		
2024-04-30	1625	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		
2024-04-30	1630	Comfort Food With Spencer Watts	Street Food Comfort	Street food can be delicious so why not indulge in some in the comfort of home. Spencer starts with a spicy Korean fried chicken 'dog' with sesame ketchup and gochugang ketchup.	CANADA	English-100		G		
2024-04-30	1700	Everyday Gourmet With Justine Schofield	Ep 77	Justine shows you how to crumb cutlets with parmesan and makes a delicious chia crusted salmon, while Colin Magee drops in to share his recipe for a sesame crusted tuna with a Japanese slaw.	AUSTRALIA	English-100		G		
2024-04-30	1730	Cook Like An Italian With Silvia Colloca	Arrivederci, Gluten!	Let's face it - when it comes to Italian food, carbs are king. Pizza, pasta, panini - it can feel impossible to enjoy Italian cuisine with a gluten-free lifestyle.	AUSTRALIA	English-100		G		Y
2024-04-30	1800	Taste Of Australia With Hayden Quinn	Peats Ridge NSW	Hayden heads north to visit a free-range chicken farmer and cooks up a favourite chicken dish. Then we meet some friends and Hayden shows us his take on the beer-can chicken.	AUSTRALIA	English-100		PG		

2024-04-30	1830	Food Safari	Greek	Maeve O'Meara joins chef Peter Conistis in a Greek emporium to find out which olive oil is best to use, how to pick a good fetta cheese, and which herbs and spices to make use of.	AUSTRALIA	English-100	RPT	G		Y
2024-04-30	1900	The Cook Up With Adam Liaw	Limes	It's time to get with the limes! Adam and his guests, musician Clare Bowditch and chef Jerry Mai make zingy, zesty magic.	AUSTRALIA	English-100		PG		Y
2024-04-30	1930	Rachel Khoo's Simple Pleasures	Larder Love	Rachel Khoo has mastered the art of creative cooking when the cupboards look bare. Rachel digs deep into the larder to create a crab and pineapple tartare, which works as a starter or a canape.	USA	English-100		G		
2024-04-30	2000	Selena + Chef	Selena + Evan Funke	Two-time James Beard Award-nominated chef and cookbook author Evan Funke shares a 200-year-old ragu Bolognese recipe before coaching Selena through her first-ever handmade pasta.	USA	English-100		PG	I	Y
2024-04-30	2030	Jamie's Food Escapes	Stockholm	Jamie loves Swedish cuisine, based around fresh produce, pickling, and preserving. He goes mushroom hunting on one of the of islands surrounding the city, and tries a delicacy called surstromming.	UNITED KINGDOM	English-100		PG	a l n w	
2024-04-30	2130	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 6	Paul is keen to restore the gully that acts as a natural watercourse on his farm, but it's almost totally overgrown with blackberries. Paul hires a herd of hefty eaters to deal with the problem.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-04-30	2230	The Cook Up With Adam Liaw	Limes	It's time to get with the limes! Adam and his guests, musician Clare Bowditch and chef Jerry Mai make zingy, zesty magic.	AUSTRALIA	English-100		PG		Y
2024-04-30	2300	The Cook And The Chef	Pepper And Salt	Maggie and Simon demonstrate why salt and pepper feature as giants in culinary history. Simon makes a real pepper sauce that turns a steak into so much more than a pub meal.	AUSTRALIA	English-100		G		
2024-04-30	2330	Jamie & Jimmy's Food Fight Club	Orlando Bloom	Orlando Bloom shows off his knife skills when he cooks up a Moroccan lamb shank tagine, Jamie makes fragrant Asian-style seafood parcels, and Jimmy shares how to make sausages at home.	UNITED KINGDOM	English-100		PG		
2024-04-30	2425	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
2024-04-30	2430	Rachel Khoo's Simple Pleasures	Larder Love	Rachel Khoo has mastered the art of creative cooking when the cupboards look bare. Rachel digs deep into the larder to create a crab and pineapple tartare, which works as a starter or a canape.	USA	English-100		G		
2024-04-30	2500	Selena + Chef	Selena + Evan Funke	Two-time James Beard Award-nominated chef and cookbook author Evan Funke shares a 200-year-old ragu Bolognese recipe before coaching Selena through her first-ever handmade pasta.	USA	English-100		PG	I	Y
2024-04-30	2530	Jamie's Food Escapes	Stockholm	Jamie loves Swedish cuisine, based around fresh produce, pickling, and preserving. He goes mushroom hunting on one of the of islands surrounding the city, and tries a delicacy called surstromming.	UNITED KINGDOM	English-100		PG	a l n w	

2024-04-30	2625	A Taste Of Island Dreams	Island Dreams No-Rice Rice" Pudding"	This pudding is a family favourite and represents how resourceful the people of the Cocos Islands are. Alimah Bilda shares a recipe passed down from her mother.	AUSTRALIA			G		
2024-04-30	2630	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 6	Paul is keen to restore the gully that acts as a natural watercourse on his farm, but it's almost totally overgrown with blackberries. Paul hires a herd of hefty eaters to deal with the problem.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-04-30	2730	Jamie & Jimmy's Food Fight Club	Orlando Bloom	Orlando Bloom shows off his knife skills when he cooks up a Moroccan lamb shank tagine, Jamie makes fragrant Asian-style seafood parcels, and Jimmy shares how to make sausages at home.	UNITED KINGDOM	English-100		PG		
2024-04-30	2825	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
2024-04-30	2830	The Cook And The Chef	Pepper And Salt	Maggie and Simon demonstrate why salt and pepper feature as giants in culinary history. Simon makes a real pepper sauce that turns a steak into so much more than a pub meal.	AUSTRALIA	English-100		G		
2024-05-01	0500	Nigellissima	Nigellissima Series 1 Ep 3	Nigella treats her friends to an Italian-style supper of pork loin stuffed with parma ham and oregano, served alongside her speedy mock mash.	UNITED KINGDOM	English-100	RPT	G		Y
2024-05-01	0530	From Scratch	Kenya	David travels to Kenya, where humanity began and makes a meal with chef Ariel Moscardi. The tent pole ingredients are plants gathered from the African plains and jungles, topped off with some goat.	UNITED KINGDOM	English-100		PG	a w	
2024-05-01	0625	Cook Up With Adam Liaw Bitesize	Almond Pudding With Ginger And Palm Sugar Syrup	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
2024-05-01	0630	Pati's Mexican Table	El Fuerte, Magic Town	Pati travels to the northern part of Sinaloa and the town of El Fuerte, one of Mexico's 'Pueblos Magicos' or magic towns.	USA	English-100		G		Y
2024-05-01	0700	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 4	Joanna visits the Hmong community of Innisfail in far north Queensland who use every part of the banana plant for eating, and Maeve sits down to Sunday lunch Sri Lankan-style.	AUSTRALIA	English-100	RPT	G		Y
2024-05-01	0730	Ainsley's Food We Love	Ainsley's Food We Love Series 1 Ep 10	Join Ainsley in the kitchen, as he is inspired by winter warming and comforting dishes to help keep us warm and toasty. Ainsley is joined by Strictly Come Dancing royalty, Anton Du Beke.	UNITED KINGDOM	English-100		G		
2024-05-01	0825	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		
2024-05-01	0830	Comfort Food With Spencer Watts	Street Food Comfort	Street food can be delicious so why not indulge in some in the comfort of home. Spencer starts with a spicy Korean fried chicken 'dog' with sesame ketchup and gochugang ketchup.	CANADA	English-100		G		

2024-05-01	0900	Everyday Gourmet With Justine Schofield	Ep 77	Justine shows you how to crumb cutlets with parmesan and makes a delicious chia crusted salmon, while Colin Magee drops in to share his recipe for a sesame crusted tuna with a Japanese slaw.	AUSTRALIA	English-100		G		
2024-05-01	0930	Cook Like An Italian With Silvia Colloca	Arrivederci, Gluten!	Let's face it - when it comes to Italian food, carbs are king. Pizza, pasta, panini - it can feel impossible to enjoy Italian cuisine with a gluten-free lifestyle.	AUSTRALIA	English-100		G		Y
2024-05-01	1000	Taste Of Australia With Hayden Quinn	Peats Ridge NSW	Hayden heads north to visit a free-range chicken farmer and cooks up a favourite chicken dish. Then we meet some friends and Hayden shows us his take on the beer-can chicken.	AUSTRALIA	English-100		PG		
2024-05-01	1030	Food Safari	Greek	Maeve O'Meara joins chef Peter Conistis in a Greek emporium to find out which olive oil is best to use, how to pick a good fetta cheese, and which herbs and spices to make use of.	AUSTRALIA	English-100	RPT	G		Y
2024-05-01	1100	The Cook Up With Adam Liaw	Limes	It's time to get with the limes! Adam and his guests, musician Clare Bowditch and chef Jerry Mai make zingy, zesty magic.	AUSTRALIA	English-100		PG		Y
2024-05-01	1130	Rachel Khoo's Simple Pleasures	Larder Love	Rachel Khoo has mastered the art of creative cooking when the cupboards look bare. Rachel digs deep into the larder to create a crab and pineapple tartare, which works as a starter or a canape.	USA	English-100		G		
2024-05-01	1200	Selena + Chef	Selena + Evan Funke	Two-time James Beard Award-nominated chef and cookbook author Evan Funke shares a 200-year-old ragu Bolognese recipe before coaching Selena through her first-ever handmade pasta.	USA	English-100		PG	I	Y
2024-05-01	1230	From Scratch	Wyoming	David finds himself on a bow hunt for elk in Sheridan, Wyoming, for Native American chef Antonia Armenta-Miller to recreate one of her iconic dishes.	UNITED KINGDOM	English-100		PG	a l w	Y
2024-05-01	1325	A Taste Of Island Dreams	Amalul's Pandan Bubble Tea	Amalul, Alimah's granddaughter, is a self-proclaimed bubble tea connoisseur. She shares her bright bubble tea brew and pays tribute to the vibrant and flavourful pandanus leaf.	AUSTRALIA	English-100		G		
2024-05-01	1330	Nigellissima	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
2024-05-01	1400	Pati's Mexican Table	Jinetes, Adventure In The Mountains	Pati travels into the mountains of Sinaloa to the tiny village of Jinetes - a place that appears to be stuck in time.	USA	English-100		G		Y
2024-05-01	1430	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 5	Maeve O'Meara learns some of the secrets of our best cheddar from Tasmania, while Joanna Savill gets to taste several varieties of pomegranates at a farm in Robinvale, Victoria.	AUSTRALIA	English-100	RPT	G		Y
2024-05-01	1500	David Rocco's Dolce Napoli	Music In Napoli	Naples is a city thriving with culture - and not just food culture. Music is all around the city, so it's no surprise that David meets one of Italy's top folk singers, Pietra Montecorvino.	CANADA	English-100		G		Y

2024-05-01	1530	Ainsley's Food We Love	Granny Knows Best	Ainsley Harriot returns to prepare tasty recipes and chat with special guests, who reminisce about their favourite meals. First up, he recreates a comforting Irish stew made by his friend's granny.	UNITED KINGDOM	English-100		G		
2024-05-01	1625	Please Eat Slowly Bitesize	Hand-Pulled Noodles	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100		G		
2024-05-01	1630	Comfort Food With Spencer Watts	Warm My Belly	Tonight, Spencer makes his corned beef stew with horseradish mashed. Then he fills the cabin with the rich mouthwatering smell of a delicious Thai curry with garlic shrimp and fragrant rice.	CANADA	English-100		G		
2024-05-01	1700	Everyday Gourmet With Justine Schofield	Ep 78	Jake Kellie drops by to make a rustic dish of wild mushrooms and confit baby onions and then Justine makes her carnival fritters and some succulent pork medalions.	AUSTRALIA	English-100		PG		
2024-05-01	1730	Cook Like An Italian With Silvia Colloca	Meal Planning	For Italians, if the pantry is stocked with classic and versatile ingredients,they will never go hungry again or spend a fortune ordering in.	AUSTRALIA	English-100		G	Y	Y
2024-05-01	1800	Taste Of Australia With Hayden Quinn	Central Coast NSW	Hayden goes pearl farming on the NSW Central Coast, followed by a tour of some local produce. Then he bakes a pecan pie with fresh pecans on a local farm!	AUSTRALIA	English-100		G		
2024-05-01	1830	Food Safari	Chinese	In this episode, Maeve O'Meara explores the world of Chinese food, one of the most ancient and developed cuisines on earth.	AUSTRALIA	English-100	RPT	G	Y	
2024-05-01	1900	The Cook Up With Adam Liaw	Snazzy Snacks	Snacks are great, snazzy snacks are even better. Especially when the recipes come from Adam and his guests, Marcelo Munoz and Engku Putri Irma Mysara.	AUSTRALIA	English-100		G	Y	
2024-05-01	1930	Rick Stein's Food Stories	Cumbria	In the Lake District, Rick shares mutton hot pot with farmer James Rebanks. He meets an intrepid shrimp fisherman and is joined by his son Jack to cook his Mum's shepherd's pie.	UNITED KINGDOM	English-100		G		
2024-05-01	2000	Nadiya's Spices Made Simple	Easy Does It	Nadiya calls on her simple spices once again to create deliciously easy dishes - a classic breakfast muffin, a succulent crab bhuna, cottage pie, and a lavish fruity pud perfect for the laziest of day	UNITED KINGDOM	English-100		G		
2024-05-01	2030	Jason Atherton's Dubai Dishes	Fruit	Jason uses beautiful produce from the Middle East to create delicious dishes that have fruit as the hero ingredient. His guest chef samples some fruity cocktails before making a lobster and mango dish.	UNITED KINGDOM			PG		
2024-05-01	2130	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 7	The local ladies have a big job for Paul and there might be a sweet reward in return. If he can help them paint their headquarters, they've offered to share some of their cake-making secrets with him.	UNITED KINGDOM	English-100	RPT	PG	Y	
2024-05-01	2230	The Cook Up With Adam Liaw	Snazzy Snacks	Snacks are great, snazzy snacks are even better. Especially when the recipes come from Adam and his guests, Marcelo Munoz and Engku Putri Irma Mysara.	AUSTRALIA	English-100		G	Y	

2024-05-01	2300	The Cook And The Chef	Trout And Eggs	Maggie uses her trout in a green tomato salsa, combining sweet and savoury flavours to perfection. Simon shows us how to smoke our own trout and combines big flakes of the fish with mayonnaise.	AUSTRALIA	English-100		G		
2024-05-01	2330	Jamie & Jimmy's Food Fight Club	Goldie Hawn	Goldie Hawn drops by the cafe to learn to cook her favourite Italian comfort food dish - fettuccine Alfredo. Jamie makes a slow-cooked shoulder of lamb, perfumed with Middle-Eastern spices.	UNITED KINGDOM	English-100		PG	a w	
2024-05-01	2425	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
2024-05-01	2430	Rick Stein's Food Stories	Cumbria	In the Lake District, Rick shares mutton hot pot with farmer James Rebanks. He meets an intrepid shrimp fisherman and is joined by his son Jack to cook his Mum's shepherd's pie.	UNITED KINGDOM	English-100		G		
2024-05-01	2500	Nadiya's Spices Made Simple	Easy Does It	Nadiya calls on her simple spices once again to create deliciously easy dishes - a classic breakfast muffin, a succulent crab bhuna, cottage pie, and a lavish fruity pud perfect for the laziest of day	UNITED KINGDOM	English-100		G		
2024-05-01	2530	Jason Atherton's Dubai Dishes	Fruit	Jason uses beautiful produce from the Middle East to create delicious dishes that have fruit as the hero ingredient. His guest chef samples some fruity cocktails before making a lobster and mango dish.	UNITED KINGDOM			PG		
2024-05-01	2630	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 7	The local ladies have a big job for Paul and there might be a sweet reward in return. If he can help them paint their headquarters, they've offered to share some of their cake-making secrets with him.	UNITED KINGDOM	English-100	RPT	PG		Y
2024-05-01	2730	Jamie & Jimmy's Food Fight Club	Goldie Hawn	Goldie Hawn drops by the cafe to learn to cook her favourite Italian comfort food dish - fettuccine Alfredo. Jamie makes a slow-cooked shoulder of lamb, perfumed with Middle-Eastern spices.	UNITED KINGDOM	English-100		PG	a w	
2024-05-01	2825	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
2024-05-01	2830	The Cook And The Chef	Trout And Eggs	Maggie uses her trout in a green tomato salsa, combining sweet and savoury flavours to perfection. Simon shows us how to smoke our own trout and combines big flakes of the fish with mayonnaise.	AUSTRALIA	English-100		G		
2024-05-02	0500	Nigellissima	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
2024-05-02	0530	From Scratch	Wyoming	David finds himself on a bow hunt for elk in Sheridan, Wyoming, for Native American chef Antonia Armenta-Miller to recreate one of her iconic dishes.	UNITED KINGDOM	English-100		PG	a l w	Y
2024-05-02	0625	A Taste Of Island Dreams	Amalul's Pandan Bubble Tea	Amalul, Alimah's granddaughter, is a self-proclaimed bubble tea connoisseur. She shares her bright bubble tea brew and pays tribute to the vibrant and flavourful pandanus leaf.	AUSTRALIA	English-100		G		

2024-05-02	0630	Pati's Mexican Table	Jinetes, Adventure In The Mountains	Pati travels into the mountains of Sinaloa to the tiny village of Jinetes - a place that appears to be stuck in time.	USA	English-100		G		Y
2024-05-02	0700	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 5	Maeve O'Meara learns some of the secrets of our best cheddar from Tasmania, while Joanna Savill gets to taste several varieties of pomegranates at a farm in Robinvale, Victoria.	AUSTRALIA	English-100	RPT	G		Y
2024-05-02	0730	Ainsley's Food We Love	Granny Knows Best	Ainsley Harriot returns to prepare tasty recipes and chat with special guests, who reminisce about their favourite meals. First up, he recreates a comforting Irish stew made by his friend's granny.	UNITED KINGDOM	English-100		G		
2024-05-02	0825	Please Eat Slowly Bitesize	Hand-Pulled Noodles	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100		G		
2024-05-02	0830	Comfort Food With Spencer Watts	Warm My Belly	Tonight, Spencer makes his corned beef stew with horseradish mashed. Then he fills the cabin with the rich mouthwatering smell of a delicious Thai curry with garlic shrimp and fragrant rice.	CANADA	English-100		G		
2024-05-02	0900	Everyday Gourmet With Justine Schofield	Ep 78	Jake Kellie drops by to make a rustic dish of wild mushrooms and confit baby onions and then Justine makes her carnival fritters and some succulent pork medalions.	AUSTRALIA	English-100		PG		
2024-05-02	0930	Cook Like An Italian With Silvia Colloca	Meal Planning	For Italians, if the pantry is stocked with classic and versatile ingredients,they will never go hungry again or spend a fortune ordering in.	AUSTRALIA	English-100		G		Y Y
2024-05-02	1000	Taste Of Australia With Hayden Quinn	Central Coast NSW	Hayden goes pearl farming on the NSW Central Coast, followed by a tour of some local produce. Then he bakes a pecan pie with fresh pecans on a local farm!	AUSTRALIA	English-100		G		
2024-05-02	1030	Food Safari	Chinese	In this episode, Maeve O'Meara explores the world of Chinese food, one of the most ancient and developed cuisines on earth.	AUSTRALIA	English-100	RPT	G		Y
2024-05-02	1100	The Cook Up With Adam Liaw	Snazzy Snacks	Snacks are great, snazzy snacks are even better. Especially when the recipes come from Adam and his guests, Marcelo Munoz and Engku Putri Irma Mysara.	AUSTRALIA	English-100		G		Y
2024-05-02	1130	Rick Stein's Food Stories	Cumbria	In the Lake District, Rick shares mutton hot pot with farmer James Rebanks. He meets an intrepid shrimp fisherman and is joined by his son Jack to cook his Mum's shepherd's pie.	UNITED KINGDOM	English-100		G		
2024-05-02	1200	Nadiya's Spices Made Simple	Easy Does It	Nadiya calls on her simple spices once again to create deliciously easy dishes - a classic breakfast muffin, a succulent crab bhuna, cottage pie, and a lavish fruity pud perfect for the laziest of day	UNITED KINGDOM	English-100		G		
2024-05-02	1230	From Scratch	Malta	Arriving in Malta, David planned to make a meal with chef Stefan Hogan of Corinthia Palace. But as he srambles to find ingredients, the meal soon becomes whatever he can harvest locally.	UNITED KINGDOM	English-100		PG		a w

2024-05-02	1325	Cook Up With Adam Liaw Bitesize	Lamb Skewers With Tomato Bush Tahini	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y	
2024-05-02	1330	Nigellissima	Nigellissima Series 1 Ep 5	Inspired by a scribbled note she once found in an old Italian kitchen, Nigella starts with her take on the classic light and sunny yoghurt pot cake.	UNITED KINGDOM	English-100	RPT	G		Y	
2024-05-02	1400	Pati's Mexican Table	El Chepe, Railway To The Past	Pati visits El Chepe - originally conceived as a trade route linking cattle markets in Kansas City to the nearest Pacific Ocean port in Mexico, which is Topolobampo.	USA	English-100		PG		Y	
2024-05-02	1430	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 6	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Joanna helps build a pit oven close to the Kakadu wetlands, and Maeve enjoys Greek Easter.	AUSTRALIA	English-100	RPT	G		Y	
2024-05-02	1500	David Rocco's Dolce Napoli	Donkey Way, The	The Palio del Casale, or Donkey Race, brings thousands of spectators and partiers to the town of Camposano. It's a weekend long party based around old Italian tradition.	CANADA	English-100		PG	a w	Y	
2024-05-02	1530	Ainsley's Food We Love	Life Of Pie, The	Ainsley is joined by singer Alexandra Burke and prepares a selection of pies, including a tarragon-crusted chicken, leek and mushroom one perfect for all the family.	UNITED KINGDOM	English-100		G			
2024-05-02	1625	Please Eat Slowly Bitesize	Steamed Whole Fish	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100		G			
2024-05-02	1630	Comfort Food With Spencer Watts	Comforting Family Faves	Spencer makes a few of his family-style faves, including his Moussaka Crown, his Italian herb half chickens with sun-dried tomato cream sauce and a silky smooth eggnog creme caramel.	CANADA	English-100		G			
2024-05-02	1700	Everyday Gourmet With Justine Schofield	Ep 79	Justine shows you how to make a classic steak Diane and her mixed fettucini with asparagus and egg. Alvin Quah shares his recipe for pork san choy bao.	AUSTRALIA	English-100		PG			
2024-05-02	1730	Cook Like An Italian With Silvia Colloca	Signature Dishes	Italian home cooks always have a signature dish that families just can't get enough of and in this episode Silvia's friend Sylvania shows her how to make an Arancini recipe that has been in her family.	AUSTRALIA	English-100		G		Y	Y
2024-05-02	1800	Taste Of Australia With Hayden Quinn	Hobart And Evandale Tasmania	Hayden starts at a bakery in Hobart before heading north to learn about and help out on one of Australia's best sheep farms.	AUSTRALIA	English-100		G			
2024-05-02	1830	Food Safari	Italian	Maeve takes a look into the world of the people who taught us how to drink coffee and appreciate good olive oil, and those who showed us the simple deliciousness of pizza and pasta - the Italians.	AUSTRALIA	English-100	RPT	G		Y	
2024-05-02	1900	The Cook Up With Adam Liaw	Family Food Secrets	It's Refugee Week on The Cook Up, and Adam has convinced notable home cooks and MKR winners Monzir Hamdin and Janelle Hallil to spill their family food secrets. Don't miss it!	AUSTRALIA	English-100				Y	

2024-05-02	1930	John Torode's Korean Food Tour	Veg And Tofu	John visits Gwanjang, the biggest food market in Seoul and samples its most famous food stall making bindaetteok, ground mung bean pancakes. He is then introduced to to fermented rice wine makgeolli.	UNITED KINGDOM	English-100		G			
2024-05-02	2030	Sophie Grigson: Slice Of Italy	Pasta: The Stuff Of Life	Sophie cooks orecchiette pasta at home and makes pasta with chickpeas for friends outdoors. She visits a pottery famous for its colourful pasta ceramics.	UNITED KINGDOM	English-100		PG	I		Y
2024-05-02	2100	Sophie Grigson: Slice Of Italy	Bread And Pizza	Sophie explores the traditional taralli biscuits made of wine and olive oil, goes in search of the perfect pizza and makes her own in the outdoor pizza oven.	UNITED KINGDOM	English-100		PG	a		Y
2024-05-02	2130	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 8	It's been nearly four months since Hugh returned to River Cottage in the UK to let Paul do it alone. Now he's back, and he's amazed at what he finds.	UNITED KINGDOM	English-100	RPT	PG	a w		Y
2024-05-02	2230	The Cook Up With Adam Liaw	Family Food Secrets	It's Refugee Week on The Cook Up, and Adam has convinced notable home cooks and MKR winners Monzir Hamdin and Janelle Halil to spill their family food secrets. Don't miss it!	AUSTRALIA	English-100					Y
2024-05-02	2300	The Cook And The Chef	Bush Tucker And Buffalo Mozzarella	Maggie's lightly cooked marinated roo sits perfectly with beetroot and anchovy butter, while the bold texture of Simon's emu holds up to a slow cook in a rich, sweet curry.	AUSTRALIA	English-100		G			
2024-05-02	2330	Jamie & Jimmy's Food Fight Club	David Tennant	David Tennant learns how to make his favourite Croatian dish - cuttlefish risotto, while Jamie shows us the ultimate Italian roast - arrosto misto - an epic feast with five roasted birds.	UNITED KINGDOM	English-100		G			
2024-05-02	2425	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
2024-05-02	2430	John Torode's Korean Food Tour	Veg And Tofu	John visits Gwanjang, the biggest food market in Seoul and samples its most famous food stall making bindaetteok, ground mung bean pancakes. He is then introduced to to fermented rice wine makgeolli.	UNITED KINGDOM	English-100		G			
2024-05-02	2525	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
2024-05-02	2530	Sophie Grigson: Slice Of Italy	Pasta: The Stuff Of Life	Sophie cooks orecchiette pasta at home and makes pasta with chickpeas for friends outdoors. She visits a pottery famous for its colourful pasta ceramics.	UNITED KINGDOM	English-100		PG	I		Y
2024-05-02	2600	Sophie Grigson: Slice Of Italy	Bread And Pizza	Sophie explores the traditional taralli biscuits made of wine and olive oil, goes in search of the perfect pizza and makes her own in the outdoor pizza oven.	UNITED KINGDOM	English-100		PG	a		Y
2024-05-02	2630	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 8	It's been nearly four months since Hugh returned to River Cottage in the UK to let Paul do it alone. Now he's back, and he's amazed at what he finds.	UNITED KINGDOM	English-100	RPT	PG	a w		Y

2024-05-02	2730	Jamie & Jimmy's Food Fight Club	David Tennant	David Tennant learns how to make his favourite Croatian dish - cuttlefish risotto, while Jamie shows us the ultimate Italian roast - arrosto misto - an epic feast with five roasted birds.	UNITED KINGDOM	English-100		G		
2024-05-02	2825	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
2024-05-02	2830	The Cook And The Chef	Bush Tucker And Buffalo Mozzarella	Maggie's lightly cooked marinated roo sits perfectly with beetroot and anchovy butter, while the bold texture of Simon's emu holds up to a slow cook in a rich, sweet curry.	AUSTRALIA	English-100		G		
2024-05-03	0500	Nigellissima	Nigellissima Series 1 Ep 5	Inspired by a scribbled note she once found in an old Italian kitchen, Nigella starts with her take on the classic light and sunny yoghurt pot cake.	UNITED KINGDOM	English-100	RPT	G		Y
2024-05-03	0530	From Scratch	Malta	Arriving in Malta, David planned to make a meal with chef Stefan Hogan of Corinthia Palace. But as he scrambles to find ingredients, the meal soon becomes whatever he can harvest locally.	UNITED KINGDOM	English-100		PG	a w	
2024-05-03	0625	Cook Up With Adam Liaw Bitesize	Lamb Skewers With Tomato Bush Tahini	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2024-05-03	0630	Pati's Mexican Table	El Chepe, Railway To The Past	Pati visits El Chepe - originally conceived as a trade route linking cattle markets in Kansas City to the nearest Pacific Ocean port in Mexico, which is Topolobampo.	USA	English-100		PG		Y
2024-05-03	0700	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 6	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Joanna helps build a pit oven close to the Kakadu wetlands, and Maeve enjoys Greek Easter.	AUSTRALIA	English-100	RPT	G		Y
2024-05-03	0730	Ainsley's Food We Love	Life Of Pie, The	Ainsley is joined by singer Alexandra Burke and prepares a selection of pies, including a tarragon-crust chicken, leek and mushroom one perfect for all the family.	UNITED KINGDOM	English-100		G		
2024-05-03	0825	Please Eat Slowly Bitesize	Steamed Whole Fish	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100		G		
2024-05-03	0830	Comfort Food With Spencer Watts	Comforting Family Faves	Spencer makes a few of his family-style faves, including his Moussaka Crown, his Italian herb half chickens with sun-dried tomato cream sauce and a silky smooth eggnog creme caramel.	CANADA	English-100		G		
2024-05-03	0900	Everyday Gourmet With Justine Schofield	Ep 79	Justine shows you how to make a classic steak Diane and her mixed fettucini with asparagus and egg. Alvin Quah shares his recipe for pork san choy bao.	AUSTRALIA	English-100		PG		
2024-05-03	0930	Cook Like An Italian With Silvia Colloca	Signature Dishes	Italian home cooks always have a signature dish that families just can't get enough of and in this episode Silvia's friend Sylvania shows her how to make an Arancini recipe that has been in her family.	AUSTRALIA	English-100		G		Y Y

2024-05-03	1000	Taste Of Australia With Hayden Quinn	Hobart And Evandale Tasmania	Hayden starts at a bakery in Hobart before heading north to learn about and help out on one of Australia's best sheep farms.	AUSTRALIA	English-100		G		
2024-05-03	1030	Food Safari	Italian	Maeve takes a look into the world of the people who taught us how to drink coffee and appreciate good olive oil, and those who showed us the simple deliciousness of pizza and pasta - the Italians.	AUSTRALIA	English-100	RPT	G		Y
2024-05-03	1100	The Cook Up With Adam Liaw	Family Food Secrets	It's Refugee Week on The Cook Up, and Adam has convinced notable home cooks and MKR winners Monzir Hamdin and Janelle Halil to spill their family food secrets. Don't miss it!	AUSTRALIA	English-100				Y
2024-05-03	1130	John Torode's Korean Food Tour	Veg And Tofu	John visits Gwanjang, the biggest food market in Seoul and samples its most famous food stall making bindaetteok, ground mung bean pancakes. He is then introduced to fermented rice wine makgeolli.	UNITED KINGDOM	English-100		G		
2024-05-03	1225	Destination Flavour China Bitesize	Zhejiangmian	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.			RPT	G		Y Y
2024-05-03	1230	From Scratch	Zagreb	David meets with the 2019 Top Chef Croatia winner Tvrtko Sakota. Driving across the country making sugar from beets, and harvesting pork, he understands how Croatia is finding its culinary feet.	UNITED KINGDOM	English-100		PG		
2024-05-03	1325	Cook Up With Adam Liaw Bitesize	Chicken Paprika	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2024-05-03	1330	Nigellissima	Nigellissima Series 1 Ep 6	Nigella Lawson treats her supper guests to a sumptuous feast of lamb chops with mint, chilli and golden potatoes, served alongside roasted red onions with fennel and basil.	UNITED KINGDOM	English-100	RPT	G		Y
2024-05-03	1400	Pati's Mexican Table	Mocorito, The Land Of Chilorio	Pati visits Mocorito - a quiet, colourful colonial town founded in 1594, known for one of Sinaloa's most beloved recipes - a slow-simmered pork dish called chilorio.	USA	English-100		G		Y
2024-05-03	1430	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 7	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maeve visits a Tasmanian walnut farm, and Joanna tries goat meat, Moroccan style.	AUSTRALIA	English-100	RPT	G		Y
2024-05-03	1500	David Rocco's Dolce Napoli	Forza Napoli	In Naples, soccer isn't just a sport, it's a religion, and their fans are world renowned for their dedication, enthusiasm and creativity.	CANADA	English-100		PG	I	Y
2024-05-03	1530	Ainsley's Food We Love	Sweets And Treats	Ainsley is joined by actor and entertainer John Barrowman and prepares a selection of sweets and treats, starting with his cheesy soufflé Welsh rarebit muffins.	UNITED KINGDOM	English-100		G		
2024-05-03	1625	Please Eat Slowly Bitesize	Claypot Rice	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor shares his best tips to create your own!	AUSTRALIA	English-100		G		

2024-05-03	1630	Comfort Food With Spencer Watts	Canadian Comfort	Spencer provides some twists on a few originals including his version of meat tortiere pies, a Newfoundland inspired bunt pan figgy duff with maple syrup liqueur and delicious west coast salmon rolls.	CANADA	English-100		PG			
2024-05-03	1700	Everyday Gourmet With Justine Schofield	Ep 80	Learn how to make the The Original 'One Bowl' chocolate cake, a twice roasted duck with delicious orange nam jim and some mouth-watering steamed pork buns.	AUSTRALIA	English-100		PG			
2024-05-03	1730	Cook Like An Italian With Silvia Colloca	Italy, Top To Bottom	If renting a red Vespa, and embarking on a road trip from the top of Italyall the way down to the bottom of the "boot," isn't fitting your schedule anytime soon, Silvia has 3 recipes for you.	AUSTRALIA	English-100		G		Y Y	
2024-05-03	1800	Taste Of Australia With Hayden Quinn	Bruny Island Tasmania	Hayden travels to Bruny Island, off the coast of Tasmania, to enjoy the surf before being introduced to beach foraging. He makes some amazing new friends and cooks for them with local produce.	AUSTRALIA	English-100		PG	a w		Y
2024-05-03	1830	Food Safari	Thai	This week's program enters the world of Thai food where the flavours are intense and are balanced together to create harmony for both the palate and for overall health.	AUSTRALIA	English-100	RPT	G			Y
2024-05-03	1900	The Cook Up With Adam Liaw	Dinner Party, The	Adam is joined by entertaining experts, chef Martin Benn and hospitality consultant Vicki Wild, who share tips and tricks on how to host a memorable dinner party.	AUSTRALIA	English-100		G			Y
2024-05-03	1930	Ainsley's Taste Of Malta	Valetta	Ainsley starts his Maltese adventure in Valetta. He joins historian Liam for a tour of the harbour, where he learns why Malta is such a melting pot of cultures and the impact this has on the cuisine.	UNITED KINGDOM	English-100					
2024-05-03	2030	Extreme Food Phobics	Extreme Food Phobics Series 1 Ep 5	This episode features a chef who can't stomach his own food, and a stay-at-home mum who doesn't want to pass down her food habits to her child.	UNITED KINGDOM	English-100	RPT	PG	a		Y
2024-05-03	2125	A Taste Of Island Dreams	Amalul's Pandan Bubble Tea	Amalul, Alimah's granddaughter, is a self-proclaimed bubble tea connoisseur. She shares her bright bubble tea brew and pays tribute to the vibrant and flavourful pandanus leaf.	AUSTRALIA	English-100		G			
2024-05-03	2130	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 1	Time has passed and the seasons have changed at River Cottage Australia. Paul West is about to experience his first summer on the land.	UNITED KINGDOM	English-100	RPT	PG	a w		Y
2024-05-03	2230	The Cook Up With Adam Liaw	Dinner Party, The	Adam is joined by entertaining experts, chef Martin Benn and hospitality consultant Vicki Wild, who share tips and tricks on how to host a memorable dinner party.	AUSTRALIA	English-100		G			Y
2024-05-03	2300	The Cook And The Chef	Diabetic Diet, A	Maggie and Simon demonstrate how good nutrition and flavour can go hand in hand. Maggie's spelt pasta with pumpkin, and her mushroom, barley, and sherry soup ticks all the boxes.	AUSTRALIA	English-100		G			
2024-05-03	2330	Jamie & Jimmy's Food Fight Club	Jack Whitehall	Visiting the cafe this week is actor, writer and award winning-comedian, Jack Whitehall who'll be re-creating the indulgent chocolate calzone he once ate on a childhood holiday to Naples.	UNITED KINGDOM	English-100		PG	I		

2024-05-03	2425	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
2024-05-03	2430	Ainsley's Taste Of Malta	Valetta	Ainsley starts his Maltese adventure in Valetta. He joins historian Liam for a tour of the harbour, where he learns why Malta is such a melting pot of cultures and the impact this has on the cuisine.	UNITED KINGDOM	English-100				
2024-05-03	2530	Extreme Food Phobics	Extreme Food Phobics Series 1 Ep 5	This episode features a chef who can't stomach his own food, and a stay-at-home mum who doesn't want to pass down her food habits to her child.	UNITED KINGDOM	English-100	RPT	PG	a	Y
2024-05-03	2625	A Taste Of Island Dreams	Amalul's Pandan Bubble Tea	Amalul, Alimah's granddaughter, is a self-proclaimed bubble tea connoisseur. She shares her bright bubble tea brew and pays tribute to the vibrant and flavourful pandanus leaf.	AUSTRALIA	English-100		G		
2024-05-03	2630	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 1	Time has passed and the seasons have changed at River Cottage Australia. Paul West is about to experience his first summer on the land.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-05-03	2730	Jamie & Jimmy's Food Fight Club	Jack Whitehall	Visiting the cafe this week is actor, writer and award winning-comedian, Jack Whitehall who'll be re-creating the indulgent chocolate calzone he once ate on a childhood holiday to Naples.	UNITED KINGDOM	English-100		PG	I	
2024-05-03	2825	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
2024-05-03	2830	The Cook And The Chef	Diabetic Diet, A	Maggie and Simon demonstrate how good nutrition and flavour can go hand in hand. Maggie's spelt pasta with pumpkin, and her mushroom, barley, and sherry soup ticks all the boxes.	AUSTRALIA	English-100		G		
2024-05-04	0500	Nigellissima	Nigellissima Series 1 Ep 6	Nigella Lawson treats her supper guests to a sumptuous feast of lamb chops with mint, chilli and golden potatoes, served alongside roasted red onions with fennel and basil.	UNITED KINGDOM	English-100	RPT	G		Y
2024-05-04	0530	From Scratch	Zagreb	David meets with the 2019 Top Chef Croatia winner Tvrtko Sakota. Driving across the country making sugar from beets, and harvesting pork, he understands how Croatia is finding its culinary feet.	UNITED KINGDOM	English-100		PG		
2024-05-04	0625	Cook Up With Adam Liaw Bitesize	Chicken Paprika	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2024-05-04	0630	Pati's Mexican Table	Mocorito, The Land Of Chiliorio	Pati visits Mocorito - a quiet, colourful colonial town founded in 1594, known for one of Sinaloa's most beloved recipes - a slow-simmered pork dish called chiliorio.	USA	English-100		G		Y
2024-05-04	0700	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 7	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maeve visits a Tasmanian walnut farm, and Joanna tries goat meat, Moroccan style.	AUSTRALIA	English-100	RPT	G		Y

2024-05-04	0730	Ainsley's Food We Love	Sweets And Treats	Ainsley is joined by actor and entertainer John Barrowman and prepares a selection of sweets and treats, starting with his cheesy souffle Welsh rarebit muffins.	UNITED KINGDOM	English-100		G		
2024-05-04	0825	Please Eat Slowly Bitesize	Claypot Rice	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor shares his best tips to create your own!	AUSTRALIA	English-100		G		
2024-05-04	0830	Comfort Food With Spencer Watts	Canadian Comfort	Spencer provides some twists on a few originals including his version of meat tortiere pies, a Newfoundland inspired bunt pan figgy duff with maple syrup liqueur and delicious west coast salmon rolls.	CANADA	English-100		PG		
2024-05-04	0900	Everyday Gourmet With Justine Schofield	Ep 80	Learn how to make the The Original 'One Bowl' chocolate cake, a twice roasted duck with delicious orange nam jim and some mouth-watering steamed pork buns.	AUSTRALIA	English-100		PG		
2024-05-04	0930	Cook Like An Italian With Silvia Colloca	Italy, Top To Bottom	If renting a red Vespa, and embarking on a road trip from the top of Italyall the way down to the bottom of the "boot," isn't fitting your schedule anytime soon, Silvia has 3 recipes for you.	AUSTRALIA	English-100		G	Y	Y
2024-05-04	1000	Taste Of Australia With Hayden Quinn	Bruny Island Tasmania	Hayden travels to Bruny Island, off the coast of Tasmania, to enjoy the surf before being introduced to beach foraging. He makes some amazing new friends and cooks for them with local produce.	AUSTRALIA	English-100		PG	a w	Y
2024-05-04	1030	Food Safari	Thai	This week's program enters the world of Thai food where the flavours are intense and are balanced together to create harmony for both the palate and for overall health.	AUSTRALIA	English-100	RPT	G		Y
2024-05-04	1100	The Cook Up With Adam Liaw	Dinner Party, The	Adam is joined by entertaining experts, chef Martin Benn and hospitality consultant Vicki Wild, who share tips and tricks on how to host a memorable dinner party.	AUSTRALIA	English-100		G		Y
2024-05-04	1130	Ainsley's Taste Of Malta	Valetta	Ainsley starts his Maltese adventure in Valetta. He joins historian Liam for a tour of the harbour, where he learns why Malta is such a melting pot of cultures and the impact this has on the cuisine.	UNITED KINGDOM	English-100				
2024-05-04	1230	Extreme Food Phobics	Extreme Food Phobics Series 1 Ep 5	This episode features a chef who can't stomach his own food, and a stay-at-home mum who doesn't want to pass down her food habits to her child.	UNITED KINGDOM	English-100	RPT	PG	a	Y
2024-05-04	1325	A Taste Of Island Dreams	Island Dreams Satay Skewers	For the perfect skewers, Alimah was taught to imagine she was sewing a running stitch when threading the skewer through the meat. She shares an Island Dreams satay favourite.	AUSTRALIA	English-100		G		
2024-05-04	1330	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 1	Time has passed and the seasons have changed at River Cottage Australia. Paul West is about to experience his first summer on the land.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-05-04	1430	Jamie's Great Britain	East End, The	Jamie kicks off his roadtrip close to home in the East End of London - uncovering his family's history and links to the area.	UNITED KINGDOM	English-100		PG		

2024-05-04	1530	Jamie's Great Britain	Yorkshire	Jamie travels to Yorkshire where he uncovers the impact the Industrial Revolution had here on everything from the people on the streets to the food on plates.	UNITED KINGDOM	English-100	G					Y
2024-05-04	1630	Giada Entertains	Go Green Or Go Home	Giada hosts a St. Patrick's Day party, offering her spin on traditional Irish dishes. Guests will feast on hearty lamb and red wine stew, and smoked salmon crudo with creamy cucumbers.	USA	English-100	G					
2024-05-04	1700	Barefoot Contessa: Back To Basics	Incredible Vegetables	Ina Garten turns ordinary vegetables into extraordinary dishes. She transforms everyday cauliflower into amazing cauliflower toasts, the perfect anytime bite.	USA	English-100	G					
2024-05-04	1730	Big Appetite	Leveling Up In New York City	Ben Hundreds hits cutting edge concepts in NYC like Contra, Wildair, Madame Vo and Dhamaka, an explosive Indian eatery. Plus shopping, art and best sandwiches.	USA	English-100	PG		I			
2024-05-04	1800	The Next Thing You Eat	Breakfast: An Illusion Of Choice	Big Breakfast is pulling the strings on what we eat for the most important meal of the day - from coffee to Captain Crunch. The future of breakfast needs to embrace diversity and optimisation.	USA		PG		s			Y
2024-05-04	1830	Eva Longoria: Searching For Mexico	Jalisco	Today, Eva heads out West to the fertile lands of Jalisco. There's a saying that 'Jalisco is Mexico and Mexico is Jalisco', because so much of what is seen as typically 'Mexican' all originated here.	USA	English-50; Spanish-50	RPT	PG	a w		Y	Y
2024-05-04	1925	A Taste Of Island Dreams	Island Dreams Satay Skewers	For the perfect skewers, Alimah was taught to imagine she was sewing a running stitch when threading the skewer through the meat. She shares an Island Dreams satay favourite.	AUSTRALIA	English-100	G					
2024-05-04	1930	Hairy Bikers Go Local	Lords Of The Manor: Cotswolds	The Bikers head south to find Charles his perfect ingredients: they meet a special herd, try hand-made ice cream, and create smoked haddock soufflé. Will these local favourites make it on the menu?	UNITED KINGDOM	English-100	PG		I			
2024-05-04	2035	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 6	Rick is on home turf when he visits the Tintagel area in Cornwall. Here, legend has it, the ruined castle atop the craggy, untamed cliffs is what remains of King Arthur's Camelot.	UNITED KINGDOM	English-100	PG		a w			
2024-05-04	2105	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 7	In the Clovelly area of North Devon, Rick goes fishing for herring with Steve Perham, whose family have been fishermen for over 200 years.	UNITED KINGDOM	English-100	G		a w			
2024-05-04	2135	Anthony Bourdain: No Reservations	Prague	Tony tests the culinary landscape of Prague.	USA	English-100	PG					
2024-05-04	2230	The Wine Show	Wine Show Series 2, The Ep 4	In the fourth show in the new series of The Wine Show, James Purefoy and Matthew Goode find themselves in stunning Burgundy on the hunt to each find a wine to match the main course.	UNITED KINGDOM	English-100	PG					Y
2024-05-04	2330	Jamie's Great Britain	East End, The	Jamie kicks off his roadtrip close to home in the East End of London - uncovering his family's history and links to the area.	UNITED KINGDOM	English-100	PG					

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2024-05-04	2825	A Taste Of Island Dreams	Island Dreams Satay Skewers	For the perfect skewers, Alimah was taught to imagine she was sewing a running stitch when threading the skewer through the meat. She shares an Island Dreams satay favourite.	AUSTRALIA	English-100		G					
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