



**WEEK 19: Sunday, 5 May - Saturday, 11 May 2024 - ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-05-05	0500	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		
2024-05-05	0530	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			
2024-05-05	0630	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
2024-05-05	0730	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			
2024-05-05	0800	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			
2024-05-05	0830	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		
2024-05-05	0900	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
2024-05-05	0930	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

2024-05-05	1025	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 3	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
2024-05-05	1030	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	
2024-05-05	1135	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	
2024-05-05	1205	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	
2024-05-05	1235	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		
2024-05-05	1330	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
2024-05-05	1400	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	RPT	G		Y
2024-05-05	1430	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	RPT	PG		Y
2024-05-05	1500	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	RPT	G		Y
2024-05-05	1530	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	RPT	G		Y

2024-05-05	1600	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
2024-05-05	1630	Giada Entertains	Jades After Party	After Jade's volleyball game, Giada invites her daughter's friends to celebrate at a fun-filled after party. It's a delicious menu with all of Jade's favourites, including easy chicken cordon bleu.	USA	English-100	G		
2024-05-05	1700	Barefoot Contessa: Back To Basics	Liquor Store Secrets	Ina Garten unlocks her liquor secrets and easy techniques that take red wine-braised short ribs, fennel soup gratin and an awesome fresh apple spice cake to the next level.	USA	English-100	G		
2024-05-05	1730	The Chef's Garden	Ep 1	Discover Tasmania's fresh local produce along with Massimo's beloved recipes, from Italian homely gnocchi made from scratch to exquisite abalone caught fresh from the sea.	AUSTRALIA	English-100	PG		
2024-05-05	1800	Luca's Key Ingredient	Ep 6	Luca shows us his favourite recipes using today's key ingredient, zucchini flowers.	AUSTRALIA	English-100	G		
2024-05-05	1830	Michel Roux's French Country Cooking	Christmas In Provence	Michel Roux is hosting family and friends for an unforgettable Christmas in Provence. The house is decorated, the champagne is on ice and Michel is using his Michelin starred magic to create his menu.	UNITED KINGDOM	English-100	PG		Y
2024-05-05	1930	A Cotswold Farm Shop	Ep 5	One of the farm shop's best sellers are it's arancini, Italian rice balls. The family business now wants to expand its offering to include their handmade panettone.	UNITED KINGDOM	English-100	G		
2024-05-05	2030	Rick Stein's Road To Mexico	San Diego To Baja California	Rick Stein enjoys a San Diego steak and eggs diner special before crossing the border into Mexico for chicken burritos and fish tacos, the culinary delights of the Baja Peninsula.	UNITED KINGDOM	English-100	PG	a s w	
2024-05-05	2135	Anthony Bourdain: No Reservations	Ecuador	(S.6 Ep.5) Anthony Bourdain savours all the simple stews, fresh fish and exotic fruits that Ecuador's eateries and street vendors have to offer. #FoodNetworkAU	USA	English-100	PG	I	Y
2024-05-05	2230	The Wine Show	Wine Show Series 2, The Ep 5	In the fifth show in the new series of The Wine Show, James Purefoy and Matthew Goode are in the Camargue on the hunt for wines to match the cheese course in the epic French lunch.	UNITED KINGDOM	English-100	PG		Y

2024-05-05	2325	Please Eat Slowly Bitesize	Mango Pancakes	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100	G	
2024-05-05	2330	Giada Entertains	Jades After Party	After Jade's volleyball game, Giada invites her daughter's friends to celebrate at a fun-filled after party. It's a delicious menu with all of Jade's favourites, including easy chicken cordon bleu.	USA	English-100	G	
2024-05-05	2400	Barefoot Contessa: Back To Basics	Liquor Store Secrets	Ina Garten unlocks her liquor secrets and easy techniques that take red wine-braised short ribs, fennel soup gratin and an awesome fresh apple spice cake to the next level.	USA	English-100	G	
2024-05-05	2430	The Chef's Garden	Ep 1	Discover Tasmania's fresh local produce along with Massimo's beloved recipes, from Italian homely gnocchi made from scratch to exquisite abalone caught fresh from the sea.	AUSTRALIA	English-100	PG	
2024-05-05	2500	Luca's Key Ingredient	Ep 6	Luca shows us his favourite recipes using today's key ingredient, zucchini flowers.	AUSTRALIA	English-100	G	
2024-05-05	2530	Michel Roux's French Country Cooking	Christmas In Provence	Michel Roux is hosting family and friends for an unforgettable Christmas in Provence. The house is decorated, the champagne is on ice and Michel is using his Michelin starred magic to create his menu.	UNITED KINGDOM	English-100	PG	Y
2024-05-05	2625	Please Eat Slowly Bitesize	Mango Pancakes	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100	G	
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2024-05-05	2730	Rick Stein's Road To Mexico	San Diego To Baja California	Rick Stein enjoys a San Diego steak and eggs diner special before crossing the border into Mexico for chicken burritos and fish tacos, the culinary delights of the Baja Peninsula.	UNITED KINGDOM	English-100	PG	a s w
2024-05-05	2835	Giada Entertains	Jades After Party	After Jade's volleyball game, Giada invites her daughter's friends to celebrate at a fun-filled after party. It's a delicious menu with all of Jade's favourites, including easy chicken cordon bleu.	USA	English-100	G	

2024-05-06	0500	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 Liang and broadcaster Yumi Stynes, go straight to the sauce.	AUSTRALIA	English-100	RPT	G	Y
2024-05-06	0530	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	RPT	PG	Y
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2024-05-06	1200	Barefoot Contessa: Back To Basics	Liquor Store Secrets	Ina Garten unlocks her liquor secrets and easy techniques that take red wine-braised short ribs, fennel soup gratin and an awesome fresh apple spice cake to the next level.	USA	English-100		G		
2024-05-06	1230	From Scratch	Costa Rica	In Costa Rica, David barely survives a horse ride, a fishing trip, falling trees, and gardening in a rainstorm. But he manages to replicate an amazing Tico meal with chef Manuel Badilla at Origins.	UNITED KINGDOM	English-100		PG	a w	
2024-05-06	1325	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-05-06	1330	Taste Of Diversity	Taste Of Diversity Series 1 Ep 1	Chef Johl Whiteduck Ringuette of the Anishnawbe and Algonquin Mink clan is on a journey to bring back the Anishnawbe national food to his community.	CANADA	English-100		PG		Y
2024-05-06	1400	Pati's Mexican Table	Celestino And Las Barras	Pati meets with a local restaurant owner in Celestino Gasca, and helps her cook one of Sinaloa's most iconic recipes - pescado zarandeado.	USA	English-100		PG	a w	Y
2024-05-06	1430	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 8	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Joanna is in Broome to hear the stories of the Chinese settlers who live there.	AUSTRALIA	English-100	RPT	G		Y
2024-05-06	1500	David Rocco's Dolce Napoli	Red Red Wine	David meets his buddy Gianluca, who invites him to his families hometown of San Gregorio Armeno, a small town 90 minutes outside Naples.	CANADA	English-100		PG		Y
2024-05-06	1530	Ainsley's Food We Love	Al Fresco Dining	Ainsley prepares a selection of dishes perfect for al fresco dining, including Cypriot lamb chops, cherry tomato skewers and potato salad. Supper Club's Joseph Denison Carey serves up a tagliatelle.	UNITED KINGDOM	English-100		G		

2024-05-06	1625	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	
2024-05-06	1630	Spencer's Big 30	Southern Barbeque Night	Who doesn't love a good Southern-style barbeque while on a budget? Host Spencer Watts whips up a smoky homemade barbeque sauce to coat his spicy Oven Barbeque Chicken.	CANADA	English-100		G	
2024-05-06	1700	Everyday Gourmet With Justine Schofield	Ep 81	Justine demonstrates how to make tasty marinara balls in tomato sauce and some fillo chocolate croissants. Adam Liaw makes his sweet almond pudding with poached apricots.	AUSTRALIA	English-100		G	
2024-05-06	1730	My Market Kitchen	Ep 1	Matt starts from the Noosa Farmers Market, whipping up a local specialty - spanner crab fried rice. Mike is in the kitchen crafting a recipe bound to win over your family's hearts.	AUSTRALIA	English-100		G	
2024-05-06	1800	Taste Of Australia With Hayden Quinn	Albany And Denmark Western Australia	Hayden visits the most southern part of Western Australia, where he catches maron and cooks at the tranquil Greens Pool.	AUSTRALIA	English-100		PG	a w
2024-05-06	1830	Food Safari	Lebanese	This week Food Safari goes in search of the fresh green flavours of Lebanese food and Maeve visits one of her favourite Middle Eastern emporiums with master chef Greg Malouf.	AUSTRALIA	English-100	RPT	G	Y
2024-05-06	1900	The Cook Up With Adam Liaw	Kids In The Kitchen	Is it Adam's turn to get schooled? Spelling bee legend, Aditya Paul, and Kids Love to Cook cooking school grad, Anna Lim, are here to show what kids can achieve in the kitchen.	AUSTRALIA	English-100		G	Y
2024-05-06	1930	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 3	The blue sea of the Mediterranean beckons. Rick is invited to a beautiful beach party at La Pelosa, where everyone gets stuck into preparing lunch.	UNITED KINGDOM	English-100	RPT	G	Y
2024-05-06	2040	Marcus Wareing's Kitchen Garden Tales	Piglets	Marcus checks on the new pine forest he's planted, and experiments on using pine in his cooking. He's also keen on expanding his livestock collection with some commercial pigs.	UNITED KINGDOM	English-100		G	
2024-05-06	2110	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 2 Ep 4	Paula finds inspiration in a vintage women's 1945 institute cookbook. She makes a beef tea served up with corwaddle, a type of oat biscuit, topped with savoury butter cream and onion jam.	UNITED KINGDOM	English-100		PG	

2024-05-06	2140	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 2	Paul has learnt how to be a dairy farmer the hard way. It's time for Paul to make another tough lesson. How will he cope saying goodbye to another farm favourite?	UNITED KINGDOM	English-100	RPT	PG	Y
2024-05-06	2235	The Cook Up With Adam Liaw	Kids In The Kitchen	Is it Adam's turn to get schooled? Spelling bee legend, Aditya Paul, and Kids Love to Cook cooking school grad, Anna Lim, are here to show what kids can achieve in the kitchen.	AUSTRALIA	English-100		G	Y
2024-05-06	2305	The Cook And The Chef	Dried Food And Eels	Simon visits a Vietnamese supermarket, and he's like a kid in a candy store. Maggie has asked Simon to pick up some bonito and dried shiitake mushrooms, but he's also looking for inspiration.	AUSTRALIA	English-100		G	
2024-05-06	2335	Jamie & Jimmy's Food Fight Club	Fearne Cotton	TV presenter and DJ Fearne Cotton prepares fish tacos, Jamie cooks up an epic Deep South classic - surf 'n turf gumbo, and Jimmy makes the perfect cup of home-roasted coffee.	UNITED KINGDOM	English-100		G	
2024-05-06	2430	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 3	The blue sea of the Mediterranean beckons. Rick is invited to a beautiful beach party at La Pelosa, where everyone gets stuck into preparing lunch.	UNITED KINGDOM	English-100	RPT	G	Y
2024-05-06	2540	Marcus Wareing's Kitchen Garden Tales	Piglets	Marcus checks on the new pine forest he's planted, and experiments on using pine in his cooking. He's also keen on expanding his livestock collection with some commercial pigs.	UNITED KINGDOM	English-100		G	
2024-05-06	2610	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 2 Ep 4	Paula finds inspiration in a vintage women's 1945 institute cookbook. She makes a beef tea served up with corwaddle, a type of oat biscuit, topped with savoury butter cream and onion jam.	UNITED KINGDOM	English-100		PG	
2024-05-06	2640	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 2	Paul has learnt how to be a dairy farmer the hard way. It's time for Paul to make another tough lesson. How will he cope saying goodbye to another farm favourite?	UNITED KINGDOM	English-100	RPT	PG	Y
2024-05-06	2735	Jamie & Jimmy's Food Fight Club	Fearne Cotton	TV presenter and DJ Fearne Cotton prepares fish tacos, Jamie cooks up an epic Deep South classic - surf 'n turf gumbo, and Jimmy makes the perfect cup of home-roasted coffee.	UNITED KINGDOM	English-100		G	
2024-05-06	2830	The Cook And The Chef	Dried Food And Eels	Simon visits a Vietnamese supermarket, and he's like a kid in a candy store. Maggie has asked Simon to pick up some bonito and dried shiitake mushrooms, but he's also looking for inspiration.	AUSTRALIA	English-100		G	



2024-05-07	0500	Taste Of Diversity	Taste Of Diversity Series 1 Ep 1	Chef Johl Whiteduck Ringuette of the Anishnawbe and Algonquin Mink clan is on a journey to bring back the Anishnawbe national food to his community.	CANADA	English-100		PG		Y
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2024-05-07	0625	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-05-07	0630	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 8	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Joanna is in Broome to hear the stories of the Chinese settlers who live there.	AUSTRALIA	English-100	RPT	G		Y
2024-05-07	0700	David Rocco's Dolce Napoli	Red Red Wine	David meets his buddy Gianluca, who invites him to his families hometown of San Gregorio Armeno, a small town 90 minutes outside Naples.	CANADA	English-100		PG		Y
2024-05-07	0730	Ainsley's Food We Love	Al Fresco Dining	Ainsley prepares a selection of dishes perfect for al fresco dining, including Cypriot lamb chops, cherry tomato skewers and potato salad. Supper Club's Joseph Denison Carey serves up a tagliatelle.	UNITED KINGDOM	English-100		G		
2024-05-07	0825	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		
2024-05-07	0830	Spencer's Big 30	Southern Barbeque Night	Who doesn't love a good Southern-style barbeque while on a budget? Host Spencer Watts whips up a smoky homemade barbeque sauce to coat his spicy Oven Barbeque Chicken.	CANADA	English-100		G		
2024-05-07	0900	Everyday Gourmet With Justine Schofield	Ep 81	Justine demonstrates how to make tasty marinara balls in tomato sauce and some fillo chocolate croissants. Adam Liaw makes his sweet almond pudding with poached apricots.	AUSTRALIA	English-100		G		
2024-05-07	0930	My Market Kitchen	Ep 1	Matt starts from the Noosa Farmers Market, whipping up a local specialty - spanner crab fried rice. Mike is in the kitchen crafting a recipe bound to win over your family's hearts.	AUSTRALIA	English-100		G		

2024-05-07	1000	Taste Of Australia With Hayden Quinn	Albany And Denmark Western Australia	Hayden visits the most southern part of Western Australia, where he catches maron and cooks at the tranquil Greens Pool.	AUSTRALIA	English-100		PG	a w	
2024-05-07	1030	Food Safari	Lebanese	This week Food Safari goes in search of the fresh green flavours of Lebanese food and Maeve visits one of her favourite Middle Eastern emporiums with master chef Greg Malouf.	AUSTRALIA	English-100	RPT	G		Y
2024-05-07	1100	The Cook Up With Adam Liaw	Kids In The Kitchen	Is it Adam's turn to get schooled? Spelling bee legend, Aditya Paul, and Kids Love to Cook cooking school grad, Anna Lim, are here to show what kids can achieve in the kitchen.	AUSTRALIA	English-100		G		Y
2024-05-07	1130	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 3	The blue sea of the Mediterranean beckons. Rick is invited to a beautiful beach party at La Pelosa, where everyone gets stuck into preparing lunch.	UNITED KINGDOM	English-100	RPT	G		Y
2024-05-07	1235	From Scratch	Peru Part 1	David meets with chef Marilu Madueno of La Huaca Pucclanai, one of the best restaurants in Lima, and learns how Peruvian ingredients have shaped the world's food.	UNITED KINGDOM	English-100		PG	a w	
2024-05-07	1330	Taste Of Diversity	Taste Of Diversity Series 1 Ep 2	Carlos Oliveira and his family run a popular Portuguese restaurant in the heart of Toronto, Canada. Carlos takes pride in cooking with some of the oldest ingredients in Portuguese cuisine.	CANADA	English-100		G		
2024-05-07	1400	Pati's Mexican Table	Bread Basket, The	Pati visits home cooks and iconic restaurants all over Sinaloa, sampling some of the state's most iconic dishes.	USA	English-100		G		Y
2024-05-07	1430	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 9	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maeve visits the southern blue-fin tuna pens off the South Australian coast.	AUSTRALIA	English-100	RPT	G		Y
2024-05-07	1500	David Rocco's Dolce Tuscany	Palio, The	The Palio di Siena is the most famous horse race in the world. It's certainly the one of the oldest. It's a centuries-old festival that combines neighbourhood rivalries, pageants and of course, food.	CANADA	English-100		G		
2024-05-07	1530	Ainsley's Food We Love	Beside The Seaside	Ainsley takes inspiration from days beside the seaside, starting with a Caribbean squash and chickpea roti with hot sauce yoghurt, while Olly Smith hunts out the perfect wines for sipping by the sea.	UNITED KINGDOM	English-100		G		

2024-05-07	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	
2024-05-07	1630	Spencer's Big 30	Greek Night	There is nothing better than the flavours of Mediterranean ingredients, but sometimes dinner can get a little expensive! Spencer Watts shatters this stigma with a quick and affordable Greek meal.	CANADA	English-100		G	
2024-05-07	1700	Everyday Gourmet With Justine Schofield	Ep 82	Justine makes her steamed whole artichokes, Adam Swanson whips up some spiced lamb ribs and Massimo Mele cooks his Mamma Maria's pickled carrots.	AUSTRALIA	English-100		G	
2024-05-07	1730	My Market Kitchen	Ep 2	Mike heads to the market to create his delectable bacon jam. Laura follows up with Italy's piece de resistance dessert, tiramisu. Matt dishes out a Malaysian BBQ Squid that doesn't skimp on flavour.	AUSTRALIA	English-100		G	
2024-05-07	1800	Taste Of Australia With Hayden Quinn	Margaret River Western Australia	Hayden goes abalone diving, surfs the breaks at Margaret River, walks the epic cape-to-cape trail, and then creates the ultimate 'surf and turf' cook-up at a local winery.	AUSTRALIA	English-100		PG	
2024-05-07	1830	Food Safari	Mexican Safari	Mexican expatriates in Australia welcome Maeve O'Meara into their kitchens to explain some of the recipes and tips.	AUSTRALIA	English-100	RPT	G	Y
2024-05-07	1900	The Cook Up With Adam Liaw	Whole Fish, The	There's plenty of fish in the sea, and three on The Cook Up, as chefs Minoli De Silva and Narin 'Jack' Kulasai join Adam to make dishes with the whole fish. Delish!	AUSTRALIA	English-100		G	Y
2024-05-07	1930	Rachel Khoo's Simple Pleasures	Timeless Favorites	Trends come and go, but some recipes really stand the test of time. Rachel Khoo puts her modern spin on three dishes that may have their roots in the past but are just as popular today.	USA	English-100		G	
2024-05-07	2000	Selena + Chef	Selena + Graham Elliott	Two-time Michelin-starred chef, TV host, and author Graham Elliott walks Selena through his unique spin on two familiar, delicious dishes. His 'Graham Burger' and a deconstructed Caesar salad.	USA	English-100		G	Y
2024-05-07	2030	Jamie's Food Escapes	Venice	Jamie goes off the tourist track in Venice to find the real regional food of the area - rice, polenta, seafood, and fresh vegetables.	UNITED KINGDOM	English-100		PG	a l w

2024-05-07	2130	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 3	Paul gets some goats but the going gets gruff when he tries to milk them for the first time. His cheese making skills get challenged by local friend Erica when they enter the cheesemaking world.	UNITED KINGDOM	English-100	RPT	PG	Y
2024-05-07	2230	The Cook Up With Adam Liaw	Whole Fish, The	There's plenty of fish in the sea, and three on The Cook Up, as chefs Minoli De Silva and Narin 'Jack' Kulasai join Adam to make dishes with the whole fish. Delish!	AUSTRALIA	English-100		G	Y
2024-05-07	2300	The Cook And The Chef	Quince And Pork	Maggie tells the story of how and why she developed her love for this unusual fruit and takes us back to the planting of her Quince Orchard. She goes on to prepare a Quince dessert.	AUSTRALIA	English-100		G	
2024-05-07	2330	Jamie & Jimmy's Food Fight Club	Anna Friel	Actress Anna Friel learns to cook a beautiful Balinese stew, Jamie makes mega meatball subs, and Jimmy shares how to make fresh mozzarella with a few simple ingredients.	UNITED KINGDOM	English-100		PG	
2024-05-07	2425	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
2024-05-07	2430	Rachel Khoo's Simple Pleasures	Timeless Favorites	Trends come and go, but some recipes really stand the test of time. Rachel Khoo puts her modern spin on three dishes that may have their roots in the past but are just as popular today.	USA	English-100		G	
2024-05-07	2500	Selena + Chef	Selena + Graham Elliott	Two-time Michelin-starred chef, TV host, and author Graham Elliott walks Selena through his unique spin on two familiar, delicious dishes. His 'Graham Burger' and a deconstructed Caesar salad.	USA	English-100		G	Y
2024-05-07	2530	Jamie's Food Escapes	Venice	Jamie goes off the tourist track in Venice to find the real regional food of the area - rice, polenta, seafood, and fresh vegetables.	UNITED KINGDOM	English-100		PG	a l w
2024-05-07	2625	TasteThe Philippines With Yasmin Newman	Grilled Lamb Chops With Ross Magnay - Sarai	Ross Magnaye from Melbourne's Serai Kitchen shares his recipe for grilled lamb chops with pineapple palapa, an Australian classic with a Filipino twist.	AUSTRALIA	English-100		G	
2024-05-07	2630	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 3	Paul gets some goats but the going gets gruff when he tries to milk them for the first time. His cheese making skills get challenged by local friend Erica when they enter the cheesemaking world.	UNITED KINGDOM	English-100	RPT	PG	Y

2024-05-07	2730	Jamie & Jimmy's Food Fight Club	Anna Friel	Actress Anna Friel learns to cook a beautiful Balinese stew, Jamie makes mega meatball subs, and Jimmy shares how to make fresh mozzarella with a few simple ingredients.	UNITED KINGDOM	English-100		PG	
2024-05-07	2825	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
2024-05-07	2830	The Cook And The Chef	Quince And Pork	Maggie tells the story of how and why she developed her love for this unusual fruit and takes us back to the planting of her Quince Orchard. She goes on to prepare a Quince dessert.	AUSTRALIA	English-100		G	
2024-05-08	0500	Taste Of Diversity	Taste Of Diversity Series 1 Ep 2	Carlos Oliveira and his family run a popular Portuguese restaurant in the heart of Toronto, Canada. Carlos takes pride in cooking with some of the oldest ingredients in Portuguese cuisine.	CANADA	English-100		G	
2024-05-08	0530	From Scratch	Peru Part 1	David meets with chef Marilu Madueno of La Huaca Pucclanai, one of the best restaurants in Lima, and learns how Peruvian ingredients have shaped the world's food.	UNITED KINGDOM	English-100		PG	a w
2024-05-08	0625	Please Eat Slowly Bitesize	Claypot Rice	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor shares his best tips to create your own!	AUSTRALIA	English-100		G	
2024-05-08	0630	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 9	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maeve visits the southern blue-fin tuna pens off the South Australian coast.	AUSTRALIA	English-100	RPT	G	Y
2024-05-08	0700	David Rocco's Dolce Tuscany	Palio, The	The Palio di Siena is the most famous horse race in the world. It's certainly the one of the oldest. It's a centuries-old festival that combines neighbourhood rivalries, pageants and of course, food.	CANADA	English-100		G	
2024-05-08	0730	Ainsley's Food We Love	Beside The Seaside	Ainsley takes inspiration from days beside the seaside, starting with a Caribbean squash and chickpea roti with hot sauce yoghurt, while Olly Smith hunts out the perfect wines for sipping by the sea.	UNITED KINGDOM	English-100		G	
2024-05-08	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	

2024-05-08	0830	Spencer's Big 30	Greek Night	There is nothing better than the flavours of Mediterranean ingredients, but sometimes dinner can get a little expensive! Spencer Watts shatters this stigma with a quick and affordable Greek meal.	CANADA	English-100		G		
2024-05-08	0900	Everyday Gourmet With Justine Schofield	Ep 82	Justine makes her steamed whole artichokes, Adam Swanson whips up some spiced lamb ribs and Massimo Mele cooks his Mamma Maria's pickled carrots.	AUSTRALIA	English-100		G		
2024-05-08	0930	My Market Kitchen	Ep 2	Mike heads to the market to create his delectable bacon jam. Laura follows up with Italy's piece de resistance dessert, tiramisu. Matt dishes out a Malaysian BBQ Squid that doesn't skimp on flavour.	AUSTRALIA	English-100		G		
2024-05-08	1000	Taste Of Australia With Hayden Quinn	Margaret River Western Australia	Hayden goes abalone diving, surfs the breaks at Margaret River, walks the epic cape-to-cape trail, and then creates the ultimate 'surf and turf' cook-up at a local winery.	AUSTRALIA	English-100		PG		
2024-05-08	1030	Food Safari	Mexican Safari	Mexican expatriates in Australia welcome Maeve O'Meara into their kitchens to explain some of the recipes and tips.	AUSTRALIA	English-100	RPT	G		Y
2024-05-08	1100	The Cook Up With Adam Liaw	Whole Fish, The	There's plenty of fish in the sea, and three on The Cook Up, as chefs Minoli De Silva and Narin 'Jack' Kulasai join Adam to make dishes with the whole fish. Delish!	AUSTRALIA	English-100		G		Y
2024-05-08	1130	Rachel Khoo's Simple Pleasures	Timeless Favorites	Trends come and go, but some recipes really stand the test of time. Rachel Khoo puts her modern spin on three dishes that may have their roots in the past but are just as popular today.	USA	English-100		G		
2024-05-08	1200	Selena + Chef	Selena + Graham Elliott	Two-time Michelin-starred chef, TV host, and author Graham Elliott walks Selena through his unique spin on two familiar, delicious dishes. His 'Graham Burger' and a deconstructed Caesar salad.	USA	English-100		G		Y
2024-05-08	1230	From Scratch	Seattle	North of Seattle, David meets up with chef Matt Costello. Whether it's mushrooms in the rain, clams in the sand, or crabs in the San Juans, David gets a taste of how great the Pacific Northwest is.	UNITED KINGDOM	English-100		PG	a w	Y
2024-05-08	1325	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

2024-05-08	1330	Taste Of Diversity	Taste Of Diversity Series 1 Ep 3	Learn the secrets of Japanese cuisine, see how to handle a knife masterfully and discover why all plates on Japanese table have a different shape. Come into the wonderful world of Japanese cuisine!	CANADA	English-100		PG		
2024-05-08	1400	Pati's Mexican Table	Home Cooking Sinaloa Style	Known as 'Mexico's Bread Basket,' Sinaloa produces about 40 percent of the meat and produce consumed in all of Mexico. Pati travels the countryside - to farms and fisheries.	USA	English-100		PG	a w	Y
2024-05-08	1430	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 10	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve discovers the secrets of saffron, and a few facts about the world's most costly spice.	AUSTRALIA	English-100	RPT	G		Y
2024-05-08	1500	David Rocco's Dolce Tuscany	4th Of July	David spends time at agriturismo La Selva just outside of Siena, where owner Carlotta Pometti, one of the youngest winemakers in Italy, and her family host guests from all over the world.	CANADA	English-100		PG		Y
2024-05-08	1530	Ainsley's Food We Love	Ainsley's Food We Love Ep 6	This special festive episode is packed full of Xmas treats. Ainsley starts with his festive bubble patties, while singer Martine McCutcheon joins him as he cooks a flavourful Thai-style turkey broth.	UNITED KINGDOM	English-100		G		
2024-05-08	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		
2024-05-08	1630	Spencer's Big 30	Gourmet Soup And Sammies	Spencer makes a simple, yet deliciously Creamy Tomato Bisque. He combines ginger, mustard, apple cider vinegar, and honey for a sweet and tangy dressing to add to his Citrus Ginger Frisee Salad.	CANADA	English-100		G		
2024-05-08	1700	Everyday Gourmet With Justine Schofield	Ep 83	Michael Moore shares his recipe for a not-so-naughty chocolate cake, Justine makes fresh chicken spring rolls with lettuce cups and whips up a batch of her rainbow buttermilk pancakes.	AUSTRALIA	English-100		G		
2024-05-08	1730	My Market Kitchen	Ep 3	Laura channels her Nona's heritage from Puglia, Italy, serving up orecchiette with broccolini. Matt takes cues from his Croatian in-laws with a sun-drenched Queensland twist on cheese pita.	AUSTRALIA	English-100		G		Y
2024-05-08	1800	Taste Of Australia With Hayden Quinn	Hunter Valley NSW	Hayden enjoys riding through the Hunter Valley and touring some local vineyards, then cooks with one of the best views in Australia as the backdrop.	AUSTRALIA	English-100		PG	a w	

2024-05-08	1830	Food Safari	Turkish Safari	Maeve O'Meara delves into the amazing array of vegetable dishes, salads, dips and marinated meats that make up Turkish cuisine.	AUSTRALIA	English-100	RPT	G		Y
2024-05-08	1900	The Cook Up With Adam Liaw	Bowl Me Over	Prepare to be bowled over by fast bowl food, made fantastically by Adam and Chefs Jung Eun Chae and Alex Wong.	AUSTRALIA	English-100		G		Y
2024-05-08	1930	Rick Stein's Food Stories	Argyll	In Argyll, Rick meets a Michelin Green Star winning chef who cooks local and foraged ingredients. He catches langoustine with teacher-turned fisherwoman.	UNITED KINGDOM	English-100		PG	a w	
2024-05-08	2000	Nadiya's Spices Made Simple	Moreish Moneysavers	Nadiya proves that frugal cooking doesn't mean scrimping on fabulous flavour - crispy fried pakoras, a spectacular biryani, a banging burger, and then a cheeky twist on classic shortbread.	UNITED KINGDOM	English-100		G		
2024-05-08	2030	Jason Atherton's Dubai Dishes	Street Food	Jason celebrates quick bites and food on the go, Dubai style, showcasing oysters with a spicy dressing and grilled corn with chili and parmesan. He is joined by Arab pit master, Hattem Mattar.	UNITED KINGDOM			G		
2024-05-08	2130	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 4	Paul has always known that farm life isn't easy, but when he's faced with a tough task his experiences from last season prove to be useful.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-05-08	2230	The Cook Up With Adam Liaw	Bowl Me Over	Prepare to be bowled over by fast bowl food, made fantastically by Adam and Chefs Jung Eun Chae and Alex Wong.	AUSTRALIA	English-100		G		Y
2024-05-08	2300	The Cook And The Chef	100th Special	The Cook and the Chef is 100 episodes old and to celebrate, Simon has organised a visit from Peter Cundall of Gardening Australia. Peter has a look at Simon's garden.	AUSTRALIA	English-100		G		
2024-05-08	2330	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 5 Ep 1	Putting on his apron in the kitchen with Jamie and Jimmy is one of Britain's best-loved comedians, John Bishop. Jamie cooks up an amazing green curry and shows John how to make the perfect lasagne.	UNITED KINGDOM	English-100		PG	a s	
2024-05-08	2425	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



2024-05-08	2430	Rick Stein's Food Stories	Argyll	In Argyll, Rick meets a Michelin Green Star winning chef who cooks local and foraged ingredients. He catches langoustine with teacher-turned fisherwoman.	UNITED KINGDOM	English-100		PG	a w	
2024-05-08	2500	Nadiya's Spices Made Simple	Moreish Moneysavers	Nadiya proves that frugal cooking doesn't mean scrimping on fabulous flavour - crispy fried pakoras, a spectacular biryani, a banging burger, and then a cheeky twist on classic shortbread.	UNITED KINGDOM	English-100		G		
2024-05-08	2530	Jason Atherton's Dubai Dishes	Street Food	Jason celebrates quick bites and food on the go, Dubai style, showcasing oysters with a spicy dressing and grilled corn with chili and parmesan. He is joined by Arab pit master, Hattem Mattar.	UNITED KINGDOM			G		
2024-05-08	2630	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 4	Paul has always known that farm life isn't easy, but when he's faced with a tough task his experiences from last season prove to be useful.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
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2024-05-08	2830	The Cook And The Chef	100th Special	The Cook and the Chef is 100 episodes old and to celebrate, Simon has organised a visit from Peter Cundall of Gardening Australia. Peter has a look at Simon's garden.	AUSTRALIA	English-100		G		
2024-05-09	0500	Taste Of Diversity	Taste Of Diversity Series 1 Ep 3	Learn the secrets of Japanese cuisine, see how to handle a knife masterfully and discover why all plates on Japanese table have a different shape. Come into the wonderful world of Japanese cuisine!	CANADA	English-100		PG		
2024-05-09	0530	From Scratch	Seattle	North of Seattle, David meets up with chef Matt Costello. Whether it's mushrooms in the rain, clams in the sand, or crabs in the San Juans, David gets a taste of how great the Pacific Northwest is.	UNITED KINGDOM	English-100		PG	a w	Y
2024-05-09	0625	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

2024-05-09	0630	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 10	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve discovers the secrets of saffron, and a few facts about the world's most costly spice.	AUSTRALIA	English-100	RPT	G		Y
2024-05-09	0700	David Rocco's Dolce Tuscany	4th Of July	David spends time at agriturismo La Selva just outside of Siena, where owner Carlotta Pometti, one of the youngest winemakers in Italy, and her family host guests from all over the world.	CANADA	English-100		PG		Y
2024-05-09	0730	Ainsley's Food We Love	Ainsley's Food We Love Ep 6	This special festive episode is packed full of Xmas treats. Ainsley starts with his festive bubble patties, while singer Martine McCutcheon joins him as he cooks a flavourful Thai-style turkey broth.	UNITED KINGDOM	English-100		G		
2024-05-09	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		
2024-05-09	0830	Spencer's Big 30	Gourmet Soup And Sammies	Spencer makes a simple, yet deliciously Creamy Tomato Bisque. He combines ginger, mustard, apple cider vinegar, and honey for a sweet and tangy dressing to add to his Citrus Ginger Frisee Salad.	CANADA	English-100		G		
2024-05-09	0900	Everyday Gourmet With Justine Schofield	Ep 83	Michael Moore shares his recipe for a not-so-naughty chocolate cake, Justine makes fresh chicken spring rolls with lettuce cups and whips up a batch of her rainbow buttermilk pancakes.	AUSTRALIA	English-100		G		
2024-05-09	0930	My Market Kitchen	Ep 3	Laura channels her Nona's heritage from Puglia, Italy, serving up orecchiette with broccolini. Matt takes cues from his Croatian in-laws with a sun-drenched Queensland twist on cheese pita.	AUSTRALIA	English-100		G		Y
2024-05-09	1000	Taste Of Australia With Hayden Quinn	Hunter Valley NSW	Hayden enjoys riding through the Hunter Valley and touring some local vineyards, then cooks with one of the best views in Australia as the backdrop.	AUSTRALIA	English-100		PG	a w	
2024-05-09	1030	Food Safari	Turkish Safari	Maeve O'Meara delves into the amazing array of vegetable dishes, salads, dips and marinated meats that make up Turkish cuisine.	AUSTRALIA	English-100	RPT	G		Y
2024-05-09	1100	The Cook Up With Adam Liaw	Bowl Me Over	Prepare to be bowled over by fast bowl food, made fantastically by Adam and Chefs Jung Eun Chae and Alex Wong.	AUSTRALIA	English-100		G		Y

2024-05-09	1130	Rick Stein's Food Stories	Argyll	In Argyll, Rick meets a Michelin Green Star winning chef who cooks local and foraged ingredients. He catches langoustine with teacher-turned fisherwoman.	UNITED KINGDOM	English-100		PG	a w
2024-05-09	1200	Nadiya's Spices Made Simple	Moreish Money savers	Nadiya proves that frugal cooking doesn't mean scrimping on fabulous flavour - crispy fried pakoras, a spectacular biryani, a banging burger, and then a cheeky twist on classic shortbread.	UNITED KINGDOM	English-100		G	
2024-05-09	1230	From Scratch	Istria	David Moscow travels the northern coast of Croatia to dive for clams, hunt for truffles and fish the Adriatic for chef Marina Gasi in Novigrad. He learns about how tied to the sea Croatia is.	UNITED KINGDOM	English-100		PG	a w
2024-05-09	1325	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
2024-05-09	1330	Taste Of Diversity	Taste Of Diversity Series 1 Ep 4	Ukrainian cuisine is a jewel of Eastern Europe, from dishes like borscht to Perogies. Olga shares the tradition of passing on cooking techniques and recipes to ensure that Ukrainian cuisine lives on.	CANADA	English-100		G	
2024-05-09	1400	Pati's Mexican Table	How Do You Say Tucson?	Pati travels north of the border to Tucson, Arizona, a city that claims to have the best 23 miles of Mexican food anywhere in the world.	USA	English-100		G	Y
2024-05-09	1430	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 11	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve goes blue swimmer crab harvesting, and Joanna visits the rice paddies of the Riverina.	AUSTRALIA	English-100	RPT	G	Y
2024-05-09	1500	David Rocco's Dolce Tuscany	Gelato! Gelato!	Florence is the birthplace of gelato, so naturally, that's where David meets up with top gelato maker Vetulio Bondi.	CANADA	English-100		G	
2024-05-09	1530	Ainsley's Fantastic Flavours	Spicy	Ainsley explores how spices can work wonders in our food. He begins with a dish perfect for brunch with his ras el hanout shakshuka, while fellow chef Thuy Pham prepares her dish, chicken pho.	UNITED KINGDOM	English-100		G	
2024-05-09	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	

2024-05-09	1630	Spencer's Big 30	Spring Fusion	Spencer whips up sweet and salty Pork Lettuce Wraps. Crispy lettuce perfectly counters the tangy pork in every bite.	CANADA	English-100		G		
2024-05-09	1700	Everyday Gourmet With Justine Schofield	Ep 84	Justine makes a tasty prawn pad thai, shows you how to make the perfect fish burger and whips up a spiced apple and rhubarb compote for dessert.	AUSTRALIA	English-100		G		
2024-05-09	1730	My Market Kitchen	Ep 4	Matt cooks up a storm at an iconic Surf Life Saving Club, serving a delightful Mooloolaba prawn caesar salad. Mike elevates camping to glamping with a luxurious BBQ tomahawk steak.	AUSTRALIA	English-100		PG		
2024-05-09	1800	Taste Of Australia With Hayden Quinn	Darwin Northern Territory	Hayden attends the Darwin International Laksa Festival, where he catches and cooks a barramundi and makes laksa with tips from local experts!	AUSTRALIA	English-100		PG	a w	
2024-05-09	1830	Food Safari	Spanish Safari	You can smell the heady scents of saffron, paprika and garlic as host Maeve O'Meara investigates the key ingredients needed to create a Spanish pantry.	AUSTRALIA	English-100	RPT	G		Y
2024-05-09	1900	The Cook Up With Adam Liaw	Flash In The Pan	Matt cooks up a storm at an iconic Surf Life Saving Club, serving a delightful Mooloolaba prawn caesar salad. Mike elevates camping to glamping with a luxurious BBQ tomahawk steak.	AUSTRALIA	English-100		PG		Y
2024-05-09	1930	John Torode's Korean Food Tour	Royal	John explores the regal beginnings of Korean cuisine. With food writer Daniel Gray, John visits the UNESCO heritage city of Jeonju, the place where Korea's most famous dish, Royal Bibimpap hails from.	UNITED KINGDOM	English-100		G		Y
2024-05-09	2030	Sophie Grigson: Slice Of Italy	Olives: The Elixir Of Life	Puglia is one of the biggest producers of olive oil. At home, Sophie serves up a chocolate mousse with olive oil - a dish new to her Puglian neighbours.	UNITED KINGDOM	English-100		G		Y
2024-05-09	2100	Sophie Grigson: Slice Of Italy	Tales From The Orchard	Sophie helps with the cherry harvest and uses them in a favourite pastry.	UNITED KINGDOM	English-100		G		Y
2024-05-09	2130	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 5	Paul's pasture poultry have all grown up and it's processing time. Chris Franks is back to share his knowledge and wisdom.	UNITED KINGDOM	English-100	RPT	PG	a w	Y

2024-05-09	2230	The Cook Up With Adam Liaw	Flash In The Pan	Matt cooks up a storm at an iconic Surf Life Saving Club, serving a delightful Mooloolaba prawn caesar salad. Mike elevates camping to glamping with a luxurious BBQ tomahawk steak.	AUSTRALIA	English-100		PG		Y
2024-05-09	2300	The Cook And The Chef	Land Of The Long White Cloud	The Cook and the Chef cross the Tasman to explore New Zealand, a land with rugged mountains, pristine waters and - most importantly - great produce. Maggie and Simon kick off their journey in Rotorua.	AUSTRALIA	English-100		G		
2024-05-09	2330	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 5 Ep 2	This week Hollywood A-lister Salma Hayek is swapping the big screen for the cafe kitchen. On the menu, inspired by Salma's father's roots, is delicious Lebanese kibbeh.	UNITED KINGDOM	English-100		G		
2024-05-09	2425	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
2024-05-09	2430	John Torode's Korean Food Tour	Royal	John explores the regal beginnings of Korean cuisine. With food writer Daniel Gray, John visits the UNESCO heritage city of Jeonju, the place where Korea's most famous dish, Royal Bibimpap hails from.	UNITED KINGDOM	English-100		G		Y
2024-05-09	2525	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
2024-05-09	2530	Sophie Grigson: Slice Of Italy	Olives: The Elixir Of Life	Puglia is one of the biggest producers of olive oil. At home, Sophie serves up a chocolate mousse with olive oil - a dish new to her Puglian neighbours.	UNITED KINGDOM	English-100		G		Y
2024-05-09	2600	Sophie Grigson: Slice Of Italy	Tales From The Orchard	Sophie helps with the cherry harvest and uses them in a favourite pastry.	UNITED KINGDOM	English-100		G		Y
2024-05-09	2630	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 5	Paul's pasture poultry have all grown up and it's processing time. Chris Franks is back to share his knowledge and wisdom.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-05-09	2730	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 5 Ep 2	This week Hollywood A-lister Salma Hayek is swapping the big screen for the cafe kitchen. On the menu, inspired by Salma's father's roots, is delicious Lebanese kibbeh.	UNITED KINGDOM	English-100		G		

2024-05-09	2825	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
2024-05-09	2830	The Cook And The Chef	Land Of The Long White Cloud	The Cook and the Chef cross the Tasman to explore New Zealand, a land with rugged mountains, pristine waters and - most importantly - great produce. Maggie and Simon kick off their journey in Rotorua.	AUSTRALIA	English-100		G		
2024-05-10	0500	Taste Of Diversity	Taste Of Diversity Series 1 Ep 4	Ukrainian cuisine is a jewel of Eastern Europe, from dishes like borscht to Perogies. Olga shares the tradition of passing on cooking techniques and recipes to ensure that Ukrainian cuisine lives on.	CANADA	English-100		G		
2024-05-10	0530	From Scratch	Istria	David Moscow travels the northern coast of Croatia to dive for clams, hunt for truffles and fish the Adriatic for chef Marina Gasi in Novigrad. He learns about how tied to the sea Croatia is.	UNITED KINGDOM	English-100		PG	a w	
2024-05-10	0625	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
2024-05-10	0630	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 11	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve goes blue swimmer crab harvesting, and Joanna visits the rice paddies of the Riverina.	AUSTRALIA	English-100	RPT	G		Y
2024-05-10	0700	David Rocco's Dolce Tuscany	Gelato! Gelato!	Florence is the birthplace of gelato, so naturally, that's where David meets up with top gelato maker Vetulio Bondi.	CANADA	English-100		G		
2024-05-10	0730	Ainsley's Fantastic Flavours	Spicy	Ainsley explores how spices can work wonders in our food. He begins with a dish perfect for brunch with his ras el hanout shakshuka, while fellow chef Thuy Pham prepares her dish, chicken pho.	UNITED KINGDOM	English-100		G		
2024-05-10	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		
2024-05-10	0830	Spencer's Big 30	Spring Fusion	Spencer whips up sweet and salty Pork Lettuce Wraps. Crispy lettuce perfectly counters the tangy pork in every bite.	CANADA	English-100		G		

2024-05-10	0900	Everyday Gourmet With Justine Schofield	Ep 84	Justine makes a tasty prawn pad thai, shows you how to make the perfect fish burger and whips up a spiced apple and rhubarb compote for dessert.	AUSTRALIA	English-100		G		
2024-05-10	0930	My Market Kitchen	Ep 4	Matt cooks up a storm at an iconic Surf Life Saving Club, serving a delightful Mooloolaba prawn caesar salad. Mike elevates camping to glamping with a luxurious BBQ tomahawk steak.	AUSTRALIA	English-100		PG		
2024-05-10	1000	Taste Of Australia With Hayden Quinn	Darwin Northern Territory	Hayden attends the Darwin International Laksa Festival, where he catches and cooks a barramundi and makes laksa with tips from local experts!	AUSTRALIA	English-100		PG	a w	
2024-05-10	1030	Food Safari	Spanish Safari	You can smell the heady scents of saffron, paprika and garlic as host Maeve O'Meara investigates the key ingredients needed to create a Spanish pantry.	AUSTRALIA	English-100	RPT	G		Y
2024-05-10	1100	The Cook Up With Adam Liaw	Flash In The Pan	Matt cooks up a storm at an iconic Surf Life Saving Club, serving a delightful Mooloolaba prawn caesar salad. Mike elevates camping to glamping with a luxurious BBQ tomahawk steak.	AUSTRALIA	English-100		PG		Y
2024-05-10	1130	John Torode's Korean Food Tour	Royal	John explores the regal beginnings of Korean cuisine. With food writer Daniel Gray, John visits the UNESCO heritage city of Jeonju, the place where Korea's most famous dish, Royal Bibimpap hails from.	UNITED KINGDOM	English-100		G		Y
2024-05-10	1225	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
2024-05-10	1230	From Scratch	Peru Part 2	David works in the kitchen of Lima's Central, brainchild of talented chef Virgilio Martinez. He travels from Lima up into the Andes for potatoes and back down to the Amazon to harvest chocolate.	UNITED KINGDOM	English-100		PG	a w	Y
2024-05-10	1325	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
2024-05-10	1330	Taste Of Diversity	Taste Of Diversity Series 1 Ep 5	Sahar welcomes us into her home and shares some of the secrets of Persian cuisine, starting with the Persian classic Zerehkh Polo Ba Morgh, a very popular barley soup.	CANADA	English-100		G		

2024-05-10	1400	Pati's Mexican Table	Tucson: Gateway To Sonora	Pati heads to Tucson, Arizona to meet one of the best bakers in America, Don Guerra of Barrio Bakery.	USA	English-100		G		Y
2024-05-10	1430	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 12	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve discovers how luscious strawberries can make the perfect love potion.	AUSTRALIA	English-100	RPT	G		Y
2024-05-10	1500	David Rocco's Dolce Tuscany	India In Florence	David meets up with Eduardo and Selvaggia, two Indophiles living in Firenze, Florence - one is the owner of the city's first Indian restaurant, the other founded Florence's Indian film festival.	CANADA	English-100		G		
2024-05-10	1530	Ainsley's Fantastic Flavours	Fruity	Ainsley explores both savoury and sweet fruity flavours. Starting with the most important meal of the day - breakfast. Ainsley whips up fruity granola breakfast cranachan and a tropical smoothie.	UNITED KINGDOM	English-100		G		
2024-05-10	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		
2024-05-10	1630	Spencer's Big 30	Comfort Food	Chef Spencer Watts shows us that cooking comfort food doesn't require a full day in the kitchen - it can be done in 30 minutes.	CANADA	English-100		G		
2024-05-10	1700	Everyday Gourmet With Justine Schofield	Ep 85	Justine makes a hearty whole roast rib eye of beef, Rishi Desai shares his recipe for scallop bhel and Trish McKenzie bakes her dark chocolate caramel slice.	AUSTRALIA	English-100		G		
2024-05-10	1730	My Market Kitchen	Ep 5	Matt adds a twist to a classic with his lamb shoulder and legendary garlic sauce. Laura transforms the chicken schnitzel into a modern marvel. Toby Puttock dazzles in the Yarra Valley wine district.	AUSTRALIA	English-100		G		
2024-05-10	1800	Taste Of Australia With Hayden Quinn	Sydney Fish Markets And Manly NSW	After a morning auction at the Sydney Fish Markets, Hayden cooks breakfast for the returning fishermen, then his family and friends back at Manly.	AUSTRALIA	English-100		PG	a w	
2024-05-10	1830	Food Safari	Japanese Safari	Maeve joins legendary restaurateur Tetsuya Wakuda, who gives tips on Japanese cooking and makes a simple marinade using just five ingredients, including his favourite miso paste.	AUSTRALIA	English-100	RPT	G		Y



2024-05-10	1900	The Cook Up With Adam Liaw	Canape & Cocktail Party, The	Ditch the awkward small talk but savour the best canapes and cocktails, as The Cook Up throws a fancy night of Easy Entertaining with Chefs Rosheen Kaul and Aleksis Kalnins.	AUSTRALIA	English-100		G		Y
2024-05-10	1930	Ainsley's Taste Of Malta	South	Ainsley explores South Malta, starting in the picturesque fishing harbour of Marsaxlokk where, with a local fisherman Joe, he ventures around the weekly fish market to check out the catch of the day.	UNITED KINGDOM	English-100				
2024-05-10	2030	Extreme Food Phobics	Extreme Food Phobics Series 1 Ep 6	This episode features an 18-year-old who lives on up to 100 crispy chicken nuggets a week due to his crippling fear of food textures.	UNITED KINGDOM	English-100	RPT	PG	a	Y
2024-05-10	2125	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		
2024-05-10	2130	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 6	Paul welcomes his new jersey cow, Bessie, but it's not the homecoming he was hoping for - Bessie could be barren. Tomato season has sprung and Paul needs to make the most of his troubled crop.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-05-10	2230	The Cook Up With Adam Liaw	Canape & Cocktail Party, The	Ditch the awkward small talk but savour the best canapes and cocktails, as The Cook Up throws a fancy night of Easy Entertaining with Chefs Rosheen Kaul and Aleksis Kalnins.	AUSTRALIA	English-100		G		Y
2024-05-10	2300	The Cook And The Chef	Kumara And Venison	Maggie and Simon show us more beautiful produce from the Land of the Long White Cloud. Maggie finds some delicious Kumara, a Maori word for sweet potato while Simon discovers New Zealand Venison.	AUSTRALIA	English-100		G		
2024-05-10	2330	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 5 Ep 3	This week sees everyone's favourite Mean Girl bring some Hollywood glamour to the cafe, as Lindsay Lohan hits Southend. On the cafe menu is a chicken pot pie as well as some NY-inspired meatballs.	UNITED KINGDOM	English-100		PG	I	
2024-05-10	2425	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
2024-05-10	2430	Ainsley's Taste Of Malta	South	Ainsley explores South Malta, starting in the picturesque fishing harbour of Marsaxlokk where, with a local fisherman Joe, he ventures around the weekly fish market to check out the catch of the day.	UNITED KINGDOM	English-100				

2024-05-10	2530	Extreme Food Phobics	Extreme Food Phobics Series 1 Ep 6	This episode features an 18-year-old who lives on up to 100 crispy chicken nuggets a week due to his crippling fear of food textures.	UNITED KINGDOM	English-100	RPT	PG	a	Y
2024-05-10	2625	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		
2024-05-10	2630	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 6	Paul welcomes his new jersey cow, Bessie, but it's not the homecoming he was hoping for - Bessie could be barren. Tomato season has sprung and Paul needs to make the most of his troubled crop.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-05-10	2730	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 5 Ep 3	This week sees everyone's favourite Mean Girl bring some Hollywood glamour to the cafe, as Lindsay Lohan hits Southend. On the cafe menu is a chicken pot pie as well as some NY-inspired meatballs.	UNITED KINGDOM	English-100		PG	I	
2024-05-10	2825	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
2024-05-10	2830	The Cook And The Chef	Kumara And Venison	Maggie and Simon show us more beautiful produce from the Land of the Long White Cloud. Maggie finds some delicious Kumara, a Maori word for sweet potato while Simon discovers New Zealand Venison.	AUSTRALIA	English-100		G		
2024-05-11	0500	Taste Of Diversity	Taste Of Diversity Series 1 Ep 5	Sahar welcomes us into her home and shares some of the secrets of Persian cuisine, starting with the Persian classic Zerehkh Polo Ba Morgh, a very popular barley soup.	CANADA	English-100		G		
2024-05-11	0530	From Scratch	Peru Part 2	David works in the kitchen of Lima's Central, brainchild of talented chef Virgilio Martinez. He travels from Lima up into the Andes for potatoes and back down to the Amazon to harvest chocolate.	UNITED KINGDOM	English-100		PG	a w	Y
2024-05-11	0625	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
2024-05-11	0630	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 12	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve discovers how luscious strawberries can make the perfect love potion.	AUSTRALIA	English-100	RPT	G		Y

2024-05-11	0700	David Rocco's Dolce Tuscany	India In Florence	David meets up with Eduardo and Selvaggia, two Indophiles living in Firenze, Florence - one is the owner of the city's first Indian restaurant, the other founded Florence's Indian film festival.	CANADA	English-100	G		
2024-05-11	0730	Ainsley's Fantastic Flavours	Fruity	Ainsley explores both savoury and sweet fruity flavours. Starting with the most important meal of the day - breakfast. Ainsley whips up fruity granola breakfast cranachan and a tropical smoothie.	UNITED KINGDOM	English-100	G		
2024-05-11	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		
2024-05-11	0830	Spencer's Big 30	Comfort Food	Chef Spencer Watts shows us that cooking comfort food doesn't require a full day in the kitchen - it can be done in 30 minutes.	CANADA	English-100	G		
2024-05-11	0900	Everyday Gourmet With Justine Schofield	Ep 85	Justine makes a hearty whole roast rib eye of beef, Rishi Desai shares his recipe for scallop bhel and Trish McKenzie bakes her dark chocolate caramel slice.	AUSTRALIA	English-100	G		
2024-05-11	0930	My Market Kitchen	Ep 5	Matt adds a twist to a classic with his lamb shoulder and legendary garlic sauce. Laura transforms the chicken schnitzel into a modern marvel. Toby Puttock dazzles in the Yarra Valley wine district.	AUSTRALIA	English-100	G		
2024-05-11	1000	Taste Of Australia With Hayden Quinn	Sydney Fish Markets And Manly NSW	After a morning auction at the Sydney Fish Markets, Hayden cooks breakfast for the returning fishermen, then his family and friends back at Manly.	AUSTRALIA	English-100	PG	a w	
2024-05-11	1030	Food Safari	Japanese Safari	Maeve joins legendary restaurateur Tetsuya Wakuda, who gives tips on Japanese cooking and makes a simple marinade using just five ingredients, including his favourite miso paste.	AUSTRALIA	English-100	RPT	G	Y
2024-05-11	1100	The Cook Up With Adam Liaw	Canape & Cocktail Party, The	Ditch the awkward small talk but savour the best canapes and cocktails, as The Cook Up throws a fancy night of Easy Entertaining with Chefs Rosheen Kaul and Aleksis Kalnins.	AUSTRALIA	English-100	G		Y
2024-05-11	1130	Ainsley's Taste Of Malta	South	Ainsley explores South Malta, starting in the picturesque fishing harbour of Marsaxlokk where, with a local fisherman Joe, he ventures around the weekly fish market to check out the catch of the day.	UNITED KINGDOM	English-100			

2024-05-11	1230	Extreme Food Phobics	Extreme Food Phobics Series 1 Ep 6	This episode features an 18-year-old who lives on up to 100 crispy chicken nuggets a week due to his crippling fear of food textures.	UNITED KINGDOM	English-100	RPT	PG	a	Y
2024-05-11	1325	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		
2024-05-11	1330	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve visits the old Sun Pictures - a Broome institution, and Joanna discovers pistachios.	AUSTRALIA	English-100	RPT	G		Y
2024-05-11	1400	Jack Stein: Inside The Box	Malmo	Keen to prove to the people of Malmo it's not just 'cheese on toast', Jack presents Welsh rarebit with Nordic twists that, in his opinion, ends up altering the dish for the better.	AUSTRALIA	English-100		PG	a w	
2024-05-11	1430	The Cook Up With Adam Liaw	Four Ingredient Pasta	Comedian Joel Creasey and Radio/TV presenter Myf Warhurst join Adam Liaw in The Cook Up kitchen as they create their favourite pasta using just four ingredients.	AUSTRALIA	English-100	RPT	PG	I	Y
2024-05-11	1500	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		
2024-05-11	1530	Destination Flavour Scandinavia	Destination Flavour Scandinavia Series 1 Ep 5	Adam visits the first Swedish female chef Titti Qvarnstrom awarded a Michelin Star for her restaurant Bloom in the Park.	AUSTRALIA	English-100	RPT	G		Y
2024-05-11	1600	The Cook Up With Adam Liaw	Summer	Comedian Joel Creasey and Radio/TV presenter Myf Warhurst join host Adam Liaw in The Cook Up kitchen as they create their favourite summer dishes.			RPT	G		Y
2024-05-11	1630	Giada Entertains	Giada Entertains Series 4 Ep 9	There's nothing Giada loves more than an over-the-top costume party and this time she's going all out with a Big Hair Rocker Party! Her friends are coming over dressed as their favourite rock stars.	USA	English-100		G		
2024-05-11	1700	Barefoot Contessa: Back To Basics	Only Oranges	It's all about oranges as Ina Garten shares some favourite recipes with this magic ingredient. They unleash the flavour in her amazing roast duck breast with dried cherries and port.	USA	English-100		G		

2024-05-11	1730	Big Appetite	Soul Of Los Angeles, The	Ben Hundreds hits restaurants inspired by heritage such as Cobi's, Alta Adams and Yangban Society; Plus best tacos.	USA	English-100		G			
2024-05-11	1800	The Next Thing You Eat	Sushi: Say Goodbye	So much of what we know about sushi is a lie - and it's causing us to destroy this beloved food. How do we change our eating habits in order for sushi to survive?	USA			PG	w		Y
2024-05-11	1835	Eva Longoria: Searching For Mexico	Veracruz	Arriving at the port of Veracruz, Eva walks in the footsteps of her ancestor, Lorenzo Longoria, who arrived in this exact spot 400 years ago, just a century after the first conquistadors.	USA	English-50; Spanish-50	RPT	PG	a l s	Y	Y
2024-05-11	1925	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	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	
2024-05-11	1930	Hairy Bikers Go Local	Harbour Cafe - Fife	The Bikers continue their adventure on the east coast of Scotland, on the hunt for new, local ingredients to include on a menu at a beachfront cafe.	UNITED KINGDOM	English-100		PG			
2024-05-11	2035	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 8	Rick and Chalky travel to Loch Torridon in Scotland to go fishing with John McGregor for langoustines. Here the prawns are protected by the Marien Stewardship Council.	UNITED KINGDOM	English-100		G	a w		
2024-05-11	2105	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 9	Rick pays a memorable visit to the Channel Island of Jersey, where he goes reef fishing for sea bass, which he grills. He also makes a Consomme and enjoys a beach barbecue.	UNITED KINGDOM	English-100		PG	a w		
2024-05-11	2135	Anthony Bourdain: No Reservations	Techniques Special	Some of the world's best chefs demonstrate classic and simple dishes.	USA	English-100		PG			
2024-05-11	2230	The Wine Show	Wine Show Series 2, The Ep 6	In the sixth show in the current series of The Wine Show James Purefoy and Matthew Goode are in the belly of France - the food-obsessed city of Lyon to find a wine for the dessert course.	UNITED KINGDOM	English-100		PG			Y
2024-05-11	2325	Please Eat Slowly Bitesize	Mango Pancakes	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100		G			

2024-05-11	2330	Big Appetite	Soul Of Los Angeles, The	Ben Hundreds hits restaurants inspired by heritage such as Cobi's, Alta Adams and Yangban Society; Plus best tacos.	USA	English-100		G			
2024-05-11	2400	The Next Thing You Eat	Sushi: Say Goodbye	So much of what we know about sushi is a lie - and it's causing us to destroy this beloved food. How do we change our eating habits in order for sushi to survive?	USA			PG	w		Y
2024-05-11	2435	Eva Longoria: Searching For Mexico	Veracruz	Arriving at the port of Veracruz, Eva walks in the footsteps of her ancestor, Lorenzo Longoria, who arrived in this exact spot 400 years ago, just a century after the first conquistadors.	USA	English-50; Spanish-50	RPT	PG	a l s	Y	Y
2024-05-11	2525	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	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
2024-05-11	2530	Hairy Bikers Go Local	Harbour Cafe - Fife	The Bikers continue their adventure on the east coast of Scotland, on the hunt for new, local ingredients to include on a menu at a beachfront cafe.	UNITED KINGDOM	English-100		PG			
2024-05-11	2635	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 8	Rick and Chalky travel to Loch Torridon in Scotland to go fishing with John Mcgreggor for langoustines. Here the prawns are protected by the Marien Stewardship Council.	UNITED KINGDOM	English-100		G	a w		
2024-05-11	2705	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 9	Rick pays a memorable visit to the Channel Island of Jersey, where he goes reef fishing for sea bass, which he grills. He also makes a Consomme and enjoys a beach barbecue.	UNITED KINGDOM	English-100		PG	a w		
2024-05-11	2735	The Wine Show	Wine Show Series 2, The Ep 6	In the sixth show in the current series of The Wine Show James Purefoy and Matthew Goode are in the belly of France - the food-obsessed city of Lyon to find a wine for the dessert course.	UNITED KINGDOM	English-100		PG			Y
2024-05-11	2830	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve visits the old Sun Pictures - a Broome institution, and Joanna discovers pistachios.	AUSTRALIA	English-100	RPT	G			Y