



**WEEK 2**                      **Sunday, 5 January 2025**   **Saturday, 11 January 2025**

**ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Egg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2025-01-05	0500	<b>The Chocolate Queen</b>	Chocolate Queen Series 2, The Ep 9	Get the basics right today with Kirsten and her recipe for chocolate lashes and homemade chocolate chips. Then learn the tricks to two Australian classic favourites with a Lamington Cake and Chocolate Caramel Slice.	AUSTRALIA	English-100	RPT	G			
2025-01-05	0530	<b>Jimmy Doherty's New Zealand Escape</b>	Ep 1	Jimmy Doherty heads to Aotearoa to sample the finest and most surprising foods on the planet. He learns to gravity-fish and trade, heads to a women-only farm, and the oldest illegal distillery.	NEW ZEALAND	English-100	RPT	PG	a w		
2025-01-05	0625	<b>Please Eat Slowly Bitesize</b>	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-in-one. Victor talks through which claypot is best to use, and how you can achieve fluffy rice plus a crispy bottom layer without burning.	AUSTRALIA	English-100	RPT	G			
2025-01-05	0630	<b>River Cottage: Three Go Mad</b>	Comedians, The	Hugh Fearnley-Whittingstall is joined at River Cottage by three much loved comedians, Robert Webb, Lee Mack and Ruby Wax. But can their talent on the stage translate to the plate?	UNITED KINGDOM	English-100	RPT	PG			
2025-01-05	0730	<b>Rick Stein: From Venice to Istanbul</b>	Venice	Rick Stein embarks on a new gastronomic road trip from Venice to Istanbul through the countries of the former Byzantine Empire - a melting pot of East and West. His journey begins in the magnificent city of Venice and on the idyllic Greek island of Symi he cooks some of his favourite Venetian dishes - seafood risotto, Tiramisu and gnocchi with spider crab.	UNITED KINGDOM	English-100	RPT	PG	a w		
2025-01-05	0840	<b>Extreme Food Phobics</b>	Ep 8	This episode features a barbecue-nut who can't bear the sight of avocados, and an Equestrian coach whose diet is preventing her from going on dates.	UNITED KINGDOM	English-100	RPT	PG		Y	
2025-01-05	0935	<b>Hairy Bikers Go North</b>	West Yorkshire	Starting in Leeds, the bikers are visiting the stunning Kirkgate Market to fill up their panier for their upcoming stay and travels across the north of England.	UNITED KINGDOM	English-100	RPT	PG	a l w		
2025-01-05	1030	<b>Hairy Bikers Go North</b>	Northumberland	This week the Hairy Bikers continue their Northern odyssey in the county of Northumberland. It's an area that Si King knows well, having holidayed there many times throughout his childhood.	UNITED KINGDOM	English-100	RPT	PG	a w		
2025-01-05	1125	<b>Please Eat Slowly Bitesize</b>	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-in-one. Victor talks through which claypot is best to use, and how you can achieve fluffy rice plus a crispy bottom layer without burning.	AUSTRALIA	English-100	RPT	G			
2025-01-05	1130	<b>Jimmy Doherty's New Zealand Escape</b>	Ep 1	Jimmy Doherty heads to Aotearoa to sample the finest and most surprising foods on the planet. He learns to gravity-fish and trade, heads to a women-only farm, and the oldest illegal distillery.	NEW ZEALAND	English-100	RPT	PG	a w		
2025-01-05	1225	<b>Destination Flavour Singapore Bitesize</b>	Hainanese Chicken	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		Y	

2025-01-05	1230	<b>River Cottage: Three Go Mad</b>	Comedians, The	Hugh Fearnley-Whittingstall is joined at River Cottage by three much loved comedians, Robert Webb, Lee Mack and Ruby Wax. But can their talent on the stage translate to the plate?	UNITED KINGDOM	English-100	RPT	PG		
2025-01-05	1330	<b>Lorraine Pascale: Be A Better Cook</b>	Neil Forster	With plenty of deceptively easy recipes and fantastic tips, Lorraine Pascale shows people with no kitchen confidence how to pull off an impressive meal for friends and family.	UNITED KINGDOM	English-100	RPT	G		
2025-01-05	1400	<b>Pati's Mexican Table</b>	Cowboy Life	Pati saddles up for an exhilarating ride into Chihuahua's ranch and rodeo life.	USA	English-100	RPT	PG	a w	Y
2025-01-05	1430	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 1 Ep 1	Top chef Michel Roux cooks four of his favourite dishes while holidaying in the South of France. He'll be sourcing ingredients from local producers, from a goat farmer in the Cevennes mountains to an organic vegetable grower in the Ardeche.	UNITED KINGDOM	English-100	RPT	G		Y
2025-01-05	1525	<b>Destination Flavour Singapore Bitesize</b>	Singapore Chilli Crab	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	PG	a w	Y
2025-01-05	1530	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 1 Ep 2	Chef Michel Roux is on a food adventure in the South of France. Cooking the simple things he loves to eat while relaxing on holiday, he'll be making an easy and delicious pre-dinner onion tart.	UNITED KINGDOM	English-100	RPT	G		Y
2025-01-05	1625	<b>Taste The Philippines With Yasmin Newman</b>	Mini Ube Pavlovas With Rejoice Thompson	Rejoice Thomson, pastry chef and owner of Brisbane's Dovetail on Overend, makes a classic Australian dessert with a Filipino twist: mini ube pavlovas with passion fruit curd.	AUSTRALIA	English-100	RPT	G		
2025-01-05	1630	<b>Jack Stein: Inside The Box</b>	Girona	Bravely Jack attempts to win over the Catalanian locals with his tapas sized jellied eels, which, while not entirely a bust, don't come up against some more classic tapas dishes.	AUSTRALIA	English-100	RPT	PG	a w	
2025-01-05	1700	<b>The Chocolate Queen</b>	Chocolate Queen Series 2, The Ep 10	Perfect pairings is on the agenda today with a classic Raspberry Chocolate Mousse, Chocolate Popcorn and the less conventional Chocolate Glazed Ginger Cake that is a match made in heaven.	AUSTRALIA	English-100	RPT	G		
2025-01-05	1730	<b>Eating Inn</b>	Ritz Carlton Millenia, Singapore Pt 1	Chef Phil mixes and shakes it at the retro Republic bar with award winners Rudi and J.I showing us how.	SINGAPORE	English-100		PG	a w	
2025-01-05	1830	<b>James Martin's Spanish Adventure</b>	Castilla-La Mancha	In Castilla-La Mancha James is introduced to carcamusa, tries local marzipan, and we meet a honey producer. Then James cooks partridge, brioche with marzipan, honey and pears, beef shin stew and croquetas.	UNITED KINGDOM	English-100	RPT	PG	a l w	Y
2025-01-05	1930	<b>Be My Guest With Ina Garten</b>	Eric Ripert	The incredible chef and world class restaurateur behind the three Michelin star Le Bernardin restaurant in New York, Eric Ripert, is cooking at the barn and sharing career highs, childhood lows and life-changing stories.	USA	English-100				
2025-01-05	2000	<b>Tom Kerridge's Pub Kitchen Secrets</b>	Classic Combos	Many classic pub dishes often combine two ingredients to create the perfect partnership, and Tom shares the secrets behind his favourite double acts in his Michelin-starred pub, The Coach.	UNITED KINGDOM	English-100		PG		
2025-01-05	2030	<b>Rick Stein's Mediterranean Escapes</b>	Mallorca And Catalonia	From Corfu, Rick heads to the Spanish island of Mallorca, where he eats what he describes as the most succulent lamb he has ever tasted. He interprets Mallorcan-style cooking with his Chicken with sobrasada, a soft and spreadable Mallorcan sausage made with pork loin and fat, paprika, salt and cayenne pepper.	UNITED KINGDOM	English-100	RPT	PG	a w	Y

2025-01-05	2140	<b>Anthony Bourdain: Parts Unknown</b>	Thailand	Tony teams up with Chef and Author Andy Ricker of Pok Pok Restaurant fame. Andy's made a name for himself faithfully reproducing the cuisine of Northern Thailand at his restaurants in Portland and New York City. He's constantly back and forth, for nearly 25 years now, looking for recipes, techniques, digging deeper and deeper into an amazingly deep, complex and widely misunderstood cuisine. Thai food is intensely regional and Northern Thailand in particular has many distinctive features. The food Andy wants to show Tony is a world away from what you get at Thai restaurants back in the States.	USA	English-100	RPT	PG	a s	Y
2025-01-05	2230	<b>Extreme Food Phobics</b>	Ep 9	This episode features a groom-to-be who can't eat the same food as his guests at his own wedding, preferring a plate of chicken nuggets, and a 21-year-old whose chip addiction means her body is so vitamin deficient, she's putting her health in real danger.	UNITED KINGDOM	English-100	RPT	PG	a	Y
2025-01-05	2325	<b>Destination Flavour China Bitesize</b>	Tibetan Yak Belly Stew	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G		Y Y
2025-01-05	2330	<b>Jack Stein: Inside The Box</b>	Girona	Bravely Jack attempts to win over the Catalanian locals with his tapas sized jellied eels, which, while not entirely a bust, don't come up against some more classic tapas dishes.	AUSTRALIA	English-100	RPT	PG	a w	
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2025-01-05	2525	<b>Destination Flavour Singapore Bitesize</b>	Singapore Chilli Crab	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	PG	a w	Y
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2025-01-05	2625	<b>Taste The Philippines With Yasmin Newman</b>	Mini Ube Pavlovas With Rejoice Thompson	Rejoice Thomson, pastry chef and owner of Brisbane's Dovetail on Overend, makes a classic Australian dessert with a Filipino twist: mini ube pavlovas with passion fruit curd.	AUSTRALIA	English-100	RPT	G		
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2025-01-06	1200	<b>Tom Kerridge's Pub Kitchen Secrets</b>	Classic Combos	Many classic pub dishes often combine two ingredients to create the perfect partnership, and Tom shares the secrets behind his favourite double acts in his Michelin-starred pub, The Coach.	UNITED KINGDOM	English-100	RPT	PG			
2025-01-06	1230	<b>Come Dine With Me UK</b>	North Surrey Day 5	It's the final night in north Surrey, hosted by Giovanni who wants to fly the flag for Sicily with family-inspired recipes. But a tagliatelle tragedy leaves him with Parmesan on his face.	UNITED KINGDOM	English-100	RPT	PG			

2025-01-06	1300	David Rocco's Dolce Tuscany	Simone & Friends	Simone Farcassi is a local butcher from Casentino whose award-winning prosciutto is garnering worldwide attention. He wants to show David all of the great culinary finds in his hometown.	CANADA	English-100	RPT	G			Y
2025-01-06	1330	My Market Kitchen	My Market Kitchen Series 4 Ep 22	First up on My Market Kitchen Elena and Khanh are cooking up a storm with some choc spice cookies. Then Khanh shows us his spicy breakfast Shakshuka. Then we look at a dish using seasonal produce, a roasted root veggie and bean salad.	AUSTRALIA	English-100	RPT	G			
2025-01-06	1400	Food Safari	Mauritian Safari	Tonight, Maeve O'Meara visits Jocelyn Riviere (formerly of Kirketon Dining Room).	AUSTRALIA	English-100	RPT	G		Y	
2025-01-06	1430	Eating Plants	Australia	Australia is the third fastest growing vegan country. This episode, popular host Martin Dingle Wall showcases some of the Aussie entrepreneurs leading the world with mushrooms.	AUSTRALIA	English-100	RPT	G			
2025-01-06	1505	Selena + Chef	Selena + Adrienna Cheatham	It's brunch time in the kitchen as prestigious New York chef Adrienne Cheatham guides Selena through an ambitious menu of poached salmon and grits topped with fresh hollandaise sauce. Presented with both new foods and the difficult task of poaching eggs, Selena finds herself out of her comfort zone - but is she up for the challenge?	USA	English-100	RPT	G			Y
2025-01-06	1535	Food Markets: In The Belly Of The City	In The Belly Of Venice	At the Rialto market delicacies that are part of the Venetian culinary tradition are brought by boat directly from the islands of Sant Erasmo and Le Vignole. Artichokes, giant tomatoes, jujube fruits, and the radicchio chicory come from the wetlands north of Venice.	FRANCE	English-65; Italian-35		PG	a w	Y	Y
2025-01-06	1635	Oliver's Twist	Night Shift	Jamie takes time to try out some new bread recipes. As the sun begins to rise John and Jamie gather all the leftover dough and make a delicious breakfast pizza.	UNITED KINGDOM	English-100	RPT	G			
2025-01-06	1700	Field To Feast	Roma Tomatoes	Thanh 'The Fruit Nerd' Truong takes a deep dive into Australian tomatoes, more specifically Roma tomatoes, and enjoys a traditional Italian feast whilst making home-made passata and gnocchi.	AUSTRALIA	English-100					
2025-01-06	1730	Everyday Gourmet With Justine Schofield	Episode 13	Justine gives us some tips on how to use a whole chicken and put a twist on everyone's favourite Fruit Salad. Kirsten Tibbles joins us in the kitchen again for some devilish Fillo Berries and Cream.	AUSTRALIA	English-100		G			
2025-01-06	1800	Rick Stein's French Odyssey	Padstow To Bordeaux	Award-winning chef Rick Stein returns to France for an idyllic gastronomic journey through the waterways of France, travelling by barge on the Canal du Midi from Bordeaux to Marseilles in search of the best food and wine the area has to offer. He waves goodbye to Padstow and boards the Plymouth to Roscoff ferry for the first stage of his journey, a leisurely tour of Brittany, known for its superb seafood.	UNITED KINGDOM	English-100	RPT	G			
2025-01-06	1830	Hugh's Three Good Things	Dried Fruit	Hugh's gunning to win this flavourful cooking competition, with a fantastically filling partridge, dried pear and spelt dinner as well as a simple, classy pud of tea soaked dried apricots, and mascarpone! But his cooking rivals on dried fruit week have equally cunning culinary creations up their cheffy sleeves.	UNITED KINGDOM	English-100	RPT	G			
2025-01-06	1900	The Cook Up With Adam Liaw	Italian Table, The	Chef Giovanni Pilu and author Julia Busuttill Nishimura join Adam for a night of Easy Entertaining at The Italian Table.	AUSTRALIA	English-100	RPT	G		Y	
2025-01-06	1930	Nigella Kitchen	You Know It Makes Sense	Nigella cooks sumptuous roast seafood for famished friends after work - a steaming bowl of pasta with salami for ravenous kids, her soothing 'mother's praised chicken', a decadent chocolate peanut butter cheesecake for the hungry hordes, and a restorative Thai chicken noodle soup.	UNITED KINGDOM		RPT	G			
2025-01-06	2000	Nigella Kitchen	Hurry Up, I'm Hungry	Nigella has an armoury of short cut recipes to ensure there is no waiting around. Super-fast roast lamb with rosemary and port, rapid roastini and show-stopping, instant orange and blackberry trifle are perfect for a fast, fabulous after-work dinner with friends.	UNITED KINGDOM		RPT	G			

2025-01-06	2030	Stanley Tucci: Searching For Italy	Tuscany	Tuscany is the birthplace of the Renaissance and world-class art, architecture and culture. It's also produced some of the finest wines and dishes in the history of Italian cuisine, like the magnificent T-bone steak, bistecca alla fiorentina. But Tuscany is also home to the cuisine of the poor Tuscan peasantry, known as 'cucina povera'. Stanley Tucci starts his exploration of Tuscany with his parents, Stan and Joan.	USA	English-90; Italian-10	RPT	G	Y	Y
2025-01-06	2125	A Taste Of Island Dreams	Lemon Chilli Chicken With Turmeric Rice	Learn to cook a signature dish at Island Dreams Cafe and an all-round family favourite. Alimah Bilda shares a version with a punchier, thicker sauce that coats the chicken and rice.	AUSTRALIA	English-100	RPT	G		
2025-01-06	2130	Hairy Bikers Go North	Lancashire	This week, the bikers are exploring Lancashire, the red rose county. From Pendle in the East, to Blackpool in the west, Lancashire has a regional cuisine to match anywhere in the country, some of the best Gastro pubs in the land, award-winning producers of fine food, and enough top quality alcohol the bikers might even have to temper their consumption!	UNITED KINGDOM	English-100	RPT	G		
2025-01-06	2225	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 1	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	
2025-01-06	2230	The Cook Up With Adam Liaw	Dessert	Delicious curators Phoebe Wood and Warren Mendes join Adam Liaw in the Cook Up Kitchen to create their ultimate desserts.	AUSTRALIA	English-100	RPT	G	Y	
2025-01-06	2300	The Cook And The Chef	Cheese And Crabs	When it comes to fine cheeses we're spoilt for choice in Australia, there are over one hundred different varieties being produced by Cheese Wright's all around the country.	AUSTRALIA	English-100	RPT	G		
2025-01-06	2330	Andrew Zimmern's Wild Game Kitchen	Braised Pigeon	Chef Andrew Zimmern cooks one of his favourite recipes, braised squab with olives and vinegar, a perfect meal for a fall evening around the fire. He pairs this comfort food classic with homemade herbed gnocchi drenched in browned butter, and a simple apple and Manchego cheese salad.	USA	English-100	RPT	G		
2025-01-06	2400	The Cook Up With Adam Liaw	Italian Table, The	Chef Giovanni Pilu and author Julia Busuttill Nishimura join Adam for a night of Easy Entertaining at The Italian Table.	AUSTRALIA	English-100	RPT	G	Y	
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2025-01-06	2625	A Taste Of Island Dreams	Lemon Chilli Chicken With Turmeric Rice	Learn to cook a signature dish at Island Dreams Cafe and an all-round family favourite. Alimah Bilda shares a version with a punchier, thicker sauce that coats the chicken and rice.	AUSTRALIA	English-100	RPT	G		

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2025-01-07	0600	Food Safari	Mauritian Safari	Tonight, Maeve O'Meara visits Jocelyn Riviere (formerly of Kirketon Dining Room).	AUSTRALIA	English-100	RPT	G		Y	
2025-01-07	0630	Eating Plants	Australia	Australia is the third fastest growing vegan country. This episode, popular host Martin Dingle Wall showcases some of the Aussie entrepreneurs leading the world with mushrooms.	AUSTRALIA	English-100	RPT	G			
2025-01-07	0705	Selena + Chef	Selena + Adrienna Cheatham	It's brunch time in the kitchen as prestigious New York chef Adrienne Cheatham guides Selena through an ambitious menu of poached salmon and grits topped with fresh hollandaise sauce. Presented with both new foods and the difficult task of poaching eggs, Selena finds herself out of her comfort zone - but is she up for the challenge?	USA	English-100	RPT	G		Y	
2025-01-07	0735	Food Markets: In The Belly Of The City	In The Belly Of Venice	At the Rialto market delicacies that are part of the Venetian culinary tradition are brought by boat directly from the islands of Sant Erasmo and Le Vignole. Artichokes, giant tomatoes, jujube fruits, and the radicchio chicory come from the wetlands north of Venice.	FRANCE	English-65; Italian-35	RPT	PG	a w	Y	Y
2025-01-07	0835	Oliver's Twist	Night Shift	Jamie takes time to try out some new bread recipes. As the sun begins to rise John and Jamie gather all the leftover dough and make a delicious breakfast pizza.	UNITED KINGDOM	English-100	RPT	G			
2025-01-07	0900	Field To Feast	Roma Tomatoes	Thanh 'The Fruit Nerd' Truong takes a deep dive into Australian tomatoes, more specifically Roma tomatoes, and enjoys a traditional Italian feast whilst making home-made passata and gnocchi.	AUSTRALIA	English-100	RPT				

2025-01-07	0930	Everyday Gourmet With Justine Schofield	Episode 13	Justine gives us some tips on how to use a whole chicken and put a twist on everyone's favourite Fruit Salad. Kirsten Tibbles joins us in the kitchen again for some devilish Fillo Berries and Cream.	AUSTRALIA	English-100	RPT	G	
2025-01-07	1000	Rick Stein's French Odyssey	Padstow To Bordeaux	Award-winning chef Rick Stein returns to France for an idyllic gastronomic journey through the waterways of France, travelling by barge on the Canal du Midi from Bordeaux to Marseilles in search of the best food and wine the area has to offer. He waves goodbye to Padstow and boards the Plymouth to Roscoff ferry for the first stage of his journey, a leisurely tour of Brittany, known for its superb seafood.	UNITED KINGDOM	English-100	RPT	G	
2025-01-07	1030	Hugh's Three Good Things	Dried Fruit	Hugh's gunning to win this flavourful cooking competition, with a fantastically filling partridge, dried pear and spelt dinner as well as a simple, classy pud of tea soaked dried apricots, and mascarpone! But his cooking rivals on dried fruit week have equally cunning culinary creations up their cheffy sleeves.	UNITED KINGDOM	English-100	RPT	G	
2025-01-07	1100	The Cook Up With Adam Liaw	Italian Table, The	Chef Giovanni Pilu and author Julia Busuttill Nishimura join Adam for a night of Easy Entertaining at The Italian Table.	AUSTRALIA	English-100	RPT	G	Y
2025-01-07	1130	Nigella Kitchen	You Know It Makes Sense	Nigella cooks sumptuous roast seafood for famished friends after work - a steaming bowl of pasta with salami for ravenous kids, her soothing 'mother's praised chicken', a decadent chocolate peanut butter cheesecake for the hungry hordes, and a restorative Thai chicken noodle soup.	UNITED KINGDOM		RPT	G	
2025-01-07	1200	Nigella Kitchen	Hurry Up, I'm Hungry	Nigella has an armoury of short cut recipes to ensure there is no waiting around. Super-fast roast lamb with rosemary and port, rapid roastini and show-stopping, instant orange and blackberry trifle are perfect for a fast, fabulous after-work dinner with friends.	UNITED KINGDOM		RPT	G	
2025-01-07	1230	Come Dine With Me UK	Leeds Day 1	This week we're in Leeds, and up first is 40-year-old nursing manager Sarah, who's taken inspiration from her husband's Middle Eastern heritage to wow her guests with a Turkish fusion menu.	UNITED KINGDOM	English-100	RPT	PG	
2025-01-07	1300	David Rocco's Dolce Tuscany	Balsamico Di Modena	David meets with Angelo Giacobazzi, a fourth-generation producer of Aceto Balsamico di Modena vinegar. Together, they visit his cantina where the vinegars are aged for up to 35 years.	CANADA	English-100	RPT	G	
2025-01-07	1330	My Market Kitchen	My Market Kitchen Series 4 Ep 23	On today's show of My Market Kitchen Elena and Khanh are making honey mustard crispy potatoes, a decadent dessert called Kladdkaka and a warm green salad.	AUSTRALIA	English-100	RPT	G	
2025-01-07	1400	Food Safari	South American	Explore the colourful cuisine of South America with passionate chefs and home-cooks. Host Maeve O'Meara joins chef Jorge Chacon to learn about the particular flavours and ingredients that make South American food really special. Chef Juan Gomez makes Colombian style arepas and Chilean musician Gema Badiola prepares a fragrant, all-purpose salsa called pebre.	AUSTRALIA	English-100	RPT	G	Y
2025-01-07	1430	Mary Makes It Easy	What Are Ya, Chicken?	Mary offers four exciting ways to expand your chicken repertoire so it will never be boring or dry again.	CANADA	English-100	RPT	G	
2025-01-07	1500	Selena + Chef	Selena + Matty Matheson	Internet sensation, author, and restaurant owner Matty Matheson brings his signature can-do attitude and larger-than-life personality to the kitchen, helping Selena cook up a delicious meal of Miami-style ribs and hello dolly bars a la mode for dessert.	USA	English-100	RPT	PG	
2025-01-07	1530	Simply Raymond Blanc	Breakfast & Brunch	The art of a perfect breakfast/brunch is in easy reach, especially when Raymond Blanc invites you to his breakfast bar! Gone are the days of smashed avocado (sorry Nigella), and there's no need to reach for those breakfast cereals.	UNITED KINGDOM	English-100	RPT	G	
2025-01-07	1625	A Taste Of Island Dreams	Lemon Chilli Chicken With Turmeric Rice	Learn to cook a signature dish at Island Dreams Cafe and an all-round family favourite. Alimah Bilda shares a version with a punchier, thicker sauce that coats the chicken and rice.	AUSTRALIA	English-100	RPT	G	



2025-01-07	1630	<b>Tom Kerridge's American Feast</b>	North Californian Coast	Tom Kerridge takes a road trip up the Californian coastline to discover how local, foraged foods are being used to create innovative and healthy dishes.	UNITED KINGDOM	English-100	RPT	G	
2025-01-07	1700	<b>Field To Feast</b>	Persimmons	Drying persimmons is a Korean culinary method that takes months. Thanh follows the epic journey the persimmon takes from the farm, into a Korean kitchen and onto his plate.	AUSTRALIA	English-100			
2025-01-07	1730	<b>Everyday Gourmet With Justine Schofield</b>	Episode 14	Today Justine shows us how to make a Slow Cooked Spiced Duck Salad, a fresh Grape Granita and Lamb and Grape Kebabs.	AUSTRALIA	English-100		G	
2025-01-07	1800	<b>Rick Stein's French Odyssey</b>	Bordeaux To Bazas	At the Restaurant Le Grilladin des mers at Isle d'Oleron, Rick enjoys Clams in White Garlic Sauce, and savours the simple dish of freshly caught Eels cooked in Garlic Butter and Parsley. He whips up one of his favourite French meals, Petit Sale, a typical peasant dish of Salted Pork Belly and Lentils, before preparing a Steak Tartare in the ancient town of Bazas.	UNITED KINGDOM	English-100	RPT	G	
2025-01-07	1830	<b>Hugh's Three Good Things</b>	Citrus Fruit	It's time to add zest to your cooking life, with Hugh's captivating cooking competition. He goes head to head with two other chefs to see who can make the best dish using three main ingredients. Today, one of those main ingredients is citrus fruit.	UNITED KINGDOM	English-100	RPT	G	
2025-01-07	1900	<b>The Cook Up With Adam Liaw</b>	Glorious Grills	It's Easy Entertaining with The Cook Up, and if you find grilling to be thrilling, you'll love comedian Nikki Britton, chef Joel Bennetts and Adam's glorious grills.	AUSTRALIA	English-100	RPT	G	Y
2025-01-07	1930	<b>Lorraine Pascale: Baking Made Easy</b>	Time To Bake	Macarons may look unbelievably difficult to make, but really, they are just posh meringues and Lorraine has a recipe to make them with ease. Mini Tiramisu Cakes are a delicious and playful twist on the classic dinner party dessert.	UNITED KINGDOM	English-100	RPT	G	
2025-01-07	2000	<b>Mark Moriarty: Off Duty Chef</b>	Feeding A Crowd	When feeding a group of friends or family, Chef Mark likes to keep things simple by creating memorable dishes that don't take too long to make, giving you more time to spend with friends. First on the menu is a flourless chocolate cake, a winning gluten-free recipe that's sure to put a smile on everyone's face.	UNITED KINGDOM	English-100		G	
2025-01-07	2030	<b>Jamie's Ultimate Veg</b>	Ep 3	Jamie packs in the veg with his big, bold black bean burger. He gets inspired by some gorgeous greens in the Middle East, and creates some crunch with a double corn salad.	UNITED KINGDOM	English-100	RPT	G	
2025-01-07	2130	<b>Hairy Bikers Go North</b>	Yorkshire Coast	The plan is simple: riding through this beautiful location and visiting top food producers who not only have amazing products but equally amazing stories to tell.	UNITED KINGDOM	English-100	RPT	PG	
2025-01-07	2225	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 2	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
2025-01-07	2230	<b>The Cook Up With Adam Liaw</b>	Stolen Goods (Recipes Stolen From Someone Else)	Adam and comedians Jennifer Wong and Suren Jayemanne are whizzing around the Cook Up kitchen to create their own creations of recipes they have 'stolen'.	AUSTRALIA	English-100	RPT	G	Y
2025-01-07	2300	<b>The Cook And The Chef</b>	Bananas And Artichokes	On a recent trip to the Tweed Valley, Maggie was really taken with how all the banana plantations were scattered high across the mountain slopes. Third generation grower, Andrew Everest, explains to Maggie that sub-tropical bananas have to be grown up high to protect them from frost.	AUSTRALIA	English-100	RPT	G	
2025-01-07	2330	<b>Andrew Zimmern's Wild Game Kitchen</b>	Goat	Learn how to break down and butcher a whole goat, utilising the leg and backstrap for a beautiful braised curry and saving some of the animal's offal for a delicious chef's snack on the grill. Chef Andrew Zimmern finishes the meal with a classic tomato and cucumber salad and rice pilaf with caramelised onions.	USA	English-100	RPT	G	

2025-01-07	2400	<b>The Cook Up With Adam Liaw</b>	Glorious Grills	It's Easy Entertaining with The Cook Up, and if you find grilling to be thrilling, you'll love comedian Nikki Britton, chef Joel Bennetts and Adam's glorious grills.	AUSTRALIA	English-100	RPT	G	Y
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2025-01-07	2800	<b>The Cook And The Chef</b>	Bananas And Artichokes	On a recent trip to the Tweed Valley, Maggie was really taken with how all the banana plantations were scattered high across the mountain slopes. Third generation grower, Andrew Everest, explains to Maggie that sub-tropical bananas have to be grown up high to protect them from frost.	AUSTRALIA	English-100	RPT	G	
2025-01-07	2830	<b>Andrew Zimmern's Wild Game Kitchen</b>	Goat	Learn how to break down and butcher a whole goat, utilising the leg and backstrap for a beautiful braised curry and saving some of the animal's offal for a delicious chef's snack on the grill. Chef Andrew Zimmern finishes the meal with a classic tomato and cucumber salad and rice pilaf with caramelised onions.	USA	English-100	RPT	G	
2025-01-08	0500	<b>David Rocco's Dolce Tuscany</b>	Balsamico Di Modena	David meets with Angelo Giacobazzi, a fourth-generation producer of Aceto Balsamico di Modena vinegar. Together, they visit his cantina where the vinegars are aged for up to 35 years.	CANADA	English-100	RPT	G	
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2025-01-08	1200	<b>Mark Moriarty: Off Duty Chef</b>	Feeding A Crowd	When feeding a group of friends or family, Chef Mark likes to keep things simple by creating memorable dishes that don't take too long to make, giving you more time to spend with friends. First on the menu is a flourless chocolate cake, a winning gluten-free recipe that's sure to put a smile on everyone's face.	UNITED KINGDOM	English-100	RPT	G	
2025-01-08	1230	<b>Come Dine With Me UK</b>	Leeds Day 2	It's day two of the competition in Leeds, and wannabe clairvoyant Janet is hoping her ghoulish themed dinner party will bag her top spot. Will the fright night theme be enough?	UNITED KINGDOM	English-100	RPT	PG	
2025-01-08	1300	<b>David Rocco's Dolce Tuscany</b>	Wheat, Flour, Pasta	At Villa Poggio Bartoli, the wheat harvest is a big deal. To this day, the threshing of the wheat is done the old-fashioned way using machinery from the 1920s.	CANADA	English-100	RPT	G	
2025-01-08	1330	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 24	In this episode, Elena shows us how to make a sweet and sticky seafood salad. This is followed by an end-of-the-week ginger and carrot soup recipe then with a healthy twist on classic dessert by Elena with a sticky date pudding.	AUSTRALIA	English-100	RPT	G	

2025-01-08	1400	<b>Food Safari</b>	Egyptian	Join Maeve O'Meara as she explores the nourishing foods of Egypt and discovers the country's favourite dishes. Maeve meets chef Ramy Megalaa who introduces the key ingredients in Egyptian cooking and prepares an aromatic fish tagine. She also learns what to expect from a traditional Egyptian breakfast, including the popular fava bean dish, ful medames, and discovers how to make it when Alice Ibrahim shares her favourite recipe.	AUSTRALIA	English-100	RPT	G	Y
2025-01-08	1430	<b>Mary Makes It Easy</b>	Date Night	Preparing a meal for a special someone is nerve wracking for cooks at any level. Mary settles your nerves for date night by serving up four recipes sure to impress your special guest while you maintain your chill.	CANADA	English-100	RPT	G	
2025-01-08	1500	<b>Selena + Chef</b>	Selena + Priya Krishna	Food journalist, cookbook author, and YouTube personality Priya Krishna brings her signature Indian-American cooking to Selena's kitchen. Together, the two whip up a delicious 'Indianish' lunch of Dahi toast and Shikanji, a thirst-quenching Indian spin on limeade.	USA	English-100	RPT	PG	
2025-01-08	1530	<b>Simply Raymond Blanc</b>	Rb Basics	With little prep, little attention, and little skill, Raymond promises these recipes will deliver big on flavour and will be a sure favourite on your dinner table. From simple and delectable Chocolate Truffles to a delicious Onion Soup – a secret recipe handed down from his Maman Blanc, there's something for every palette.	UNITED KINGDOM	English-100	RPT	G	
2025-01-08	1625	<b>A Taste Of Island Dreams</b>	Quick Fried Fish With Vegetable Acar	This fish dish is a prime example of how something well-seasoned can be the star of the show. Salt, turmeric and a little bit of stock powder are all you need. Alimah Bilda shares the full experience.	AUSTRALIA	English-100	RPT	G	
2025-01-08	1630	<b>Tom Kerridge's American Feast</b>	Oakland	Tom Kerridge's trip around the USA takes him to the Californian city of Oakland, where the city's melting pot of cultures is reflected in its food.	UNITED KINGDOM	English-100	RPT	G	
2025-01-08	1700	<b>Field To Feast</b>	Mushrooms	Thanh visits the biggest mushroom farm in Australia and compares their produce to wild foraged pine mushrooms, all to be enjoyed using an unconventional cooking approach.	AUSTRALIA	English-100		G	
2025-01-08	1730	<b>Everyday Gourmet With Justine Schofield</b>	Episode 15	Justine shares her tips for the perfect Duck and Pork Rillettes and vegetarian Mushroom Bolognese. Trish McKenzie teaches Justine how to make the tastiest Summer White Chocolate Ice-Cream Terrine.	AUSTRALIA	English-100		G	
2025-01-08	1800	<b>Rick Stein's French Odyssey</b>	Agen	Journeying along the Canal Lateral a la Garonne, he stops by a canal-side restaurant run by a chef famous for her duck in red wine. Fish is Rick's speciality, and he can't resist going fishing for alose, a freshwater herring with Alain Penichon. At the markets of Nerac and Cadillac, Rick creates a dish made up of pork with lots of garlic; and at a plum farm, is inspired to cook the classic Prune And Almond Tart flavoured with local Armagnac.	UNITED KINGDOM	English-100	RPT	G	
2025-01-08	1830	<b>Hugh's Three Good Things</b>	Sweet Apple	It's the final day of Fruit week competition and it's all to play for as the three chefs return to Monday's key ingredient: apples.	UNITED KINGDOM	English-100	RPT	G	
2025-01-08	1900	<b>The Cook Up With Adam Liaw</b>	Mezze Table, The	Colours and flavours collide on The Mezze Table in a night of Easy Entertaining with Adam and his guests, TikTok legend Mahmoud Ismail and Bloodwood Head Chef Claire Van Vuuren.	AUSTRALIA	English-100	RPT	G	Y
2025-01-08	1930	<b>Marcus In The Med: Mallorca</b>	Sunny Lunches	Marcus is exploring the culinary delights of Mallorca, a food lovers' paradise with incredible produce, markets, restaurants, and bars. He'll be discovering the local hotspots and lesser known eateries.	UNITED KINGDOM	English-100		G	

2025-01-08	2000	<b>Rachael Ray's Meals In Minutes</b>	Thai Chicken With Sweet And Hot Peppers	It's Make Your Own Take-Out Time. On the menu tonight is Thai Chicken. Made with both sweet and hot peppers, topped with basil and mint, it's sure to become your new takeout favourite.	USA	English-100		G		
2025-01-08	2030	<b>Adam Richman Eats Britain</b>	Glamorgan Sausage	Global food explorer Adam is touring Britain, one incredible, edible place at a time, using the map as his menu to visit places in Britain that have given their name to world-famous dishes. He's in Glamorgan in Wales to try the glorious cheese and leek-filled Glamorgan Sausage.	UNITED KINGDOM	English-100		G		Y
2025-01-08	2100	<b>Masters Of Taste With Gary Mehigan</b>	Best Of Kolkata	From Chinatown to a quintessential Bengali home, Gary eats his way through Kolkata.	USA	English-100		PG	a w	
2025-01-08	2130	<b>Hairy Bikers Go North</b>	Cumbria	The Lakes is the most visited national park in England and with such an incredible scenery it's not hard to see why. Dave takes Si around his beloved home turf in search of the best produce and food that this beautiful place can offer.	UNITED KINGDOM	English-100	RPT	PG		
2025-01-08	2225	<b>Destination Flavour Down Under Bitesize</b>	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
2025-01-08	2230	<b>The Cook Up With Adam Liaw</b>	Favourite Ingredient	Chef Jayde Harris and comedian, actor, and writer Nakkiah Lui are in the Cook Up Kitchen with Adam to create dishes featuring their favourite ingredients.	AUSTRALIA	English-100	RPT	G		Y
2025-01-08	2300	<b>The Cook And The Chef</b>	Cooking In A Restaurant	Simon is deep in discussion with the Hotel's Maitre d' Atef. Simon and Atef are looking at some changes in the menu and deciding on a corresponding change in the recommended wine match.	AUSTRALIA	English-100	RPT	G		
2025-01-08	2330	<b>Andrew Zimmern's Wild Game Kitchen</b>	Nashville Pheasant	Chef Andrew Zimmern takes one of his favourite dishes, Nashville-style hot fried chicken, and reinterprets it for wild pheasant. Hot and spicy, batter coated, crispy fried pheasant is paired with a spinach salad topped with bacon vinaigrette and ice-cold mint basil lemonade.	USA	English-100	RPT	G		
2025-01-08	2400	<b>The Cook Up With Adam Liaw</b>	Mezze Table, The	Colours and flavours collide on The Mezze Table in a night of Easy Entertaining with Adam and his guests, TikTok legend Mahmoud Ismail and Bloodwood Head Chef Claire Van Vuuren.	AUSTRALIA	English-100	RPT	G		Y
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2025-01-08	2600	<b>Masters Of Taste With Gary Mehigan</b>	Best Of Kolkata	From Chinatown to a quintessential Bengali home, Gary eats his way through Kolkata.	USA	English-100	RPT	PG	a w	
2025-01-08	2630	<b>Hairy Bikers Go North</b>	Cumbria	The Lakes is the most visited national park in England and with such an incredible scenery it's not hard to see why. Dave takes Si around his beloved home turf in search of the best produce and food that this beautiful place can offer.	UNITED KINGDOM	English-100	RPT	PG		

2025-01-08	2725	<b>Destination Flavour Down Under Bitesize</b>	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
2025-01-08	2730	<b>The Cook Up With Adam Liaw</b>	Favourite Ingredient	Chef Jayde Harris and comedian, actor, and writer Nakkiah Lui are in the Cook Up Kitchen with Adam to create dishes featuring their favourite ingredients.	AUSTRALIA	English-100	RPT	G	Y
2025-01-08	2800	<b>The Cook And The Chef</b>	Cooking In A Restaurant	Simon is deep in discussion with the Hotel's Maitre d' Atef. Simon and Atef are looking at some changes in the menu and deciding on a corresponding change in the recommended wine match.	AUSTRALIA	English-100	RPT	G	
2025-01-08	2830	<b>Andrew Zimmern's Wild Game Kitchen</b>	Nashville Pheasant	Chef Andrew Zimmern takes one of his favourite dishes, Nashville-style hot fried chicken, and reinterprets it for wild pheasant. Hot and spicy, batter coated, crispy fried pheasant is paired with a spinach salad topped with bacon vinaigrette and ice-cold mint basil lemonade.	USA	English-100	RPT	G	
2025-01-09	0500	<b>David Rocco's Dolce Tuscany</b>	Wheat, Flour, Pasta	At Villa Poggio Bartoli, the wheat harvest is a big deal. To this day, the threshing of the wheat is done the old-fashioned way using machinery from the 1920s.	CANADA	English-100	RPT	G	
2025-01-09	0530	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 24	In this episode, Elena shows us how to make a sweet and sticky seafood salad. This is followed by an end-of-the-week ginger and carrot soup recipe then with a healthy twist on classic dessert by Elena with a sticky date pudding.	AUSTRALIA	English-100	RPT	G	
2025-01-09	0600	<b>Food Safari</b>	Egyptian	Join Maeve O'Meara as she explores the nourishing foods of Egypt and discovers the country's favourite dishes. Maeve meets chef Ramy Megalaa who introduces the key ingredients in Egyptian cooking and prepares an aromatic fish tagine. She also learns what to expect from a traditional Egyptian breakfast, including the popular fava bean dish, ful medames, and discovers how to make it when Alice Ibrahim shares her favourite recipe.	AUSTRALIA	English-100	RPT	G	Y
2025-01-09	0630	<b>Mary Makes It Easy</b>	Date Night	Preparing a meal for a special someone is nerve wracking for cooks at any level. Mary settles your nerves for date night by serving up four recipes sure to impress your special guest while you maintain your chill.	CANADA	English-100	RPT	G	
2025-01-09	0700	<b>Selena + Chef</b>	Selena + Priya Krishna	Food journalist, cookbook author, and YouTube personality Priya Krishna brings her signature Indian-American cooking to Selena's kitchen. Together, the two whip up a delicious 'Indianish' lunch of Dahi toast and Shikanji, a thirst-quenching Indian spin on limeade.	USA	English-100	RPT	PG	
2025-01-09	0730	<b>Simply Raymond Blanc</b>	Rb Basics	With little prep, little attention, and little skill, Raymond promises these recipes will deliver big on flavour and will be a sure favourite on your dinner table. From simple and delectable Chocolate Truffles to a delicious Onion Soup – a secret recipe handed down from his Maman Blanc, there's something for every palette.	UNITED KINGDOM	English-100	RPT	G	
2025-01-09	0825	<b>A Taste Of Island Dreams</b>	Quick Fried Fish With Vegetable Acar	This fish dish is a prime example of how something well-seasoned can be the star of the show. Salt, turmeric and a little bit of stock powder are all you need. Alimah Bilda shares the full experience.	AUSTRALIA	English-100	RPT	G	
2025-01-09	0830	<b>Tom Kerridge's American Feast</b>	Oakland	Tom Kerridge's trip around the USA takes him to the Californian city of Oakland, where the city's melting pot of cultures is reflected in its food.	UNITED KINGDOM	English-100	RPT	G	
2025-01-09	0900	<b>Field To Feast</b>	Mushrooms	Thanh visits the biggest mushroom farm in Australia and compares their produce to wild foraged pine mushrooms, all to be enjoyed using an unconventional cooking approach.	AUSTRALIA	English-100	RPT	G	

2025-01-09	0930	<b>Everyday Gourmet With Justine Schofield</b>	Episode 15	Justine shares her tips for the perfect Duck and Pork Rilletes and vegetarian Mushroom Bolognese. Trish McKenzie teaches Justine how to make the tastiest Summer White Chocolate Ice-Cream Terrine.	AUSTRALIA	English-100	RPT	G	
2025-01-09	1000	<b>Rick Stein's French Odyssey</b>	Agen	Journeying along the Canal Lateral a la Garonne, he stops by a canal-side restaurant run by a chef famous for her duck in red wine. Fish is Rick's speciality, and he can't resist going fishing for alose, a freshwater herring with Alain Penichon. At the markets of Nerac and Cadillac, Rick creates a dish made up of pork with lots of garlic; and at a plum farm, is inspired to cook the classic Prune And Almond Tart flavoured with local Armagnac.	UNITED KINGDOM	English-100	RPT	G	
2025-01-09	1030	<b>Hugh's Three Good Things</b>	Sweet Apple	It's the final day of Fruit week competition and it's all to play for as the three chefs return to Monday's key ingredient: apples.	UNITED KINGDOM	English-100	RPT	G	
2025-01-09	1100	<b>The Cook Up With Adam Liaw</b>	Mezze Table, The	Colours and flavours collide on The Mezze Table in a night of Easy Entertaining with Adam and his guests, TikTok legend Mahmoud Ismail and Bloodwood Head Chef Claire Van Vuuren.	AUSTRALIA	English-100	RPT	G	Y
2025-01-09	1130	<b>Marcus In The Med: Mallorca</b>	Sunny Lunches	Marcus is exploring the culinary delights of Mallorca, a food lovers' paradise with incredible produce, markets, restaurants, and bars. He'll be discovering the local hotspots and lesser known eateries.	UNITED KINGDOM	English-100	RPT	G	
2025-01-09	1200	<b>Rachael Ray's Meals In Minutes</b>	Thai Chicken With Sweet And Hot Peppers	It's Make Your Own Take-Out Time. On the menu tonight is Thai Chicken. Made with both sweet and hot peppers, topped with basil and mint, it's sure to become your new takeout favourite.	USA	English-100	RPT	G	
2025-01-09	1230	<b>Come Dine With Me UK</b>	Leeds Day 3	It's day three in Leeds and record label owner Phil is hoping to bat off the competition with his seventies rock-themed menu. Will gags and giggles be enough to bag him the prize?	UNITED KINGDOM	English-100	RPT	PG	
2025-01-09	1300	<b>David Rocco's Italia</b>	Lost Venice	The old Venice is no more. The rising sea-level, overabundance of tourists and high cost of living has caused most of the Venetians to flee the once grand city. But for those Venetians who have stayed behind, there is now a struggle to hold on to their heritage, culture and way of life.	CANADA	English-100	RPT	PG	Y
2025-01-09	1330	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 25	Today, Elena utilises leftovers to make a pork fusilli dish. We then are joined by Bel from Wine Selectors to make a delicious baked brie dish with Khanh paired with the perfect wines. Finishing off with a rosemary, pine nut and olive oil cake.	AUSTRALIA	English-100	RPT	G	
2025-01-09	1400	<b>Food Safari</b>	German	Maeve O'Meara meets up with chef Detlef Haupt, who reveals the essential ingredients in traditional German cooking and later prepares one of his favourite dishes, sauerbraten served with potato dumplings and tasty cabbage. Butcher Stefan Birmilli guides us through German sausages. Michael Vieh cooks a hearty lentil soup traditionally eaten in Autumn in Germany, and later Maeve explores the loaves and pretzels that Germans love.	AUSTRALIA	English-100	RPT	G	Y
2025-01-09	1430	<b>Mary Makes It Easy</b>	One Pot Wonders	Cleaning up the mess is the only part of cooking that Mary doesn't like. Her husband Aaron typically takes on dish duty, so this time Mary gives him a break with four one-pot wonders. Starting with Sheet Pan Cod, this recipe can make anyone a believer in pairing fish with cheese.	CANADA	English-100	RPT	G	
2025-01-09	1500	<b>Selena + Chef</b>	Selena + Paola Valez	James Beard nominee, acclaimed pastry chef, and activist Paola Valez comes ready with a sweet treat for Selena, helping her create the perfect chocolate cookie icebox cake. Also on the menu are beef empanadas - with a filling so delicious that the girls must resist eating it all before cooking!	USA	English-100	RPT	G	Y

2025-01-09	1530	<b>Simply Raymond Blanc</b>	Rb Favourites	What could be nicer than using the freshest and tastiest ingredients and creating something truly delicious for your nearest and dearest? Raymond has chosen his favourite dishes to share his secrets to simple, beautiful cooking.	UNITED KINGDOM	English-100	RPT	G		
2025-01-09	1625	<b>A Taste Of Island Dreams</b>	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	RPT	G		
2025-01-09	1630	<b>Tom Kerridge's American Feast</b>	Tucson	Tom visits Tucson, Arizona, to find out how chefs are combining 21st century cooking techniques with some very unusual local ingredients to create dishes unique to the city.	UNITED KINGDOM	English-100	RPT	G		Y
2025-01-09	1700	<b>Field To Feast</b>	White Asparagus	You've heard of green asparagus but have you ever tried white asparagus? Thanh heads to a local farm to learn more about this fascinating variety.	AUSTRALIA	English-100		G		
2025-01-09	1730	<b>Everyday Gourmet With Justine Schofield</b>	Episode 16	Justine tells us her secret to the perfect Tomato Vinaigrette and Chickpea Flatbread. Let Kirsten Tibballs tickle your tastebuds with some Hazelnut Caramel Squares.	AUSTRALIA	English-100		G		
2025-01-09	1800	<b>Rick Stein's French Odyssey</b>	Agen To Moissac	In the city of Agen, Rick indulges in a four-course lunch at the Buffet de la Gare, before heading off to cook a traditional Agen dish of Rabbit with local Prunes. Another famous Gascon dish is Poule Au Pot (chicken and vegetables), created by Henry IV as a sustaining meal for the peasantry, and is still revered throughout France. Rick also encounters Lucienne Chauvel of La Ferme des Tuileries in Fongrave, a local lady artisan who is a genius in the art of pastry-making and creates Pomme Tourtière, a delicious apple tart, for the local markets. Finally, Rick enjoys a more virtuous treat, the first melon of the season in Quercy. The ripe farm melons are perfect for his Melon and Goat's Cheese Salad.	UNITED KINGDOM	English-100	RPT	G		
2025-01-09	1830	<b>Hugh's Three Good Things</b>	Black Bream	Hugh wants to introduce you to a brilliant way of cooking. The secret to so many great dishes, argues Hugh, is having three key ingredients working well together.	UNITED KINGDOM	English-100	RPT	PG	a w	
2025-01-09	1900	<b>The Cook Up With Adam Liaw</b>	Ultimate Curry Night, The	Learn everything you need to host the ultimate curry night, as Adam is joined by guests Minoli De Silva and Narin 'Jack' Kulasai for a delicious evening of Easy Entertaining.	AUSTRALIA	English-100	RPT	G		Y
2025-01-09	1930	<b>Paul Hollywood Eats Japan</b>	Tokyo	Britain's favourite baker, Paul Hollywood, is setting out on a 3-week road trip across Japan to learn all he can about this extraordinary country through its food.	UNITED KINGDOM	English-100		PG	a w	Y
2025-01-09	2030	<b>Jamie At Home</b>	Leeks	Leeks are not only a beautiful plant - they're a versatile asset in the kitchen. Jamie makes delicious pappardelle with slow-roasted leeks and a clever concertina squid with grilled leeks.	UNITED KINGDOM	English-100				
2025-01-09	2100	<b>Symon's Dinners Cooking Out</b>	Pop's Pancakes And Symon's Scallops	Move over steaks and slow roasts, because these scallops are quick and easy. Michael Symon shows us some outside-the-box ways to use your grill with some quickly marinated scallops.	USA	English-100		G		
2025-01-09	2130	<b>Hairy Bikers Go North</b>	North Yorkshire	On this leg, the bikers will be exploring the wild lands of the Yorkshire moors and the amazing producers that call the North York Moors National Park their home.	UNITED KINGDOM	English-100	RPT	G		
2025-01-09	2225	<b>Destination Flavour Down Under Bitesize</b>	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



2025-01-09	2230	<b>The Cook Up With Adam Liaw</b>	Simple But Sensational	Adam is joined in the Cook Up Kitchen by newsreader and Indigenous advocate Narelda Jacobs and chef Bridget Foliaki Davis to create some simple but sensational meals.	AUSTRALIA	English-100	RPT	G		Y
2025-01-09	2300	<b>The Cook And The Chef</b>	Anlaby A Country Homestead	Maggie replicates beautiful lamb pies that she created for a charity event, while Simon gives shepherd's pie a vegetarian spin. Also on the menu is chocolate and lots of it, with a wicked chocolate ganache tart and a light, chocolate soufflé.	AUSTRALIA	English-100	RPT	G		
2025-01-09	2330	<b>Andrew Zimmern's Wild Game Kitchen</b>	Tuna	Chef Andrew Zimmern breaks down a whole tuna and serves it three ways. Centre cut tuna steaks are grilled and topped with a sweet and salty mustard miso sauce. Not wasting anything, he creates a beautiful tuna tartare from the tuna trim. And finally, he poaches tuna belly for his take on a classic niçoise tuna salad with citrus dressing.	USA	English-100	RPT	G		
2025-01-09	2400	<b>The Cook Up With Adam Liaw</b>	Ultimate Curry Night, The	Learn everything you need to host the ultimate curry night, as Adam is joined by guests Minoli De Silva and Narin 'Jack' Kulasai for a delicious evening of Easy Entertaining.	AUSTRALIA	English-100	RPT	G		Y
2025-01-09	2430	<b>Paul Hollywood Eats Japan</b>	Tokyo	Britain's favourite baker, Paul Hollywood, is setting out on a 3-week road trip across Japan to learn all he can about this extraordinary country through its food.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2025-01-09	2525	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2025-01-09	2530	<b>Jamie At Home</b>	Leeks	Leeks are not only a beautiful plant - they're a versatile asset in the kitchen. Jamie makes delicious pappardelle with slow-roasted leeks and a clever concertina squid with grilled leeks.	UNITED KINGDOM	English-100	RPT			
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2025-01-10	0630	Mary Makes It Easy	One Pot Wonders	Cleaning up the mess is the only part of cooking that Mary doesn't like. Her husband Aaron typically takes on dish duty, so this time Mary gives him a break with four one-pot wonders. Starting with Sheet Pan Cod, this recipe can make anyone a believer in pairing fish with cheese.	CANADA	English-100	RPT	G	
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2025-01-10	1100	<b>The Cook Up With Adam Liaw</b>	Ultimate Curry Night, The	Learn everything you need to host the ultimate curry night, as Adam is joined by guests Minoli De Silva and Narin 'Jack' Kulasai for a delicious evening of Easy Entertaining.	AUSTRALIA	English-100	RPT	G		Y
2025-01-10	1130	<b>Paul Hollywood Eats Japan</b>	Tokyo	Britain's favourite baker, Paul Hollywood, is setting out on a 3-week road trip across Japan to learn all he can about this extraordinary country through its food.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2025-01-10	1225	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2025-01-10	1230	<b>Come Dine With Me UK</b>	Leeds Day 4	It's night four of the competition in Leeds and painter/decorator - and Michael Bubl� impersonator Alex is hoping to top the leader board with a cruise-themed menu from around the world.	UNITED KINGDOM	English-100	RPT	PG		
2025-01-10	1300	<b>David Rocco's Italia</b>	Old Venice On The Water	David sets out with his family to get the true Venice tourist experience and meets a charming gondolier and his wife, who teach them all about the history and pride of the age-old tradition of the gondolas in Venice. They explore local hotspots and venture off the beaten path to a beautiful Venetian winery, sampling gourmet cicchetti along the way. David then spends time with Emanuel, a local fisherman.	CANADA	English-100	RPT	PG	a w	Y
2025-01-10	1330	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 26	Today on the show we are joined by Karen from Asian Inspirations, cooking a delicious Indonesian BBQ Beef Ribs. Then a Naughty Crispy Potatoes dish that will have your mouth watering. Then Elena makes an easy but tasty one pan Miso Chicken and Mushrooms dinner.	AUSTRALIA	English-100	RPT	G		
2025-01-10	1400	<b>Food Safari</b>	Persian	Maeve O'Meara enters the saffron-scented realm of Persian food - one of the most ancient cuisines on earth. She discovers the secrets to cooking tender kebabs, how the rosewater iced dessert faloodeh is made, and why the Persian rice dish zerehshk polow is so adored.	AUSTRALIA	English-100	RPT	G		Y
2025-01-10	1430	<b>Mary Makes It Easy</b>	Feelin' France-Y	Mary gives a quick crash course in French cuisine with recipes that sound fancy but demystify classic techniques. First, she infuses the classy grilled cheese sandwich known as Croque Madame with the flavours of another favourite: French onion soup.	CANADA	English-100	RPT	G		
2025-01-10	1500	<b>Selena + Chef</b>	Selena + Gordon Ramsey	Selena is joined in person for a very special - and fast-paced - lesson with culinary icon Gordon Ramsay. As the two prepare a luxurious feast with butter-basted steak, pan-seared scallops, smashed potatoes, and chimichurri, it's up to Selena to hone her skills and prove that she can keep up with Gordon's rapid-fire instruction!	USA	English-100	RPT	PG	I	Y
2025-01-10	1530	<b>Simply Raymond Blanc</b>	Spices	Raymond Blanc cooks up a feast for the eyes with a roast butternut squash with chorizo, chickpeas and tahini dressing. Then he turns up the heat in the kitchen with a sumptuous red lentil and cauliflower dahl - perfect for those colder nights. Meanwhile, chef Giorgio Locatelli delights Raymond with a visit and cooks him a special treat from Northern Italy - risotto with hare and liquorice.	UNITED KINGDOM	English-100	RPT	G		
2025-01-10	1625	<b>A Taste Of Island Dreams</b>	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	RPT	G		
2025-01-10	1630	<b>Tom Kerridge's American Feast</b>	Pittsburgh	Tom Kerridge travels to America's former industrial heart - Pittsburgh. The food of the so-called Steel City, named after the industry that made it great, still retains much of its blue-collar roots.	UNITED KINGDOM	English-100	RPT	G		
2025-01-10	1700	<b>Field To Feast</b>	Sour Cherries	Not all of Thanh's adventures focus on large varieties and in this episode, he visits one of the few producers of Australian-grown sour cherries. We get to see how the fruit is traditionally used as part of a Persian cultural dish.	AUSTRALIA	English-100		G		
2025-01-10	1730	<b>Everyday Gourmet With Justine Schofield</b>	Episode 17	Justine teaches us her tips to making fresh Milk Buns and a flavour packed Vietnamese Beef Noodle Soup. Rosie Mansfield shares a healthy and quick Quinoa and Black Bean Veggie Burger recipe.	AUSTRALIA	English-100		G		

2025-01-10	1800	<b>Rick Stein's French Odyssey</b>	Moissac To Toulouse	Deeper into South West France, Rick joins a local fisherman in search of pike and zander on the River Tarn at Moissac. The town is famous for its freshwater fish and, at the Restaurant Le Pont Napoleon, Rick and chef Michel Dussau create Pike in Pinot Noir, a popular duck confit with braised red cabbage and cherry pithiviers.	UNITED KINGDOM	English-100	RPT	G		
2025-01-10	1830	<b>Hugh's Three Good Things</b>	Mussels	It's mussels in Hugh's Three Good Things today and Hugh is never happier than when combining these molluscs with leeks and cider.	UNITED KINGDOM	English-100	RPT	PG	a w	
2025-01-10	1900	<b>The Cook Up With Adam Liaw</b>	Street Eats Feast, The	Adam and his guests, chefs Justin James and Ashley Vola, take Easy Entertaining to the streets with The Street Eats Feast.	AUSTRALIA	English-100	RPT	G		Y
2025-01-10	1930	<b>Andi Oliver's Fabulous Feasts</b>	Bristol	Andi's in Bristol to put on a party with a Caribbean flavour, to launch a community cafe at a pioneering homeless project that turns shipping containers into temporary housing.	UNITED KINGDOM	English-100		G		
2025-01-10	2030	<b>A Cotswold Farm Shop</b>	Ep 1	Set in the stunning Cotswold landscape, Gloucester Service Station is a family-run pitstop like no other. With its shelves stacked, follow the stories behind its items and people.	UNITED KINGDOM	English-100	RPT	PG		
2025-01-10	2130	<b>Hairy Bikers Go North</b>	West Yorkshire	Starting in Leeds, the bikers are visiting the stunning Kirkgate Market to fill up their panier for their upcoming stay and travels across the north of England.	UNITED KINGDOM	English-100	RPT	PG	a l w	
2025-01-10	2225	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 5	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
2025-01-10	2230	<b>The Cook Up With Adam Liaw</b>	Flashback	NITV presenter Rae Johnston and Paralympian Ellie Cole join Adam in the Cook Up Kitchen to go back in time and cook food inspired by a flashback.	AUSTRALIA	English-100	RPT	G		Y
2025-01-10	2300	<b>The Cook And The Chef</b>	Produce Of Two Islands	South of Hobart in the delightfully named Sandfly Simon found Gordon and Jane Brown growing an unusual crop: Green Tea. After getting over the shock of finding tea growing in Tassie, Simon found out that most black tea is actually grown in highland regions so it's not actually all that unusual to grow tea in such a cold climate.	AUSTRALIA	English-100	RPT	G		
2025-01-10	2330	<b>Andrew Zimmern's Wild Game Kitchen</b>	Hawaiian Plate Lunch	The iconic Hawaiian plate lunch is an overloaded plate of delicious food. Andrew Zimmern reimagines this meal with a hand chopped venison burger topped with homemade gravy and a fried egg, jumbo grilled shrimp, a humble macaroni salad and a heaping scoop of white rice.	USA	English-100	RPT	G		
2025-01-10	2400	<b>The Cook Up With Adam Liaw</b>	Street Eats Feast, The	Adam and his guests, chefs Justin James and Ashley Vola, take Easy Entertaining to the streets with The Street Eats Feast.	AUSTRALIA	English-100	RPT	G		Y
2025-01-10	2430	<b>Andi Oliver's Fabulous Feasts</b>	Bristol	Andi's in Bristol to put on a party with a Caribbean flavour, to launch a community cafe at a pioneering homeless project that turns shipping containers into temporary housing.	UNITED KINGDOM	English-100	RPT	G		
2025-01-10	2530	<b>A Cotswold Farm Shop</b>	Ep 1	Set in the stunning Cotswold landscape, Gloucester Service Station is a family-run pitstop like no other. With its shelves stacked, follow the stories behind its items and people.	UNITED KINGDOM	English-100	RPT	PG		
2025-01-10	2625	<b>Destination Flavour China Bitesize</b>	Tibetan Yak Belly Stew	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G		Y Y

2025-01-10	2630	<b>Hairy Bikers Go North</b>	West Yorkshire	Starting in Leeds, the bikers are visiting the stunning Kirkgate Market to fill up their panier for their upcoming stay and travels across the north of England.	UNITED KINGDOM	English-100	RPT	PG	a l w	
2025-01-10	2725	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 5	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
2025-01-10	2730	<b>The Cook Up With Adam Liaw</b>	Flashback	NITV presenter Rae Johnston and Paralympian Ellie Cole join Adam in the Cook Up Kitchen to go back in time and cook food inspired by a flashback.	AUSTRALIA	English-100	RPT	G		Y
2025-01-10	2800	<b>The Cook And The Chef</b>	Produce Of Two Islands	South of Hobart in the delightfully named Sandfly Simon found Gordon and Jane Brown growing an unusual crop: Green Tea. After getting over the shock of finding tea growing in Tassie, Simon found out that most black tea is actually grown in highland regions so it's not actually all that unusual to grow tea in such a cold climate.	AUSTRALIA	English-100	RPT	G		
2025-01-10	2830	<b>Andrew Zimmern's Wild Game Kitchen</b>	Hawaiian Plate Lunch	The iconic Hawaiian plate lunch is an overloaded plate of delicious food. Andrew Zimmern reimagines this meal with a hand chopped venison burger topped with homemade gravy and a fried egg, jumbo grilled shrimp, a humble macaroni salad and a heaping scoop of white rice.	USA	English-100	RPT	G		
2025-01-11	0500	<b>David Rocco's Italia</b>	Old Venice On The Water	David sets out with his family to get the true Venice tourist experience and meets a charming gondolier and his wife, who teach them all about the history and pride of the age-old tradition of the gondolas in Venice. They explore local hotspots and venture off the beaten path to a beautiful Venetian winery, sampling gourmet cicchetti along the way. David then spends time with Emanuel, a local fisherman.	CANADA	English-100	RPT	PG	a w	Y
2025-01-11	0530	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 26	Today on the show we are joined by Karen from Asian Inspirations, cooking a delicious Indonesian BBQ Beef Ribs. Then a Naughty Crispy Potatoes dish that will have your mouth watering. Then Elena makes an easy but tasty one pan Miso Chicken and Mushrooms dinner.	AUSTRALIA	English-100	RPT	G		
2025-01-11	0600	<b>Food Safari</b>	Persian	Maeve O'Meara enters the saffron-scented realm of Persian food - one of the most ancient cuisines on earth. She discovers the secrets to cooking tender kebabs, how the rosewater iced dessert faloodeh is made, and why the Persian rice dish zerehshk polow is so adored.	AUSTRALIA	English-100	RPT	G		Y
2025-01-11	0630	<b>Mary Makes It Easy</b>	Feelin' France-Y	Mary gives a quick crash course in French cuisine with recipes that sound fancy but demystify classic techniques. First, she infuses the classy grilled cheese sandwich known as Croque Madame with the flavours of another favourite: French onion soup.	CANADA	English-100	RPT	G		
2025-01-11	0700	<b>Selena + Chef</b>	Selena + Gordon Ramsey	Selena is joined in person for a very special - and fast-paced - lesson with culinary icon Gordon Ramsay. As the two prepare a luxurious feast with butter-basted steak, pan-seared scallops, smashed potatoes, and chimichurri, it's up to Selena to hone her skills and prove that she can keep up with Gordon's rapid-fire instruction!	USA	English-100	RPT	PG	l	Y
2025-01-11	0730	<b>Simply Raymond Blanc</b>	Spices	Raymond Blanc cooks up a feast for the eyes with a roast butternut squash with chorizo, chickpeas and tahini dressing. Then he turns up the heat in the kitchen with a sumptuous red lentil and cauliflower dahl - perfect for those colder nights. Meanwhile, chef Giorgio Locatelli delights Raymond with a visit and cooks him a special treat from Northern Italy - risotto with hare and liquorice.	UNITED KINGDOM	English-100	RPT	G		
2025-01-11	0825	<b>A Taste Of Island Dreams</b>	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	RPT	G		
2025-01-11	0830	<b>Tom Kerridge's American Feast</b>	Pittsburgh	Tom Kerridge travels to America's former industrial heart - Pittsburgh. The food of the so-called Steel City, named after the industry that made it great, still retains much of its blue-collar roots.	UNITED KINGDOM	English-100	RPT	G		
2025-01-11	0900	<b>Field To Feast</b>	Sour Cherries	Not all of Thanh's adventures focus on large varieties and in this episode, he visits one of the few producers of Australian-grown sour cherries. We get to see how the fruit is traditionally used as part of a Persian cultural dish.	AUSTRALIA	English-100	RPT	G		

2025-01-11	0930	Everyday Gourmet With Justine Schofield	Episode 17	Justine teaches us her tips to making fresh Milk Buns and a flavour packed Vietnamese Beef Noodle Soup. Rosie Mansfield shares a healthy and quick Quinoa and Black Bean Veggie Burger recipe.	AUSTRALIA	English-100	RPT	G		
2025-01-11	1000	Rick Stein's French Odyssey	Moissac To Toulouse	Deeper into South West France, Rick joins a local fisherman in search of pike and zander on the River Tarn at Moissac. The town is famous for its freshwater fish and, at the Restaurant Le Pont Napoleon, Rick and chef Michel Dussau create Pike in Pinot Noir, a popular duck confit with braised red cabbage and cherry pithiviers.	UNITED KINGDOM	English-100	RPT	G		
2025-01-11	1030	Hugh's Three Good Things	Mussels	It's mussels in Hugh's Three Good Things today and Hugh is never happier than when combining these molluscs with leeks and cider.	UNITED KINGDOM	English-100	RPT	PG	a w	
2025-01-11	1100	The Cook Up With Adam Liaw	Street Eats Feast, The	Adam and his guests, chefs Justin James and Ashley Vola, take Easy Entertaining to the streets with The Street Eats Feast.	AUSTRALIA	English-100	RPT	G		Y
2025-01-11	1130	Andi Oliver's Fabulous Feasts	Bristol	Andi's in Bristol to put on a party with a Caribbean flavour, to launch a community cafe at a pioneering homeless project that turns shipping containers into temporary housing.	UNITED KINGDOM	English-100	RPT	G		
2025-01-11	1230	A Cotswold Farm Shop	Ep 1	Set in the stunning Cotswold landscape, Gloucester Service Station is a family-run pitstop like no other. With its shelves stacked, follow the stories behind its items and people.	UNITED KINGDOM	English-100	RPT	PG		
2025-01-11	1330	Hairy Bikers Go North	West Yorkshire	Starting in Leeds, the bikers are visiting the stunning Kirkgate Market to fill up their panier for their upcoming stay and travels across the north of England.	UNITED KINGDOM	English-100	RPT	PG	a l w	
2025-01-11	1425	Destination Flavour China Bitesize	Tibetan Yak Belly Stew	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G		Y Y
2025-01-11	1430	Hairy Bikers Go North	Peak District, The	The Hairy Bikers are riding through the amazing beauty of the Peak District. Created in 1951, it's the UK's first ever national park and is visited by 13 million people every year.	UNITED KINGDOM	English-100	RPT	G		
2025-01-11	1525	Destination Flavour Japan Bitesize	Okinawa	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
2025-01-11	1530	Hairy Bikers Go North	Tyne And Wear/ Newcastle	After weeks travelling across the stunning northern countryside, the bikers are having an urban adventure. Si takes Dave around his beloved home turf to introduce him to some of the best local food, chefs and artisan producers that he knows.	UNITED KINGDOM	English-100	RPT	G		
2025-01-11	1625	Taste The Philippines With Yasmin Newman	Kinilaw With Yasmin Newman	Rejoice Thomson, pastry chef and owner of Brisbane's Doves on Overend makes a classic Australian dessert with a Filipino twist: mini ube pavlovas with passion fruit curd.	AUSTRALIA	English-100	RPT	G		
2025-01-11	1630	Jack Stein: Inside The Box	Singapore	With Singapore presenting such diversity in culture and cuisine, Jack's on a mission to make the Singaporeans love steak and kidney pie as much as he loves their food.	AUSTRALIA	English-100	RPT	G		
2025-01-11	1700	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 1	Chocolate Queen Kirsten Tibballs is back with more delights: from rich, airy puddings to citrus-infused shortbreads! Impress your guests with delicate chocolate lace baskets or stunning white chocolate dacquoise packed with pistachios.	AUSTRALIA	English-100	RPT	G		

2025-01-11	1730	<b>Lorraine Pascale: Be A Better Cook</b>	Travis Francis	With plenty of deceptively easy recipes and fantastic tips, Lorraine Pascale shows people with no kitchen confidence how to pull off an impressive meal for friends and family.	UNITED KINGDOM	English-100		PG		
2025-01-11	1800	<b>Pati's Mexican Table</b>	Paquime & Pecans	Pati visits a haven of Chihuahuan culture and learns what makes their pecans so delicious.	USA	English-100		G		Y
2025-01-11	1830	<b>Jimmy Doherty's New Zealand Escape</b>	Ep 2	Jimmy learns why Clydesdale horses still rule supreme as farm workers over tractors and trucks; then heads to Te Waihora Lake Ellesmere and learns about the traditional Maori food basket.	NEW ZEALAND	English-100	RPT	PG	a w	Y
2025-01-11	1930	<b>Billy And Dom Eat The World</b>	London	Arriving in London to begin their foody exploration adventure, Billy and Dom decide the first dish they want to learn to master is arguably the best dish of Britain- the Sunday Roast!	UNITED KINGDOM	English-100				
2025-01-11	2030	<b>Rick Stein: From Venice to Istanbul</b>	Croatia	In the Byzantine city of Ravenna, Rick discovers Piadinas, street food dating back to Roman times before crossing the Adriatic Sea to Croatia - a first for Rick - and a chance to discover new dishes like pasticada, goat stew with peas, and lamb peka.	UNITED KINGDOM	English-100	RPT	PG	a w	
2025-01-11	2140	<b>Anthony Bourdain: Parts Unknown</b>	Vietnam	Tony returns to one of his favorite places on Earth, Vietnam. For this trip, he journeys to the center of the country, near the coast, to a city he has never been to, Hu, The City of Ghosts. Located in central Vietnam on the banks of the Perfume River, Hu, for 143 years was the Imperial seat of power for the Nguyen Dynasty, until 1945. It has long been the epicenter for intellectuals, scholars, artists, writers, musicians, religious life, and famously, the culinary heart of the country.	USA	English-100	RPT	PG	a w	Y
2025-01-11	2235	<b>Extreme Food Phobics</b>	Ep 10	This episode features a 23-year-old woman whose restrictive diet of mostly beige food is putting her health at serious risk, and a sports science student whose food phobias are jeopardising his active lifestyle.	UNITED KINGDOM	English-100	RPT	PG	a	Y
2025-01-11	2330	<b>Hairy Bikers Go North</b>	Peak District, The	The Hairy Bikers are riding through the amazing beauty of the Peak District. Created in 1951, it's the UK's first ever national park and is visited by 13 million people every year.	UNITED KINGDOM	English-100	RPT	G		
2025-01-11	2425	<b>Destination Flavour Japan Bitesize</b>	Okinawa	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
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2025-01-11	2830	<b>Jack Stein: Inside The Box</b>	Singapore	With Singapore presenting such diversity in culture and cuisine, Jack's on a mission to make the Singaporeans love steak and kidney pie as much as he loves their food.	AUSTRALIA	English-100	RPT	G		