



WEEK 2: Sunday, 7 January - Saturday, 13 January 2024 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-01-07	0500	Mystery Diners	Mystery Wedding	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG			Y
2024-01-07	0530	John Torode's Ireland	Wexford To Cork	John finds out about the Wexford phenomenon of strawberry huts by the side of roads, where local growers are allowed to sell their wares.	UNITED KINGDOM	English-100		G			
2024-01-07	0625	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y	
2024-01-07	0630	Homegrown Tastes South Africa	Northwest	Lorna explores the Northwest province to find out more about one of South Africa's favourite ingredients, beef. She prepares a local favourite for her guest, Kamohelo Bombe.	UNITED KINGDOM	English-100		G			Y
2024-01-07	0730	Tales From River Cottage	Wild Larder, The	Hugh recalls three years of tuning in to the wild Dorset landscape, and then feeding off it. He explains why wild food should always be a prime part of the smallholders diet.	UNITED KINGDOM	English-100		PG	a w		
2024-01-07	0800	Tales From River Cottage	Land And Livestock	Having made his decision to stay in Dorset and continue the rural life, Hugh considers the big question facing the committed smallholder - how far are you prepared to go?	UNITED KINGDOM	English-100		PG	a		
2024-01-07	0830	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 6	Rick visits an ancient Cornish deer farm, then returns to his kitchen in Padstow to make a magnificent venison wellington.	UNITED KINGDOM	English-100		PG			
2024-01-07	0900	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 7	Rick explores his passion for fresh and unusual salad leaves with a trip around an organic market garden called Soul Farm, and is inspired to make a radicchio tart.	UNITED KINGDOM	English-100		PG			
2024-01-07	0930	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 7	Living so close to the coast has many advantages, like learning how to forage for seaside food. As a valuable member of the community, Paul helps out the largest fire service in the world, the RFS.	UNITED KINGDOM	English-100	RPT	PG	a w	Y	
2024-01-07	1030	Mystery Diners	Repeat Offender	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG			Y
2024-01-07	1100	Mystery Diners	Mystery Wedding	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG			Y
2024-01-07	1130	John Torode's Ireland	Wexford To Cork	John finds out about the Wexford phenomenon of strawberry huts by the side of roads, where local growers are allowed to sell their wares.	UNITED KINGDOM	English-100		G			

2024-01-07	1225	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-01-07	1230	Homegrown Tastes South Africa	Northwest	Lorna explores the Northwest province to find out more about one of South Africa's favourite ingredients, beef. She prepares a local favourite for her guest, Kamohelo Bombe.	UNITED KINGDOM	English-100		G		Y
2024-01-07	1330	Tales From River Cottage	Wild Larder, The	Hugh recalls three years of tuning in to the wild Dorset landscape, and then feeding off it. He explains why wild food should always be a prime part of the smallholders diet.	UNITED KINGDOM	English-100		PG	a w	
2024-01-07	1400	Lidia's Kitchen	Surf N Turf	Surf n' Turf might not be an Italian tradition, but a crispy shrimp, swordfish skewers with sweet and sour sauce go beautifully with a Maremma style steak! Tutti in Cucina!	USA	English-100		PG		
2024-01-07	1430	Chronicles Of Nadiya	Chronicles Of Nadiya Series 1 Ep 2	Nadiya has just spent a week with her family in Sylhet, and in this episode she is setting off on her own to cook her way around Bangladesh and learn more about the country, its people and its food.	UNITED KINGDOM	English-100		PG	a w	Y
2024-01-07	1535	Luke Nguyen's Memories Of The Mekong	Luke Nguyen's Memories Of The Mekong Series 1 Ep 2	In part two of Memories of the Mekong, Luke ventures deeper into the region exploring the culinary wonders and ancient cultures of Laos, Cambodia and Vietnam.	AUSTRALIA	English-100	RPT	G		Y
2024-01-07	1635	Food Chain: From Source To Table	Wake Up Call Groceries	Chef Ming explores the question of whether it's time to rethink where and how we shop for our food.	SINGAPORE	English-100		PG	a l w	Y
2024-01-07	1730	Paul Hollywood: A Baker's Life	Ginger Biscuits, Baps & Shortbread	Paul goes back to his roots in Merseyside to reminisce about where his love of baking began, visiting his mum to recreate the first thing he ever baked - her legendary ginger biscuits.	UNITED KINGDOM	English-100		G		
2024-01-07	1800	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 1	Paula will be making a Glens of Antrim lamb roast with a caramel and vinegar glaze and elevating the humble turnip by making two side dishes; cake and gratin.	UNITED KINGDOM	English-100		PG		
2024-01-07	1830	Michel Roux's French Country Cooking	Celebration	In this delightful masterclass Michel cooks a celebration meal featuring a curried mussel millefeuille, a rich venison daube and a trio of differently flavoured choux buns.	UNITED KINGDOM	English-100		PG	a w	Y
2024-01-07	1930	James Martin's French Adventure	L'isle Sur La Sorgue	James samples truffle-laden dishes at renowned restaurant La Beaugraviere, and is inspired to make scallops with tomatoes and chorizo. He finishes with a slow roasted shoulder of lamb.	UNITED KINGDOM	English-100		G		Y
2024-01-07	2030	Secret World Of Snacks: Burgers	Burgers	Jo Brand tells the story of Britain's love for burgers, from Wimpy, McDonald's and Burger King, to the modern players Honest Burgers and Meat Liquor. Industry titans reveal their rivalries.	UNITED KINGDOM	English-100	RPT	G		Y
2024-01-07	2130	Anthony Bourdain: No Reservations	Jamaica	Jamaica is a vibrant, colourful land full of resorts and reggae music. Anthony is travelling there to uncover the lesser-known Jamaica.	USA	English-100	RPT	PG	d	
2024-01-07	2225	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		
2024-01-07	2230	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 8	It's Paul's first summer on the farm and he eagerly waits for his sows Dolly and Pinky to give birth. This year the bar is being set even higher for the final feast at River Cottage.	UNITED KINGDOM	English-100	RPT	PG	a	Y

2024-01-07	2330	Mystery Diners	Too Many Tourists	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG			Y
2024-01-07	2400	Mystery Diners	Spoils Of Victory, The	Hosted by Charles Stiles, this hidden-camera show uses mystery diners to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100		PG			Y
2024-01-07	2430	Chronicles Of Nadiya	Chronicles Of Nadiya Series 1 Ep 2	Nadiya has just spent a week with her family in Sylhet, and in this episode she is setting off on her own to cook her way around Bangladesh and learn more about the country, its people and its food.	UNITED KINGDOM	English-100		PG	a w		Y
2024-01-07	2535	Luke Nguyen's Memories Of The Mekong	Luke Nguyen's Memories Of The Mekong Series 1 Ep 2	In part two of Memories of the Mekong, Luke ventures deeper into the region exploring the culinary wonders and ancient cultures of Laos, Cambodia and Vietnam.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-01-07	2635	Food Chain: From Source To Table	Wake Up Call Groceries	Chef Ming explores the question of whether it's time to rethink where and how we shop for our food.	SINGAPORE	English-100		PG	a l w		Y
2024-01-07	2730	Michel Roux's French Country Cooking	Celebration	In this delightful masterclass Michel cooks a celebration meal featuring a curried mussel millefeuille, a rich venison daube and a trio of differently flavoured choux buns.	UNITED KINGDOM	English-100		PG	a w		Y
2024-01-07	2830	Mystery Diners	Too Many Tourists	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG			Y
2024-01-08	0500	Mystery Diners	Spoils Of Victory, The	Hosted by Charles Stiles, this hidden-camera show uses mystery diners to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100		PG			Y
2024-01-08	0530	James Martin's French Adventure	L'isle Sur La Sorgue	James samples truffle-laden dishes at renowned restaurant La Beaugraviere, and is inspired to make scallops with tomatoes and chorizo. He finishes with a slow roasted shoulder of lamb.	UNITED KINGDOM	English-100		G			Y
2024-01-08	0625	Cook Up With Adam Liaw Bitesize	Pouding Chomeur	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	
2024-01-08	0630	Secret World Of Snacks: Burgers	Burgers	Jo Brand tells the story of Britain's love for burgers, from Wimpy, McDonald's and Burger King, to the modern players Honest Burgers and Meat Liquor. Industry titans reveal their rivalries.	UNITED KINGDOM	English-100	RPT	G		Y	
2024-01-08	0725	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 6	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y	
2024-01-08	0730	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 8	It's Paul's first summer on the farm and he eagerly waits for his sows Dolly and Pinky to give birth. This year the bar is being set even higher for the final feast at River Cottage.	UNITED KINGDOM	English-100	RPT	PG	a	Y	
2024-01-08	0830	Chronicles Of Nadiya	Chronicles Of Nadiya Series 1 Ep 2	Nadiya has just spent a week with her family in Sylhet, and in this episode she is setting off on her own to cook her way around Bangladesh and learn more about the country, its people and its food.	UNITED KINGDOM	English-100		PG	a w		Y
2024-01-08	0935	Michel Roux's French Country Cooking	Celebration	In this delightful masterclass Michel cooks a celebration meal featuring a curried mussel millefeuille, a rich venison daube and a trio of differently flavoured choux buns.	UNITED KINGDOM	English-100		PG	a w		Y

2024-01-08	1030	Paul Hollywood: A Baker's Life	Ginger Biscuits, Baps & Shortbread	Paul goes back to his roots in Merseyside to reminisce about where his love of baking began, visiting his mum to recreate the first thing he ever baked - her legendary ginger biscuits.	UNITED KINGDOM	English-100		G		
2024-01-08	1100	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 1	Paula will be making a Glens of Antrim lamb roast with a caramel and vinegar glaze and elevating the humble turnip by making two side dishes; cake and gratin.	UNITED KINGDOM	English-100		PG		
2024-01-08	1130	Secret World Of Snacks: Burgers	Burgers	Jo Brand tells the story of Britain's love for burgers, from Wimpy, McDonald's and Burger King, to the modern players Honest Burgers and Meat Liquor. Industry titans reveal their rivalries.	UNITED KINGDOM	English-100	RPT	G		Y
2024-01-08	1225	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		
2024-01-08	1230	Lidia's Kitchen	Surf N Turf	Surf n' Turf might not be an Italian tradition, but a crispy shrimp, swordfish skewers with sweet and sour sauce go beautifully with a Maremma style steak! Tutti in Cucina!	USA	English-100		PG		
2024-01-08	1300	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 1	Chef Luke Nguyen continues his culinary journey across the Greater Mekong region of Southeast Asia. Luke's trip begins in Vientiane, the capital of Laos.	AUSTRALIA	English-100	RPT	G		Y Y
2024-01-08	1330	Flour Power	Moray Vets	In this episode, we're in Moray at the Forres branch of Moray Coast Vets. Veterinary surgeons Mark and Johanna, vet nurse Anna, and student vet nurse Kristin are dusting the rolling pins.	UNITED KINGDOM	English-100		PG		
2024-01-08	1400	My Greek Table With Diane Kochilas	Thessaloniki: Greece's De Facto Food City	In Thessaloniki, Diane explores the many influences that have shaped its unique cuisine. Along the way she learns the secrets of bougatsa, an airy, creamy phyllo pastry, with a master baker.	USA	English-50; Greek-50		G		
2024-01-08	1430	United Plates Of America	Hawaii	Hawaii. Between the pristine beaches and perfect climate, it's no wonder this island is a hotspot for adventurers and honeymooners.	USA	English-100		G		
2024-01-08	1500	United Plates Of America	Denver	In the era of drive thru's and microwave dinners, Denver provides a pleasant escape from the hustle. Nestled at the foot of the Rocky Mountains, life in the mile high city has a slower pace.	USA	English-100		G		
2024-01-08	1530	Choccywoccydoodah: Extra Slices	Animal Magic	There's animal magic as the team put together a chocolate menagerie. The chocolatiers join forces and go ape to create a nine-monkey cake for the charity, Monkey World.	UNITED KINGDOM	English-100		PG		
2024-01-08	1600	David Rocco's Dolce Homemade	Fast Food	Who doesn't love fast food especially when it's gourmet? Through his travels around the world, guest Matt Basile continues to expand and evolve with his fast food recipes.	CANADA	English-100		G		
2024-01-08	1630	My Market Kitchen	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.	AUSTRALIA			G		
2024-01-08	1700	Mark Moriarty: Off Duty Chef	Menu Three	Mark proves that not all sandwiches are created equal! He starts with a Parisian cafe classic, a croque madame and bakes a brown sugar brioche with Chantilly cream.	UNITED KINGDOM	English-100				
2024-01-08	1730	Gourmet Farmer	Cheese And Dairy	Matthew's farm is not yet a land of milk and honey, but now he does his best for the milk component, introducing a cow and learning how to milk and make cheese.		English-100	RPT	G		Y

2024-01-08	1800	Food Safari Earth	Legumes	Maeve O'Meara pays tribute to the power of pulses and legumes in dishes from around the world. Protein-rich beans have always been the heavy lifters of the vegetable world.	AUSTRALIA	English-100	RPT	G		Y	
2024-01-08	1830	Lidia's Kitchen	Our Courtyard Cantina	Lidia reminisces about her grandma's cantina (cellar) and makes pantry friendly dishes - cannellini and pancetta bruschetta and tuna chickpea salad.	USA	English-100					
2024-01-08	1900	The Cook Up With Adam Liaw	Pastry	Chef and host Colin Fassnidge and TV hosting extraordinaire Marc Fennell are creating their ultimate pastry inspired dishes in he Cook Up kitchen with Adam.	AUSTRALIA	English-100	RPT	G		Y	
2024-01-08	1930	Shane Delia's Spice Journey	Shane Delia's Spice Journey Series 1 Episode 8	In Iran, Shane takes to the silk road to meet nomads that have been keeping ancient methods of bread making alive. He then visits the largest saffron farms in the region.	AUSTRALIA	English-100	RPT	PG		Y	Y
2024-01-08	2000	Luke Nguyen's India	Chettinad	Luke embarks on a trip to Chettinad, a hub of global merchants of yesteryears. He sizzles with the tantalizing pepper chicken and mutton sukka, and delves into Chettinad's storied history.	AUSTRALIA	English-95; Tamil-5		G			
2024-01-08	2030	Eva Longoria: Searching For Mexico	Nuevo Leon	The state of Nuevo Leon borders Texas, so this is a voyage of familiarity for Texas-born Eva. In the modern state capital Monterrey, Eva ventures to an innovative restaurant called Kohli.	USA	English-50; Spanish-50	RPT	PG	a d	Y	Y
2024-01-08	2125	Destination Flavour Singapore Bitesize	Janice Wong	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		Y	
2024-01-08	2130	Come Dine With Me	Glasgow 3	This week's competitors are from in and around Glasgow, where third to host is 24 year old, food vlogger, Darren.	UNITED KINGDOM	English-100		PG			
2024-01-08	2200	Come Dine With Me	Glasgow 4	This week's competition is in and around the Glasgow area, where our fourth host is 28 year old, partnerships manager, Dorine.	UNITED KINGDOM	English-100		PG			
2024-01-08	2230	The Cook Up With Adam Liaw	Fast Food	The Cook Up kitchen plays host to Adam Liaw, DJ/writer Andrew Levins and host of SBS's Water Heart Food, Palisa Anderson, as they create their very own renditions of fast food.	AUSTRALIA	English-100	RPT	G		Y	
2024-01-08	2300	Bizarre Foods: Delicious Destinations	Bay Area	California's East Bay area is a thriving multi-ethnic community. Andrew Zimmern highlights the culinary hot spots where diverse cuisines are being served up traditional style.	USA	English-100		G			
2024-01-08	2330	The Cook And The Chef	Celebrity Chefs	Simon is a big fan of Gordon Ramsay, one of the UK's most notorious celebrity chefs, so decides to cook a timbale recipe of Gordon's - with the added touch of some delicious South Australian mullet.	AUSTRALIA	English-100		G			
2024-01-08	2400	Mystery Diners	Cabin Fever	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG			Y
2024-01-08	2430	Shane Delia's Spice Journey	Shane Delia's Spice Journey Series 1 Episode 8	In Iran, Shane takes to the silk road to meet nomads that have been keeping ancient methods of bread making alive. He then visits the largest saffron farms in the region.	AUSTRALIA	English-100	RPT	PG		Y	Y
2024-01-08	2500	Luke Nguyen's India	Chettinad	Luke embarks on a trip to Chettinad, a hub of global merchants of yesteryears. He sizzles with the tantalizing pepper chicken and mutton sukka, and delves into Chettinad's storied history.	AUSTRALIA	English-95; Tamil-5		G			

2024-01-08	2530	Eva Longoria: Searching For Mexico	Nuevo Leon	The state of Nuevo Leon borders Texas, so this is a voyage of familiarity for Texas-born Eva. In the modern state capital Monterrey, Eva ventures to an innovative restaurant called Kohli.	USA	English-50; Spanish-50	RPT	PG	a d	Y	Y
2024-01-08	2625	Destination Flavour Singapore Bitesize	Janice Wong	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		Y	
2024-01-08	2630	Come Dine With Me	Glasgow 3	This week's competitors are from in and around Glasgow, where third to host is 24 year old, food vlogger, Darren.	UNITED KINGDOM	English-100		PG			
2024-01-08	2700	Come Dine With Me	Glasgow 4	This week's competition is in and around the Glasgow area, where our fourth host is 28 year old, partnerships manager, Dorine.	UNITED KINGDOM	English-100		PG			
2024-01-08	2730	The Cook Up With Adam Liaw	Fast Food	The Cook Up kitchen plays host to Adam Liaw, DJ/writer Andrew Levins and host of SBS's Water Heart Food, Palisa Anderson, as they create their very own renditions of fast food.	AUSTRALIA	English-100	RPT	G		Y	
2024-01-08	2800	Bizarre Foods: Delicious Destinations	Bay Area	California's East Bay area is a thriving multi-ethnic community. Andrew Zimmern highlights the culinary hot spots where diverse cuisines are being served up traditional style.	USA	English-100		G			
2024-01-08	2830	The Cook And The Chef	Celebrity Chefs	Simon is a big fan of Gordon Ramsay, one of the UK's most notorious celebrity chefs, so decides to cook a timbale recipe of Gordon's - with the added touch of some delicious South Australian mullet.	AUSTRALIA	English-100		G			
2024-01-09	0500	Mystery Diners	Cabin Fever	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG			Y
2024-01-09	0530	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 1	Chef Luke Nguyen continues his culinary journey across the Greater Mekong region of Southeast Asia. Luke's trip begins in Vientiane, the capital of Laos.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-01-09	0600	Flour Power	Moray Vets	In this episode, we're in Moray at the Forres branch of Moray Coast Vets. Veterinary surgeons Mark and Johanna, vet nurse Anna, and student vet nurse Kristin are dusting the rolling pins.	UNITED KINGDOM	English-100		PG			
2024-01-09	0630	My Greek Table With Diane Kochilas	Thessaloniki: Greece's De Facto Food City	In Thessaloniki, Diane explores the many influences that have shaped its unique cuisine. Along the way she learns the secrets of bougatsa, an airy, creamy phyllo pastry, with a master baker.	USA	English-50; Greek-50		G			
2024-01-09	0700	United Plates Of America	Hawaii	Hawaii. Between the pristine beaches and perfect climate, it's no wonder this island is a hotspot for adventurers and honeymooners.	USA	English-100		G			
2024-01-09	0730	United Plates Of America	Denver	In the era of drive thru's and microwave dinners, Denver provides a pleasant escape from the hustle. Nestled at the foot of the Rocky Mountains, life in the mile high city has a slower pace.	USA	English-100		G			
2024-01-09	0800	Choccywoccydoodah: Extra Slices	Animal Magic	There's animal magic as the team put together a chocolate menagerie. The chocolatiers join forces and go ape to create a nine-monkey cake for the charity, Monkey World.	UNITED KINGDOM	English-100		PG			
2024-01-09	0830	David Rocco's Dolce Homemade	Fast Food	Who doesn't love fast food especially when it's gourmet? Through his travels around the world, guest Matt Basile continues to expand and evolve with his fast food recipes.	CANADA	English-100		G			

2024-01-09	0900	My Market Kitchen	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.	AUSTRALIA		G					
2024-01-09	0930	Mark Moriarty: Off Duty Chef	Menu Three	Mark proves that not all sandwiches are created equal! He starts with a Parisian cafe classic, a croque madame and bakes a brown sugar brioche with Chantilly cream.	UNITED KINGDOM	English-100						
2024-01-09	1000	Gourmet Farmer	Cheese And Dairy	Matthew's farm is not yet a land of milk and honey, but now he does his best for the milk component, introducing a cow and learning how to milk and make cheese.		English-100	RPT	G			Y	
2024-01-09	1030	Food Safari Earth	Legumes	Maeve O'Meara pays tribute to the power of pulses and legumes in dishes from around the world. Protein-rich beans have always been the heavy lifters of the vegetable world.	AUSTRALIA	English-100	RPT	G			Y	
2024-01-09	1100	Lidia's Kitchen	Our Courtyard Cantina	Lidia reminisces about her grandma's cantina (cellar) and makes pantry friendly dishes - cannellini and pancetta bruschetta and tuna chickpea salad.	USA	English-100						
2024-01-09	1130	Eva Longoria: Searching For Mexico	Nuevo Leon	The state of Nuevo Leon borders Texas, so this is a voyage of familiarity for Texas-born Eva. In the modern state capital Monterrey, Eva ventures to an innovative restaurant called Kohli.	USA	English-50; Spanish-50	RPT	PG	a d		Y	Y
2024-01-09	1225	Destination Flavour Singapore Bitesize	Janice Wong	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G			Y	
2024-01-09	1230	The Cook Up With Adam Liaw	Pastry	Chef and host Colin Fassnidge and TV hosting extraordinaire Marc Fennell are creating their ultimate pastry inspired dishes in he Cook Up kitchen with Adam.	AUSTRALIA	English-100	RPT	G			Y	
2024-01-09	1300	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 2	Luke heads north to Laos' 'food capital', Luang Prabang, where he explores the city's fresh produce markets and unique cottage industries, trying his hand at making buffalo patties.	AUSTRALIA	English-100	RPT	G			Y	Y
2024-01-09	1330	Flour Power	John Gillespie Hairdressing	Perth at John Gillespie hairdressing salon where owner John, salon director Glen, creative director Fiona and colourist Rachel are swapping their scissors for scales and mixing bowls.	UNITED KINGDOM	English-100		PG				
2024-01-09	1400	My Greek Table With Diane Kochilas	Old World Charms Of The Athenian Table	Diane visits the kitchen of 90-year-old Eirini Pournara, who makes an Athenian classic of poached fish and vegetables with homemade mayonnaise, and a special meatloaf.	USA	English-50; Greek-50		G				Y
2024-01-09	1430	United Plates Of America	Las Vegas	It's big. Over the top. Everything about this town screams excess. People come here to let loose, and go wild. But just a few miles from the strip, there's a totally different world.	USA	English-100		G				
2024-01-09	1500	United Plates Of America	Los Angeles	A city like no other, filled with people from all over the world. No matter the craving, you can find what you're looking for. But if you're in the mood for Filipino food, take trip to the east side.	USA	English-100		G				
2024-01-09	1530	Choccywoccydoodah: Extra Slices	Rising To The Occasion	This episode, the chocolatiers rise to the occasion of more challenging cake commissions. Dave's under pressure to create a likeness of Freddie Mercury for a charity ball attended by rock royalty.	UNITED KINGDOM	English-100		PG	a			
2024-01-09	1600	David Rocco's Dolce Homemade	Patois Chinois	David and chef Craig Wong, a Canadian Chinese-Jamaican chef, uses his mixed background to create fusion dishes where he is able to take the best of each culture to create something exciting and new.	CANADA	English-100		PG	l			

2024-01-09	1630	My Market Kitchen	My Market Kitchen Series 4 Ep 27	Today Khanh and Elena take on a classic winter warmer, lamb shanks. Then Khanh whips up a delicious cherry and coconut slice, followed by Elena's smashed peas on toast for the budget friendly.	AUSTRALIA					G	
2024-01-09	1700	Mark Moriarty: Off Duty Chef	Menu Four	Mark brings flavours from around the globe, using ingredients you're likely to have in your fridge and store cupboard. He cooks lamb kofte, salted caramel custard pots, and slow-cooked meatballs.	UNITED KINGDOM	English-100					
2024-01-09	1730	Gourmet Farmer	Highland Deer	It's the deep heart of winter and Matthew, along with his two mates, go deer hunting. Not knowing how to butcher their game, they decide to visit a deer farmer.		English-100	RPT		PG		Y
2024-01-09	1800	Food Safari Earth	Herbs & Spices	Maeve explores the world of herbs and spices, the plant kingdom's biggest gift to mankind. She spends time in Andrew McConnell's treasured herb garden.	AUSTRALIA	English-100	RPT		G		Y
2024-01-09	1830	Lidia's Kitchen	Olive Grove, The	Lidia remembers Grandma Rosa's olive trees and showcases recipes such as striped bass with braised broccolini and olive oil cake, a culinary creation that's perfect with any meal of the day.	USA	English-100					
2024-01-09	1900	The Cook Up With Adam Liaw	Chopsticks Or Fork	Adam and guests comedian Suren Jayemanne and Jennifer Wong are in the Cook Up kitchen to create dishes that require some skill when eating - dishes for chopsticks or forks.	AUSTRALIA	English-100	RPT		G		Y
2024-01-09	1930	Mary Berry Everyday	Ep 2	Mary shares everyday dishes full of wholesome goodness from her secret tip for a rich bolognese to a heart-warming soup. She dons a white suit and tries her hand at bee keeping, and collecting honey.	UNITED KINGDOM	English-100				G	
2024-01-09	2000	Nadiya's Spices Made Simple	Feel Good Food	Nadiya starts the series by divulging the eight simple spices she uses ever day, beginning with four feel good dishes - lentil daal, a cheese and onion loaf, a seafood broth, and a classic cheesecake.	UNITED KINGDOM	English-100					
2024-01-09	2030	Selena + Chef	Selena + Antonia Lofaso	Antonia Lofaso helps Selena whip up her first seafood tostada - and while Selena's a shrimp-peeling natural, she and the octopus may have...creative differences.	USA	English-100			PG		Y
2024-01-09	2100	Food Trail South Africa	Cape Town	Warren's first stop on his food trail is the bustling city of Cape Town. Here, he visits a lively farmers market - where he samples a variety of delicious produce - and cooks up a Cape Malay curry.	AUSTRALIA	English-100				PG	
2024-01-09	2130	Come Dine With Me	Glasgow 5	Serving up the last meal of the week is Polish nail technician Kasia who hopes to scoop the grand with an evening of traditional Polish food - but she's got her work cut out to win over her guests.	UNITED KINGDOM	English-100				PG	
2024-01-09	2200	Come Dine With Me	Edinburgh 2	This week's competitors are from in and around Edinburgh, where second host of the week, management consultant, Anthony is putting his money where his mouth is and providing fine food.	UNITED KINGDOM	English-100				PG	a
2024-01-09	2230	The Cook Up With Adam Liaw	From The Sea	Cookbook author Analiese Gregory and Monday Morning Cooking Club's Lisa Goldberg join host Adam Liaw in The Cook Up kitchen to recreate some favourite dishes from the sea.	AUSTRALIA	English-100	RPT		G		Y
2024-01-09	2300	Bizarre Foods: Delicious Destinations	Aruba	Andrew Zimmern takes a culinary tour of Aruba, where the climate is as warm as the people. He indulges in local favorites like hearty Dutch pea soup, seafood cazuela and cashew cake.	USA	English-100				G	
2024-01-09	2330	The Cook And The Chef	Lebanese Food	Maggie and Simon tip their hats to the magical Mediterranean flavours of Lebanese cuisine. Pomegranate, lemon juice, pine nuts, olives and walnuts are just some of the fresh ingredients employed.	AUSTRALIA	English-100				G	

2024-01-09	2400	Mystery Diners	Train Robbery	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100	PG		Y
2024-01-09	2430	Mary Berry Everyday	Ep 2	Mary shares everyday dishes full of wholesome goodness from her secret tip for a rich bolognese to a heart-warming soup. She dons a white suit and tries her hand at bee keeping, and collecting honey.	UNITED KINGDOM	English-100	G		
2024-01-09	2500	Nadiya's Spices Made Simple	Feel Good Food	Nadiya starts the series by divulging the eight simple spices she uses ever day, beginning with four feel good dishes - lentil daal, a cheese and onion loaf, a seafood broth, and a classic cheesecake.	UNITED KINGDOM	English-100			
2024-01-09	2530	Selena + Chef	Selena + Antonia Lofaso	Antonia Lofaso helps Selena whip up her first seafood tostada - and while Selena's a shrimp-peeling natural, she and the octopus may have...creative differences.	USA	English-100	PG		Y
2024-01-09	2600	Food Trail South Africa	Cape Town	Warren's first stop on his food trail is the bustling city of Cape Town. Here, he visits a lively farmers market - where he samples a variety of delicious produce - and cooks up a Cape Malay curry.	AUSTRALIA	English-100	PG		
2024-01-09	2630	Come Dine With Me	Glasgow 5	Serving up the last meal of the week is Polish nail technician Kasia who hopes to scoop the grand with an evening of traditional Polish food - but she's got her work cut out to win over her guests.	UNITED KINGDOM	English-100	PG		
2024-01-09	2700	Come Dine With Me	Edinburgh 2	This week's competitors are from in and around Edinburgh, where second host of the week, management consultant, Anthony is putting his money where his mouth is and providing fine food.	UNITED KINGDOM	English-100	PG	a	
2024-01-09	2730	The Cook Up With Adam Liaw	From The Sea	Cookbook author Analiese Gregory and Monday Morning Cooking Club's Lisa Goldberg join host Adam Liaw in The Cook Up kitchen to recreate some favourite dishes from the sea.	AUSTRALIA	English-100	RPT	G	Y
2024-01-09	2800	Bizarre Foods: Delicious Destinations	Aruba	Andrew Zimmern takes a culinary tour of Aruba, where the climate is as warm as the people. He indulges in local favorites like hearty Dutch pea soup, seafood cazuela and cashew cake.	USA	English-100	G		
2024-01-09	2830	The Cook And The Chef	Lebanese Food	Maggie and Simon tip their hats to the magical Mediterranean flavours of Lebanese cuisine. Pomegranate, lemon juice, pine nuts, olives and walnuts are just some of the fresh ingredients employed.	AUSTRALIA	English-100	G		
2024-01-10	0500	Mystery Diners	Train Robbery	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100	PG		Y
2024-01-10	0530	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 2	Luke heads north to Laos' 'food capital', Luang Prabang, where he explores the city's fresh produce markets and unique cottage industries, trying his hand at making buffalo patties.	AUSTRALIA	English-100	RPT	G	Y
2024-01-10	0600	Flour Power	John Gillespie Hairdressing	Perth at John Gillespie hairdressing salon where owner John, salon director Glen, creative director Fiona and colourist Rachel are swapping their scissors for scales and mixing bowls.	UNITED KINGDOM	English-100	PG		
2024-01-10	0630	My Greek Table With Diane Kochilas	Old World Charms Of The Athenian Table	Diane visits the kitchen of 90-year-old Eirini Pournara, who makes an Athenian classic of poached fish and vegetables with homemade mayonnaise, and a special meatloaf.	USA	English-50; Greek-50	G		Y
2024-01-10	0700	United Plates Of America	Las Vegas	It's big. Over the top. Everything about this town screams excess. People come here to let loose, and go wild. But just a few miles from the strip, there's a totally different world.	USA	English-100	G		

2024-01-10	0730	United Plates Of America	Los Angeles	A city like no other, filled with people from all over the world. No matter the craving, you can find what you're looking for. But if you're in the mood for Filipino food, take trip to the east side.	USA	English-100	G			
2024-01-10	0800	Choccywoccydoodah: Extra Slices	Rising To The Occasion	This episode, the chocolatiers rise to the occasion of more challenging cake commissions. Dave's under pressure to create a likeness of Freddie Mercury for a charity ball attended by rock royalty.	UNITED KINGDOM	English-100	PG	a		
2024-01-10	0830	David Rocco's Dolce Homemade	Patois Chinois	David and chef Craig Wong, a Canadian Chinese-Jamaican chef, uses his mixed background to create fusion dishes where he is able to take the best of each culture to create something exciting and new.	CANADA	English-100	PG	I		
2024-01-10	0900	My Market Kitchen	My Market Kitchen Series 4 Ep 27	Today Khanh and Elena take on a classic winter warmer, lamb shanks. Then Khanh whips up a delicious cherry and coconut slice, followed by Elena's smashed peas on toast for the budget friendly.	AUSTRALIA		G			
2024-01-10	0930	Mark Moriarty: Off Duty Chef	Menu Four	Mark brings flavours from around the globe, using ingredients you're likely to have in your fridge and store cupboard. He cooks lamb kofte, salted caramel custard pots, and slow-cooked meatballs.	UNITED KINGDOM	English-100				
2024-01-10	1000	Gourmet Farmer	Highland Deer	It's the deep heart of winter and Matthew, along with his two mates, go deer hunting. Not knowing how to butcher their game, they decide to visit a deer farmer.		English-100	RPT	PG	Y	
2024-01-10	1030	Food Safari Earth	Herbs & Spices	Maeve explores the world of herbs and spices, the plant kingdom's biggest gift to mankind. She spends time in Andrew McConnell's treasured herb garden.	AUSTRALIA	English-100	RPT	G	Y	
2024-01-10	1100	Lidia's Kitchen	Olive Grove, The	Lidia remembers Grandma Rosa's olive trees and showcases recipes such as striped bass with braised broccolini and olive oil cake, a culinary creation that's perfect with any meal of the day.	USA	English-100				
2024-01-10	1130	Selena + Chef	Selena + Antonia Lofaso	Antonia Lofaso helps Selena whip up her first seafood tostada - and while Selena's a shrimp-peeling natural, she and the octopus may have...creative differences.	USA	English-100	PG		Y	
2024-01-10	1200	Food Trail South Africa	Cape Town	Warren's first stop on his food trail is the bustling city of Cape Town. Here, he visits a lively farmers market - where he samples a variety of delicious produce - and cooks up a Cape Malay curry.	AUSTRALIA	English-100	PG			
2024-01-10	1230	The Cook Up With Adam Liaw	Chopsticks Or Fork	Adam and guests comedian Suren Jayemanne and Jennifer Wong are in the Cook Up kitchen to create dishes that require some skill when eating - dishes for chopsticks or forks.	AUSTRALIA	English-100	RPT	G	Y	
2024-01-10	1300	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 3	In this episode, Luke stays in Luang Prabang to join the biggest New Year's celebrations in the country. To get in the festive spirit, he helps out at a local street stall.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-01-10	1330	Flour Power	Ledingham Chalmers	In this episode we're in Aberdeen at law firm Ledingham Chalmers. Private client solicitor Dara, senior solicitor Rachael and family solicitor Emma are joined by rookie cake-maker Jonny.	UNITED KINGDOM	English-100	PG			
2024-01-10	1400	My Greek Table With Diane Kochilas	Northern Delights - Ioannina	Diane visits the daughter of Holocaust survivors for a tour of Thessaloniki's Jewish past. Hella cooks up some of her Sephardic recipes, including Huevos Haminados (slowly boiled spiced eggs).	USA	English-50; Greek-50	G			
2024-01-10	1430	United Plates Of America	San Antonio	Fiercely independent, yet globally inspired. There are few states more proud than Texas. Deep in the heart of this great land, we discover a town with a rich history and unique cuisine.	USA	English-100	G			

2024-01-10	1500	United Plates Of America	Austin, TX	It's a city known for live music and great food. This quirky town has become the fastest growing city in the country. Food trucks serve some of the best food in the state.	USA	English-100	G			
2024-01-10	1530	Choccywoccydoodah: Extra Slices	Dark Side, The	This time around the chocolatiers celebrate the underworld. Tom conjures up a ghoulish wedding cake for a Gothic Bride and makes his mark on a tattoo covered birthday cake.	UNITED KINGDOM	English-100	PG	a		
2024-01-10	1600	David Rocco's Dolce Homemade	Simplicity - Sushi	David invites sushi chef Jacky Lin to his home to prepare dishes that remind him of the two cultures that mean the most to him.	CANADA	English-100	PG	I		
2024-01-10	1630	My Market Kitchen	My Market Kitchen Series 4 Ep 28	This episode of My Market Kitchen is full of delicious and nutritious dishes meals for you to try at home. First up Elena cooks her Chop Salad, then Khanh whips up a Whisky Fennel Pork meal.	AUSTRALIA		G			
2024-01-10	1700	Mark Moriarty: Off Duty Chef	Menu Five	Mark creates three recipes inspired by holidays and the warmer months - ratatouille tart, a pineapple tippy cake and his go-to one-pot fish stew with crunchy sourdough croutons.	UNITED KINGDOM	English-100				
2024-01-10	1730	Gourmet Farmer	Illegal Dinner	Hosting a Bastille Day lunch to showcase a range of delicacies to stall patrons seems like a good idea to Matthew - but it requires a licence; and possums are decimating his garden.		English-100	RPT	PG	a w	Y
2024-01-10	1800	Food Safari Earth	Summer	Maeve explores the marvellous abundance of summer vegetables and fruits in dishes from around the world. She also explores the versatility of eggplant with iconic chef Tetsuya Wakuda.	AUSTRALIA	English-100	RPT	G		Y
2024-01-10	1830	Lidia's Kitchen	Kneading Dough	The tradition of kneading dough has always been around in Lidia's family. She prepares a buttery, flaky crostata with kale, butternut squash and ricotta, and a pappardelle with fresh mushrooms.	USA	English-100				
2024-01-10	1900	The Cook Up With Adam Liaw	Fave Flavour Forever	Adam, actor Matt Okine, and video game critic Steph Bendixen are in the Cook Up kitchen making dishes inspired by their favourite flavours.	AUSTRALIA	English-100	RPT	G		Y
2024-01-10	1930	Paradise Kitchen Bali	Turmeric	Lauren explores the vibrant world of turmeric, a spice known for its health benefits and vibrant color. She incorporates turmeric into her cooking, creating flavourful traditional Balinese dishes.	NETHERLANDS	English-90; Balinese-10		G		Y
2024-01-10	2000	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 1	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.	AUSTRALIA	English-100		G		
2024-01-10	2030	James Martin's Spanish Adventure	Castilla-La Mancha	In Castilla-La Mancha James is introduced to carcamusa, tries local marzipan, we meet a honey producer. James cooks partridge, brioche with marzipan, honey and pears, beef shin stew and croquetas.	UNITED KINGDOM	English-100		PG	a l w	
2024-01-10	2130	Come Dine With Me	Edinburgh 3	It's the third night of the competition from Edinburgh, and it's library worker Carmen's turn to host.	UNITED KINGDOM	English-100		PG	a	
2024-01-10	2200	Come Dine With Me	Edinburgh 4	American born Gerald is taking his guests Stateside with a menu of Diner classics, but soon finds himself on the back foot when finicky foodie Anthony gives his grub a grilling.	UNITED KINGDOM	English-100		PG	I	
2024-01-10	2230	The Cook Up With Adam Liaw	Simply The Best	Host Adam Liaw is joined in The Cook Up kitchen by meteorologist and food writer Magdalena Roze and TV presenter/chef Hayden Quinn as they create simple dishes everyone will love.	AUSTRALIA	English-100	RPT	G		Y

2024-01-10	2300	Bizarre Foods: Delicious Destinations	Curacao	Andrew enjoys the bold and tropical flavors of Curacao, a small Caribbean island off the coast of Venezuela. The former Dutch trading hub has a local cuisine that blends its diverse history with food.	USA	English-100	PG	a w	Y	
2024-01-10	2330	The Cook And The Chef	Barossa, The	The Barossa Valley is one of many regions in Australia where migrants have created a unique regional food culture. This program celebrates the Barossa.	AUSTRALIA	English-100	G			
2024-01-10	2400	Mystery Diners	Dusting For Prints	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100	PG		Y	
2024-01-10	2430	Paradise Kitchen Bali	Turmeric	Lauren explores the vibrant world of turmeric, a spice known for its health benefits and vibrant color. She incorporates turmeric into her cooking, creating flavourful traditional Balinese dishes.	NETHERLANDS	English-90; Balinese-10	G		Y	
2024-01-10	2500	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 1	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.	AUSTRALIA	English-100	G			
2024-01-10	2530	James Martin's Spanish Adventure	Castilla-La Mancha	In Castilla-La Mancha James is introduced to carcamusa, tries local marzipan, we meet a honey producer. James cooks partridge, brioche with marzipan, honey and pears, beef shin stew and croquetas.	UNITED KINGDOM	English-100	PG	a l w		
2024-01-10	2630	Come Dine With Me	Edinburgh 3	It's the third night of the competition from Edinburgh, and it's library worker Carmen's turn to host.	UNITED KINGDOM	English-100	PG	a		
2024-01-10	2700	Come Dine With Me	Edinburgh 4	American born Gerald is taking his guests Stateside with a menu of Diner classics, but soon finds himself on the back foot when finicky foodie Anthony gives his grub a grilling.	UNITED KINGDOM	English-100	PG	l		
2024-01-10	2730	The Cook Up With Adam Liaw	Simply The Best	Host Adam Liaw is joined in The Cook Up kitchen by meteorologist and food writer Magdalena Roze and TV presenter/chef Hayden Quinn as they create simple dishes everyone will love.	AUSTRALIA	English-100	RPT	G	Y	
2024-01-10	2800	Bizarre Foods: Delicious Destinations	Curacao	Andrew enjoys the bold and tropical flavors of Curacao, a small Caribbean island off the coast of Venezuela. The former Dutch trading hub has a local cuisine that blends its diverse history with food.	USA	English-100	PG	a w	Y	
2024-01-10	2830	The Cook And The Chef	Barossa, The	The Barossa Valley is one of many regions in Australia where migrants have created a unique regional food culture. This program celebrates the Barossa.	AUSTRALIA	English-100	G			
2024-01-11	0500	Mystery Diners	Dusting For Prints	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100	PG		Y	
2024-01-11	0530	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 3	In this episode, Luke stays in Luang Prabang to join the biggest New Year's celebrations in the country. To get in the festive spirit, he helps out at a local street stall.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-01-11	0600	Flour Power	Ledingham Chalmers	In this episode we're in Aberdeen at law firm Ledingham Chalmers. Private client solicitor Dara, senior solicitor Rachael and family solicitor Emma are joined by rookie cake-maker Jonny.	UNITED KINGDOM	English-100	PG			
2024-01-11	0630	My Greek Table With Diane Kochilas	Northern Delights - Ioannina	Diane visits the daughter of Holocaust survivors for a tour of Thessaloniki's Jewish past. Hella cooks up some of her Sephardic recipes, including Huevos Haminados (slowly boiled spiced eggs).	USA	English-50; Greek-50	G			

2024-01-11	0700	United Plates Of America	San Antonio	Fiercely independent, yet globally inspired. There are few states more proud than Texas. Deep in the heart of this great land, we discover a town with a rich history and unique cuisine.	USA	English-100	G				
2024-01-11	0730	United Plates Of America	Austin, TX	It's a city known for live music and great food. This quirky town has become the fastest growing city in the country. Food trucks serve some of the best food in the state.	USA	English-100	G				
2024-01-11	0800	Choccywoccydoodah: Extra Slices	Dark Side, The	This time around the chocolatiers celebrate the underworld. Tom conjures up a ghoulish wedding cake for a Gothic Bride and makes his mark on a tattoo covered birthday cake.	UNITED KINGDOM	English-100	PG	a			
2024-01-11	0830	David Rocco's Dolce Homemade	Simplicity - Sushi	David invites sushi chef Jacky Lin to his home to prepare dishes that remind him of the two cultures that mean the most to him.	CANADA	English-100	PG	I			
2024-01-11	0900	My Market Kitchen	My Market Kitchen Series 4 Ep 28	This episode of My Market Kitchen is full of delicious and nutritious dishes meals for you to try at home. First up Elena cooks her Chop Salad, then Khanh whips up a Whisky Fennel Pork meal.	AUSTRALIA		G				
2024-01-11	0930	Mark Moriarty: Off Duty Chef	Menu Five	Mark creates three recipes inspired by holidays and the warmer months - ratatouille tart, a pineapple tipsy cake and his go-to one-pot fish stew with crunchy sourdough croutons.	UNITED KINGDOM	English-100					
2024-01-11	1000	Gourmet Farmer	Illegal Dinner	Hosting a Bastille Day lunch to showcase a range of delicacies to stall patrons seems like a good idea to Matthew - but it requires a licence; and possums are decimating his garden.		English-100	RPT	PG	a w	Y	
2024-01-11	1030	Food Safari Earth	Summer	Maeve explores the marvellous abundance of summer vegetables and fruits in dishes from around the world. She also explores the versatility of eggplant with iconic chef Tetsuya Wakuda.	AUSTRALIA	English-100	RPT	G		Y	
2024-01-11	1100	Lidia's Kitchen	Kneading Dough	The tradition of kneading dough has always been around in Lidia's family. She prepares a buttery, flaky crostata with kale, butternut squash and ricotta, and a pappardelle with fresh mushrooms.	USA	English-100					
2024-01-11	1130	James Martin's Spanish Adventure	Castilla-La Mancha	In Castilla-La Mancha James is introduced to carcamusa, tries local marzipan, we meet a honey producer. James cooks partridge, brioche with marzipan, honey and pears, beef shin stew and croquetas.	UNITED KINGDOM	English-100	PG	a l w			
2024-01-11	1230	The Cook Up With Adam Liaw	Fave Flavour Forever	Adam, actor Matt Okine, and video game critic Steph Bendixen are in the Cook Up kitchen making dishes inspired by their favourite flavours.	AUSTRALIA	English-100	RPT	G		Y	
2024-01-11	1300	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 4	Luke heads to Laos' southern tip to the 4000 Islands, where fishing takes on a whole new meaning. On the Island of Don Khon, Luke learns the art of making the fish staple 'Padhek'.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-01-11	1330	Flour Power	Bruichladdich Distillery	In this episode, we're at the Bruichladdich distillery on the beautiful Hebridean island of Islay. Cask master Jay, housekeeper Katie and tour guide Dave are joined by client manager Mary.	UNITED KINGDOM	English-100	PG				
2024-01-11	1400	My Greek Table With Diane Kochilas	Sephardic Cooking Of Thessaloniki, The	Diane focuses on the culinary and cultural lore of Ioannina, and the outcome is a delicious confluence of earth and water: from a unique local version of baklava to hearty Clay-Baked Lamb.	USA	English-50; Greek-50	PG				
2024-01-11	1430	United Plates Of America	Keywest	Key West is where Ernest Hemingway wrote The Old Man and the Sea, about his love of fishing. With the lore of pirates, smuggling and the slave trade hundreds of years ago.	USA	English-100	G				

2024-01-11	1500	United Plates Of America	Ft Lauderdale	Known as the 'Venice of America' just about everything is located on a waterway in Fort Lauderdale. From Spring Break and Senior Retirement, Fort Lauderdale has changed its image.	USA	English-100	G		
2024-01-11	1530	Choccywoccydoodah: Extra Slices	Weird And Wonderful	The chocolatiers create cakes that celebrate both the weird and the wonderful. Tom gets spaced out making a cosmic cake to celebrate a 40-year-old piece of moon rock for the National Space Centre.	UNITED KINGDOM	English-100	PG	s	
2024-01-11	1600	David Rocco's Dolce Homemade	Gelato	During the pandemic, David and guest Daniella Sacon, both started their businesses doing what they love. Daniella shows David how to make gelato and together, they bring joy to others through gelato.	CANADA	English-100	G		
2024-01-11	1630	My Market Kitchen	My Market Kitchen Series 4 Ep 29	On this episode of My Market Kitchen Elena cooks a set and forget Chicken Tagine meal for Khanh. Then Khanh shows us his mothers quick Papis dish.	AUSTRALIA		G		
2024-01-11	1700	Mark Moriarty: Off Duty Chef	Menu Six	Mark compiles his ultimate dinner party recipes. To begin, a mushroom parmesan spaghetti, then a classic tiramisu. In Mark's 'How To Perfect' features, he demonstrates on how to cook the perfect steak.	UNITED KINGDOM	English-100			
2024-01-11	1730	Gourmet Farmer	Bread	Baking is always a good option in winter so Matthew focuses on bread, cakes and biscuits. He now grows and makes most of what he needs - except for bread.		English-100	RPT	G	Y Y
2024-01-11	1800	Food Safari Earth	Flowers	Maeve celebrates the culinary power of flowers across a delicious range of traditional dishes from around the world and visits pioneering saffron growers in Tasmania.	AUSTRALIA	English-100	RPT	G	Y
2024-01-11	1830	Lidia's Kitchen	My Family's Milk And Cheese	Lidia reminisces about her childhood chores, like helping her grandmother prepare ricotta. She celebrates the culture of cheese and prepares two ways to make crostini and stuffed potatoes.	USA	English-100			
2024-01-11	1900	The Cook Up With Adam Liaw	Root Vegetable	Head chef at Sydney restaurant Red Lantern Mark Jensen and author and chef Jason Roberts are in the Cook Up kitchen with Adam creating some easy and simple dishes that make root vegetables the hero.	AUSTRALIA	English-100	RPT	PG	a Y
2024-01-11	1930	My Greatest Dishes	Prue Leith	Acclaimed author, Prue Leith makes four great dishes and reveals the amazing stories behind them; her mother's passionfruit cream, parsnip and watercress soup, roast duck, and Cambodian crab salad.	UNITED KINGDOM	English-100			
2024-01-11	2000	My Greatest Dishes	Bill Granger	Dubbed as the King of brunch, restaurateur Bill Granger showcases avocado on toast and famous scrambled eggs, ricotta hotcakes, chocolate banana bread, and chicken curry.	UNITED KINGDOM	English-100			
2024-01-11	2030	Rick Stein: From Venice to Istanbul	Istanbul	Rick's culinary odyssey has brought him from historic Venice to the legendary city of Istanbul where he arrives in time for the bluefish season and catches a few while fishing on the Bosphorus.	UNITED KINGDOM	English-100	PG	a w	
2024-01-11	2140	Come Dine With Me	Edinburgh 5	It's the final night of the competition for the Edinburgh crew and last up is geography teacher, Ashley who's hoping her magical evening of enchanted food will send her to the top of the leaderboard.	UNITED KINGDOM	English-100	PG		
2024-01-11	2205	Come Dine With Me	South London A 1	The oven is preheated and the knives are sharpened for our first host, painter, decorator and security guard Michelle who kicks off South London's hottest culinary competition.	UNITED KINGDOM	English-100	PG		
2024-01-11	2230	The Cook Up With Adam Liaw	Childhood Fave	Ethiopian cook Tinsae Eldson and head chef at The Old Fitz, Anna Ugarte-Carral, show host Adam Liaw their childhood favourite dishes in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y

2024-01-11	2300	Bizarre Foods: Delicious Destinations	Seville	Andrew explores the city of Seville, Spain, where socializing includes long nights of communal eating and drinking. With impeccable delicacies like the cured ham of Iberico pig and gazpacho.	USA	English-100	G		Y	
2024-01-11	2330	The Cook And The Chef	Old Food	Maggie and Simon cook up some ancient grains and take a good look at the 'Slow Food' movement, just what's needed to rustle up a warm and comforting Winter menu.	AUSTRALIA	English-100	G			
2024-01-11	2400	Mystery Diners	Partner Problems	Former client Jaime contacts Charles to help determine if he should invest in a failing California restaurant. Mystery Diners Kendall and Kiel discover the current owner is not being honest.	USA	English-100	PG		Y	
2024-01-11	2430	My Greatest Dishes	Prue Leith	Acclaimed author, Prue Leith makes four great dishes and reveals the amazing stories behind them; her mother's passionfruit cream, parsnip and watercress soup, roast duck, and Cambodian crab salad.	UNITED KINGDOM	English-100				
2024-01-11	2500	My Greatest Dishes	Bill Granger	Dubbed as the King of brunch, restaurateur Bill Granger showcases avocado on toast and famous scrambled eggs, ricotta hotcakes, chocolate banana bread, and chicken curry.	UNITED KINGDOM	English-100				
2024-01-11	2530	Rick Stein: From Venice to Istanbul	Istanbul	Rick's culinary odyssey has brought him from historic Venice to the legendary city of Istanbul where he arrives in time for the bluefish season and catches a few while fishing on the Bosphorus.	UNITED KINGDOM	English-100	PG	a w		
2024-01-11	2640	Come Dine With Me	Edinburgh 5	It's the final night of the competition for the Edinburgh crew and last up is geography teacher, Ashley who's hoping her magical evening of enchanted food will send her to the top of the leaderboard.	UNITED KINGDOM	English-100	PG			
2024-01-11	2705	Come Dine With Me	South London A 1	The oven is preheated and the knives are sharpened for our first host, painter, decorator and security guard Michelle who kicks off South London's hottest culinary competition.	UNITED KINGDOM	English-100	PG			
2024-01-11	2730	The Cook Up With Adam Liaw	Childhood Fave	Ethiopian cook Tinsae Elsdon and head chef at The Old Fitz, Anna Ugarte-Carral, show host Adam Liaw their childhood favourite dishes in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	
2024-01-11	2800	Bizarre Foods: Delicious Destinations	Seville	Andrew explores the city of Seville, Spain, where socializing includes long nights of communal eating and drinking. With impeccable delicacies like the cured ham of Iberico pig and gazpacho.	USA	English-100	G		Y	
2024-01-11	2830	The Cook And The Chef	Old Food	Maggie and Simon cook up some ancient grains and take a good look at the 'Slow Food' movement, just what's needed to rustle up a warm and comforting Winter menu.	AUSTRALIA	English-100	G			
2024-01-12	0500	Mystery Diners	Partner Problems	Former client Jaime contacts Charles to help determine if he should invest in a failing California restaurant. Mystery Diners Kendall and Kiel discover the current owner is not being honest.	USA	English-100	PG		Y	
2024-01-12	0530	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 4	Luke heads to Laos' southern tip to the 4000 Islands, where fishing takes on a whole new meaning. On the island of Don Khon, Luke learns the art of making the fish staple 'Padhek'.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-01-12	0600	Flour Power	Bruichladdich Distillery	In this episode, we're at the Bruichladdich distillery on the beautiful Hebridean island of Islay. Cask master Jay, housekeeper Katie and tour guide Dave are joined by client manager Mary.	UNITED KINGDOM	English-100	PG			
2024-01-12	0630	My Greek Table With Diane Kochilas	Sephardic Cooking Of Thessaloniki, The	Diane focuses on the culinary and cultural lore of Ioannina, and the outcome is a delicious confluence of earth and water: from a unique local version of baklava to hearty Clay-Baked Lamb.	USA	English-50; Greek-50	PG			

2024-01-12	0700	United Plates Of America	Keywest	Key West is where Ernest Hemingway wrote The Old Man and the Sea, about his love of fishing. With the lore of pirates, smuggling and the slave trade hundreds of years ago.	USA	English-100	G			
2024-01-12	0730	United Plates Of America	Ft Lauderdale	Known as the 'Venice of America' just about everything is located on a waterway in Fort Lauderdale. From Spring Break and Senior Retirement, Fort Lauderdale has changed its image.	USA	English-100	G			
2024-01-12	0800	Choccywoccydoodah: Extra Slices	Weird And Wonderful	The chocolatiers create cakes that celebrate both the weird and the wonderful. Tom gets spaced out making a cosmic cake to celebrate a 40-year-old piece of moon rock for the National Space Centre.	UNITED KINGDOM	English-100	PG		s	
2024-01-12	0830	David Rocco's Dolce Homemade	Gelato	During the pandemic, David and guest Daniella Sacon, both started their businesses doing what they love. Daniella shows David how to make gelato and together, they bring joy to others through gelato.	CANADA	English-100	G			
2024-01-12	0900	My Market Kitchen	My Market Kitchen Series 4 Ep 29	On this episode of My Market Kitchen Elena cooks a set and forget Chicken Tagine meal for Khanh. Then Khanh shows us his mothers quick Pipis dish.	AUSTRALIA		G			
2024-01-12	0930	Mark Moriarty: Off Duty Chef	Menu Six	Mark compiles his ultimate dinner party recipes. To begin, a mushroom parmesan spaghetti, then a classic tiramisu. In Mark's 'How To Perfect' features, he demonstrates on how to cook the perfect steak.	UNITED KINGDOM	English-100				
2024-01-12	1000	Gourmet Farmer	Bread	Baking is always a good option in winter so Matthew focuses on bread, cakes and biscuits. He now grows and makes most of what he needs - except for bread.		English-100	RPT	G		Y Y
2024-01-12	1030	Food Safari Earth	Flowers	Maeve celebrates the culinary power of flowers across a delicious range of traditional dishes from around the world and visits pioneering saffron growers in Tasmania.	AUSTRALIA	English-100	RPT	G		Y
2024-01-12	1100	Lidia's Kitchen	My Family's Milk And Cheese	Lidia reminisces about her childhood chores, like helping her grandmother prepare ricotta. She celebrates the culture of cheese and prepares two ways to make crostini and stuffed potatoes.	USA	English-100				
2024-01-12	1130	Rick Stein: From Venice to Istanbul	Istanbul	Rick's culinary odyssey has brought him from historic Venice to the legendary city of Istanbul where he arrives in time for the bluefish season and catches a few while fishing on the Bosphorus.	UNITED KINGDOM	English-100		PG		a w
2024-01-12	1235	The Cook Up With Adam Liaw	Root Vegetable	Head chef at Sydney restaurant Red Lantern Mark Jensen and author and chef Jason Roberts are in the Cook Up kitchen with Adam creating some easy and simple dishes that make root vegetables the hero.	AUSTRALIA	English-100	RPT	PG		a Y
2024-01-12	1305	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 5	Luke crosses the Mekong River into Cambodia and the ancient city of Siem Reap. There he explores the revered temples of Angkor Wat and meets local chefs to learn traditional Khmer dishes.	AUSTRALIA	English-100	RPT	G		Y Y
2024-01-12	1335	Flour Power	Tron Theatre	In what is sure to be a dramatic affair, business development manager Lucy, front of house manager Khaliq, press and marketing officer Olivia and her manager Lindsay, do battle for the trophy.	UNITED KINGDOM	English-100		PG		
2024-01-12	1405	My Greek Table With Diane Kochilas	Foods That Unite Us, The	Diane ventures beyond tradition into the global world, embracing new ingredients, inspired by Athens' vibrant dining scene, and christening a whole bevy of new recipes Greek!	USA	English-50; Greek-50		G		
2024-01-12	1435	United Plates Of America	Charlotte	Charlotte is known as Queen City and is the headquarters of most of the country's banking headquarters. It's a city that has been expanding over the last 15 years.	USA	English-100		G		

2024-01-12	1500	United Plates Of America	Memphis	Memphis turned 200 years old in 2019. It's the home of blues, soul, rock'n'roll and comfort food.	USA	English-100	G		
2024-01-12	1530	Choccywoccydoodah: Extra Slices	Every Cake Tells A Story	This time the chocolatiers pay tribute to stories of love and bravery. Tom makes a train-spotter's day, re-creating the Golden Arrow Engine for the wedding anniversary cake.	UNITED KINGDOM	English-100	PG	a	
2024-01-12	1600	David Rocco's Dolce Homemade	Lebanese Food	David invites guest Ali Nassrallah to his home to cook Lebanese food. Growing up in Beirut, Ali has experienced the tragedy of war and the power of food to heal and spread love.	CANADA	English-100	G		
2024-01-12	1630	My Market Kitchen	My Market Kitchen Series 4 Ep 30	On My Market Kitchen today Elena rolls up some Matcha Pistachio Bliss Balls, then Khanh shows us a tradition savoury pancake called Banh Xeo.	AUSTRALIA		G		
2024-01-12	1700	Choccywoccydoodah: Extra Slices	Showbusiness	Today, the chocolatiers enter the world of show biz glitz. Tom and Christine prepare for their live TV debut on Channel Four's Sunday Brunch - bringing with them Tom's English Breakfast cake.	UNITED KINGDOM	English-100	PG	a	
2024-01-12	1730	Gourmet Farmer	Paddock Final Lunch	After a year on the farm, Matthew decides it's time to reflect on lessons learned and to celebrate his accomplishments with old mates and new friends.		English-100	RPT	PG	Y
2024-01-12	1800	Food Safari Earth	Stuffed, Wrapped And Rolled	Maeve O'Meara explores the concept of vegetable parcels - the delights of stuffing, wrapping, and rolling vegetables for taste, texture, and presentation.	AUSTRALIA	English-100	RPT	G	Y
2024-01-12	1830	Lidia's Kitchen	By The Sea	The beautiful Adriatic Sea was a big part of Lidia's childhood, and she savours the bounty of its waters. She prepares linguine with clams, three Italian styles for bruschetta, mussels with farro stew.	USA	English-100			
2024-01-12	1900	The Cook Up With Adam Liaw	Weekend Bakes	Pastry chef Lauren Eldridge and food writer Lorraine Elliott create their ultimate weekend sweet treats in the Cook Up kitchen with Adam.	AUSTRALIA	English-100	RPT	G	Y
2024-01-12	1930	Rick Stein's Long Weekends	Cadiz	Rick heads to southern Spain and the historic city of Cadiz. Rick is captivated by its narrow winding streets, walking in the footsteps of the ancient Phoenician and Arab traders.	UNITED KINGDOM	English-100		G	
2024-01-12	2040	Inside Hotel Chocolat	Inside Hotel Chocolat Series 1 Ep 2	In this episode, the company prepares for Easter, one of its busiest seasons. Chef David presents a new chocolate liqueur to Angus and the tasting panel.	UNITED KINGDOM	English-100		G	
2024-01-12	2135	Come Dine With Me	South London A 2	This week's competition is in South London where second up is competitive sales manager Mike who's asked his guests to come dressed as a celebrity.	UNITED KINGDOM	English-100		PG	
2024-01-12	2200	Come Dine With Me	South London A 3	This week's competition is in South London, where our host for night three is hippy hairdresser Staar. After two raucous evenings, Staar is hoping to chill her guests out with meditation and crystals.	UNITED KINGDOM	English-100		PG	
2024-01-12	2230	The Cook Up With Adam Liaw	Pumpkin	Top chef Colin Fassnidge and TV and radio personality Yumi Stynes drop by The Cook Up kitchen to make some Halloween inspired pumpkin dishes with host Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2024-01-12	2300	Bizarre Foods: Delicious Destinations	Fez	Andrew Zimmern travels to the colourful and chaotic Moroccan city of Fez. It is the perfect place to savour North African foods like tagine-cooked meats, pastille, zaalouk, bessara and brouchettes.	USA	English-100		G	Y

2024-01-12	2330	The Cook And The Chef	Pubs	When the British first arrived here they brought the idea of public hotels - or 'pubs' - with them, and they've been a prominent feature of the Australian landscape ever since.	AUSTRALIA	English-100		G		
2024-01-12	2400	Mystery Diners	Art Show Sting	After noticing discrepancies with the catering company she uses to cater her art shows, Patricia contacts Mystery Diners for help. Charles discovers an even bigger problem with the assistant curator.	USA	English-100		PG	Y	
2024-01-12	2430	Rick Stein's Long Weekends	Cadiz	Rick heads to southern Spain and the historic city of Cadiz. Rick is captivated by its narrow winding streets, walking in the footsteps of the ancient Phoenician and Arab traders.	UNITED KINGDOM	English-100		G		
2024-01-12	2540	Inside Hotel Chocolat	Inside Hotel Chocolat Series 1 Ep 2	In this episode, the company prepares for Easter, one of its busiest seasons. Chef David presents a new chocolate liqueur to Angus and the tasting panel.	UNITED KINGDOM	English-100		G		
2024-01-12	2635	Come Dine With Me	South London A 2	This week's competition is in South London where second up is competitive sales manager Mike who's asked his guests to come dressed as a celebrity.	UNITED KINGDOM	English-100		PG		
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2024-01-13	0600	Flour Power	Tron Theatre	In what is sure to be a dramatic affair, business development manager Lucy, front of house manager Khalid, press and marketing officer Olivia and her manager Lindsay, do battle for the trophy.	UNITED KINGDOM	English-100		PG		
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2024-01-13	1000	Gourmet Farmer	Paddock Final Lunch	After a year on the farm, Matthew decides it's time to reflect on lessons learned and to celebrate his accomplishments with old mates and new friends.		English-100	RPT	PG	Y
2024-01-13	1030	Food Safari Earth	Stuffed, Wrapped And Rolled	Maeve O'Meara explores the concept of vegetable parcels - the delights of stuffing, wrapping, and rolling vegetables for taste, texture, and presentation.	AUSTRALIA	English-100	RPT	G	Y
2024-01-13	1100	Lidia's Kitchen	By The Sea	The beautiful Adriatic Sea was a big part of Lidia's childhood, and she savours the bounty of its waters. She prepares linguine with clams, three Italian styles for bruschetta, mussels with farro stew.	USA	English-100			
2024-01-13	1130	Inside Hotel Chocolat	Inside Hotel Chocolat Series 1 Ep 2	In this episode, the company prepares for Easter, one of its busiest seasons. Chef David presents a new chocolate liqueur to Angus and the tasting panel.	UNITED KINGDOM	English-100	G		
2024-01-13	1225	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		
2024-01-13	1230	The Cook Up With Adam Liaw	Weekend Bakes	Pastry chef Lauren Eldridge and food writer Lorraine Elliott create their ultimate weekend sweet treats in the Cook Up kitchen with Adam.	AUSTRALIA	English-100	RPT	G	Y
2024-01-13	1300	David Rocco's Dolce Homemade	Spices	Keeping family and traditions together through food. David and guest Isabelle Loiacono re-create recipes passed down from Isabelle's family recipe book and using her Nonna's tools from the 1940s.	CANADA	English-100	G		
2024-01-13	1330	Rick Stein's Long Weekends	Cadiz	Rick heads to southern Spain and the historic city of Cadiz. Rick is captivated by its narrow winding streets, walking in the footsteps of the ancient Phoenician and Arab traders.	UNITED KINGDOM	English-100	G		
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2024-01-13	1535	Remarkable Places To Eat	Marrakech	TV chef Andi Oliver takes Fred to Marrakesh to enjoy lamb and couscous at a legendary restaurant, chicken tagine for under \$20, and breakfast on a spectacular roof terrace.	UNITED KINGDOM	English-100	G		Y

2024-01-13	1640	Remarkable Places To Eat	Vienna	Food writer Rachel Khoo takes Fred to Vienna to experience exquisite coffee and cake, comforting dumplings, and mangalitzta pork schnitzel from a trailblazing chef.	UNITED KINGDOM	English-100	G			Y
2024-01-13	1745	John Torode's Ireland	Kinsale And Dingle On The Wild Atlantic Way	Just outside Cork, John goes to the pretty little seaside village of Kinsale. Local restaurateur Martin Shanhan shows John round the town and it's brightly coloured houses and restaurants and cafes.	UNITED KINGDOM	English-100	G			
2024-01-13	1835	Homegrown Tastes South Africa	Mpumalanga	Lorna ventures to Dullstroom to track down the freshest trout, with a spot of flyfishing along the way. She is joined by travel blogger and Mpumalanga local Dineo Maduna.	UNITED KINGDOM	English-100	PG	a w		Y
2024-01-13	1935	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			
2024-01-13	2035	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 8	After a merry visit to a maker of botanical spirits, Rick adds a cheeky nip to his version of the Platinum Pud, the official pudding of our late Queen's Jubilee.	UNITED KINGDOM	English-100	G			
2024-01-13	2105	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 9	Rick's idea of bliss is to spend an afternoon gutting a freshly caught fish, then using it to make a dish of steamed seabass with garlic, ginger and spring onions.	UNITED KINGDOM	English-100	PG			
2024-01-13	2135	Anthony Bourdain: No Reservations	Hawaii	Anthony heads to arguably the most exotic state in the US, Hawaii. There he enjoys surfing, visits a volcano, and samples the local culture, including a luau.	USA	English-100	RPT	PG	a	Y
2024-01-13	2230	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 1	In over a year, Paul's farm has grown from a hobby farm into a serious small holder, but without proper infrastructure, he needs to plan for the future.	UNITED KINGDOM	English-100	RPT	PG		Y
2024-01-13	2330	Mystery Diners	Young Blood	Joe, owner of Harvey's Steakhouse in Huntington Beach, notices a decline in his restaurant's older customers. Mystery Diners find out the staff is hosting unauthorised events for younger patrons.	USA	English-100	PG			Y
2024-01-13	2400	Mystery Diners	Backdoor Bootlegging	Rick, the owner of Weiland Brewery in Los Angeles, contacts Charles after noticing discrepancies in his beer supply. Brianna and Jamie and discover a large-scale bootlegging operation is taking place.	USA	English-100	PG			Y
2024-01-13	2430	Homegrown Tastes South Africa	Mpumalanga	Lorna ventures to Dullstroom to track down the freshest trout, with a spot of flyfishing along the way. She is joined by travel blogger and Mpumalanga local Dineo Maduna.	UNITED KINGDOM	English-100	PG	a w		Y
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