



**WEEK 20: Sunday, 12 May - Saturday, 18 May 2024 - ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-05-12	0500	<b>Jack Stein: Inside The Box</b>	Malmo	Keen to prove to the people of Malmo it's not just 'cheese on toast', Jack presents Welsh rarebit with Nordic twists that, in his opinion, ends up altering the dish for the better.	AUSTRALIA -50 United Kingdom - 50	English-100	RPT	PG			
2024-05-12	0530	<b>The Cook Up With Adam Liaw</b>	Four Ingredient Pasta	Comedian Joel Creasey and Radio/TV presenter Myf Warhurst join Adam Liaw in The Cook Up kitchen as they create their favourite pasta using just four ingredients.	AUSTRALIA	English-100	RPT	PG	I	Y	
2024-05-12	0600	<b>Giada Entertains</b>	TV Dinners	Giada invites her friends over for a casual-but-delicious menu that includes tamari spiced nuts, sweet and crunchy jicama slaw, sausage hoagies and chocolate almond butter sandwich cookies.	USA	English-100		G			
2024-05-12	0630	<b>Destination Flavour Scandinavia</b>	Destination Flavour Scandinavia Series 1 Ep 5	Adam visits the first Swedish female chef Titti Qvarnstrom awarded a Michelin Star for her restaurant Bloom in the Park.	AUSTRALIA	English-100	RPT	G		Y	
2024-05-12	0700	<b>The Cook Up With Adam Liaw</b>	Summer	Comedian Joel Creasey and Radio/TV presenter Myf Warhurst join host Adam Liaw in The Cook Up kitchen as they create their favourite summer dishes.			RPT	G		Y	
2024-05-12	0730	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 9	There's nothing Giada loves more than an over-the-top costume party and this time she's going all out with a Big Hair Rocker Party! Her friends are coming over dressed as their favourite rock stars.	USA	English-100		G			
2024-05-12	0800	<b>Barefoot Contessa: Back To Basics</b>	Only Oranges	It's all about oranges as Ina Garten shares some favourite recipes with this magic ingredient. They unleash the flavour in her amazing roast duck breast with dried cherries and port.	USA	English-100		G			
2024-05-12	0830	<b>Big Appetite</b>	Soul Of Los Angeles, The	Ben Hundreds hits restaurants inspired by heritage such as Cobi's, Alta Adams and Yangban Society; Plus best tacos.	USA	English-100		G			
2024-05-12	0900	<b>The Next Thing You Eat</b>	Sushi: Say Goodbye	So much of what we know about sushi is a lie - and it's causing us to destroy this beloved food. How do we change our eating habits in order for sushi to survive?	USA			PG	w		Y
2024-05-12	0935	<b>Eva Longoria: Searching For Mexico</b>	Veracruz	Arriving at the port of Veracruz, Eva walks in the footsteps of her ancestor, Lorenzo Longoria, who arrived in this exact spot 400 years ago, just a century after the first conquistadors.	USA	English-50; Spanish-50	RPT	PG	a l s	Y	Y

2024-05-12	1025	<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
2024-05-12	1030	<b>Hairy Bikers Go Local</b>	Harbour Cafe - Fife	The Bikers continue their adventure on the east coast of Scotland, on the hunt for new, local ingredients to include on a menu at a beachfront cafe.	UNITED KINGDOM	English-100		PG		
2024-05-12	1135	<b>Rick Stein's Food Heroes</b>	Rick Stein's Food Heroes Series 2 Ep 8	Rick and Chalky travel to Loch Torridon in Scotland to go fishing with John McGreggor for langoustines. Here the prawns are protected by the Marien Stewardship Council.	UNITED KINGDOM	English-100		G	a w	
2024-05-12	1205	<b>Rick Stein's Food Heroes</b>	Rick Stein's Food Heroes Series 2 Ep 9	Rick pays a memorable visit to the Channel Island of Jersey, where he goes reef fishing for sea bass, which he grills. He also makes a Consomme and enjoys a beach barbecue.	UNITED KINGDOM	English-100		PG	a w	
2024-05-12	1235	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve visits the old Sun Pictures - a Broome institution, and Joanna discovers pistachios.	AUSTRALIA	English-100	RPT	G		Y
2024-05-12	1305	<b>Big Appetite</b>	Soul Of Los Angeles, The	Ben Hundreds hits restaurants inspired by heritage such as Cobi's, Alta Adams and Yangban Society; Plus best tacos.	USA	English-100		G		
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2024-05-12	1405	<b>The Cook Up With Adam Liaw</b>	Kids In The Kitchen	Is it Adam's turn to get schooled? Spelling bee legend, Aditya Paul, and Kids Love to Cook cooking school grad, Anna Lim, are here to show what kids can achieve in the kitchen.	AUSTRALIA	English-100	RPT	G		Y
2024-05-12	1435	<b>The Cook Up With Adam Liaw</b>	Whole Fish, The	There's plenty of fish in the sea, and three on The Cook Up, as chefs Minoli De Silva and Narin 'Jack' Kulasai join Adam to make dishes with the whole fish. Delish!	AUSTRALIA	English-100	RPT	G		Y
2024-05-12	1505	<b>The Cook Up With Adam Liaw</b>	Bowl Me Over	Prepare to be bowled over by fast bowl food, made fantastically by Adam and Chefs Jung Eun Chae and Alex Wong.	AUSTRALIA	English-100	RPT	G		Y
2024-05-12	1535	<b>The Cook Up With Adam Liaw</b>	Flash In The Pan	Every dish is a flash in the pan as two flash guests, actor and cook Yurii Chuchenko, and tech leader and novelist Zaheda Ghani, joins Adam in the kitchen.	AUSTRALIA	English-100	RPT	PG		Y
2024-05-12	1605	<b>The Cook Up With Adam Liaw</b>	Canape & Cocktail Party, The	Ditch the awkward small talk but savour the best canapes and cocktails, as The Cook Up throws a fancy night of Easy Entertaining with Chefs Rosheen Kaul and Aleksis Kalnins.	AUSTRALIA	English-100		G		Y
2024-05-12	1635	<b>Giada Entertains</b>	Art Of Surprise, The	Giada pulls off the ultimate surprise birthday party as guests enjoy delicious finger foods, including lamb chops with mint and pistachio salsa verde, eggplant parmesan bites, and salami crostini.	USA	English-100		G		

2024-05-12	1700	<b>Barefoot Contessa: Back To Basics</b>	Just Desserts	Ina Garten showcases incredible desserts, and there's something for everyone. For chocolate lovers, a decadent and glamorous chocolate cake with mocha frosting has a real wow factor.	USA	English-100	G			
2024-05-12	1730	<b>The Chef's Garden</b>	Ep 2	Venture from factories to farmlands as Massimo unravels the secrets behind delicious Tasmanian cheeses, olives and the freshest produce straight from his garden.	AUSTRALIA	English-100	G			
2024-05-12	1800	<b>Luca's Key Ingredient</b>	Ep 7	Luca shows us his favourite recipes using today's key ingredient, banana.	AUSTRALIA	English-100	PG			
2024-05-12	1830	<b>Destination Flavour Eurovision</b>	Destination Flavour Eurovision	If you can't be at the Eurovision Song Contest in person, Adam Liaw will show you the best of Europe without using his passport - it's all here in Australia.	AUSTRALIA		RPT	PG	Y	
2024-05-12	1930	<b>A Cotswold Farm Shop</b>	Ep 6	Jane is keen to find out why the locally produced malt is so special. Alex embarks on a plan to preserve a cheese legacy. Diana discovers a possible new range of silk scarves from employee, Nadiyah.	UNITED KINGDOM	English-100	G			
2024-05-12	2030	<b>Rick Stein's Road To Mexico</b>	Guadalajara To Puerto Vallarta	Leaving the Baja Peninsula, Rick explores the western mainland. He lands in the town that placed tequila on the world map and the metropolis that produced mariachis and dishes like chilli con carne.	UNITED KINGDOM	English-100	PG			
2024-05-12	2140	<b>Anthony Bourdain: No Reservations</b>	Harbin, China	Anthony Bourdain visits China for the fourth time, this time to China's north-eastern area formerly known as Manchuria. Arriving in the cold of winter, Tony savours stews, vegetables and dumplings.	USA	English-100	M	I	Y	
2024-05-12	2235	<b>The Wine Show</b>	Wine Show Series 2, The Ep 7	The last show of the current series of The Wine Show is a Food and Wine special. Hosts James Purefoy and Matthew Goode introduce us to six wines chosen by some of the world's greatest sommeliers.	UNITED KINGDOM	English-100	PG		Y	Y
2024-05-12	2330	<b>Giada Entertains</b>	Art Of Surprise, The	Giada pulls off the ultimate surprise birthday party as guests enjoy delicious finger foods, including lamb chops with mint and pistachio salsa verde, eggplant parmesan bites, and salami crostini.	USA	English-100	G			
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2024-05-12	2500	<b>Luca's Key Ingredient</b>	Ep 7	Luca shows us his favourite recipes using today's key ingredient, banana.	AUSTRALIA	English-100		PG	
2024-05-12	2530	<b>Destination Flavour Eurovision</b>	Destination Flavour Eurovision	If you can't be at the Eurovision Song Contest in person, Adam Liaw will show you the best of Europe without using his passport - it's all here in Australia.	AUSTRALIA	Ukrainian-8.37; Dutch-8.33; English-8.33; Finnish-8.33; German-8.33; Greek-8.33; Irish	RPT	PG	Y
2024-05-12	2630	<b>A Cotswold Farm Shop</b>	Ep 6	Jane is keen to find out why the locally produced malt is so special. Alex embarks on a plan to preserve a cheese legacy. Diana discovers a possible new range of silk scarves from employee, Nadiyaa.	UNITED KINGDOM	English-100		G	
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2024-05-13	1235	<b>Middle East Feast With Shane Delia</b>	Vegetarian	Award-winning chef Shane Delia takes viewers on a tantalising and flavourful journey through an array of Middle Eastern dishes and also delves into the stories behind these recipes soaked in history.	AUSTRALIA	English-100		G	Y
2024-05-13	1300	<b>Mary Makes It Easy</b>	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		G	
2024-05-13	1330	<b>Taste Of Diversity</b>	Taste Of Diversity Series 1 Ep 6	Canada is one of the most multicultural countries in the world, and has a lot to offer when it comes to food. Follow chef Eoin as he makes delicious traditional buttermilk pancakes and poutine.	CANADA	English-100		G	
2024-05-13	1400	<b>Pati's Mexican Table</b>	Hermosillo Food Crawl	Pati spends a day in Sonora's capital, Hermosillo, visiting some of the city's best culinary destinations. Pati experiences the full spectrum of the Hermosillo's food scene.	USA	English-100		G	Y
2024-05-13	1430	<b>Gourmet Farmer</b>	Goats Milk Ice Cream	This series follows Matthew Evans, former editor of the SMH Good Food Guide, as he pursues a culinary and personal sea change in Tasmania.	AUSTRALIA	English-100	RPT	G	Y
2024-05-13	1500	<b>David Rocco's Dolce Tuscany</b>	Pitigliano	David sets off to the picturesque medieval town of Pitigliano, also known as Little Jerusalem, to meet (and eat!) with the locals and take in the area's beautiful sights.	CANADA	English-100		G	
2024-05-13	1530	<b>Ainsley's Fantastic Flavours</b>	Cheesy	Ainsley Harriott explores the huge range of cheese flavours, both savoury and sweet. First up is his Manchego and chorizo stuffed chicken with roasted asparagus and cheesy potato gratin.	UNITED KINGDOM	English-100		G	
2024-05-13	1625	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y

2024-05-13	1630	<b>Spencer's Big 30</b>	That's Amore	It'll only take you around 30 minutes to impress your loved ones with chef Spencer Watts's budget-friendly Italian feast. Spencer starts his meal by preparing an ooey gooey Cannelloni dish.	CANADA	English-100		G		
2024-05-13	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 86	Adam Swanson joins Justine to make his cabbage leaf dolmades with feta sauce and Justine whips up a delicious salmon soup and a prawn cocktail.	AUSTRALIA	English-100		G		
2024-05-13	1730	<b>My Market Kitchen</b>	Ep 6	Mike teams up with fruiterer, John Pino, to whip up potato and rosemary waffles. Chef Karen Chan schools Laura in crafting a Vietnamese masterpiece. Matt Sinclair selects a timeless favourite.	AUSTRALIA	English-100		PG		
2024-05-13	1800	<b>Taste Of Australia With Hayden Quinn</b>	Taste Of Australia With Hayden Quinn Series 2 Ep 1	Hayden starts the day with trout fishing before trying his luck fossicking for sapphires! Then he visits a garlic farm, helps with the muster on a cattle property, and cooks up a campfire meal.	AUSTRALIA	English-100		G		
2024-05-13	1830	<b>Food Safari</b>	French Safari Part 1	Maeve meets up with top chef Guillaume Brahim. He gives the rundown on the essential French ingredients - great butter and salt, bread, fresh herbs, mustard and cheeses.	AUSTRALIA	English-100	RPT	G		Y
2024-05-13	1900	<b>The Cook Up With Adam Liaw</b>	Speedy & Spiced	It's a speedy and spiced night on The Cook Up as top-notch chef Annie Smithers and top-notch garden designer Jamie Durie join Adam to make quick and tasty food.	AUSTRALIA	English-100		G		Y
2024-05-13	1930	<b>Rick Stein's Spain</b>	Rick Stein's Spain Series 1 Ep 4	Rick heads for the little known region of Extremadura, which is famous for pimenton and Spain's most celebrated ham - Iberico.	UNITED KINGDOM	English-100	RPT	G		Y
2024-05-13	2040	<b>Marcus Wareing's Kitchen Garden Tales</b>	Hedgerows	Marcus has faced some setbacks. Not everything in the kitchen garden has done well and he'll need to learn from experience next time. He seeks advice.	UNITED KINGDOM	English-100		G		
2024-05-13	2110	<b>Paula McIntyre's Hamely Kitchen</b>	Paula McIntyre's Hamely Kitchen Series 2 Ep 5	Paula show cases dollaghan, a fish caught in Lough Neagh. After treacle-curing it, she serves it on wheaten farls with a cucumber relish. As a bonus, she reveals on how to make champagne from gorse.	UNITED KINGDOM	English-100		G		
2024-05-13	2140	<b>River Cottage Australia</b>	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
2024-05-13	2235	<b>The Cook Up With Adam Liaw</b>	Speedy & Spiced	It's a speedy and spiced night on The Cook Up as top-notch chef Annie Smithers and top-notch garden designer Jamie Durie join Adam to make quick and tasty food.	AUSTRALIA	English-100		G		Y
2024-05-13	2305	<b>The Cook And The Chef</b>	Salmon And Wasabi	Maggie and Simon's culinary adventure in New Zealand continues this week as we find Simon on the South Island checking out the amazing Wasabi plant and visiting a salmon farm near Mount Cook.	AUSTRALIA	English-100		G		
2024-05-13	2335	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Jamie & Jimmy's Food Fight Club Series 5 Ep 4	This week, one of the UK's favourite TV judges, Alesha Dixon, is in the cafe. Inspired by her previous trip to Mumbai, Alesha and Jamie cook up a fantastic double-marinated spicy prawn dish.	UNITED KINGDOM	English-100		G		

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2024-05-13	2540	<b>Marcus Wareing's Kitchen Garden Tales</b>	Hedgerows	Marcus has faced some setbacks. Not everything in the kitchen garden has done well and he'll need to learn from experience next time. He seeks advice.	UNITED KINGDOM	English-100		G		
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2024-05-13	2830	<b>The Cook And The Chef</b>	Salmon And Wasabi	Maggie and Simon's culinary adventure in New Zealand continues this week as we find Simon on the South Island checking out the amazing Wasabi plant and visiting a salmon farm near Mount Cook.	AUSTRALIA	English-100		G		
2024-05-14	0500	<b>Mary Makes It Easy</b>	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		G		
2024-05-14	0530	<b>Taste Of Diversity</b>	Taste Of Diversity Series 1 Ep 6	Canada is one of the most multicultural countries in the world, and has a lot to offer when it comes to food. Follow chef Eoin as he makes delicious traditional buttermilk pancakes and poutine.	CANADA	English-100		G		
2024-05-14	0600	<b>Pati's Mexican Table</b>	Hermosillo Food Crawl	Pati spends a day in Sonora's capital, Hermosillo, visiting some of the city's best culinary destinations. Pati experiences the full spectrum of the Hermosillo's food scene.	USA	English-100		G		Y
2024-05-14	0630	<b>Gourmet Farmer</b>	Goats Milk Ice Cream	This series follows Matthew Evans, former editor of the SMH Good Food Guide, as he pursues a culinary and personal sea change in Tasmania.	AUSTRALIA	English-100	RPT	G		Y
2024-05-14	0700	<b>David Rocco's Dolce Tuscany</b>	Pitigliano	David sets off to the picturesque medieval town of Pitigliano, also known as Little Jerusalem, to meet (and eat!) with the locals and take in the area's beautiful sights.	CANADA	English-100		G		

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2024-05-14	0900	<b>Everyday Gourmet With Justine Schofield</b>	Ep 86	Adam Swanson joins Justine to make his cabbage leaf dolmades with feta sauce and Justine whips up a delicious salmon soup and a prawn cocktail.	AUSTRALIA	English-100		G	
2024-05-14	0930	<b>My Market Kitchen</b>	Ep 6	Mike teams up with fruiterer, John Pino, to whip up potato and rosemary waffles. Chef Karen Chan schools Laura in crafting a Vietnamese masterpiece. Matt Sinclair selects a timeless favourite.	AUSTRALIA	English-100		PG	
2024-05-14	1000	<b>Taste Of Australia With Hayden Quinn</b>	Taste Of Australia With Hayden Quinn Series 2 Ep 1	Hayden starts the day with trout fishing before trying his luck fossicking for sapphires! Then he visits a garlic farm, helps with the muster on a cattle property, and cooks up a campfire meal.	AUSTRALIA	English-100		G	
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2024-05-14	1230	<b>Middle East Feast With Shane Delia</b>	Sunday Lunch	Shane Delia and guest chef Tom Sarafian share their family favourites for the perfect family lunch.	AUSTRALIA	English-100		G	Y



2024-05-14	1300	<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.	CANADA	English-100		G		
2024-05-14	1330	<b>Taste Of Diversity</b>	Taste Of Diversity Series 1 Ep 7	Why does the preparation of one of the most popular Philippine dishes called Sisi look like a horror movie? And what is the secret ingredient for the most delicious Philippine dessert? Learn it all!	CANADA	English-100		PG		
2024-05-14	1400	<b>Pati's Mexican Table</b>	Blessing And The Benefit, The	Pati experiences important Sonoran culinary traditions. On the coast in Bahia Kino, local fishermen receive 'the blessing' from a woman from the Seri tribe before heading out on the water to fish.	USA	English-100		PG	a w	Y
2024-05-14	1430	<b>Gourmet Farmer</b>	Pigs Prosciutto And Offal	Matthew feels inspired to make prosciutto and sources two piglets from Jen, a local farmer. He also learns a traditional way to prepare offal.	AUSTRALIA	English-100	RPT	G		Y
2024-05-14	1500	<b>David Rocco's Dolce Tuscany</b>	Parmigiano-Reggiano	David's sister runs a North American-style kids' summer camp with a special focus on food in the heart of Tuscany.	CANADA	English-100		G		
2024-05-14	1530	<b>Ainsley's Fantastic Flavours</b>	Sweet	Sweet flavours aren't just for desserts, Ainsley makes a butternut squash tarte tatin with urfa chili, walnuts, and feta. Samia Longchambon shares a family favourite, Moroccan chicken with cous cous.	UNITED KINGDOM	English-100		G		
2024-05-14	1625	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 4	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-05-14	1630	<b>Spencer's Big 30</b>	Night At The Pub	Everyone loves a classic pub meal, but don't always have the time to make it! Stay in with celebrity chef Spencer Watts as he prepares traditional pub dishes in under 30 minutes for around 30 dollars.	CANADA	English-100		G		
2024-05-14	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 87	Justine makes her BBQ duck breast and a delicious roast chicken stuffing. Kirsten Tibballs serves up a modern lemon tart for dessert.	AUSTRALIA	English-100		G		
2024-05-14	1730	<b>My Market Kitchen</b>	Ep 7	Laura unveils family secrets as she learns Nona Maria's famous Arancini recipe from her Mum. Then, it's off to Noosa with Matt for a breakfast or dessert extravaganza featuring his indulgent crepes.	AUSTRALIA	English-100		G		
2024-05-14	1800	<b>Taste Of Australia With Hayden Quinn</b>	Taste Of Australia With Hayden Quinn Series 2 Ep 2	Hayden goes on an epic road trip to pick up tomatoes, traditional smallgoods and buffalo cheese to cook up into a delicious dish at sunset.	AUSTRALIA	English-100		G		

2024-05-14	1830	<b>Food Safari</b>	French Safari Part 2	Chef Guillaume Brahimi gives Maeve a guide to essential fresh ingredients - from herbs to vegetables - then shows how to cook the perfect steak and the potatoes.	AUSTRALIA	English-100	RPT	G		Y
2024-05-14	1900	<b>The Cook Up With Adam Liaw</b>	Tasty Greens Or Grains	There are no tastier greens or grains than the ones made by Adam and his guests, Justin James from Restaurant Botanic and Ashley Vola from Vola Foods.	AUSTRALIA	English-100		G		Y
2024-05-14	1930	<b>Rachel Khoo's Simple Pleasures</b>	Home Comforts	Using simple ingredients, Rachel Khoo makes delicious homemade pasta with a spicy tomato sauce and a blueberry and oat lattice pie. Plus, there are pancakes with sweet and savoury fillings.	USA	English-100		G		
2024-05-14	2000	<b>Selena + Chef</b>	Selena + Aarti Sequeira: Friendsgiving	Known for elevating classic American dishes with Indian flavours, TV chef, cookbook author, and journalist, Aarti Sequeira, whips up a tandoori butter turkey breast and colourful side dishes.	USA	English-100		PG		
2024-05-14	2035	<b>Jamie's Food Escapes</b>	French Pyrenees, The	Jamie visits the French Pyrenees, where he goes truffle-hunting with a pig and boar hunting with dogs. He is knighted into an order of serious bread makers and makes sausages with a professional.	UNITED KINGDOM	English-100		PG	a w	Y
2024-05-14	2130	<b>River Cottage Australia</b>	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
2024-05-14	2230	<b>The Cook Up With Adam Liaw</b>	Tasty Greens Or Grains	There are no tastier greens or grains than the ones made by Adam and his guests, Justin James from Restaurant Botanic and Ashley Vola from Vola Foods.	AUSTRALIA	English-100		G		Y
2024-05-14	2300	<b>The Cook And The Chef</b>	Olives And Mussels	Maggie and Simon continue their food Odyssey in the Land of the Long White Cloud. On New Zealand's North Island, Maggie discovers a microclimate responsible for some wonderful produce.	AUSTRALIA	English-100		G		
2024-05-14	2330	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Jamie & Jimmy's Food Fight Club Series 5 Ep 5	This week one of Britain's favourite comedians, Michael McIntyre, joins the boys in the Southend cafe to see if his cooking skills will provoke as much laughter.	UNITED KINGDOM	English-100		G		
2024-05-14	2425	<b>Please Eat Slowly Bitesize</b>	Dumplings	Victor shares his tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right.	AUSTRALIA	English-100		G		
2024-05-14	2430	<b>Rachel Khoo's Simple Pleasures</b>	Home Comforts	Using simple ingredients, Rachel Khoo makes delicious homemade pasta with a spicy tomato sauce and a blueberry and oat lattice pie. Plus, there are pancakes with sweet and savoury fillings.	USA	English-100		G		

2024-05-14	2500	<b>Selena + Chef</b>	Selena + Aarti Sequeira: Friendsgiving	Known for elevating classic American dishes with Indian flavours, TV chef, cookbook author, and journalist, Aarti Sequeira, whips up a tandoori butter turkey breast and colourful side dishes.	USA	English-100		PG		
2024-05-14	2535	<b>Jamie's Food Escapes</b>	French Pyrenees, The	Jamie visits the French Pyrenees, where he goes truffle-hunting with a pig and boar hunting with dogs. He is knighted into an order of serious bread makers and makes sausages with a professional.	UNITED KINGDOM	English-100		PG	a w	Y
2024-05-14	2630	<b>River Cottage Australia</b>	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
2024-05-14	2730	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Jamie & Jimmy's Food Fight Club Series 5 Ep 5	This week one of Britain's favourite comedians, Michael McIntyre, joins the boys in the Southend cafe to see if his cooking skills will provoke as much laughter.	UNITED KINGDOM	English-100		G		
2024-05-14	2825	<b>Please Eat Slowly Bitesize</b>	Dumplings	Victor shares his tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right.	AUSTRALIA	English-100		G		
2024-05-14	2830	<b>The Cook And The Chef</b>	Olives And Mussels	Maggie and Simon continue their food Odyssey in the Land of the Long White Cloud. On New Zealand's North Island, Maggie discovers a microclimate responsible for some wonderful produce.	AUSTRALIA	English-100		G		
2024-05-15	0500	<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.	CANADA	English-100		G		
2024-05-15	0530	<b>Taste Of Diversity</b>	Taste Of Diversity Series 1 Ep 7	Why does the preparation of one of the most popular Philippine dishes called Sisi look like a horror movie? And what is the secret ingredient for the most delicious Philippine dessert? Learn it all!	CANADA	English-100		PG		
2024-05-15	0600	<b>Pati's Mexican Table</b>	Blessing And The Benefit, The	Pati experiences important Sonoran culinary traditions. On the coast in Bahia Kino, local fishermen receive 'the blessing' from a woman from the Seri tribe before heading out on the water to fish.	USA	English-100		PG	a w	Y
2024-05-15	0630	<b>Gourmet Farmer</b>	Pigs Prosciutto And Offal	Matthew feels inspired to make prosciutto and sources two piglets from Jen, a local farmer. He also learns a traditional way to prepare offal.	AUSTRALIA	English-100	RPT	G		Y
2024-05-15	0700	<b>David Rocco's Dolce Tuscany</b>	Parmigiano-Reggiano	David's sister runs a North American-style kids' summer camp with a special focus on food in the heart of Tuscany.	CANADA	English-100		G		

2024-05-15	0730	<b>Ainsley's Fantastic Flavours</b>	Sweet	Sweet flavours aren't just for desserts, Ainsley makes a butternut squash tarte tatin with urfa chili, walnuts, and feta. Samia Longchambon shares a family favourite, Moroccan chicken with cous cous.	UNITED KINGDOM	English-100		G		
2024-05-15	0825	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 4	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-05-15	0830	<b>Spencer's Big 30</b>	Night At The Pub	Everyone loves a classic pub meal, but don't always have the time to make it! Stay in with celebrity chef Spencer Watts as he prepares traditional pub dishes in under 30 minutes for around 30 dollars.	CANADA	English-100		G		
2024-05-15	0900	<b>Everyday Gourmet With Justine Schofield</b>	Ep 87	Justine makes her BBQ duck breast and a delicious roast chicken stuffing. Kirsten Tibballs serves up a modern lemon tart for dessert.	AUSTRALIA	English-100		G		
2024-05-15	0930	<b>My Market Kitchen</b>	Ep 7	Laura unveils family secrets as she learns Nona Maria's famous Arancini recipe from her Mum. Then, it's off to Noosa with Matt for a breakfast or dessert extravaganza featuring his indulgent crepes.	AUSTRALIA	English-100		G		
2024-05-15	1000	<b>Taste Of Australia With Hayden Quinn</b>	Taste Of Australia With Hayden Quinn Series 2 Ep 2	Hayden goes on an epic road trip to pick up tomatoes, traditional smallgoods and buffalo cheese to cook up into a delicious dish at sunset.	AUSTRALIA	English-100		G		
2024-05-15	1030	<b>Food Safari</b>	French Safari Part 2	Chef Guillaume Brahimi gives Maeve a guide to essential fresh ingredients - from herbs to vegetables - then shows how to cook the perfect steak and the potatoes.	AUSTRALIA	English-100	RPT	G		Y
2024-05-15	1100	<b>The Cook Up With Adam Liaw</b>	Tasty Greens Or Grains	There are no tastier greens or grains than the ones made by Adam and his guests, Justin James from Restaurant Botanic and Ashley Vola from Vola Foods.	AUSTRALIA	English-100		G		Y
2024-05-15	1130	<b>Jamie's Food Escapes</b>	French Pyrenees, The	Jamie visits the French Pyrenees, where he goes truffle-hunting with a pig and boar hunting with dogs. He is knighted into an order of serious bread makers and makes sausages with a professional.	UNITED KINGDOM	English-100		PG	a w	Y
2024-05-15	1230	<b>Middle East Feast With Shane Delia</b>	Turkish	Unpretentious, homely, and full of flavour, Turkish cuisine is a favourite across the world. Shane is joined by Turkish chef Murat Ovaz to highlight the best of Turkish home cooking.	AUSTRALIA	English-100		G		Y
2024-05-15	1300	<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.	CANADA	English-100		G		
2024-05-15	1330	<b>Taste Of Diversity</b>	Taste Of Diversity Series 1 Ep 8	Amr prepares a one-thousand-year-old Egyptian sandwich called Ta'ameya, and a popular family homecooked dish named Besarrah.	CANADA	English-100		G		
2024-05-15	1400	<b>Pati's Mexican Table</b>	Carne Asada With La Familia	Pati spends some time with her boys cooking up a classic Sonoran-style meal. First, she teaches them the basics of a true Sonoran tradition - carne asada.	USA	English-100		G		Y

2024-05-15	1430	<b>Gourmet Farmer</b>	Passata And Fishing	Matthew Evans has thrown in his city life for small farm living in Tasmania. Tonight, Matthew embarks on a fishing adventure, returning to harvest tomatoes.		English-100	RPT	G	Y
2024-05-15	1500	<b>David Rocco's Dolce Tuscany</b>	Kid's Camp	David's sister runs a North American-style kids' summer camp with a special focus on food in the heart of Tuscany. David decides to pay a visit and spend some time with his kids.	CANADA	English-100		G	
2024-05-15	1530	<b>Ainsley's Fantastic Flavours</b>	Fresh	Ainsley Harriott celebrates the freshest flavours, getting the show going with a pea and mint soup served with crispy pancetta and fresh herb and feta toasts.	UNITED KINGDOM	English-100		G	
2024-05-15	1625	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 5	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2024-05-15	1630	<b>Spencer's Big 30</b>	French-Canadian	Chef Spencer Watts explores rich, hearty, and mouth-watering French-Canadian cuisine with four recipes that'll have you saying merci!	CANADA	English-100		PG	
2024-05-15	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 88	Justine makes her twice baked cheese souffle, shares a recipe for a quick morning juice and Adam Swanson shows you how to make his delicious roasted beetroot couscous salad.	AUSTRALIA	English-100		G	
2024-05-15	1730	<b>My Market Kitchen</b>	Ep 8	Mike takes on the challenge of vegan chocolate brownies. Matt teams up with Adam Walls to pair the perfect Italian-inspired wines with his grape and rosemary focaccia. Laura makes Castagnole.	AUSTRALIA	English-100		G	
2024-05-15	1800	<b>Taste Of Australia With Hayden Quinn</b>	Taste Of Australia With Hayden Quinn Series 2 Ep 3	Hayden wakes up in the Blue Mountains after camping overnight. He heads to the Hawkesbury region to pick up great produce before jumping on a houseboat for a stunning river cruise.	AUSTRALIA	English-100		G	
2024-05-15	1830	<b>Food Safari</b>	Indonesian Safari	Maeve plunges into the vibrant spicy world of Indonesian food with chef Rohanna Halim, who heads an all-girl kitchen team at her restaurant in Sydney.	AUSTRALIA	English-100	RPT	G	Y
2024-05-15	1900	<b>The Cook Up With Adam Liaw</b>	Surprisingly Simple	Adam is joined by chef Joel Bennetts and comedian Nikki Britton who'll show you how to impress your friends, family, and even your enemies, with surprisingly simple dishes!	AUSTRALIA	English-100		G	Y
2024-05-15	1930	<b>Rick Stein's Food Stories</b>	Lincolnshire	Rick meets inventor James Dyson on his futuristic Lincolnshire farm, where robots help grow strawberries all year round. With some superb local sausages, he makes bangers and mash.	UNITED KINGDOM	English-100		G	
2024-05-15	2000	<b>Nadiya's Spices Made Simple</b>	Get Togethers	Nadiya shares four of her favourite fuss-free recipes fit for get-togethers; a one plate masala mince pie, roasted Bombay spiced spuds, her art masala chicken, and a coconut and fennel Bundt cake.	UNITED KINGDOM	English-100		G	
2024-05-15	2030	<b>Jason Atherton's Dubai Dishes</b>	Tea And Coffee	Jason makes delicious recipes flavoured with tea and coffee, and learns how to serve a traditional Emirati cup of coffee. Chef Nick Alvis will be making a delicious sea bass and celeriac dish.	UNITED KINGDOM			PG	

2024-05-15	2130	<b>River Cottage Australia</b>	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
2024-05-15	2230	<b>The Cook Up With Adam Liaw</b>	Surprisingly Simple	Adam is joined by chef Joel Bennetts and comedian Nikki Britton who'll show you how to impress your friends, family, and even your enemies, with surprisingly simple dishes!	AUSTRALIA	English-100		G	Y
2024-05-15	2300	<b>The Cook And The Chef</b>	Feijoa And Kiwi Fruit	Maggie and Simon discover how New Zealanders adopted and realised the commercial potential of two beautiful fruits - feijoa and kiwifruit.	AUSTRALIA	English-100		G	
2024-05-15	2330	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Jamie & Jimmy's Food Fight Club Series 5 Ep 6	This week the boys invite everyone's favourite TV addict to join them in the cafe, as Gogglebox's Scarlett Moffat is put through her paces, learning how to make a family favourite, scotch eggs.	UNITED KINGDOM	English-100		G	
2024-05-15	2425	<b>Please Eat Slowly Bitesize</b>	Yee Sang	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100		G	
2024-05-15	2430	<b>Rick Stein's Food Stories</b>	Lincolnshire	Rick meets inventor James Dyson on his futuristic Lincolnshire farm, where robots help grow strawberries all year round. With some superb local sausages, he makes bangers and mash.	UNITED KINGDOM	English-100		G	
2024-05-15	2500	<b>Nadiya's Spices Made Simple</b>	Get Togethers	Nadiya shares four of her favourite fuss-free recipes fit for get-togethers; a one plate masala mince pie, roasted Bombay spiced spuds, her art masala chicken, and a coconut and fennel Bundt cake.	UNITED KINGDOM	English-100		G	
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2024-05-15	2825	<b>Please Eat Slowly Bitesize</b>	Yee Sang	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100		G	

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2024-05-16	0530	<b>Taste Of Diversity</b>	Taste Of Diversity Series 1 Ep 8	Amr prepares a one-thousand-year-old Egyptian sandwich called Ta'ameya, and a popular family homecooked dish named Besarrah.	CANADA	English-100		G	
2024-05-16	0600	<b>Pati's Mexican Table</b>	Carne Asada With La Familia	Pati spends some time with her boys cooking up a classic Sonoran-style meal. First, she teaches them the basics of a true Sonoran tradition - carne asada.	USA	English-100		G	Y
2024-05-16	0630	<b>Gourmet Farmer</b>	Passata And Fishing	Matthew Evans has thrown in his city life for small farm living in Tasmania. Tonight, Matthew embarks on a fishing adventure, returning to harvest tomatoes.		English-100	RPT	G	Y
2024-05-16	0700	<b>David Rocco's Dolce Tuscany</b>	Kid's Camp	David's sister runs a North American-style kids' summer camp with a special focus on food in the heart of Tuscany. David decides to pay a visit and spend some time with his kids.	CANADA	English-100		G	
2024-05-16	0730	<b>Ainsley's Fantastic Flavours</b>	Fresh	Ainsley Harriott celebrates the freshest flavours, getting the show going with a pea and mint soup served with crispy pancetta and fresh herb and feta toasts.	UNITED KINGDOM	English-100		G	
2024-05-16	0825	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 5	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2024-05-16	0830	<b>Spencer's Big 30</b>	French-Canadian	Chef Spencer Watts explores rich, hearty, and mouth-watering French-Canadian cuisine with four recipes that'll have you saying merci!	CANADA	English-100		PG	
2024-05-16	0900	<b>Everyday Gourmet With Justine Schofield</b>	Ep 88	Justine makes her twice baked cheese soufflé, shares a recipe for a quick morning juice and Adam Swanson shows you how to make his delicious roasted beetroot couscous salad.	AUSTRALIA	English-100		G	
2024-05-16	0930	<b>My Market Kitchen</b>	Ep 8	Mike takes on the challenge of vegan chocolate brownies. Matt teams up with Adam Walls to pair the perfect Italian-inspired wines with his grape and rosemary focaccia. Laura makes Castagnole.	AUSTRALIA	English-100		G	

2024-05-16	1000	<b>Taste Of Australia With Hayden Quinn</b>	Taste Of Australia With Hayden Quinn Series 2 Ep 3	Hayden wakes up in the Blue Mountains after camping overnight. He heads to the Hawkesbury region to pick up great produce before jumping on a houseboat for a stunning river cruise.	AUSTRALIA	English-100		G	
2024-05-16	1030	<b>Food Safari</b>	Indonesian Safari	Maeve plunges into the vibrant spicy world of Indonesian food with chef Rohanna Halim, who heads an all-girl kitchen team at her restaurant in Sydney.	AUSTRALIA	English-100	RPT	G	Y
2024-05-16	1100	<b>The Cook Up With Adam Liaw</b>	Surprisingly Simple	Adam is joined by chef Joel Bennetts and comedian Nikki Britton who'll show you how to impress your friends, family, and even your enemies, with surprisingly simple dishes!	AUSTRALIA	English-100		G	Y
2024-05-16	1130	<b>Jason Atherton's Dubai Dishes</b>	Tea And Coffee	Jason makes delicious recipes flavoured with tea and coffee, and learns how to serve a traditional Emirati cup of coffee. Chef Nick Alvis will be making a delicious sea bass and celeriac dish.	UNITED KINGDOM			PG	
2024-05-16	1230	<b>Middle East Feast With Shane Delia</b>	Breakfast	Layered with spices and full of flavour, Shane shares some inspiration and the art to a good Middle Eastern breakfast feast that is a guaranteed great way to start the day.	AUSTRALIA	English-100		G	Y
2024-05-16	1300	<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.	CANADA	English-100		G	
2024-05-16	1330	<b>Taste Of Diversity</b>	Taste Of Diversity Series 1 Ep 9	Chef Douglas Ling shows us how to make classic jerk chicken with a special sauce. Then, we'll visit Karlene and Nadine, two home cooks who prepare a mackerel run down with Jamaican carrot juice.	CANADA	English-100		PG	
2024-05-16	1400	<b>Pati's Mexican Table</b>	Flour Power	Wheat and meat are two staples of Sonoran cuisine, and Pati shows her take on a classic recipe that uses both - a carne con chile burrito.	USA	English-100		G	Y
2024-05-16	1430	<b>Gourmet Farmer</b>	Apples And Cider	It's raining apples, and Matthew is ready to make full use of the abundant harvest. He learns how to make cider and cooks an apple and blackberry shortcake.		English-100	RPT	G	Y
2024-05-16	1500	<b>David Rocco's Dolce Tuscany</b>	Dario's Ciccia	David returns to visit his friend and arguably one of the most famous butchers in the world, Dario Cecchini.	CANADA	English-100		PG	Y
2024-05-16	1530	<b>Ainsley's Fantastic Flavours</b>	Herby	This week all the dishes focus on the power of herbs. Ainsley Harriott cooks up a brilliant breakfast dish of fresh and herby huevos rancheros with Pico de Gallo.	UNITED KINGDOM	English-100		PG	



2024-05-16	1625	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 6	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-05-16	1630	<b>Spencer's Big 30</b>	Fajita Night	It's Fajita Night in host Spencer Watts' kitchen as he cooks up Mexican recipes in around 30 minutes, for around 30 dollars. Spencer inspires with healthy and delicious Blackened Salmon Fajitas.	CANADA	English-100		PG		
2024-05-16	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 89	Daniela Fra shares a great recipe for green superfood power bars, Michael Moore makes his upside-down apple and pear crunch and Justine whips up her stuffed zucchini.	AUSTRALIA	English-100		G		
2024-05-16	1730	<b>My Market Kitchen</b>	Ep 9	Matt heads to the Noosa Farmers Market, sourcing garlic for his irresistibly chilli oil. Mike returns with a simple yet flavourful chicken rice paper rolls. Laura teams up with chef Karen Chan.	AUSTRALIA	English-100		G		
2024-05-16	1800	<b>Taste Of Australia With Hayden Quinn</b>	Taste Of Australia With Hayden Quinn Series 2 Ep 4	Hayden dives at sunrise for sea urchins, then he's off to a local farmers' market to buy mushrooms, grab some famous donuts, and cook for his friends on their goat farm.	AUSTRALIA	English-100		G		
2024-05-16	1830	<b>Food Safari</b>	Maltese Safari	This episode of Food Safari explores a different take on Mediterranean cooking with the rustic delights of Maltese food.	AUSTRALIA	English-100	RPT	G		Y
2024-05-16	1900	<b>The Cook Up With Adam Liaw</b>	Fast & Fragrant	If only smell-o-vision was a thing, because Adam and his guests, chef Sarah Todd and City of Sydney Councillor, Yvonne Weldon are making fast and fragrant food.	AUSTRALIA	English-100		G		Y
2024-05-16	1930	<b>John Torode's Korean Food Tour</b>	Fish And Sea	John travels south to Busan, a lively beach city on the South coast, which has Korea's best and biggest seafood market. At Jagalchi market, he samples the mackerel for breakfast.	UNITED KINGDOM	English-100		PG	a w	
2024-05-16	2025	<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
2024-05-16	2030	<b>Sophie Grigson: Slice Of Italy</b>	Fresh From The Lagoon	Sophie meets a mussel farmer on the lagoon at Taranto. At home she prepares a mussel, potato and rice gratin and cooks an octopus stew for her guests at the trulli.	UNITED KINGDOM	English-100		PG	a w	Y
2024-05-16	2100	<b>Sophie Grigson: Slice Of Italy</b>	500 Miles	Sophie discovers the culinary delights of the Puglian coastline. She learns all about the sea urchin and how its used with spaghetti. She also makes a delicious pasta sauce with the leftovers.	UNITED KINGDOM	English-100		PG	s	Y
2024-05-16	2130	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 2	There's trouble on Paul's farm and his goats go missing. He's questioning Bessie's future and needs to find out if she's pregnant. It's time to turn the winter veggie patch into his first cash crop.	UNITED KINGDOM	English-100	RPT	PG		Y

2024-05-16	2230	<b>The Cook Up With Adam Liaw</b>	Fast & Fragrant	If only smell-o-vision was a thing, because Adam and his guests, chef Sarah Todd and City of Sydney Councillor, Yvonne Weldon are making fast and fragrant food.	AUSTRALIA	English-100		G		Y
2024-05-16	2300	<b>The Cook And The Chef</b>	Lamb And Saffron	Maggie and Simon conclude their six week New Zealand odyssey. Simon checks out New Zealand lamb, one of the most iconic of all that countries products.	AUSTRALIA	English-100		PG		
2024-05-16	2330	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Jamie & Jimmy's Food Fight Club Series 5 Ep 7	Jimmy and Jamie welcome actor Martin Clunes to the cafe. Inspired by family summer holidays as a boy in Mallorca, Martin has always wanted to learn how to recreate the incredible paella made there.	UNITED KINGDOM	English-100		G		
2024-05-16	2425	<b>Please Eat Slowly Bitesize</b>	Hand-Pulled Noodles	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100		G		
2024-05-16	2430	<b>John Torode's Korean Food Tour</b>	Fish And Sea	John travels south to Busan, a lively beach city on the South coast, which has Korea's best and biggest seafood market. At Jagalchi market, he samples the mackerel for breakfast.	UNITED KINGDOM	English-100		PG	a w	
2024-05-16	2525	<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
2024-05-16	2530	<b>Sophie Grigson: Slice Of Italy</b>	Fresh From The Lagoon	Sophie meets a mussel farmer on the lagoon at Taranto. At home she prepares a mussel, potato and rice gratin and cooks an octopus stew for her guests at the trulli.	UNITED KINGDOM	English-100		PG	a w	Y
2024-05-16	2600	<b>Sophie Grigson: Slice Of Italy</b>	500 Miles	Sophie discovers the culinary delights of the Puglian coastline. She learns all about the sea urchin and how its used with spaghetti. She also makes a delicious pasta sauce with the leftovers.	UNITED KINGDOM	English-100		PG	s	Y
2024-05-16	2630	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 2	There's trouble on Paul's farm and his goats go missing. He's questioning Bessie's future and needs to find out if she's pregnant. It's time to turn the winter veggie patch into his first cash crop.	UNITED KINGDOM	English-100	RPT	PG		Y
2024-05-16	2730	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Jamie & Jimmy's Food Fight Club Series 5 Ep 7	Jimmy and Jamie welcome actor Martin Clunes to the cafe. Inspired by family summer holidays as a boy in Mallorca, Martin has always wanted to learn how to recreate the incredible paella made there.	UNITED KINGDOM	English-100		G		
2024-05-16	2825	<b>Please Eat Slowly Bitesize</b>	Hand-Pulled Noodles	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100		G		

2024-05-16	2830	<b>The Cook And The Chef</b>	Lamb And Saffron	Maggie and Simon conclude their six week New Zealand odyssey. Simon checks out New Zealand lamb, one of the most iconic of all that countries products.	AUSTRALIA	English-100		PG	
2024-05-17	0500	<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.	CANADA	English-100		G	
2024-05-17	0530	<b>Taste Of Diversity</b>	Taste Of Diversity Series 1 Ep 9	Chef Douglas Ling shows us how to make classic jerk chicken with a special sauce. Then, we'll visit Karlene and Nadine, two home cooks who prepare a mackerel run down with Jamaican carrot juice.	CANADA	English-100		PG	
2024-05-17	0600	<b>Pati's Mexican Table</b>	Flour Power	Wheat and meat are two staples of Sonoran cuisine, and Pati shows her take on a classic recipe that uses both - a carne con chile burrito.	USA	English-100		G	Y
2024-05-17	0630	<b>Gourmet Farmer</b>	Apples And Cider	It's raining apples, and Matthew is ready to make full use of the abundant harvest. He learns how to make cider and cooks an apple and blackberry shortcake.		English-100	RPT	G	Y
2024-05-17	0700	<b>David Rocco's Dolce Tuscany</b>	Dario's Ciccia	David returns to visit his friend and arguably one of the most famous butchers in the world, Dario Cecchini.	CANADA	English-100		PG	Y
2024-05-17	0730	<b>Ainsley's Fantastic Flavours</b>	Herby	This week all the dishes focus on the power of herbs. Ainsley Harriott cooks up a brilliant breakfast dish of fresh and herby huevos rancheros with Pico de Gallo.	UNITED KINGDOM	English-100		PG	
2024-05-17	0825	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 6	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2024-05-17	0830	<b>Spencer's Big 30</b>	Fajita Night	It's Fajita Night in host Spencer Watts' kitchen as he cooks up Mexican recipes in around 30 minutes, for around 30 dollars. Spencer inspires with healthy and delicious Blackened Salmon Fajitas.	CANADA	English-100		PG	
2024-05-17	0900	<b>Everyday Gourmet With Justine Schofield</b>	Ep 89	Daniela Fra shares a great recipe for green superfood power bars, Michael Moore makes his upside-down apple and pear crunch and Justine whips up her stuffed zucchini.	AUSTRALIA	English-100		G	
2024-05-17	0930	<b>My Market Kitchen</b>	Ep 9	Matt heads to the Noosa Farmers Market, sourcing garlic for his irresistibly chilli oil. Mike returns with a simple yet flavourful chicken rice paper rolls. Laura teams up with chef Karen Chan.	AUSTRALIA	English-100		G	

2024-05-17	1000	<b>Taste Of Australia With Hayden Quinn</b>	Taste Of Australia With Hayden Quinn Series 2 Ep 4	Hayden dives at sunrise for sea urchins, then he's off to a local farmers' market to buy mushrooms, grab some famous donuts, and cook for his friends on their goat farm.	AUSTRALIA	English-100		G		
2024-05-17	1030	<b>Food Safari</b>	Maltese Safari	This episode of Food Safari explores a different take on Mediterranean cooking with the rustic delights of Maltese food.	AUSTRALIA	English-100	RPT	G		Y
2024-05-17	1100	<b>The Cook Up With Adam Liaw</b>	Fast & Fragrant	If only smell-o-vision was a thing, because Adam and his guests, chef Sarah Todd and City of Sydney Councillor, Yvonne Weldon are making fast and fragrant food.	AUSTRALIA	English-100		G		Y
2024-05-17	1130	<b>Sophie Grigson: Slice Of Italy</b>	Fresh From The Lagoon	Sophie meets a mussel farmer on the lagoon at Taranto. At home she prepares a mussel, potato and rice gratin and cooks an octopus stew for her guests at the trulli.	UNITED KINGDOM	English-100		PG	a w	Y
2024-05-17	1200	<b>Sophie Grigson: Slice Of Italy</b>	500 Miles	Sophie discovers the culinary delights of the Puglian coastline. She learns all about the sea urchin and how its used with spaghetti. She also makes a delicious pasta sauce with the leftovers.	UNITED KINGDOM	English-100		PG	s	Y
2024-05-17	1230	<b>Middle East Feast With Shane Delia</b>	Middle Eastern Sweets	With layered pastries, fragrant syrups, crunchy nuts, and dried fruits on show, Shane offers the best of pure indulgent Middle Eastern sweets that are the perfect end to any feast.	AUSTRALIA	English-100		G		Y
2024-05-17	1300	<b>Mary Makes It Easy</b>	Get Ahead	Getting ahead always sounds like a great idea but not if it means eating the same dish for seven days straight. Mary shows how versatile meal planning can be with four easy recipes.	CANADA	English-100		G		
2024-05-17	1330	<b>Taste Of Diversity</b>	Taste Of Diversity Series 1 Ep 10	Learn garlic's many secrets in this special episode. Garlic can be used to make hundreds of dishes, including beer and... garlic ice cream. Would you dare to try it?	CANADA	English-100		PG	a	
2024-05-17	1400	<b>Pati's Mexican Table</b>	Sonora Family Favorites For Sami	Pati spends a day in her kitchen with her son, Sami, cooking some recipes inspired by her travels in Sonora, Mexico. She prepares beef chimis, rice lentils with crispy onions, and a tasty dessert.	USA	English-100		G		Y
2024-05-17	1430	<b>Gourmet Farmer</b>	Chicken Dispatching And Abalone Diving	Matthew and Nick visit Nene on Bruny Island where they go abalone diving. Back on the farm Matthew has a problem - an over-supply of roosters.		English-100	RPT	PG	a w	Y

2024-05-17	1500	<b>David Rocco's Dolce Tuscany</b>	Fisherman Of Orbetello	David visits the seaside Tuscan town of Orbetello, where a co-op of fisherman not only fish on the lagoons for eel, seabream and sea bass, but also run the entire smoking and canning operation.	CANADA	English-100		PG	a w
2024-05-17	1530	<b>Ainsley's Fantastic Flavours</b>	Floral	Ainsley Harriott gets creative with floral flavours - fragrant chicken kebabs with saffron, cardamon, and rosewater rice.	UNITED KINGDOM	English-100		PG	
2024-05-17	1625	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 7	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2024-05-17	1630	<b>Spencer's Big 30</b>	Meatballs & Shakshuka	Moroccan cuisine typically combines a million flavours and host Spencer Watts shows us how to bring that intensity home in a few simple steps.	CANADA	English-100		PG	
2024-05-17	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 90	Justine makes her warm chicken noodle soup, Massimo Mele shares his recipe for pesce in cartoccio and Trish McKenzie shows you some naughty hot choc shots.	AUSTRALIA	English-100		G	
2024-05-17	1730	<b>My Market Kitchen</b>	Ep 10	Matt Sinclair teams up with his son to bake a pear streusel cake. Laura brings the girls together for a raw caramel slice. Mike dazzles Damien, 'The Mushroom Man' at Prahran Market.	AUSTRALIA	English-100		G	
2024-05-17	1800	<b>Taste Of Australia With Hayden Quinn</b>	Taste Of Australia With Hayden Quinn Series 2 Ep 5	Hayden learns about regenerative farming at a cherry farm and a cattle property, with alpacas and a famous winery visit thrown in, and ends the day with a picture-perfect campfire meal.	AUSTRALIA	English-100		G	
2024-05-17	1830	<b>Food Safari</b>	Pakistani Safari	Looks at some of the Pakistani dishes that are loved around the world - like biryani - the layered spiced rice and meat dish.	AUSTRALIA	English-100	RPT	G	Y
2024-05-17	1900	<b>The Cook Up With Adam Liaw</b>	High Tea, The	It's Easy Entertaining with The Cook Up, and Adam is hosting a high tea with tennis player Priscilla Hon and Australia's queen of baking, Ann Reardon. Put the kettle on!	AUSTRALIA	English-100		G	
2024-05-17	1930	<b>Ainsley's Taste Of Malta</b>	Central	Ainsley is in central Malta where he starts his day exploring the beautiful ancient city of Mdina. After a tour of the city, Ainsley stops by a restaurant with an impressive history and a great view.	UNITED KINGDOM	English-100			
2024-05-17	2030	<b>Extreme Food Phobics</b>	Extreme Food Phobics Series 1 Ep 7	This episode follows a 34-year-old woman whose restrictive diet of mostly chip butties is putting her health at serious risk.	UNITED KINGDOM	English-100	RPT	PG	a Y
2024-05-17	2125	<b>Please Eat Slowly Bitesize</b>	Mango Pancakes	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100		G	

2024-05-17	2130	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 3	Tough times are ahead for Paul when he asks home butcher and friend Matt to help him slaughter his first goat, but when Paul helps to rebuild a community garden the goat goes to a good cause.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-05-17	2230	<b>The Cook Up With Adam Liaw</b>	High Tea, The	It's Easy Entertaining with The Cook Up, and Adam is hosting a high tea with tennis player Priscilla Hon and Australia's queen of baking, Ann Reardon. Put the kettle on!	AUSTRALIA	English-100		G		
2024-05-17	2300	<b>The Cook And The Chef</b>	Root Veg And Guinea Fowl	After the exhilaration of the New Zealand trip, this week's show opens with Maggie back on home soil - and almost knee deep in it too. She's trekking through mud with vegetable grower Dominic Scarfo.	AUSTRALIA	English-100		G		
2024-05-17	2330	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Jamie & Jimmy's Food Fight Club Series 5 Ep 8	British Olympic champion Tom Daley dives straight into his cooking lesson in the cafe. Throughout years of training, his guilty pleasure on the weekend is a Chinese takeaway.	UNITED KINGDOM	English-100		G		
2024-05-17	2425	<b>Please Eat Slowly Bitesize</b>	Steamed Whole Fish	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100		G		
2024-05-17	2430	<b>Ainsley's Taste Of Malta</b>	Central	Ainsley is in central Malta where he starts his day exploring the beautiful ancient city of Mdina. After a tour of the city, Ainsley stops by a restaurant with an impressive history and a great view.	UNITED KINGDOM	English-100				
2024-05-17	2530	<b>Extreme Food Phobics</b>	Extreme Food Phobics Series 1 Ep 7	This episode follows a 34-year-old woman whose restrictive diet of mostly chip butties is putting her health at serious risk.	UNITED KINGDOM	English-100	RPT	PG	a	Y
2024-05-17	2625	<b>Please Eat Slowly Bitesize</b>	Mango Pancakes	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100		G		
2024-05-17	2630	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 3	Tough times are ahead for Paul when he asks home butcher and friend Matt to help him slaughter his first goat, but when Paul helps to rebuild a community garden the goat goes to a good cause.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
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2024-05-18	0530	<b>Taste Of Diversity</b>	Taste Of Diversity Series 1 Ep 10	Learn garlic's many secrets in this special episode. Garlic can be used to make hundreds of dishes, including beer and... garlic ice cream. Would you dare to try it?	CANADA	English-100		PG	a	
2024-05-18	0600	<b>Pati's Mexican Table</b>	Sonora Family Favorites For Sami	Pati spends a day in her kitchen with her son, Sami, cooking some recipes inspired by her travels in Sonora, Mexico. She prepares beef chimis, rice lentils with crispy onions, and a tasty dessert.	USA	English-100		G		Y
2024-05-18	0630	<b>Gourmet Farmer</b>	Chicken Dispatching And Abalone Diving	Matthew and Nick visit Nene on Bruny Island where they go abalone diving. Back on the farm Matthew has a problem - an over-supply of roosters.		English-100	RPT	PG	a w	Y
2024-05-18	0700	<b>David Rocco's Dolce Tuscany</b>	Fisherman Of Orbetello	David visits the seaside Tuscan town of Orbetello, where a co-op of fisherman not only fish on the lagoons for eel, seabream and sea bass, but also run the entire smoking and canning operation.	CANADA	English-100		PG	a w	
2024-05-18	0730	<b>Ainsley's Fantastic Flavours</b>	Floral	Ainsley Harriott gets creative with floral flavours - fragrant chicken kebabs with saffron, cardamon, and rosewater rice.	UNITED KINGDOM	English-100		PG		
2024-05-18	0825	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 7	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-05-18	0830	<b>Spencer's Big 30</b>	Meatballs & Shakshuka	Moroccan cuisine typically combines a million flavours and host Spencer Watts shows us how to bring that intensity home in a few simple steps.	CANADA	English-100		PG		
2024-05-18	0900	<b>Everyday Gourmet With Justine Schofield</b>	Ep 90	Justine makes her warm chicken noodle soup, Massimo Mele shares his recipe for pesce in cartoccio and Trish McKenzie shows you some naughty hot choc shots.	AUSTRALIA	English-100		G		

2024-05-18	0930	<b>My Market Kitchen</b>	Ep 10	Matt Sinclair teams up with his son to bake a pear streusel cake. Laura brings the girls together for a raw caramel slice. Mike dazzles Damien, 'The Mushroom Man' at Prahran Market.	AUSTRALIA	English-100		G		
2024-05-18	1000	<b>Taste Of Australia With Hayden Quinn</b>	Taste Of Australia With Hayden Quinn Series 2 Ep 5	Hayden learns about regenerative farming at a cherry farm and a cattle property, with alpacas and a famous winery visit thrown in, and ends the day with a picture-perfect campfire meal.	AUSTRALIA	English-100		G		
2024-05-18	1030	<b>Food Safari</b>	Pakistani Safari	Looks at some of the Pakistani dishes that are loved around the world - like biryani - the layered spiced rice and meat dish.	AUSTRALIA	English-100	RPT	G		Y
2024-05-18	1100	<b>The Cook Up With Adam Liaw</b>	High Tea, The	It's Easy Entertaining with The Cook Up, and Adam is hosting a high tea with tennis player Priscilla Hon and Australia's queen of baking, Ann Reardon. Put the kettle on!	AUSTRALIA	English-100		G		
2024-05-18	1130	<b>Extreme Food Phobics</b>	Extreme Food Phobics Series 1 Ep 7	This episode follows a 34-year-old woman whose restrictive diet of mostly chip butties is putting her health at serious risk.	UNITED KINGDOM	English-100	RPT	PG	a	Y
2024-05-18	1225	<b>Please Eat Slowly Bitesize</b>	Mango Pancakes	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100		G		
2024-05-18	1230	<b>Ainsley's Fantastic Flavours</b>	Floral	Ainsley Harriott gets creative with floral flavours - fragrant chicken kebabs with saffron, cardamon, and rosewater rice.	UNITED KINGDOM	English-100		PG		
2024-05-18	1325	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 7	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-05-18	1330	<b>Spencer's Big 30</b>	Meatballs & Shakshuka	Moroccan cuisine typically combines a million flavours and host Spencer Watts shows us how to bring that intensity home in a few simple steps.	CANADA	English-100		PG		
2024-05-18	1400	<b>Everyday Gourmet With Justine Schofield</b>	Ep 90	Justine makes her warm chicken noodle soup, Massimo Mele shares his recipe for pesce in cartoccio and Trish McKenzie shows you some naughty hot choc shots.	AUSTRALIA	English-100		G		
2024-05-18	1430	<b>Jamie's Great Britain</b>	South Wales	Jamie travels to South Wales where he learns the massive impact the Welsh coal boom had on their food culture in the late 19th century and beyond, and how a massive Italian community evolved in Wales.	UNITED KINGDOM	English-100		PG	a l w	



2024-05-18	1530	<b>Jamie's Great Britain</b>	Heart Of England	Jamie's road trip takes him to the heart of England - The Midlands. Leicester is his first stop, where he uncovers the impact the British Empire's love for spice has had on Britain's food culture.	UNITED KINGDOM	English-100	PG	I
2024-05-18	1630	<b>Giada Entertains</b>	Jade Feel Good Party	Giada serves a healthy, kid-friendly lunch for her daughter Jade and friends after a yoga and stretching class. The young guests are treated to lemon chicken and cheddar-stuffed cauliflower.	USA	English-100	G	
2024-05-18	1700	<b>Barefoot Contessa: Back To Basics</b>	Modern Comfort Food: Weeknight Dinners	Ina Garten is all about comforting weeknight dinners, starting with all-in-one skillet-roasted chicken and potatoes. She also makes shells with broccoli rabe and pancetta.	USA	English-100	G	
2024-05-18	1730	<b>Luca's Key Ingredient</b>	Luca's Key Ingredient Series 1 Ep 1	Italian-born chef Luca Ciano presents an exciting seven-part cooking series. Today's episode utilises a classic ingredient in quintessential Italian cooking, Prosciutto di Parma.	AUSTRALIA	English-100	G	
2024-05-18	1800	<b>The Next Thing You Eat</b>	2050: Look Ahead	Pop culture loves to imagine the future of food, but it rarely gets it right. What will life be like in 2050? We'll probably have a lot more sporks but will fast food take over?	USA		PG	Y
2024-05-18	1835	<b>Raymond Blanc's Royal Kitchen Gardens</b>	Hampton Court Palace 1	Raymond's journey takes him to the impressive Hampton Court Palace. He discovers its fascinating history and long heritage, then makes a beautiful dessert sure to impress.	UNITED KINGDOM	English-100	PG	
2024-05-18	1930	<b>Hairy Bikers Go Local</b>	Barsham Arms, Norfolk	The Bikers continue their adventure in Norfolk, on the hunt for new, local ingredients for a country pub chef with a creative streak.	UNITED KINGDOM	English-100	G	
2024-05-18	2035	<b>Rick Stein's Food Heroes</b>	Rick Stein's Food Heroes Series 2 Ep 10	Rick takes a moonlit excursion off Newlyn Bay in Cornwall to go pilchard fishing with Nick Howell. Pilchards are not popular in Britain, as they tend to come smothered in tomato sauce in tins.	UNITED KINGDOM	English-100	PG	a w
2024-05-18	2105	<b>Rick Stein's Food Heroes</b>	Rick Stein's Food Heroes Series 2 Ep 11	Rick and Chalky enjoy a Turkish barbecue in London's East End. After contributing Lamb Koftas to the fare at the Mangal Okacbası Turkish restaurant in Dalton, Rick moves on to Hackney Marshes.	UNITED KINGDOM	English-100	PG	a w
2024-05-18	2135	<b>Anthony Bourdain: No Reservations</b>	Maine	Anthony Bourdain travels to Maine with his long-time cameraman and native Mainer, Zach Zamboni. Zach exposes Tony to the food and people of the 'two Maines': the civilised coast and the untamed interior.	USA	English-100	PG	
2024-05-18	2230	<b>The Wine Show</b>	Wine Show Series 3, The Ep 1	Dominic West joins James Purefoy to taste wines at the beautiful HQ in the Douro Valley. Matthew Goode and James learn about the Portuguese Age of Discoveries in Lisbon.	UNITED KINGDOM	English-100	PG	Y

2024-05-18	2330	<b>Jamie's Great Britain</b>	South Wales	Jamie travels to South Wales where he learns the massive impact the Welsh coal boom had on their food culture in the late 19th century and beyond, and how a massive Italian community evolved in Wales.	UNITED KINGDOM	English-100	PG	a l w
2024-05-18	2430	<b>Jamie's Great Britain</b>	Heart Of England	Jamie's road trip takes him to the heart of England - The Midlands. Leicester is his first stop, where he uncovers the impact the British Empire's love for spice has had on Britain's food culture.	UNITED KINGDOM	English-100	PG	l
2024-05-18	2530	<b>Giada Entertains</b>	Jade Feel Good Party	Giada serves a healthy, kid-friendly lunch for her daughter Jade and friends after a yoga and stretching class. The young guests are treated to lemon chicken and cheddar-stuffed cauliflower.	USA	English-100	G	
2024-05-18	2600	<b>Barefoot Contessa: Back To Basics</b>	Modern Comfort Food: Weeknight Dinners	Ina Garten is all about comforting weeknight dinners, starting with all-in-one skillet-roasted chicken and potatoes. She also makes shells with broccoli rabe and pancetta.	USA	English-100	G	
2024-05-18	2630	<b>Luca's Key Ingredient</b>	Luca's Key Ingredient Series 1 Ep 1	Italian-born chef Luca Ciano presents an exciting seven-part cooking series. Today's episode utilises a classic ingredient in quintessential Italian cooking, Prosciutto di Parma.	AUSTRALIA	English-100	G	
2024-05-18	2700	<b>The Next Thing You Eat</b>	2050: Look Ahead	Pop culture loves to imagine the future of food, but it rarely gets it right. What will life be like in 2050? We'll probably have a lot more sporks but will fast food take over?	USA		PG	Y
2024-05-18	2735	<b>Raymond Blanc's Royal Kitchen Gardens</b>	Hampton Court Palace 1	Raymond's journey takes him to the impressive Hampton Court Palace. He discovers its fascinating history and long heritage, then makes a beautiful dessert sure to impress.	UNITED KINGDOM	English-100	PG	
2024-05-18	2830	<b>Rick Stein's Food Heroes</b>	Rick Stein's Food Heroes Series 2 Ep 10	Rick takes a moonlit excursion off Newlyn Bay in Cornwall to go pilchard fishing with Nick Howell. Pilchards are not popular in Britain, as they tend to come smothered in tomato sauce in tins.	UNITED KINGDOM	English-100	PG	a w