



WEEK 21: Sunday, 19 May - Saturday, 25 May 2024 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-05-19	0500	Rick Stein's Food Heroes	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 Okacbasi Turkish restaurant in Dalton, Rick moves on to Hackney Marshes.	UNITED KINGDOM	English-100		PG	a w		
2024-05-19	0530	Jamie's Great Britain	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		
2024-05-19	0630	Jamie's Great Britain	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		
2024-05-19	0730	Giada Entertains	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			
2024-05-19	0800	Barefoot Contessa: Back To Basics	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			
2024-05-19	0830	Luca's Key Ingredient	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			
2024-05-19	0900	The Next Thing You Eat	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
2024-05-19	0935	Raymond Blanc's Royal Kitchen Gardens	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			

2024-05-19	1030	Hairy Bikers Go Local	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	
2024-05-19	1135	Rick Stein's Food Heroes	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
2024-05-19	1205	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 11	Rick and Chalky enjoy a Turkish barbecue in London's East End. After contributing Lamb Kotfas to the fare at the Mangal Okacbası Turkish restaurant in Dalton, Rick moves on to Hackney Marshes.	UNITED KINGDOM	English-100		PG	a w
2024-05-19	1235	Jamie's Great Britain	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
2024-05-19	1330	Giada Entertains	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	
2024-05-19	1400	The Cook Up With Adam Liaw	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	RPT	G	Y
2024-05-19	1430	The Cook Up With Adam Liaw	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	RPT	G	Y
2024-05-19	1500	The Cook Up With Adam Liaw	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	RPT	G	Y
2024-05-19	1530	The Cook Up With Adam Liaw	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	RPT	G	Y
2024-05-19	1600	The Cook Up With Adam Liaw	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	

2024-05-19	1630	Giada Entertains	Spring Supper	Giada draws on the fresh flavours of spring as she celebrates Easter in Italian style with a fabulous family feast. The holiday menu includes spicy lamb Bolognese and creamy polenta with spinach.	USA	English-100		G		
2024-05-19	1700	Barefoot Contessa: Back To Basics	Modern Comfort Food: Simple Pleasures	It's all about simple pleasures and dishes that bring Ina Garten pure joy. She starts with giant crinkled chocolate chip cookies, kielbasa with mustard dip, and cheddar and chutney grilled cheese.	USA	English-100		G		
2024-05-19	1730	The Chef's Garden	Ep 3	Chef Massimo Mele explores the true essence of Tassie's local produce. From prized free range pork sausages, to freshly picked mushrooms and other mouthwatering recipes along the way.	AUSTRALIA	English-100		G		
2024-05-19	1800	Flat Out Food	Barley	Found in abundance on the Prairies, barley is most often malted and used in beer but, as Jenn discovers, it has many unique uses as well.	CANADA	English-100		G		
2024-05-19	1830	Michel Roux's French Country Cooking	Sunday Lunch	In this masterclass Michel hosts a Sunday lunch of fish quenelles, chicken cooked in salt crust pastry and red-wine poached pears with galette serpentine.	UNITED KINGDOM	English-100		G		Y
2024-05-19	1925	Destination Flavour Singapore Bitesize	Fruit Stall	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		Y
2024-05-19	1930	Britain's Poshest Farm Shops	Britain's Poshest Farm Shops Series 1 Ep 1	While much of the High Street has faltered in recent years, with the nostalgic appeal of a traditional countryside corner shop, these often expansive but charming rural delis are a retailing success.	UNITED KINGDOM	English-100		G		
2024-05-19	2030	Rick Stein's Road To Mexico	Mexico City To Oaxaca	Heading south from the capital, Rick travels to Puebla, which conjures up images of Cortez and the Spanish conquest of Mexico. It is a city with impressive European architecture, and the home of mole,	UNITED KINGDOM	English-100		PG	a l	Y
2024-05-19	2135	Anthony Bourdain: No Reservations	Food Porn 2	Now that some time has passed and the post-food porn euphoria has worn off, Tony, with the help of a few friends is ready to gear up for an even steamier round two.	USA	English-100		PG	s	
2024-05-19	2230	The Wine Show	Wine Show Series 3, The Ep 2	Matthew Goode and James Purefoy think they've got their second road trip challenge sorted when asked to find a wine that links Portugal and England. But there's a surprise in store.	UNITED KINGDOM	English-100		PG	a s	Y
2024-05-19	2330	Giada Entertains	Spring Supper	Giada draws on the fresh flavours of spring as she celebrates Easter in Italian style with a fabulous family feast. The holiday menu includes spicy lamb Bolognese and creamy polenta with spinach.	USA	English-100		G		

2024-05-19	2400	Barefoot Contessa: Back To Basics	Modern Comfort Food: Simple Pleasures	It's all about simple pleasures and dishes that bring Ina Garten pure joy. She starts with giant crinkled chocolate chip cookies, kielbasa with mustard dip, and cheddar and chutney grilled cheese.	USA	English-100		G	
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2024-05-19	2500	Flat Out Food	Barley	Found in abundance on the Prairies, barley is most often malted and used in beer but, as Jenn discovers, it has many unique uses as well.	CANADA	English-100		G	
2024-05-19	2530	Michel Roux's French Country Cooking	Sunday Lunch	In this masterclass Michel hosts a Sunday lunch of fish quenelles, chicken cooked in salt crust pastry and red-wine poached pears with galette serpentine.	UNITED KINGDOM	English-100		G	Y
2024-05-19	2625	Destination Flavour Singapore Bitesize	Fruit Stall	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	Y
2024-05-19	2630	Britain's Poshest Farm Shops	Britain's Poshest Farm Shops Series 1 Ep 1	While much of the High Street has faltered in recent years, with the nostalgic appeal of a traditional countryside corner shop, these often expansive but charming rural delis are a retailing success.	UNITED KINGDOM	English-100		G	
2024-05-19	2725	Destination Flavour Fillers	Episode 1	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y
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2024-05-20	1235	Middle East Feast With Shane Delia	Israeli	Israel has a diverse food culture, with a strong connection to Mediterranean flavours. Shane is joined in the kitchen by guest Ehud Malka and offers up an entire feast of brilliant Israeli cuisine.	AUSTRALIA	English-100		G		Y
2024-05-20	1300	Mary Makes It Easy	Love Letter To Leftovers	Leftovers can seem uninspiring, but Mary gives them new life by showing how to use them as ingredients in brand new recipes. Starting with leftover risotto.	CANADA	English-100		G		

2024-05-20	1330	Jamie's Great Italian Escape	Sicily	Jamie Oliver begins his Italian escape on the island of Sicily where he tours the city of Palermo in search of the best local cuisine.	UNITED KINGDOM	English-100	PG			Y
2024-05-20	1400	Pati's Mexican Table	Legends Of The Sonoran Sea	Pati prepares a couple of recipes inspired by her experiences in Sonora, Mexico: shrimp tacos bravos and a seafood tostadas piled high and layered with salsa negra, and apple chilitipin salsa.	USA	English-100	PG	a w		Y
2024-05-20	1430	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
2024-05-20	1500	David Rocco's Dolce Tuscany	Land & Sea	David visits an agriturismo that specializes in sheep's milk cheese and gets creative using it in the kitchen. Then it's on to the nearby seaside town of Porto Ercole.	CANADA	English-100	PG	a w		Y
2024-05-20	1530	Ainsley's Fantastic Flavours	Meaty	Ainsley Harriott and friends make the most of meaty flavours. While Ainsley is on breakfast duty, he cooks up potato rosti with black pudding, poached egg and crispy maple-sriracha bacon.	UNITED KINGDOM	English-100	PG			
2024-05-20	1625	Destination Flavour Fillers	Episode 1	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y
2024-05-20	1630	Spencer's Big 30	Burgers & Fries	Spencer cooks up his homemade smoky and sweet Turkey Burgers smothered in a smoked paprika mayonnaise. Next up is the burger's best friend: crispy French Fries.	CANADA	English-100	G			
2024-05-20	1700	Mad Good Food	Jerkin' And Grillin'	Back from a trip to Negril, Jamaica, Chef Derrell Smith brings his favourite dishes back to his own yard! Jerk chicken, saltfish and ackee, coconut peas and rice, and other Caribbean favourites.	USA	English-100	G			
2024-05-20	1730	My Market Kitchen	Ep 11	Matt whips up an Asian classic amidst Queensland's Noosa Farmers Market. Laura tantalizes taste buds with her entree. Mike adds a Japanese-inspired twist with yuzu and miso tart.	AUSTRALIA	English-100	G			
2024-05-20	1800	Taste Of Australia With Hayden Quinn	Taste Of Australia With Hayden Quinn Series 2 Ep 6	Hayden's journey down the Murrumbidgee River starts with an indigenous tour, then it's time to pick up local rice and chocolate to make a wonderful dessert.	AUSTRALIA	English-100	G			
2024-05-20	1830	Food Safari	Croatian Safari	Dennis Valcich runs through the key ingredients used in Croatian cooking and demonstrates a recipe from the Dalmatian coast - artichoke with potatoes and broad beans.	AUSTRALIA	English-100	RPT	G		Y
2024-05-20	1900	The Cook Up With Adam Liaw	Pasta Pronto	There's no faster pasta than the food in The Cook Up kitchen tonight, as guests Julia Busuttill Nishimura and Giovanni Pilu join Adam to make pasta, pronto!	AUSTRALIA	English-100	G			
2024-05-20	1930	Rick Stein's Taste Of Italian Opera	Rick Stein's Taste Of Italian Opera	In this colourful special, top chef Rick Stein takes a lighthearted look at the role that food played in the creation of Italian opera and shows how music and food are intrinsically linked in Italy.	UNITED KINGDOM	English-100	RPT	G		Y

2024-05-20	2040	Marcus Wareing's Kitchen Garden Tales	Cider	There is an abundance of fruits falling from the trees in the orchard that often go to waste. Marcus decides to make them into his own cider and visits an expert to help him fulfill this idea.	UNITED KINGDOM	English-100		G	
2024-05-20	2110	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 2 Ep 6	Paula shows us how to make her version of steak Diane by substituting the steak with a collop of venison which she roasts and serves with sauteed potatoes. She demonstrates how to smoke a chicken.	UNITED KINGDOM	English-100		G	
2024-05-20	2140	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 4	In an attempt to make a quicker profit, Paul decides to add hens and honey to his farm, and goes on a road trip to find out how. Digger proves he's got the nose for truffle hunting.	UNITED KINGDOM	English-100	RPT	PG	Y
2024-05-20	2235	The Cook Up With Adam Liaw	Pasta Pronto	There's no faster pasta than the food in The Cook Up kitchen tonight, as guests Julia Busuttill Nishimura and Giovanni Pilu join Adam to make pasta, pronto!	AUSTRALIA	English-100		G	
2024-05-20	2305	The Cook And The Chef	Fish	Back from their New Zealand Food Adventure Maggie and Simon again set their sights on local produce, enjoying two excellent fish - King George Whiting and Mulloway.	AUSTRALIA	English-100		G	
2024-05-20	2335	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 6 Ep 1	Simon Pegg joins the boys in the cafe, where on the menu is a delicious, melt-in-the mouth lamb tagine, inspired by Simon's time spent filming in Morocco, and Jamie's indulgent Provencal bake.	UNITED KINGDOM	English-100		PG	a n
2024-05-20	2430	Rick Stein's Taste Of Italian Opera	Rick Stein's Taste Of Italian Opera	In this colourful special, top chef Rick Stein takes a lighthearted look at the role that food played in the creation of Italian opera and shows how music and food are intrinsically linked in Italy.	UNITED KINGDOM	English-100	RPT	G	Y
2024-05-20	2535	Marcus Wareing's Kitchen Garden Tales	Cider	There is an abundance of fruits falling from the trees in the orchard that often go to waste. Marcus decides to make them into his own cider and visits an expert to help him fulfill this idea.	UNITED KINGDOM	English-100		G	
2024-05-20	2605	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 2 Ep 6	Paula shows us how to make her version of steak Diane by substituting the steak with a collop of venison which she roasts and serves with sauteed potatoes. She demonstrates how to smoke a chicken.	UNITED KINGDOM	English-100		G	
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2024-05-20	2730	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 6 Ep 1	Simon Pegg joins the boys in the cafe, where on the menu is a delicious, melt-in-the mouth lamb tagine, inspired by Simon's time spent filming in Morocco, and Jamie's indulgent Provencal bake.	UNITED KINGDOM	English-100		PG	a n
2024-05-20	2825	Please Eat Slowly Bitesize	Dumplings	Victor shares his tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right.	AUSTRALIA	English-100		G	
2024-05-20	2830	The Cook And The Chef	Fish	Back from their New Zealand Food Adventure Maggie and Simon again set their sights on local produce, enjoying two excellent fish - King George Whiting and Mulloway.	AUSTRALIA	English-100		G	

2024-05-21	0500	Mary Makes It Easy	Love Letter To Leftovers	Leftovers can seem uninspiring, but Mary gives them new life by showing how to use them as ingredients in brand new recipes. Starting with leftover risotto.	CANADA	English-100	G		
2024-05-21	0530	Jamie's Great Italian Escape	Sicily	Jamie Oliver begins his Italian escape on the island of Sicily where he tours the city of Palermo in search of the best local cuisine.	UNITED KINGDOM	English-100	PG		Y
2024-05-21	0600	Pati's Mexican Table	Legends Of The Sonoran Sea	Pati prepares a couple of recipes inspired by her experiences in Sonora, Mexico: shrimp tacos bravos and a seafood tostadas piled high and layered with salsa negra, and apple chilitipin salsa.	USA	English-100	PG	a w	Y
2024-05-21	0630	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
2024-05-21	0700	David Rocco's Dolce Tuscany	Land & Sea	David visits an agriturismo that specializes in sheep's milk cheese and gets creative using it in the kitchen. Then it's on to the nearby seaside town of Porto Ercole.	CANADA	English-100	PG	a w	Y
2024-05-21	0730	Ainsley's Fantastic Flavours	Meaty	Ainsley Harriott and friends make the most of meaty flavours. While Ainsley is on breakfast duty, he cooks up potato rosti with black pudding, poached egg and crispy maple-sriracha bacon.	UNITED KINGDOM	English-100	PG		
2024-05-21	0825	Destination Flavour Fillers	Episode 1	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y
2024-05-21	0830	Spencer's Big 30	Burgers & Fries	Spencer cooks up his homemade smoky and sweet Turkey Burgers smothered in a smoked paprika mayonnaise. Next up is the burger's best friend: crispy French Fries.	CANADA	English-100	G		
2024-05-21	0900	Mad Good Food	Jerkin' And Grillin'	Back from a trip to Negril, Jamaica, Chef Derrell Smith brings his favourite dishes back to his own yard! Jerk chicken, saltfish and ackee, coconut peas and rice, and other Caribbean favourites.	USA	English-100	G		
2024-05-21	0930	My Market Kitchen	Ep 11	Matt whips up an Asian classic amidst Queensland's Noosa Farmers Market. Laura tantalizes taste buds with her entree. Mike adds a Japanese-inspired twist with yuzu and miso tart.	AUSTRALIA	English-100	G		
2024-05-21	1000	Taste Of Australia With Hayden Quinn	Taste Of Australia With Hayden Quinn Series 2 Ep 6	Hayden's journey down the Murrumbidgee River starts with an indigenous tour, then it's time to pick up local rice and chocolate to make a wonderful dessert.	AUSTRALIA	English-100	G		
2024-05-21	1030	Food Safari	Croatian Safari	Dennis Valcich runs through the key ingredients used in Croatian cooking and demonstrates a recipe from the Dalmatian coast - artichoke with potatoes and broad beans.	AUSTRALIA	English-100	RPT	G	Y
2024-05-21	1100	The Cook Up With Adam Liaw	Pasta Pronto	There's no faster pasta than the food in The Cook Up kitchen tonight, as guests Julia Busuttill Nishimura and Giovanni Pilu join Adam to make pasta, pronto!	AUSTRALIA	English-100	G		

2024-05-21	1130	Rick Stein's Taste Of Italian Opera	Rick Stein's Taste Of Italian Opera	In this colourful special, top chef Rick Stein takes a lighthearted look at the role that food played in the creation of Italian opera and shows how music and food are intrinsically linked in Italy.	UNITED KINGDOM	English-100	RPT	G	Y
2024-05-21	1240	Middle East Feast With Shane Delia	Freshly Baked	Nothing says Middle Eastern hospitality like fresh pastries do. Shane and special guest Haikal Raji offer their best dough and bread recipes, the heart and soul of Middle Eastern food culture.	AUSTRALIA	English-100		G	Y
2024-05-21	1305	Mary Makes It Easy	Cheese Please	This week Mary pays homage to fromage with four recipes where cheese is the star. For summertime grilling, Paneer Tikka puts the Indian cheese dish on the barbecue.	CANADA	English-100		G	
2024-05-21	1330	Jamie's Great Italian Escape	Marettimo	Jamie Oliver arrives on the tiny Sicilian island of Marettimo. Here he meets fisherman Giovanni - the owner of one of Sicily's best restaurants - who has Jamie work as his assistant in his eatery.	UNITED KINGDOM	English-100		PG	Y
2024-05-21	1400	Pati's Mexican Table	Super Sonoran	Following a trip to the resort town of Puerto Penasco, Pati prepares three unique classic Sonoran recipes - each one a meal in itself: pescado zarandeado, a gallina pinta soup, and rice with clams.	USA	English-100		G	Y
2024-05-21	1430	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
2024-05-21	1500	David Rocco's Dolce Tuscany	Simone & Friends	Simone Farcassi is a local butcher from Casentino whose award-winning prosciutto is garnering worldwide attention. He wants to show David all of the great culinary finds in his hometown.	CANADA	English-100		G	Y
2024-05-21	1530	Ainsley's Fantastic Flavours	Nutty	Ainsley celebrates the foods that give us nutty flavours. Serving up ricotta pancakes with bananas, pecans, and maple syrup. Paul meets with a roaster to learn about the complex flavours in coffee.	UNITED KINGDOM	English-100		G	
2024-05-21	1625	Destination Flavour Fillers	Episode 2	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y
2024-05-21	1630	Spencer's Big 30	Tandoori Takeout	Chef Spencer Watt uses traditional spices to for his tender tandoori chicken skewers, flavoured with coriander, cumin, cayenne, and turmeric.	CANADA	English-100		G	
2024-05-21	1700	Mad Good Food	Happy Birthday To Me	It's Chef Derrell Smith's birthday and he's treating himself to some self-love and a lavish steak dinner inspired by a famous NYC steakhouse.	USA	English-100		PG	
2024-05-21	1730	My Market Kitchen	Ep 12	Laura works with an up-and-coming Japanese Chef to craft a simple yet flavourful vegetable curry. Matt sources fresh ingredients presenting his top pick. Mike teams up with Naheeda.	AUSTRALIA	English-100		G	

2024-05-21	1800	Taste Of Australia With Hayden Quinn	Taste Of Australia With Hayden Quinn Series 2 Ep 7	Hayden starts with an early morning cruise on the Tweed River, goes mud crabbing, then creates a tasty salt-baked crab dish!	AUSTRALIA	English-100		PG	a w	
2024-05-21	1830	Food Safari	Singaporean Safari	This episode sizzles with colour, flavour and texture as it savours the wonderful complexity of Singaporean food.	AUSTRALIA	English-100	RPT	G		Y
2024-05-21	1900	The Cook Up With Adam Liaw	Butterflied Roast Chicken	Adam and his guests, Bar Heather's Ollie Wong-Hee and actor Lincoln Younes, celebrate the wonders of butterflied roast chicken.	AUSTRALIA	English-100		G		
2024-05-21	1930	Nadiya's Asian Odyssey	Nadiya's Asian Odyssey Series 1 Ep 1	Nadiya makes a surprise discovery about her DNA which sees her travel solo for the first time. From the temples of Angkor Wat in North Cambodia to a Muslim island in the deep south of Thailand.	UNITED KINGDOM	English-100		G		Y
2024-05-21	2030	Jamie's Food Escapes	Athens	The food in Athens is all about simple ingredients, simply put together. Jamie goes spear fishing off a local island, meets bee keepers who produce amazing honey, and makes goats cheese with a monk.	UNITED KINGDOM	English-100		PG	a	
2024-05-21	2125	Please Eat Slowly Bitesize	Mango Pancakes	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100		G		
2024-05-21	2130	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 5	Paul welcomes visitors to the farm. His dad arrives for the first time and they go on a camping trip to hunt feral deer.	UNITED KINGDOM	English-100	RPT	PG	a	Y
2024-05-21	2230	The Cook Up With Adam Liaw	Butterflied Roast Chicken	Adam and his guests, Bar Heather's Ollie Wong-Hee and actor Lincoln Younes, celebrate the wonders of butterflied roast chicken.	AUSTRALIA	English-100		G		
2024-05-21	2300	The Cook And The Chef	Cauliflower And Passionfruit	Working at the Hotel often keeps Simon busy late into the evening so he's not known for his love of early mornings, but this week he's made the effort to get up well before the crack of dawn.	AUSTRALIA	English-100		G		
2024-05-21	2330	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 6 Ep 2	Jamie and Jimmy are joined by the Absolutely Fabulous Joanna Lumley, as she cooks for the diners at the end of Southend Pier. In her honour, the boys are preparing their first fully vegetarian menu.	UNITED KINGDOM	English-100		PG	n	
2024-05-21	2425	Please Eat Slowly Bitesize	Yee Sang	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100		G		

2024-05-21	2430	Nadiya's Asian Odyssey	Nadiya's Asian Odyssey Series 1 Ep 1	Nadiya makes a surprise discovery about her DNA which sees her travel solo for the first time. From the temples of Angkor Wat in North Cambodia to a Muslim island in the deep south of Thailand.	UNITED KINGDOM	English-100		G			Y
2024-05-21	2530	Jamie's Food Escapes	Athens	The food in Athens is all about simple ingredients, simply put together. Jamie goes spear fishing off a local island, meets bee keepers who produce amazing honey, and makes goats cheese with a monk.	UNITED KINGDOM	English-100		PG	a		
2024-05-21	2625	Please Eat Slowly Bitesize	Mango Pancakes	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100		G			
2024-05-21	2630	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 5	Paul welcomes visitors to the farm. His dad arrives for the first time and they go on a camping trip to hunt feral deer.	UNITED KINGDOM	English-100	RPT	PG	a		Y
2024-05-21	2730	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 6 Ep 2	Jamie and Jimmy are joined by the Absolutely Fabulous Joanna Lumley, as she cooks for the diners at the end of Southend Pier. In her honour, the boys are preparing their first fully vegetarian menu.	UNITED KINGDOM	English-100		PG	n		
2024-05-21	2825	Please Eat Slowly Bitesize	Yee Sang	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100		G			
2024-05-21	2830	The Cook And The Chef	Cauliflower And Passionfruit	Working at the Hotel often keeps Simon busy late into the evening so he's not known for his love of early mornings, but this week he's made the effort to get up well before the crack of dawn.	AUSTRALIA	English-100		G			
2024-05-22	0500	Mary Makes It Easy	Cheese Please	This week Mary pays homage to fromage with four recipes where cheese is the star. For summertime grilling, Paneer Tikka puts the Indian cheese dish on the barbecue.	CANADA	English-100		G			
2024-05-22	0530	Jamie's Great Italian Escape	Marettimo	Jamie Oliver arrives on the tiny Sicilian island of Marettimo. Here he meets fisherman Giovanni - the owner of one of Sicily's best restaurants - who has Jamie work as his assistant in his eatery.	UNITED KINGDOM	English-100		PG			Y
2024-05-22	0600	Pati's Mexican Table	Super Sonoran	Following a trip to the resort town of Puerto Penasco, Pati prepares three unique classic Sonoran recipes - each one a meal in itself: pescado zarandeado, a gallina pinta soup, and rice with clams.	USA	English-100		G			Y
2024-05-22	0630	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

2024-05-22	0700	David Rocco's Dolce Tuscany	Simone & Friends	Simone Farcassi is a local butcher from Casentino whose award-winning prosciutto is garnering worldwide attention. He wants to show David all of the great culinary finds in his hometown.	CANADA	English-100		G	Y
2024-05-22	0730	Ainsley's Fantastic Flavours	Nutty	Ainsley celebrates the foods that give us nutty flavours. Serving up ricotta pancakes with bananas, pecans, and maple syrup. Paul meets with a roaster to learn about the complex flavours in coffee.	UNITED KINGDOM	English-100		G	
2024-05-22	0825	Destination Flavour Fillers	Episode 2	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y
2024-05-22	0830	Spencer's Big 30	Tandoori Takeout	Chef Spencer Watt uses traditional spices to for his tender tandoori chicken skewers, flavoured with coriander, cumin, cayenne, and turmeric.	CANADA	English-100		G	
2024-05-22	0900	Mad Good Food	Happy Birthday To Me	It's Chef Derrell Smith's birthday and he's treating himself to some self-love and a lavish steak dinner inspired by a famous NYC steakhouse.	USA	English-100		PG	
2024-05-22	0930	My Market Kitchen	Ep 12	Laura works with an up-and-coming Japanese Chef to craft a simple yet flavourful vegetable curry. Matt sources fresh ingredients presenting his top pick. Mike teams up with Naheeda.	AUSTRALIA	English-100		G	
2024-05-22	1000	Taste Of Australia With Hayden Quinn	Taste Of Australia With Hayden Quinn Series 2 Ep 7	Hayden starts with an early morning cruise on the Tweed River, goes mud crabbing, then creates a tasty salt-baked crab dish!	AUSTRALIA	English-100		PG	a w
2024-05-22	1030	Food Safari	Singaporean Safari	This episode sizzles with colour, flavour and texture as it savours the wonderful complexity of Singaporean food.	AUSTRALIA	English-100	RPT	G	Y
2024-05-22	1100	The Cook Up With Adam Liaw	Butterflied Roast Chicken	Adam and his guests, Bar Heather's Ollie Wong-Hee and actor Lincoln Younes, celebrate the wonders of butterflied roast chicken.	AUSTRALIA	English-100		G	
2024-05-22	1130	Nadiya's Asian Odyssey	Nadiya's Asian Odyssey Series 1 Ep 1	Nadiya makes a surprise discovery about her DNA which sees her travel solo for the first time. From the temples of Angkor Wat in North Cambodia to a Muslim island in the deep south of Thailand.	UNITED KINGDOM	English-100		G	Y
2024-05-22	1230	Middle East Feast With Shane Delia	Comfort Food	Tom Sarafian joins host Shane Delia in the kitchen to focus on the best of slow-cooked comfort food, and Shane gives the secrets to his impressive slow-roasted lamb shoulder.	AUSTRALIA	English-100		G	Y
2024-05-22	1300	Mary Makes It Easy	Meatless Monday	Not every meal needs to have meat as the star. Whether its for health, the environment, or any other reason, lots of people are trying their hand at Meatless Mondays.	CANADA	English-100		G	

2024-05-22	1330	Jamie's Great Italian Escape	Monastery	Jamie Oliver spends time at Farfa monastery in Lazio, living and working with the monks, who were the first people to collect recipes in the area.	UNITED KINGDOM	English-100		PG	a w	Y
2024-05-22	1400	Pati's Mexican Table	Cooking For My Crew In Sonora	As they travel through Mexico's vast state of Sonora, Pati gets inspired and decides to cook a meal for her crew. Pati prepares caldo de queso, grilled asparagus, and chicken covered in pecan sauce.	USA	English-100		G		Y
2024-05-22	1430	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
2024-05-22	1500	David Rocco's Dolce Tuscany	Balsamico Di Modena	David meets with Angelo Giacobazzi, a fourth-generation producer of Aceto Balsamico di Modena vinegar. Together, they visit his cantina where the vinegars are aged for up to 35 years.	CANADA	English-100		G		
2024-05-22	1530	Ainsley's Fantastic Flavours	Earthy	Ainsley starts with pomegranate glazed lamb, roasted beetroot and freekeh salad with tahini dressing. Aldo makes his mushroom gnocchi and Gloria makes a one-pot roasted veg with halloumi.	UNITED KINGDOM	English-100		G		
2024-05-22	1625	Destination Flavour Fillers	Episode 3	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y
2024-05-22	1630	Spencer's Big 30	Put An Egg On It	Using brown lentils as the base of his meal, Spencer prepares a flavourful and nutritious dish: Warm Lentils and Poached Eggs.	CANADA	English-100		G		
2024-05-22	1700	Mad Good Food	Brunch Grows Up	Enough with the endless lines and mimosas! Chef Derrell Smith has levelled up his brunch. Dishes such as: a 'yelluh' grit bowl bar, beer braised pulled pork, and chili fried eggs.	USA	English-100		PG		
2024-05-22	1730	My Market Kitchen	Ep 13	Mike hosts Sofia Levin at the Prahran Market Kitchen as she shares her delightful minty pea falafel. Chef Toby Puttock and wine expert Adam Walls team up to cook a lamb feast.	AUSTRALIA	English-100		G		
2024-05-22	1800	Taste Of Australia With Hayden Quinn	Taste Of Australia With Hayden Quinn Series 2 Ep 8	Hayden travels to see how mussels are grown, goes whale watching, then cooks up on the famous Tathra Wharf.	AUSTRALIA	English-100		G		
2024-05-22	1830	Food Safari	Hungarian Safari	Maeve O'Meara explores the flavour, texture and wonderful complexity of Hungarian food.	AUSTRALIA	English-100	RPT	G		Y
2024-05-22	1900	The Cook Up With Adam Liaw	Sizzling Suppers	Chefs Minoli De Silva and Narin "Jack" Kulasai help Adam turn up the heat in The Cook Up kitchen as they all make their favourite sizzling suppers.	AUSTRALIA	English-100		G		
2024-05-22	1930	Rick Stein's Food Stories	Northern Ireland	In Northern Ireland, Rick has Filipino-style Sunday lunch, and meets a 'no waste' chef turning an unpopular fish into a stunning dish. At home, he cooks beef and Guinness pie.	UNITED KINGDOM	English-100		G		

2024-05-22	2000	Jamie's Great Italian Escape	Sicily	Jamie Oliver begins his Italian escape on the island of Sicily where he tours the city of Palermo in search of the best local cuisine.	UNITED KINGDOM	English-100		PG		Y
2024-05-22	2030	Jason Atherton's Dubai Dishes	Bakery	Jason proves that bread and pastries are a serious business in Dubai, with some delicious cheese pastry parcels and crumbly semolina and almond cake.	UNITED KINGDOM			G		
2024-05-22	2130	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 6	Paul goes on a wild bee hunt and builds a hive for the farm. He faces the hard task of taking his first pigs born and raised on the farm to the abattoir.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-05-22	2230	The Cook Up With Adam Liaw	Sizzling Suppers	Chefs Minoli De Silva and Narin "Jack" Kulasai help Adam turn up the heat in The Cook Up kitchen as they all make their favourite sizzling suppers.	AUSTRALIA	English-100		G		
2024-05-22	2300	The Cook And The Chef	Limes And Rice	The beautiful fertile soils of the Northern Rivers Regions of NSW have made possible many amazing subtropical food enterprises. Maggie discovers why the finger lime is called 'citrus caviar'.	AUSTRALIA	English-100		G		
2024-05-22	2330	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 6 Ep 3	Jamie and Jimmy feel The Force as they're joined in the cafe by the legendary Mark Hamill, and they create a menu that is out of this world for their childhood hero, Luke Skywalker.	UNITED KINGDOM	English-100		PG	n	
2024-05-22	2425	Please Eat Slowly Bitesize	Hand-Pulled Noodles	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100		G		
2024-05-22	2430	Rick Stein's Food Stories	Northern Ireland	In Northern Ireland, Rick has Filipino-style Sunday lunch, and meets a 'no waste' chef turning an unpopular fish into a stunning dish. At home, he cooks beef and Guinness pie.	UNITED KINGDOM	English-100		G		
2024-05-22	2500	Jamie's Great Italian Escape	Sicily	Jamie Oliver begins his Italian escape on the island of Sicily where he tours the city of Palermo in search of the best local cuisine.	UNITED KINGDOM	English-100		PG		Y
2024-05-22	2530	Jason Atherton's Dubai Dishes	Bakery	Jason proves that bread and pastries are a serious business in Dubai, with some delicious cheese pastry parcels and crumbly semolina and almond cake.	UNITED KINGDOM			G		
2024-05-22	2630	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 6	Paul goes on a wild bee hunt and builds a hive for the farm. He faces the hard task of taking his first pigs born and raised on the farm to the abattoir.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-05-22	2730	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 6 Ep 3	Jamie and Jimmy feel The Force as they're joined in the cafe by the legendary Mark Hamill, and they create a menu that is out of this world for their childhood hero, Luke Skywalker.	UNITED KINGDOM	English-100		PG	n	
2024-05-22	2825	Please Eat Slowly Bitesize	Hand-Pulled Noodles	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100		G		

2024-05-22	2830	The Cook And The Chef	Limes And Rice	The beautiful fertile soils of the Northern Rivers Regions of NSW have made possible many amazing subtropical food enterprises. Maggie discovers why the finger lime is called 'citrus caviar'.	AUSTRALIA	English-100	G			
2024-05-23	0500	Mary Makes It Easy	Meatless Monday	Not every meal needs to have meat as the star. Whether its for health, the environment, or any other reason, lots of people are trying their hand at Meatless Mondays.	CANADA	English-100	G			
2024-05-23	0530	Jamie's Great Italian Escape	Monastery	Jamie Oliver spends time at Farfa monastery in Lazio, living and working with the monks, who were the first people to collect recipes in the area.	UNITED KINGDOM	English-100	PG	a w		Y
2024-05-23	0600	Pati's Mexican Table	Cooking For My Crew In Sonora	As they travel through Mexico's vast state of Sonora, Pati gets inspired and decides to cook a meal for her crew. Pati prepares caldo de queso, grilled asparagus, and chicken covered in pecan sauce.	USA	English-100	G			Y
2024-05-23	0630	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
2024-05-23	0700	David Rocco's Dolce Tuscany	Balsamico Di Modena	David meets with Angelo Giacobazzi, a fourth-generation producer of Aceto Balsamico di Modena vinegar. Together, they visit his cantina where the vinegars are aged for up to 35 years.	CANADA	English-100	G			
2024-05-23	0730	Ainsley's Fantastic Flavours	Earthy	Ainsley starts with pomegranate glazed lamb, roasted beetroot and freekeh salad with tahini dressing. Aldo makes his mushroom gnocchi and Gloria makes a one-pot roasted veg with halloumi.	UNITED KINGDOM	English-100	G			
2024-05-23	0825	Destination Flavour Fillers	Episode 3	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y
2024-05-23	0830	Spencer's Big 30	Put An Egg On It	Using brown lentils as the base of his meal, Spencer prepares a flavourful and nutritious dish: Warm Lentils and Poached Eggs.	CANADA	English-100	G			
2024-05-23	0900	Mad Good Food	Brunch Grows Up	Enough with the endless lines and mimosas! Chef Derrell Smith has levelled up his brunch. Dishes such as: a 'yelluh' grit bowl bar, beer braised pulled pork, and chili fried eggs.	USA	English-100	PG			
2024-05-23	0930	My Market Kitchen	Ep 13	Mike hosts Sofia Levin at the Prahran Market Kitchen as she shares her delightful minty pea falafel. Chef Toby Puttock and wine expert Adam Walls team up to cook a lamb feast.	AUSTRALIA	English-100	G			
2024-05-23	1000	Taste Of Australia With Hayden Quinn	Taste Of Australia With Hayden Quinn Series 2 Ep 8	Hayden travels to see how mussels are grown, goes whale watching, then cooks up on the famous Tathra Wharf.	AUSTRALIA	English-100	G			
2024-05-23	1030	Food Safari	Hungarian Safari	Maeve O'Meara explores the flavour, texture and wonderful complexity of Hungarian food.	AUSTRALIA	English-100	RPT	G		Y

2024-05-23	1100	The Cook Up With Adam Liaw	Sizzling Suppers	Chefs Minoli De Silva and Narin "Jack" Kulasai help Adam turn up the heat in The Cook Up kitchen as they all make their favourite sizzling suppers.	AUSTRALIA	English-100	G				
2024-05-23	1130	Rick Stein's Food Stories	Northern Ireland	In Northern Ireland, Rick has Filipino-style Sunday lunch, and meets a 'no waste' chef turning an unpopular fish into a stunning dish. At home, he cooks beef and Guinness pie.	UNITED KINGDOM	English-100	G				
2024-05-23	1200	Jamie's Great Italian Escape	Sicily	Jamie Oliver begins his Italian escape on the island of Sicily where he tours the city of Palermo in search of the best local cuisine.	UNITED KINGDOM	English-100	PG			Y	
2024-05-23	1230	Middle East Feast With Shane Delia	Bbq	Using cooking methods that have been perfected over time, Shane brings beautiful smoky flavours to some prawns, and Emir Ukur joins in with his recipe for the most famous Middle Eastern dish, kebab.	AUSTRALIA	English-100	G		Y		
2024-05-23	1300	Mary Makes It Easy	Fast Food Fixes	Mary loves restaurant takeout. So, for these recipes she's delivering fast food flavours at home with dishes that are simple to make and even better to personalize as your own.	CANADA	English-100	G			Y	
2024-05-23	1330	Jamie's Great Italian Escape	Le Marche	Jamie heads north to the mountains of Le Marche - a relatively unexplored region next door to Umbria - to stay with a family of hunters.	UNITED KINGDOM	English-100	PG	a w		Y	
2024-05-23	1400	Pati's Mexican Table	Sabores Nortenos	Pati is inspired by Sonora, Mexico's 'northern flavours'. In her kitchen, she makes pork chops and corn, chile and cheese tamales. In Sonora, she visits a hacienda and tries tamales and enchiladas.	USA	English-100	G			Y	
2024-05-23	1430	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
2024-05-23	1500	David Rocco's Dolce Tuscany	Wheat, Flour, Pasta	At Villa Poggio Bartoli, the wheat harvest is a big deal. To this day, the threshing of the wheat is done the old-fashioned way using machinery from the 1920s.	CANADA	English-100	G				
2024-05-23	1530	Hairy Bikers Comfort Food	Cosy Suppers	This episode the Bikers cook dishes perfect for cosy suppers. There's a new take on classic steak and chips and a sticky gingerbread that's got to be the ultimate in comfort baking.	UNITED KINGDOM	English-100	G				
2024-05-23	1625	Destination Flavour Fillers	Episode 4	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y	
2024-05-23	1630	Spencer's Big 30	Lebanese Take-Out	First up is a fresh Fattoush Salad with zesty sumac and lemon dressing, topped with warm crunchy pita chips. Next, a flavourful dessert of Walnut Baklava Cookies.	CANADA	English-100	PG				
2024-05-23	1700	Mad Good Food	Grandma Estelle	Chef Derrell Smith shares family recipes taking him right back to grandma's table. He's cookin' up fried chicken, mac 'n cheese, collard green slaw, brulee banana pudding and pop-pops moonshine.	USA	English-100	PG				

2024-05-23	1730	My Market Kitchen	Ep 14	Adam Walls returns to assist Matt and match a wine to a mushroom, tofu, and cashew larb. Mike puts his spin on a chicken biryani. Kathy from 'Sweet Greek' tantalizes with a chicken schnitzel.	AUSTRALIA	English-100		G		
2024-05-23	1800	Taste Of Australia With Hayden Quinn	Taste Of Australia With Hayden Quinn Series 2 Ep 9	Hayden's friend Amina is his guide for a wonderful food-filled tour of Western Sydney as Amina takes Hayden to some of her favourite places.	AUSTRALIA	English-100		G		
2024-05-23	1830	Food Safari	Sri Lankan Safari	Hosted by Maeve O'Meara, this episode features acclaimed chef Peter Kuravita, and the queen of Asian cooking in Australia - Charmaine Solomon OAM.	AUSTRALIA	English-100	RPT	G		Y
2024-05-23	1900	The Cook Up With Adam Liaw	Budget Braises	It's time to sing the praises of budget braises, with Adam, chef Sean Connolly and scholar Dr. Tyson Yunkaporta.	AUSTRALIA	English-100		G		
2024-05-23	1930	John Torode's Korean Food Tour	Harvest	Autumn brings both the rice harvest and Chuseok, Korean harvest festival, the most important festival of the year. In his Gangnam kitchen, John makes japchae - Korean glass noodles.	UNITED KINGDOM	English-100		G		Y
2024-05-23	2030	Sophie Grigson: Slice Of Italy	Nuts And Pulse	Sophie visits an almond farmer to discover how they are harvested and shelled. A local baker demonstrates how she makes the almond and cherry jam sweet treats that are served all over town.	UNITED KINGDOM	English-100		G		Y
2024-05-23	2100	Sophie Grigson: Slice Of Italy	Importance Of Cheese, The	Sophie visits a local cheese maker to see how they age their cheeses in caves and stuffs courgette flowers with local ricotta. She is also shown how to make the cakes known locally as nun's breasts.	UNITED KINGDOM	English-100		G		Y
2024-05-23	2130	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 7	Paul learns about catching eels from Indigenous local chef Noel Butler and sells his first eggs and veggie boxes into Tilba.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-05-23	2230	The Cook Up With Adam Liaw	Budget Braises	It's time to sing the praises of budget braises, with Adam, chef Sean Connolly and scholar Dr. Tyson Yunkaporta.	AUSTRALIA	English-100		G		
2024-05-23	2300	The Cook And The Chef	Brussels Sprouts And Avocado	Maggie and Simon go green with brussels sprouts and avocados. Enjoy their warm winter take on the much maligned sprout and take a trip back to the seventies with Simon's avocado ice cream.	AUSTRALIA	English-100		G		
2024-05-23	2330	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 6 Ep 4	Jamie and Jimmy welcome comedian Sarah Millican to their cafe on the end of Southend Pier. She gets her first ever cooking lesson as Jamie faces the weirdest challenge of his career.	UNITED KINGDOM	English-100		PG	a n s	
2024-05-23	2425	Please Eat Slowly Bitesize	Steamed Whole Fish	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100		G		
2024-05-23	2430	John Torode's Korean Food Tour	Harvest	Autumn brings both the rice harvest and Chuseok, Korean harvest festival, the most important festival of the year. In his Gangnam kitchen, John makes japchae - Korean glass noodles.	UNITED KINGDOM	English-100		G		Y

2024-05-23	2530	Sophie Grigson: Slice Of Italy	Nuts And Pulse	Sophie visits an almond farmer to discover how they are harvested and shelled. A local baker demonstrates how she makes the almond and cherry jam sweet treats that are served all over town.	UNITED KINGDOM	English-100		G				Y
2024-05-23	2600	Sophie Grigson: Slice Of Italy	Importance Of Cheese, The	Sophie visits a local cheese maker to see how they age their cheeses in caves and stuffs courgette flowers with local ricotta. She is also shown how to make the cakes known locally as nun's breasts.	UNITED KINGDOM	English-100		G				Y
2024-05-23	2630	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 7	Paul learns about catching eels from Indigenous local chef Noel Butler and sells his first eggs and veggie boxes into Tilba.	UNITED KINGDOM	English-100	RPT	PG	a w		Y	
2024-05-23	2730	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 6 Ep 4	Jamie and Jimmy welcome comedian Sarah Millican to their cafe on the end of Southend Pier. She gets her first ever cooking lesson as Jamie faces the weirdest challenge of his career.	UNITED KINGDOM	English-100		PG	a n s			
2024-05-23	2825	Please Eat Slowly Bitesize	Steamed Whole Fish	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100		G				
2024-05-23	2830	The Cook And The Chef	Brussels Sprouts And Avocado	Maggie and Simon go green with brussels sprouts and avocados. Enjoy their warm winter take on the much maligned sprout and take a trip back to the seventies with Simon's avocado ice cream.	AUSTRALIA	English-100		G				
2024-05-24	0500	Mary Makes It Easy	Fast Food Fixes	Mary loves restaurant takeout. So, for these recipes she's delivering fast food flavours at home with dishes that are simple to make and even better to personalize as your own.	CANADA	English-100		G				Y
2024-05-24	0530	Jamie's Great Italian Escape	Le Marche	Jamie heads north to the mountains of Le Marche - a relatively unexplored region next door to Umbria - to stay with a family of hunters.	UNITED KINGDOM	English-100		PG	a w			Y
2024-05-24	0600	Pati's Mexican Table	Sabores Nortenos	Pati is inspired by Sonora, Mexico's 'northern flavours'. In her kitchen, she makes pork chops and corn, chile and cheese tamales. In Sonora, she visits a hacienda and tries tamales and enchiladas.	USA	English-100		G				Y
2024-05-24	0630	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
2024-05-24	0700	David Rocco's Dolce Tuscany	Wheat, Flour, Pasta	At Villa Poggio Bartoli, the wheat harvest is a big deal. To this day, the threshing of the wheat is done the old-fashioned way using machinery from the 1920s.	CANADA	English-100		G				
2024-05-24	0730	Hairy Bikers Comfort Food	Cosy Suppers	This episode the Bikers cook dishes perfect for cosy suppers. There's a new take on classic steak and chips and a sticky gingerbread that's got to be the ultimate in comfort baking.	UNITED KINGDOM	English-100		G				
2024-05-24	0825	Destination Flavour Fillers	Episode 4	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G			Y	

2024-05-24	0830	Spencer's Big 30	Lebanese Take-Out	First up is a fresh Fattoush Salad with zesty sumac and lemon dressing, topped with warm crunchy pita chips. Next, a flavourful dessert of Walnut Baklava Cookies.	CANADA	English-100		PG			
2024-05-24	0900	Mad Good Food	Grandma Estelle	Chef Derrell Smith shares family recipes taking him right back to grandma's table. He's cookin' up fried chicken, mac 'n cheese, collard green slaw, brulee banana pudding and pop-pops moonshine.	USA	English-100		PG			
2024-05-24	0930	My Market Kitchen	Ep 14	Adam Walls returns to assist Matt and match a wine to a mushroom, tofu, and cashew larb. Mike puts his spin on a chicken biryani. Kathy from 'Sweet Greek' tantalizes with a chicken schnitzel.	AUSTRALIA	English-100		G			
2024-05-24	1000	Taste Of Australia With Hayden Quinn	Taste Of Australia With Hayden Quinn Series 2 Ep 9	Hayden's friend Amina is his guide for a wonderful food-filled tour of Western Sydney as Amina takes Hayden to some of her favourite places.	AUSTRALIA	English-100		G			
2024-05-24	1030	Food Safari	Sri Lankan Safari	Hosted by Maeve O'Meara, this episode features acclaimed chef Peter Kuravita, and the queen of Asian cooking in Australia - Charmaine Solomon OAM.	AUSTRALIA	English-100	RPT	G		Y	
2024-05-24	1100	The Cook Up With Adam Liaw	Budget Braises	It's time to sing the praises of budget braises, with Adam, chef Sean Connolly and scholar Dr. Tyson Yunkaporta.	AUSTRALIA	English-100		G			
2024-05-24	1130	John Torode's Korean Food Tour	Harvest	Autumn brings both the rice harvest and Chuseok, Korean harvest festival, the most important festival of the year. In his Gangnam kitchen, John makes japchae - Korean glass noodles.	UNITED KINGDOM	English-100		G		Y	
2024-05-24	1230	Middle East Feast With Shane Delia	Meze	Shane is helped in the kitchen by special guests Linda Jones and Joseph Abboud to bring a perfect feast of meze (an assortment of small Middle Eastern dishes) to the table.	AUSTRALIA	English-100		G		Y	
2024-05-24	1300	Mary Makes It Easy	Let Them Eat Cake	Cake is the star of the show and Mary has three foolproof cake recipes to make sure your next celebration is a hit.	CANADA	English-100		G			
2024-05-24	1330	Jamie's Great Italian Escape	Puglia	Jamie travels to the region of Puglia and is delighted to discover the schoolchildren get a three-course menu of organic food. He also has to feed 35 fussy eaters at a party.	UNITED KINGDOM	English-100		PG	a w	Y	
2024-05-24	1400	Pati's Mexican Table	Welcome To Guadalajara	Pati explores the culinary highlights of Jalisco's capital city, Guadalajara. She starts at a legendary street cart for a taste of the city's most iconic sandwich, tortas ahogadas.	USA	English-100		G		Y	
2024-05-24	1430	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	
2024-05-24	1500	Luke Nguyen's Street Food Asia	Saigon, Vietnam - Part 1	Luke begins his adventure in his family's home city of Saigon, Vietnam. Early in the morning, Luke ventures into the hustle and bustle of market life looking for a traditional vermicelli noodle dish.	AUSTRALIA	English-100	RPT	G		Y	Y

2024-05-24	1530	Hairy Bikers Comfort Food	Spice It Up	Si and Dave cook dishes guaranteed to turn up the heat. They have a spicy new take on a family favourite with their Roasted Spiced Cauliflower Cheese and then a plate of Jerk Pork Chops.	UNITED KINGDOM	English-100		G			
2024-05-24	1625	Destination Flavour Fillers	Episode 5	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y	
2024-05-24	1630	Spencer's Big 30	Indian Take-Out	Chef Spencer has you covered with his healthier version of Indian take-out for four people, that will cost you less and you can make it at home in just 30 minutes.	CANADA	English-100		G			
2024-05-24	1700	Mad Good Food	Farmer's Market Finds	Chef Derrell Smith heads to the Farmers Market for the first time. Inspired by rows of fresh fruit, veggies and the local farmers he creates a flavourful meal like veggie focaccia and a crisp Sangira.	USA	English-100		PG			
2024-05-24	1730	My Market Kitchen	Ep 15	Matt is joined by Dylan Campbell, who mixes up a sorrento spritz to pair with Matt's sashimi swordfish. Mike reinvents his mac and cheese piffle. Laura serves up a Greek dip, taramasalata.	AUSTRALIA	English-100		G			
2024-05-24	1800	Taste Of Australia With Hayden Quinn	Taste Of Australia With Hayden Quinn Series 2 Ep 10	Hayden sails with his grandfather on the famous Sydney Harbour, visits the Sydney Fish Market, and creates a wonderful seafood dish.	AUSTRALIA	English-100		PG			
2024-05-24	1830	Food Safari	Brazilian Safari	Food Safari is an enticing blend of exotic food with down to earth practicality. Tonight, Maeve O'Meara explores the flavour, texture and complexity of Brazilian food.	AUSTRALIA	English-100	RPT	G		Y	
2024-05-24	1900	The Cook Up With Adam Liaw	Friends For Lunch	It's Easy Entertaining with The Cook Up, and what's better than having friends for lunch? Having comedian Dave Lawson and Jacqui Challinor help you with the menu!	AUSTRALIA	English-100		G			
2024-05-24	1930	Ainsley's Taste Of Malta	North	It's Easy Entertaining with The Cook Up, and what's better than having friends for lunch? Having comedian Dave Lawson and Jacqui Challinor help you with the menu!	UNITED KINGDOM	English-100		G			
2024-05-24	2030	Extreme Food Phobics	Extreme Food Phobics Series 1 Ep 8	This episode features a barbecue-nut who can't bear the sight of avocados, and an Equestrian coach whose diet is preventing her from going on dates.	UNITED KINGDOM	English-100	RPT	PG		Y	
2024-05-24	2125	Destination Flavour Japan Bitesize	Ishikawa	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-05-24	2130	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 8	After months of training it's time for Digger to shine at a local dog competition. To welcome the start of summer, Paul hosts a cricket match at RCA to celebrate the start of summer.	UNITED KINGDOM	English-100	RPT	PG		Y	
2024-05-24	2230	The Cook Up With Adam Liaw	Friends For Lunch	It's Easy Entertaining with The Cook Up, and what's better than having friends for lunch? Having comedian Dave Lawson and Jacqui Challinor help you with the menu!	AUSTRALIA	English-100		G			

2024-05-24	2300	The Cook And The Chef	Lemon Myrtle And Pizzas	The little village of Nimbin, in the Byron Bay Hinterland, has embraced its reputation as Australia's hippie capital and the influence of the counter culture extends way beyond the main street.	AUSTRALIA	English-100	G				
2024-05-24	2330	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 6 Ep 5	Jamie and Jimmy welcome Hollywood icon Liv Tyler to the pier as she joins them in the cafe for the cooking lesson of a lifetime as she learns ow to make her family's favourite takeaway.	UNITED KINGDOM	English-100	PG	n			
2024-05-24	2425	Please Eat Slowly Bitesize	Claypot Rice	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor shares his best tips to create your own!	AUSTRALIA	English-100	G				
2024-05-24	2430	Ainsley's Taste Of Malta	North	It's Easy Entertaining with The Cook Up, and what's better than having friends for lunch? Having comedian Dave Lawson and Jacqui Challinor help you with the menu!	UNITED KINGDOM	English-100	G				
2024-05-24	2530	Extreme Food Phobics	Extreme Food Phobics Series 1 Ep 8	This episode features a barbecue-nut who can't bear the sight of avocados, and an Equestrian coach whose diet is preventing her from going on dates.	UNITED KINGDOM	English-100	RPT	PG		Y	
2024-05-24	2625	Destination Flavour Japan Bitesize	Ishikawa	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-05-24	2630	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 8	After months of training it's time for Digger to shine at a local dog competition. To welcome the start of summer, Paul hosts a cricket match at RCA to celebrate the start of summer.	UNITED KINGDOM	English-100	RPT	PG		Y	
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2024-05-24	2825	Please Eat Slowly Bitesize	Claypot Rice	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor shares his best tips to create your own!	AUSTRALIA	English-100	G				
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2024-05-25	0500	Mary Makes It Easy	Let Them Eat Cake	Cake is the star of the show and Mary has three foolproof cake recipes to make sure your next celebration is a hit.	CANADA	English-100	G				
2024-05-25	0530	Jamie's Great Italian Escape	Puglia	Jamie travels to the region of Puglia and is delighted to discover the schoolchildren get a three-course menu of organic food. He also has to feed 35 fussy eaters at a party.	UNITED KINGDOM	English-100	PG	a w		Y	
2024-05-25	0600	Pati's Mexican Table	Welcome To Guadalajara	Pati explores the culinary highlights of Jalisco's capital city, Guadalajara. She starts at a legendary street cart for a taste of the city's most iconic sandwich, tortas ahogadas.	USA	English-100	G			Y	

2024-05-25	0630	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	
2024-05-25	0700	Luke Nguyen's Street Food Asia	Saigon, Vietnam - Part 1	Luke begins his adventure in his family's home city of Saigon, Vietnam. Early in the morning, Luke ventures into the hustle and bustle of market life looking for a traditional vermicelli noodle dish.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-05-25	0730	Hairy Bikers Comfort Food	Spice It Up	Si and Dave cook dishes guaranteed to turn up the heat. They have a spicy new take on a family favourite with their Roasted Spiced Cauliflower Cheese and then a plate of Jerk Pork Chops.	UNITED KINGDOM	English-100		G			
2024-05-25	0825	Destination Flavour Fillers	Episode 5	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y	
2024-05-25	0830	Spencer's Big 30	Indian Take-Out	Chef Spencer has you covered with his healthier version of Indian take-out for four people, that will cost you less and you can make it at home in just 30 minutes.	CANADA	English-100		G			
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2024-05-25	0930	My Market Kitchen	Ep 15	Matt is joined by Dylan Campbell, who mixes up a sorrento spritz to pair with Matt's sashimi swordfish. Mike reinvents his mac and cheese piffle. Laura serves up a Greek dip, taramasalata.	AUSTRALIA	English-100		G			
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2024-05-25	1030	Food Safari	Brazilian Safari	Food Safari is an enticing blend of exotic food with down to earth practicality. Tonight, Maeve O'Meara explores the flavour, texture and complexity of Brazilian food.	AUSTRALIA	English-100	RPT	G		Y	
2024-05-25	1100	The Cook Up With Adam Liaw	Friends For Lunch	It's Easy Entertaining with The Cook Up, and what's better than having friends for lunch? Having comedian Dave Lawson and Jacqui Challinor help you with the menu!	AUSTRALIA	English-100		G			
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2024-05-25	1230	Mary Makes It Easy	Let Them Eat Cake	Cake is the star of the show and Mary has three foolproof cake recipes to make sure your next celebration is a hit.	CANADA	English-100		G			
2024-05-25	1300	Jamie's Great Italian Escape	Puglia	Jamie travels to the region of Puglia and is delighted to discover the schoolchildren get a three-course menu of organic food. He also has to feed 35 fussy eaters at a party.	UNITED KINGDOM	English-100		PG	a w		Y

2024-05-25	1330	Pati's Mexican Table	Welcome To Guadalajara	Pati explores the culinary highlights of Jalisco's capital city, Guadalajara. She starts at a legendary street cart for a taste of the city's most iconic sandwich, tortas ahogadas.	USA	English-100	G		Y
2024-05-25	1400	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
2024-05-25	1430	Jamie's Great Britain	West Country, The	Jamie visits the West Country - famous for its pasties, cheddar and delicious scrumpy cider. However, Jamie's in search of less traditional fare too, and tastes some Jamaican cooking in Bristol.	UNITED KINGDOM	English-100		PG	
2024-05-25	1525	Poh & Co. Bitesize	Garden, The	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2024-05-25	1530	Jamie's Great Britain	Scotland	Jamie concludes his round-Britain road trip on the west coast of Scotland. There he finds that haggis is being given a West Indian twist in Glasgow's oldest Scottish restaurant.	UNITED KINGDOM	English-100		PG	a w
2024-05-25	1625	Please Eat Slowly Bitesize	Claypot Rice	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor shares his best tips to create your own!	AUSTRALIA	English-100		G	
2024-05-25	1630	Giada Entertains	Earth Day Party	In honour of the 50th anniversary of Earth Day, Giada shares a menu sourced completely from the garden and throws an eco-friendly party with all recycled products.	USA	English-100		G	
2024-05-25	1700	Barefoot Contessa: Back To Basics	Modern Comfort Food: Remembered Flavors	Ina Garten revisits flavours from her past and brings them up to date, starting with lamb stew with spring vegetables from her newlywed days.	USA	English-100		G	
2024-05-25	1730	Luca's Key Ingredient	Luca's Key Ingredient Series 1 Ep 2	Tonight we learn all about how to cook with the king of Italian cheeses, Parmigiano-Reggiano. Luca makes a special gnocchetti pasta, parmigiano bites with veal buttuta and ends with a cheesy souffle.	AUSTRALIA	English-100		PG	
2024-05-25	1800	The Creators: Chefs Uncut	Chef Thitid 'ton' Tassanakajohn	In this stunning exploration of Asia's best chef, discover Chef Ton's passion for Asian cuisine through the personal stories of his upbringing and culinary life, balancing tradition and innovation.	SINGAPORE	English-80; Thai-20			Y
2024-05-25	1830	Raymond Blanc's Royal Kitchen Gardens	Castle Of Mey 1	Raymond journeys to the North tip of Scotland to the majestic Castle of Mey. He meets some of the castle's iconic residence and cooks an angus fillet steak with vegetables grown from the gardens.	UNITED KINGDOM	English-100		PG	
2024-05-25	1930	Hairy Bikers Go Local	Prashad, Bradford	The Bikers continue their adventure in Yorkshire, on the hunt for new, local ingredients for a high-end Indian vegetarian restaurant.	UNITED KINGDOM	English-100		PG	
2024-05-25	2035	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 12	Samantha Petter's family-run organic cobnut orchard near Sevenoaks in Kent provides vital ingredients for Sprats with a Cobnut Pesto.	UNITED KINGDOM	English-100		PG	a w

2024-05-25	2105	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 13	Rick and Chalky enjoy Irish hospitality, sampling herb celery around Strangford Lough, and monkfish and mussels in Southern Ireland. Fresh oysters and organic kale complete this Irish culinary tour.	UNITED KINGDOM	English-100	PG	a w	
2024-05-25	2135	Anthony Bourdain: No Reservations	Caribbean Island Hopping	In the southernmost end of the Caribbean, Tony and his crew sample the local cuisine and explore the Caribbean lifestyle while going scuba diving, fishing and hunting for a local delicacy.	USA	English-100	PG		
2024-05-25	2230	The Wine Show	Wine Show Series 3, The Ep 3	Matthew Goode and James Purefoy visit the cork harvest in the Alentejo, where James has a cry. Dominic West joins James to taste wines at the beautiful HQ in the Douro Valley.	UNITED KINGDOM	English-100	PG	l s	Y
2024-05-25	2330	Jamie's Great Britain	West Country, The	Jamie visits the West Country - famous for its pasties, cheddar and delicious scrumpy cider. However, Jamie's in search of less traditional fare too, and tastes some Jamaican cooking in Bristol.	UNITED KINGDOM	English-100	PG		
2024-05-25	2425	Poh & Co. Bitesize	Garden, The	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
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2024-05-25	2525	Please Eat Slowly Bitesize	Claypot Rice	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor shares his best tips to create your own!	AUSTRALIA	English-100	G		
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