



WEEK 22: Sunday, 26 May - Saturday, 1 June 2024 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-05-26	0500	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		
2024-05-26	0530	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			
2024-05-26	0635	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			
2024-05-26	0730	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		
2024-05-26	0825	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	
2024-05-26	0830	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			
2024-05-26	0900	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			
2024-05-26	0930	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 soufflé.	AUSTRALIA	English-100		PG			

2024-05-26	1000	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
2024-05-26	1030	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		
2024-05-26	1130	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		
2024-05-26	1235	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	
2024-05-26	1305	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	
2024-05-26	1335	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		
2024-05-26	1400	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	RPT	G	
2024-05-26	1430	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	RPT	G	
2024-05-26	1500	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	RPT	G	
2024-05-26	1530	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	RPT	G	
2024-05-26	1600	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	

2024-05-26	1630	Field Trip With Curtis Stone	Western Australia	A visit to the northern part of Western Australia finds Curtis in the quintessential Outback where he is educated by an Aboriginal Elder on ancient fishing methods.	USA	English-100	PG	a w	Y
2024-05-26	1700	Barefoot Contessa: Back To Basics	Modern Comfort Food: Simply Seafood	Ina Garten is serving up a seafood spread, starting with fresh crab and pea risotto for a comforting one-pot wonder.	USA	English-100	G		
2024-05-26	1730	The Chef's Garden	Ep 4	Immerse yourself in the farm-to-table experience as Massimo pairs delicious Tongola goat curd with freshly-picked beetroot and vegetables. Then join Joshua and Tony from Tasmanian Oyster Co.	AUSTRALIA	English-100	G		
2024-05-26	1800	Flat Out Food	Poultry	Jenn visits a farm where they raise their birds on pasture and have an onsite butcher shop before learning how to prepare chicken in two very different ways.	CANADA	English-100	G		
2024-05-26	1830	Michel Roux's French Country Cooking	Relaxed Supper	In this masterclass Michel Roux hosts a relaxed supper for friends, serving snails with hazelnuts, bourride setoise and chocolate mousse with pineapple and rum.	UNITED KINGDOM	English-100	PG		Y
2024-05-26	1925	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 8	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
2024-05-26	1930	Britain's Poshest Farm Shops	Britain's Poshest Farm Shops Series 1 Ep 2	With an unusual specialty for a farm shop, Greendale Farm shop in Devon has its own fishing fleet. We get on board with the team who bring fresh fish and shellfish daily to their counter.	UNITED KINGDOM	English-100	G		
2024-05-26	2030	Rick Stein's Road To Mexico	Oaxaca To Chinantlan Mountains	Rick Stein reaches Oaxaca. Home to Mexico's national cheese, queso oaxaca and a land where vanilla grows wild. Rick delights in exploring, where you can smell the tropical fruit from roadside stalls.	UNITED KINGDOM	English-100	PG	a w	Y
2024-05-26	2140	Anthony Bourdain: No Reservations	Heartland	Tony sets out to the American Heartland to find the unsung heroes of the food scene - chefs who are fighting the good fight in cities all over America.	USA	English-100	PG		Y
2024-05-26	2235	The Wine Show	Wine Show Series 3, The Ep 4	Matthew and James have to find Portugal's link to Scandinavia and head to Aveiro where they cook salt cod.	UNITED KINGDOM	English-100	PG	I	Y
2024-05-26	2330	Field Trip With Curtis Stone	Western Australia	A visit to the northern part of Western Australia finds Curtis in the quintessential Outback where he is educated by an Aboriginal Elder on ancient fishing methods.	USA	English-100	PG	a w	Y
2024-05-26	2400	Barefoot Contessa: Back To Basics	Modern Comfort Food: Simply Seafood	Ina Garten is serving up a seafood spread, starting with fresh crab and pea risotto for a comforting one-pot wonder.	USA	English-100	G		

2024-05-26	2430	The Chef's Garden	Ep 4	Immerse yourself in the farm-to-table experience as Massimo pairs delicious Tongola goat curd with freshly-picked beetroot and vegetables. Then join Joshua and Tony from Tasmanian Oyster Co.	AUSTRALIA	English-100		G		
2024-05-26	2500	Flat Out Food	Poultry	Jenn visits a farm where they raise their birds on pasture and have an onsite butcher shop before learning how to prepare chicken in two very different ways.	CANADA	English-100		G		
2024-05-26	2530	Michel Roux's French Country Cooking	Relaxed Supper	In this masterclass Michel Roux hosts a relaxed supper for friends, serving snails with hazelnuts, bourride setoise and chocolate mousse with pineapple and rum.	UNITED KINGDOM	English-100		PG		Y
2024-05-26	2625	Britain's Poshest Farm Shops	Britain's Poshest Farm Shops Series 1 Ep 2	With an unusual specialty for a farm shop, Greendale Farm shop in Devon has its own fishing fleet. We get on board with the team who bring fresh fish and shellfish daily to their counter.	UNITED KINGDOM	English-100		G		
2024-05-26	2725	Rick Stein's Road To Mexico	Oaxaca To Chinantlan Mountains	Rick Stein reaches Oaxaca. Home to Mexico's national cheese, queso oaxaca and a land where vanilla grows wild. Rick delights in exploring, where you can smell the tropical fruit from roadside stalls.	UNITED KINGDOM	English-100		PG	a w	Y
2024-05-26	2830	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 Pili join Adam to make pasta, pronto!	AUSTRALIA	English-100	RPT	G		
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2024-05-27	1025	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	
2024-05-27	1030	Britain's Poshest Farm Shops	Britain's Poshest Farm Shops Series 1 Ep 2	With an unusual specialty for a farm shop, Greendale Farm shop in Devon has its own fishing fleet. We get on board with the team who bring fresh fish and shellfish daily to their counter.	UNITED KINGDOM	English-100		G	
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2024-05-27	1240	Our Food, Our Family	Algieri Family, The	It's love, war, and meatballs as Michela samples dishes with the Allgieri family in Snowdonia. At a food-filled family reunion in their old Snowdonia farmhouse, Michela unravels a family mystery.	UNITED KINGDOM	English-100		PG	
2024-05-27	1310	Mary Makes It Easy	Freezer Fixes	The freezer doesn't have to be a neglected ingredient wasteland. Mary makes the freezer your friend by throwing together four recipes that bring those frozen staples back to life.	CANADA	English-100		G	
2024-05-27	1335	Jamie's Great Italian Escape	Amalfi	Jamie celebrates his birthday on the Amalfi coast and cooks for his toughest critic. Tension mounts as the chef hopes to prove he has learnt from his Italian experience.	UNITED KINGDOM	English-100		PG	a l w Y

2024-05-27	1405	Pati's Mexican Table	Food Meets Art	Pati explores some unique spots where food and art truly connect. At Ceramica Suro, she gets a tour of the ceramics factory that supplies dishware and textiles to some of the finest restaurants.	USA	English-100		G			Y
2024-05-27	1435	Gourmet Farmer	Gourmet Farmer Series 2 Ep 1	Leading food critic Matthew Evans swapped city life for small farm living in Tasmania. Matthew now has his own young family, and it's time to get serious.	AUSTRALIA	English-100	RPT	PG		Y	Y
2024-05-27	1505	Luke Nguyen's Street Food Asia	Saigon, Vietnam - Part 2	Luke continues through the streets of Saigon in District 1 visiting his favourite Pho restaurant.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-05-27	1535	Hairy Bikers Comfort Food	Taste Of Cumbria, A	Dave enjoys a taste of his native Cumbria as the Bikers cook recipes with great local ingredients. These include a comforting supper dish made from Cumberland Sausage and a Sticky Toffee Pudding.	UNITED KINGDOM	English-100		G			
2024-05-27	1630	Spencer's Big 30	More Chinese Take-Out	Craving Chinese take-out but want it right away? Eat in. Host Spencer Watts has you covered with a dinner that is healthier, tastier, faster and cheaper than you'll find in the average neighbourhood.	CANADA	English-100		PG			
2024-05-27	1700	Mad Good Food	South Carolina Family Reunion, A	For his reunion inspired menu, Chef Derrell Smith is going back to his roots. Cookin' up some modern takes on the family classic: pesto potato salad, salmon filet, spicy kale slaw, and fruit skewers.	USA	English-100		PG			
2024-05-27	1730	My Market Kitchen	Ep 16	Laura showcases the best of Adelaide's produce in her grilled peach salad with burrata and prosciutto. Mike crafts the ultimate steak sandwich. Matt craft his delicious Reuben Sando.	AUSTRALIA	English-100		G			
2024-05-27	1800	Strait To The Plate	Warraber	Aaron Fa'Aoso kick starts this season by visiting the Island of Warraber. Upon arrival, Aaron meets with Sister Fiona who shows Aaron how to cook her Cyprus inspired Crayfish Mornay.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-05-27	1830	Food Safari	Korean Safari	Maeve O'Meara visits Chung Jae Lee at Mapo Korean Restaurant - voted Adelaide's top Asian restaurant.	AUSTRALIA	English-100	RPT	G		Y	
2024-05-27	1900	The Cook Up With Adam Liaw	Instant Dinners	Instant dinners: they're not only possible, they're delicious! Podcast host and author, Yumi Stynes, and the man behind Lee Ho Fook and SilkSpoon, Victor Liong, join Adam to make fantastic fast food.	AUSTRALIA	English-100		G			

2024-05-27	1930	Rick Stein's Taste Of Shanghai	Rick Stein's Taste Of Shanghai	Rick Stein's food adventures takes him to Shanghai where he learns if this bustling city has managed to hold on to its culinary roots. He shares delicious new recipes from his travels.	UNITED KINGDOM	English-100	RPT	G		Y	Y
2024-05-27	2035	Marcus Wareing's Kitchen Garden Tales	Auction	Keen to learn as much about owning and rearing livestock, Marcus is off to auction with Stuart who is selling some of his sheep to understand this aspect of farming life and gets some tips.	UNITED KINGDOM	English-100		G			
2024-05-27	2105	Paula McIntyre's Hamely Kitchen	Episode 1	Paula shows us her version of cullen skink soup with a hunk of cheese and scallion soda bread on the side. She heads to Cushendun beach, to share tips on how to barbecue the perfect pork shoulder.	UNITED KINGDOM	English-100		G			
2024-05-27	2135	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 1	In the last year Paul's family has grown, so he employs a local, Harrison, as his part-time farm hand. With the fencing an on-going issue, he finds a way to change the face and shape of the farm.	UNITED KINGDOM	English-100	RPT	PG		Y	
2024-05-27	2235	The Cook Up With Adam Liaw	Instant Dinners	Instant dinners: they're not only possible, they're delicious! Podcast host and author, Yumi Stynes, and the man behind Lee Ho Fook and SilkSpoon, Victor Liong, join Adam to make fantastic fast food.	AUSTRALIA	English-100		G			
2024-05-27	2305	The Cook And The Chef	Coffee And Macadamia Nuts	This week take a trip with Maggie to the stunning sub tropical hinterland of Northern New South Wales where she explores a macadamia plantation and sips locally grown coffee.	AUSTRALIA	English-100		G			
2024-05-27	2335	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 6 Ep 6	Jamie and Jimmy's cafe is open and this week they're joined by Hollywood's favourite Scottish comedian - Ashley Jensen.	UNITED KINGDOM	English-100		G			
2024-05-27	2430	Rick Stein's Taste Of Shanghai	Rick Stein's Taste Of Shanghai	Rick Stein's food adventures takes him to Shanghai where he learns if this bustling city has managed to hold on to its culinary roots. He shares delicious new recipes from his travels.	UNITED KINGDOM	English-100	RPT	G		Y	Y
2024-05-27	2540	Marcus Wareing's Kitchen Garden Tales	Auction	Keen to learn as much about owning and rearing livestock, Marcus is off to auction with Stuart who is selling some of his sheep to understand this aspect of farming life and gets some tips.	UNITED KINGDOM	English-100		G			

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2024-05-27	2740	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 6 Ep 6	Jamie and Jimmy's cafe is open and this week they're joined by Hollywood's favourite Scottish comedian - Ashley Jensen.	UNITED KINGDOM	English-100		G		
2024-05-27	2830	Our Food, Our Family	Algieri Family, The	It's love, war, and meatballs as Michela samples dishes with the Allgieri family in Snowdonia. At a food-filled family reunion in their old Snowdonia farmhouse, Michela unravels a family mystery.	UNITED KINGDOM	English-100		PG		
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2024-05-28	0700	Luke Nguyen's Street Food Asia	Saigon, Vietnam - Part 2	Luke continues through the streets of Saigon in District 1 visiting his favourite Pho restaurant.	AUSTRALIA	English-100	RPT	G		Y Y
2024-05-28	0730	Hairy Bikers Comfort Food	Taste Of Cumbria, A	Dave enjoys a taste of his native Cumbria as the Bikers cook recipes with great local ingredients. These include a comforting supper dish made from Cumberland Sausage and a Sticky Toffee Pudding.	UNITED KINGDOM	English-100		G		

2024-05-28	0825	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y	
2024-05-28	0830	Spencer's Big 30	More Chinese Take-Out	Craving Chinese take-out but want it right away? Eat in. Host Spencer Watts has you covered with a dinner that is healthier, tastier, faster and cheaper than you'll find in the average neighbourhood.	CANADA	English-100		PG		
2024-05-28	0900	Mad Good Food	South Carolina Family Reunion, A	For his reunion inspired menu, Chef Derrell Smith is going back to his roots. Cookin' up some modern takes on the family classic: pesto potato salad, salmon filet, spicy kale slaw, and fruit skewers.	USA	English-100		PG		
2024-05-28	0930	My Market Kitchen	Ep 16	Laura showcases the best of Adelaide's produce in her grilled peach salad with burrata and prosciutto. Mike crafts the ultimate steak sandwich. Matt craft his delicious Reuben Sando.	AUSTRALIA	English-100		G		
2024-05-28	1000	Strait To The Plate	Warraber	Aaron Fa'Aoso kick starts this season by visiting the Island of Warraber. Upon arrival, Aaron meets with Sister Fiona who shows Aaron how to cook her Cyprus inspired Crayfish Mornay.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-05-28	1030	Food Safari	Korean Safari	Maeve O'Meara visits Chung Jae Lee at Mapo Korean Restaurant - voted Adelaide's top Asian restaurant.	AUSTRALIA	English-100	RPT	G	Y	
2024-05-28	1100	The Cook Up With Adam Liaw	Instant Dinners	Instant dinners: they're not only possible, they're delicious! Podcast host and author, Yumi Stynes, and the man behind Lee Ho Fook and SilkSpoon, Victor Liong, join Adam to make fantastic fast food.	AUSTRALIA	English-100		G		
2024-05-28	1130	Rick Stein's Taste Of Shanghai	Rick Stein's Taste Of Shanghai	Rick Stein's food adventures takes him to Shanghai where he learns if this bustling city has managed to hold on to its culinary roots. He shares delicious new recipes from his travels.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2024-05-28	1235	Our Food, Our Family	Aslam Family, The	Michela is in Cardiff to meet the Aslam family - four generations of food lovers. Between mouthfuls of mouth-watering curries, can Michela coax their secret spice mix from the family?	UNITED KINGDOM	English-100		PG		
2024-05-28	1305	Mary Makes It Easy	Early Bird Baking	Breakfast doesn't have to be the same old morning routine day after day. Mary shows how embracing your oven and baking for breakfast is the ultimate game changer to switch up your daily grind.	CANADA	English-100		G		

2024-05-28	1330	Giada Entertains	Giada Entertains Series 4 Ep 1	Pasta is an inexpensive way to feed a crowd and a blank canvas to dress up with great ingredients, so Giada De Laurentiis is hosting a pasta party buffet with leftovers that are hard to beat.	USA	English-100		G			
2024-05-28	1400	Pati's Mexican Table	Jalisco Classics	Pati stops at a couple of Guadalajara's most beloved restaurants for two of the region's classic recipes. At Super Menuderia Cano, Pati learns the secrets to their menudo recipe.	USA	English-100		G		Y	
2024-05-28	1430	Gourmet Farmer	Gourmet Farmer Series 2 Ep 2	While on the North West coast of Tasmania, herding cattle across the ocean at low tide to Robbins Island, Matthew has a new business idea for long table lunches.	AUSTRALIA	English-100	RPT	G		Y	
2024-05-28	1500	Luke Nguyen's Street Food Asia	Bangkok, Thailand - Part 1	Bangkok is filled with different street food vendors on every corner. Luke stumbles across hidden stalls and learns how to cook Thai Coconut Pudding.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-05-28	1530	Hairy Bikers Comfort Food	Come On Over	The Bikers cook the perfect dishes to share with those we love. These are treats for when family and friends come on over - a baked cheesecake, a crowd pleasing terrine and the ultimate beef sandwich.	UNITED KINGDOM	English-100		G			
2024-05-28	1625	Please Eat Slowly Bitesize	Dumplings	Victor shares his tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right.	AUSTRALIA	English-100		G			
2024-05-28	1630	Spencer's Big 30	Pizza Take-Out	It's everyone's favourite night: Pizza Night. But why settle for overpriced ho-hum pizza when you can make it a tastier, healthier, faster AND cheaper pizza right at home.	CANADA	English-100		G			
2024-05-28	1700	Mad Good Food	Pre-Gaming!	As a former NFL player, game days hit a little different. These days chef Derrell Smith isn't on the field, he's changing the game with dishes like oyster mushroom wings and chili lime chips.	USA	English-100		PG			
2024-05-28	1730	My Market Kitchen	Ep 17	Matt Sinclair kicks off the show with Chef Alastair McLeod, who crafts a grilled stone fruit and yoghurt. Mike ventures with Farmer Catherine Velisha for a rustic, refreshing tomato salad.	AUSTRALIA	English-100		G			
2024-05-28	1800	Strait To The Plate	Masig	We meet Aunt Mary and Aunt Flora who cook up two reef fish: the Baked Boxfish and Unicorn Fish Curry. Surprisingly, Aaron has never tried either of these fish before!	AUSTRALIA	English-100	RPT	G		Y	

2024-05-28	1830	Food Safari	Mauritian Safari	Features the best in food the world has to offer. Tonight, Maeve O'Meara visits Jocelyn Riviere (formerly of Kirketon Dining Room).	AUSTRALIA	English-100	RPT	G		Y
2024-05-28	1900	The Cook Up With Adam Liaw	Fast Fresh Fish	Fancy some fast fresh fish? You'll be hooked on The Cook Up with Adam and his guests, Justin James from Restaurant Botanic and Ashley Vola from Vola Foods. BYO hot chips.	AUSTRALIA	English-100		G		
2024-05-28	1930	Nadiya's Asian Odyssey	Nepal	In the last leg of her travels she takes a trip to the remote Himalayan country of Nepal to learn more about it's people, places and food as part of her adventure to further explore her identity.	UNITED KINGDOM	English-100		PG		Y
2024-05-28	2035	Paul Hollywood Eats Mexico	Mexico City	Paul's spending his first week in the country's eponymous capital, Mexico City, where he eats the best taco he's ever had!	UNITED KINGDOM	English-100		PG	a s v	Y
2024-05-28	2130	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 2	Paul's spent the last few years planting and growing produce without a long term plan, so he gets important advice on how to transform the farm's future.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-05-28	2230	The Cook Up With Adam Liaw	Fast Fresh Fish	Fancy some fast fresh fish? You'll be hooked on The Cook Up with Adam and his guests, Justin James from Restaurant Botanic and Ashley Vola from Vola Foods. BYO hot chips.	AUSTRALIA	English-100		G		
2024-05-28	2300	The Cook And The Chef	Cheese And Crabs	When it comes to fine cheeses we're spoilt for choice in Australia, there are over one hundred different varieties being produced by Cheese Wright's all around the country.	AUSTRALIA	English-100		G		
2024-05-28	2330	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 6 Ep 7	Jamie and Jimmy's cafe is open for business, and this week they welcome comedy-giant Greg Davies to the end of the pier. Hot on the menu is a late-night guilty pleasure.	UNITED KINGDOM	English-100		PG	a	
2024-05-28	2430	Nadiya's Asian Odyssey	Nepal	In the last leg of her travels she takes a trip to the remote Himalayan country of Nepal to learn more about it's people, places and food as part of her adventure to further explore her identity.	UNITED KINGDOM	English-100		PG		Y
2024-05-28	2535	Paul Hollywood Eats Mexico	Mexico City	Paul's spending his first week in the country's eponymous capital, Mexico City, where he eats the best taco he's ever had!	UNITED KINGDOM	English-100		PG	a s v	Y

2024-05-28	2630	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 2	Paul's spent the last few years planting and growing produce without a long term plan, so he gets important advice on how to transform the farm's future.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-05-28	2730	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 6 Ep 7	Jamie and Jimmy's cafe is open for business, and this week they welcome comedy-giant Greg Davies to the end of the pier. Hot on the menu is a late-night guilty pleasure.	UNITED KINGDOM	English-100		PG	a	
2024-05-28	2830	Our Food, Our Family	Aslam Family, The	Michela is in Cardiff to meet the Aslam family - four generations of food lovers. Between mouthfuls of mouth-watering curries, can Michela coax their secret spice mix from the family?	UNITED KINGDOM	English-100		PG		
2024-05-29	0500	Mary Makes It Easy	Early Bird Baking	Breakfast doesn't have to be the same old morning routine day after day. Mary shows how embracing your oven and baking for breakfast is the ultimate game changer to switch up your daily grind.	CANADA	English-100		G		
2024-05-29	0530	Giada Entertains	Giada Entertains Series 4 Ep 1	Pasta is an inexpensive way to feed a crowd and a blank canvas to dress up with great ingredients, so Giada De Laurentiis is hosting a pasta party buffet with leftovers that are hard to beat.	USA	English-100		G		
2024-05-29	0600	Pati's Mexican Table	Jalisco Classics	Pati stops at a couple of Guadalajara's most beloved restaurants for two of the region's classic recipes. At Super Menuderia Cano, Pati learns the secrets to their menudo recipe.	USA	English-100		G		Y
2024-05-29	0630	Gourmet Farmer	Gourmet Farmer Series 2 Ep 2	While on the North West coast of Tasmania, herding cattle across the ocean at low tide to Robbins Island, Matthew has a new business idea for long table lunches.	AUSTRALIA	English-100	RPT	G		Y
2024-05-29	0700	Luke Nguyen's Street Food Asia	Bangkok, Thailand - Part 1	Bangkok is filled with different street food vendors on every corner. Luke stumbles across hidden stalls and learns how to cook Thai Coconut Pudding.	AUSTRALIA	English-100	RPT	G		Y Y
2024-05-29	0730	Hairy Bikers Comfort Food	Come On Over	The Bikers cook the perfect dishes to share with those we love. These are treats for when family and friends come on over - a baked cheesecake, a crowd pleasing terrine and the ultimate beef sandwich.	UNITED KINGDOM	English-100		G		
2024-05-29	0825	Please Eat Slowly Bitesize	Dumplings	Victor shares his tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right.	AUSTRALIA	English-100		G		

2024-05-29	0830	Spencer's Big 30	Pizza Take-Out	It's everyone's favourite night: Pizza Night. But why settle for overpriced ho-hum pizza when you can make it a tastier, healthier, faster AND cheaper pizza right at home.	CANADA	English-100		G	
2024-05-29	0900	Mad Good Food	Pre-Gaming!	As a former NFL player, game days hit a little different. These days chef Derrell Smith isn't on the field, he's changing the game with dishes like oyster mushroom wings and chili lime chips.	USA	English-100		PG	
2024-05-29	0930	My Market Kitchen	Ep 17	Matt Sinclair kicks off the show with Chef Alastair McLeod, who crafts a grilled stone fruit and yoghurt. Mike ventures with Farmer Catherine Velisha for a rustic, refreshing tomato salad.	AUSTRALIA	English-100		G	
2024-05-29	1000	Strait To The Plate	Masig	We meet Aunty Mary and Aunty Flora who cook up two reef fish: the Baked Boxfish and Unicorn Fish Curry. Surprisingly, Aaron has never tried either of these fish before!	AUSTRALIA	English-100	RPT	G	Y
2024-05-29	1030	Food Safari	Mauritian Safari	Features the best in food the world has to offer. Tonight, Maeve O'Meara visits Jocelyn Riviere (formerly of Kirketon Dining Room).	AUSTRALIA	English-100	RPT	G	Y
2024-05-29	1100	The Cook Up With Adam Liaw	Fast Fresh Fish	Fancy some fast fresh fish? You'll be hooked on The Cook Up with Adam and his guests, Justin James from Restaurant Botanic and Ashley Vola from Vola Foods. BYO hot chips.	AUSTRALIA	English-100		G	
2024-05-29	1130	Nadiya's Asian Odyssey	Nepal	In the last leg of her travels she takes a trip to the remote Himalayan country of Nepal to learn more about it's people, places and food as part of her adventure to further explore her identity.	UNITED KINGDOM	English-100		PG	Y
2024-05-29	1235	Our Food, Our Family	Nevin Family, The	Michela Chiappa is in Abercynon for the fascinating and touching story of the Nevin family, including food lover Kemi Nevin and her three grown-up children.	UNITED KINGDOM	English-100		PG	
2024-05-29	1305	Mary Makes It Easy	Helpful Holidays	So many people feel overwhelmed by preparing the big holiday feast, but Mary's menu cuts back the kitchen time to spend it with family.	CANADA	English-100		G	
2024-05-29	1330	Giada Entertains	Giada Entertains Series 4 Ep 2	In Giada's family, Sundays are set aside for family dinners. For a stress-free, traditional family dinner at home, Giada's menu includes casual but hearty dishes like back ribs with spicy peach sauce.	USA	English-100		G	

2024-05-29	1400	Pati's Mexican Table	Los Mariachis	Some say that Jalisco is the birthplace of Mariachi. In this episode, Pati learns about the history, the instruments and the meaning behind that beloved Mexican music.	USA	English-100		G		Y
2024-05-29	1430	Gourmet Farmer	Gourmet Farmer Series 2 Ep 3	Matthew starts to get hardcore with his locavore philosophy when he decides to learn how to make his own brew.	AUSTRALIA	English-100	RPT	G		Y
2024-05-29	1500	Luke Nguyen's Street Food Asia	Bangkok, Thailand - Part 2	Luke continues his journey through the backstreets of Bangkok uncovering secret street food eats in a local neighbourhood searching for the best Tom Yum soup.	AUSTRALIA	English-100	RPT	G		Y Y
2024-05-29	1530	Hairy Bikers Comfort Food	Pub Grub	The Bikers have a fresh take on pub grub with a new look for a traditional pudding, their take on the North-East's mighty Chicken Parmo and reveal the secrets behind their ultimate fishcake.	UNITED KINGDOM	English-100		G		
2024-05-29	1625	Please Eat Slowly Bitesize	Yee Sang	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100		G		
2024-05-29	1630	Spencer's Big 30	Thai Take-Out	Tom Yum Soup with lemongrass, ginger, and chili. Next up: salty, sweet and nutty Panang Curry with seared tofu and flowery jasmine rice.	CANADA	English-100		G		
2024-05-29	1700	Mad Good Food	Dinner Party	Living in Koreatown, Derrell has fallen in love with its food and culture. He's servin' up braised beef short rib with crispy rice cakes, pickled cabbage, glass noodles salad and Korean pancakes.	USA	English-100		PG		
2024-05-29	1730	My Market Kitchen	Ep 18	Matt teams up with wine expert Adam Walls for the perfect wine match for his potato and celeriac gratin. Laura heads to Mt Lofty house in Adelaide to whip up her Italian-inspired quail cotoletta.	AUSTRALIA	English-100		G		
2024-05-29	1800	Strait To The Plate	Thursday Island	Aaron arrives in the Kaywalagal region, home of the Kaurareg people and the administrative hub of the Torres Strait region, Thursday Island.	AUSTRALIA	English-100	RPT	G		Y
2024-05-29	1830	Food Safari	South American	Host Maeve O'Meara joins chef Jorge Chacon to learn about the particular flavours and ingredients that make South American food really special.	AUSTRALIA	English-100	RPT	G		Y
2024-05-29	1900	The Cook Up With Adam Liaw	Fresh Family Faves	Say goodbye to stodgy, boring dinners - Adam and his guests, City of Sydney Councillor Yvonne Weldon and chef Sarah Todd have got you covered.	AUSTRALIA	English-100		G		

2024-05-29	1930	Rick Stein's Food Stories	Manchester	Rick immerses himself in the northwest's food traditions at Britain's best market, enjoys memories of Manchester's music scene and cooks an old favourite: liver, bacon and onions.	UNITED KINGDOM	English-100		G	
2024-05-29	2000	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
2024-05-29	2030	Jason Atherton's Dubai Dishes	Dubai Innovations	Jason cooks up some classic British and French dishes from his first time in Dubai over 20 years ago. He celebrates his dear friend Gary Rhodes and cook up some classic Rhodes dishes.	UNITED KINGDOM			G	
2024-05-29	2130	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 3	After ironing out some of the food van fumbles, Paul decides to drive it over the mountains and into the 'big smoke'. Not before stopping off for a spot of trout fishing though.	UNITED KINGDOM	English-100	RPT	PG	Y
2024-05-29	2230	The Cook Up With Adam Liaw	Fresh Family Favoes	Say goodbye to stodgy, boring dinners - Adam and his guests, City of Sydney Councillor Yvonne Weldon and chef Sarah Todd have got you covered.	AUSTRALIA	English-100		G	
2024-05-29	2300	The Cook And The Chef	Bananas And Artichokes	On a recent trip to the Tweed Valley, Maggie was really taken with how all the banana plantations were scattered high across the mountain slopes.	AUSTRALIA	English-100		G	
2024-05-29	2330	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 6 Ep 8	Jamie and Jimmy welcome British actor and everyone's favourite ewok to Southend Pier, as Warwick Davis joins them in the cafe. Warwick prepares a tasty beef and stilton pie for the diners.	UNITED KINGDOM	English-100		PG	n
2024-05-29	2430	Rick Stein's Food Stories	Manchester	Rick immerses himself in the northwest's food traditions at Britain's best market, enjoys memories of Manchester's music scene and cooks an old favourite: liver, bacon and onions.	UNITED KINGDOM	English-100		G	
2024-05-29	2500	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
2024-05-29	2530	Jason Atherton's Dubai Dishes	Dubai Innovations	Jason cooks up some classic British and French dishes from his first time in Dubai over 20 years ago. He celebrates his dear friend Gary Rhodes and cook up some classic Rhodes dishes.	UNITED KINGDOM			G	

2024-05-29	2630	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 3	After ironing out some of the food van fumbles, Paul decides to drive it over the mountains and into the 'big smoke'. Not before stopping off for a spot of trout fishing though.	UNITED KINGDOM	English-100	RPT	PG		Y
2024-05-29	2730	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 6 Ep 8	Jamie and Jimmy welcome British actor and everyone's favourite ewok to Southend Pier, as Warwick Davis joins them in the cafe. Warwick prepares a tasty beef and stilton pie for the diners.	UNITED KINGDOM	English-100		PG	n	
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2024-05-30	0500	Mary Makes It Easy	Helpful Holidays	So many people feel overwhelmed by preparing the big holiday feast, but Mary's menu cuts back the kitchen time to spend it with family.	CANADA	English-100		G		
2024-05-30	0530	Giada Entertains	Giada Entertains Series 4 Ep 2	In Giada's family, Sundays are set aside for family dinners. For a stress-free, traditional family dinner at home, Giada's menu includes casual but hearty dishes like back ribs with spicy peach sauce.	USA	English-100		G		
2024-05-30	0600	Pati's Mexican Table	Los Mariachis	Some say that Jalisco is the birthplace of Mariachi. In this episode, Pati learns about the history, the instruments and the meaning behind that beloved Mexican music.	USA	English-100		G		Y
2024-05-30	0630	Gourmet Farmer	Gourmet Farmer Series 2 Ep 3	Matthew starts to get hardcore with his locavore philosophy when he decides to learn how to make his own brew.	AUSTRALIA	English-100	RPT	G		Y
2024-05-30	0700	Luke Nguyen's Street Food Asia	Bangkok, Thailand - Part 2	Luke continues his journey through the backstreets of Bangkok uncovering secret street food eats in a local neighbourhood searching for the best Tom Yum soup.	AUSTRALIA	English-100	RPT	G		Y Y
2024-05-30	0730	Hairy Bikers Comfort Food	Pub Grub	The Bikers have a fresh take on pub grub with a new look for a traditional pudding, their take on the North-East's mighty Chicken Parmo and reveal the secrets behind their ultimate fishcake.	UNITED KINGDOM	English-100		G		
2024-05-30	0825	Please Eat Slowly Bitesize	Yee Sang	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100		G		
2024-05-30	0830	Spencer's Big 30	Thai Take-Out	Tom Yum Soup with lemongrass, ginger, and chili. Next up: salty, sweet and nutty Panang Curry with seared tofu and flowery jasmine rice.	CANADA	English-100		G		

2024-05-30	0900	Mad Good Food	Dinner Party	Living in Koreatown, Derrell has fallen in love with its food and culture. He's servin' up braised beef short rib with crispy rice cakes, pickled cabbage, glass noodles salad and Korean pancakes.	USA	English-100		PG	
2024-05-30	0930	My Market Kitchen	Ep 18	Matt teams up with wine expert Adam Walls for the perfect wine match for his potato and celeriac gratin. Laura heads to Mt Lofty house in Adelaide to whip up her Italian-inspired quail cotoletta.	AUSTRALIA	English-100		G	
2024-05-30	1000	Strait To The Plate	Thursday Island	Aaron arrives in the Kaywalagal region, home of the Kaurareg people and the administrative hub of the Torres Strait region, Thursday Island.	AUSTRALIA	English-100	RPT	G	Y
2024-05-30	1030	Food Safari	South American	Host Maeve O'Meara joins chef Jorge Chacon to learn about the particular flavours and ingredients that make South American food really special.	AUSTRALIA	English-100	RPT	G	Y
2024-05-30	1100	The Cook Up With Adam Liaw	Fresh Family Faves	Say goodbye to stodgy, boring dinners - Adam and his guests, City of Sydney Councillor Yvonne Weldon and chef Sarah Todd have got you covered.	AUSTRALIA	English-100		G	
2024-05-30	1130	Rick Stein's Food Stories	Manchester	Rick immerses himself in the northwest's food traditions at Britain's best market, enjoys memories of Manchester's music scene and cooks an old favourite: liver, bacon and onions.	UNITED KINGDOM	English-100		G	
2024-05-30	1200	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
2024-05-30	1230	Our Food, Our Family	Blytt-Jorden Family, The	Michela Chiappa is on the stunning Gower coast to meet and eat with an unexpected community of newcomers to the area. The Blytt-Jordens are three generations of Norwegians who have moved there.	UNITED KINGDOM	English-100		G	
2024-05-30	1300	Mary Makes It Easy	Healthied Up	Eating healthier doesn't have to mean cutting out treats. Mary 'healthies up' her favourite comfort foods to incorporate more nutrients and make them a little healthier without sacrificing flavour.	CANADA	English-100		G	
2024-05-30	1330	Giada Entertains	Giada Entertains Series 4 Ep 3	Giada gets in the game day spirit and keeps folks entertained before kickoff by hosting a pre-game burger bash. The party features family fun activities and a buffet of mortadella meatball sliders.	USA	English-100		G	

2024-05-30	1400	Pati's Mexican Table	Escaramuza	Jalisco is famous for its charros. In this episode, Pati experiences a unique and storied part of this part of the culture: the Escaramuza - an all-female horse riding and skills competition.	USA	English-100		G			Y	
2024-05-30	1430	Gourmet Farmer	Gourmet Farmer Series 2 Ep 4	Matthew reckons he's earned a break from the farm, and heads off on a kayaking adventure with Ross. They're resolute in insisting on packing nothing but two minute noodles.	AUSTRALIA	English-100	RPT	PG			Y	
2024-05-30	1500	Luke Nguyen's Street Food Asia	Kuala Lumpur, Malaysia - Part 1	Luke meets his friend Tana in Brickfields, filled with a variety of different Indian dishes.	AUSTRALIA	English-100	RPT	G			Y	Y
2024-05-30	1530	Hairy Bikers Comfort Food	Classics	The Hairy Bikers reveal the secret behind their ultimate Biker Burger and cook two of their favourite desserts - a showstopping meringue and a modern take on a classic Banana Split.	UNITED KINGDOM	English-100		G				
2024-05-30	1625	Please Eat Slowly Bitesize	Hand-Pulled Noodles	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100		G				
2024-05-30	1630	Spencer's Big 30	Japanese Take-Out	Craving Japanese take-out but only have \$30 dollars to spend? Chef Spencer Watts has you covered with his hearty and healthy Japanese Take-Out dinner and it'll only take 30 minutes to make.	CANADA	English-100		G				
2024-05-30	1700	Mad Good Food	Thankful For Everything	Chef Derrell Smith serves up herb cornish hens, cornbread stuffing and cranberry sauce alongside other holiday favourites.	USA	English-100		PG				
2024-05-30	1730	My Market Kitchen	Ep 19	Mike is joined by his daughter Abigail to whip up her favourite treat, double chocolate cookies. Matt creates a Vietnamese dessert, coconut creme caramel. Laura wraps up the show with carbonara.	AUSTRALIA	English-100		G				
2024-05-30	1800	Strait To The Plate	Boigu	Aaron arrives on the Island of Boigu a place with a rich history of fierce warriors and dugong hunters and the most western island in the Torres Strait.	AUSTRALIA	English-100	RPT	G			Y	Y
2024-05-30	1830	Food Safari	Egyptian	Maeve explores the nourishing foods of Egypt and discovers the country's favourite dishes. She meets chef Ramy Megalaa who introduces the key ingredients in Egyptian cooking.	AUSTRALIA	English-100	RPT	G			Y	
2024-05-30	1900	The Cook Up With Adam Liaw	Best Ever Chicken Curry	Adam and his guests, MKR winners and food entrepreneurs Monzir Hamdin and Janelle Halil cook their best ever chicken curries.	AUSTRALIA	English-100		G				

2024-05-30	1930	John Torode's Korean Food Tour	Kimchi	Kimchi is one of the world's superfoods. Every family has a recipe and no meal is eaten in Korea without kimchi. In Mangwon Market in Seoul, John visits the stalls selling hundreds of different types.	UNITED KINGDOM	English-100		G		
2024-05-30	2030	Sophie Grigson: Slice Of Italy	Tomatoes	It's hard to imagine Italian food without tomatoes. Broadcaster and food writer Sophie Grigson adores them and discovers how they are grown, prepared and preserved in Puglia.	UNITED KINGDOM	English-100		PG	s	Y
2024-05-30	2100	Sophie Grigson: Slice Of Italy	Devils And Angels	Italy is a place full of contrasts and the food can either be very pale or full of chillies. Learn how to make the mildest ricotta cheese and visit Bari to experience Korean food Puglian-style.	UNITED KINGDOM	English-100		G		Y
2024-05-30	2130	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 4	While Paul is away, Harrison is left to manage the farm and it's not all plain sailing. There's a sweet surprise ready for harvest that's been brewing for over a year, and Paul rises to the challenge.	UNITED KINGDOM	English-100	RPT	G		Y
2024-05-30	2230	The Cook Up With Adam Liaw	Best Ever Chicken Curry	Adam and his guests, MKR winners and food entrepreneurs Monzir Hamdin and Janelle Halil cook their best ever chicken curries.	AUSTRALIA	English-100		G		
2024-05-30	2300	The Cook And The Chef	Cooking In A Restaurant	Simon is deep in discussion with the Hotel's Maitre d' Atef. Simon and Atef are looking at some changes in the menu and deciding on a corresponding change in the recommended wine match.	AUSTRALIA	English-100		G		
2024-05-30	2330	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 6 Ep 9	Jamie and Jimmy welcome celebrity couple Chris O'Dowd and Dawn O'Porter to their cafe at the end of Southend Pier. Jamie recreates some romance by tracking down their favourite honeymoon meal.	UNITED KINGDOM	English-100		PG	I n	
2024-05-30	2430	John Torode's Korean Food Tour	Kimchi	Kimchi is one of the world's superfoods. Every family has a recipe and no meal is eaten in Korea without kimchi. In Mangwon Market in Seoul, John visits the stalls selling hundreds of different types.	UNITED KINGDOM	English-100		G		
2024-05-30	2525	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		
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2024-05-31	0630	Gourmet Farmer	Gourmet Farmer Series 2 Ep 4	Matthew reckons he's earned a break from the farm, and heads off on a kayaking adventure with Ross. They're resolute in insisting on packing nothing but two minute noodles.	AUSTRALIA	English-100	RPT	PG		Y
2024-05-31	0700	Luke Nguyen's Street Food Asia	Kuala Lumpur, Malaysia - Part 1	Luke meets his friend Tana in Brickfields, filled with a variety of different Indian dishes.	AUSTRALIA	English-100	RPT	G		Y Y
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2024-05-31	0900	Mad Good Food	Thankful For Everything	Chef Derrell Smith serves up herb cornish hens, cornbread stuffing and cranberry sauce alongside other holiday favourites.	USA	English-100			PG		
2024-05-31	0930	My Market Kitchen	Ep 19	Mike is joined by his daughter Abigail to whip up her favourite treat, double chocolate cookies. Matt creates a Vietnamese dessert, coconut creme caramel. Laura wraps up the show with carbonara.	AUSTRALIA	English-100			G		
2024-05-31	1000	Strait To The Plate	Boigu	Aaron arrives on the Island of Boigu a place with a rich history of fierce warriors and dugong hunters and the most western island in the Torres Strait.	AUSTRALIA	English-100	RPT		G	Y	Y
2024-05-31	1030	Food Safari	Egyptian	Maeve explores the nourishing foods of Egypt and discovers the country's favourite dishes. She meets chef Ramy Megalaa who introduces the key ingredients in Egyptian cooking.	AUSTRALIA	English-100	RPT		G	Y	
2024-05-31	1100	The Cook Up With Adam Liaw	Best Ever Chicken Curry	Adam and his guests, MKR winners and food entrepreneurs Monzir Hamdin and Janelle Halil cook their best ever chicken curries.	AUSTRALIA	English-100			G		
2024-05-31	1130	John Torode's Korean Food Tour	Kimchi	Kimchi is one of the world's superfoods. Every family has a recipe and no meal is eaten in Korea without kimchi. In Mangwon Market in Seoul, John visits the stalls selling hundreds of different types.	UNITED KINGDOM	English-100			G		
2024-05-31	1225	Please Eat Slowly Bitesize	Hand-Pulled Noodles	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100			G		
2024-05-31	1230	Barefoot Contessa: Back To Basics	Farmstand	It is all about farm-to-table cooking for Ina Garten's spring feast, inspired by the farmstand, including a rosemary rack of lamb with easy tzatziki and a Tuscan-style tomato and bread salad.	USA	English-100			G		

2024-05-31	1300	Mary Makes It Easy	Mary Bakes It Easy	Baking may be a science, but it doesn't need to be complicated. Mary's recipes show some simple solutions for enjoying baked goods at home.	CANADA	English-100		G		Y	
2024-05-31	1330	Giada Entertains	Giada Entertains Series 4 Ep 4	Jade loves chocolate just as much as her mother so Giada is hosting a chocolate-themed Valentine's Day party for her and her friends. The fancy lunch menu includes chocolate strawberry cups.	USA	English-100		G			
2024-05-31	1400	Pati's Mexican Table	Tradition And Innovation	Pati meets chef and historian Maru Toledo who is working to preserve and pass on some of Jalisco's most important regional recipes.	USA	English-100		G		Y	
2024-05-31	1430	Gourmet Farmer	Gourmet Farmer Series 2 Ep 5	Matthew and Ross receive a request for suckling pig from John Jovanovic, a Serbian man, while manning their Salamanca stall. The pig is to be served at a Sino-Serbian New Year's Feast.	AUSTRALIA	English-100	RPT	G		Y	
2024-05-31	1500	Luke Nguyen's Street Food Asia	Kuala Lumpur, Malaysia, Part 2	Luke continues unearthing different street foods in Kuala Lumpur, starting at the central Jalan Imbi market.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-05-31	1530	Hairy Bikers Comfort Food	Posh-Ish Nosh	Today the Hairy Bikers are updating an old favourite - the Rum Baba - and are making the most of a great cut of beef in a traditional Greek Stifado.	UNITED KINGDOM	English-100		G			
2024-05-31	1625	Please Eat Slowly Bitesize	Steamed Whole Fish	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100		G			
2024-05-31	1630	Spencer's Big 30	Vietnamese Take-Out	This Vietnamese Take-Out dinner is a great way to feed your whole crew and it won't break the bank! Chef Spencer Watts kicks off this zippy meal with Vietnamese Chicken Wings.	CANADA	English-100		G			
2024-05-31	1700	Mad Good Food	Take Out At Home	Chef Derrell Smith tackles his favourite take-out foods at home, serving up Chinese American menu staples with General Tso's chicken, bok choy and delicious egg rolls.	USA	English-100		PG			
2024-05-31	1730	My Market Kitchen	Ep 20	Matt prepares a BBQ chicken from his restaurant menu. Mike and Catherine Velisha cook up a smoked tofu and broccoli stir fry in the market. Laura's mum prepares her blueberry galette.	AUSTRALIA	English-100		G			
2024-05-31	1800	Strait To The Plate	Dauan Island	To continue his journey in the Northwestern region, Aaron visits Dauan Island. Dauan is a rocky granite island, a complete contrast to low laying Saibai and Boigu that are made up of marshlands.	AUSTRALIA	English-100	RPT	G		Y	Y

2024-05-31	1830	Food Safari	German	Maeve O'Meara meets up with chef Detlef Haupt, who reveals the essential ingredients in traditional German cooking. Later Maeve explores the loaves and pretzels that Germans love.	AUSTRALIA	English-100	RPT	G			Y
2024-05-31	1900	The Cook Up With Adam Liaw	Spiced Rice	What's better than rice? Spiced rice! See what Adam and his guests, Chef Claire Van Vuuren and comedian Mahmoud Ismail serve up.	AUSTRALIA	English-100		G			
2024-05-31	1930	Ainsley's Taste Of Malta	Gozo	Ainsley heads to the idyllic island of Gozo to finish his journey, starting with a picturesque picnic filled with the tastes of Malta courtesy of Ana.	UNITED KINGDOM	English-100		G			
2024-05-31	2030	Extreme Food Phobics	Extreme Food Phobics Series 1 Ep 9	This episode features a groom-to-be who can't eat the same food as his guests at his own wedding, preferring a plate of chicken nuggets.	UNITED KINGDOM	English-100	RPT	PG	a		Y
2024-05-31	2125	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G			Y
2024-05-31	2130	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 5	Using his experience in Canberra, Paul goes back on the road. His first stop is a tiny town of 20 called Morundah who have turned a local pest into a palatable bar snack.	UNITED KINGDOM	English-100	RPT	PG	a w		Y
2024-05-31	2230	The Cook Up With Adam Liaw	Spiced Rice	What's better than rice? Spiced rice! See what Adam and his guests, Chef Claire Van Vuuren and comedian Mahmoud Ismail serve up.	AUSTRALIA	English-100		G			
2024-05-31	2300	The Cook And The Chef	Anlaby A Country Homestead	Maggie replicates beautiful lamb pies that she created for a charity event, while Simon gives shepherd's pie a vegetarian spin. Also on the menu is chocolate and lots of it.	AUSTRALIA	English-100		G			
2024-05-31	2330	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 6 Ep 10	Jamie and Jimmy are joined by the incredible Craig David. Jamie takes Craig back to his childhood as he shows him a traditional Caribbean chicken dish from his grandmother's village in Grenada.	UNITED KINGDOM	English-100		PG	n		
2024-05-31	2430	Ainsley's Taste Of Malta	Gozo	Ainsley heads to the idyllic island of Gozo to finish his journey, starting with a picturesque picnic filled with the tastes of Malta courtesy of Ana.	UNITED KINGDOM	English-100		G			
2024-05-31	2530	Extreme Food Phobics	Extreme Food Phobics Series 1 Ep 9	This episode features a groom-to-be who can't eat the same food as his guests at his own wedding, preferring a plate of chicken nuggets.	UNITED KINGDOM	English-100	RPT	PG	a		Y

2024-05-31	2625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
2024-05-31	2630	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 5	Using his experience in Canberra, Paul goes back on the road. His first stop is a tiny town of 20 called Morundah who have turned a local pest into a palatable bar snack.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-05-31	2730	Jamie & Jimmy's Food Fight Club	Jamie & Jimmy's Food Fight Club Series 6 Ep 10	Jamie and Jimmy are joined by the incredible Craig David. Jamie takes Craig back to his childhood as he shows him a traditional Caribbean chicken dish from his grandmother's village in Grenada.	UNITED KINGDOM	English-100		PG	n	
2024-05-31	2830	Barefoot Contessa: Back To Basics	Farmstand	It is all about farm-to-table cooking for Ina Garten's spring feast, inspired by the farmstand, including a rosemary rack of lamb with easy tzatziki and a Tuscan-style tomato and bread salad.	USA	English-100		G		
2024-06-01	0500	Mary Makes It Easy	Mary Bakes It Easy	Baking may be a science, but it doesn't need to be complicated. Mary's recipes show some simple solutions for enjoying baked goods at home.	CANADA	English-100		G		Y
2024-06-01	0530	Giada Entertains	Giada Entertains Series 4 Ep 4	Jade loves chocolate just as much as her mother so Giada is hosting a chocolate-themed Valentine's Day party for her and her friends. The fancy lunch menu includes chocolate strawberry cups.	USA	English-100		G		
2024-06-01	0600	Pati's Mexican Table	Tradition And Innovation	Pati meets chef and historian Maru Toledo who is working to preserve and pass on some of Jalisco's most important regional recipes.	USA	English-100		G		Y
2024-06-01	0630	Gourmet Farmer	Gourmet Farmer Series 2 Ep 5	Matthew and Ross receive a request for suckling pig from John Jovanovic, a Serbian man, while manning their Salamanca stall. The pig is to be served at a Sino-Serbian New Year's Feast.	AUSTRALIA	English-100	RPT	G		Y
2024-06-01	0700	Luke Nguyen's Street Food Asia	Kuala Lumpur, Malaysia, Part 2	Luke continues unearthing different street foods in Kuala Lumpur, starting at the central Jalan Imbi market.	AUSTRALIA	English-100	RPT	G		Y Y
2024-06-01	0730	Hairy Bikers Comfort Food	Posh-Ish Nosh	Today the Hairy Bikers are updating an old favourite - the Rum Baba - and are making the most of a great cut of beef in a traditional Greek Stifado.	UNITED KINGDOM	English-100		G		
2024-06-01	0825	Please Eat Slowly Bitesize	Steamed Whole Fish	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100		G		

2024-06-01	0830	Spencer's Big 30	Vietnamese Take-Out	This Vietnamese Take-Out dinner is a great way to feed your whole crew and it won't break the bank! Chef Spencer Watts kicks off this zippy meal with Vietnamese Chicken Wings.	CANADA	English-100		G		
2024-06-01	0900	Mad Good Food	Take Out At Home	Chef Derrell Smith tackles his favourite take-out foods at home, serving up Chinese American menu staples with General Tso's chicken, bok choy and delicious egg rolls.	USA	English-100		PG		
2024-06-01	0930	My Market Kitchen	Ep 20	Matt prepares a BBQ chicken from his restaurant menu. Mike and Catherine Velisha cook up a smoked tofu and broccoli stir fry in the market. Laura's mum prepares her blueberry galette.	AUSTRALIA	English-100		G		
2024-06-01	1000	Strait To The Plate	Dauan Island	To continue his journey in the Northwestern region, Aaron visits Dauan Island. Dauan is a rocky granite island, a complete contrast to low lying Saibai and Boigu that are made up of marshlands.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-06-01	1030	Food Safari	German	Maeve O'Meara meets up with chef Detlef Haupt, who reveals the essential ingredients in traditional German cooking. Later Maeve explores the loaves and pretzels that Germans love.	AUSTRALIA	English-100	RPT	G	Y	
2024-06-01	1100	The Cook Up With Adam Liaw	Spiced Rice	What's better than rice? Spiced rice! See what Adam and his guests, Chef Claire Van Vuuren and comedian Mahmoud Ismail serve up.	AUSTRALIA	English-100		G		
2024-06-01	1130	Ainsley's Taste Of Malta	Gozo	Ainsley heads to the idyllic island of Gozo to finish his journey, starting with a picturesque picnic filled with the tastes of Malta courtesy of Ana.	UNITED KINGDOM	English-100		G		
2024-06-01	1230	Hairy Bikers Comfort Food	Posh-Ish Nosh	Today the Hairy Bikers are updating an old favourite - the Rum Baba - and are making the most of a great cut of beef in a traditional Greek Stifado.	UNITED KINGDOM	English-100		G		
2024-06-01	1325	Please Eat Slowly Bitesize	Steamed Whole Fish	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100		G		
2024-06-01	1330	Spencer's Big 30	Vietnamese Take-Out	This Vietnamese Take-Out dinner is a great way to feed your whole crew and it won't break the bank! Chef Spencer Watts kicks off this zippy meal with Vietnamese Chicken Wings.	CANADA	English-100		G		

2024-06-01	1400	Strait To The Plate	Saibai Island	Aaron completes his culinary expedition of the Top Western Cluster group by visiting Saibai Island, the most northern island in the Torres Strait.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-06-01	1430	Jamie's Chef	Jamie's Chef Series 1 Ep 1	Jamie's Chef follows four of the graduates of the Fifteen Foundation compete for a chance to open and run their own pub in Essex. Jamie Oliver along with two other judges must determine the winner.	UNITED KINGDOM	English-100		PG	d l		Y
2024-06-01	1530	Jamie's Chef	Jamie's Chef Series 1 Ep 2	Thasanee visits the Essex pub and meets the locals. Here she comes to the realisation that her dream Thai restaurant might fail if there is not enough support from the residents.	UNITED KINGDOM	English-100		PG	l		Y
2024-06-01	1630	Field Trip With Curtis Stone	Lombardy	Curtis travels to the Lombardy region at the base of the Italian Alps to discover a local cheese and peasant dish. He subsequently embarks on a helicopter tour of a prestigious Franciacorta vineyard.	USA	English-100		PG	a w		Y
2024-06-01	1700	Barefoot Contessa: Back To Basics	Modern Comfort Food: All Italian	Ina Garten shares her take on Italian classics, and starts by giving crispy chicken with lemon orzo a Greek spin.	USA	English-100		G			
2024-06-01	1730	Luca's Key Ingredient	Luca's Key Ingredient Series 1 Ep 3	Today's key ingredient features the benefits of cooking with quality extra virgin olive oil. Luca uses olive oil to toss through an elegant spaghetti dish, poaches tuna and makes a saffron gelato.	AUSTRALIA	English-100		G			
2024-06-01	1800	The Creators: Chefs Uncut	Chef Bjorn Shen	By Bjorn's own admission, he is not only a chef, but a man who likes drawing dicks. Take a wild ride into the world of the most charismatic, unpredictable and brutally honest chef in Asia.	SINGAPORE	English-100					
2024-06-01	1830	Raymond Blanc's Royal Kitchen Gardens	Dumfries House 1	A trip to the Ayrshire countryside sees Raymond visit the splendid Dumfries House. The huge range of vegetables grown plants a seed of inspiration. He makes a zesty scallop, salmon and veggie ceviche.	UNITED KINGDOM	English-100		PG			
2024-06-01	1930	Hairy Bikers Go Local	Stackpole Inn, West Wales	Dave and Si head to The Stackpole Inn, where Head Chef Matt Waldron prides himself on using local ingredients, can the Hairy Bikers find some new local treats he hasn't yet uncovered?	UNITED KINGDOM	English-100		PG			
2024-06-01	2035	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 14	Rick watches as friend Bill Baker fishes on the Towy estuary and catches flounder. Rick cooks flounder with a ravigote sauce. Bill catches a sea trout and Rick cooks it marinated with dill and pernod.	UNITED KINGDOM	English-100		PG	a w		

2024-06-01	2105	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 15	Rick visits his favourite local fish market at Looe in Cornwall, and he cooks John Dory with potatoes and mushrooms. In Northumberland, Rick cooks up pancakes with cheese, spinach, and ham.	UNITED KINGDOM	English-100	PG	a n w		
2024-06-01	2135	Anthony Bourdain: No Reservations	Madrid	In this episode, Tony takes a trip during the World Cup to Madrid - a city he describes as the political, geographical and cultural center of Spain.	USA	English-100	PG	d		Y
2024-06-01	2230	The Wine Show	Wine Show Series 3, The Ep 5	Matthew and James are in North Portugal - the region of Vinho Verde where they explore Portugal's historic relationship with the Catholic church and Matthew repents his sins.	UNITED KINGDOM	English-100	PG	I		Y
2024-06-01	2330	Jamie's Chef	Jamie's Chef Series 1 Ep 1	Jamie's Chef follows four of the graduates of the Fifteen Foundation compete for a chance to open and run their own pub in Essex. Jamie Oliver along with two other judges must determine the winner.	UNITED KINGDOM	English-100	PG	d I		Y
2024-06-01	2430	Jamie's Chef	Jamie's Chef Series 1 Ep 2	Thasanee visits the Essex pub and meets the locals. Here she comes to the realisation that her dream Thai restaurant might fail if there is not enough support from the residents.	UNITED KINGDOM	English-100	PG	I		Y
2024-06-01	2530	Field Trip With Curtis Stone	Lombardy	Curtis travels to the Lombardy region at the base of the Italian Alps to discover a local cheese and peasant dish. He subsequently embarks on a helicopter tour of a prestigious Franciacorta vineyard.	USA	English-100	PG	a w		Y
2024-06-01	2600	Barefoot Contessa: Back To Basics	Modern Comfort Food: All Italian	Ina Garten shares her take on Italian classics, and starts by giving crispy chicken with lemon orzo a Greek spin.	USA	English-100	G			
2024-06-01	2630	Luca's Key Ingredient	Luca's Key Ingredient Series 1 Ep 3	Today's key ingredient features the benefits of cooking with quality extra virgin olive oil. Luca uses olive oil to toss through an elegant spaghetti dish, poaches tuna and makes a saffron gelato.	AUSTRALIA	English-100	G			
2024-06-01	2700	The Creators: Chefs Uncut	Chef Bjorn Shen	By Bjorn's own admission, he is not only a chef, but a man who likes drawing dicks. Take a wild ride into the world of the most charismatic, unpredictable and brutally honest chef in Asia.	SINGAPORE	English-100				
2024-06-01	2730	Raymond Blanc's Royal Kitchen Gardens	Dumfries House 1	A trip to the Ayrshire countryside sees Raymond visit the splendid Dumfries House. The huge range of vegetables grown plants a seed of inspiration. He makes a zesty scallop, salmon and veggie ceviche.	UNITED KINGDOM	English-100	PG			

2024-06-01	2830	Rick Stein's Food Heroes	Rick Stein's Food Heroes Series 2 Ep 14	Rick watches as friend Bill Baker fishes on the Towy estuary and catches flounder. Rick cooks flounder with a ravigote sauce. Bill catches a sea trout and Rick cooks it marinated with dill and pernod.	UNITED KINGDOM	English-100	PG	a w
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