



WEEK 24: Sunday, 9 June - Saturday, 15 June 2024 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-06-09	0500	The Creators: Chefs Uncut	Chef Pichaya 'pam' Sontornyanakij	A rising superstar in the culinary scene, Chef Pam always had a dream; to earn a Michelin star. Reflected in her dishes, cooking style, and life journey, are her heritage and her family.	SINGAPORE	English-100		G			
2024-06-09	0530	Rick Stein's Long Weekends	Bordeaux	The series starts in autumnal Bordeaux. Rick arrives just in time for ceps and judges a local wine contest. He hires a 2CV for an excursion to the coast - abundant with mussels and oysters.	UNITED KINGDOM	English-100	RPT	G		Y	
2024-06-09	0635	Jamie's Chef	Jamie's Chef Series 1 Ep 3	This episode follows Aaron Craze and his family as they attempt to move into the Essex pub restaurant. Their troubles begin when the Foundation has problems in organising the transfer for the pub.	UNITED KINGDOM	English-100		PG	a l		
2024-06-09	0735	Jamie's Chef	Jamie's Chef Series 1 Ep 4	Aaron and Nikki eventually open the restaurant to customers. The first evening is a complete disaster with meals taking an hour to come out, bookings being lost and many patrons complaining.	UNITED KINGDOM	English-100		PG	a l		
2024-06-09	0830	Raymond Blanc's Royal Kitchen Gardens	Hillsborough 1	Raymond visits Hillsborough Castle and Gardens where he spends time soaking up the tranquillity of the gardens. He then makes a delicious dish of soft fruits and a sabayon.	UNITED KINGDOM	English-100		PG			
2024-06-09	0930	Hairy Bikers Go Local	Hjem, Northumberland	The Bikers continue their adventure in Northumberland, on the hunt for new, local food producers to impress a Michelin Star chef.	UNITED KINGDOM	English-100		G			
2024-06-09	1035	Rick Stein's Long Weekends	Bordeaux	The series starts in autumnal Bordeaux. Rick arrives just in time for ceps and judges a local wine contest. He hires a 2CV for an excursion to the coast - abundant with mussels and oysters.	UNITED KINGDOM	English-100	RPT	G		Y	
2024-06-09	1140	Luca's Key Ingredient	Luca's Key Ingredient Series 1 Ep 4	Today's episode highlights the importance of small goods when it comes to Italian cooking. Luca uses Bresaola, Mortadella and Mezze Maniche to create three elegant and impressive dishes.	AUSTRALIA	English-100		PG	l		
2024-06-09	1205	The Creators: Chefs Uncut	Chef Pichaya 'pam' Sontornyanakij	A rising superstar in the culinary scene, Chef Pam always had a dream; to earn a Michelin star. Reflected in her dishes, cooking style, and life journey, are her heritage and her family.	SINGAPORE	English-100		G			

2024-06-09	1235	Raymond Blanc's Royal Kitchen Gardens	Hillsborough 1	Raymond visits Hillsborough Castle and Gardens where he spends time soaking up the tranquillity of the gardens. He then makes a delicious dish of soft fruits and a sabayon.	UNITED KINGDOM	English-100		PG	
2024-06-09	1335	Barefoot Contessa: Back To Basics	Modern Comfort Food: Classics Made Over	Ina gets fresh with spring green spaghetti carbonara, and chocolate-dipped brown sugar shortbread livens up an old favourite sweet treat.	USA	English-100		G	
2024-06-09	1400	The Cook Up With Adam Liaw	Tasty Express	Sounds like a train, but tastes way better: Chef Paul Farag and Everyday Gourmet host, Justine Schofield jump on board the tasty express with Adam.	AUSTRALIA	English-100	RPT	G	Y
2024-06-09	1430	The Cook Up With Adam Liaw	Honey	You'll be buzzing about the kitchen after seeing what Adam and his guests, hatted chefs Rosheen Kaul and Aleksis Kalnins, can make with honey.	AUSTRALIA	English-100	RPT	G	Y
2024-06-09	1500	The Cook Up With Adam Liaw	Dream Dinners	It's a night of dream dinners, as Adam and his guests, Sijori Malay Food founder Engku Putri Irna Mysara and Bar Louise's Head Chef Marcelo Munoz make their ultimate dinner recipes.	AUSTRALIA	English-100	RPT	G	Y
2024-06-09	1530	The Cook Up With Adam Liaw	Sweet Classics	Sweet tooths, rejoice! Acclaimed chefs, Alex Wong and Jung Eun Chae joins Adam in the kitchen to make classic desserts.	AUSTRALIA	English-100	RPT	G	Y
2024-06-09	1600	The Cook Up With Adam Liaw	Soup Party, The	Two soup-er star guests, performer Christie Whelan Browne and chef Ellie Hayes O'Brien, join Adam to take your broth away with a night of Easy Entertaining with The Soup Party.	AUSTRALIA	English-100		G	Y
2024-06-09	1630	Field Trip With Curtis Stone	Margaret River	In the Margaret River region, Curtis meets with a rancher raising grass-fed Shorthorn cattle; fishes for marron, a large freshwater crayfish; and visits winemaker Vanya Cullen's biodynamic vineyard.	USA	English-100		G	
2024-06-09	1700	Barefoot Contessa: Back To Basics	Modern Comfort Food: Good Cheese	Ina Garten indulges in incredible recipes starring some of her favorite cheeses, featuring a panko-crusted rack of lamb for a fast and fancy dinner.	USA	English-100		G	
2024-06-09	1730	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 1	Water, cornmeal, salt - Dan explores a South American classic, the arepa, then adds his twist by pairing it with South Asian favours.	AUSTRALIA	English-100		G	Y
2024-06-09	1800	Flat Out Food	Chickpea	From seeing the pulses grown in the ground to being processed into a healthy and convenient snack and then turned into pasta, Jenn experiences the many uses of chickpeas.	CANADA	English-100		G	
2024-06-09	1830	Michel Roux's French Country Cooking	Brunch	Michel makes a decadent brunch starting with cheese souffles. A visit to a historic restaurant in Avignon inspires a classic smoked chicken and mushrooms pithivier, then a wine jelly with fruits.	UNITED KINGDOM	English-100		G	Y

2024-06-09	1925	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 6	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
2024-06-09	1930	Be My Guest With Ina Garten	Chef Erin French	From seeing the pulses grown in the ground to being processed into a healthy and convenient snack and then turned into pasta, Jenn experiences the many uses of chickpeas.	USA	English-100				
2024-06-09	2030	Rick Stein's Far Eastern Odyssey	Cambodia And Vietnam	One of Britain's most revered chefs, Rick Stein sets off on an epic culinary journey to explore the Far East's most diverse food cultures.	UNITED KINGDOM	English-100	RPT	PG		Y
2024-06-09	2140	Anthony Bourdain: No Reservations	Making Of India	In this No Reservations special, enjoy an intimate look behind the scenes for a taste of all that must be done to complete each episode.	USA	English-100		PG		Y
2024-06-09	2235	Amy Schumer Learns To Cook	Breakfast Time	Comedian Amy Schumer begins her culinary education where most people begin the day - breakfast. While Amy mixes up an Old-Fashioned cocktail, Chris shows her how to make perfectly poached eggs.	USA	English-100		PG	a l s	
2024-06-09	2305	Amy Schumer Learns To Cook	Late-Night Eats	Amy's husband Chris is determined to teach her how to make some of her favourite late-night treats. While Amy makes the perfect Moscow Mule, she learns to cook fried rice with pork and scallops.	USA	English-100		PG	a l s	Y
2024-06-09	2335	Field Trip With Curtis Stone	Margaret River	In the Margaret River region, Curtis meets with a rancher raising grass-fed Shorthorn cattle; fishes for marron, a large freshwater crayfish; and visits winemaker Vanya Cullen's biodynamic vineyard.	USA	English-100		G		
2024-06-09	2405	Barefoot Contessa: Back To Basics	Modern Comfort Food: Good Cheese	Ina Garten indulges in incredible recipes starring some of her favorite cheeses, featuring a panko-crusted rack of lamb for a fast and fancy dinner.	USA	English-100		G		
2024-06-09	2430	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 1	Water, cornmeal, salt - Dan explores a South American classic, the arepa, then adds his twist by pairing it with South Asian favours.	AUSTRALIA	English-100		G		Y
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2024-06-09	2530	Michel Roux's French Country Cooking	Brunch	Michel makes a decadent brunch starting with cheese souffles. A visit to a historic restaurant in Avignon inspires a classic smoked chicken and mushrooms pithivier, then a wine jelly with fruits.	UNITED KINGDOM	English-100		G		Y
2024-06-09	2625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 6	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

2024-06-09	2630	Be My Guest With Ina Garten	Chef Erin French	From seeing the pulses grown in the ground to being processed into a healthy and convenient snack and then turned into pasta, Jenn experiences the many uses of chickpeas.	USA	English-100				
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2024-06-09	2830	Field Trip With Curtis Stone	Margaret River	In the Margaret River region, Curtis meets with a rancher raising grass-fed Shorthorn cattle; fishes for marron, a large freshwater crayfish; and visits winemaker Vanya Cullen's biodynamic vineyard.	USA	English-100	G			
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2024-06-10	1105	Barefoot Contessa: Back To Basics	Modern Comfort Food: Good Cheese	Ina Garten indulges in incredible recipes starring some of her favorite cheeses, featuring a panko-crusted rack of lamb for a fast and fancy dinner.	USA	English-100		G	
2024-06-10	1130	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 1	Water, cornmeal, salt - Dan explores a South American classic, the arepa, then adds his twist by pairing it with South Asian favours.	AUSTRALIA	English-100		G	Y
2024-06-10	1200	Flat Out Food	Chickpea	From seeing the pulses grown in the ground to being processed into a healthy and convenient snack and then turned into pasta, Jenn experiences the many uses of chickpeas.	CANADA	English-100		G	
2024-06-10	1230	Barefoot Contessa: Back To Basics	Good Grilling	Ina is fired up and sharing her advice for grilling and barbecuing like a pro. To start, hot coals work their magic on her grilled Cornish hens, and she amps up the flavour on ribs and BBQ sauce.	USA	English-100		G	
2024-06-10	1300	Mary Makes It Easy	May Contain	Don't let dietary restrictions hold you back from making tasty treats. Mary shows how to cater to food intolerances and allergies by amping up the flavour instead of using ingredient substitutions.	CANADA	English-100		G	
2024-06-10	1330	Giada Entertains	Giada Entertains Series 4 Ep 10	Giada organises a dog park picnic inspired by her dog Bruno for her friends with furry pals. The portable menu features chocolate peanut butter blondies and farro salad with mushroom and gorgonzola.	USA	English-100		G	
2024-06-10	1400	Pati's Mexican Table	Sisters, Stew And Sass	On the river Ramos, two sisters have taken a shack that serves one dish, traditional cortadillo stew, and made it into a must-visit restaurant.	USA	English-100		G	Y
2024-06-10	1430	Gourmet Farmer	Gourmet Farmer Series 3 Episode 1	Matthew Evans, the former food critic turned farmer, returns for another season of Gourmet Farmer. Now Matthew is up-scaling - he has bought a new 70 acre farm.	AUSTRALIA	English-100	RPT	G	Y
2024-06-10	1500	Gok Wan's Easy Asian	Simple Snacks	In this episode Gok explores what to cook when you don't want a big meal and something small will do. East Asian cuisine has so many dishes to satisfy that need.	UNITED KINGDOM	English-100		G	
2024-06-10	1530	Hairy Bikers Comfort Food	Taste Of Northumberland, A	It's a trip back in time for Si today as the Bikers cook dishes from Northumberland. This means a celebration of local seafood, a traditional lamb recipe and a new way of serving ice-cream.	UNITED KINGDOM	English-100		G	
2024-06-10	1625	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

2024-06-10	1630	Fun'q With Spencer Watts	Sun's Out Buns Out	The sun is shining and Spencer is turning up the heat, cooking delicious grilled food perfect to be served on a bun. He shares his secrets to the perfect grilled veggie burger and sesame meatloaf.	CANADA	English-100		G	
2024-06-10	1700	Mad Good Food	Healthy Kick	Chef Derrell Smith is starting off his year on a healthy kick making delicious dishes, including cauliflower steaks with homemade chimichurri sauce.	USA	English-100		PG	
2024-06-10	1730	My Market Kitchen	Ep 26	Matt prepares a Vietnamese banh mi. Tobie Puttock, with Chef Leslie Chan, cooks sweet and sour pork with a twist. Mike and David Mann make a barbecued mango and spatchcock chicken.	AUSTRALIA	English-100		G	
2024-06-10	1800	Taste Of Australia With Hayden Quinn	Brisbane, QLD	Hayden starts the day on the Brisbane River kayaking, then has breakfast overlooking the river before heading to a restaurant to meet the chef and learn a bit about the Brisbane food scene.	AUSTRALIA	English-100		PG	a w
2024-06-10	1830	Food Safari	Jewish	Maeve O'Meara explores the delicious and complex world of Jewish food - full of age-old traditions and customs. She visits kosher butcher shops and fish shops in Melbourne and Sydney.	AUSTRALIA	English-100	RPT	G	Y
2024-06-10	1900	The Cook Up With Adam Liaw	Stress-Free Feeds	Does cooking get you worked up? Let Adam help, with stress-free feeds from two very cool-headed guests, actor Lincoln Younes and chef Ollie Wong-Hee.	AUSTRALIA	English-100		G	Y
2024-06-10	1930	The Streets Hong Kong	Ep 2	Join Dan as he delves into the vibrant nightlife of Temple Street in Kowloon. Queueing up for beloved Cantonese classics like claypot rice, he later unveils his own home-cook-friendly version.				G	Y
2024-06-10	2000	Luke Nguyen's France	Paris	Luke digs deeper into Parisian culture. He sets up a kitchen on a rooftop to cook the original version of the French dish that became Vietnam's staple, pho.	AUSTRALIA	English-100	RPT	G	Y
2024-06-10	2030	Marcus Wareing's Kitchen Garden Tales	Preserving	As autumn has drawn in, it's time to take stock of the kitchen garden and preserve any remaining summer crops so that they last through the winter and don't go to waste.	UNITED KINGDOM	English-100		G	
2024-06-10	2100	Paula McIntyre's Hamely Kitchen	Episode 3	Paula makes the perfect comfort food: beef olives with onion gravy and creamy mash. And in Mournes, cooks up monkfish with potato bread chips and a seaweed flavoured mayo.	UNITED KINGDOM	English-100		G	
2024-06-10	2130	Come Dine With Me Couples	Berkshire A	It's double the fun, as couples take turns hosting their own dinner parties and grading each other, as they battle for the title of best host, and the chance to win a grand cash prize.	UNITED KINGDOM	English-100		PG	n
2024-06-10	2225	Please Eat Slowly Bitesize	Dumplings	Victor shares his tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right.	AUSTRALIA	English-100		G	
2024-06-10	2230	The Cook Up With Adam Liaw	Stress-Free Feeds	Does cooking get you worked up? Let Adam help, with stress-free feeds from two very cool-headed guests, actor Lincoln Younes and chef Ollie Wong-Hee.	AUSTRALIA	English-100		G	Y

2024-06-10	2300	The Cook And The Chef	Australia Now	Simon and Maggie reflect on the state of the Australian food scene in 2008 and prepare what they consider to be truly Australian meals. Maggie tells Simon about the amazing changes she's seen.	AUSTRALIA	English-100		G	
2024-06-10	2330	Jamie & Jimmy's Food Fight Club	Harry Hill	Jamie and Jimmy whip up a packed menu full of dishes for the weekend and joining them in the cafe to lend a hand is the funny man of TV outtakes, Harry Hill.	UNITED KINGDOM	English-100		G	
2024-06-10	2425	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
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2024-06-11	0530	Giada Entertains	Giada Entertains Series 4 Ep 10	Giada organises a dog park picnic inspired by her dog Bruno for her friends with furry pals. The portable menu features chocolate peanut butter blondies and farro salad with mushroom and gorgonzola.	USA	English-100		G	
2024-06-11	0600	Pati's Mexican Table	Sisters, Stew And Sass	On the river Ramos, two sisters have taken a shack that serves one dish, traditional cortadillo stew, and made it into a must-visit restaurant.	USA	English-100		G	Y
2024-06-11	0630	Gourmet Farmer	Gourmet Farmer Series 3 Episode 1	Matthew Evans, the former food critic turned farmer, returns for another season of Gourmet Farmer. Now Matthew is up-scaling - he has bought a new 70 acre farm.	AUSTRALIA	English-100	RPT	G	Y
2024-06-11	0700	Gok Wan's Easy Asian	Simple Snacks	In this episode Gok explores what to cook when you don't want a big meal and something small will do. East Asian cuisine has so many dishes to satisfy that need.	UNITED KINGDOM	English-100		G	
2024-06-11	0730	Hairy Bikers Comfort Food	Taste Of Northumberland, A	It's a trip back in time for Si today as the Bikers cook dishes from Northumberland. This means a celebration of local seafood, a traditional lamb recipe and a new way of serving ice-cream.	UNITED KINGDOM	English-100		G	
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2024-06-11	0830	Fun'q With Spencer Watts	Sun's Out Buns Out	The sun is shining and Spencer is turning up the heat, cooking delicious grilled food perfect to be served on a bun. He shares his secrets to the perfect grilled veggie burger and sesame meatloaf.	CANADA	English-100		G	
2024-06-11	0900	Mad Good Food	Healthy Kick	Chef Derrell Smith is starting off his year on a healthy kick making delicious dishes, including cauliflower steaks with homemade chimichurri sauce.	USA	English-100		PG	
2024-06-11	0930	My Market Kitchen	Ep 26	Matt prepares a Vietnamese banh mi. Tobie Puttock, with Chef Leslie Chan, cooks sweet and sour pork with a twist. Mike and David Mann make a barbecued mango and spatchcock chicken.	AUSTRALIA	English-100		G	
2024-06-11	1000	Taste Of Australia With Hayden Quinn	Brisbane, QLD	Hayden starts the day on the Brisbane River kayaking, then has breakfast overlooking the river before heading to a restaurant to meet the chef and learn a bit about the Brisbane food scene.	AUSTRALIA	English-100		PG	a w
2024-06-11	1030	Food Safari	Jewish	Maeve O'Meara explores the delicious and complex world of Jewish food - full of age-old traditions and customs. She visits kosher butcher shops and fish shops in Melbourne and Sydney.	AUSTRALIA	English-100	RPT	G	Y
2024-06-11	1100	The Cook Up With Adam Liaw	Stress-Free Feeds	Does cooking get you worked up? Let Adam help, with stress-free feeds from two very cool-headed guests, actor Lincoln Younes and chef Ollie Wong-Hee.	AUSTRALIA	English-100		G	Y
2024-06-11	1130	The Streets Hong Kong	Ep 2	Join Dan as he delves into the vibrant nightlife of Temple Street in Kowloon. Queueing up for beloved Cantonese classics like claypot rice, he later unveils his own home-cook-friendly version.				G	Y

2024-06-11	1200	Luke Nguyen's France	Paris	Luke digs deeper into Parisian culture. He sets up a kitchen on a rooftop to cook the original version of the French dish that became Vietnam's staple, pho.	AUSTRALIA	English-100	RPT	G	Y
2024-06-11	1230	Barefoot Contessa: Back To Basics	Herbs All Ways	Ina Garten is cooking with her favourite herbs and sharing tips for turning up the flavour. Dill, chives, and basil shine in her heirloom tomatoes with herbed ricotta.	USA	English-100		G	
2024-06-11	1300	Mary Makes It Easy	Spice, Spice, Baby	Mary's first stop on her spice-fuelled adventure is Za'atar pita bread, featuring a tangy, nutty herb and spice blend originating from Western Asia and mostly made up of spice-cupboard staples.	CANADA	English-100		G	
2024-06-11	1330	Giada Entertains	Giada Entertains Series 4 Ep 11	Giada transports her guests to the island of Sicily with a menu featuring Bucatini a la Clams Casino, cannoli panna cotta, and simple eggplant parmigiana.	USA	English-100		G	
2024-06-11	1400	Pati's Mexican Table	World Cup Of Tacos, The	The state of Nuevo Leon is divided between two pro soccer teams. Pati tries the food at each stadium with stars from each team to be the judge on who wins in the battle of tortas and tacos.	USA	English-100		PG	Y
2024-06-11	1430	Gourmet Farmer	Gourmet Farmer Series 3 Episode 2	It's been a year of experimentation and Matthew Evans has kept chooks for eggs, but now he'd like to get heritage chickens for their meat.	AUSTRALIA	English-100	RPT	G	Y
2024-06-11	1500	Gok Wan's Easy Asian	One Pot Wonders	In this episode Gok Wan shows us how to enjoy home cooking even if life is constantly bus, his three one pot wonders are ideal to make life easy.	UNITED KINGDOM	English-100		G	
2024-06-11	1530	Hairy Bikers Comfort Food	Feel-Good Meals	The Bikers cook dishes to feed body and soul, including a wholesome warming soup, a chic healthy pudding and even a low fat version of a family favourite - burger and fries.	UNITED KINGDOM	English-100		G	
2024-06-11	1625	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2024-06-11	1630	Fun'q With Spencer Watts	Pepper Show, The	Spencer is inspired by all the fun flavours you can bring to food with peppers. He makes salty prosciutto and Calabrian chili stuffed salmon pinwheels on skewers, coated with a pickled pepper butter.	CANADA	English-100		PG	
2024-06-11	1700	Mad Good Food	Spring Time	Chef Derrell Smith is ready for springtime and makes a family meal bloom with braised lamb shanks, lemon couscous and a seasonal watermelon and feta salad.	USA	English-100		PG	Y
2024-06-11	1730	My Market Kitchen	Ep 27	Mike makes chicken karaage bao in the market kitchen. Laura prepares a Tuscan panzanella salad. Matt is joined by Adam Walls to match Tasmanian wines with salmon nigiri in tropical Noosa.	AUSTRALIA	English-100		G	
2024-06-11	1800	Taste Of Australia With Hayden Quinn	Sunshine Coast, QLD	Hayden starts the day with a surf with a new friend, then heads to a ginger farm to see ginger being processed. Hayden then gets some cooking tips from a chef at a local restaurant.	AUSTRALIA	English-100		G	

2024-06-11	1830	Food Safari	Food Safari Series 4 Ep 1	Maeve O'Meara explores the many cuisines of Darwin, including recipes from the city's Greek, Asian and Indigenous groups.	AUSTRALIA	English-100	RPT	G		Y
2024-06-11	1900	The Cook Up With Adam Liaw	Pipis, Clams And Mussels	It's a night of pipis, clams and mussels on The Cook Up, as Adam is joined by chef Karena Armstrong and composer Eddie Perfect.	AUSTRALIA	English-100		G		Y
2024-06-11	1930	Mary Berry's Fantastic Feasts	Ep 2	Dame Mary Berry shares her cooking skills with three novice cooks who want to throw a spectacular afternoon tea to say thank you to Soraya, who runs a local youth charity.	UNITED KINGDOM	English-100		G		
2024-06-11	2030	Paul Hollywood Eats Mexico	Oaxaca, Mayapan, Tlutepec	For his final week in Mexico Paul's concentrating on learning all about drinks - and that includes booze, soft drink, soup, sauces; anything that doesn't need chewing on the way down!	UNITED KINGDOM	English-100		PG	a v	Y
2024-06-11	2130	Come Dine With Me Couples	Maidenhead B	It's double the fun, as couples take turns hosting their own dinner parties and grading each other, as they battle for the title of best host, and the chance to win a grand cash prize.	UNITED KINGDOM	English-100		PG	a s	
2024-06-11	2225	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		
2024-06-11	2230	The Cook Up With Adam Liaw	Pipis, Clams And Mussels	It's a night of pipis, clams and mussels on The Cook Up, as Adam is joined by chef Karena Armstrong and composer Eddie Perfect.	AUSTRALIA	English-100		G		Y
2024-06-11	2300	The Cook And The Chef	Italian Influence	From pasta to gelati, tomatoes to octopus - Italian migrants have contributed enormously to our Australian way of life. Maggie's love of Italian opera and food is well known.	AUSTRALIA	English-100		G		
2024-06-11	2330	Jamie & Jimmy's Food Fight Club	Romesh Ranganathan	Jamie and Jimmy kick off the new year with their first ever all-vegan menu and joining them for their (mis)adventures in the cafe is the straight man of comedy, Romesh Ranganathan.	UNITED KINGDOM	English-100		PG		
2024-06-11	2425	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-06-11	2430	Mary Berry's Fantastic Feasts	Ep 2	Dame Mary Berry shares her cooking skills with three novice cooks who want to throw a spectacular afternoon tea to say thank you to Soraya, who runs a local youth charity.	UNITED KINGDOM	English-100		G		
2024-06-11	2530	Paul Hollywood Eats Mexico	Oaxaca, Mayapan, Tlutepec	For his final week in Mexico Paul's concentrating on learning all about drinks - and that includes booze, soft drink, soup, sauces; anything that doesn't need chewing on the way down!	UNITED KINGDOM	English-100		PG	a v	Y
2024-06-11	2625	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		

2024-06-11	2630	Come Dine With Me Couples	Maidenhead B	It's double the fun, as couples take turns hosting their own dinner parties and grading each other, as they battle for the title of best host, and the chance to win a grand cash prize.	UNITED KINGDOM	English-100		PG	a s
2024-06-11	2725	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	
2024-06-11	2730	Jamie & Jimmy's Food Fight Club	Romesh Ranganathan	Jamie and Jimmy kick off the new year with their first ever all-vegan menu and joining them for their (mis)adventures in the cafe is the straight man of comedy, Romesh Ranganathan.	UNITED KINGDOM	English-100		PG	
2024-06-11	2825	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2024-06-11	2830	The Cook And The Chef	Italian Influence	From pasta to gelati, tomatoes to octopus - Italian migrants have contributed enormously to our Australian way of life. Maggie's love of Italian opera and food is well known.	AUSTRALIA	English-100		G	
2024-06-12	0500	Mary Makes It Easy	Spice, Spice, Baby	Mary's first stop on her spice-fuelled adventure is Za'atar pita bread, featuring a tangy, nutty herb and spice blend originating from Western Asia and mostly made up of spice-cupboard staples.	CANADA	English-100		G	
2024-06-12	0530	Giada Entertains	Giada Entertains Series 4 Ep 11	Giada transports her guests to the island of Sicily with a menu featuring Bucatini a la Clams Casino, cannoli panna cotta, and simple eggplant parmigiana.	USA	English-100		G	
2024-06-12	0600	Pati's Mexican Table	World Cup Of Tacos, The	The state of Nuevo Leon is divided between two pro soccer teams. Pati tries the food at each stadium with stars from each team to be the judge on who wins in the battle of tortas and tacos.	USA	English-100		PG	Y
2024-06-12	0630	Gourmet Farmer	Gourmet Farmer Series 3 Episode 2	It's been a year of experimentation and Matthew Evans has kept chooks for eggs, but now he'd like to get heritage chickens for their meat.	AUSTRALIA	English-100	RPT	G	Y
2024-06-12	0700	Gok Wan's Easy Asian	One Pot Wonders	In this episode Gok Wan shows us how to enjoy home cooking even if life is constantly bus, his three one pot wonders are ideal to make life easy.	UNITED KINGDOM	English-100		G	
2024-06-12	0730	Hairy Bikers Comfort Food	Feel-Good Meals	The Bikers cook dishes to feed body and soul, including a wholesome warming soup, a chic healthy pudding and even a low fat version of a family favourite - burger and fries.	UNITED KINGDOM	English-100		G	
2024-06-12	0825	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2024-06-12	0830	Fun'q With Spencer Watts	Pepper Show, The	Spencer is inspired by all the fun flavours you can bring to food with peppers. He makes salty prosciutto and Calabrian chili stuffed salmon pinwheels on skewers, coated with a pickled pepper butter.	CANADA	English-100		PG	

2024-06-12	0900	Mad Good Food	Spring Time	Chef Derrell Smith is ready for springtime and makes a family meal bloom with braised lamb shanks, lemon couscous and a seasonal watermelon and feta salad.	USA	English-100		PG		Y
2024-06-12	0930	My Market Kitchen	Ep 27	Mike makes chicken karaage bao in the market kitchen. Laura prepares a Tuscan panzanella salad. Matt is joined by Adam Walls to match Tasmanian wines with salmon nigiri in tropical Noosa.	AUSTRALIA	English-100		G		
2024-06-12	1000	Taste Of Australia With Hayden Quinn	Sunshine Coast, QLD	Hayden starts the day with a surf with a new friend, then heads to a ginger farm to see ginger being processed. Hayden then gets some cooking tips from a chef at a local restaurant.	AUSTRALIA	English-100		G		
2024-06-12	1030	Food Safari	Food Safari Series 4 Ep 1	Maeve O'Meara explores the many cuisines of Darwin, including recipes from the city's Greek, Asian and Indigenous groups.	AUSTRALIA	English-100	RPT	G		Y
2024-06-12	1100	The Cook Up With Adam Liaw	Pipis, Clams And Mussels	It's a night of pipis, clams and mussels on The Cook Up, as Adam is joined by chef Karena Armstrong and composer Eddie Perfect.	AUSTRALIA	English-100		G		Y
2024-06-12	1130	Mary Berry's Fantastic Feasts	Ep 2	Dame Mary Berry shares her cooking skills with three novice cooks who want to throw a spectacular afternoon tea to say thank you to Soraya, who runs a local youth charity.	UNITED KINGDOM	English-100		G		
2024-06-12	1230	Barefoot Contessa: Back To Basics	Store Bought Is Fine	Store-bought ingredients pass the test for Ina Garten as she makes sweets, treats and more. Ready-made shortcuts wow in her raspberry baked Alaska with fresh raspberry sauce.	USA	English-100		G		
2024-06-12	1300	Mary Makes It Easy	Picky Eaters	Mary's got you covered with strategies to feed even the pickiest eaters in your life. Her crispy chicken two ways delivers chicken tenders for the kids, and stuffed poblano feta chicken for the rest.	CANADA	English-100		PG	I	
2024-06-12	1330	Giada Entertains	Giada Entertains Series 4 Ep 12	Giada plans a movie night out under the stars. The dishes are some of her favourites that include salted chocolate cake, arancini, grilled polpetta kebabs, and mind-blowing turkey sandwiches.	USA	English-100		G		
2024-06-12	1400	Pati's Mexican Table	Maestros Del Pan	The man who literally wrote the book on Mexican bread, Irving Quiroz, brings Pati into his workshop in Monterrey to teach her how to make traditional campechanas and rich conos de crema.	USA	English-100		G		Y
2024-06-12	1430	Gourmet Farmer Australia	Gourmet Farmer Series 3 Episode 3	Matthew Evans has been planning to build a commercial kitchen but the cost is prohibitive. Ross tells him about a caravan fitted out with a commercial kitchen for sale.	AUSTRALIA	English-100	RPT	G		Y
2024-06-12	1500	Gok Wan's Easy Asian	Take Out Tricks	In this episode Gok celebrates the fact we all love a takeaway. He shows how some of the most popular take-outs are just so easy to cook at home.	UNITED KINGDOM	English-100		G		
2024-06-12	1530	Hairy Bikers Comfort Food	Diy	Si and Dave tackle dishes that prove that homemade can beat shop-bought anytime when they prepare gravalax, jam doughnuts, their own corned beef and even an Indian favourite, paneer.	UNITED KINGDOM	English-100		G		

2024-06-12	1625	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-06-12	1630	Fun'q With Spencer Watts	Bbq On Boards	Big platters of food, lots of smiling faces, sharing and laughter - who doesn't love a great grilled feast? Spencer makes his root beer pulled pork with pickled peppers and a mustard barbecue sauce.	CANADA	English-100		G		
2024-06-12	1700	Mad Good Food	Sunday Supper	Derrell is serving up Sunday supper with his signature meatballs with creamy polenta, parmesan crisps and a spicy gremolata for the family meal. Solo meals are full of flavour with a meatball soup.	USA	English-100		PG		Y
2024-06-12	1730	My Market Kitchen	Ep 28	Mike creates a Caesar salad using Kale grown by Catherine Velisha. Matt prepares a grilled sumac vegetable salad. Laura cooks with truffle risotto that is perfect for date night.	AUSTRALIA	English-100		G		
2024-06-12	1800	Taste Of Australia With Hayden Quinn	Whitsundays, QLD	Hayden travels from the marina to a mango farm to learn about the local produce, then picks up some limes before heading out fishing with a local chef.	AUSTRALIA	English-100		G		
2024-06-12	1830	Food Safari	Food Safari Series 4 Ep 2	Maeve O'Meara explores the country considered the gourmet destination of South America - Peru - and its infiltration into Australian culture.	AUSTRALIA	English-100	RPT	G		Y
2024-06-12	1900	The Cook Up With Adam Liaw	Quick Sticks	You'll be transfixed by our quick sticks! Chef Narin 'Jack' Kulasai and Ella by Minoli are here to put things on skewers, and then cook them with Adam!	AUSTRALIA	English-100		G		Y
2024-06-12	1930	Rick Stein's Food Stories	Bristol	Rick eats the ultimate jerk chicken in Bristol and witnesses the healing power of food at a cafe staffed by victims of modern slavery. He makes a modern UK favourite, the burrito.	UNITED KINGDOM	English-100		PG	a w	
2024-06-12	2000	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
2024-06-12	2030	Hugh's Three Good Things	Beetroot	The star ingredient is beetroot. Watch out for the following recipes: an egg anchovy salad, marinated beetroot, blue cheese and poppy seeds, and yoghurt soup. Which one will be the winner?	UNITED KINGDOM	English-100		PG		
2024-06-12	2100	Masters Of Taste With Gary Mehigan	Show Begins, The	Gary kicks off this journey with a Michelin starred chef and his signature dish, and later gets cooking at Mukesh Mills with an old friend. It ends with a delicious recipe from the master chef himself	INDIA			G		
2024-06-12	2130	Come Dine With Me Couples	Cambridge A	It's double the fun, as couples take turns hosting their own dinner parties and grading each other, as they battle for the title of best host, and the chance to win a grand cash prize.	UNITED KINGDOM	English-100		PG	a l	
2024-06-12	2225	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		

2024-06-12	2230	The Cook Up With Adam Liaw	Quick Sticks	You'll be transfixed by our quick sticks! Chef Narin 'Jack' Kulasai and Ella by Minoli are here to put things on skewers, and then cook them with Adam!	AUSTRALIA	English-100		G		Y
2024-06-12	2300	The Cook And The Chef	Fusion Food	Simon and Maggie marvel at the British success in putting their own stamp on a Pakistani curry and then celebrate the cross-cultural cuisine of Australia's own 'Father Of Fusion', Cheong Liew.	AUSTRALIA	English-100		G		
2024-06-12	2330	Jamie & Jimmy's Food Fight Club	Jessica Ennis-Hill	Jamie and Jimmy are joined by the golden girl of the 2012 Olympics, Dame Jessica Ennis-Hill, as she puts on her pinny and cooks for the diners at the end of Southend Pier.	UNITED KINGDOM	English-100		PG	a	
2024-06-12	2425	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-06-12	2430	Rick Stein's Food Stories	Bristol	Rick eats the ultimate jerk chicken in Bristol and witnesses the healing power of food at a cafe staffed by victims of modern slavery. He makes a modern UK favourite, the burrito.	UNITED KINGDOM	English-100		PG	a w	
2024-06-12	2500	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
2024-06-12	2530	Hugh's Three Good Things	Beetroot	The star ingredient is beetroot. Watch out for the following recipes: an egg anchovy salad, marinated beetroot, blue cheese and poppy seeds, and yoghurt soup. Which one will be the winner?	UNITED KINGDOM	English-100		PG		
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2024-06-13	0500	Mary Makes It Easy	Picky Eaters	Mary's got you covered with strategies to feed even the pickiest eaters in your life. Her crispy chicken two ways delivers chicken tenders for the kids, and stuffed poblano feta chicken for the rest.	CANADA	English-100		PG	I	
2024-06-13	0530	Giada Entertains	Giada Entertains Series 4 Ep 12	Giada plans a movie night out under the stars. The dishes are some of her favourites that include salted chocolate cake, arancini, grilled polpette kebabs, and mind-blowing turkey sandwiches.	USA	English-100		G		
2024-06-13	0600	Pati's Mexican Table	Maestros Del Pan	The man who literally wrote the book on Mexican bread, Irving Quiroz, brings Pati into his workshop in Monterrey to teach her how to make traditional campechanas and rich conos de crema.	USA	English-100		G		Y
2024-06-13	0630	Gourmet Farmer Australia	Gourmet Farmer Series 3 Episode 3	Matthew Evans has been planning to build a commercial kitchen but the cost is prohibitive. Ross tells him about a caravan fitted out with a commercial kitchen for sale.	AUSTRALIA	English-100	RPT	G		Y
2024-06-13	0700	Gok Wan's Easy Asian	Take Out Tricks	In this episode Gok celebrates the fact we all love a takeaway. He shows how some of the most popular take-outs are just so easy to cook at home.	UNITED KINGDOM	English-100		G		
2024-06-13	0730	Hairy Bikers Comfort Food	Diy	Si and Dave tackle dishes that prove that homemade can beat shop-bought anytime when they prepare gravalax, jam doughnuts, their own corned beef and even an Indian favourite, paneer.	UNITED KINGDOM	English-100		G		
2024-06-13	0825	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-06-13	0830	Fun'q With Spencer Watts	Bbq On Boards	Big platters of food, lots of smiling faces, sharing and laughter - who doesn't love a great grilled feast? Spencer makes his root beer pulled pork with pickled peppers and a mustard barbecue sauce.	CANADA	English-100		G		
2024-06-13	0900	Mad Good Food	Sunday Supper	Derrell is serving up Sunday supper with his signature meatballs with creamy polenta, parmesan crisps and a spicy gremolata for the family meal. Solo meals are full of flavour with a meatball soup.	USA	English-100		PG		Y
2024-06-13	0930	My Market Kitchen	Ep 28	Mike creates a Caesar salad using Kale grown by Catherine Velisha. Matt prepares a grilled sumac vegetable salad. Laura cooks with truffle risotto that is perfect for date night.	AUSTRALIA	English-100		G		
2024-06-13	1000	Taste Of Australia With Hayden Quinn	Whitsundays, QLD	Hayden travels from the marina to a mango farm to learn about the local produce, then picks up some limes before heading out fishing with a local chef.	AUSTRALIA	English-100		G		
2024-06-13	1030	Food Safari	Food Safari Series 4 Ep 2	Maeve O'Meara explores the country considered the gourmet destination of South America - Peru - and its infiltration into Australian culture.	AUSTRALIA	English-100	RPT	G		Y
2024-06-13	1100	The Cook Up With Adam Liaw	Quick Sticks	You'll be transfixed by our quick sticks! Chef Narin 'Jack' Kulasai and Ella by Minoli are here to put things on skewers, and then cook them with Adam!	AUSTRALIA	English-100		G		Y

2024-06-13	1130	Rick Stein's Food Stories	Bristol	Rick eats the ultimate jerk chicken in Bristol and witnesses the healing power of food at a cafe staffed by victims of modern slavery. He makes a modern UK favourite, the burrito.	UNITED KINGDOM	English-100		PG	a w	
2024-06-13	1200	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
2024-06-13	1230	Barefoot Contessa: Back To Basics	Italian	This week Ina is sharing all her secrets and pro tips for Italian dishes. She starts with a fabulous twofer, tomato eggplant soup, and the leftovers become baked pasta with tomatoes and eggplant.	USA	English-100		G		
2024-06-13	1300	Mary Makes It Easy	Guests To Impress	A kitschy, retro-themed table can put even your most important guests at ease. These four old-school recipes with a special Mary twist are sure to bring fun to the table and impress your VIPs.	CANADA	English-100		G		
2024-06-13	1330	Giada Entertains	Giada Entertains Series 4 Ep 13	Giada and her daughter Jade host an Easter-themed family brunch with a menu that includes Giada's spin on traditional Italian holiday dishes. She whips up Italian cinnamon rolls and eggs benedict.	USA	English-100		G		
2024-06-13	1400	Pati's Mexican Table	Magic Of Piloncillo	The Garza family invites Pati to a once-a-year tradition at their vineyard where they open the doors to the whole community to help make Piloncillo, the traditional way.	USA	English-100		G		Y
2024-06-13	1430	Gourmet Farmer Australia	Gourmet Farmer Series 3 Episode 4	Inspired by his trip to France, Matthew Evans decides to add a couple of geese to his menagerie, and while picking them up off a local farmer, he notices a home-built smoker.	AUSTRALIA	English-100	RPT	PG	a w	Y
2024-06-13	1500	Gok Wan's Easy Asian	Showing Off	In this episode Gok has three dishes perfect for when you want to show off. Packed with personality and flavour, they have the wow factor and are so easy to make.	UNITED KINGDOM	English-100		G		
2024-06-13	1530	Jamie & Jimmy's Food Fight Club	Cheese	Jamie and Jimmy put British cheeses nose-to-nose with their French rivals. Alan Carr pops into the cafe for a dangerous game of 'fig roll roulette'.	UNITED KINGDOM	English-100		PG	a l s	
2024-06-13	1625	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 4	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-06-13	1630	Fun'q With Spencer Watts	Oh My Veggie	Vegetarian dishes is where things can get really creative. Spencer makes a cheese and garlic laden zucchini boats, smoked babaganoush, grilled yaki onigiri, and lastly soup on the barbecue.	CANADA	English-100		PG		
2024-06-13	1700	Mad Good Food	Guys Night Out	Chef Derrell Smith shares his 'Guys' Night Out' favourite moment and meal of lemon pepper chicken wings and loaded fries from his days in Houston playing football.	USA	English-100		PG		
2024-06-13	1730	My Market Kitchen	Ep 29	Matt cooks a lemon ricotta tart overlooking Noosa Beach. Mike makes a bircher muesli in the market. Tobie Puttock matches Barossa wines with Sicilian meatballs alongside wine expert Adam Walls.	AUSTRALIA	English-100				

2024-06-13	1800	Taste Of Australia With Hayden Quinn	Tropical North Queensland	Hayden starts his day with a trip to the Frankland Islands where he snorkels and learns about the reef. He then meets a local tour guide who takes him to a few of his favourite spots.	AUSTRALIA	English-100		G		
2024-06-13	1830	Food Safari	Food Safari Series 4 Ep 3	Maeve O'Meara explores some of the simple dishes of Cypriot food, full of goodness and fresh flavour, based on a handful of key ingredients.	AUSTRALIA	English-100	RPT	G		Y
2024-06-13	1900	The Cook Up With Adam Liaw	Fast Serves	It's dinner in an instant as Adam and his guests, YouTube ace Ann Reardon and tennis ace Priscilla Hon, showcase their best fast serves.	AUSTRALIA	English-100		G		Y
2024-06-13	1930	John Torode's Korean Food Tour	Soups And Stews	John meets up with broadcaster and chef Matthew Chung who takes him to his favourite soup kitchen. Soups are eaten at every meal and a good soup is the mainstay of breakfast, lunch and dinner.	UNITED KINGDOM	English-100		PG	a w	
2024-06-13	2030	Sophie Grigson: Slice Of Italy	Smell And Taste Of Sunshine	The area around Sophie's home provides rich pastures for foraging. Sophie joins experts in search of summer herbs. She makes a simple grain salad with parsley and mint topped with asparagus.	UNITED KINGDOM	English-100		PG		Y
2024-06-13	2100	Sophie Grigson: Slice Of Italy	As Salty As The Sea	Salt is crucial to good cooking. Sophie visits the incredible salt pans and meets a farmer growing sweet onions that grow in the sand near the beach. At the trullo she cooks salt cod with tomatoes.	UNITED KINGDOM	English-100		G		Y
2024-06-13	2130	Come Dine With Me Couples	Cambridge And Peterborough B	It's double the fun, as couples take turns hosting their own dinner parties and grading each other, as they battle for the title of best host, and the chance to win a grand cash prize.	UNITED KINGDOM	English-100		PG	I	
2024-06-13	2225	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		
2024-06-13	2230	The Cook Up With Adam Liaw	Fast Serves	It's dinner in an instant as Adam and his guests, YouTube ace Ann Reardon and tennis ace Priscilla Hon, showcase their best fast serves.	AUSTRALIA	English-100		G		Y
2024-06-13	2300	The Cook And The Chef	Vego's	Simon and Maggie go vegetarian, proving a meat free diet is far from bland and boring. While vegetarianism has always been part of Indian and Asian culture, it didn't really kick off until the 1800s.	AUSTRALIA	English-100		G		
2024-06-13	2330	Jamie & Jimmy's Food Fight Club	Stephen Fry	Jamie and Jimmy welcome a national treasure to the cafe, as Stephen Fry joins them for a cooking lesson that takes him down memory lane.	UNITED KINGDOM	English-100		PG		
2024-06-13	2425	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 4	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-06-13	2430	John Torode's Korean Food Tour	Soups And Stews	John meets up with broadcaster and chef Matthew Chung who takes him to his favourite soup kitchen. Soups are eaten at every meal and a good soup is the mainstay of breakfast, lunch and dinner.	UNITED KINGDOM	English-100		PG	a w	

2024-06-13	2525	Destination Flavour Japan Bitesize	Tohoku	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
2024-06-13	2530	Sophie Grigson: Slice Of Italy	Smell And Taste Of Sunshine	The area around Sophie's home provides rich pastures for foraging. Sophie joins experts in search of summer herbs. She makes a simple grain salad with parsley and mint topped with asparagus.	UNITED KINGDOM	English-100		PG		Y
2024-06-13	2600	Sophie Grigson: Slice Of Italy	As Salty As The Sea	Salt is crucial to good cooking. Sophie visits the incredible salt pans and meets a farmer growing sweet onions that grow in the sand near the beach. At the trullo she cooks salt cod with tomatoes.	UNITED KINGDOM	English-100		G		Y
2024-06-13	2630	Come Dine With Me Couples	Cambridge And Peterborough B	It's double the fun, as couples take turns hosting their own dinner parties and grading each other, as they battle for the title of best host, and the chance to win a grand cash prize.	UNITED KINGDOM	English-100		PG	I	
2024-06-13	2725	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		
2024-06-13	2730	Jamie & Jimmy's Food Fight Club	Stephen Fry	Jamie and Jimmy welcome a national treasure to the cafe, as Stephen Fry joins them for a cooking lesson that takes him down memory lane.	UNITED KINGDOM	English-100		PG		
2024-06-13	2825	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 4	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-06-13	2830	The Cook And The Chef	Vego's	Simon and Maggie go vegetarian, proving a meat free diet is far from bland and boring. While vegetarianism has always been part of Indian and Asian culture, it didn't really kick off until the 1800s.	AUSTRALIA	English-100		G		
2024-06-14	0500	Mary Makes It Easy	Guests To Impress	A kitschy, retro-themed table can put even your most important guests at ease. These four old-school recipes with a special Mary twist are sure to bring fun to the table and impress your VIPs.	CANADA	English-100		G		
2024-06-14	0530	Giada Entertains	Giada Entertains Series 4 Ep 13	Giada and her daughter Jade host an Easter-themed family brunch with a menu that includes Giada's spin on traditional Italian holiday dishes. She whips up Italian cinnamon rolls and eggs benedict.	USA	English-100		G		
2024-06-14	0600	Pati's Mexican Table	Magic Of Piloncillo	The Garza family invites Pati to a once-a-year tradition at their vineyard where they open the doors to the whole community to help make Piloncillo, the traditional way.	USA	English-100		G		Y
2024-06-14	0630	Gourmet Farmer Australia	Gourmet Farmer Series 3 Episode 4	Inspired by his trip to France, Matthew Evans decides to add a couple of geese to his menagerie, and while picking them up off a local farmer, he notices a home-built smoker.	AUSTRALIA	English-100	RPT	PG	a w	Y
2024-06-14	0700	Gok Wan's Easy Asian	Showing Off	In this episode Gok has three dishes perfect for when you want to show off. Packed with personality and flavour, they have the wow factor and are so easy to make.	UNITED KINGDOM	English-100		G		

2024-06-14	0730	Jamie & Jimmy's Food Fight Club	Cheese	Jamie and Jimmy put British cheeses nose-to-nose with their French rivals. Alan Carr pops into the cafe for a dangerous game of 'fig roll roulette'.	UNITED KINGDOM	English-100		PG	a l s
2024-06-14	0825	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 4	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2024-06-14	0830	Fun'q With Spencer Watts	Oh My Veggie	Vegetarian dishes is where things can get really creative. Spencer makes a cheese and garlic laden zucchini boats, smoked babaganoush, grilled yaki onigiri, and lastly soup on the barbecue.	CANADA	English-100		PG	
2024-06-14	0900	Mad Good Food	Guys Night Out	Chef Derrell Smith shares his 'Guys' Night Out' favourite moment and meal of lemon pepper chicken wings and loaded fries from his days in Houston playing football.	USA	English-100		PG	
2024-06-14	0930	My Market Kitchen	Ep 29	Matt cooks a lemon ricotta tart overlooking Noosa Beach. Mike makes a bircher muesli in the market. Tobie Puttock matches Barossa wines with Sicilian meatballs alongside wine expert Adam Walls.	AUSTRALIA	English-100			
2024-06-14	1000	Taste Of Australia With Hayden Quinn	Tropical North Queensland	Hayden starts his day with a trip to the Frankland Islands where he snorkels and learns about the reef. He then meets a local tour guide who takes him to a few of his favourite spots.	AUSTRALIA	English-100		G	
2024-06-14	1030	Food Safari	Food Safari Series 4 Ep 3	Maeve O'Meara explores some of the simple dishes of Cypriot food, full of goodness and fresh flavour, based on a handful of key ingredients.	AUSTRALIA	English-100	RPT	G	Y
2024-06-14	1100	The Cook Up With Adam Liaw	Fast Serves	It's dinner in an instant as Adam and his guests, YouTube ace Ann Reardon and tennis ace Priscilla Hon, showcase their best fast serves.	AUSTRALIA	English-100		G	Y
2024-06-14	1130	John Torode's Korean Food Tour	Soups And Stews	John meets up with broadcaster and chef Matthew Chung who takes him to his favourite soup kitchen. Soups are eaten at every meal and a good soup is the mainstay of breakfast, lunch and dinner.	UNITED KINGDOM	English-100		PG	a w
2024-06-14	1225	Destination Flavour Japan Bitesize	Tohoku	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
2024-06-14	1230	Barefoot Contessa: Back To Basics	Turn Up The Volume	Ina is turning up the volume on flavour, starting with the creamy hummus she pairs with her chunky Israeli vegetable salad. Plus, her chicken marbella is a dinner party classic made over.	USA	English-100		G	
2024-06-14	1300	Mary Makes It Easy	B-B-Q's And A's	If you're new to barbecuing, allow Mary to bring your kitchen outside with delicious recipes that will demystify the grill and keep your eyebrows intact.	CANADA	English-100		G	
2024-06-14	1330	Giada Entertains	Pastabilities	Giada invites her friends over to enjoy a pasta party together. They feast on a menu that includes malloreddus with shrimp and arugula as well as pappardelle with sausage ragu.	USA	English-100		G	

2024-06-14	1400	Pati's Mexican Table	Pioneering From Farm To Table	Pati visits Huerto Urbano, an "urban farm" solving the problem of food deserts.	USA	English-100		G		Y
2024-06-14	1430	Gourmet Farmer Australia	Gourmet Farmer Series 3 Episode 5	Matthew and Nick's new shop venture, A Common Ground, provides many challenges, including meeting demand with a variable supply of seasonal local produce.	AUSTRALIA	English-100	RPT	G		Y
2024-06-14	1500	Gok Wan's Easy Asian	Feasts For One	In this episode Gok cooks three recipes that are just what you need when you are home alone - a quick noodle soup, a canton stir-fry and a mouth-watering chicken and cashew salad.	UNITED KINGDOM	English-100		G		
2024-06-14	1530	Jamie & Jimmy's Food Fight Club	Sausages	Jimmy and Jamie pitch British sausages against their German rivals, and Gwyneth Paltrow comes to the cafe to cook pasta with the boys and face a food fight of her own.	UNITED KINGDOM	English-100		PG	a l	Y
2024-06-14	1625	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 5	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-06-14	1630	Fun'q With Spencer Watts	From Hawaii With Love	Spencer celebrates with a Hawaiian themed barbecued feast starting with grilled mahi mahi kababs and a charred pineapple sauce, and white fish with sticky rice and grilled pork belly.	CANADA	English-100		PG		
2024-06-14	1700	Mad Good Food	Taco Tuesday	Chef Derrell Smith is doing 'Taco Tuesday' his own delicious way with pernil tacos, Mexican street corn and homemade guacamole. The fiesta continues with solo meals of pork empanadas.	USA	English-100		PG		Y
2024-06-14	1730	My Market Kitchen	Ep 30	Mike hits the road with David Mann for chicken kebabs with mojo rojo sauce. Chef Warren Mendez and Mandy Hall makes chilli hot sauce. Karen Chan prepares spicy sweet pulled pork.	AUSTRALIA	English-100				
2024-06-14	1800	Taste Of Australia With Hayden Quinn	Northern Beaches, NSW	Hayden is back home to finish up the season on the Northern Beaches. He's out for a morning mountain bike ride, then drops into his local butcher, and attends the 'Taste of the Beaches' festival.	AUSTRALIA	English-100		PG	a w	
2024-06-14	1830	Food Safari	Food Safari Series 4 Ep 4	Maeve O'Meara explores the exciting mix of ingredients and flavours that make up Filipino food. Chef Dennis Leslie introduces her to one of his favourite dishes: pancit palabok.	AUSTRALIA	English-100	RPT	G		Y
2024-06-14	1900	The Cook Up With Adam Liaw	All Together Now	It's Easy Entertaining with The Cook Up, and Adam and his guests, actor Bert LaBonte and chef Rodney Dunn, are making a menu all together now.	AUSTRALIA	English-100		G		Y
2024-06-14	1930	Jimmy's Taste Of Florida	New Smyrna Beach / Kennedy Space Centre	Jimmy goes to New Smyrna Beach, where he tests his surfing and learns about Southern grits. He heads to the Kennedy Space Centre to see the iconic launchpads where many missions began.	UNITED KINGDOM	English-100		G		
2024-06-14	2030	Secret World Of Snacks: Ice Cream	Ice Cream	Jo Brand narrates this behind the scenes look at the battles between our favourite ice-creams. The creative brains behind some of our most iconic frozen treats reveal exactly what it takes to win.	UNITED KINGDOM	English-100	RPT	PG	s	Y

2024-06-14	2130	Come Dine With Me Couples	Essex A	It's double the fun, as couples take turns hosting their own dinner parties and grading each other, as they battle for the title of best host, and the chance to win a grand cash prize.	UNITED KINGDOM	English-100		PG	a s	
2024-06-14	2225	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		
2024-06-14	2230	The Cook Up With Adam Liaw	All Together Now	It's Easy Entertaining with The Cook Up, and Adam and his guests, actor Bert LaBonte and chef Rodney Dunn, are making a menu all together now.	AUSTRALIA	English-100		G		Y
2024-06-14	2300	The Cook And The Chef	All The Tea And China	Simon and Maggie are holding a tea party to celebrate the days when afternoon teas, complete with cakes and cucumber sandwiches, were quite the done thing.	AUSTRALIA	English-100		G		
2024-06-14	2330	Jamie & Jimmy's Food Fight Club	Jessica Chastain	Jamie and Jimmy are joined by Oscar-winning actress Jessica Chastain as she cooks for the diners at Southend Pier. The boys pull out all the stops and create an all-vegan menu that is set to impress.	UNITED KINGDOM	English-100		G		
2024-06-14	2425	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 5	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-06-14	2430	Jimmy's Taste Of Florida	New Smyrna Beach / Kennedy Space Centre	Jimmy goes to New Smyrna Beach, where he tests his surfing and learns about Southern grits. He heads to the Kennedy Space Centre to see the iconic launchpads where many missions began.	UNITED KINGDOM	English-100		G		
2024-06-14	2530	Secret World Of Snacks: Ice Cream	Ice Cream	Jo Brand narrates this behind the scenes look at the battles between our favourite ice-creams. The creative brains behind some of our most iconic frozen treats reveal exactly what it takes to win.	UNITED KINGDOM	English-100	RPT	PG	s	Y
2024-06-14	2625	Destination Flavour China Bitesize	Yangzhou Fried Rice	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.			RPT	G		Y Y
2024-06-14	2630	Come Dine With Me Couples	Essex A	It's double the fun, as couples take turns hosting their own dinner parties and grading each other, as they battle for the title of best host, and the chance to win a grand cash prize.	UNITED KINGDOM	English-100		PG	a s	
2024-06-14	2725	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		
2024-06-14	2730	Jamie & Jimmy's Food Fight Club	Jessica Chastain	Jamie and Jimmy are joined by Oscar-winning actress Jessica Chastain as she cooks for the diners at Southend Pier. The boys pull out all the stops and create an all-vegan menu that is set to impress.	UNITED KINGDOM	English-100		G		
2024-06-14	2825	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 5	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y

2024-06-14	2830	The Cook And The Chef	All The Tea And China	Simon and Maggie are holding a tea party to celebrate the days when afternoon teas, complete with cakes and cucumber sandwiches, were quite the done thing.	AUSTRALIA	English-100		G		
2024-06-15	0500	Mary Makes It Easy	B-B-Q's And A's	If you're new to barbecuing, allow Mary to bring your kitchen outside with delicious recipes that will demystify the grill and keep your eyebrows intact.	CANADA	English-100		G		
2024-06-15	0530	Giada Entertains	Pastabilities	Giada invites her friends over to enjoy a pasta party together. They feast on a menu that includes malloreddus with shrimp and arugula as well as pappardelle with sausage ragu.	USA	English-100		G		
2024-06-15	0600	Pati's Mexican Table	Pioneering From Farm To Table	Pati visits Huerto Urbano, an "urban farm" solving the problem of food deserts.	USA	English-100		G		Y
2024-06-15	0630	Gourmet Farmer Australia	Gourmet Farmer Series 3 Episode 5	Matthew and Nick's new shop venture, A Common Ground, provides many challenges, including meeting demand with a variable supply of seasonal local produce.	AUSTRALIA	English-100	RPT	G		Y
2024-06-15	0700	Gok Wan's Easy Asian	Feasts For One	In this episode Gok cooks three recipes that are just what you need when you are home alone - a quick noodle soup, a canton stir-fry and a mouth-watering chicken and cashew salad.	UNITED KINGDOM	English-100		G		
2024-06-15	0730	Jamie & Jimmy's Food Fight Club	Sausages	Jimmy and Jamie pitch British sausages against their German rivals, and Gwyneth Paltrow comes to the cafe to cook pasta with the boys and face a food fight of her own.	UNITED KINGDOM	English-100		PG	a l	Y
2024-06-15	0825	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 5	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-06-15	0830	Fun'q With Spencer Watts	From Hawaii With Love	Spencer celebrates with a Hawaiian themed barbecued feast starting with grilled mahi mahi kababs and a charred pineapple sauce, and white fish with sticky rice and grilled pork belly.	CANADA	English-100		PG		
2024-06-15	0900	Mad Good Food	Taco Tuesday	Chef Derrell Smith is doing 'Taco Tuesday' his own delicious way with pernil tacos, Mexican street corn and homemade guacamole. The fiesta continues with solo meals of pork empanadas.	USA	English-100		PG		Y
2024-06-15	0930	My Market Kitchen	Ep 30	Mike hits the road with David Mann for chicken kebabs with mojo rojo sauce. Chef Warren Mendez and Mandy Hall makes chilli hot sauce. Karen Chan prepares spicy sweet pulled pork.	AUSTRALIA	English-100				
2024-06-15	1000	Taste Of Australia With Hayden Quinn	Northern Beaches, NSW	Hayden is back home to finish up the season on the Northern Beaches. He's out for a morning mountain bike ride, then drops into his local butcher, and attends the 'Taste of the Beaches' festival.	AUSTRALIA	English-100		PG	a w	
2024-06-15	1030	Food Safari	Food Safari Series 4 Ep 4	Maeve O'Meara explores the exciting mix of ingredients and flavours that make up Filipino food. Chef Dennis Leslie introduces her to one of his favourite dishes: pancit palabok.	AUSTRALIA	English-100	RPT	G		Y

2024-06-15	1100	The Cook Up With Adam Liaw	All Together Now	It's Easy Entertaining with The Cook Up, and Adam and his guests, actor Bert LaBonte and chef Rodney Dunn, are making a menu all together now.	AUSTRALIA	English-100		G	Y
2024-06-15	1130	Jimmy's Taste Of Florida	New Smyrna Beach / Kennedy Space Centre	Jimmy goes to New Smyrna Beach, where he tests his surfing and learns about Southern grits. He heads to the Kennedy Space Centre to see the iconic launchpads where many missions began.	UNITED KINGDOM	English-100		G	
2024-06-15	1230	Mary Makes It Easy	B-B-Q's And A's	If you're new to barbecuing, allow Mary to bring your kitchen outside with delicious recipes that will demystify the grill and keep your eyebrows intact.	CANADA	English-100		G	
2024-06-15	1300	Giada Entertains	Pastabilities	Giada invites her friends over to enjoy a pasta party together. They feast on a menu that includes malloreddus with shrimp and arugula as well as pappardelle with sausage ragu.	USA	English-100		G	
2024-06-15	1330	Pati's Mexican Table	Pioneering From Farm To Table	Pati visits Huerto Urbano, an "urban farm" solving the problem of food deserts.	USA	English-100		G	Y
2024-06-15	1400	Gourmet Farmer Australia	Gourmet Farmer Series 3 Episode 5	Matthew and Nick's new shop venture, A Common Ground, provides many challenges, including meeting demand with a variable supply of seasonal local produce.	AUSTRALIA	English-100	RPT	G	Y
2024-06-15	1430	Jamie's Food Escapes	Marrakesh	This is Jamie's first time in Marrakesh and his excitement shines through as he explores the city and its extraordinary cuisine born out of the French, Arab and Berber cultures.	UNITED KINGDOM	English-100		PG	
2024-06-15	1530	Jamie's Food Escapes	Andalucia	Jamie travels to Andalucia in Southern Spain where he eats heavenly cakes cooked by nuns, and joins in the community festivities as he cooks a giant paella for a whole village.	UNITED KINGDOM	English-100		PG	a l w
2024-06-15	1630	Field Trip With Curtis Stone	Rioja	Curtis and friends from Maude travel to the misty mountains of Spain to milk goats, forage for mushrooms with a Michelin-starred chef, and uncork a sixty-year-old bottle of Grenache.	USA	English-100		G	Y
2024-06-15	1700	Paula McIntyre's Hamely Kitchen	Episode 4	Paula cooks up a healthy version of a sausage roll with carrot ketchup on the side. She meets a Highland dance teacher and her father then shows them how to make the perfect barbecue lamb kebabs.	UNITED KINGDOM	English-100		G	
2024-06-15	1730	Luca's Key Ingredient	Luca's Key Ingredient Series 1 Ep 5	Luca's ingredient today is a staple in Italy and all over the world, the humble grain of rice. With an entree, main and dessert, Luca shows how to turn rice into crisps, a risotto and even a cake.	AUSTRALIA	English-100		G	
2024-06-15	1800	The Creators: Chefs Uncut	Chef L.G. Han	Follow Singaporean Chef LG Han's unique journey. Relive his passion and his anguish, as he continually reinvents and destroys his creations, himself and modern Singaporean cuisine.	SINGAPORE	English-100			
2024-06-15	1830	Raymond Blanc's Royal Kitchen Gardens	Highgrove 1	Raymond finds himself in his favourite space, the walled gardens where he chats to Mel about the organic principles of the estate. He cooks rosemary chicken with butternut squash and chilli.	UNITED KINGDOM	English-100		PG	

2024-06-15	1930	Hairy Bikers Go North	Lancashire	This week, the bikers are exploring Lancashire, the red rose county. From Pendle in the East, to Blackpool in the west, Lancashire has a regional cuisine to match anywhere in the country.	UNITED KINGDOM	English-100		G		
2024-06-15	2030	Rick Stein's Long Weekends	Reykjavik	Rick Stein heads north towards the Arctic Circle to explore the culinary delights of Reykjavik. A perfect winter break enriched with a smorgasbord of the best Iceland has to offer.	UNITED KINGDOM	English-100	RPT	G		Y
2024-06-15	2135	Anthony Bourdain: No Reservations	Where It All Began	This episode follows Tony through the kitchen of Les Halles where he worked as a chef at the time and across the country for his extensive Kitchen Confidential book tour.	USA	English-100		PG		
2024-06-15	2230	Amy Schumer Learns To Cook	Pasta Night	Amy and her chef husband Chris Fischer decide the only way to handle being quarantined is a good carb-load. Chris starts the feast with two kinds of pasta - broccoli and mushroom.	USA	English-100		PG	a l s	Y
2024-06-15	2300	Amy Schumer Learns To Cook	Lunch Break	Amy and her chef husband Chris dig into a comfort food staple - sandwiches. Chris teaches Amy the art of making sandwiches, and whips up a panzanella salad.	USA	English-100		PG	a l s	Y
2024-06-15	2330	Field Trip With Curtis Stone	Rioja	Curtis and friends from Maude travel to the misty mountains of Spain to milk goats, forage for mushrooms with a Michelin-starred chef, and uncork a sixty-year-old bottle of Grenache.	USA	English-100		G		Y
2024-06-15	2400	Paula McIntyre's Hamely Kitchen	Episode 4	Paula cooks up a healthy version of a sausage roll with carrot ketchup on the side. She meets a Highland dance teacher and her father then shows them how to make the perfect barbecue lamb kebabs.	UNITED KINGDOM	English-100		G		
2024-06-15	2430	Luca's Key Ingredient	Luca's Key Ingredient Series 1 Ep 5	Luca's ingredient today is a staple in Italy and all over the world, the humble grain of rice. With an entree, main and dessert, Luca shows how to turn rice into crisps, a risotto and even a cake.	AUSTRALIA	English-100		G		
2024-06-15	2500	The Creators: Chefs Uncut	Chef L.G. Han	Follow Singaporean Chef LG Han's unique journey. Relive his passion and his anguish, as he continually reinvents and destroys his creations, himself and modern Singaporean cuisine.	SINGAPORE	English-100				
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2024-06-15	2630	Hairy Bikers Go North	Lancashire	This week, the bikers are exploring Lancashire, the red rose county. From Pendle in the East, to Blackpool in the west, Lancashire has a regional cuisine to match anywhere in the country.	UNITED KINGDOM	English-100		G		
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2024-06-15	2830	Field Trip With Curtis Stone	Rioja	Curtis and friends from Maude travel to the misty mountains of Spain to milk goats, forage for mushrooms with a Michelin-starred chef, and uncork a sixty-year-old bottle of Grenache.	USA	English-100		G		Y