



WEEK 25: Sunday, 16 June- Saturday, 22 June 2024 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-06-16	0500	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			
2024-06-16	0530	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			
2024-06-16	0600	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					
2024-06-16	0630	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			
2024-06-16	0730	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			
2024-06-16	0830	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	
2024-06-16	0935	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
2024-06-16	1005	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
2024-06-16	1030	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

2024-06-16	1100	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	
2024-06-16	1130	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	
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2024-06-16	1330	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	
2024-06-16	1400	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	RPT	G	Y
2024-06-16	1430	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	RPT	G	Y
2024-06-16	1500	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	RPT	G	Y
2024-06-16	1530	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	RPT	G	Y
2024-06-16	1600	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
2024-06-16	1630	Field Trip With Curtis Stone	South Australia	Curtis and his team from Maude meet up with winemaker Chester Osborn to taste wine on the rooftop of the D'arenberg Cube, before heading to Hutton Vale Farm to get a tiring lesson in sheep shearing.	USA	English-100		PG	a w
2024-06-16	1700	Nigellissima	Nigellissima Series 1 Ep 1	Nigella introduces us to her love of Italian food through Sicilian pasta with tomatoes, garlic, and almonds. There's also a mid-week family feast of tagliata - a juicy steak cut into thin slices.	UNITED KINGDOM	English-100	RPT	G	Y
2024-06-16	1730	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 2	Dan shows us how easy it is to make the Hong Kong favourite, Siu Mai, delicious dumplings made with yellow wrappers topped with orange crab roe.	AUSTRALIA	English-100		G	Y
2024-06-16	1800	Flat Out Food	Lamb	Lamb has a reputation only for fine dining, but it is much more accessible than that. Jenn trims hooves, makes lamb kofte, and enjoys a slow braised leg of lamb.	CANADA	English-100		G	

2024-06-16	1830	Michel Roux's French Country Cooking	Celebration	In this delightful masterclass Michel cooks a celebration meal featuring a curried mussel millefeuille, a rich venison daube and a trio of differently flavoured choux buns.	UNITED KINGDOM	English-100	PG	a w	Y
2024-06-16	1925	Please Eat Slowly Bitesize	Mango Pancakes	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100	G		
2024-06-16	1930	Be My Guest With Ina Garten	Willie Geist	A fabulous role swap when Ina invites legendary broadcaster, Willie Geist over for great conversation and a fun cocktail making masterclass.	USA	English-100	G		
2024-06-16	2030	Rick Stein's Far Eastern Odyssey	Vietnam And Thailand	Rick Stein's culinary journey continues as he travels down the Mekong River to Vietnam where the food is light and fresh, and prepared using lots of herbs.	UNITED KINGDOM	English-100	RPT	G	Y
2024-06-16	2140	Anthony Bourdain: No Reservations	Dubai	(5.6 Ep.18) Tony experiences the major building boom that has taken place in the past 10 years in Dubai as it has emerged as a global city.	USA	English-100	PG		
2024-06-16	2235	Amy Schumer Learns To Cook	Picnic, Soup And Salad	Amy and Chris pack a picnic lunch to take advantage of the summer weather. Amy starts things off with a margarita, while Chris makes pesto pasta salad, a chicken cutlet BLT, and brownies for dessert.	USA	English-100	PG	a l s	Y
2024-06-16	2330	Field Trip With Curtis Stone	South Australia	Curtis and his team from Maude meet up with winemaker Chester Osborn to taste wine on the rooftop of the D'arenberg Cube, before heading to Hutton Vale Farm to get a tiring lesson in sheep shearing.	USA	English-100	PG	a w	
2024-06-16	2400	Nigellissima	Nigellissima Series 1 Ep 1	Nigella introduces us to her love of Italian food through Sicilian pasta with tomatoes, garlic, and almonds. There's also a mid-week family feast of tagliata - a juicy steak cut into thin slices.	UNITED KINGDOM	English-100	RPT	G	Y
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2024-06-16	2625	Be My Guest With Ina Garten	Willie Geist	A fabulous role swap when Ina invites legendary broadcaster, Willie Geist over for great conversation and a fun cocktail making masterclass.	USA	English-100	G		
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2024-06-17	1235	Barefoot Contessa: Back To Basics	Thanksgiving New Ideas	Ina Garten is giving traditional Thanksgiving dinner dishes a modern twist. To start, it's out with the big bird and in with Tuscan turkey roulade, which is easy to make and carve.	USA	English-100		G		
2024-06-17	1300	Mary Makes It Easy	When Life Gives You Lemons	Using her all-time favourite ingredient, lemons, as the star, Mary starts with sweets by baking Lemon Raspberry Loaf topped with a bright pink glaze.	CANADA	English-100		G		Y
2024-06-17	1330	Giada Entertains	TV Dinners	Giada invites her friends over for a casual-but-delicious menu that includes tamari spiced nuts, sweet and crunchy jicama slaw, sausage hoagies and chocolate almond butter sandwich cookies.	USA	English-100		G		
2024-06-17	1400	Pati's Mexican Table	Cantina Culture And The Morning After?	Pati meets with historian David Canales, who takes her to two very different styles of cantinas to learn their fascinating history.	USA	English-100		G		Y
2024-06-17	1430	Gourmet Farmer Australia	Gourmet Farmer Series 3 Episode 6	Matthew Evans is keen to use all parts of the pig to make sure that he's adding as much value as possible to his future porkers.	AUSTRALIA	English-100	RPT	PG	a w	Y
2024-06-17	1500	Gok Wan's Easy Asian	Street Food	Gok's cooking three street food classics. From China's plump and fluffy Bao Buns that will blow your taste buds away, to Malaysia's favourite Char Kway Teow.	UNITED KINGDOM	English-100		G		
2024-06-17	1530	Jamie & Jimmy's Food Fight Club	Desserts	Jimmy and Jamie want to see if British puds can beat Italian desserts. Jonathan Ross pops into the cafe to cook an extra-special bread and butter pudding with the boys.	UNITED KINGDOM	English-100		G		Y
2024-06-17	1625	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 6	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-06-17	1630	Fun'q With Spencer Watts	Curry On	Indian and Asian spices are very versatile, especially when you add a little char from the barbecue; like tikka chicken wings, prawn and scallop cakes, Indian panzanella salad, and grilled trout.	CANADA	English-100		PG		
2024-06-17	1700	Mad Good Food	Mothers Day	Mother's Day has a special place in Chef Derrell's life. He shares his favourite family meal of shrimp with grits, cheddar biscuits and stories from past celebrations.	USA	English-100		PG		Y
2024-06-17	1730	My Market Kitchen	Ep 31	Matt showcases a dish with hummus as the hero. Mike and David Mann elevate camping breakfast. Laura teams up with Chef Warren Mendez to create a yummy malted cookie sandwich.	AUSTRALIA	English-100		PG		
2024-06-17	1800	Taste Of Australia With Hayden Quinn	Bondi Beach, Sydney	Hayden kicks things off at world-famous Bondi Beach with a sunrise workout with the legendary Leah Simmons. Then Leah and Hayden take on the iconic Bondi to Bronte walk.	AUSTRALIA	English-100		G		

2024-06-17	1830	Food Safari	Food Safari Series 4 Ep 5	Maeve O'Meara explores the many cuisines that are part of South Africa's culinary landscape. Cape Town-born chef Graeme Shapiro gives Maeve a lesson in local the flavours.	AUSTRALIA	English-100	RPT	G		Y	
2024-06-17	1900	The Cook Up With Adam Liaw	Taste Of Tradition	It's Refugee Week and Adam is joined by Zaheda Ghani, an Ambassador of Australia for UNHCR, and Ukrainian cook Yurii Chuchenko to share a taste of tradition.	AUSTRALIA	English-100		G		Y	
2024-06-17	1930	The Streets Hong Kong	Ep 3	Dan heads to a popular local venue on Hong Kong Island to discover why they are renowned for their flavourful congee. He then meets up with Archan Chan, to experience innovative delicacies.				G		Y	
2024-06-17	2000	Luke Nguyen's France	Strasbourg (Alsace)	Luke heads to Strasbourg where he develops a taste for all things Alsatian. There he discovers the secrets behind Strasbourg's most famous dish, choucroute.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-06-17	2030	Gordon Ramsay: Uncharted	Texas Showdown	Chef Ramsay explores the wilds of South-Central Texas. He'll need to dig deep if he wants to beat Texan chef, Justin Yu, and show locals he's tough enough to cook his way through their state.	UNITED KINGDOM	English-100					Y
2024-06-17	2130	Come Dine With Me Couples	Essex B	Today's brand new Couples Come Dine With Me heads to Essex where married couple Kellie and Scott kick off with a love themed menu.	UNITED KINGDOM	English-100		PG	a s		
2024-06-17	2225	Torres Strait At Home	Pickled Octopus	Torres Strait Islander chef and owner of Mabu Mabu, Nornie Bero, cooks and talks through some of her favourite easy recipes, from quick pickled octopus to fresh baked damper.	AUSTRALIA	English-100		G		Y	
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2024-06-17	2300	The Cook And The Chef	French Connection, The	If you fancy some fine French fare then join Maggie and Simon as they reveal the significant contribution the French have made to the kitchen while tempting us with classics such as Bouillabaisse.	AUSTRALIA	English-100		G			
2024-06-17	2330	Jamie & Jimmy's Food Fight Club	Patrick Stewart	Jamie and Jimmy are joined by Sir Patrick Stewart, as he swaps the Starship Enterprise for the little cafe on the end of Southend Pier. The boys bring back fond food memories for Patrick.	UNITED KINGDOM	English-100		G			
2024-06-17	2425	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 6	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y	
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2024-06-17	2530	Gordon Ramsay: Uncharted	Texas Showdown	Chef Ramsay explores the wilds of South-Central Texas. He'll need to dig deep if he wants to beat Texan chef, Justin Yu, and show locals he's tough enough to cook his way through their state.	UNITED KINGDOM	English-100					Y
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2024-06-18	1230	Barefoot Contessa: Back To Basics	Spicy	Some like it hot, so Ina serves up some of her favourite spicy dishes. She starts with an exotic lamb and chickpea curry made with a fragrant mix of spices, and her lobster corn fritters.	USA	English-100		G		
2024-06-18	1300	Mary Makes It Easy	Made To Hors D'oeuvres	Mary's handy hors d'oeuvres elevate classic party recipes in just a few steps. She has kicked it up a notch with her grilled shrimp cocktail with a side of three dunkable dips and more.	CANADA	English-100		G		
2024-06-18	1330	Giada Entertains	Football Picnic	After a beachside game of tag football, Giada serves her guests an easy, make-ahead meal of pizza paninis, bittersweet chopped salad, sweet potato hummus and, for dessert, fennel and orange fudge.	USA	English-100		G		
2024-06-18	1400	Pati's Mexican Table	Texas Bbq In The Orange Belt	Pati learns the difference between carne asada and 'Texas style' BBQ at a local eatery.	USA	English-100		G		Y
2024-06-18	1430	Gourmet Farmer Australia	Gourmet Farmer Series 3 Episode 7	Nick has bought himself a wine fermenter and is hoping to enlist both Matthew and Ross to make a barrel of their own vintage.	AUSTRALIA	English-100	RPT	G		Y
2024-06-18	1500	Gok Wan's Easy Asian	Sweet Endings	If you're looking for the perfect ending to a meal, Gok's got you covered with his Sticky Pineapple Doughnuts with a spicy Asian kick and beautiful Lace Pancakes.	UNITED KINGDOM	English-100		G		

2024-06-18	1530	Jamie & Jimmy's Food Fight Club	Beer	Jimmy and Jamie want to see if they can beat the Belgians at their own game - by making a better beer. Jamie and Jimmy set off to find a new generation of artisan beer makers.	UNITED KINGDOM	English-100		PG	s
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2024-06-18	1630	Fun'q With Spencer Watts	Grillitizers	The best grilled treats sometime come in tiny portions, so Spencer is making appetizers! A feast of flavours such as smoked beef meatballs, grilled mixed seafood salad, stuffed dates with bacon.	CANADA	English-100		PG	
2024-06-18	1700	Mad Good Food	Break Up Meals	Chef Derrell prepares his delicious lobster mac n' cheese, fire-roasted tomato bisque with lobster grilled cheese sandwiches and zucchini ribbon rolls.	USA	English-100		PG	a w
2024-06-18	1730	My Market Kitchen	Ep 32	Laura prepares the famous South Australian King George Whiting at the Adelaide Central Market. Mike indulges in a very tempting dessert with Chef Dan Szwarc.	AUSTRALIA	English-100		G	
2024-06-18	1800	Taste Of Australia With Hayden Quinn	Enmore, Sydney	Hayden checks out the local music scene in Sydney's ever-cool Enmore. He hangs out with the band, heads to Cottonmouth Records to spin up some vinyl, and he's gone all vegan for the cook!	AUSTRALIA	English-100		PG	
2024-06-18	1830	Food Safari	Food Safari Series 4 Ep 6	Maeve O'Meara explores the many fresh herbs and vegetables used in Lao cuisine. Lao-born Tony Inthavong introduces Maeve to the fragrant flavours of Southeast Asia.	AUSTRALIA	English-100	RPT	G	Y
2024-06-18	1900	The Cook Up With Adam Liaw	Comfort Food	We're celebrating Refugee Week. The founder of Aunty's Ginger Tonic, Yarrie Nabaloum, and the recipient of the Les Murray Award for Refugee Recognition, Danijel Malbasa, joins Adam.	AUSTRALIA	English-100		G	
2024-06-18	1930	Mary Berry's Fantastic Feasts	Ep 3	Rima, her mother-in-law Diane, and her best friend Noreen, who wants to throw a spectacular surprise 30th birthday feast for Rima's husband Mark. Can they pull it off?	UNITED KINGDOM	English-100		G	
2024-06-18	2030	James Martin's French Adventure	St Emilion	James's first stop on his French Adventure takes him back to the place that inspired his passion for food, St Emilion. He visits the legendary Chateau Cheval Blanc to cook up his first dish.	UNITED KINGDOM	English-100		G	
2024-06-18	2130	Come Dine With Me Couples	Manchester A	Today's all new Couples Come Dine with Me heads to Manchester where married couple Victoria and Andrew kick off the competition with an Italian themed menu.	UNITED KINGDOM	English-100		PG	
2024-06-18	2225	Torres Strait At Home	Wattleseed Damper With Golden Syrup Butter	Torres Strait Islander chef and owner of Mabu Mabu, Nornie Bero, cooks and talks through some of her favourite easy recipes, from quick picked octopus to fresh baked damper.	AUSTRALIA			G	Y
2024-06-18	2230	The Cook Up With Adam Liaw	Comfort Food	We're celebrating Refugee Week. The founder of Aunty's Ginger Tonic, Yarrie Nabaloum, and the recipient of the Les Murray Award for Refugee Recognition, Danijel Malbasa, joins Adam.	AUSTRALIA	English-100		G	

2024-06-18	2300	The Cook And The Chef	Australian Native Foods	In this new world of climate change, Australian Native Foods are being seen as foods of the future because they've evolved over thousands of years to suit Australian soils and climate.	AUSTRALIA	English-100		G	
2024-06-18	2330	Jamie & Jimmy's Food Fight Club	Davina McCall	Jamie and Jimmy welcome the wonderful Davina to the cafe at the end of the pier. They take her on a trip down memory lane, reuniting her with long-lost family through the power of food.	UNITED KINGDOM	English-100		G	
2024-06-18	2425	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 7	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2024-06-18	2430	Mary Berry's Fantastic Feasts	Ep 3	Rima, her mother-in-law Diane, and her best friend Noreen, who wants to throw a spectacular surprise 30th birthday feast for Rima's husband Mark. Can they pull it off?	UNITED KINGDOM	English-100		G	
2024-06-18	2530	James Martin's French Adventure	St Emilion	James's first stop on his French Adventure takes him back to the place that inspired his passion for food, St Emilion. He visits the legendary Chateau Cheval Blanc to cook up his first dish.	UNITED KINGDOM	English-100		G	
2024-06-18	2625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 1	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
2024-06-18	2630	Come Dine With Me Couples	Manchester A	Today's all new Couples Come Dine with Me heads to Manchester where married couple Victoria and Andrew kick off the competition with an Italian themed menu.	UNITED KINGDOM	English-100		PG	
2024-06-18	2725	Torres Strait At Home	Wattleseed Damper With Golden Syrup Butter	Torres Strait Islander chef and owner of Mabu Mabu, Nornie Bero, cooks and talks through some of her favourite easy recipes, from quick picked octopus to fresh baked damper.	AUSTRALIA			G	Y
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2024-06-18	2825	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 7	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2024-06-18	2830	The Cook And The Chef	Australian Native Foods	In this new world of climate change, Australian Native Foods are being seen as foods of the future because they've evolved over thousands of years to suit Australian soils and climate.	AUSTRALIA	English-100		G	
2024-06-19	0500	Mary Makes It Easy	Made To Hors D'oeuvres	Mary's handy hors d'oeuvres elevate classic party recipes in just a few steps. She has kicked it up a notch with her grilled shrimp cocktail with a side of three dunkable dips and more.	CANADA	English-100		G	
2024-06-19	0530	Giada Entertains	Football Picnic	After a beachside game of tag football, Giada serves her guests an easy, make-ahead meal of pizza paninis, bittersweet chopped salad, sweet potato hummus and, for dessert, fennel and orange fudge.	USA	English-100		G	

2024-06-19	0600	Pati's Mexican Table	Texas Bbq In The Orange Belt	Pati learns the difference between carne asada and 'Texas style' BBQ at a local eatery.	USA	English-100		G		Y
2024-06-19	0630	Gourmet Farmer Australia	Gourmet Farmer Series 3 Episode 7	Nick has bought himself a wine fermenter and is hoping to enlist both Matthew and Ross to make a barrel of their own vintage.	AUSTRALIA	English-100	RPT	G		Y
2024-06-19	0700	Gok Wan's Easy Asian	Sweet Endings	If you're looking for the perfect ending to a meal, Gok's got you covered with his Sticky Pineapple Doughnuts with a spicy Asian kick and beautiful Lace Pancakes.	UNITED KINGDOM	English-100		G		
2024-06-19	0730	Jamie & Jimmy's Food Fight Club	Davina McCall	Jamie and Jimmy welcome the wonderful Davina to the cafe at the end of the pier. They take her on a trip down memory lane, reuniting her with long-lost family through the power of food.	UNITED KINGDOM	English-100		G		
2024-06-19	0825	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 7	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-06-19	0830	Fun'q With Spencer Watts	Grillitizers	The best grilled treats sometime come in tiny portions, so Spencer is making appetizers! A feast of flavours such as smoked beef meatballs, grilled mixed seafood salad, stuffed dates with bacon.	CANADA	English-100		PG		
2024-06-19	0900	Mad Good Food	Break Up Meals	Chef Derrell prepares his delicious lobster mac n' cheese, fire-roasted tomato bisque with lobster grilled cheese sandwiches and zucchini ribbon rolls.	USA	English-100		PG	a w	
2024-06-19	0930	Mary Berry's Fantastic Feasts	Ep 3	Rima, her mother-in-law Diane, and her best friend Noreen, who wants to throw a spectacular surprise 30th birthday feast for Rima's husband Mark. Can they pull it off?	UNITED KINGDOM	English-100		G		
2024-06-19	1030	My Market Kitchen	Ep 32	Laura prepares the famous South Australian King George Whiting at the Adelaide Central Market. Mike indulges in a very tempting dessert with Chef Dan Szwarc.	AUSTRALIA	English-100		G		
2024-06-19	1100	The Cook Up With Adam Liaw	Comfort Food	We're celebrating Refugee Week. The founder of Aunty's Ginger Tonic, Yarrie Nabaloum, and the recipient of the Les Murray Award for Refugee Recognition, Danijel Malbasa, joins Adam.	AUSTRALIA	English-100		G		
2024-06-19	1130	James Martin's French Adventure	St Emilion	James's first stop on his French Adventure takes him back to the place that inspired his passion for food, St Emilion. He visits the legendary Chateau Cheval Blanc to cook up his first dish.	UNITED KINGDOM	English-100		G		
2024-06-19	1225	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 1	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
2024-06-19	1230	Barefoot Contessa: Back To Basics	Make Ahead Entertaining	Ina is entertaining, and she's taking the pressure off with all make-ahead dishes. She starts with two easy appetisers - mustard and gruyere batons and warm dates with blue cheese and prosciutto.	USA	English-100		G		

2024-06-19	1300	Mary Makes It Easy	Supermarket Swap	Mary loves a grocery store shortcut to make cooking smarter, not harder. Mary jazzes up a store-bought chicken and cooks a snacky timesaver: creamy french onion dip using frozen pre-chopped onions.	CANADA	English-100		G		
2024-06-19	1330	Giada Entertains	Chocolate For Breakfast	Giada invites friends over for a Valentine's Day-themed breakfast with chocolate in every dish. She treats them to a playful, laid-back morning with games and an indulgent, buffet-style menu.	USA	English-100		G		
2024-06-19	1400	Pati's Mexican Table	Day With Hugo, A	Pati meets Chef Hugo Guajardo, whose family-owned restaurant El Caminante has perfected the art of drying meat.	USA	English-100		G		Y
2024-06-19	1430	Gourmet Farmer Australia	Gourmet Farmer Series 3 Episode 8	50 acres of pasture is a lot to manage and the local NRM, who consult on how to improve and maintain a healthy farm have told Matthew he desperately needs to get animals grazing.	AUSTRALIA	English-100	RPT	PG		Y
2024-06-19	1500	Gok Wan's Easy Asian	Sharing Treats	For Gok cooking means feeding, and he has three perfect recipes to share. A delectable cheat's version of Peking Duck, Korean Fried Chicken and Pineapple Rice that will keep everyone happy.	UNITED KINGDOM	English-100		G		
2024-06-19	1530	Jamie & Jimmy's Food Fight Club	Usain Bolt	On cafe's menu this week Jamie reveals how to cook the ultimate steak - his blow-out cote de boeuf, and Jimmy produces succulent tandoori chicken in his a DIY dustbin oven.	UNITED KINGDOM	English-100		PG	a	
2024-06-19	1625	Destination Flavour China Bitesize	Black Sesame Tangyuan	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA		RPT	G		Y Y
2024-06-19	1630	Fun'q With Spencer Watts	Herbalicious	Spencer embraces the bounty of herbs and makes lavender salted spatchcock chicken with a balsamic truffle glaze, salmon steaks, pork tenderloins, and grilled fingerling and yam potato salad.	CANADA	English-100		PG		
2024-06-19	1700	Mad Good Food	Summer Cook Out	Chef Derrell kicks off the summer with a traditional Low-Country Boil, shrimp Po-Boy sandwich with jerk mayonnaise and a light potato corn chowder.	USA	English-100		PG		
2024-06-19	1730	My Market Kitchen	Ep 33	Matt kicks off the show with his favourite Indian dish, Palak Paneer. Tobie Puttock takes over in the market kitchen with his easy-to-prepare Bolognese. Mike joins David Mann in the great outdoors.	AUSTRALIA	English-100		PG		
2024-06-19	1800	Taste Of Australia With Hayden Quinn	Sydney City	Hayden wakes up overlooking Sydney Harbour, ready for a city adventure. First he catches up with architect Eoghan Lewis for a tour of the city, before exploring some of the hidden laneways in the CBD.	AUSTRALIA	English-100		G		
2024-06-19	1830	Food Safari	Food Safari Series 4 Ep 7	Maeve O'Meara explores the delicious world of Polish food as chef Judyta Slupnicki introduces her to the essentials - from smallgoods, to horseradish and pickled gherkins.	AUSTRALIA	English-100	RPT	G		Y
2024-06-19	1900	The Cook Up With Adam Liaw	Souful Soups	Food presenter, Khanh Ong, cook Asma and Adam are in for a soup-erb night in the kitchen, making souful soups for Refugee Week!	AUSTRALIA	English-100		G		Y

2024-06-19	1930	Rick Stein's Food Stories	Suffolk	Half-way through his UK food tour, Rick visits a Suffolk bakery making artisan sourdough. He meets an old friend who sells fish on the beach and back at home he has a go at sushi!	UNITED KINGDOM	English-100	PG	a w	
2024-06-19	2000	Jamie's Great Italian Escape	Puglia	Jamie travels to the region of Puglia and is delighted to discover the schoolchildren get a three-course menu of organic food. He also has to feed 35 fussy eaters at a party.	UNITED KINGDOM	English-100	PG	a w	Y
2024-06-19	2030	Hugh's Three Good Things	Tomatoes	The same cast of characters return - they all cook across five days, to find a 'winner of the week'. Today is tomatoes with recipes such as roasted lamb shoulder and tomatoes with grey mullet.	UNITED KINGDOM	English-100	G		
2024-06-19	2100	Masters Of Taste With Gary Mehigan	Deciphering The Code With Ileana	Gary meets Ileana D'Cruz at Kode and the chef there shows them how to make their signature dish - the warm lobster roll. They then surprise diners with a Baked Alaska plated by Ileana.	INDIA		PG		
2024-06-19	2130	Come Dine With Me Couples	Manchester B	Today's brand new Couples Come Dine With Me heads to Manchester where quirky couple Sophie and boyfriend Lucas opt for a menu based on the idea that looks can be deceiving.	UNITED KINGDOM	English-100	PG		
2024-06-19	2225	Torres Strait At Home	Pickled Tamarind Childhood Snack	Torres Strait Islander chef and owner of Mabu Mabu, Nornie Bero, cooks and talks through some of her favourite easy recipes, from quick pickled octopus to fresh baked damper.	AUSTRALIA		G		Y
2024-06-19	2230	The Cook Up With Adam Liaw	Souful Soups	Food presenter, Khanh Ong, cook Asma and Adam are in for a soup-erb night in the kitchen, making soulful soups for Refugee Week!	AUSTRALIA	English-100	G		Y
2024-06-19	2300	The Cook And The Chef	1970's, The	Dust off your flares and fondue set and get set to revive some classic dishes from the 70s as Maggie and Simon celebrate the dawning of Modern Australian food.	AUSTRALIA	English-100	G		
2024-06-19	2330	Jamie & Jimmy's Food Fight Club	Stephen Mangan	Jamie and Jimmy are joined by comic writer and actor, Stephen Mangan, as he puts on his pinny and cooks for the diners at the end of Southend Pier.	UNITED KINGDOM	English-100	G		
2024-06-19	2425	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		
2024-06-19	2430	Rick Stein's Food Stories	Suffolk	Half-way through his UK food tour, Rick visits a Suffolk bakery making artisan sourdough. He meets an old friend who sells fish on the beach and back at home he has a go at sushi!	UNITED KINGDOM	English-100	PG	a w	
2024-06-19	2500	Jamie's Great Italian Escape	Puglia	Jamie travels to the region of Puglia and is delighted to discover the schoolchildren get a three-course menu of organic food. He also has to feed 35 fussy eaters at a party.	UNITED KINGDOM	English-100	PG	a w	Y
2024-06-19	2530	Hugh's Three Good Things	Tomatoes	The same cast of characters return - they all cook across five days, to find a 'winner of the week'. Today is tomatoes with recipes such as roasted lamb shoulder and tomatoes with grey mullet.	UNITED KINGDOM	English-100	G		

2024-06-19	2600	Masters Of Taste With Gary Mehigan	Deciphering The Code With Ileana	Gary meets Ileana D'Cruz at Kode and the chef there shows them how to make their signature dish - the warm lobster roll. They then surprise diners with a Baked Alaska plated by Ileana.	INDIA				PG	
2024-06-19	2630	Come Dine With Me Couples	Manchester B	Today's brand new Couples Come Dine With Me heads to Manchester where quirky couple Sophie and boyfriend Lucas opt for a menu based on the idea that looks can be deceiving.	UNITED KINGDOM	English-100			PG	
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2024-06-19	2730	Jamie & Jimmy's Food Fight Club	Stephen Mangan	Jamie and Jimmy are joined by comic writer and actor, Stephen Mangan, as he puts on his pinny and cooks for the diners at the end of Southend Pier.	UNITED KINGDOM	English-100			G	
2024-06-19	2825	Please Eat Slowly Bitesize	Dumplings	Victor shares his tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right.	AUSTRALIA	English-100			G	
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2024-06-20	0500	Mary Makes It Easy	Supermarket Swap	Mary loves a grocery store shortcut to make cooking smarter, not harder. Mary jazzes up a store-bought chicken and cooks a snacky timesaver: creamy french onion dip using frozen pre-chopped onions.	CANADA	English-100			G	
2024-06-20	0530	Giada Entertains	Chocolate For Breakfast	Giada invites friends over for a Valentine's Day-themed breakfast with chocolate in every dish. She treats them to a playful, laid-back morning with games and an indulgent, buffet-style menu.	USA	English-100			G	
2024-06-20	0600	Pati's Mexican Table	Day With Hugo, A	Pati meets Chef Hugo Guajardo, whose family-owned restaurant El Caminante has perfected the art of drying meat.	USA	English-100			G	Y
2024-06-20	0630	Gourmet Farmer Australia	Gourmet Farmer Series 3 Episode 8	50 acres of pasture is a lot to manage and the local NRM, who consult on how to improve and maintain a healthy farm have told Matthew he desperately needs to get animals grazing.	AUSTRALIA	English-100	RPT		PG	Y
2024-06-20	0700	Gok Wan's Easy Asian	Sharing Treats	For Gok cooking means feeding, and he has three perfect recipes to share. A delectable cheat's version of Peking Duck, Korean Fried Chicken and Pineapple Rice that will keep everyone happy.	UNITED KINGDOM	English-100			G	
2024-06-20	0730	Jamie & Jimmy's Food Fight Club	Stephen Mangan	Jamie and Jimmy are joined by comic writer and actor, Stephen Mangan, as he puts on his pinny and cooks for the diners at the end of Southend Pier.	UNITED KINGDOM	English-100			G	
2024-06-20	0825	Destination Flavour China Bitesize	Black Sesame Tangyuan	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA		RPT		G	Y Y

2024-06-20	0830	Fun'q With Spencer Watts	Herbalicious	Spencer embraces the bounty of herbs and makes lavender salted spatchcock chicken with a balsamic truffle glaze, salmon steaks, pork tenderloins, and grilled fingerling and yam potato salad.	CANADA	English-100	PG		
2024-06-20	0900	Mad Good Food	Summer Cook Out	Chef Derrell kicks off the summer with a traditional Low-Country Boil, shrimp Po-Boy sandwich with jerk mayonnaise and a light potato corn chowder.	USA	English-100	PG		
2024-06-20	0930	Rick Stein's Food Stories	Suffolk	Half-way through his UK food tour, Rick visits a Suffolk bakery making artisan sourdough. He meets an old friend who sells fish on the beach and back at home he has a go at sushi!	UNITED KINGDOM	English-100	PG	a w	
2024-06-20	1000	Jamie's Great Italian Escape	Puglia	Jamie travels to the region of Puglia and is delighted to discover the schoolchildren get a three-course menu of organic food. He also has to feed 35 fussy eaters at a party.	UNITED KINGDOM	English-100	PG	a w	Y
2024-06-20	1030	My Market Kitchen	Ep 33	Matt kicks off the show with his favourite Indian dish, Palak Paneer. Tobie Puttock takes over in the market kitchen with his easy-to-prepare Bolognese. Mike joins David Mann in the great outdoors.	AUSTRALIA	English-100	PG		
2024-06-20	1100	The Cook Up With Adam Liaw	Souful Soups	Food presenter, Khanh Ong, cook Asma and Adam are in for a soup-erb night in the kitchen, making souful soups for Refugee Week!	AUSTRALIA	English-100	G		Y
2024-06-20	1130	Hugh's Three Good Things	Tomatoes	The same cast of characters return - they all cook across five days, to find a 'winner of the week'. Today is tomatoes with recipes such as roasted lamb shoulder and tomatoes with grey mullet.	UNITED KINGDOM	English-100	G		
2024-06-20	1200	Masters Of Taste With Gary Mehigan	Deciphering The Code With Ileana	Gary meets Ileana D'Cruz at Kode and the chef there shows them how to make their signature dish - the warm lobster roll. They then surprise diners with a Baked Alaska plated by Ileana.	INDIA		PG		
2024-06-20	1230	Barefoot Contessa: Back To Basics	Holiday Brunch	Ina Garten is sharing recipes and tips for putting together a gorgeous seasonal brunch. She starts with shakshuka with feta, the perfect way to serve eggs, and bakes a batch of morning glory muffins.	USA	English-100	G		
2024-06-20	1300	Mary Makes It Easy	Herb Your Enthusiasm	Mary shares recipes to make the most of your fresh herbs! Mary makes a mouth-watering pesto pizza, rosemary olive oil cake, and herbal fish and chips.	CANADA	English-100	G		
2024-06-20	1330	Giada Entertains	Giada's Dinner Cruise	Giada hosts a sunset dinner party on a boat in the marina. On the menu is paccheri with porcini and pistachio, pan-seared salmon with artichokes and white wine, and beet and burrata salad.	USA	English-100	G		
2024-06-20	1400	Pati's Mexican Table	Top Chefs And Ancient Cliffs	Pati connects with four top chefs in the area and learns their greatest cooking secrets.	USA	English-100	G		Y
2024-06-20	1430	Gourmet Farmer Australia	Gourmet Farmer Series 3 Episode 9	Matthew, Nick and Ross go on a sailing adventure to Maria Island on Tasmania's east coast. The boys learn how to sail, meet some keen fishermen and are visited by dolphins.	AUSTRALIA	English-100	RPT	G	Y

2024-06-20	1500	Gok Wan's Easy Asian	Curry Heaven	Gok explores his favourite curry influences from the UK and Asia; a takeaway favourite that is oh so naughty but oh so nice!	UNITED KINGDOM	English-100		G		
2024-06-20	1530	Jamie & Jimmy's Food Fight Club	Sienna Miller	The cafe's menu this week includes Sienna Miller's rich Tuscan duck ragu with pici pasta and Jamie's whole sea bass baked in salt.	UNITED KINGDOM	English-100		PG	s	
2024-06-20	1625	Destination Flavour China Bitesize	Zhajangmian	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.			RPT	G		Y Y
2024-06-20	1630	Fun'q With Spencer Watts	Fiesta Bbq	A fiesta is a celebration and Spencer makes some delicious grilled food! Starting with spiced cola pork ribs, shredded chicken mole and masa tortillas, a light ceviche with spicy habanero sauce.	CANADA	English-100		G		
2024-06-20	1700	Mad Good Food	Juneteenth	Chef Derrell celebrates Juneteenth and his culture with finger-licking BBQ ribs, collard greens and potato salad; he also creates a new twist on a traditional egg roll with his signature sauce.	USA	English-100		PG		
2024-06-20	1730	My Market Kitchen	Ep 34	Matt starts with a hearty homemade lamb neck stew. Laura, in the Adelaide Hills, showcases her husband Max's culinary skills with a Japanese inspired dish, tuna tartare.	AUSTRALIA	English-100		G		
2024-06-20	1800	Taste Of Australia With Hayden Quinn	Chinatown, Sydney	Hayden explores Chinatown with the one and only Reynold Poer, who shares a classic wonton noodle soup recipe with Hayden which they cook together in front of the Chinese Garden of Friendship.	AUSTRALIA	English-100		G		
2024-06-20	1830	Food Safari	Food Safari Series 4 Ep 8	Maeve O'Meara explores the fascinating food of Afghanistan where the guest is always seen as king and beautiful feasts are prepared using age-old recipes.	AUSTRALIA	English-100	RPT	G		Y
2024-06-20	1900	The Cook Up With Adam Liaw	Made To Share	Footy player turned beauty pageant CEO, Anyier Yuol, and martial artist, Asif Sultani join Adam to celebrate Refugee Week with their crowd-pleasing recipes that are made to share.	AUSTRALIA	English-100		G		
2024-06-20	1930	John Torode's Korean Food Tour	Pantry	John heads into the Korean countryside amongst thousands of clay pots, still used to make and store South Korea's main store cupboard ingredients of soy, gochuchang, chilli paste and doenjang.	UNITED KINGDOM	English-100		G		Y
2024-06-20	2030	Sophie Grigson: Slice Of Italy	Tales From The Land	Sophie explores the countryside outside her town and visits previously abandoned land that is now pursuing regenerative farming. She makes a jam with apricots, saffron and honey - perfect with cheese.	UNITED KINGDOM	English-100		PG		Y
2024-06-20	2100	Sophie Grigson: Slice Of Italy	Celebration: Any Chance To Eat	It's Sophie's birthday and she celebrates with friends. It's also festival time so the whole town celebrates. Sophie makes yeasted lemon fritters at home and cooks fish in a paper parcel at the trullo.	UNITED KINGDOM	English-100		PG		Y
2024-06-20	2130	Come Dine With Me Couples	Brighton 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	

2024-06-20	2225	Torres Strait At Home	Pepperberry Bloody Mary	Torres Strait Islander chef and owner of Mabu Mabu, Nornie Bero, cooks and talks through some of her favourite easy recipes, from quick picked octopus to fresh baked damper.	AUSTRALIA		G		Y
2024-06-20	2230	The Cook Up With Adam Liaw	Made To Share	Footy player turned beauty pageant CEO, Anyier Yuol, and martial artist, Asif Sultani join Adam to celebrate Refugee Week with their crowd-pleasing recipes that are made to share.	AUSTRALIA	English-100	G		
2024-06-20	2300	The Cook And The Chef	Vietnamese Food	Maggie ventures bravely into Simon's world of South East Asian cuisine. The Vietnamese dishes Maggie and Simon produce, from soups to crispy fried quail, are clean and fresh.	AUSTRALIA	English-100	G		Y
2024-06-20	2330	Jamie & Jimmy's Food Fight Club	Russell Howard	Jamie and Jimmy welcome comedian Russell Howard to their cafe on the end of Southend Pier. Russell's favourite meal in all the world was an unusual Thai-fusion curry he tasted in Sydney.	UNITED KINGDOM	English-100	G		
2024-06-20	2425	Please Eat Slowly Bitesize	Yee Sang	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100	G		
2024-06-20	2430	John Torode's Korean Food Tour	Pantry	John heads into the Korean countryside amongst thousands of clay pots, still used to make and store South Korea's main store cupboard ingredients of soy, gochuchang, chilli paste and doenjang.	UNITED KINGDOM	English-100	G		Y
2024-06-20	2525	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 7	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2024-06-20	2530	Sophie Grigson: Slice Of Italy	Tales From The Land	Sophie explores the countryside outside her town and visits previously abandoned land that is now pursuing regenerative farming. She makes a jam with apricots, saffron and honey - perfect with cheese.	UNITED KINGDOM	English-100	PG		Y
2024-06-20	2600	Sophie Grigson: Slice Of Italy	Celebration: Any Chance To Eat	It's Sophie's birthday and she celebrates with friends. It's also festival time so the whole town celebrates. Sophie makes yeasted lemon fritters at home and cooks fish in a paper parcel at the trullo.	UNITED KINGDOM	English-100	PG		Y
2024-06-20	2630	Come Dine With Me Couples	Brighton 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	
2024-06-20	2725	Torres Strait At Home	Pepperberry Bloody Mary	Torres Strait Islander chef and owner of Mabu Mabu, Nornie Bero, cooks and talks through some of her favourite easy recipes, from quick picked octopus to fresh baked damper.	AUSTRALIA		G		Y
2024-06-20	2730	Jamie & Jimmy's Food Fight Club	Russell Howard	Jamie and Jimmy welcome comedian Russell Howard to their cafe on the end of Southend Pier. Russell's favourite meal in all the world was an unusual Thai-fusion curry he tasted in Sydney.	UNITED KINGDOM	English-100	G		
2024-06-20	2825	Please Eat Slowly Bitesize	Yee Sang	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100	G		

2024-06-20	2830	The Cook And The Chef	Vietnamese Food	Maggie ventures bravely into Simon's world of South East Asian cuisine. The Vietnamese dishes Maggie and Simon produce, from soups to crispy fried quail, are clean and fresh.	AUSTRALIA	English-100		G		Y
2024-06-21	0500	Mary Makes It Easy	Herb Your Enthusiasm	Mary shares recipes to make the most of your fresh herbs! Mary makes a mouth-watering pesto pizza, rosemary olive oil cake, and herbal fish and chips.	CANADA	English-100		G		
2024-06-21	0530	Giada Entertains	Giada's Dinner Cruise	Giada hosts a sunset dinner party on a boat in the marina. On the menu is paccheri with porcini and pistachio, pan-seared salmon with artichokes and white wine, and beet and burrata salad.	USA	English-100		G		
2024-06-21	0600	Pati's Mexican Table	Top Chefs And Ancient Cliffs	Pati connects with four top chefs in the area and learns their greatest cooking secrets.	USA	English-100		G		Y
2024-06-21	0630	Gourmet Farmer Australia	Gourmet Farmer Series 3 Episode 9	Matthew, Nick and Ross go on a sailing adventure to Maria Island on Tasmania's east coast. The boys learn how to sail, meet some keen fishermen and are visited by dolphins.	AUSTRALIA	English-100	RPT	G		Y
2024-06-21	0700	Gok Wan's Easy Asian	Curry Heaven	Gok explores his favourite curry influences from the UK and Asia; a takeaway favourite that is oh so naughty but oh so nice!	UNITED KINGDOM	English-100		G		
2024-06-21	0730	Jamie & Jimmy's Food Fight Club	Russell Howard	Jamie and Jimmy welcome comedian Russell Howard to their cafe on the end of Southend Pier. Russell's favourite meal in all the world was an unusual Thai-fusion curry he tasted in Sydney.	UNITED KINGDOM	English-100		G		
2024-06-21	0825	Destination Flavour China Bitesize	Zhajiangan	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.			RPT	G		Y
2024-06-21	0830	Fun'q With Spencer Watts	Fiesta Bbq	A fiesta is a celebration and Spencer makes some delicious grilled food! Starting with spiced cola pork ribs, shredded chicken mole and masa tortillas, a light ceviche with spicy habanero sauce.	CANADA	English-100		G		
2024-06-21	0900	Mad Good Food	Juneteenth	Chef Derrell celebrates Juneteenth and his culture with finger-licking BBQ ribs, collard greens and potato salad; he also creates a new twist on a traditional egg roll with his signature sauce.	USA	English-100		PG		
2024-06-21	0930	John Torode's Korean Food Tour	Pantry	John heads into the Korean countryside amongst thousands of clay pots, still used to make and store South Korea's main store cupboard ingredients of soy, gochuchang, chilli paste and doenjang.	UNITED KINGDOM	English-100		G		Y
2024-06-21	1025	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 7	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-06-21	1030	My Market Kitchen	Ep 34	Matt starts with a hearty homemade lamb neck stew. Laura, in the Adelaide Hills, showcases her husband Max's culinary skills with a Japanese inspired dish, tuna tartare.	AUSTRALIA	English-100		G		

2024-06-21	1100	The Cook Up With Adam Liaw	Made To Share	Footy player turned beauty pageant CEO, Anyier Yuol, and martial artist, Asif Sultani join Adam to celebrate Refugee Week with their crowd-pleasing recipes that are made to share.	AUSTRALIA	English-100	G		
2024-06-21	1130	Sophie Grigson: Slice Of Italy	Tales From The Land	Sophie explores the countryside outside her town and visits previously abandoned land that is now pursuing regenerative farming. She makes a jam with apricots, saffron and honey - perfect with cheese.	UNITED KINGDOM	English-100	PG		Y
2024-06-21	1200	Sophie Grigson: Slice Of Italy	Celebration: Any Chance To Eat	It's Sophie's birthday and she celebrates with friends. It's also festival time so the whole town celebrates. Sophie makes yeasted lemon fritters at home and cooks fish in a paper parcel at the trullo.	UNITED KINGDOM	English-100	PG		Y
2024-06-21	1230	Barefoot Contessa: Back To Basics	Pork	Ina Garten is sharing new ways to cook with pork - and she's putting bacon, sausage, kielbasa and tenderloins in the spotlight. She begins by making sausage and mushroom strudels for appetisers.	USA	English-100	G		
2024-06-21	1300	Mary Makes It Easy	Summer's Bounty	Mary celebrates summer's seasonal fruits and veg by cooking baked goat cheese with jalapeno cherry jam, zucchini risotto, and tomato butter chicken.	CANADA	English-100	G		
2024-06-21	1330	Giada Entertains	Weeknight Special	Sometimes no occasion is the best occasion! Giada surprises her daughter, Jade, in the middle of the week with a special menu that includes all her favourite comfort foods.	USA	English-100	G		
2024-06-21	1400	Chuck And The First Peoples' Kitchen	Kitiganiibi	Chuck visits Kitigan Zibi where he experiences beaver tail with maple syrup.	CANADA	English-100	RPT	G	Y
2024-06-21	1430	Gourmet Farmer Australia	Gourmet Farmer Series 3 Episode 10	It has been a year since Matthew expanded his business and bought the new farm and it's been a steep learning curve. It's now time to set a date for their very first open day and feast.	AUSTRALIA	English-100	RPT	G	Y
2024-06-21	1500	Gok Wan's Easy Asian	Soup Classics	Gok has three classic soups to share: a perfect wonton soup that is the ultimate in subtle flavours, a crab and sweetcorn soup that couldn't be simpler and a personal version of the classic tom yum.	UNITED KINGDOM	English-100	G		
2024-06-21	1530	Jamie & Jimmy's Food Fight Club	Amanda Holden	Jamie reinvents the humble roast chicken with not one, but two blow out recipes - chicken in a crust and beer butt chicken, while Amanda Holden cooks an authentic Greek moussaka.	UNITED KINGDOM	English-100	PG		
2024-06-21	1625	Destination Flavour China Bitesize	Bamboo Shoots And Cured Ham Stir Fry	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA		RPT	G	Y
2024-06-21	1630	Taste Of France	Moulin De Lere	At the feet of the Jura mountains, chef Fredric Molina built an ideal family restaurant and earned his first Michelin star. Let's explore the secrets to his delicious food.	SWEDEN	English-50; French-50	G		Y
2024-06-21	1700	Taste Of France	L'auberge Sur-Les-Bois	Daniel Barratier has worked with some of the best chefs traveling the world, now he's back in his hometown, Annecy, the 'Venice of the French Alps', where he invested in a true fine dining restaurant.	SWEDEN	English-50; French-50	G		Y

2024-06-21	1730	My Market Kitchen	Ep 35	Matt starts the show with a pumpkin gnocchi. Chef Kay-Lene Tan and Chef Adam D'Sylva go head-to-head in a savory versus sweet competition. Mike heads to Ballarat with David Mann to cook ribs.	AUSTRALIA	English-100		G	
2024-06-21	1800	Taste Of Australia With Hayden Quinn	Eveleigh, Sydney	Hayden is in historic Eveleigh this week and he's going to be smashing some molten metal to make his own knife with blacksmith Matt Mewburn. Plus he's checking out a roof-top Australian native garden.	AUSTRALIA	English-100		G	
2024-06-21	1830	Food Safari	Food Safari Series 4 Ep 9	Maeve O'Meara explores the world of Danish food, a cuisine crafted for the cold - some dishes date back to the days of the Vikings, others like the sandwich smorrebrod are modern.	AUSTRALIA	English-100	RPT	G	Y
2024-06-21	1900	The Cook Up With Adam Liaw	Winter Warmers, The	It's Easy Entertaining with The Cook Up, and a celebratory Refugee Week menu chock full of winter warmers, courtesy of AFLW sensation Akec Makur Chuot and comedy sensation Joe White.	AUSTRALIA	English-100		G	
2024-06-21	1930	Jimmy's Taste Of Florida	St Pete / Tampa	Jimmy heads to St. Pete, on Florida's West Coast, where he sets sail with skipper Mark and learns all about a local delicacy. In Tampa Bay, he learns the art of making a world-famous Cuban sandwich.	UNITED KINGDOM	English-100		G	
2024-06-21	2030	Secret World Of Snacks: Burgers	Burgers	Jo Brand tells the story of Britain's love for burgers, from Wimpy, McDonald's and Burger King, to the modern players Honest Burgers and Meat Liquor. Industry titans reveal their rivalries.	UNITED KINGDOM	English-100	RPT	G	Y
2024-06-21	2130	Come Dine With Me Couples	West Sussex B	Dave and Linda produce some French fine dining. Inspired by their love of the country they plan to utilise as much home-grown produce from their garden as possible.	UNITED KINGDOM	English-100		PG	a s
2024-06-21	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	
2024-06-21	2230	The Cook Up With Adam Liaw	Winter Warmers, The	It's Easy Entertaining with The Cook Up, and a celebratory Refugee Week menu chock full of winter warmers, courtesy of AFLW sensation Akec Makur Chuot and comedy sensation Joe White.	AUSTRALIA	English-100		G	
2024-06-21	2300	The Cook And The Chef	Aussie Classics	Maggie cooks Neenish Tarts and explains how this quirky tart that originated in New South Wales got its name. Simon continues the theme and cooks a flourless cake using almond meal and wattleseed.	AUSTRALIA	English-100		G	
2024-06-21	2330	Jamie & Jimmy's Food Fight Club	Mary Berry	Culinary queen Mary Berry goes down memory lane for a nostalgic seafood feast. Jimmy bakes gooey bread, while Jamie makes a mini beef wellington. And the boys hit the front line with the RAF.	UNITED KINGDOM	English-100		G	
2024-06-21	2425	Please Eat Slowly Bitesize	Hand-Pulled Noodles	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100		G	
2024-06-21	2430	Jimmy's Taste Of Florida	St Pete / Tampa	Jimmy heads to St. Pete, on Florida's West Coast, where he sets sail with skipper Mark and learns all about a local delicacy. In Tampa Bay, he learns the art of making a world-famous Cuban sandwich.	UNITED KINGDOM	English-100		G	

2024-06-21	2530	Secret World Of Snacks: Burgers	Burgers	Jo Brand tells the story of Britain's love for burgers, from Wimpy, McDonald's and Burger King, to the modern players Honest Burgers and Meat Liquor. Industry titans reveal their rivalries.	UNITED KINGDOM	English-100	RPT	G		Y
2024-06-21	2625	Destination Flavour Singapore Bitesize	Curry Puffs	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		Y
2024-06-21	2630	Come Dine With Me Couples	West Sussex B	Dave and Linda produce some French fine dining. Inspired by their love of the country they plan to utilise as much home-grown produce from their garden as possible.	UNITED KINGDOM	English-100		PG	a s	
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2024-06-21	2825	Please Eat Slowly Bitesize	Hand-Pulled Noodles	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100		G		
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2024-06-22	0500	Mary Makes It Easy	Summer's Bounty	Mary celebrates summer's seasonal fruits and veg by cooking baked goat cheese with jalapeno cherry jam, zucchini risotto, and tomato butter chicken.	CANADA	English-100		G		
2024-06-22	0530	Giada Entertains	Weeknight Special	Sometimes no occasion is the best occasion! Giada surprises her daughter, Jade, in the middle of the week with a special menu that includes all her favourite comfort foods.	USA	English-100		G		
2024-06-22	0600	Chuck And The First Peoples' Kitchen	Kitiganiibi	Chuck visits Kitigan Zibi where he experiences beaver tail with maple syrup.	CANADA	English-100	RPT	G		Y
2024-06-22	0630	Gourmet Farmer Australia	Gourmet Farmer Series 3 Episode 10	It has been a year since Matthew expanded his business and bought the new farm and it's been a steep learning curve. It's now time to set a date for their very first open day and feast.	AUSTRALIA	English-100	RPT	G		Y
2024-06-22	0700	Gok Wan's Easy Asian	Soup Classics	Gok has three classic soups to share: a perfect wonton soup that is the ultimate in subtle flavours, a crab and sweetcorn soup that couldn't be simpler and a personal version of the classic tom yum.	UNITED KINGDOM	English-100		G		
2024-06-22	0730	Jamie & Jimmy's Food Fight Club	Mary Berry	Culinary queen Mary Berry goes down memory lane for a nostalgic seafood feast. Jimmy bakes gooey bread, while Jamie makes a mini beef wellington. And the boys hit the front line with the RAF.	UNITED KINGDOM	English-100		G		

2024-06-22	0825	Destination Flavour China Bitesize	Bamboo Shoots And Cured Ham Stir Fry	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA		RPT	G		Y	Y
2024-06-22	0830	Taste Of France	Moulin De Lere	At the feet of the Jura mountains, chef Fredric Molina built an ideal family restaurant and earned his first Michelin star. Let's explore the secrets to his delicious food.	SWEDEN	English-50; French-50		G			Y
2024-06-22	0900	Taste Of France	L'auberge Sur-Les-Bois	Daniel Barratier has worked with some of the best chefs traveling the world, now he's back in his hometown, Annecy, the 'Venice of the French Alps', where he invested in a true fine dining restaurant.	SWEDEN	English-50; French-50		G			Y
2024-06-22	0930	Jimmy's Taste Of Florida	St Pete / Tampa	Jimmy heads to St. Pete, on Florida's West Coast, where he sets sail with skipper Mark and learns all about a local delicacy. In Tampa Bay, he learns the art of making a world-famous Cuban sandwich.	UNITED KINGDOM	English-100		G			
2024-06-22	1030	My Market Kitchen	Ep 35	Matt starts the show with a pumpkin gnocchi. Chef Kay-Lene Tan and Chef Adam D'Sylva go head-to-head in a savory versus sweet competition. Mike heads to Ballarat with David Mann to cook ribs.	AUSTRALIA	English-100		G			
2024-06-22	1100	The Cook Up With Adam Liaw	Winter Warmers, The	It's Easy Entertaining with The Cook Up, and a celebratory Refugee Week menu chock full of winter warmers, courtesy of AFLW sensation Akec Makur Chuot and comedy sensation Joe White.	AUSTRALIA	English-100		G			
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2024-06-22	1225	Destination Flavour Singapore Bitesize	Curry Puffs	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		Y	
2024-06-22	1230	Mary Makes It Easy	Summer's Bounty	Mary celebrates summer's seasonal fruits and veg by cooking baked goat cheese with jalapeno cherry jam, zucchini risotto, and tomato butter chicken.	CANADA	English-100		G			
2024-06-22	1300	Giada Entertains	Weeknight Special	Sometimes no occasion is the best occasion! Giada surprises her daughter, Jade, in the middle of the week with a special menu that includes all her favourite comfort foods.	USA	English-100		G			
2024-06-22	1330	Chuck And The First Peoples' Kitchen	Kitiganiibi	Chuck visits Kitigan Zibi where he experiences beaver tail with maple syrup.	CANADA	English-100	RPT	G			Y
2024-06-22	1400	Gourmet Farmer Australia	Gourmet Farmer Series 3 Episode 10	It has been a year since Matthew expanded his business and bought the new farm and it's been a steep learning curve. It's now time to set a date for their very first open day and feast.	AUSTRALIA	English-100	RPT	G			Y
2024-06-22	1430	Jamie's Food Escapes	Stockholm	Jamie loves Swedish cuisine, based around fresh produce, pickling, and preserving. He goes mushroom hunting on one of the islands surrounding the city, and tries a delicacy called surströmming.	UNITED KINGDOM	English-100		PG		a l n w	

2024-06-22	1530	Jamie's Food Escapes	Venice	Jamie goes off the tourist track in Venice to find the real regional food of the area - rice, polenta, seafood, and fresh vegetables.	UNITED KINGDOM	English-100		PG	a l w	
2024-06-22	1630	Field Trip With Curtis Stone	Rome	Curtis journeys to the heart of Rome to experience the cuisine of the city. He starts his travels visiting a local butcher who specialises in organ meats and meets a former chef turned pizza maker.	USA	English-100		G		Y
2024-06-22	1700	Nigellissima	Nigellissima Series 1 Ep 2	Nigella Lawson's mission to show how easy it is to bring the spirit of Italy into the kitchen continues as she shares the secrets of her celebratory Italian roast chicken.	UNITED KINGDOM	English-100	RPT	G		Y
2024-06-22	1730	Luca's Key Ingredient	Luca's Key Ingredient Series 1 Ep 6	An essential in the Italian way of life is consuming at least one cup of coffee each day. Luca shows how to use coffee beans in more than just dessert with a wonderful Coffee Pappardelle.	AUSTRALIA	English-100		G		
2024-06-22	1800	The Creators: Chefs Uncut	Chef Jordy Navarra	Explore how Chef Jordy's dishes, techniques, and life story towards becoming a world-renowned chef from a small archipelago are as inspiring as they are authentically Filipino.	SINGAPORE	English-100		PG	I	
2024-06-22	1830	Raymond Blanc's Royal Kitchen Gardens	Hampton Court Palace 2	Back at Hampton Court Palace, Raymond meets one of the oldest residence, the Great Vine. Ichiho talks to Raymond about the herbs they grow before making a grilled asparagus and chervil butter.	UNITED KINGDOM	English-100		PG		
2024-06-22	1930	Hairy Bikers Go North	Yorkshire Coast	The plan is simple, riding through this beautiful location and visiting top food producers who not only have amazing products but equally amazing stories to tell.	UNITED KINGDOM	English-100		PG		
2024-06-22	2030	Rick Stein's Long Weekends	Berlin	Rick's latest culinary long weekend takes him to Berlin where history and the avant garde dwell enticingly side by side.	UNITED KINGDOM	English-100	RPT	G		Y
2024-06-22	2135	Anthony Bourdain: No Reservations	Rome	We are treated to a glimpse of Rome through Tony's eyes.	USA	English-100		PG		Y
2024-06-22	2230	Amy Schumer Learns To Cook	Not Frozen And Kids' Menu	Chris decides to teach Amy how to make some of her favourite frozen foods from scratch. While Amy gets things going with a pina colada, Chris shows Amy how to make crowd-pleasing pigs in a blanket.	USA	English-100		PG	a l s	Y
2024-06-22	2325	Destination Flavour China Bitesize	Cattail Milk Soup	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.			RPT	PG		Y
2024-06-22	2330	Field Trip With Curtis Stone	Rome	Curtis journeys to the heart of Rome to experience the cuisine of the city. He starts his travels visiting a local butcher who specialises in organ meats and meets a former chef turned pizza maker.	USA	English-100		G		Y
2024-06-22	2400	Nigellissima	Nigellissima Series 1 Ep 2	Nigella Lawson's mission to show how easy it is to bring the spirit of Italy into the kitchen continues as she shares the secrets of her celebratory Italian roast chicken.	UNITED KINGDOM	English-100	RPT	G		Y

2024-06-22	2430	Jamie's Food Escapes	Stockholm	Jamie loves Swedish cuisine, based around fresh produce, pickling, and preserving. He goes mushroom hunting on one of the of islands surrounding the city, and tries a delicacy called surstromming.	UNITED KINGDOM	English-100	PG	a l n w
2024-06-22	2530	Jamie's Food Escapes	Venice	Jamie goes off the tourist track in Venice to find the real regional food of the area - rice, polenta, seafood, and fresh vegetables.	UNITED KINGDOM	English-100	PG	a l w
2024-06-22	2630	Luca's Key Ingredient	Luca's Key Ingredient Series 1 Ep 6	An essential in the Italian way of life is consuming at least one cup of coffee each day. Luca shows how to use coffee beans in more than just dessert with a wonderful Coffee Pappardelle.	AUSTRALIA	English-100	G	
2024-06-22	2700	The Creators: Chefs Uncut	Chef Jordy Navarra	Explore how Chef Jordy's dishes, techniques, and life story towards becoming a world-renowned chef from a small archipelago are as inspiring as they are authentically Filipino.	SINGAPORE	English-100	PG	I
2024-06-22	2730	Raymond Blanc's Royal Kitchen Gardens	Hampton Court Palace 2	Back at Hampton Court Palace, Raymond meets one of the oldest residence, the Great Vine. Ichiho talks to Raymond about the herbs they grow before making a grilled asparagus and chervil butter.	UNITED KINGDOM	English-100	PG	
2024-06-22	2830	Field Trip With Curtis Stone	Rome	Curtis journeys to the heart of Rome to experience the cuisine of the city. He starts his travels visiting a local butcher who specialises in organ meats and meets a former chef turned pizza maker.	USA	English-100	G	Y