



**WEEK 26: Sunday, 23 June - Saturday, 29 June 2024 - ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-06-23	0500	<b>Nigellissima</b>	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	
2024-06-23	0530	<b>Amy Schumer Learns To Cook</b>	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
2024-06-23	0625	<b>Destination Flavour China Bitesize</b>	Cattail Milk Soup	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA		RPT	PG		Y	Y
2024-06-23	0630	<b>Jamie's Food Escapes</b>	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 surstromming.	UNITED KINGDOM	English-100		PG	a l n w		
2024-06-23	0730	<b>Jamie's Food Escapes</b>	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		
2024-06-23	0830	<b>Raymond Blanc's Royal Kitchen Gardens</b>	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			
2024-06-23	0930	<b>Hairy Bikers Go North</b>	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			
2024-06-23	1030	<b>Rick Stein's Long Weekends</b>	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	
2024-06-23	1135	<b>Amy Schumer Learns To Cook</b>	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

2024-06-23	1230	<b>Raymond Blanc's Royal Kitchen Gardens</b>	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	
2024-06-23	1330	<b>Chefs Uncut</b>	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
2024-06-23	1400	<b>The Cook Up With Adam Liaw</b>	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	RPT	G	Y
2024-06-23	1430	<b>The Cook Up With Adam Liaw</b>	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	RPT	G	Y
2024-06-23	1500	<b>The Cook Up With Adam Liaw</b>	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	RPT	G	Y
2024-06-23	1530	<b>The Cook Up With Adam Liaw</b>	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	RPT	G	Y
2024-06-23	1600	<b>The Cook Up With Adam Liaw</b>	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	Y
2024-06-23	1630	<b>Field Trip With Curtis Stone</b>	New South Wales	Curtis visits his old stomping grounds in NSW where he begins his journey at the Yerrabingin Rooftop Farm and is treated to a traditional Aboriginal dance. At dusk, Curtis enjoys a seaside dinner.	USA	English-100		PG	a l w
2024-06-23	1700	<b>Nigellissima</b>	Ep 3	Nigella treats her friends to an Italian-style supper of pork loin stuffed with parma ham and oregano, served alongside her speedy mock mash.	UNITED KINGDOM	English-100	RPT	G	Y
2024-06-23	1730	<b>The Streets Hong Kong</b>	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.	AUSTRALIA			G	Y
2024-06-23	1800	<b>Flat Out Food</b>	Apple	Few ingredients showcase a taste of the Prairies like Saskatchewan-grown apples. Hardy rootstocks lead to tart and juicy apples that are delicious in pies, enjoyed with duck, or all on their own.	CANADA	English-100		G	

2024-06-23	1830	<b>Simply Raymond Blanc</b>	Little Le Manoir Magic, A	Join Raymond Blanc and enjoy some Le Manoir Magic as he rustles up simple yet delicious dishes from the heart of his Oxfordshire kitchen.	ENGLAND	English-100		G	
2024-06-23	1925	<b>Destination Flavour Scandinavia Bitesize</b>	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
2024-06-23	1930	<b>Be My Guest With Ina Garten</b>	Rob Marshall And John Deluca	Ina's dear friends, the award-winning Hollywood power couple Rob Marshall and John Deluca, are heading to the Barn for a day of delicious cooking, great conversation and even some dancing!	USA	English-100		PG	a
2024-06-23	2025	<b>A Taste Of Island Dreams</b>	Lemon Chilli Chicken With Turmeric Rice	A signature dish at Island Dreams Cafe and an all-round family favourite. Alimah Bilda shares a version with a punchier thicker sauce that coats the chicken and rice.	AUSTRALIA	English-100		G	
2024-06-23	2030	<b>Rick Stein's Far Eastern Odyssey</b>	Thailand And Malaysia	Rick takes a train to Phuket to learn the art of hot and sour tom yum goong, the culinary icon of Thailand. Later he meets up with one of his cooking heroes, David Thompson.	UNITED KINGDOM	English-100	RPT	PG	Y
2024-06-23	2140	<b>Anthony Bourdain: No Reservations</b>	Back To Beirut	In 2006, the crew travelled to Beirut to shoot a typical episode. What took place was anything but typical, as the crew found themselves in the middle of violence. In 2010, Tony returns to Beirut.	USA	English-100		PG	Y
2024-06-23	2235	<b>Amy Schumer Learns To Cook</b>	Takeout Faves And Finger Foods	Amy and Chris recreate their favourite NYC takeout meals. Chris teaches Amy how to make Scarpetta's famous spaghetti and tomato sauce, along with Amy's favourite - prawns in lobster sauce with rice.	USA	English-100		PG	a l s
2024-06-23	2330	<b>Field Trip With Curtis Stone</b>	New South Wales	Curtis visits his old stomping grounds in NSW where he begins his journey at the Yerrabingin Rooftop Farm and is treated to a traditional Aboriginal dance. At dusk, Curtis enjoys a seaside dinner.	USA	English-100		PG	a l w
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2024-06-23	2625	<b>Destination Flavour Scandinavia Bitesize</b>	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
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2024-06-23	2825	<b>Destination Flavour Japan Bitesize</b>	Okinawa	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
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2024-06-24	1230	<b>Barefoot Contessa: Back To Basics</b>	Best In Class	Ina shares her best-in-class dishes with the volume turned up. She revamps a breakfast favourite - lemon ricotta pancakes with figs, then combines two winners in Caesar-roasted swordfish.	USA	English-100		G		
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2024-06-24	1330	<b>Giada Entertains</b>	Baby Shower Brunch	Giada hosts an elegant baby shower and brunch for her young Aunt Carolyn, who is like a little sister to Giada. The gorgeous and festive menu reflects the happy occasion.	USA	English-100		G		
2024-06-24	1400	<b>Chuck And The First Peoples' Kitchen</b>	Iqaluit Artic Char	Chuck visits Iqaluit to experience the flavors of the Arctic and famous Arctic char.	CANADA	English-100	RPT	PG	a w	Y
2024-06-24	1430	<b>Gourmet Farmer</b>	Goodbye Puggle Farm	After selling his original Puggle Farm, Matthew Evans moves his family to the much larger Fat Pig Farm, where he has a dream to build a farm to table restaurant in the upper paddock.	AUSTRALIA	English-100	RPT	G		Y
2024-06-24	1500	<b>Gok Wan's Easy Asian</b>	Friday Night Takeaway	Gok has three dishes that are so simple, they will guarantee a Friday night success: takeaway full of Szechuan spice, a fried beef favourite, and a honey and lemon fish family recipe.	UNITED KINGDOM	English-100		G		
2024-06-24	1530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Kirstie Allsopp	Jimmy serves his own charcuterie made in his DIY Tuscan cave, while Jamie knocks up an indulgent feast of diver-caught Scottish scallops with bacon and sage.	UNITED KINGDOM	English-100		PG		
2024-06-24	1625	<b>Please Eat Slowly Bitesize</b>	Dumplings	Victor shares his tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right.	AUSTRALIA	English-100		G		
2024-06-24	1630	<b>Taste Of France</b>	La Bouitte	The charming Saint Martin de Belleville village is home to one of the very best restaurants in France - three Michelin star La Bouitte, a remarkable place with over 20 employees.	SWEDEN	English-50; French-50		G		Y
2024-06-24	1700	<b>Taste Of France</b>	Alexandre Mazzia (Am)	Today, we visit two Michelin star chef Alexandre Mazzia at his highly acclaimed restaurant in Marseilles. He's meticulous and precise in his food crafting, which covers both taste and presentation.	SWEDEN	English-50; French-50		G		Y
2024-06-24	1730	<b>My Market Kitchen</b>	Ep 36	Laura teams up with Chef Jack Ingram, cooking Tommy Ruffs with apple, beetroot, and cucumber on the banks of the River Torrens. Mike cooks Vietnamese fish skewers in the market kitchen.	AUSTRALIA	English-100		G		
2024-06-24	1800	<b>Taste Of Australia With Hayden Quinn</b>	Western Sydney	Hayden explores Western Sydney, starting with a Filipino food exploration alongside the wonderful Luisa Brimble, culminating in a mouth-watering charcoal roasted pig.	AUSTRALIA	English-100		G		
2024-06-24	1830	<b>Food Safari</b>	Food Safari Series 4 Ep 10	Maeve O'Meara explores the fascinating creole cuisine of Broome, with dishes as varied as chilli mudcrab, satay, pearl meat ceviche and a simple raw fish dish called susame.	AUSTRALIA	English-100	RPT	G		Y
2024-06-24	1900	<b>The Cook Up With Adam Liaw</b>	Chicken & Rice	Adam is joined in the kitchen by chef Darren Roberston and commentator Jelena Dokic to cook with two classic ingredients: chicken and rice.	AUSTRALIA	English-100		G		Y

2024-06-24	1930	<b>The Streets Hong Kong</b>	Ep 4	Dan ventures out of the city in search of an old school Hakka dumpling house. He then visits the last remaining underground roasting facility to discover the art of Chinese style roast pork.	AUSTRALIA			G		Y	
2024-06-24	2000	<b>Luke Nguyen's France</b>	Port Lesney (Franche-Comte)	Luke's journey takes him to the Franche-Comte where he finds age-old recipes and experiences new levels of decadence.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-06-24	2030	<b>Gordon Ramsay: Uncharted</b>	Portugal's Rugged Coast	Chef Ramsay explores the rugged landscape of Portugal. He'll need to roll up his sleeves and bring his A-game in order to beat local chef, Kiko Martins, in an epic feast for the Mayor of Nazare.	UNITED KINGDOM	English-100		PG	a l w		Y
2024-06-24	2125	<b>Please Eat Slowly Bitesize</b>	Dumplings	Victor shares his tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right.	AUSTRALIA	English-100		G			
2024-06-24	2130	<b>Come Dine With Me Couples</b>	Bournemouth 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			
2024-06-24	2225	<b>TasteThe Philippines With Yasmin Newman</b>	Cebu Lechon With Will Mahusay	Will Mahusay of Cebu Lechon shares his love for Cebu's street food and beaches with Yasmin.	AUSTRALIA	English-100		G			
2024-06-24	2230	<b>The Cook Up With Adam Liaw</b>	Chicken & Rice	Adam is joined in the kitchen by chef Darren Roberston and commentator Jelena Dokic to cook with two classic ingredients: chicken and rice.	AUSTRALIA	English-100		G		Y	
2024-06-24	2300	<b>The Cook And The Chef</b>	Art Of Presentation, The	Maggie gives us a snapshot on the world of food photography, one which is often veiled in trickery, sprays, glues and gels, all used to artificially enhance the look of a dish.	AUSTRALIA	English-100		G			
2024-06-24	2330	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Ant & Dec	The kings of Saturday night telly - Ant and Dec - join Jamie and Jimmy on Southend Pier. The multi award-winning presenters swap their 'takeaway' for Jamie's delicious home-cooked feasts.	UNITED KINGDOM	English-100		G			
2024-06-24	2430	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Kirstie Allsopp	Jimmy serves his own charcuterie made in his DIY Tuscan cave, while Jamie knocks up an indulgent feast of diver-caught Scottish scallops with bacon and sage.	UNITED KINGDOM	English-100		PG			
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2024-06-25	0500	<b>Mary Makes It Easy</b>	Fake It Until You Bake It	Mary shares recipes that will raise your baking game: chocolate chip cookie cupcakes, blondie pie with apricot jam, hummingbird cake, and peanut butter feuilletine-like toppings.	CANADA	English-100	G			
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2024-06-25	1100	<b>The Cook Up With Adam Liaw</b>	Chicken & Rice	Adam is joined in the kitchen by chef Darren Roberston and commentator Jelena Dokic to cook with two classic ingredients: chicken and rice.	AUSTRALIA	English-100	G			Y
2024-06-25	1130	<b>Gordon Ramsay: Uncharted</b>	Portugal's Rugged Coast	Chef Ramsay explores the rugged landscape of Portugal. He'll need to roll up his sleeves and bring his A-game in order to beat local chef, Kiko Martins, in an epic feast for the Mayor of Nazare.	UNITED KINGDOM	English-100	PG	a l w		Y
2024-06-25	1225	<b>Please Eat Slowly Bitesize</b>	Dumplings	Victor shares his tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right.	AUSTRALIA	English-100	G			
2024-06-25	1230	<b>Barefoot Contessa: Back To Basics</b>	Tomatoes All Ways	Tomatoes are one of Ina's favourite ingredients, and they star in her Easy Provencal Lamb that has a real wow factor, as well as her over-the-top good Penne Arrabiata, the spiciest pasta in town.	USA	English-100	G			
2024-06-25	1300	<b>Mary Makes It Easy</b>	Living In The Past-A	Mary shows us how to recreate Italian-American classics: stuffed banana peppers filled with beef and sausage, herby tomato passata sauce, tiramisu, and rich and creamy fettucine alfredo.	CANADA	English-100	G			
2024-06-25	1330	<b>Giada Entertains</b>	Go Green Or Go Home	Giada hosts a St. Patrick's Day party, offering her spin on traditional Irish dishes. Guests will feast on hearty lamb and red wine stew, and smoked salmon crudo with creamy cucumbers.	USA	English-100	G			
2024-06-25	1400	<b>Chuck And The First Peoples' Kitchen</b>	Iqakuit Ptarmigan	In Iqaluit, Chuck experiences Ptarmigan hunting and visits Qajuqturvik centre.	CANADA	English-100	RPT	PG	a w	Y
2024-06-25	1430	<b>Gourmet Farmer</b>	Money Matters	Money is flying out the door as Matthew Evans builds a new house and farm to table restaurant at Fat Pig Farm.	AUSTRALIA	English-100	RPT	G		Y
2024-06-25	1500	<b>Gok Wan's Easy Asian</b>	Small Eats	Gok Wan has got the perfect recipes that won't leave you feeling stuffed. Phoenix rolls straight out of the 1980s, classic Yuk Sung, and Singapore-inspired curry puffs will leave you wanting more!	UNITED KINGDOM	English-100	G			

2024-06-25	1530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Chris Moyles	Jamie takes two British favourites - a curry and a Sunday roast and mashes them together to make his Empire lamb, while Jimmy builds a DIY smoker and serves up a smorgasbord of treats.	UNITED KINGDOM	English-100		PG			
2024-06-25	1625	<b>Please Eat Slowly Bitesize</b>	Yee Sang	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100		G			
2024-06-25	1630	<b>Taste Of France</b>	Solstice	Today we'll visit the wonderful city of Paris and one of the newly opened restaurants of Eric Trochon - Solstice - an informal yet elegant restaurant recently awarded with a Michelin star.	SWEDEN	English-50; French-50		G		Y	
2024-06-25	1700	<b>Taste Of France</b>	Astrance	Today, we visit chef Pascal Barbot at his popular Michelin 2-star restaurant Astrance. Pascal is truly passionate about cooking and puts emphasis on perfection in everything that he and his team does.	SWEDEN	English-50; French-50		G			Y
2024-06-25	1730	<b>My Market Kitchen</b>	Ep 37	Mike treats guest David Mann to BBQ spiced cauliflower with tahini yoghurt. Matt is with Maddy Campbell from Theo's Social Club preparing anchovy toast.	AUSTRALIA	English-100		G			
2024-06-25	1800	<b>Taste Of Australia With Hayden Quinn</b>	Sydney Harbour	Hayden is back in Sydney to meet with Aunty Margret Campbell to explore Indigenous history, then learns about growing microgreens in a car park!	AUSTRALIA	English-100		G			
2024-06-25	1830	<b>French Food Safari</b>	Ep 1	This series is a celebration of exquisite French cuisine in all its delicious complexity. Presented by Maeve O'Meara and renowned chef Guillaume Brahimi.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-06-25	1900	<b>The Cook Up With Adam Liaw</b>	Ultimate Steak, The	The search for the ultimate steak recipes ends now, as chef Khanh Nguyen and Bush Tukka Woman Samantha Martin join Adam to share their great steaks.	AUSTRALIA			G			
2024-06-25	1930	<b>Prue Leith's Costwold Kitchen</b>	Sandi Toksvig	Prue welcomes her pal, Sandi Toksvig into her kitchen to cook two recipes from a 1920s pamphlet and with the help of husband John, Prue whips up a yoghurt-based dinner-party dessert.	UNITED KINGDOM	English-100		PG			
2024-06-25	2030	<b>James Martin's French Adventure</b>	Canal Du Midi	After cooking up a delicious fish stew on the banks of the canal, James hops aboard a boat and tastes a traditional cuttlefish lunch.	UNITED KINGDOM	English-100		G			Y
2024-06-25	2125	<b>Please Eat Slowly Bitesize</b>	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			
2024-06-25	2130	<b>Come Dine With Me Couples</b>	Bournemouth 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			Y
2024-06-25	2225	<b>TasteThe Philippines With Yasmin Newman</b>	Pandan Tamokonsi With Kenneth Rodriguez	Kenneth Rodriguez shows Yasmin the secret to Filipino donuts known as Pandan Tamakonsi, and shares his inspiration for creating unique Filipino flavours.	AUSTRALIA	English-100		G			

2024-06-25	2230	<b>The Cook Up With Adam Liaw</b>	Ultimate Steak, The	The search for the ultimate steak recipes ends now, as chef Khanh Nguyen and Bush Tukka Woman Samantha Martin join Adam to share their great steaks.	AUSTRALIA				G	
2024-06-25	2300	<b>The Cook And The Chef</b>	1980's, The	The 1980s are making a comeback as Simon and Maggie celebrate the time when Aussie food came of age and the work of three very special cooks - Gay Bilson, Tony Bilson, and Janni Kyritsis.	AUSTRALIA	English-100			G	
2024-06-25	2330	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Rob Beckett	Joining Jamie and Jimmy in the kitchen tonight is one of Britain's favourite comedians, Rob Beckett. Rob's perfect night out is 'duck on tap' at an all-you-can-eat Chinese buffet.	UNITED KINGDOM	English-100			G	
2024-06-25	2430	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Mel B	Things are heating up on the pier as Mel B joins Jamie and Jimmy for some spicy Caribbean cooking. Together they recreate the most incredible curry chicken, rice and peas from Mel's grandma's recipe.	UNITED KINGDOM	English-100			G	
2024-06-25	2530	<b>Prue Leith's Costwold Kitchen</b>	Sandi Toksvig	Prue welcomes her pal, Sandi Toksvig into her kitchen to cook two recipes from a 1920s pamphlet and with the help of husband John, Prue whips up a yoghurt-based dinner-party dessert.	UNITED KINGDOM	English-100			PG	
2024-06-25	2630	<b>James Martin's French Adventure</b>	Canal Du Midi	After cooking up a delicious fish stew on the banks of the canal, James hops aboard a boat and tastes a traditional cuttlefish lunch.	UNITED KINGDOM	English-100			G	Y
2024-06-25	2725	<b>Please Eat Slowly Bitesize</b>	Claypot Rice	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor shares his best tips to create your own!	AUSTRALIA	English-100			G	
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2024-06-26	0825	<b>Please Eat Slowly Bitesize</b>	Yee Sang	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100		G	
2024-06-26	0830	<b>Taste Of France</b>	Solstice	Today we'll visit the wonderful city of Paris and one of the newly opened restaurants of Eric Trochon - Solstice - an informal yet elegant restaurant recently awarded with a Michelin star.	SWEDEN	English-50; French-50		G	Y
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2024-06-26	0930	<b>My Market Kitchen</b>	Ep 37	Mike treats guest David Mann to BBQ spiced cauliflower with tahini yoghurt. Matt is with Maddy Campbell from Theo's Social Club preparing anchovy toast.	AUSTRALIA	English-100		G	
2024-06-26	1000	<b>Taste Of Australia With Hayden Quinn</b>	Sydney Harbour	Hayden is back in Sydney to meet with Aunty Margret Campbell to explore Indigenous history, then learns about growing microgreens in a car park!	AUSTRALIA	English-100		G	
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2024-06-26	1130	<b>James Martin's French Adventure</b>	Canal Du Midi	After cooking up a delicious fish stew on the banks of the canal, James hops aboard a boat and tastes a traditional cuttlefish lunch.	UNITED KINGDOM	English-100		G	Y
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2024-06-26	1230	<b>Barefoot Contessa: Back To Basics</b>	Jeffrey's Favos	Ina Garten celebrates Jeffrey's favourite foods, starting with fried chicken sandwiches, perfect for kick-starting the weekend, and an incredible canape of salmon cured with dill and pernod.	USA	English-100		G	

2024-06-26	1300	<b>Mary Makes It Easy</b>	Cast Away	Mary channels her inner cowboy with a campfire-style vegetarian chilli cobbler with cornbread dumplings, and one-pan breadcrumb chicken thighs with orzo and greens.	CANADA	English-100	G			
2024-06-26	1330	<b>Giada Entertains</b>	Jades After Party	After Jade's volleyball game, Giada invites her daughter's friends to celebrate at a fun-filled after party. It's a delicious menu with all of Jade's favourites, including easy chicken cordon bleu.	USA	English-100	G			
2024-06-26	1400	<b>Chuck And The First Peoples' Kitchen</b>	Pikogan	Chuck visits Pikogan where he experiences goose hunting and cooks burgers with the hunters.	CANADA	English-100	RPT	PG	a w	Y
2024-06-26	1430	<b>Gourmet Farmer</b>	Happiness Is Handmade	With the new house nearly complete and the restaurant finally underway, Matthew Evans goes in search of inspiration for dishes to put on the menu at Fat Pig Kitchen.	AUSTRALIA	English-100	RPT	G		Y
2024-06-26	1500	<b>Gok Wan's Easy Asian</b>	Rice Rules	Rice is the royalty of Asian cooking and Gok has three dishes to prove it: a rice dim sum packed with flavour; a simple Japanese chicken and egg rice bowl; and a delicious savoury rice porridge.	UNITED KINGDOM	English-100		G		
2024-06-26	1530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Jennifer Saunders	The cafe's menu is packed with feasts for the weekend - Jimmy serves his very own DIY champagne cider, and Jamie meets up with two old mates to cook Italian porchetta.	UNITED KINGDOM	English-100		PG	a	
2024-06-26	1625	<b>Please Eat Slowly Bitesize</b>	Hand-Pulled Noodles	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100		G		
2024-06-26	1630	<b>Taste Of France</b>	Chateau De La Gaude	With the rich heritage of Aix-en-Provence in southern France, Chateau de la Gaude is not only a beautiful castle, it also houses a haute cuisine restaurant which recently got its first Michelin star.	SWEDEN	English-50; French-50		G		Y
2024-06-26	1700	<b>Taste Of France</b>	Pouliche	Former MasterChef jury member Amandine Chaignot recently opened her first restaurant called Pouliche. Here she demonstrates the extent of her talent, serving refined vegetarian-focused cuisine.	SWEDEN	English-50; French-50		G		Y
2024-06-26	1730	<b>My Market Kitchen</b>	Ep 38	Matt learns about saffron for risotto alla milanese. Kathy Tsaples from Sweet Greek at Prahran Market prepares Greek chicken and potato tray bake. Mike is with Chef Mark Normoyle.	AUSTRALIA	English-100		G		
2024-06-26	1800	<b>Taste Of Australia With Hayden Quinn</b>	Inner West, Sydney	Superstar Flex Mami is Hayden's partner for an action-packed adventure through Sydney's Inner West! Lots of hands-on learning about pottery with Sausage Queen, Chrissy Flanagan.	AUSTRALIA	English-100		PG		
2024-06-26	1830	<b>French Food Safari</b>	Ep 2	Maeve and Guillaume travel to the underground bakery of one of the great Parisian bakers, Jean-Luc Poujaran, who supplies all the top restaurants in the city.	AUSTRALIA	English-100	RPT	G		Y Y
2024-06-26	1900	<b>The Cook Up With Adam Liaw</b>	Sizzle, Bite, Delight	Adam and his guests, chef Annita Potter and actor, Samuel Johnson, rise to the challenge of their three-word mission: sizzle, bite, delight!	AUSTRALIA			G		

2024-06-26	1930	<b>Rick Stein's Food Stories</b>	London: Part One	London epitomises our international UK food scene. Here Rick discovers how Chinese dim sum and Italian mozzarella are made, before tucking into a Full English with Stuart Maconie.	UNITED KINGDOM	English-100	PG	a w	
2024-06-26	2000	<b>Jamie's Great Italian Escape</b>	Amalfi	Jamie celebrates his birthday on the Amalfi coast and cooks for his toughest critic. Tension mounts as the chef hopes to prove he has learnt from his Italian experience.	UNITED KINGDOM	English-100	PG	a l w	Y
2024-06-26	2030	<b>Hugh's Three Good Things</b>	Courgettes	It's all about the lovely courgette as we hit the halfway mark in veg week. Hugh has a compelling case for winning with his competition dish of courgettes, mozzarella and pasta.	UNITED KINGDOM	English-100	G		
2024-06-26	2100	<b>Masters Of Taste With Gary Mehigan</b>	Celebrating The Local	Gary drops in at Bombay Canteen to meet Chef Thomas where he shows Gary how he creates the restaurant's signature dish - the seafood bhel. He later meets the "Queen of Macarons."	INDIA		G		
2024-06-26	2130	<b>Come Dine With Me Couples</b>	Glasgow 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	s	
2024-06-26	2225	<b>TasteThe Philippines With Yasmin Newman</b>	Grilled Lamb Chops With Ross Magnay - Sarai	Ross Magnay from Melbourne's Serai Kitchen shares his recipe for grilled lamb chops with pineapple palapa, an Australian classic with a Filipino twist.	AUSTRALIA	English-100	G		
2024-06-26	2230	<b>The Cook Up With Adam Liaw</b>	Sizzle, Bite, Delight	Adam and his guests, chef Annita Potter and actor, Samuel Johnson, rise to the challenge of their three-word mission: sizzle, bite, delight!	AUSTRALIA		G		
2024-06-26	2300	<b>The Cook And The Chef</b>	Greek Experience, The	Maggie and Simon entice us outdoors into the late autumn sun to enjoy Greek inspired Barbequed goat, souvlaki, and baby octopus. Greek desserts are also on the menu.	AUSTRALIA	English-100	G		
2024-06-26	2330	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Claudia Winkleman	There's strictly only fun to be had on Southend Pier as Claudia Winkleman joins Jamie and Jimmy for an evening of good food, great chat and celebrity fun and games to kick off your weekend.	UNITED KINGDOM	English-100	G		
2024-06-26	2430	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Saoirse Ronan	Jamie and Jimmy kick off the weekend with food, fun and celebrity chat at the end of Southend Pier. Joining them in the kitchen is four-time Oscar nominee, Saoirse Ronan.	UNITED KINGDOM	English-100	G		
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2024-06-27	1230	<b>Barefoot Contessa: Back To Basics</b>	French To Make At Home	Ina Garten has all the tricks for cooking French at home, with secrets to a showstopping summer filet of beef with bearnaise mayonnaise and an endive, orange and roquefort salad.	USA	English-100		G		
2024-06-27	1300	<b>Mary Makes It Easy</b>	Make And Take	Mary shares her most requested potluck dishes: confit-ish tomatoes, homemade crackers, soft pretzel knots with beer cheese, and blueberry cream cheese turnovers.	CANADA	English-100		G		
2024-06-27	1330	<b>Giada Entertains</b>	Art Of Surprise, The	Giada pulls off the ultimate surprise birthday party as guests enjoy delicious finger foods, including lamb chops with mint and pistachio salsa verde, eggplant parmesan bites, and salami crostini.	USA	English-100		G		
2024-06-27	1400	<b>Chuck And The First Peoples' Kitchen</b>	Gesgapegiac Salmon	Chuck visits Gesgapegiac where he experiences Atlantic salmon fishing and cooking.	CANADA	English-100	RPT	G		Y



2024-06-27	1430	<b>Gourmet Farmer</b>	Nose To Tail	After slaughtering a cow on the farm, Matthew Evans wants to honour its life with a complete nose to tail experience - meaning using its meat, its offal, and its hide.	AUSTRALIA	English-100	RPT	PG	a w	Y
2024-06-27	1500	<b>Gok Wan's Easy Asian</b>	Sunkissed Spreads	Gok cooks a summer menu that will bring sunshine to any table: miso aubergines, Thai salad, and mini potatoes loaded with spiced sour cream.	UNITED KINGDOM	English-100		PG		
2024-06-27	1530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	John Bishop	Putting on his apron in the kitchen with Jamie and Jimmy is one of Britain's best-loved comedians, John Bishop. Jamie cooks up an amazing green curry and shows John how to make the perfect lasagne.	UNITED KINGDOM	English-100		PG	a s	
2024-06-27	1625	<b>Please Eat Slowly Bitesize</b>	Steamed Whole Fish	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100		G		
2024-06-27	1630	<b>Taste Of France</b>	Quinsou	In Paris lies a very elegant yet humble restaurant called Quinsou, created by chef Antonin Bonnet. We'll learn about Antonin's story and how he matches sustainability with elegance and excellence.	SWEDEN	English-50; French-50		G		Y
2024-06-27	1700	<b>Taste Of France</b>	Ursus	Tree trunks, a ceiling disguised as a forest, stunning walnut wood tables and muted lighting - such is setting for the creative cuisine of Clement Bouvier at his restaurant Ursus in the Savoy region.	SWEDEN	English-50; French-50		G		Y
2024-06-27	1730	<b>My Market Kitchen</b>	Ep 39	Mike collaborates with Chef Dan Szwark, adding a twist to traditional gnocchi. Chef Tobie Puttock joins Mark Walls, matching Yarra Valley wines with a Japanese-inspired wafu spaghetti carbonara.	AUSTRALIA	English-100		G		
2024-06-27	1800	<b>Taste Of Australia With Hayden Quinn</b>	Greater Western Sydney	Hayden explores another food culture in Ryde to taste some Persian delicacies, bread and more! Then a finish catching up with champion wakeboarder Courtney Angus in Penrith.	AUSTRALIA	English-100		G		
2024-06-27	1830	<b>French Food Safari</b>	Ep 3	Maeve and Guillaume explore the delicious relaxed style of bistro eating - the inexpensive way of eating that has been popular for hundreds of years.	AUSTRALIA	English-100	RPT	G		Y Y
2024-06-27	1900	<b>The Cook Up With Adam Liaw</b>	Sweets That Sing	Adam is joined by gluten-free cook Helen Tzouganatos and all-singing, all-dancing Rob Mills to hit all the right notes with their sweets that sing.	AUSTRALIA			G		
2024-06-27	1930	<b>John Torode's Korean Food Tour</b>	Modern Urban	Korean fried chicken has long been one of John's favourite dishes and goes well with the spirit soju. In his Seoul kitchen, he cooks the ultimate Korean fried chicken along with some spicy rice cakes.	UNITED KINGDOM	English-100		PG	a w	Y
2024-06-27	2030	<b>Sophie Grigson: Slice Of Italy</b>	Tales From The Heel	Sophie goes to meet one of the online Puglian cooks who she admires and then tries to tempt the card playing locals into teaching her how to play Scopa. At the trullo, she barbecues a tuna burger.	UNITED KINGDOM	English-100		G		Y
2024-06-27	2100	<b>Sophie Grigson: Slice Of Italy</b>	Puglia Forever	Sophie visits the baroque city of Lecce and one of Italy's most famous deserts is on the menu at the trullo - tiramisù. Sophie then ensures that her passion for Puglia will never be forgotten!	UNITED KINGDOM	English-100		G		Y

2024-06-27	2130	<b>Come Dine With Me Couples</b>	Glasgow 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	
2024-06-27	2225	<b>TasteThe Philippines With Yasmin Newman</b>	Charred Eggplant Omelette With Yasmin Newman	Yasmin Newman whips up one of her favourite breakfast dishes for the family, a classic Filipino recipe called charred eggplant omelette.	AUSTRALIA	English-100	PG		
2024-06-27	2230	<b>The Cook Up With Adam Liaw</b>	Sweets That Sing	Adam is joined by gluten-free cook Helen Tzouganatos and all-singing, all-dancing Rob Mills to hit all the right notes with their sweets that sing.	AUSTRALIA		G		
2024-06-27	2300	<b>The Cook And The Chef</b>	Early Settlement	Maggie and Simon are given the challenge of using 'rations' - 10lbs meat, 10lbs flour, 2lbs sugar and a quarter lb each of tea and salt, plus a little rum - the allowance for a 19th century worker.	AUSTRALIA	English-100	G		
2024-06-27	2330	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Jack Dee	Jamie and Jimmy kick off the weekend with food, fun and celebrity chat at the end of Southend Pier. Joining them is one of the grumpiest men in comedy, Jack Dee, who revisits his days at the Ritz.	UNITED KINGDOM	English-100	PG	I	
2024-06-27	2430	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Amir Khan	It's fight night on Southend Pier as two-times World Boxing champion, Amir Khan, steps into the ring. Jamie and Jimmy get him to swap his gloves for an apron to recreate Muhamad Ali's favourite dish.	UNITED KINGDOM	English-100	G		
2024-06-27	2530	<b>John Torode's Korean Food Tour</b>	Modern Urban	Korean fried chicken has long been one of John's favourite dishes and goes well with the spirit soju. In his Seoul kitchen, he cooks the ultimate Korean fried chicken along with some spicy rice cakes.	UNITED KINGDOM	English-100	PG	a w	Y
2024-06-27	2625	<b>Please Eat Slowly Bitesize</b>	Mango Pancakes	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100	G		
2024-06-27	2630	<b>Sophie Grigson: Slice Of Italy</b>	Tales From The Heel	Sophie goes to meet one of the online Puglian cooks who she admires and then tries to tempt the card playing locals into teaching her how to play Scopa. At the trullo, she barbecues a tuna burger.	UNITED KINGDOM	English-100	G		Y
2024-06-27	2700	<b>Sophie Grigson: Slice Of Italy</b>	Puglia Forever	Sophie visits the baroque city of Lecce and one of Italy's most famous deserts is on the menu at the trullo - tiramisu. Sophie then ensures that her passion for Puglia will never be forgotten!	UNITED KINGDOM	English-100	G		Y
2024-06-27	2730	<b>Come Dine With Me Couples</b>	Glasgow 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	
2024-06-27	2825	<b>TasteThe Philippines With Yasmin Newman</b>	Charred Eggplant Omelette With Yasmin Newman	Yasmin Newman whips up one of her favourite breakfast dishes for the family, a classic Filipino recipe called charred eggplant omelette.	AUSTRALIA	English-100	PG		
2024-06-27	2830	<b>Barefoot Contessa: Back To Basics</b>	French To Make At Home	Ina Garten has all the tricks for cooking French at home, with secrets to a showstopping summer filet of beef with bearnaise mayonnaise and an endive, orange and roquefort salad.	USA	English-100	G		

2024-06-28	0500	<b>Mary Makes It Easy</b>	Make And Take	Mary shares her most requested potluck dishes: confit-ish tomatoes, homemade crackers, soft pretzel knots with beer cheese, and blueberry cream cheese turnovers.	CANADA	English-100		G			
2024-06-28	0530	<b>Giada Entertains</b>	Art Of Surprise, The	Giada pulls off the ultimate surprise birthday party as guests enjoy delicious finger foods, including lamb chops with mint and pistachio salsa verde, eggplant parmesan bites, and salami crostini.	USA	English-100		G			
2024-06-28	0600	<b>Chuck And The First Peoples' Kitchen</b>	Gesgapegiac Salmon	Chuck visits Gesgapegiac where he experiences Atlantic salmon fishing and cooking.	CANADA	English-100	RPT	G			Y
2024-06-28	0630	<b>Gourmet Farmer</b>	Nose To Tail	After slaughtering a cow on the farm, Matthew Evans wants to honour its life with a complete nose to tail experience - meaning using its meat, its offal, and its hide.	AUSTRALIA	English-100	RPT	PG	a w		Y
2024-06-28	0700	<b>Gok Wan's Easy Asian</b>	Sunkissed Spreads	Gok cooks a summer menu that will bring sunshine to any table: miso aubergines, Thai salad, and mini potatoes loaded with spiced sour cream.	UNITED KINGDOM	English-100		PG			
2024-06-28	0730	<b>Jamie &amp; Jimmy's Food Fight Club</b>	John Bishop	Putting on his apron in the kitchen with Jamie and Jimmy is one of Britain's best-loved comedians, John Bishop. Jamie cooks up an amazing green curry and shows John how to make the perfect lasagne.	UNITED KINGDOM	English-100		PG	a s		
2024-06-28	0825	<b>Please Eat Slowly Bitesize</b>	Steamed Whole Fish	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100		G			
2024-06-28	0830	<b>Taste Of France</b>	Quinsou	In Paris lies a very elegant yet humble restaurant called Quinsou, created by chef Antonin Bonnet. We'll learn about Antonin's story and how he matches sustainability with elegance and excellence.	SWEDEN	English-50; French-50		G			Y
2024-06-28	0900	<b>Taste Of France</b>	Ursus	Tree trunks, a ceiling disguised as a forest, stunning walnut wood tables and muted lighting - such is setting for the creative cuisine of Clement Bouvier at his restaurant Ursus in the Savoy region.	SWEDEN	English-50; French-50		G			Y
2024-06-28	0930	<b>My Market Kitchen</b>	Ep 39	Mike collaborates with Chef Dan Szwark, adding a twist to traditional gnocchi. Chef Tobie Puttock joins Mark Walls, matching Yarra Valley wines with a Japanese-inspired wafu spaghetti carbonara.	AUSTRALIA	English-100		G			
2024-06-28	1000	<b>Taste Of Australia With Hayden Quinn</b>	Greater Western Sydney	Hayden explores another food culture in Ryde to taste some Persian delicacies, bread and more! Then a finish catching up with champion wakeboarder Courtney Angus in Penrith.	AUSTRALIA	English-100		G			
2024-06-28	1030	<b>French Food Safari</b>	Ep 3	Maeve and Guillaume explore the delicious relaxed style of bistro eating - the inexpensive way of eating that has been popular for hundreds of years.	AUSTRALIA	English-100	RPT	G			Y
2024-06-28	1100	<b>The Cook Up With Adam Liaw</b>	Sweets That Sing	Adam is joined by gluten-free cook Helen Tzouganatos and all-singing, all-dancing Rob Mills to hit all the right notes with their sweets that sing.	AUSTRALIA			G			

2024-06-28	1130	<b>Sophie Grigson: Slice Of Italy</b>	Tales From The Heel	Sophie goes to meet one of the online Puglian cooks who she admires and then tries to tempt the card playing locals into teaching her how to play Scopa. At the trullo, she barbecues a tuna burger.	UNITED KINGDOM	English-100	G				Y
2024-06-28	1200	<b>Sophie Grigson: Slice Of Italy</b>	Puglia Forever	Sophie visits the baroque city of Lecce and one of Italy's most famous deserts is on the menu at the trullo - tiramisu. Sophie then ensures that her passion for Puglia will never be forgotten!	UNITED KINGDOM	English-100	G				Y
2024-06-28	1230	<b>Barefoot Contessa: Back To Basics</b>	Incredible Vegetables	Ina Garten turns ordinary vegetables into extraordinary dishes. She transforms everyday cauliflower into amazing cauliflower toasts, the perfect anytime bite.	USA	English-100	G				
2024-06-28	1300	<b>Mary Makes It Easy</b>	Bare Bones Baking	Mary proves that you don't need to break the bank on fancy gadgets to whip up some delicious baked goods. Join her as she creates cake donuts, chocolate cherry galette, and cheesecake ice cream.	CANADA	English-100	G				
2024-06-28	1330	<b>Giada Entertains</b>	Jade Feel Good Party	Giada serves a healthy, kid-friendly lunch for her daughter Jade and friends after a yoga and stretching class. The young guests are treated to lemon chicken and cheddar-stuffed cauliflower.	USA	English-100	G				
2024-06-28	1400	<b>Chuck And The First Peoples' Kitchen</b>	Gesgapegiac Lobster	Chuck visits Gesgapegiac where he fishes and cooks lobsters over a wood fire, along with seaweed from the beach.	CANADA	English-100	RPT	PG	a w		Y
2024-06-28	1430	<b>Gourmet Farmer</b>	Wallaby, Mushroom And Chips	With native wallabies grazing the same pasture as his livestock, Matthew Evans needs to come up with a solution that allows both to co-exist.	AUSTRALIA	English-100	RPT	PG	a w	Y	
2024-06-28	1500	<b>Gok Wan's Easy Asian</b>	Cosy Comforts	Gok has a menu of four delicious dishes, starting with his nourishing Detox Soup followed by crispy noodles with a treasure island stir fry. Cosy comforts for everyone!	UNITED KINGDOM	English-100		PG	a		
2024-06-28	1530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Salma Hayek	This week Hollywood A-lister Salma Hayek is swapping the big screen for the cafe kitchen. On the menu, inspired by Salma's father's roots, is delicious Lebanese kibbeh.	UNITED KINGDOM	English-100		G			
2024-06-28	1625	<b>Please Eat Slowly Bitesize</b>	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			
2024-06-28	1630	<b>Nigella: The Cook Who Made Me</b>	Nigella: The Cook Who Made Me	A memoir celebrating the life and influence of Britain's doyenne of Italian food - 91-year-old trailblazer, Anna del Conte. Featuring and narrated by Nigella Lawson, Anna's most ardent advocate.	UNITED KINGDOM	English-100	RPT	G		Y	Y
2024-06-28	1735	<b>My Market Kitchen</b>	Ep 40	Matt is at the exclusive Makepeace Resort Island in Queensland, making XO Sauce for crispy fried eggs. Mike creates a healthy breakfast, chia coconut porridge.	AUSTRALIA	English-100		G			
2024-06-28	1805	<b>Taste Of Australia With Hayden Quinn</b>	Northern Beaches	Hayden comes back home to the Northern Beaches for a taste of some of his favourite things. Epic pastries, kayaking and a snorkel before finishing with a beach cook as the sun sets.	AUSTRALIA	English-100		G			

2024-06-28	1830	<b>French Food Safari</b>	Ep 4	Maeve and Guillaume travel to the mountainous region of the Ardeche in France to meet artisan goat cheese maker Jerome Herphein. Later Maeve learns the art of the cheese plate.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-06-28	1900	<b>The Cook Up With Adam Liaw</b>	Make-Ahead Menu, The	Do your dinner parties run down to the wire? This Easy Entertaining is for you! Adam and his guests, Chef Clayton Wells and ex-AFLW star Moana Hope, prepare a make-ahead menu.	AUSTRALIA			PG			
2024-06-28	1930	<b>Jimmy's Taste Of Florida</b>	Central Florida	Jimmy is in Central Florida, where he fires up the grill at a historic BBQ restaurant. Next, he arrives at the Westgate River Ranch and helps manager Ray round up the cattle in true cowboy style.	UNITED KINGDOM	English-100		PG	a w		
2024-06-28	2030	<b>Secret World Of Snacks: Sweets</b>	Sweets	Jo peeks behind the world of sweets and unpacks the historic rivalry between Rowntree's and Basset's, before the market gave way to a bitter battle after the arrival of Mars and Haribo.	UNITED KINGDOM	English-100	RPT	G		Y	Y
2024-06-28	2130	<b>Come Dine With Me Couples</b>	Bristol And Bath 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 d l		
2024-06-28	2225	<b>TasteThe Philippines With Yasmin Newman</b>	Kinilaw With Yasmin Newman	Yasmin shares a recipe for a Filipino dish called Kinilaw na Isda, a specialty dish of Palawan.	AUSTRALIA	English-100		G			
2024-06-28	2230	<b>The Cook Up With Adam Liaw</b>	Make-Ahead Menu, The	Do your dinner parties run down to the wire? This Easy Entertaining is for you! Adam and his guests, Chef Clayton Wells and ex-AFLW star Moana Hope, prepare a make-ahead menu.	AUSTRALIA			PG			
2024-06-28	2300	<b>The Cook And The Chef</b>	Modern Chef	Our duo pay homage to the one of the young chefs making a name for himself in Australia today - Melbourne based chef Shannon Bennett.	AUSTRALIA	English-100		G			
2024-06-28	2330	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Joe Lycett	Jamie and Jimmy welcome one of Britain's favourite comedians to Southend Pier. Joe Lycett joins the boys for a night of fun, feasts and the cooking lesson of his dreams.	UNITED KINGDOM	English-100		PG	l		
2024-06-28	2430	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Susan Sarandon	Jamie and Jimmy are joined by Oscar-winning actress, Susan Sarandon, as she swaps the glamour of Hollywood for the charm of Southend!	UNITED KINGDOM	English-100		G			
2024-06-28	2530	<b>Jimmy's Taste Of Florida</b>	Central Florida	Jimmy is in Central Florida, where he fires up the grill at a historic BBQ restaurant. Next, he arrives at the Westgate River Ranch and helps manager Ray round up the cattle in true cowboy style.	UNITED KINGDOM	English-100		PG	a w		
2024-06-28	2630	<b>Secret World Of Snacks: Sweets</b>	Sweets	Jo peeks behind the world of sweets and unpacks the historic rivalry between Rowntree's and Basset's, before the market gave way to a bitter battle after the arrival of Mars and Haribo.	UNITED KINGDOM	English-100	RPT	G		Y	Y
2024-06-28	2725	<b>Destination Flavour Singapore Bitesize</b>	Hainanese Chicken	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		Y	

2024-06-28	2730	<b>Come Dine With Me Couples</b>	Bristol And Bath 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 d l		
2024-06-28	2825	<b>TasteThe Philippines With Yasmin Newman</b>	Kinilaw With Yasmin Newman	Yasmin shares a recipe for a Filipino dish called Kinilaw na Isda, a specialty dish of Palawan.	AUSTRALIA	English-100	G			
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2024-06-29	0500	<b>Mary Makes It Easy</b>	Bare Bones Baking	Mary proves that you don't need to break the bank on fancy gadgets to whip up some delicious baked goods. Join her as she creates cake donuts, chocolate cherry galette, and cheesecake ice cream.	CANADA	English-100	G			
2024-06-29	0530	<b>Giada Entertains</b>	Jade Feel Good Party	Giada serves a healthy, kid-friendly lunch for her daughter Jade and friends after a yoga and stretching class. The young guests are treated to lemon chicken and cheddar-stuffed cauliflower.	USA	English-100	G			
2024-06-29	0600	<b>Chuck And The First Peoples' Kitchen</b>	Gesgapegiac Lobster	Chuck visits Gesgapegiac where he fishes and cooks lobsters over a wood fire, along with seaweed from the beach.	CANADA	English-100	RPT	PG	a w	Y
2024-06-29	0630	<b>Gourmet Farmer</b>	Wallaby, Mushroom And Chips	With native wallabies grazing the same pasture as his livestock, Matthew Evans needs to come up with a solution that allows both to co-exist.	AUSTRALIA	English-100	RPT	PG	a w	Y
2024-06-29	0700	<b>Gok Wan's Easy Asian</b>	Cosy Comforts	Gok has a menu of four delicious dishes, starting with his nourishing Detox Soup followed by crispy noodles with a treasure island stir fry. Cosy comforts for everyone!	UNITED KINGDOM	English-100	PG	a		
2024-06-29	0730	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Salma Hayek	This week Hollywood A-lister Salma Hayek is swapping the big screen for the cafe kitchen. On the menu, inspired by Salma's father's roots, is delicious Lebanese kibbeh.	UNITED KINGDOM	English-100	G			
2024-06-29	0825	<b>Please Eat Slowly Bitesize</b>	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			
2024-06-29	0830	<b>Nigella: The Cook Who Made Me</b>	Nigella: The Cook Who Made Me	A memoir celebrating the life and influence of Britain's doyenne of Italian food - 91-year-old trailblazer, Anna del Conte. Featuring and narrated by Nigella Lawson, Anna's most ardent advocate.	UNITED KINGDOM	English-100	RPT	G		Y Y
2024-06-29	0935	<b>My Market Kitchen</b>	Ep 40	Matt is at the exclusive Makepeace Resort Island in Queensland, making XO Sauce for crispy fried eggs. Mike creates a healthy breakfast, chia coconut porridge.	AUSTRALIA	English-100	G			
2024-06-29	1005	<b>Taste Of Australia With Hayden Quinn</b>	Northern Beaches	Hayden comes back home to the Northern Beaches for a taste of some of his favourite things. Epic pastries, kayaking and a snorkel before finishing with a beach cook as the sun sets.	AUSTRALIA	English-100	G			

2024-06-29	1030	<b>French Food Safari</b>	Ep 4	Maeve and Guillaume travel to the mountainous region of the Ardeche in France to meet artisan goat cheese maker Jerome Herpelin. Later Maeve learns the art of the cheese plate.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-06-29	1100	<b>The Cook Up With Adam Liaw</b>	Make-Ahead Menu, The	Do your dinner parties run down to the wire? This Easy Entertaining is for you! Adam and his guests, Chef Clayton Wells and ex-AFLW star Moana Hope, prepare a make-ahead menu.	AUSTRALIA			PG			
2024-06-29	1130	<b>Secret World Of Snacks: Sweets</b>	Sweets	Jo peeks behind the world of sweets and unpacks the historic rivalry between Rowntree's and Basset's, before the market gave way to a bitter battle after the arrival of Mars and Haribo.	UNITED KINGDOM	English-100	RPT	G		Y	Y
2024-06-29	1230	<b>Mary Makes It Easy</b>	Bare Bones Baking	Mary proves that you don't need to break the bank on fancy gadgets to whip up some delicious baked goods. Join her as she creates cake donuts, chocolate cherry galette, and cheesecake ice cream.	CANADA	English-100		G			
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2024-06-29	1400	<b>Gourmet Farmer</b>	Wallaby, Mushroom And Chips	With native wallabies grazing the same pasture as his livestock, Matthew Evans needs to come up with a solution that allows both to co-exist.	AUSTRALIA	English-100	RPT	PG	a w	Y	
2024-06-29	1430	<b>Jamie's Food Escapes</b>	French Pyrenees, The	Jamie visits the French Pyrenees, where he goes truffle-hunting with a pig and boar hunting with dogs. He is knighted into an order of serious bread makers and makes sausages with a professional.	UNITED KINGDOM	English-100		PG	a w		Y
2024-06-29	1530	<b>Jamie's Food Escapes</b>	Athens	The food in Athens is all about simple ingredients, simply put together. Jamie goes spear fishing off a local island, meets bee keepers who produce amazing honey, and makes goats cheese with a monk.	UNITED KINGDOM	English-100		PG	a		
2024-06-29	1630	<b>Field Trip With Curtis Stone</b>	Sonoma	Curtis begins his adventure in California high above the vineyards of Sonoma in a hot air balloon while tasting wine with his team from Maude. Back on the ground, he takes a visit to Littorai Winery.	USA	English-100		PG	a		Y
2024-06-29	1700	<b>Nigellissima</b>	Ep 4	Nigella shares her culinary talent as she presents delicious Italian-inspired food. First, Nigella reveals a secret passion for one of the tastes of Italy with her dark and deviant liquorice pudding.	UNITED KINGDOM	English-100	RPT	G		Y	
2024-06-29	1730	<b>Luca's Key Ingredient</b>	Ep 7	Today Luca shows his ways of making chocolate shine in his cooking with a chocolate pudding, chocolate mini buns and even shows the secret to his famous chocolate spaghetti.	AUSTRALIA	English-100		G			
2024-06-29	1800	<b>Chefs Uncut</b>	Chef Janice Wong	Chef Janice Wong needs no introduction for many in the world of F and B. For the first time, she tells a little known side of her story of how an accident in her launched her passion for creativity.	SINGAPORE	English-100		PG			

2024-06-29	1830	<b>Raymond Blanc's Royal Kitchen Gardens</b>	Castle Of Mey 2	Raymond is at the Castle of Mey. A revisit to the north walled gardens teaches him about the lengths it takes to grow it's produces. Raymond also makes a comforting and quick ratatouille.	UNITED KINGDOM	English-100		PG		
2024-06-29	1930	<b>Hairy Bikers Go North</b>	Cumbria	The lakes, is the most visited national park in England and with such an incredible scenery it's not hard to see why. Dave takes Si around his beloved home turf in search of the best produce and food.	UNITED KINGDOM	English-100		PG		
2024-06-29	2025	<b>Please Eat Slowly Bitesize</b>	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		
2024-06-29	2030	<b>Rick Stein's Long Weekends</b>	Vienna	Rick Stein visits Vienna - the city that once ran the Austro-Hungarian Empire and continues to be home to comfort dishes like tafelspitz and goulash.	UNITED KINGDOM	English-100	RPT	G		Y
2024-06-29	2135	<b>Anthony Bourdain: No Reservations</b>	Paris	Tony gets to know a little bit about the lives of the city's working class. Explore the varied ethnic communities that contribute to the pulse of Paris.	USA	English-100		PG		
2024-06-29	2230	<b>Amy Schumer Learns To Cook</b>	Amy's Steakhouse Dinner, Bbq	Amy is ready to show off her chef skills by taking the lead and attempting to cook her favourite meal - a classic steakhouse dinner featuring seared skirt steak and creamed spinach.	USA	English-100		PG	a l s	Y
2024-06-29	2325	<b>Please Eat Slowly Bitesize</b>	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		
2024-06-29	2330	<b>Field Trip With Curtis Stone</b>	Sonoma	Curtis begins his adventure in California high above the vineyards of Sonoma in a hot air balloon while tasting wine with his team from Maude. Back on the ground, he takes a visit to Littorai Winery.	USA	English-100		PG	a	Y
2024-06-29	2400	<b>Nigellissima</b>	Ep 4	Nigella shares her culinary talent as she presents delicious Italian-inspired food. First, Nigella reveals a secret passion for one of the tastes of Italy with her dark and deviant liquorice pudding.	UNITED KINGDOM	English-100	RPT	G		Y
2024-06-29	2430	<b>Jamie's Food Escapes</b>	French Pyrenees, The	Jamie visits the French Pyrenees, where he goes truffle-hunting with a pig and boar hunting with dogs. He is knighted into an order of serious bread makers and makes sausages with a professional.	UNITED KINGDOM	English-100		PG	a w	Y
2024-06-29	2530	<b>Jamie's Food Escapes</b>	Athens	The food in Athens is all about simple ingredients, simply put together. Jamie goes spear fishing off a local island, meets bee keepers who produce amazing honey, and makes goats cheese with a monk.	UNITED KINGDOM	English-100		PG	a	
2024-06-29	2630	<b>Luca's Key Ingredient</b>	Ep 7	Today Luca shows his ways of making chocolate shine in his cooking with a chocolate pudding, chocolate mini buns and even shows the secret to his famous chocolate spaghetti.	AUSTRALIA	English-100		G		
2024-06-29	2700	<b>Chefs Uncut</b>	Chef Janice Wong	Chef Janice Wong needs no introduction for many in the world of F and B. For the first time, she tells a little known side of her story of how an accident in her launched her passion for creativity.	SINGAPORE	English-100		PG		



2024-06-29	2730	<b>Raymond Blanc's Royal Kitchen Gardens</b>	Castle Of Mey 2	Raymond is at the Castle of Mey. A revisit to the north walled gardens teaches him about the lengths it takes to grow it's produces. Raymond also makes a comforting and quick ratatouille.	UNITED KINGDOM	English-100	PG			
2024-06-29	2830	<b>Field Trip With Curtis Stone</b>	Sonoma	Curtis begins his adventure in California high above the vineyards of Sonoma in a hot air balloon while tasting wine with his team from Maude. Back on the ground, he takes a visit to Littorai Winery.	USA	English-100	PG	a		Y