



**WEEK 3** Sunday, 12 January 2025 Saturday, 18 January 2025

**ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Egg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2025-01-12	0500	<b>The Chocolate Queen</b>	Chocolate Queen Series 3 Ep, The 1	Chocolate Queen Kirsten Tibballs is back with more delights: from rich, airy puddings to citrus-infused shortbreads! Impress your guests with delicate chocolate lace baskets or stunning white chocolate dacquoise packed with pistachios.	AUSTRALIA	English-100	RPT	G			
2025-01-12	0530	<b>Extreme Food Phobics</b>	Ep 10	This episode features a 23-year-old woman whose restrictive diet of mostly beige food is putting her health at serious risk, and a sports science student whose food phobias are jeopardising his active lifestyle.	UNITED KINGDOM	English-100	RPT	PG	a	Y	
2025-01-12	0625	<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
2025-01-12	0630	<b>Hairy Bikers Go North</b>	Peak District, The	The Hairy Bikers are riding through the amazing beauty of the Peak District. Created in 1951, it's the UK's first ever national park and is visited by 13 million people every year.	UNITED KINGDOM	English-100	RPT	G			
2025-01-12	0725	<b>Taste The Philippines With Yasmin Newman</b>	Kinilaw With Yasmin Newman	Rejoice Thomson, pastry chef and owner of Brisbane's Dovetail on Overend makes a classic Australian dessert with a Filipino twist: mini ube pavlovas with passion fruit curd.	AUSTRALIA	English-100	RPT	G			
2025-01-12	0730	<b>Hairy Bikers Go North</b>	Tyne And Wear/ Newcastle	After weeks travelling across the stunning northern countryside, the bikers are having an urban adventure. Si takes Dave around his beloved home turf to introduce him to some of the best local food, chefs and artisan producers that he knows.	UNITED KINGDOM	English-100	RPT	G			
2025-01-12	0825	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G			Y
2025-01-12	0830	<b>Jimmy Doherty's New Zealand Escape</b>	Ep 2	Jimmy learns why Clydesdale horses still rule supreme as farm workers over tractors and trucks; then heads to Te Waihora Lake Ellesmere and learns about the traditional Maori food basket.	NEW ZEALAND	English-100	RPT	PG	a w		Y
2025-01-12	0925	<b>Destination Flavour Japan Bitesize</b>	Mie And Aichi	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
2025-01-12	0930	<b>Rick Stein: From Venice to Istanbul</b>	Croatia	In the Byzantine city of Ravenna, Rick discovers Piadinas, street food dating back to Roman times before crossing the Adriatic Sea to Croatia - a first for Rick - and a chance to discover new dishes like pasticada, goat stew with peas, and lamb peka.	UNITED KINGDOM	English-100	RPT	PG	a w		

2025-01-12	1040	<b>Jack Stein: Inside The Box</b>	Singapore	With Singapore presenting such diversity in culture and cuisine, Jack's on a mission to make the Singaporeans love steak and kidney pie as much as he loves their food.	AUSTRALIA	English-100	RPT	G		
2025-01-12	1105	<b>The Chocolate Queen</b>	Chocolate Queen Series 3 Ep, The 1	Chocolate Queen Kirsten Tibballs is back with more delights: from rich, airy puddings to citrus-infused shortbreads! Impress your guests with delicate chocolate lace baskets or stunning white chocolate dacquoise packed with pistachios.	AUSTRALIA	English-100	RPT	G		
2025-01-12	1135	<b>Extreme Food Phobics</b>	Ep 10	This episode features a 23-year-old woman whose restrictive diet of mostly beige food is putting her health at serious risk, and a sports science student whose food phobias are jeopardising his active lifestyle.	UNITED KINGDOM	English-100	RPT	PG	a	Y
2025-01-12	1230	<b>Lorraine Pascale: Be A Better Cook</b>	Travis Francis	With plenty of deceptively easy recipes and fantastic tips, Lorraine Pascale shows people with no kitchen confidence how to pull off an impressive meal for friends and family.	UNITED KINGDOM	English-100	RPT	PG		
2025-01-12	1300	<b>Pati's Mexican Table</b>	Paquime & Pecans	Pati visits a haven of Chihuahuan culture and learns what makes their pecans so delicious.	USA	English-100	RPT	G		Y
2025-01-12	1330	<b>Billy And Dom Eat The World</b>	London	Arriving in London to begin their foody exploration adventure, Billy and Dom decide the first dish they want to learn to master is arguably the best dish of Britain- the Sunday Roast!	UNITED KINGDOM	English-100	RPT			
2025-01-12	1430	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 1 Ep 3	On this French food adventure, chef Michel Roux goes beach fishing before cooking one of his favourite fish dishes, Mackerel with Mustard sauce. He heads out to sample a delicious dessert at a local patisserie, before going home and firing up the barbecue to show us how to cook a French hamburger to die for. Different flavoured butters are then on the menu to help him baste and roast the perfect chicken for his family to feast on, but who will get the best cut is anybody's guess. Cherry Clafoutis rounds off a mouth watering episode.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2025-01-12	1525	<b>Destination Flavour Singapore Bitesize</b>	Fruit Stall	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		Y
2025-01-12	1530	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 1 Ep 4	Chef Michel Roux goes foraging in France on the cliffs of Donzère above the Rhone river, finding wild herbs to flavour a local delicacy, a dish of roast rabbit. He'll be out in the garden showing us how to make the perfect barbecued chicken that's succulent and moist and never fails to please. Michel shares his tips for creating the ultimate cheese and makes an all-time classic of Almond Frangipani tart. This perfect summer dessert might look tricky but Roux reveals the secret to cracking it every time. But will it impress his visiting family?	UNITED KINGDOM	English-100	RPT	PG		Y
2025-01-12	1625	<b>Destination Flavour China Bitesize</b>	Black Sesame Tangyuan	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G		Y Y
2025-01-12	1630	<b>Jack Stein: Inside The Box</b>	Tallinn	While kippers are knighted the British breakfast of Champions, Jack still has a hard time convincing Estonians that his twist is in fact rooted in British culture and herring is not entirely Estonian in nature.	AUSTRALIA	English-100	RPT	G		
2025-01-12	1700	<b>The Chocolate Queen</b>	Chocolate Queen Series 3 Ep, The 2	Learn to trick everyone's eyes with delicate chocolate pencils, and then fill your stomach with two chocolatey cakes. A classic yet delicious truffle recipe, which will undoubtedly please everyone is also on the menu today.	AUSTRALIA	English-100	RPT	G		
2025-01-12	1730	<b>Eating Inn</b>	Ritz Carlton Millenia, Singapore Pt 2 Summer Pavillion	One of the few Michelin starred Cantonese Restaurants in the region is Summer Pavillion. Chef Phil takes us through what it takes to present some of the region's most outstanding modern Cantonese cuisine. Chef Cheung Sui Kong shows us the way while providing some intriguing insights into an authentic but contemporary Cantonese kitchen.	SINGAPORE	English-100		PG	a w	Y

2025-01-12	1830	<b>James Martin's Spanish Adventure</b>	Extremadura	James learns how migas is made, meets a tortilla chef, visits a local brewery, and sees Iberico pigs. Then he cooks garlic bean stew, poussin, cherry beer and chocolate cake, and pork chops.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2025-01-12	1930	<b>Be My Guest With Ina Garten</b>	Julia Louis-Dreyfus	The incredible 11 time Emmy award-winning actor, comedian, writer and producer Julia Louis Dreyfus is joining Ina at the barn.	USA	English-100				
2025-01-12	2000	<b>Tom Kerridge's Pub Kitchen Secrets</b>	Looking Good	In Looking Good, we join Tom and his pub chefs in crafting dishes that look as stunning as they taste. Tom also shows us how we can craft beautiful dishes at home.	UNITED KINGDOM	English-100		PG		
2025-01-12	2030	<b>Rick Stein's Mediterranean Escapes</b>	Morocco And Turkey	In Morocco, Rick enjoys couscous and tucks into the tagines and mint tea found in the bazaars. Rick cooks the Moroccan dish of Kefta mkaouara, a simple dish of onions, tomatoes, cumin, and paprika baked with spicy meatballs and eggs. His Mediterranean travels end in south-eastern Turkey.	UNITED KINGDOM	English-100	RPT	G		Y
2025-01-12	2140	<b>Anthony Bourdain: Parts Unknown</b>	Safari	Tony and Saleh chat over a cup of traditional Arabic coffee before everyone disperses at noon for the midday prayers at the nearby mosques.	USA	English-100	RPT	PG	a w	Y
2025-01-12	2230	<b>Eater's Guide To The World Series</b>	Dining Alone In The Pacific Northwest	Join narrator Maya Rudolph in the Pacific Northwest and explore the best part of dining solo-not having to share any of the juicy pork steak, soba noodles, and piping hot fried chicken.	USA	English-100				Y
2025-01-12	2300	<b>Bizarre Foods: Delicious Destinations</b>	Hamptons, The	Andrew dives into the seafood masterworks of the Hamptons. From delectable surf and turf to buttery lobster rolls, clam chowder to smoked bluefish pate, the Hamptons' dinner scene is sizzling.	USA	English-100	RPT	PG	a w	
2025-01-12	2330	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 1 Ep 3	On this French food adventure, chef Michel Roux goes beach fishing before cooking one of his favourite fish dishes, Mackerel with Mustard sauce. He heads out to sample a delicious dessert at a local patisserie, before going home and firing up the barbecue to show us how to cook a French hamburger to die for. Different flavoured butters are then on the menu to help him baste and roast the perfect chicken for his family to feast on, but who will get the best cut is anybody's guess. Cherry Clafoutis rounds off a mouth watering episode.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2025-01-12	2425	<b>Destination Flavour Singapore Bitesize</b>	Fruit Stall	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		Y
2025-01-12	2430	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 1 Ep 4	Chef Michel Roux goes foraging in France on the cliffs of Donzere above the Rhone river, finding wild herbs to flavour a local delicacy, a dish of roast rabbit. He'll be out in the garden showing us how to make the perfect barbecued chicken that's succulent and moist and never fails to please. Michel shares his tips for creating the ultimate cheese and makes an all-time classic of Almond Frangipani tart. This perfect summer dessert might look tricky but Roux reveals the secret to cracking it every time. But will it impress his visiting family?	UNITED KINGDOM	English-100	RPT	PG		Y
2025-01-12	2525	<b>Destination Flavour China Bitesize</b>	Black Sesame Tangyuan	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G		Y Y
2025-01-12	2530	<b>Jack Stein: Inside The Box</b>	Tallinn	While kippers are knighted the British breakfast of Champions, Jack still has a hard time convincing Estonians that his twist is in fact rooted in British culture and herring is not entirely Estonian in nature.	AUSTRALIA	English-100	RPT	G		
2025-01-12	2600	<b>The Chocolate Queen</b>	Chocolate Queen Series 3 Ep, The 2	Learn to trick everyone's eyes with delicate chocolate pencils, and then fill your stomach with two chocolatey cakes. A classic yet delicious truffle recipe, which will undoubtedly please everyone is also on the menu today.	AUSTRALIA	English-100	RPT	G		

2025-01-12	2630	<b>Rick Stein's Mediterranean Escapes</b>	Morocco And Turkey	In Morocco, Rick enjoys couscous and tucks into the tagines and mint tea found in the bazaars. Rick cooks the Moroccan dish of Kefta mkaouara, a simple dish of onions, tomatoes, cumin, and paprika baked with spicy meatballs and eggs. His Mediterranean travels end in south-eastern Turkey.	UNITED KINGDOM	English-100	RPT	G		Y
2025-01-12	2740	<b>Anthony Bourdain: Parts Unknown</b>	Safari	Tony and Saleh chat over a cup of traditional Arabic coffee before everyone disperses at noon for the midday prayers at the nearby mosques.	USA	English-100	RPT	PG	a w	Y
2025-01-12	2830	<b>Be My Guest With Ina Garten</b>	Julia Louis-Dreyfus	The incredible 11 time Emmy award-winning actor, comedian, writer and producer Julia Louis Dreyfus is joining Ina at the barn.	USA	English-100	RPT			
2025-01-13	0500	<b>Tom Kerridge's Pub Kitchen Secrets</b>	Looking Good	In Looking Good, we join Tom and his pub chefs in crafting dishes that look as stunning as they taste. Tom also shows us how we can craft beautiful dishes at home.	UNITED KINGDOM	English-100	RPT	PG		
2025-01-13	0530	<b>James Martin's Spanish Adventure</b>	Extremadura	James learns how migas is made, meets a tortilla chef, visits a local brewery, and sees iberico pigs. Then he cooks garlic bean stew, poussin, cherry beer and chocolate cake, and pork chops.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2025-01-13	0625	<b>Destination Flavour Singapore Bitesize</b>	Fruit Stall	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		Y
2025-01-13	0630	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 1 Ep 3	On this French food adventure, chef Michel Roux goes beach fishing before cooking one of his favourite fish dishes, Mackerel with Mustard sauce. He heads out to sample a delicious dessert at a local patisserie, before going home and firing up the barbecue to show us how to cook a French hamburger to die for. Different flavoured butters are then on the menu to help him baste and roast the perfect chicken for his family to feast on, but who will get the best cut is anybody's guess. Cherry Clafoutis rounds off a mouth watering episode.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2025-01-13	0725	<b>Destination Flavour China Bitesize</b>	Black Sesame Tangyuan	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G		Y Y
2025-01-13	0730	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 1 Ep 4	Chef Michel Roux goes foraging in France on the cliffs of Donzère above the Rhone river, finding wild herbs to flavour a local delicacy, a dish of roast rabbit. He'll be out in the garden showing us how to make the perfect barbecued chicken that's succulent and moist and never fails to please. Michel shares his tips for creating the ultimate cheese and makes an all-time classic of Almond Frangipani tart. This perfect summer dessert might look tricky but Roux reveals the secret to cracking it every time. But will it impress his visiting family?	UNITED KINGDOM	English-100	RPT	PG		Y
2025-01-13	0825	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2025-01-13	0830	<b>Rick Stein's Mediterranean Escapes</b>	Morocco And Turkey	In Morocco, Rick enjoys couscous and tucks into the tagines and mint tea found in the bazaars. Rick cooks the Moroccan dish of Kefta mkaouara, a simple dish of onions, tomatoes, cumin, and paprika baked with spicy meatballs and eggs. His Mediterranean travels end in south-eastern Turkey.	UNITED KINGDOM	English-100	RPT	G		Y
2025-01-13	0935	<b>Eater's Guide To The World Series</b>	Dining Alone In The Pacific Northwest	Join narrator Maya Rudolph in the Pacific Northwest and explore the best part of dining solo-not having to share any of the juicy pork steak, soba noodles, and piping hot fried chicken.	USA	English-100	RPT			Y
2025-01-13	1005	<b>Bizarre Foods: Delicious Destinations</b>	Hamptons, The	Andrew dives into the seafood masterworks of the Hamptons. From delectable surf and turf to buttery lobster rolls, clam chowder to smoked bluefish pate, the Hamptons' dinner scene is sizzling.	USA	English-100	RPT	PG	a w	

2025-01-13	1030	<b>Be My Guest With Ina Garten</b>	Julia Louis-Dreyfus	The incredible 11 time Emmy award-winning actor, comedian, writer and producer Julia Louis Dreyfus is joining Ina at the barn.	USA	English-100	RPT			
2025-01-13	1100	<b>Tom Kerridge's Pub Kitchen Secrets</b>	Looking Good	In Looking Good, we join Tom and his pub chefs in crafting dishes that look as stunning as they taste. Tom also shows us how we can craft beautiful dishes at home.	UNITED KINGDOM	English-100	RPT	PG		
2025-01-13	1130	<b>Eating Inn</b>	Ritz Carlton Millenia, Singapore Pt 2 Summer Pavillion	One of the few Michelin starred Cantonese Restaurants in the region is Summer Pavillion. Chef Phil takes us through what it takes to present some of the region's most outstanding modern Cantonese cuisine. Chef Cheung Sui Kong shows us the way while providing some intriguing insights into an authentic but contemporary Cantonese kitchen.	SINGAPORE	English-100	RPT	PG	a w	Y
2025-01-13	1230	<b>Come Dine With Me UK</b>	Leeds Day 5	It's the final day of the competition in Leeds and bridal shop owner Abbi is hoping to woo her guests with a wedding themed party. Can the amorous atmosphere help Abbi win the grand?	UNITED KINGDOM	English-100	RPT	PG		
2025-01-13	1300	<b>David Rocco's Italia</b>	Verona: City Of Love	David travels to beautiful Verona, a town known for food, wine and love. It was the setting of Shakespeare's most famous romance, Romeo & Juliet, and a city of people known to open their hearts to strangers.	CANADA	English-100	RPT	PG	a	
2025-01-13	1330	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 27	Today Khanh and Elena take on a classic winter warmer, lamb shanks. Then Khanh whips up a delicious cherry and coconut slice, followed by Elena's smashed peas on toast for the budget friendly.	AUSTRALIA	English-100	RPT	G		
2025-01-13	1400	<b>Food Safari</b>	English	Maeve O'Meara explores the intricacies and etiquette of English food from a perfect afternoon tea to good old fish and chips. Sydney chef Matthew Kemp takes Maeve on a tour through the essential ingredients and then whips up a sensational summer pudding. Maeve then goes in search of great regional food like black pudding, English sausages, roast beef and Yorkshire pudding.	AUSTRALIA	English-100	RPT	G		Y
2025-01-13	1430	<b>Mary Makes It Easy</b>	Get Ahead	Getting ahead always sounds like a great idea but not if it means eating the same dish for seven days straight. Mary shows how versatile meal planning can be with four recipes that future-you will thank you for. Dessert comes first as Mary prepares the dough for Chocolate Pecan Cookies.	CANADA	English-100	RPT	G		
2025-01-13	1500	<b>Pati's Mexican Table</b>	One Day In Oaxaca	Pati shows viewers how to get the most out of one day in the city of Oaxaca. In 24 hours, she takes in the top sights, meets up with a local guide, goes to the market for lunch, and gives viewers a taste of the vibrant restaurant scene in one of the top culinary destinations in all of Mexico. In her kitchen, she recreates some of the things she had at the market and gives them some new uses.	USA	English-100	RPT	G		Y
2025-01-13	1530	<b>Simply Raymond Blanc</b>	Garden Favourites	Raymond Blanc has made his home in the heart of the English countryside. For the past 30 years he has been carefully curating his abundant kitchen gardens which serve the opulent Le Manoir aux Quat'Saisons. Raymond's love and passion for home grown produce explains why seasonality is important it creates the tastiest of dishes.	UNITED KINGDOM	English-100	RPT	G		
2025-01-13	1625	<b>Bring A Plate</b>	Jc's Chicken And Pork Adobo With Eggs	JC serves up his Filipino national dish, sharing a touching tale of his grandmother's culinary influence. Hear how he uses the DISH structure to help him talk about the food.	AUSTRALIA	English-100	RPT	G		Y
2025-01-13	1630	<b>Tom Kerridge's American Feast</b>	Colorado	Tom Kerridge travels to Colorado to find out why its residents are among the fittest and least obese in America. Starting in the state capital Denver, Tom discovers where healthy living starts.	UNITED KINGDOM	English-100	RPT	PG	a	
2025-01-13	1700	<b>Field To Feast</b>	Artichokes	Continuing his journey of discovery, Thanh sets his focus on another classically Mediterranean vegetable-the artichoke. Along the way he follows the artichoke through Melbourne's largest wholesale produce market and into a local Italian kitchen.	AUSTRALIA	English-100		G		
2025-01-13	1730	<b>Everyday Gourmet With Justine Schofield</b>	Episode 18	Robert Coco comes back to the kitchen and cooks up a Strawberry and Meringue Cheesecake and Justine shows us how to make Italian dip Bagna Cauda and Stuffed Nashi Pears.	AUSTRALIA	English-100		G		

2025-01-13	1800	<b>Rick Stein's French Odyssey</b>	Toulouse To Castelnaudary	The historic city of Toulouse is famous for its meaty sausages, and Rick can't resist cooking Toulouse Sausage Languedocienne. At the Victor Hugo Market, fresh fish from the Mediterranean inspires Rick to make the classic Pissaladiere, a Nicoise Onion Tart with Anchovies and Black Olives.	UNITED KINGDOM	English-100	RPT	G		Y
2025-01-13	1830	<b>Hugh's Three Good Things</b>	Crab	It's competition time at River Cottage and the culinary battle is hotting up as our three chefs take on the crab challenge.	UNITED KINGDOM	English-100	RPT	PG	I	
2025-01-13	1900	<b>The Cook Up With Adam Liaw</b>	Rustic Garden Party, The	Join Adam, chef Karena Armstrong, and entertainer Eddie Perfect for everything you need to host The Rustic Garden Party of your dreams!	AUSTRALIA	English-100	RPT	G		Y
2025-01-13	1930	<b>Island Echoes With Normie Bero</b>	Homecoming To Mer Island	Join acclaimed Torres Strait Islander chef and cultural ambassador Normie Bero in Island Echoes, a vibrant journey through the breathtaking landscapes and rich traditions of her homeland.	AUSTRALIA	English-80; Torres Strait Creole-20	RPT	PG		Y Y
2025-01-13	2000	<b>Nigella Kitchen</b>	Inspiration Everywhere	Nigella Lawson conjures up more dazzling dishes from the heart of the home, finding inspiration anywhere and everywhere with delicious results. Recipes include the fabulously kitsch grasshopper pie - the brainchild of a night sat in front of the telly, and an easy, elegant, spatchcocked poussins with baby leaf salad and sourdough croutons - a treat for two from travels in San Francisco.	UNITED KINGDOM		RPT	G		
2025-01-13	2030	<b>Stanley Tucci: Searching For Italy</b>	Sicily	Sicily is the Mediterranean's largest island and is known as God's Kitchen because of its rich volcanic soil. Michelin-starred chef Tony Lo Coco shows Stanley his signature dish, spaghetti alla bottarga and elevates this humble Sicilian classic to create a salty crunchy sensation. Stanley then heads to Southern Sicily and meets artisanal winemaker Arianna Occhipinti and tries the grapes grown in the region's unique soils.	USA	English-90; Italian-10	RPT	PG		Y Y
2025-01-13	2125	<b>A Taste Of Island Dreams</b>	Amalul's Pandan Bubble Tea	Amalul, Alimah's granddaughter, is a self-proclaimed bubble tea connoisseur. She shares her bright bubble tea brew and pays tribute to the vibrant and flavourful pandanus leaf.	AUSTRALIA	English-100	RPT	G		
2025-01-13	2130	<b>Hairy Bikers Go North</b>	Northumberland	This week the Hairy Bikers continue their Northern odyssey in the county of Northumberland. It's an area that Si King knows well, having holidayed there many times throughout his childhood.	UNITED KINGDOM	English-100	RPT	PG	a w	
2025-01-13	2230	<b>The Cook Up With Adam Liaw</b>	Decadent Breakfast	Happyfield owners Jesse Orleans and Chris Theodosi are in the Cook Up kitchen with Adam to create a decadent breakfast that's a little naughty and a little nice.	AUSTRALIA	English-100	RPT	G		Y
2025-01-13	2300	<b>The Cook And The Chef</b>	Lobster And Mushrooms	Kangaroo Island is one of Maggie's favourite destinations, its magnificent coastline and pristine waters provide an abundance of superb seafood for the locals.	AUSTRALIA	English-100	RPT	G		
2025-01-13	2330	<b>Guillaume's Paris</b>	Ep 1	French chef Guillaume Brahimi returns to the city that made his reputation and follows the story of food through Paris' twenty arrondissements. In the first episode, Guillaume explores Paris to discover where the very first restaurant was opened, and he visits a Michelin star restaurant on Rue du Nil, one of the most exciting streets for foodies in the city.	AUSTRALIA	English-100	RPT	G		Y Y
2025-01-13	2400	<b>Come Dine With Me UK</b>	Leeds Day 5	It's the final day of the competition in Leeds and bridal shop owner Abbi is hoping to woo her guests with a wedding themed party. Can the amorous atmosphere help Abbi win the grand?	UNITED KINGDOM	English-100	RPT	PG		
2025-01-13	2430	<b>Island Echoes With Normie Bero</b>	Homecoming To Mer Island	Join acclaimed Torres Strait Islander chef and cultural ambassador Normie Bero in Island Echoes, a vibrant journey through the breathtaking landscapes and rich traditions of her homeland.	AUSTRALIA	English-80; Torres Strait Creole-20	RPT	PG		Y Y
2025-01-13	2500	<b>Nigella Kitchen</b>	Inspiration Everywhere	Nigella Lawson conjures up more dazzling dishes from the heart of the home, finding inspiration anywhere and everywhere with delicious results. Recipes include the fabulously kitsch grasshopper pie - the brainchild of a night sat in front of the telly, and an easy, elegant, spatchcocked poussins with baby leaf salad and sourdough croutons - a treat for two from travels in San Francisco.	UNITED KINGDOM		RPT	G		

2025-01-13	2530	<b>Stanley Tucci: Searching For Italy</b>	Sicily	Sicily is the Mediterranean's largest island and is known as God's Kitchen because of its rich volcanic soil. Michelin-starred chef Tony Lo Coco shows Stanley his signature dish, spaghetti alla bottarga and elevates this humble Sicilian classic to create a salty crunchy sensation. Stanley then heads to Southern Sicily and meets artisanal winemaker Arianna Occhipinti and tries the grapes grown in the region's unique soils.	USA	English-90; Italian-10	RPT	PG		Y	Y
2025-01-13	2625	<b>A Taste Of Island Dreams</b>	Amalul's Pandan Bubble Tea	Amalul, Alimah's granddaughter, is a self-proclaimed bubble tea connoisseur. She shares her bright bubble tea brew and pays tribute to the vibrant and flavourful pandanus leaf.	AUSTRALIA	English-100	RPT	G			
2025-01-13	2630	<b>Hairy Bikers Go North</b>	Northumberland	This week the Hairy Bikers continue their Northern odyssey in the county of Northumberland. It's an area that Si King knows well, having holidayed there many times throughout his childhood.	UNITED KINGDOM	English-100	RPT	PG	a w		
2025-01-13	2725	<b>Destination Flavour Fillers</b>	Episode 1	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y	
2025-01-13	2730	<b>The Cook Up With Adam Liaw</b>	Decadent Breakfast	Happyfield owners Jesse Orleans and Chris Theodosi are in the Cook Up kitchen with Adam to create a decadent breakfast that's a little naughty and a little nice.	AUSTRALIA	English-100	RPT	G		Y	
2025-01-13	2800	<b>The Cook And The Chef</b>	Lobster And Mushrooms	Kangaroo Island is one of Maggie's favourite destinations, its magnificent coastline and pristine waters provide an abundance of superb seafood for the locals.	AUSTRALIA	English-100	RPT	G			
2025-01-13	2830	<b>Guillaume's Paris</b>	Ep 1	French chef Guillaume Brahimi returns to the city that made his reputation and follows the story of food through Paris' twenty arrondissements. In the first episode, Guillaume explores Paris to discover where the very first restaurant was opened, and he visits a Michelin star restaurant on Rue du Nil, one of the most exciting streets for foodies in the city.	AUSTRALIA	English-100	RPT	G		Y	Y
2025-01-14	0500	<b>David Rocco's Italia</b>	Verona: City Of Love	David travels to beautiful Verona, a town known for food, wine and love. It was the setting of Shakespeare's most famous romance, Romeo & Juliet, and a city of people known to open their hearts to strangers.	CANADA	English-100	RPT	PG	a		
2025-01-14	0530	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 27	Today Khanh and Elena take on a classic winter warmer, lamb shanks. Then Khanh whips up a delicious cherry and coconut slice, followed by Elena's smashed peas on toast for the budget friendly.	AUSTRALIA	English-100	RPT	G			
2025-01-14	0600	<b>Food Safari</b>	English	Maeve O'Meara explores the intricacies and etiquette of English food from a perfect afternoon tea to good old fish and chips. Sydney chef Matthew Kemp takes Maeve on a tour through the essential ingredients and then whips up a sensational summer pudding. Maeve then goes in search of great regional food like black pudding, English sausages, roast beef and Yorkshire pudding.	AUSTRALIA	English-100	RPT	G		Y	
2025-01-14	0630	<b>Mary Makes It Easy</b>	Get Ahead	Getting ahead always sounds like a great idea but not if it means eating the same dish for seven days straight. Mary shows how versatile meal planning can be with four recipes that future-you will thank you for. Dessert comes first as Mary prepares the dough for Chocolate Pecan Cookies.	CANADA	English-100	RPT	G			
2025-01-14	0700	<b>Pati's Mexican Table</b>	One Day In Oaxaca	Pati shows viewers how to get the most out of one day in the city of Oaxaca. In 24 hours, she takes in the top sights, meets up with a local guide, goes to the market for lunch, and gives viewers a taste of the vibrant restaurant scene in one of the top culinary destinations in all of Mexico. In her kitchen, she recreates some of the things she had at the market and gives them some new uses.	USA	English-100	RPT	G			Y
2025-01-14	0730	<b>Simply Raymond Blanc</b>	Garden Favourites	Raymond Blanc has made his home in the heart of the English countryside. For the past 30 years he has been carefully curating his abundant kitchen gardens which serve the opulent Le Manoir aux Quat'Saisons. Raymond's love and passion for home grown produce explains why seasonality is important it creates the tastiest of dishes.	UNITED KINGDOM	English-100	RPT	G			

2025-01-14	0825	<b>Bring A Plate</b>	Jc's Chicken And Pork Adobo With Eggs	JC serves up his Filipino national dish, sharing a touching tale of his grandmother's culinary influence. Hear how he uses the DISH structure to help him talk about the food.	AUSTRALIA	English-100	RPT	G		Y
2025-01-14	0830	<b>Tom Kerridge's American Feast</b>	Colorado	Tom Kerridge travels to Colorado to find out why its residents are among the fittest and least obese in America. Starting in the state capital Denver, Tom discovers where healthy living starts.	UNITED KINGDOM	English-100	RPT	PG	a	
2025-01-14	0900	<b>Field To Feast</b>	Artichokes	Continuing his journey of discovery, Thanh sets his focus on another classically Mediterranean vegetable-the artichoke. Along the way he follows the artichoke through Melbourne's largest wholesale produce market and into a local Italian kitchen.	AUSTRALIA	English-100	RPT	G		
2025-01-14	0930	<b>Everyday Gourmet With Justine Schofield</b>	Episode 18	Robert Coco comes back to the kitchen and cooks up a Strawberry and Meringue Cheesecake and Justine shows us how to make Italian dip Bagna Cauda and Stuffed Nashi Pears.	AUSTRALIA	English-100	RPT	G		
2025-01-14	1000	<b>Rick Stein's French Odyssey</b>	Toulouse To Castelnaudary	The historic city of Toulouse is famous for its meaty sausages, and Rick can't resist cooking Toulouse Sausage Languedocienne. At the Victor Hugo Market, fresh fish from the Mediterranean inspires Rick to make the classic Pissaladiere, a Nicoise Onion Tart with Anchovies and Black Olives.	UNITED KINGDOM	English-100	RPT	G		Y
2025-01-14	1030	<b>Hugh's Three Good Things</b>	Crab	It's competition time at River Cottage and the culinary battle is hotting up as our three chefs take on the crab challenge.	UNITED KINGDOM	English-100	RPT	PG	I	
2025-01-14	1100	<b>The Cook Up With Adam Liaw</b>	Rustic Garden Party, The	Join Adam, chef Karena Armstrong, and entertainer Eddie Perfect for everything you need to host The Rustic Garden Party of your dreams!	AUSTRALIA	English-100	RPT	G		Y
2025-01-14	1130	<b>Stanley Tucci: Searching For Italy</b>	Sicily	Sicily is the Mediterranean's largest island and is known as God's Kitchen because of its rich volcanic soil. Michelin-starred chef Tony Lo Coco shows Stanley his signature dish, spaghetti alla bottarga and elevates this humble Sicilian classic to create a salty crunchy sensation. Stanley then heads to Southern Sicily and meets artisanal winemaker Arianna Occhipinti and tries the grapes grown in the region's unique soils.	USA	English-90; Italian-10	RPT	PG		Y Y
2025-01-14	1225	<b>A Taste Of Island Dreams</b>	Amalul's Pandan Bubble Tea	Amalul, Alimah's granddaughter, is a self-proclaimed bubble tea connoisseur. She shares her bright bubble tea brew and pays tribute to the vibrant and flavourful pandanus leaf.	AUSTRALIA	English-100	RPT	G		
2025-01-14	1230	<b>Come Dine With Me UK</b>	Kent Day 1	This week's competition is in Kent. First to host is 51-year-old construction site manager and part-time bouncer, Mark, who hopes his night is as much about the party as it is the dinner.	UNITED KINGDOM	English-100	RPT	PG		
2025-01-14	1300	<b>David Rocco's Italia</b>	Milan, The Fashion City	As the most progressive city in Italy, it's not surprising that Milan attracts world-renowned designers, stylists and architects. David speaks to some of these great artists, spending time with Isia designer and CEO, Gianluca Isia, discussing what makes Milano so inspiring.	CANADA	English-100	RPT	PG	a	Y
2025-01-14	1330	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 28	This episode of My Market Kitchen is full of delicious and nutritious dishes meals for you to try at home. First up Elena cooks her Chop Salad, then Khanh whips up a restaurant worthy Whisky Fennel Pork meal for two. Finally a Harissa Carrot Cake recipe that makes a perfect lunchbox snack.	AUSTRALIA	English-100	RPT	G		
2025-01-14	1400	<b>Food Safari</b>	African	Maeve O'Meara visits a bakery that cooks Ethiopian injera bread which is used with many spicy stews. Nigerian Kunle Adesua introduces Maeve to a range of African ingredients and then cooks up a delicious one pot jolloff rice dish with tender cubes of fish and vegetables. Chef Bathie Dia from Senegal shares the secrets of his favourite snack - a black-eyed bean patty called akara.	AUSTRALIA	English-100	RPT	G		Y



2025-01-14	1430	<b>Mary Makes It Easy</b>	Love Letter To Leftovers	Leftovers can seem uninspiring, but Mary gives them new life by showing how to use them as ingredients in brand new recipes. Starting with leftover risotto, Mary turns this day-old dish into something completely different.	CANADA	English-100	RPT	G	
2025-01-14	1500	<b>Pati's Mexican Table</b>	History Of Oaxaca Cuisine	Pati takes viewers on a deep dive into the history of Oaxaca cuisine from pre-Hispanic origins, to the introduction of Spanish techniques, and finally modern day movements. She starts by tasting ancestral recipes at the local market. Then, she meets up with a friend and historian who takes her to a restaurant, where they eat traditional Oaxaca recipes with a modern twist. She's going on a culinary adventure through time all in one day. Back in her kitchen, inspired by the tastes from that day, she shares new dishes that happen to be vegetarian with her friend and food editor, Joe Yonan.	USA	English-100	RPT	PG	Y
2025-01-14	1530	<b>Simply Raymond Blanc</b>	Le Petit Plats	A small, elegant bistro in France has inspired Raymond for today's theme-Le Petit Plats. He promises small plates bursting with fresh ingredients and packed with flavour.	UNITED KINGDOM	English-100	RPT	G	
2025-01-14	1625	<b>Bring A Plate</b>	Rachel's Bossam	The guests are thrilled to try Rachel's South Korean dish, Bossam. Not everyone is able to eat the pork but they can all enjoy and learn about kimchi, the hero of all Korean food.	AUSTRALIA	English-100	RPT	G	Y
2025-01-14	1630	<b>Tom Kerridge's American Feast</b>	Central Valley	Tom Kerridge lands in California's lush Gold Country and Central Valley where organically grown food is the order of the day.	UNITED KINGDOM	English-100	RPT	PG	
2025-01-14	1700	<b>Field To Feast</b>	Turkish Chillies	There are countless varieties of chillies, but in this episode, we visit a farm producing a type of chilli that is cherished by Turkish Australians. Thanh then puts his tastebuds to the test and tackles this spicy classic.	AUSTRALIA	English-100		G	
2025-01-14	1730	<b>Everyday Gourmet With Justine Schofield</b>	Episode 19	Darren Purchase is back in the kitchen to spoil us with his irresistible Frozen Mint Chocolate Flake Parfait with Hot Chocolate Sauce. Justine shows us how to make the Ultimate Cheese Omelette to make your tastebuds buzz.	AUSTRALIA	English-100		PG	
2025-01-14	1800	<b>Rick Stein's French Odyssey</b>	Castelnaudary To Homs	Napoleon once said that an army marches on its stomach and, having arrived in the historic town of Castelnaudary, Rick fulfils a boyhood dream by visiting the barracks of the legendary French Foreign Legion. With all the many nationalities involved in the Legion, Rick is eager to discover what the soldiers are served in their canteen. It inspires him to cook a Spicy Tagine with CousCous, a dish resonant of North Africa and a firm favourite with the Légion D'Etrangers.	UNITED KINGDOM	English-100	RPT	G	
2025-01-14	1830	<b>Hugh's Three Good Things</b>	Mackerel	It's day four of this week's cooking competition and the stakes are high, with everyone cooking Hugh's favourite fish: mackerel.	UNITED KINGDOM	English-100	RPT	PG	a w
2025-01-14	1900	<b>The Cook Up With Adam Liaw</b>	Stress-Free Soiree, The	It's Easy Entertaining with The Cook Up, and Adam is joined by 'risotto king' Alessandro Pavoni and food writer extraordinaire Emiko Davies to show you how to host a stress-free soiree.	AUSTRALIA	English-100	RPT	G	Y
2025-01-14	1930	<b>Lorraine Pascale: Home Cooking Made Easy</b>	Comfort	Pasta has made it onto the comfort menu with Lorraine's easy home-made cracked black pepper pasta which is fantastic with a simple pancetta, mushroom and parmesan sauce made from standby ingredients.	UNITED KINGDOM	English-100	RPT	G	
2025-01-14	2000	<b>Mark Moriarty: Off Duty Chef</b>	Hearty Comfort Food	In this episode, Mark makes three dishes, inspired by his surroundings. First, a seafood chowder, a staple dish down in County Kerry. He serves it alongside dingle brown bread by enriching it with stout, inspired by his local pub (and rumoured local of Oscar winner Cillian Murphy no less).	UNITED KINGDOM	English-100		G	

2025-01-14	2030	Jamie's Ultimate Veg	Ep 4	Jamie showcases vegetables in his scruffy eggplant lasagne. He explores Asia's biggest fruit and vegetable market, then shows how to pack a punch with an incredible bean salad.	UNITED KINGDOM	English-100	RPT	G		
2025-01-14	2130	Hairy Bikers Go North	Peak District, The	The Hairy Bikers are riding through the amazing beauty of the Peak District. Created in 1951, it's the UK's first ever national park and is visited by 13 million people every year.	UNITED KINGDOM	English-100	RPT	G		
2025-01-14	2230	The Cook Up With Adam Liaw	Hearty But Healthy	Sustainability King Tim Flannery and chef Tom Walton join Adam in the Cook Up Kitchen to create some hearty but nourishing dishes.	AUSTRALIA	English-100	RPT	G	Y	
2025-01-14	2300	The Cook And The Chef	Seaweed And Scallops	The East Coast of Tasmania has to be one of the most beautiful stretches of coastline anywhere in the world, but when Simon visits he's not just interested in the dazzling scenery; he's also come to find out what makes Tasmanian seafood so great.	AUSTRALIA	English-100	RPT	G		
2025-01-14	2330	Guillaume's Paris	Ep 2	Chef Guillaume Brahimi explores the 3rd and 4th arrondissements of Paris to meet some legends of the city's food scene. Guillaume visits Marche des Enfants Rouges, the oldest covered market in Paris serving an abundance of international cuisine. He samples the famous falafel that locals wait for hours to order, and he tries the best ice cream in France. This episode is all about delicious perfection.	AUSTRALIA	English-100	RPT	G	Y	Y
2025-01-14	2400	Come Dine With Me UK	Kent Day 1	This week's competition is in Kent. First to host is 51-year-old construction site manager and part-time bouncer, Mark, who hopes his night is as much about the party as it is the dinner.	UNITED KINGDOM	English-100	RPT	PG		
2025-01-14	2430	Lorraine Pascale: Home Cooking Made Easy	Comfort	Pasta has made it onto the comfort menu with Lorraine's easy home-made cracked black pepper pasta which is fantastic with a simple pancetta, mushroom and parmesan sauce made from standby ingredients.	UNITED KINGDOM	English-100	RPT	G		
2025-01-14	2500	Mark Moriarty: Off Duty Chef	Hearty Comfort Food	In this episode, Mark makes three dishes, inspired by his surroundings. First, a seafood chowder, a staple dish down in County Kerry. He serves it alongside dingle brown bread by enriching it with stout, inspired by his local pub (and rumoured local of Oscar winner Cillian Murphy no less).	UNITED KINGDOM	English-100	RPT	G		
2025-01-14	2530	Jamie's Ultimate Veg	Ep 4	Jamie showcases vegetables in his scruffy eggplant lasagne. He explores Asia's biggest fruit and vegetable market, then shows how to pack a punch with an incredible bean salad.	UNITED KINGDOM	English-100	RPT	G		
2025-01-14	2625	Destination Flavour China Bitesize	Bai-Style Grilled Pork	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y	Y
2025-01-14	2630	Hairy Bikers Go North	Peak District, The	The Hairy Bikers are riding through the amazing beauty of the Peak District. Created in 1951, it's the UK's first ever national park and is visited by 13 million people every year.	UNITED KINGDOM	English-100	RPT	G		
2025-01-14	2725	Destination Flavour Fillers	Episode 2	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y	
2025-01-14	2730	The Cook Up With Adam Liaw	Hearty But Healthy	Sustainability King Tim Flannery and chef Tom Walton join Adam in the Cook Up Kitchen to create some hearty but nourishing dishes.	AUSTRALIA	English-100	RPT	G	Y	
2025-01-14	2800	The Cook And The Chef	Seaweed And Scallops	The East Coast of Tasmania has to be one of the most beautiful stretches of coastline anywhere in the world, but when Simon visits he's not just interested in the dazzling scenery; he's also come to find out what makes Tasmanian seafood so great.	AUSTRALIA	English-100	RPT	G		

2025-01-14	2830	Guillaume's Paris	Ep 2	Chef Guillaume Brahimi explores the 3rd and 4th arrondissements of Paris to meet some legends of the city's food scene. Guillaume visits Marche des Enfants Rouges, the oldest covered market in Paris serving an abundance of international cuisine. He samples the famous falafel that locals wait for hours to order, and he tries the best ice cream in France. This episode is all about delicious perfection.	AUSTRALIA	English-100	RPT	G		Y	Y
2025-01-15	0500	David Rocco's Italia	Milan, The Fashion City	As the most progressive city in Italy, it's not surprising that Milan attracts world-renowned designers, stylists and architects. David speaks to some of these great artists, spending time with Isaia designer and CEO, Gianluca Isaia, discussing what makes Milano so inspiring.	CANADA	English-100	RPT	PG	a		Y
2025-01-15	0530	My Market Kitchen	My Market Kitchen Series 4 Ep 28	This episode of My Market Kitchen is full of delicious and nutritious dishes meals for you to try at home. First up Elena cooks her Chop Salad, then Khanh whips up a restaurant worthy Whisky Fennel Pork meal for two. Finally a Harissa Carrot Cake recipe that makes a perfect lunchbox snack.	AUSTRALIA	English-100	RPT	G			
2025-01-15	0600	Food Safari	African	Maeve O'Meara visits a bakery that cooks Ethiopian injera bread which is used with many spicy stews. Nigerian Kunle Adesua introduces Maeve to a range of African ingredients and then cooks up a delicious one pot jolloff rice dish with tender cubes of fish and vegetables. Chef Bathie Dia from Senegal shares the secrets of his favourite snack - a black-eyed bean patty called akara.	AUSTRALIA	English-100	RPT	G		Y	
2025-01-15	0630	Mary Makes It Easy	Love Letter To Leftovers	Leftovers can seem uninspiring, but Mary gives them new life by showing how to use them as ingredients in brand new recipes. Starting with leftover risotto, Mary turns this day-old dish into something completely different.	CANADA	English-100	RPT	G			
2025-01-15	0700	Pati's Mexican Table	History Of Oaxaca Cuisine	Pati takes viewers on a deep dive into the history of Oaxaca cuisine from pre-Hispanic origins, to the introduction of Spanish techniques, and finally modern day movements. She starts by tasting ancestral recipes at the local market. Then, she meets up with a friend and historian who takes her to a restaurant, where they eat traditional Oaxaca recipes with a modern twist. She's going on a culinary adventure through time all in one day. Back in her kitchen, inspired by the tastes from that day, she shares new dishes that happen to be vegetarian with her friend and food editor, Joe Yonan.	USA	English-100	RPT	PG			Y
2025-01-15	0730	Simply Raymond Blanc	Le Petit Plats	A small, elegant bistro in France has inspired Raymond for today's theme-Le Petit Plats. He promises small plates bursting with fresh ingredients and packed with flavour.	UNITED KINGDOM	English-100	RPT	G			
2025-01-15	0825	Bring A Plate	Rachel's Bossam	The guests are thrilled to try Rachel's South Korean dish, Bossam. Not everyone is able to eat the pork but they can all enjoy and learn about kimchi, the hero of all Korean food.	AUSTRALIA	English-100	RPT	G		Y	
2025-01-15	0830	Tom Kerridge's American Feast	Central Valley	Tom Kerridge lands in California's lush Gold Country and Central Valley where organically grown food is the order of the day.	UNITED KINGDOM	English-100	RPT	PG			
2025-01-15	0900	Field To Feast	Turkish Chillies	There are countless varieties of chillies, but in this episode, we visit a farm producing a type of chilli that is cherished by Turkish Australians. Thanh then puts his tastebuds to the test and tackles this spicy classic.	AUSTRALIA	English-100	RPT	G			
2025-01-15	0930	Everyday Gourmet With Justine Schofield	Episode 19	Darren Purchase is back in the kitchen to spoil us with his irresistible Frozen Mint Chocolate Flake Parfait with Hot Chocolate Sauce. Justine shows us how to make the Ultimate Cheese Omelette to make your tastebuds buzz.	AUSTRALIA	English-100	RPT	PG			
2025-01-15	1000	Rick Stein's French Odyssey	Castelnaudary To Homs	Napoleon once said that an army marches on its stomach and, having arrived in the historic town of Castelnaudary, Rick fulfils a boyhood dream by visiting the barracks of the legendary French Foreign Legion. With all the many nationalities involved in the Legion, Rick is eager to discover what the soldiers are served in their canteen. It inspires him to cook a Spicy Tagine with CousCous, a dish resonant of North Africa and a firm favourite with the Légion D'Etrangers.	UNITED KINGDOM	English-100	RPT	G			
2025-01-15	1030	Hugh's Three Good Things	Mackerel	It's day four of this week's cooking competition and the stakes are high, with everyone cooking Hugh's favourite fish: mackerel.	UNITED KINGDOM	English-100	RPT	PG	a w		

2025-01-15	1100	<b>The Cook Up With Adam Liaw</b>	Stress-Free Soiree, The	It's Easy Entertaining with The Cook Up, and Adam is joined by 'risotto king' Alessandro Pavoni and food writer extraordinaire Emiko Davies to show you how to host a stress-free soiree.	AUSTRALIA	English-100	RPT	G		Y
2025-01-15	1130	<b>Jamie's Ultimate Veg</b>	Ep 4	Jamie showcases vegetables in his scruffy eggplant lasagne. He explores Asia's biggest fruit and vegetable market, then shows how to pack a punch with an incredible bean salad.	UNITED KINGDOM	English-100	RPT	G		
2025-01-15	1225	<b>Destination Flavour China Bitesize</b>	Bai-Style Grilled Pork	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G		Y Y
2025-01-15	1230	<b>Come Dine With Me UK</b>	Kent Day 2	On the second night in Kent, competitive sales assistant Verush is going all out to win by hosting a Czech-themed evening, but one guest compares her pasta to MDF and pastry to leather.	UNITED KINGDOM	English-100	RPT	PG	a	
2025-01-15	1300	<b>David Rocco's Italia</b>	Rock 'n Roll Underground Milan	Heading to the less crowded, more trendy areas of Milan, David meets locals and foreign transplants alike who show him their favourite spots.	CANADA	English-100	RPT	PG	I	Y
2025-01-15	1330	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 29	On this episode of My Market Kitchen Elena cooks a set and forget Chicken Tagine meal for Khanh. Then Khanh shows us his mothers quick Pipis dish, finishing the show with some classic Guacamole and Lime Chilli Chips.	AUSTRALIA	English-100	RPT	G		
2025-01-15	1400	<b>Food Safari</b>	Syrian	Syrian food is one of the most vibrant cuisines of the Middle East, full of herbs, spices and traditions stretching back many generations. Maeve O'Meara meets up with restaurateur Amal Malouf to get an explanation of the essential ingredients to make traditional dishes. Chef Carol Salloum takes Maeve through the classic mezza spread, while her sister Sharon makes a classic salad called fattoush.	AUSTRALIA	English-100	RPT	G		Y
2025-01-15	1430	<b>Mary Makes It Easy</b>	Cheese Please	This week Mary pays homage to fromage with four recipes where cheese is the star. For summertime grilling, Paneer Tikka puts the Indian cheese dish on the barbecue, then serves it up with a fresh Cilantro Mint Chutney. Then, Mary puts a savoury twist on French Toast with smoked Gouda.	CANADA	English-100	RPT	G		
2025-01-15	1500	<b>Pati's Mexican Table</b>	Queen In The Land Of Gods, A	Pati travels to the small town of Teotitlan de Valle to meet with one of the best cooks in Oaxaca, Abigail Mendoza. Abigail is opening her home to show Pati her dedication to preserving the pre-Hispanic techniques and recipes of her Zapotec ancestors. Back in Pati's kitchen, her experience with Abigail inspires recipes that feature few ingredients used in rustic Oaxacan ways, including chicken with oregano and garlic, grilled corn salad, and burnt milk ice cream.	USA	English-100	RPT	G		Y
2025-01-15	1530	<b>Simply Raymond Blanc</b>	Cheese	Raymond often jests that the British probably consume more cheese than their French friends across the channel -he's right- it's a fact. And what's not to love about all things cheese?	UNITED KINGDOM	English-100	RPT	G		
2025-01-15	1625	<b>Bring A Plate</b>	Keyma's Empanadas	Keyma shares her recipe for empanadas, a popular Venezuelan street food. Discover some of the ingredients that you can use inside this crunchy and mouth-watering snack food.	AUSTRALIA	English-100	RPT	G		Y
2025-01-15	1630	<b>Tom Kerridge's American Feast</b>	Vermont	In this episode, Tom Kerridge travels to Vermont and learns how combining local food tradition with 21st century innovation can have surprisingly tasty results.	UNITED KINGDOM	English-100	RPT	G		
2025-01-15	1700	<b>Field To Feast</b>	Okra	Paying a visit to an African-Australian owned and operated farm, Thanh unearths some of the secrets behind this emerging vegetable that is very popular internationally.	AUSTRALIA	English-100		G		

2025-01-15	1730	Everyday Gourmet With Justine Schofield	Episode 20	Justine cooks up a treat with her Grape and Blue Cheese Moneybags and a Fried Chicken and Capsicum Sauce Sub. Trish McKenzie teaches Justine the tricks to making perfect Cinnamon Doughnut Truffles.	AUSTRALIA	English-100		G		
2025-01-15	1800	Rick Stein's French Odyssey	Homps To Agde	Rick shows the French there is at least one Englishman who knows there's more to cooking than just opening a can. Soon the air is redolent with the savoury smell of Lamb Ragout with flageolet beans. Later, while passing under the perilously low bridges of Narbonne, Rick treats the barge crew to barbecued sardines with salad and cold rosé wine. Louis, the chef on board, cooks seafood with squid ink pasta.	UNITED KINGDOM	English-100	RPT	G		Y
2025-01-15	1830	Hugh's Three Good Things	Squid	It's the final day of fish week but can Hugh triumph in the fishy food fight? It's the competition week he most wants to win, so he is pulling out all the stops as everyone battles with today's star ingredient, 'squid'.	UNITED KINGDOM	English-100	RPT	G		
2025-01-15	1900	The Cook Up With Adam Liaw	Dinner Party, The	Adam is joined by entertaining experts, chef Martin Benn and hospitality consultant Vicki Wild, who share tips and tricks on how to host a memorable dinner party.	AUSTRALIA	English-100	RPT	G		Y
2025-01-15	1930	Marcus In The Med: Mallorca	Cooking Over Fire	Marcus learns about Mallorca's obsession with cooking over fire. He visits a chef who flame grills steak and a bar cooking sausages over coals. Inspired, he fires up his BBQ to make pork chops with white beans and BBQ spice rubbed poussin.	UNITED KINGDOM	English-100		G		Y
2025-01-15	2000	Rachael Ray's Meals In Minutes	Pork Chops With Twice-Cooked Potatoes	Rachel is cooking up pork loin chops with sweet onions and apples and serving it with twice-baked potatoes topped with sour cream and chives, all in minutes.	USA	English-100		G		
2025-01-15	2030	Adam Richman Eats Britain	Lancashire Hot Pot	Global food explorer Adam is touring Britain, one incredible, edible place at a time, using the map as his menu to visit places in Britain that have given their name to world-famous dishes. He has made his way to Lancashire to try the historic, hearty Hot Pot. He also visits a breakthrough Brazilian bakery for a sumptuous sausage roll.	UNITED KINGDOM	English-100		G		
2025-01-15	2100	Masters Of Taste With Gary Mehigan	Best Of Hyderabad	From an Andhra Thali to a Nizami spread, Gary eats his way through Hyderabad.	USA	English-100		G		
2025-01-15	2130	Hairy Bikers Go North	Tyne And Wear/ Newcastle	After weeks travelling across the stunning northern countryside, the bikers are having an urban adventure. Si takes Dave around his beloved home turf to introduce him to some of the best local food, chefs and artisan producers that he knows.	UNITED KINGDOM	English-100	RPT	G		
2025-01-15	2230	The Cook Up With Adam Liaw	Lazy Sunday	Actress and performer Virginia Gay and political satirist Mark Humphries are in the Cook Up Kitchen with Adam to create their Lazy Sunday inspired dishes.	AUSTRALIA	English-100	RPT	G		Y
2025-01-15	2300	The Cook And The Chef	Beetroot And Pepper	Maggie and Simon demonstrate how to bring out the best of the brilliant beetroot, and then spice up some delicious dishes with Native Tasmanian Pepper berry.	AUSTRALIA	English-100	RPT	G		
2025-01-15	2330	Guillaume's Paris	Ep 3	Guillaume Brahimi discovers some of the wonderful bistros in the 5th and 6th arrondissements, and meets Yves Camdeborde, the creator of the 'Bistronomy' food movement which has taken over Paris and the world.	AUSTRALIA	English-100	RPT	G		Y Y
2025-01-15	2400	Come Dine With Me UK	Kent Day 2	On the second night in Kent, competitive sales assistant Verush is going all out to win by hosting a Czech-themed evening, but one guest compares her pasta to MDF and pastry to leather.	UNITED KINGDOM	English-100	RPT	PG		a
2025-01-15	2430	Marcus In The Med: Mallorca	Cooking Over Fire	Marcus learns about Mallorca's obsession with cooking over fire. He visits a chef who flame grills steak and a bar cooking sausages over coals. Inspired, he fires up his BBQ to make pork chops with white beans and BBQ spice rubbed poussin.	UNITED KINGDOM	English-100	RPT	G		Y

2025-01-15	2500	<b>Rachael Ray's Meals In Minutes</b>	Pork Chops With Twice-Cooked Potatoes	Rachel is cooking up pork loin chops with sweet onions and apples and serving it with twice-baked potatoes topped with sour cream and chives, all in minutes.	USA	English-100	RPT	G			
2025-01-15	2530	<b>Adam Richman Eats Britain</b>	Lancashire Hot Pot	Global food explorer Adam is touring Britain, one incredible, edible place at a time, using the map as his menu to visit places in Britain that have given their name to world-famous dishes. He has made his way to Lancashire to try the historic, hearty Hot Pot. He also visits a breakthrough Brazilian bakery for a sumptuous sausage roll.	UNITED KINGDOM	English-100	RPT	G			
2025-01-15	2600	<b>Masters Of Taste With Gary Mehigan</b>	Best Of Hyderabad	From an Andhra Thali to a Nizami spread, Gary eats his way through Hyderabad.	USA	English-100	RPT	G			
2025-01-15	2630	<b>Hairy Bikers Go North</b>	Tyne And Wear/ Newcastle	After weeks travelling across the stunning northern countryside, the bikers are having an urban adventure. Si takes Dave around his beloved home turf to introduce him to some of the best local food, chefs and artisan producers that he knows.	UNITED KINGDOM	English-100	RPT	G			
2025-01-15	2725	<b>Destination Flavour Fillers</b>	Episode 3	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y	
2025-01-15	2730	<b>The Cook Up With Adam Liaw</b>	Lazy Sunday	Actress and performer Virginia Gay and political satirist Mark Humphries are in the Cook Up Kitchen with Adam to create their Lazy Sunday inspired dishes.	AUSTRALIA	English-100	RPT	G		Y	
2025-01-15	2800	<b>The Cook And The Chef</b>	Beetroot And Pepper	Maggie and Simon demonstrate how to bring out the best of the brilliant beetroot, and then spice up some delicious dishes with Native Tasmanian Pepper berry.	AUSTRALIA	English-100	RPT	G			
2025-01-15	2830	<b>Guillaume's Paris</b>	Ep 3	Guillaume Brahimi discovers some of the wonderful bistros in the 5th and 6th arrondissements, and meets Yves Camdeborde, the creator of the 'Bistronomy' food movement which has taken over Paris and the world.	AUSTRALIA	English-100	RPT	G		Y	Y
2025-01-16	0500	<b>David Rocco's Italia</b>	Rock 'n Roll Underground Milan	Heading to the less crowded, more trendy areas of Milan, David meets locals and foreign transplants alike who show him their favourite spots.	CANADA	English-100	RPT	PG		I	Y
2025-01-16	0530	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 29	On this episode of My Market Kitchen Elena cooks a set and forget Chicken Tagine meal for Khanh. Then Khanh shows us his mothers quick Pipis dish, finishing the show with some classic Guacamole and Lime Chilli Chips.	AUSTRALIA	English-100	RPT	G			
2025-01-16	0600	<b>Food Safari</b>	Syrian	Syrian food is one of the most vibrant cuisines of the Middle East, full of herbs, spices and traditions stretching back many generations. Maeve O'Meara meets up with restaurateur Amal Malouf to get an explanation of the essential ingredients to make traditional dishes. Chef Carol Salloum takes Maeve through the classic mezza spread, while her sister Sharon makes a classic salad called fattoush.	AUSTRALIA	English-100	RPT	G			Y
2025-01-16	0630	<b>Mary Makes It Easy</b>	Cheese Please	This week Mary pays homage to fromage with four recipes where cheese is the star. For summertime grilling, Paneer Tikka puts the Indian cheese dish on the barbecue, then serves it up with a fresh Cilantro Mint Chutney. Then, Mary puts a savoury twist on French Toast with smoked Gouda.	CANADA	English-100	RPT	G			
2025-01-16	0700	<b>Pati's Mexican Table</b>	Queen In The Land Of Gods, A	Pati travels to the small town of Teotitlan de Valle to meet with one of the best cooks in Oaxaca, Abigail Mendoza. Abigail is opening her home to show Pati her dedication to preserving the pre-Hispanic techniques and recipes of her Zapotec ancestors. Back in Pati's kitchen, her experience with Abigail inspires recipes that feature few ingredients used in rustic Oaxacan ways, including chicken with oregano and garlic, grilled corn salad, and burnt milk ice cream.	USA	English-100	RPT	G			Y

2025-01-16	0730	<b>Simply Raymond Blanc</b>	Cheese	Raymond often jests that the British probably consume more cheese than their French friends across the channel -he's right- it's a fact. And what's not to love about all things cheese?	UNITED KINGDOM	English-100	RPT	G	
2025-01-16	0825	<b>Bring A Plate</b>	Keyma's Empanadas	Keyma shares her recipe for empanadas, a popular Venezuelan street food. Discover some of the ingredients that you can use inside this crunchy and mouth-watering snack food.	AUSTRALIA	English-100	RPT	G	Y
2025-01-16	0830	<b>Tom Kerridge's American Feast</b>	Vermont	In this episode, Tom Kerridge travels to Vermont and learns how combining local food tradition with 21st century innovation can have surprisingly tasty results.	UNITED KINGDOM	English-100	RPT	G	
2025-01-16	0900	<b>Field To Feast</b>	Okra	Paying a visit to an African-Australian owned and operated farm, Thanh unearths some of the secrets behind this emerging vegetable that is very popular internationally.	AUSTRALIA	English-100	RPT	G	
2025-01-16	0930	<b>Everyday Gourmet With Justine Schofield</b>	Episode 20	Justine cooks up a treat with her Grape and Blue Cheese Moneybags and a Fried Chicken and Capsicum Sauce Sub. Trish McKenzie teaches Justine the tricks to making perfect Cinnamon Doughnut Truffles.	AUSTRALIA	English-100	RPT	G	
2025-01-16	1000	<b>Rick Stein's French Odyssey</b>	Homps To Agde	Rick shows the French there is at least one Englishman who knows there's more to cooking than just opening a can. Soon the air is redolent with the savoury smell of Lamb Ragout with flageolet beans. Later, while passing under the perilously low bridges of Narbonne, Rick treats the barge crew to barbecued sardines with salad and cold rosé wine. Louis, the chef on board, cooks seafood with squid ink pasta.	UNITED KINGDOM	English-100	RPT	G	Y
2025-01-16	1030	<b>Hugh's Three Good Things</b>	Squid	It's the final day of fish week but can Hugh triumph in the fishy food fight? It's the competition week he most wants to win, so he is pulling out all the stops as everyone battles with today's star ingredient, 'squid'.	UNITED KINGDOM	English-100	RPT	G	
2025-01-16	1100	<b>The Cook Up With Adam Liaw</b>	Dinner Party, The	Adam is joined by entertaining experts, chef Martin Benn and hospitality consultant Vicki Wild, who share tips and tricks on how to host a memorable dinner party.	AUSTRALIA	English-100	RPT	G	Y
2025-01-16	1130	<b>Adam Richman Eats Britain</b>	Lancashire Hot Pot	Global food explorer Adam is touring Britain, one incredible, edible place at a time, using the map as his menu to visit places in Britain that have given their name to world-famous dishes. He has made his way to Lancashire to try the historic, hearty Hot Pot. He also visits a breakthrough Brazilian bakery for a sumptuous sausage roll.	UNITED KINGDOM	English-100	RPT	G	
2025-01-16	1200	<b>Masters Of Taste With Gary Mehigan</b>	Best Of Hyderabad	From an Andhra Thali to a Nizami spread, Gary eats his way through Hyderabad.	USA	English-100	RPT	G	
2025-01-16	1230	<b>Come Dine With Me UK</b>	Kent Day 3	It's night three in Kent, and doggy lover Karen hopes to scoop the 1000 pound prize with a British bulldog bonanza, with food inspired by her dogs, but has she cut it too close to the bone?	UNITED KINGDOM	English-100	RPT	PG	
2025-01-16	1300	<b>David Rocco's Italia</b>	Revival Of The Old Capital, Turin, The	The northern Italian city of Turin is known as one of the European epicentres for automobile manufacturing.	CANADA	English-100	RPT	PG	I Y
2025-01-16	1330	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 30	On My Market Kitchen today Elena rolls up some Matcha Pistachio Bliss Balls, then Khanh shows us a tradition savoury pancake called Banh Xeo. Then we are joined by Adam from Wine Selectors with Elena cooking a Lamb dish, paired with gorgeous selection of wines.	AUSTRALIA	English-100	RPT	G	
2025-01-16	1400	<b>Food Safari</b>	USA	Maeve O'Meara discovers some of the vast range of flavours and dishes that can be found across the USA. Sydney chef George Francisco whips up his legendary Chesapeake Bay crab cakes with a spicy Cajun remoulade. Maeve then learns the secrets of the American barbecue from restaurateur Steve Johnson. And Californian expatriate John Boland shows Maeve how to make his renowned Californian fish tacos.	AUSTRALIA	English-100	RPT	G	Y

2025-01-16	1430	<b>Mary Makes It Easy</b>	Meatless Monday	Not every meal needs to have meat as the star. Whether its for health, the environment, or any other reason, lots of people are trying their hand at Meatless Mondays.	CANADA	English-100	RPT	G	
2025-01-16	1500	<b>Pati's Mexican Table</b>	Mezcal Trail, The	Pati takes a drive to a region in Oaxaca known for producing some of the best mezcal in all of Mexico. She meets the producer of a small family-run operation and learns how mezcal is made, from field to bottle. Back home, she has a mezcal-inspired get together with a few close friends and serves a bountiful Mexican steak salad and Oaxacan sours made with mezcal.	USA	English-100	RPT	G	Y
2025-01-16	1530	<b>Simply Raymond Blanc</b>	Little Pleasures Of Life, The	Why wait for grand occasions to share special food? After all, food is a pleasure of life, and Raymond is here to share some of his best recipes.	UNITED KINGDOM	English-100	RPT	G	
2025-01-16	1625	<b>Bring A Plate</b>	Rayan's Koosa Mahshi	Rayan shares his Syrian favorite, Kousa Mahshi, or stuffed zucchini and describes some special techniques to make the dish without it breaking apart.	AUSTRALIA	English-100	RPT	G	Y
2025-01-16	1630	<b>Tom Kerridge's American Feast</b>	Washington DC	Tom Kerridge hits America's capital, Washington DC, to hunt down the city's culinary treats. His first stop is Embassy Row on the one day of the year when the embassies' chefs get to show off their national cuisines to visitors.	UNITED KINGDOM	English-100	RPT	G	
2025-01-16	1700	<b>Field To Feast</b>	Chestnuts	Considered a tough nut to crack, Thanh explores how chestnuts are grown, cooked, and enjoyed, then demonstrates some of the best ways to cook this winter delight.	AUSTRALIA	English-100		G	
2025-01-16	1730	<b>Everyday Gourmet With Justine Schofield</b>	Episode 21	Justine shares a healthy alternative for your breakfast bowl with Chia Pudding Bowls and a healthy Minestrone Soup. Darren Purchase comes into the kitchen to share his cheeky White Chocolate Mousse and Raspberries.	AUSTRALIA	English-100		G	
2025-01-16	1800	<b>Rick Stein's French Odyssey</b>	Beziers To Sete	Rick is in his element when he arrives at Lake Thau because the dishes he prepares and devours are predominantly seafood. When he arrives in the fishing town of Sète on Bastille Day, celebrations are in full swing, with water jousting and fireworks all part of the fun. Rick cooks seafood ragout, using produce fresh from the fishing boats. He also discovers the joys of the local wine, a bargain at less than one Euro a litre.	UNITED KINGDOM	English-100	RPT	G	
2025-01-16	1830	<b>Hugh's Three Good Things</b>	Pasta	On Hugh's Three Good Things, it's time to raid the store cupboard, as Hugh is joined by two top chefs with the aim of making great dishes - each only using three key ingredients.	UNITED KINGDOM	English-100	RPT	PG	
2025-01-16	1900	<b>The Cook Up With Adam Liaw</b>	Canape & Cocktail Party, The	Ditch the awkward small talk but savour the best canapes and cocktails, as The Cook Up throws a fancy night of Easy Entertaining with Chefs Rosheen Kaul and Aleksis Kalnins.	AUSTRALIA	English-100	RPT	G	Y
2025-01-16	1930	<b>Paul Hollywood Eats Japan</b>	Okinawa, Kyoto And Hiroshima	First he visits Japan's ancient capital Kyoto where, as well as trying his hand at being a Ninja, meat lover Paul attempts to enjoy tofu in its many forms. Then he moves on to Hiroshima. Whilst most of the world only knows this city as the place they dropped the first atomic bomb, these days the city has a growing reputation across Japan for its food.	UNITED KINGDOM	English-100		PG	a Y
2025-01-16	2030	<b>Jamie At Home</b>	Winter Veg	It may be November but the garden is still offering up some beautiful winter veg. Jamie explores what the garden has proffered and takes his finds to the kitchen to make a seasonal Winter Veg Coleslaw. More of the fabulous veg gets used for the Best Bubble & Squeak.	UNITED KINGDOM	English-100			
2025-01-16	2100	<b>Symon's Dinners Cooking Out</b>	Anything Butt Bland	Whether it's the wait or it's the taste, something about slow-cooked pork is phenomenal. Michael Symons takes the time to slow cook some tender pork butt steaks.	USA	English-100		G	



2025-01-16	2130	<b>Hairy Bikers Comfort Food</b>	Cosy Suppers	This episode the Bikers cook dishes perfect for cosy suppers - comfort straight from the oven, some for sharing every day, others for a special treat. There's a new take on classic steak and chips and a sticky gingerbread that's got to be the ultimate in comfort baking.	UNITED KINGDOM	English-100	RPT	G		
2025-01-16	2230	<b>The Cook Up With Adam Liaw</b>	Keep A Lid On It	Host Adam Liaw, ABC Radio Sydney host Simon Marnie and fashion designer and TV presenter Claudia Chan Shaw create dishes that are easy to store and keep a lid on.	AUSTRALIA	English-100	RPT	G		Y
2025-01-16	2300	<b>The Cook And The Chef</b>	Australia Now	Simon and Maggie reflect on the state of the Australian food scene in 2008 and prepare what they consider to be truly Australian meals. Maggie tells Simon about the amazing changes she's seen in her time as a cook and reminisces about the day in 1980 when she first got her hands on a bunch of fresh basil.	AUSTRALIA	English-100	RPT	G		
2025-01-16	2330	<b>Guillaume's Paris</b>	Ep 4	Chef Guillaume Brahimi enjoys the finer things in Paris life that can only be found in the 7th and 8th Arrondissements, including a visit to the iconic Jules Verne restaurant in the Eiffel Tower.	AUSTRALIA	English-100	RPT	G		Y Y
2025-01-16	2400	<b>Come Dine With Me UK</b>	Kent Day 3	It's night three in Kent, and doggy lover Karen hopes to scoop the 1000 pound prize with a British bulldog bonanza, with food inspired by her dogs, but has she cut it too close to the bone?	UNITED KINGDOM	English-100	RPT	PG		
2025-01-16	2430	<b>Paul Hollywood Eats Japan</b>	Okinawa, Kyoto And Hiroshima	First he visits Japan's ancient capital Kyoto where, as well as trying his hand at being a Ninja, meat lover Paul attempts to enjoy tofu in its many forms. Then he moves on to Hiroshima. Whilst most of the world only knows this city as the place they dropped the first atomic bomb, these days the city has a growing reputation across Japan for its food.	UNITED KINGDOM	English-100	RPT	PG	a	Y
2025-01-16	2530	<b>Jamie At Home</b>	Winter Veg	It may be November but the garden is still offering up some beautiful winter veg. Jamie explores what the garden has proffered and takes his finds to the kitchen to make a seasonal Winter Veg Coleslaw. More of the fabulous veg gets used for the Best Bubble & Squeak.	UNITED KINGDOM	English-100	RPT			
2025-01-16	2600	<b>Symon's Dinners Cooking Out</b>	Anything Butt Bland	Whether it's the wait or it's the taste, something about slow-cooked pork is phenomenal. Michael Symons takes the time to slow cook some tender pork butt steaks.	USA	English-100	RPT	G		
2025-01-16	2630	<b>Hairy Bikers Comfort Food</b>	Cosy Suppers	This episode the Bikers cook dishes perfect for cosy suppers - comfort straight from the oven, some for sharing every day, others for a special treat. There's a new take on classic steak and chips and a sticky gingerbread that's got to be the ultimate in comfort baking.	UNITED KINGDOM	English-100	RPT	G		
2025-01-16	2725	<b>Destination Flavour Fillers</b>	Episode 4	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y
2025-01-16	2730	<b>The Cook Up With Adam Liaw</b>	Keep A Lid On It	Host Adam Liaw, ABC Radio Sydney host Simon Marnie and fashion designer and TV presenter Claudia Chan Shaw create dishes that are easy to store and keep a lid on.	AUSTRALIA	English-100	RPT	G		Y
2025-01-16	2800	<b>The Cook And The Chef</b>	Australia Now	Simon and Maggie reflect on the state of the Australian food scene in 2008 and prepare what they consider to be truly Australian meals. Maggie tells Simon about the amazing changes she's seen in her time as a cook and reminisces about the day in 1980 when she first got her hands on a bunch of fresh basil.	AUSTRALIA	English-100	RPT	G		
2025-01-16	2830	<b>Guillaume's Paris</b>	Ep 4	Chef Guillaume Brahimi enjoys the finer things in Paris life that can only be found in the 7th and 8th Arrondissements, including a visit to the iconic Jules Verne restaurant in the Eiffel Tower.	AUSTRALIA	English-100	RPT	G		Y Y

2025-01-17	0500	David Rocco's Italia	Revival Of The Old Capital, Turin, The	The northern Italian city of Turin is known as one of the European epicentres for automobile manufacturing.	CANADA	English-100	RPT	PG	I	Y
2025-01-17	0530	My Market Kitchen	My Market Kitchen Series 4 Ep 30	On My Market Kitchen today Elena rolls up some Matcha Pistachio Bliss Balls, then Khanh shows us a tradition savoury pancake called Banh Xeo. Then we are joined by Adam from Wine Selectors with Elena cooking a Lamb dish, paired with gorgeous selection of wines.	AUSTRALIA	English-100	RPT	G		
2025-01-17	0600	Food Safari	USA	Maeve O'Meara discovers some of the vast range of flavours and dishes that can be found across the USA. Sydney chef George Francisco whips up his legendary Chesapeake Bay crab cakes with a spicy Cajun remoulade. Maeve then learns the secrets of the American barbecue from restaurateur Steve Johnson. And Californian expatriate John Boland shows Maeve how to make his renowned Californian fish tacos.	AUSTRALIA	English-100	RPT	G		Y
2025-01-17	0630	Mary Makes It Easy	Meatless Monday	Not every meal needs to have meat as the star. Whether its for health, the environment, or any other reason, lots of people are trying their hand at Meatless Mondays.	CANADA	English-100	RPT	G		
2025-01-17	0700	Pati's Mexican Table	Mezcal Trail, The	Pati takes a drive to a region in Oaxaca known for producing some of the best mezcal in all of Mexico. She meets the producer of a small family-run operation and learns how mezcal is made, from field to bottle. Back home, she has a mezcal-inspired get together with a few close friends and serves a bountiful Mexican steak salad and Oaxacan sours made with mezcal.	USA	English-100	RPT	G		Y
2025-01-17	0730	Simply Raymond Blanc	Little Pleasures Of Life, The	Why wait for grand occasions to share special food? After all, food is a pleasure of life, and Raymond is here to share some of his best recipes.	UNITED KINGDOM	English-100	RPT	G		
2025-01-17	0825	Bring A Plate	Rayan's Koosa Mahshi	Rayan shares his Syrian favorite, Kousa Mahshi, or stuffed zucchini and describes some special techniques to make the dish without it breaking apart.	AUSTRALIA	English-100	RPT	G		Y
2025-01-17	0830	Tom Kerridge's American Feast	Washington DC	Tom Kerridge hits America's capital, Washington DC, to hunt down the city's culinary treats. His first stop is Embassy Row on the one day of the year when the embassies' chefs get to show off their national cuisines to visitors.	UNITED KINGDOM	English-100	RPT	G		
2025-01-17	0900	Field To Feast	Chestnuts	Considered a tough nut to crack, Thanh explores how chestnuts are grown, cooked, and enjoyed, then demonstrates some of the best ways to cook this winter delight.	AUSTRALIA	English-100	RPT	G		
2025-01-17	0930	Everyday Gourmet With Justine Schofield	Episode 21	Justine shares a healthy alternative for your breakfast bowl with Chia Pudding Bowls and a healthy Minestrone Soup. Darren Purchase comes into the kitchen to share his cheeky White Chocolate Mousse and Raspberries.	AUSTRALIA	English-100	RPT	G		
2025-01-17	1000	Rick Stein's French Odyssey	Beziers To Sete	Rick is in his element when he arrives at Lake Thau because the dishes he prepares and devours are predominantly seafood. When he arrives in the fishing town of Sète on Bastille Day, celebrations are in full swing, with water jousting and fireworks all part of the fun. Rick cooks seafood ragout, using produce fresh from the fishing boats. He also discovers the joys of the local wine, a bargain at less than one Euro a litre.	UNITED KINGDOM	English-100	RPT	G		
2025-01-17	1030	Hugh's Three Good Things	Pasta	On Hugh's Three Good Things, it's time to raid the store cupboard, as Hugh is joined by two top chefs with the aim of making great dishes - each only using three key ingredients.	UNITED KINGDOM	English-100	RPT	PG		
2025-01-17	1100	The Cook Up With Adam Liaw	Canape & Cocktail Party, The	Ditch the awkward small talk but savour the best canapes and cocktails, as The Cook Up throws a fancy night of Easy Entertaining with Chefs Rosheen Kaul and Aleksis Kalnins.	AUSTRALIA	English-100	RPT	G		Y

2025-01-17	1130	Jamie At Home	Winter Veg	It may be November but the garden is still offering up some beautiful winter veg. Jamie explores what the garden has proffered and takes his finds to the kitchen to make a seasonal Winter Veg Coleslaw. More of the fabulous veg gets used for the Best Bubble & Squeak.	UNITED KINGDOM	English-100	RPT			
2025-01-17	1200	Symon's Dinners Cooking Out	Anything Butt Bland	Whether it's the wait or it's the taste, something about slow-cooked pork is phenomenal. Michael Symons takes the time to slow cook some tender pork butt steaks.	USA	English-100	RPT	G		
2025-01-17	1230	Come Dine With Me UK	Kent Day 4	It's the fourth day in Kent, and musician Amrick, who's been keeping his musical talents a secret, reveals all. He's also hoping to wow his guests with his traditional Indian cuisine.	UNITED KINGDOM	English-100	RPT	PG		
2025-01-17	1300	David Rocco's Italia	Genova The Gritty Port Town	Throughout history, Genova, home to Christopher Columbus, has always been known as a gritty port town, playing host to mariners with an open, edgy and transient lifestyle.	CANADA	English-100	RPT	PG	a d l s	Y
2025-01-17	1330	My Market Kitchen	My Market Kitchen Series 4 Ep 31	On this episode of My Market Kitchen Elena brings her friend Nicolette Stathopoulos who taught us her grandmother's Loukoumades recipe. Then Khanh takes us to Greece with a Mediterranean Squid Salad.	AUSTRALIA	English-100	RPT	G		
2025-01-17	1400	Food Safari	Jewish	Maeve O'Meara explores the delicious and complex world of Jewish food - full of age-old traditions and customs. She visits kosher butcher shops and fish shops in Melbourne and Sydney, with food preparation supervised by a rabbi. She samples sweet plaited bread challah and bagels, vibrant borscht (beetroot soup), and cholent - a slow-cooked dish of meat and pulses that is perfect as a Sabbath dish.	AUSTRALIA	English-100	RPT	G		Y
2025-01-17	1430	Mary Makes It Easy	Fast Food Fixes	Mary loves restaurant takeout. So, for these recipes she's delivering fast food flavours at home with dishes that are simple to make and even better to personalize as your own.	CANADA	English-100	RPT	G		Y
2025-01-17	1500	Pati's Mexican Table	From Pueblo To City	Pati spends a day with one of Oaxaca's best-known chefs and owner of Casa Oaxaca, Alex Ruiz. Alex takes Pati on a personal journey through his favorite market and family farm, showing her the Oaxaca that he knows and loves. In her kitchen, Pati creates some family friendly recipes inspired by her day with Alex and serves them to her son Juju.	USA	English-100	RPT	G		Y
2025-01-17	1530	Simply Raymond Blanc	Wine	Raymond often says 'a French man is never without his wine' - and true to his words, Raymond has dedicated this episode to his favourite tittle - wine. Raymond educates the nation that left-over wine from the night before can turn a dish into something spectacular.	UNITED KINGDOM	English-100	RPT	G		
2025-01-17	1625	Bring A Plate	Nimi's Poori-Chole	Nimi serves up her favorite vegetarian Punjabi dish, Poori-Chole. Even though some guests can't eat spicy food, Nimi shares how to enjoy the dish using yoghurt and pickles so everyone can enjoy it.	AUSTRALIA	English-100	RPT	G		Y
2025-01-17	1630	Tom Kerridge's American Feast	Florida Keys	Tom travels to the Florida Keys, where islanders are combining Caribbean flavours and American-style cooking to create a unique and tropical cuisine.	UNITED KINGDOM	English-100	RPT	PG	a w	
2025-01-17	1700	Field To Feast	Oranges	This beloved Australian citrus snack gets The Fruit Nerd treatment, as we discover Navel oranges in Mildura and how the Valencias grown in Barham are the perfect juicing orange.	AUSTRALIA	English-100		G		
2025-01-17	1730	Everyday Gourmet With Justine Schofield	Episode 22	Daniel Wilson shows us how to make a yummy Stir Fried Broccolini with Cashew Nut Red Curry, while Justine cooks up a BBQ Squid and Eggplant Salad and Teriyaki Duck with Easy Pickled Carrot.	AUSTRALIA	English-100		G		
2025-01-17	1800	Rick Stein's French Odyssey	Aigues Mort To Marseille	It's the last leg of Rick's culinary cruise through France, but the country still has plenty of delicious reasons not to hasten its end. Stopping off at the ancient, historic town of Aigues Mort, Rick finds its famous aromatic sea salt perfect for a recipe of roast local Black Sea bream and sweet, succulent tomatoes. Later, Rick has a rendezvous with fellow chef and close friend Simon Hopkinson and together they sample the perfect bouillabaisse – a fitting end to a memorable journey.	UNITED KINGDOM	English-100	RPT	PG		

2025-01-17	1830	<b>Hugh's Three Good Things</b>	Nuts	It's episode two of store cupboard week on Hugh's Three Good Things and Hugh is joined by River Cottage star chef, Tim Maddams.	UNITED KINGDOM	English-100	RPT	G		
2025-01-17	1900	<b>The Cook Up With Adam Liaw</b>	High Tea, The	It's Easy Entertaining with The Cook Up, and Adam is hosting a high tea with tennis player Priscilla Hon and Australia's queen of baking, Ann Reardon. Put the kettle on!	AUSTRALIA	English-100	RPT	G	Y	
2025-01-17	1930	<b>Andi Oliver's Fabulous Feasts</b>	Bridlington	Andi heads to the lobster capital of Europe, Bridlington, to convince young people to take up a job in fishing and create a feast to get the town excited about the lobster caught locally.	UNITED KINGDOM	English-100				
2025-01-17	2030	<b>A Cotswold Farm Shop</b>	Ep 2	English wine has been made in the Cotswolds since Roman times and the stunning Stroud based Woodchester Vineyard is keeping up this tradition with their range of white, red and rose wines.	UNITED KINGDOM	English-100	RPT	G		
2025-01-17	2130	<b>Hairy Bikers Comfort Food</b>	Spice It Up	Si and Dave cook dishes guaranteed to turn up the heat. They've a spicy new take on a family favourite with their Roasted Spiced Cauliflower Cheese and they take inspiration from the Caribbean with a plate of Jerk Pork Chops.	UNITED KINGDOM	English-100	RPT	G		
2025-01-17	2230	<b>The Cook Up With Adam Liaw</b>	Waste Not Want Not	Zero Waste warrior Sarah Wilson and Three Blue Ducks owner Mark LaBrooy join Adam in the Cook Up kitchen to create some dishes that use the whole ingredient.	AUSTRALIA	English-100	RPT	G	Y	
2025-01-17	2300	<b>The Cook And The Chef</b>	Italian Influence	From pasta to gelati, tomatoes to octopus - Italian migrants have contributed enormously to our Australian way of life. Maggie's love of Italian opera and food is well known and she reminisces about her childhood visits with her family to an Italian restaurant in Sydney where she fell in love with pasta.	AUSTRALIA	English-100	RPT	G		
2025-01-17	2330	<b>Guillaume's Paris</b>	Ep 5	Chef Guillaume Brahimi explores the 9th and 10th arrondissements of Paris to discover the locations for the best coffee and bread in the city, and he shows us how to make a decadent French classic - the onion soup. He also visits Opera Garnier, the most spectacular music venue in the city, which happened to inspire a famous Paris dessert.	AUSTRALIA	English-100	RPT	PG	I	Y
2025-01-17	2400	<b>Come Dine With Me UK</b>	Kent Day 4	It's the fourth day in Kent, and musician Amrick, who's been keeping his musical talents a secret, reveals all. He's also hoping to wow his guests with his traditional Indian cuisine.	UNITED KINGDOM	English-100	RPT	PG		
2025-01-17	2430	<b>Andi Oliver's Fabulous Feasts</b>	Bridlington	Andi heads to the lobster capital of Europe, Bridlington, to convince young people to take up a job in fishing and create a feast to get the town excited about the lobster caught locally.	UNITED KINGDOM	English-100	RPT			
2025-01-17	2530	<b>A Cotswold Farm Shop</b>	Ep 2	English wine has been made in the Cotswolds since Roman times and the stunning Stroud based Woodchester Vineyard is keeping up this tradition with their range of white, red and rose wines.	UNITED KINGDOM	English-100	RPT	G		
2025-01-17	2625	<b>Destination Flavour Singapore Bitesize</b>	Fish Head Curry	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	PG	Y	
2025-01-17	2630	<b>Hairy Bikers Comfort Food</b>	Spice It Up	Si and Dave cook dishes guaranteed to turn up the heat. They've a spicy new take on a family favourite with their Roasted Spiced Cauliflower Cheese and they take inspiration from the Caribbean with a plate of Jerk Pork Chops.	UNITED KINGDOM	English-100	RPT	G		
2025-01-17	2725	<b>Destination Flavour Fillers</b>	Episode 5	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y	

2025-01-17	2730	<b>The Cook Up With Adam Liaw</b>	Waste Not Want Not	Zero Waste warrior Sarah Wilson and Three Blue Ducks owner Mark LaBrooy join Adam in the Cook Up kitchen to create some dishes that use the whole ingredient.	AUSTRALIA	English-100	RPT	G		Y
2025-01-17	2800	<b>The Cook And The Chef</b>	Italian Influence	From pasta to gelati, tomatoes to octopus - Italian migrants have contributed enormously to our Australian way of life. Maggie's love of Italian opera and food is well known and she reminisces about her childhood visits with her family to an Italian restaurant in Sydney where she fell in love with pasta.	AUSTRALIA	English-100	RPT	G		
2025-01-17	2830	<b>Guillaume's Paris</b>	Ep 5	Chef Guillaume Brahimi explores the 9th and 10th arrondissements of Paris to discover the locations for the best coffee and bread in the city, and he shows us how to make a decadent French classic - the onion soup. He also visits Opera Garnier, the most spectacular music venue in the city, which happened to inspire a famous Paris dessert.	AUSTRALIA	English-100	RPT	PG	I	Y
2025-01-18	0500	<b>David Rocco's Italia</b>	Genova The Gritty Port Town	Throughout history, Genova, home to Christopher Columbus, has always been known as a gritty port town, playing host to mariners with an open, edgy and transient lifestyle.	CANADA	English-100	RPT	PG	a d l s	Y
2025-01-18	0530	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 31	On this episode of My Market Kitchen Elena brings her friend Nicolette Stathopoulos who taught us her grandmother's Loukoumades recipe. Then Khanh takes us to Greece with a Mediterranean Squid Salad.	AUSTRALIA	English-100	RPT	G		
2025-01-18	0600	<b>Food Safari</b>	Jewish	Maeve O'Meara explores the delicious and complex world of Jewish food - full of age-old traditions and customs. She visits kosher butcher shops and fish shops in Melbourne and Sydney, with food preparation supervised by a rabbi. She samples sweet plaited bread challah and bagels, vibrant borscht (beetroot soup), and cholent - a slow-cooked dish of meat and pulses that is perfect as a Sabbath dish.	AUSTRALIA	English-100	RPT	G		Y
2025-01-18	0630	<b>Mary Makes It Easy</b>	Fast Food Fixes	Mary loves restaurant takeout. So, for these recipes she's delivering fast food flavours at home with dishes that are simple to make and even better to personalize as your own.	CANADA	English-100	RPT	G		Y
2025-01-18	0700	<b>Pati's Mexican Table</b>	From Pueblo To City	Pati spends a day with one of Oaxaca's best-known chefs and owner of Casa Oaxaca, Alex Ruiz. Alex takes Pati on a personal journey through his favorite market and family farm, showing her the Oaxaca that he knows and loves. In her kitchen, Pati creates some family friendly recipes inspired by her day with Alex and serves them to her son Juju.	USA	English-100	RPT	G		Y
2025-01-18	0730	<b>Simply Raymond Blanc</b>	Wine	Raymond often says 'a French man is never without his wine' - and true to his words, Raymond has dedicated this episode to his favourite tittle - wine. Raymond educates the nation that left-over wine from the night before can turn a dish into something spectacular.	UNITED KINGDOM	English-100	RPT	G		
2025-01-18	0825	<b>Bring A Plate</b>	Nimi's Poori-Chole	Nimi serves up her favorite vegetarian Punjabi dish, Poori-Chole. Even though some guests can't eat spicy food, Nimi shares how to enjoy the dish using yoghurt and pickles so everyone can enjoy it.	AUSTRALIA	English-100	RPT	G		Y
2025-01-18	0830	<b>Tom Kerridge's American Feast</b>	Florida Keys	Tom travels to the Florida Keys, where islanders are combining Caribbean flavours and American-style cooking to create a unique and tropical cuisine.	UNITED KINGDOM	English-100	RPT	PG	a w	
2025-01-18	0900	<b>Field To Feast</b>	Oranges	This beloved Australian citrus snack gets The Fruit Nerd treatment, as we discover Navel oranges in Mildura and how the Valencias grown in Barham are the perfect juicing orange.	AUSTRALIA	English-100	RPT	G		
2025-01-18	0930	<b>Everyday Gourmet With Justine Schofield</b>	Episode 22	Daniel Wilson shows us how to make a yummy Stir Fried Broccolini with Cashew Nut Red Curry, while Justine cooks up a BBQ Squid and Eggplant Salad and Teriyaki Duck with Easy Pickled Carrot.	AUSTRALIA	English-100	RPT	G		
2025-01-18	1000	<b>Rick Stein's French Odyssey</b>	Aigues Mort To Marseille	It's the last leg of Rick's culinary cruise through France, but the country still has plenty of delicious reasons not to hasten its end. Stopping off at the ancient, historic town of Aigues Mort, Rick finds its famous aromatic sea salt perfect for a recipe of roast local Black Sea bream and sweet, succulent tomatoes. Later, Rick has a rendezvous with fellow chef and close friend Simon Hopkinson and together they sample the perfect bouillabaisse – a fitting end to a memorable journey.	UNITED KINGDOM	English-100	RPT	PG		

2025-01-18	1030	<b>Hugh's Three Good Things</b>	Nuts	It's episode two of store cupboard week on Hugh's Three Good Things and Hugh is joined by River Cottage star chef, Tim Maddams.	UNITED KINGDOM	English-100	RPT	G			
2025-01-18	1100	<b>The Cook Up With Adam Liaw</b>	High Tea, The	It's Easy Entertaining with The Cook Up, and Adam is hosting a high tea with tennis player Priscilla Hon and Australia's queen of baking, Ann Reardon. Put the kettle on!	AUSTRALIA	English-100	RPT	G		Y	
2025-01-18	1130	<b>A Cotswold Farm Shop</b>	Ep 2	English wine has been made in the Cotswolds since Roman times and the stunning Stroud based Woodchester Vineyard is keeping up this tradition with their range of white, red and rose wines.	UNITED KINGDOM	English-100	RPT	G			
2025-01-18	1225	<b>Destination Flavour Singapore Bitesize</b>	Fish Head Curry	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	PG		Y	
2025-01-18	1230	<b>Simply Raymond Blanc</b>	Wine	Raymond often says 'a French man is never without his wine' - and true to his words, Raymond has dedicated this episode to his favourite tittle - wine. Raymond educates the nation that left-over wine from the night before can turn a dish into something spectacular.	UNITED KINGDOM	English-100	RPT	G			
2025-01-18	1325	<b>Destination Flavour China Bitesize</b>	Black Sesame Tangyuan	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G		Y	Y
2025-01-18	1330	<b>Tom Kerridge's American Feast</b>	Florida Keys	Tom travels to the Florida Keys, where islanders are combining Caribbean flavours and American-style cooking to create a unique and tropical cuisine.	UNITED KINGDOM	English-100	RPT	PG	a w		
2025-01-18	1400	<b>Field To Feast</b>	Oranges	This beloved Australian citrus snack gets The Fruit Nerd treatment, as we discover Navel oranges in Mildura and how the Valencias grown in Barham are the perfect juicing orange.	AUSTRALIA	English-100	RPT	G			
2025-01-18	1430	<b>Heston's Feasts</b>	Victorian	In this first episode, Heston cooks up extreme edibles inspired by the Victorians for his celebrity guests Jemma Redgrave, Dawn Porter, Rageh Omaar, Richard Bacon, Toby Young, and Kathy Lette. On the menu are insects, a hallucinogenic jelly, and a crazy concoction straight from the pages of Alice in Wonderland.	UNITED KINGDOM	English-100	RPT	PG	a s w	Y	Y
2025-01-18	1525	<b>Taste The Philippines With Yasmin Newman</b>	Longanisa Sausage Roll With John Rivera	John Rivera, Chef de partie and founder of Melbourne's Filipino ice cream chain Kariton Sorbetes, shares his recipe for Filipino-inspired sausage rolls with banana ketchup.	AUSTRALIA	English-100	RPT	G			
2025-01-18	1530	<b>Heston's Feasts</b>	Medieval	Michelin three-starred chef Heston Blumenthal creates an extraordinary feast inspired by the remarkable food of the Medieval age. This was a time when food was all about trickery and illusion, and Heston's celebrity diners are certainly in for a meal they'll never forget. On the menu - a bowl of fruit that is actually made from meat, a dessert where the table becomes edible, and four and twenty blackbirds baked in a pie.	UNITED KINGDOM	English-100	RPT	PG		Y	Y
2025-01-18	1625	<b>Destination Flavour Singapore Bitesize</b>	Fish Head Curry	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	PG		Y	
2025-01-18	1630	<b>Jack Stein: Inside The Box</b>	Rotterdam	The only dessert of the series, Jack finds himself coerced into turning 'spotted dick' untraditionally alcoholic, with a side of over-traditional 18th century 'brown bread' ice-cream.	AUSTRALIA	English-100	RPT	PG			

2025-01-18	1700	<b>The Chocolate Queen</b>	Chocolate Queen Series 3 Ep, The 3	Start the day right with Kirsten's hot chocolate cubes and a fruity chocolate babka. Next on the menu is a luscious strawberry cream trifle and a tasty white chocolate peanut parfait.	AUSTRALIA	English-100	RPT	G		
2025-01-18	1730	<b>Lorraine Pascale: Be A Better Cook</b>	Sally Mack	With plenty of deceptively easy recipes and fantastic tips, Lorraine Pascale shows people with no kitchen confidence how to pull off an impressive meal for friends and family.	UNITED KINGDOM	English-100		G		
2025-01-18	1800	<b>Pati's Mexican Table</b>	Magic Of Mata Ortiz, The	Pati visits the village of Mata Ortiz to learn about the exquisite pottery it's known for.	USA	English-100		G		Y
2025-01-18	1830	<b>Jimmy Doherty's New Zealand Escape</b>	Ep 3	Jimmy harvests sea clams with local fisherman who invented an extraordinary method of farming, then heads to Blenheim's wine country and Wairau Valley as 'Key puta te Wairau'.	NEW ZEALAND	English-100	RPT	PG	a w	
2025-01-18	1930	<b>Billy And Dom Eat The World</b>	Scotland	Billy takes Dom to his northern homeland of Scotland to see a very different side of Britain.	UNITED KINGDOM	English-100				
2025-01-18	2030	<b>Rick Stein: From Venice to Istanbul</b>	Albania	Rick Stein continues his Byzantine odyssey through Croatia and savours the famous native oysters of Ston. He then crosses the border to Albania, a country loved by Lord Byron. Together with his son Jack, they travel through a land that time forgot visiting shepherds in remote mountain expanses and meeting the country's groundbreaking chefs. In his own kitchen on the Greek island of Syri, Rick cooks traditional Albanian dishes like Lepur comlek and tave kosi.	UNITED KINGDOM	English-100	RPT	PG	a w	
2025-01-18	2140	<b>Anthony Bourdain: Parts Unknown</b>	Paraguay	For most people, Paraguay is an empty space on the map of Latin America. In this country of only six million people, a vast percentage of the land is steaming hot jungle or a huge scrub desert known simply as The Chaco. Only a few large cities offer a respite from the oppressive heat. Landlocked, isolated and mysterious, this is one of the least known nations in the world.	USA	English-100	RPT	PG	a w	Y
2025-01-18	2230	<b>Eater's Guide To The World Series</b>	Cultural Crossroads In Casablanca	No cool friend would let you skip Casablanca while on a trip to Morocco. This can't-miss port city boasts snails, traditional pastilla, and unreal tagine-you've gotta taste it all.	USA	English-100				Y
2025-01-18	2300	<b>Bizarre Foods: Delicious Destinations</b>	Queens	Andrew visits NYC specifically to scope out Queens' multicultural gastronomy. From hand-ripped noodles to spicy Thai stir-fries, grilled Greek octopus to icons like pastrami on rye, Queens is an abundance of edible diversity.	USA	English-100	RPT	G		Y
2025-01-18	2330	<b>Heston's Feasts</b>	Victorian	In this first episode, Heston cooks up extreme edibles inspired by the Victorians for his celebrity guests Jemma Redgrave, Dawn Porter, Rageh Omaar, Richard Bacon, Toby Young, and Kathy Lette. On the menu are insects, a hallucinogenic jelly, and a crazy concoction straight from the pages of Alice in Wonderland.	UNITED KINGDOM	English-100	RPT	PG	a s w	Y Y
2025-01-18	2425	<b>Destination Flavour Singapore Bitesize</b>	Fish Head Curry	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	PG		Y
2025-01-18	2430	<b>Heston's Feasts</b>	Medieval	Michelin three-starred chef Heston Blumenthal creates an extraordinary feast inspired by the remarkable food of the Medieval age. This was a time when food was all about trickery and illusion, and Heston's celebrity diners are certainly in for a meal they'll never forget. On the menu - a bowl of fruit that is actually made from meat, a dessert where the table becomes edible, and four and twenty blackbirds baked in a pie.	UNITED KINGDOM	English-100	RPT	PG		Y Y
2025-01-18	2525	<b>Destination Flavour China Bitesize</b>	Black Sesame Tangyuan	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G		Y Y

2025-01-18	2530	<b>Jack Stein: Inside The Box</b>	Rotterdam	The only dessert of the series, Jack finds himself coerced into turning 'spotted dick' untraditionally alcoholic, with a side of over-traditional 18th century 'brown bread' ice-cream.	AUSTRALIA	English-100	RPT	PG		
2025-01-18	2600	<b>The Chocolate Queen</b>	Chocolate Queen Series 3 Ep, The 3	Start the day right with Kirsten's hot chocolate cubes and a fruity chocolate babka. Next on the menu is a luscious strawberry cream trifle and a tasty white chocolate peanut parfait.	AUSTRALIA	English-100	RPT	G		
2025-01-18	2630	<b>Jimmy Doherty's New Zealand Escape</b>	Ep 3	Jimmy harvests sea clams with local fisherman who invented an extraordinary method of farming, then heads to Blenheim's wine country and Wairau Valley as 'Key puta te Wairau'.	NEW ZEALAND	English-100	RPT	PG	a w	
2025-01-18	2725	<b>Destination Flavour Fillers</b>	Episode 6	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y Y
2025-01-18	2730	<b>Anthony Bourdain: Parts Unknown</b>	Paraguay	For most people, Paraguay is an empty space on the map of Latin America. In this country of only six million people, a vast percentage of the land is steaming hot jungle or a huge scrub desert known simply as The Chaco. Only a few large cities offer a respite from the oppressive heat. Landlocked, isolated and mysterious, this is one of the least known nations in the world.	USA	English-100	RPT	PG	a w	Y
2025-01-18	2825	<b>Taste The Philippines With Yasmin Newman</b>	Longanisa Sausage Roll With John Rivera	John Rivera, Chef de partie and founder of Melbourne's Filipino ice cream chain Kariton Sorbetes, shares his recipe for Filipino-inspired sausage rolls with banana ketchup.	AUSTRALIA	English-100	RPT	G		
2025-01-18	2830	<b>Lorraine Pascale: Be A Better Cook</b>	Sally Mack	With plenty of deceptively easy recipes and fantastic tips, Lorraine Pascale shows people with no kitchen confidence how to pull off an impressive meal for friends and family.	UNITED KINGDOM	English-100	RPT	G		