



WEEK 3: Sunday, 14 January- Saturday, 20 January 2024 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-01-14	0500	Mystery Diners	Backdoor Bootlegging	Rick, the owner of Weiland Brewery in Los Angeles, contacts Charles after noticing discrepancies in his beer supply. Brianna and Jamie and discover a large-scale bootlegging operation is taking place.	USA	English-100		PG			Y
2024-01-14	0530	Ainsley's Fantastic Flavours	Spicy	Ainsley explores how spices can work wonders in our food. He begins with a dish perfect for brunch with his ras el hanout shakshuka, while fellow chef Thuy Pham prepares her dish, chicken pho.	UNITED KINGDOM	English-100		G			
2024-01-14	0625	Please Eat Slowly Bitesize	Hand-Pulled Noodles	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100		G			
2024-01-14	0630	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 8	After a merry visit to a maker of botanical spirits, Rick adds a cheeky nip to his version of the Platinum Pud, the official pudding of our late Queen's Jubilee.	UNITED KINGDOM	English-100		G			
2024-01-14	0700	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 9	Rick's idea of bliss is to spend an afternoon gutting a freshly caught fish, then using it to make a dish of steamed seabass with garlic, ginger and spring onions.	UNITED KINGDOM	English-100		PG			
2024-01-14	0730	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 1	In over a year, Paul's farm has grown from a hobby farm into a serious small holder, but without proper infrastructure, he needs to plan for the future.	UNITED KINGDOM	English-100	RPT	PG		Y	
2024-01-14	0830	Remarkable Places To Eat	Marrakech	TV chef Andi Oliver takes Fred to Marrakesh to enjoy lamb and couscous at a legendary restaurant, chicken tagine for under \$20, and breakfast on a spectacular roof terrace.	UNITED KINGDOM	English-100		G			Y
2024-01-14	0935	Remarkable Places To Eat	Vienna	Food writer Rachel Khoo takes Fred to Vienna to experience exquisite coffee and cake, comforting dumplings, and mangalitza pork schnitzel from a trailblazing chef.	UNITED KINGDOM	English-100		G			Y
2024-01-14	1040	Homegrown Tastes South Africa	Mpumalanga	Lorna ventures to Dullstroom to track down the freshest trout, with a spot of flyfishing along the way. She is joined by travel blogger and Mpumalanga local Dineo Maduna.	UNITED KINGDOM	English-100		PG	a w		Y
2024-01-14	1140	John Torode's Ireland	Kinsale And Dingle On The Wild Atlantic Way	Just outside Cork, John goes to the pretty little seaside village of Kinsale. Local restaurateur Martin Shanhan shows John round the town and it's brightly coloured houses and restaurants and cafes.	UNITED KINGDOM	English-100		G			
2024-01-14	1235	Ainsley's Fantastic Flavours	Spicy	Ainsley explores how spices can work wonders in our food. He begins with a dish perfect for brunch with his ras el hanout shakshuka, while fellow chef Thuy Pham prepares her dish, chicken pho.	UNITED KINGDOM	English-100		G			
2024-01-14	1330	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 8	After a merry visit to a maker of botanical spirits, Rick adds a cheeky nip to his version of the Platinum Pud, the official pudding of our late Queen's Jubilee.	UNITED KINGDOM	English-100		G			

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2024-01-14	1630	Food Chain: From Source To Table	Wake Up Call Diet	Chef Ming Tan investigates how diets are linked to the origin of viruses - and how they make us more susceptible to them.	SINGAPORE	English-100		PG	a l w	Y
2024-01-14	1725	Cook Up With Adam Liaw Bitesize	Pouding Chomeur	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2024-01-14	1730	Paul Hollywood: A Baker's Life	Pork Pie, Donuts & Danish Pastries	Paul Hollywood looks back at his days as an apprentice baker in his dad's bakeries and takes us back to the exclusive hotels that gave him his big breaks.	UNITED KINGDOM	English-100		G		
2024-01-14	1800	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 2	Paula will be cooking on the terrace, serving up locally-caught langoustines on a potato and smoked dulce wafer with pickled carrot.	UNITED KINGDOM	English-100		G		
2024-01-14	1830	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 1 Ep 1	Top chef Michel Roux cooks four of his favourite dishes while holidaying in the South of France. He'll be sourcing ingredients from local producers.	UNITED KINGDOM	English-100		G		Y
2024-01-14	1925	Please Eat Slowly Bitesize	Steamed Whole Fish	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100		G		
2024-01-14	1930	James Martin's French Adventure	Normandy	Normandy is dotted with reminders of our recent past. It's also peppered with orchards and dairy farms. James sets up his mobile kitchen in one of the many Calvados orchards in the area.	UNITED KINGDOM	English-100		G		Y
2024-01-14	2030	Secret World Of Snacks: Sweets	Sweets	Jo peeks behind the world of sweets and unpacks the historic rivalry between Rowntree's and Basset's, before the market gave way to a bitter battle after the arrival of Mars and Haribo.	UNITED KINGDOM	English-100	RPT	G		Y Y
2024-01-14	2130	Anthony Bourdain: No Reservations	Into The Fire New York	Anthony Bourdain accepts the challenge to return to Les Halles to work his old Tuesday double shift.	USA	English-100		PG		
2024-01-14	2225	Cook Up With Adam Liaw Bitesize	Pouding Chomeur	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2024-01-14	2230	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 2	There's trouble on Paul's farm and his goats go missing. He's questioning Bessie's future and needs to find out if she's pregnant. It's time to turn the winter veggie patch into his first cash crop.	UNITED KINGDOM	English-100	RPT	PG		Y
2024-01-14	2330	Mystery Diners	Extracurricular Activities	Charles has Eliot and Domenica enrol as students at The Real Food Academy in Miami Shores, Florida. The Diners soon discover the classroom is being used for personal business by the instructors,	USA	English-100		PG		Y

2024-01-14	2400	Mystery Diners	Hamburger Burglar	Fearing their award-winning burger recipe is being given away, the owners of the Latin House in Miami, Florida, contact Charles. He sends in Jamie and Estefanie to search for any moles.	USA	English-100		PG			Y
2024-01-14	2430	Secret World Of Snacks: Sweets	Sweets	Jo peeks behind the world of sweets and unpacks the historic rivalry between Rowntree's and Bassetts', before the market gave way to a bitter battle after the arrival of Mars and Haribo.	UNITED KINGDOM	English-100	RPT	G		Y	Y
2024-01-14	2525	Please Eat Slowly Bitesize	Steamed Whole Fish	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100		G			
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2024-01-14	2625	Destination Flavour Singapore Bitesize	Hainanese Chicken	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		Y	
2024-01-14	2630	Paul Hollywood: A Baker's Life	Pork Pie, Donuts & Danish Pastries	Paul Hollywood looks back at his days as an apprentice baker in his dad's bakeries and takes us back to the exclusive hotels that gave him his big breaks.	UNITED KINGDOM	English-100		G			
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2024-01-14	2825	Cook Up With Adam Liaw Bitesize	Pouding Chomeur	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y	
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2024-01-15	0830	James Martin's French Adventure	Normandy	Normandy is dotted with reminders of our recent past. It's also peppered with orchards and dairy farms. James sets up his mobile kitchen in one of the many Calvados orchards in the area.	UNITED KINGDOM	English-100		G		Y	
2024-01-15	0925	Destination Flavour Singapore Bitesize	Hainanese Chicken	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		Y	
2024-01-15	0930	Secret World Of Snacks: Sweets	Sweets	Jo peeks behind the world of sweets and unpacks the historic rivalry between Rowntree's and Basset's, before the market gave way to a bitter battle after the arrival of Mars and Haribo.	UNITED KINGDOM	English-100	RPT	G		Y	Y
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2024-01-15	1130	Mystery Diners	Extracurricular Activities	Charles has Eliot and Domenica enrol as students at The Real Food Academy in Miami Shores, Florida. The Diners soon discover the classroom is being used for personal business by the instructors,	USA	English-100		PG			Y
2024-01-15	1200	Mystery Diners	Hamburger Burglar	Fearing their award-winning burger recipe is being given away, the owners of the Latin House in Miami, Florida, contact Charles. He sends in Jamie and Estefanie to search for any moles.	USA	English-100		PG			Y
2024-01-15	1230	Paul Hollywood: A Baker's Life	Pork Pie, Donuts & Danish Pastries	Paul Hollywood looks back at his days as an apprentice baker in his dad's bakeries and takes us back to the exclusive hotels that gave him his big breaks.	UNITED KINGDOM	English-100		G			
2024-01-15	1300	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 6	Luke travels to Cambodia's bustling capital city, Phnom Penh, where he finds some unusual treats to eat, including a local delicacy, deep-fried tarantulas.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-01-15	1330	Flour Power	Cyrenians	In this episode we're at the Cyrenians in Edinburgh. The Cyrenians is a charity who look after people at risk of homelessness, offering support to help them turn their lives around.	UNITED KINGDOM	English-100		PG			
2024-01-15	1400	My Greek Table With Diane Kochilas	Pie Heaven	Diane visits the mountain enclave of a traditional shepherding family in Epirus and makes a feta cheese pie with layers of crisp homemade pastry that is baked the way it's been done for centuries.	USA	English-50; Greek-50		G			Y
2024-01-15	1430	United Plates Of America	Washington DC	Washington is more than the power lunch and politics. There is a thriving social food food scene here. We eat the food and meet the people.	USA	English-100		PG	a		
2024-01-15	1500	United Plates Of America	Jersey City	Hoboken was considered a 'Little Italy' with Italian blue collar workers making a home and community for themselves. 84% of Italian immigrants to the US are from Southern Italy and Sicily.	USA	English-100		G			

2024-01-15	1530	Top Chef	It'll Take More Than Pot Luck	Chefs enter the kitchen in Denver and are put to work, tasked with making a pot luck dish. They then prepare their take on a meat and potatoes dish for a block party.	USA	English-100		PG	I		Y	
2024-01-15	1625	Cook Up With Adam Liaw Bitesize	Lemongrass Pork Belly Rice	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G			Y	
2024-01-15	1630	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			G				
2024-01-15	1700	Everyday Gourmet With Justine Schofield	Ep 1	Justine jumps back into things with some beautiful ricotta dumplings and some delicious herb and shallot crepes while Lola Berry comes in to show you her zucchini chocolate chip mini-muffins.	AUSTRALIA	English-100		G				
2024-01-15	1730	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 1	Rick Stein launches his new series about his home county of Cornwall with a trip back in time to his early days running a nightclub in Padstow.	UNITED KINGDOM	English-100		PG	a			
2024-01-15	1800	Food Safari Earth	Tropic And Exotic	Maeve O'Meara explores the delicious world of tropical fruits and vegetables with recipes from Asia, the Pacific and South America.	AUSTRALIA	English-100	RPT	G			Y	
2024-01-15	1830	Lidia's Kitchen	Eggs And My Chickens	As a child, Lidia's courtyard was home to several animals. She recollects those memories and creates a medley of ingredients for chopped salad, chicken cacciatore, and potato egg frico.	USA	English-100						
2024-01-15	1900	The Cook Up With Adam Liaw	Favourite Books	Adam and guests TV Presenter Julia Zemiro and chef Morgan McGlone whip up some delicious dishes in the Cook Up kitchen inspired by their favourite books.	AUSTRALIA	English-100	RPT	G			Y	
2024-01-15	1930	Shane Delia's Spice Journey	Shane Delia's Spice Journey Series 1 Episode 9	Shane travels from Isfahan, the ancient capital of Persia to Tehran, capital of contemporary Iran. From the ancient city of minarets, palaces and mosques to funky teahouses of the city.	AUSTRALIA	English-100	RPT	G			Y	Y
2024-01-15	2000	Luke Nguyen's India	Pondicherry	Luke makes a quick pitstop in Kumbakonam to learn how to make chutneys at the esteemed veg restaurant. Then heads to the picturesque seaside town of Pondicherry and explores Goubert Market.	AUSTRALIA	English-95; Tamil-5		G				
2024-01-15	2030	Eva Longoria: Searching For Mexico	Jalisco	Today, Eva heads out West to the fertile lands of Jalisco. There's a saying that 'Jalisco is Mexico and Mexico is Jalisco', because so much of what is seen as typically 'Mexican' all originated here.	USA	English-50; Spanish-50	RPT	PG	a w		Y	Y
2024-01-15	2125	Destination Flavour China Bitesize	Shanghai Style Wonton Soup	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.							Y	
2024-01-15	2130	Come Dine With Me	South London A 4	The competition is in South London, where our host for night four is super organised Nesha. She is determined to impress with her authentic Jamaican Cuisine and a classy but sexy dress code.	UNITED KINGDOM	English-100		PG				
2024-01-15	2200	Come Dine With Me	South London A 5	It's the last night of the fun and games in South London and events manager Rory's turn to host with an Asian themed menu and a glam it up dress code.	UNITED KINGDOM	English-100		PG				
2024-01-15	2230	The Cook Up With Adam Liaw	Chicken Breast	Every Night of the Week's Lucy Tweed and owner of Woodcut restaurant, Ross Lusted, cook dishes with host Adam Liaw in The Cook Up kitchen, using a favourite ingredient - chicken breast.	AUSTRALIA	English-100	RPT	G			Y	

2024-01-15	2300	Bizarre Foods: Delicious Destinations	Delhi	From tandoori chicken to goat kebabs and samosas to deep-fried dough balls, Andrew Zimmern finds that Delhi's iconic cuisine succeeds in unifying the 24 million people in this vibrant metropolis.	USA	English-100		G				Y
2024-01-15	2330	The Cook And The Chef	Eat Local	One thing Maggie and Simon are unanimous on is that there is nothing quite like the satisfaction of cooking with something you have grown in your own garden.	AUSTRALIA	English-100		G				
2024-01-15	2400	Mystery Diners	Unhappy Hour	Charles sends in Patrick and Tina to see how uninvited guests are gaining access to a free happy hour at Moreno's Cuba Cafe in Miami Beach, Florida.	USA	English-100		PG				Y
2024-01-15	2430	Shane Delia's Spice Journey	Shane Delia's Spice Journey Series 1 Episode 9	Shane travels from Isfahan, the ancient capital of Persia to Tehran, capital of contemporary Iran. From the ancient city of minarets, palaces and mosques to funky teahouses of the city.	AUSTRALIA	English-100	RPT	G			Y	Y
2024-01-15	2500	Luke Nguyen's India	Pondicherry	Luke makes a quick pitstop in Kumbakonam to learn how to make chutneys at the esteemed veg restaurant. Then heads to the picturesque seaside town of Pondicherry and explores Goubert Market.	AUSTRALIA	English-95; Tamil-5		G				
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2024-01-15	2625	Destination Flavour China Bitesize	Shanghai Style Wonton Soup	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.			RPT	G			Y	
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2024-01-15	2800	Bizarre Foods: Delicious Destinations	Delhi	From tandoori chicken to goat kebabs and samosas to deep-fried dough balls, Andrew Zimmern finds that Delhi's iconic cuisine succeeds in unifying the 24 million people in this vibrant metropolis.	USA	English-100		G				Y
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2024-01-16	0530	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 6	Luke travels to Cambodia's bustling capital city, Phnom Penh, where he finds some unusual treats to eat, including a local delicacy, deep-fried tarantulas.	AUSTRALIA	English-100	RPT	G			Y	Y
2024-01-16	0600	Flour Power	Cyrenians	In this episode we're at the Cyrenians in Edinburgh. The Cyrenians is a charity who look after people at risk of homelessness, offering support to help them turn their lives around.	UNITED KINGDOM	English-100		PG				

2024-01-16	1400	My Greek Table With Diane Kochilas	Everyday Superfoods	Diane invites a well-known dietician into her kitchen and together they prepare a deliciously healthy meal that is brimming with Greek superfoods. On the menu: a Spiced Carrot Soup Three Ways.	USA	English-50; Greek-50	G		
2024-01-16	1430	United Plates Of America	Santa Fe	The City Different, as Santa Fe is lovingly referred, has inspired the words of Willa Cather, the brushstrokes of Georgia O'Keeffe and the design sketches of Tom Ford.	USA	English-100	G		
2024-01-16	1500	United Plates Of America	Salt Lake City	Nestled between beautiful mountains and an expansive lake, rests the busiest cities in Utah. Today, we visit with a few chefs who are each pioneering different flavors around the city.	USA	English-100	PG		
2024-01-16	1530	Top Chef	Smile And Say Mise	In one of Top Chef's signature Quickfires, the chefs battle against each other in a relay. Acclaimed Chef Alex Seidel invites the group to his farm to learn about his take on farm-to-table cuisine.	USA	English-100	PG		Y
2024-01-16	1625	Cook Up With Adam Liaw Bitesize	Bacon And Egg Salad	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
2024-01-16	1630	My Market Kitchen	My Market Kitchen Series 4 Ep 32	Elena and Khanh are in the kitchen today whipping up a Pineapple Fried Rice that is jammed packed full of flavour. Then Khanh shows us how to make a Cheats prawn curry with Raita Yoghurt Naan.	AUSTRALIA		G		
2024-01-16	1700	Everyday Gourmet With Justine Schofield	Ep 2	Today Justine whips up her grilled saganaki and sweet potato salad and then shares a classic beef ravioli recipe.	AUSTRALIA	English-100	G		
2024-01-16	1730	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 2	Rick Stein travels to St Ives to tell us about one of Britain's little-known artists, Alfred Wallis. In the shadow of Bodmin Moor Rick visits a very rare collection of Medieval stained-glass windows.	UNITED KINGDOM	English-100	PG	a	
2024-01-16	1800	Food Safari Earth	Autumn	Maeve O'Meara explores the full bodied flavours of Autumn in culinary adventures that traverse the cuisines of the world.	AUSTRALIA	English-100	RPT	G	Y
2024-01-16	1830	Lidia's Kitchen	Trieste's International Flavors	The city of Trieste always filled Lidia with excitement. She cooks recipes inspired by her Zia Nina - mussels triestine, orange raspberry spritz, and a coffee panna cotta.	USA	English-100	PG	a w	
2024-01-16	1900	The Cook Up With Adam Liaw	Will It Blend?	The first winner of MasterChef Julie Goodwin and comedian extraordinaire Aaron Chen are in the Cook Up kitchen with Adam to whip up their favourite soup recipes.	AUSTRALIA	English-100	RPT	G	Y
2024-01-16	1930	Mary Berry Everyday	Ep 3	Mary opens her garden to host a village fete and shares her flair for turning easy dishes into spectacular crowd pleasers. She's visited by two brothers for a lesson in authentic Italian pizza making.	UNITED KINGDOM	English-100	G		
2024-01-16	2000	Nadiya's Spices Made Simple	Better Than A Takeaway	Nadiya serves up deliciously treaty meals to rival any takeaway, ones that are indulgent and barely take any effort - homemade pizza, spicy egg fried rice, curry, and kuffi ice cream biscuit bars.	UNITED KINGDOM	English-100	PG		
2024-01-16	2030	Selena + Chef	Selena + Candice Kumai	'Golden girl of wellness', Candice Kumai heats up Selena's kitchen with her Japanese grandmother's special spicy miso ramen recipe, infused with a health-forward California twist.	USA	English-100	PG		Y
2024-01-16	2100	Food Trail South Africa	Cape Coast	Warren continues on his food trail as he stops off the township of Khayelitsha, home to some inspiring micro-farming initiatives, before arriving at Grootbos Private Nature Reserve.	AUSTRALIA	English-100	G		

2024-01-16	2130	Come Dine With Me	South London B 1	This week's competition is in South London, where stylist Felicia is the first to host and she's treating her guests to a fashion and glam themed night, complete with red carpet catwalk.	UNITED KINGDOM	English-100		G		
2024-01-16	2200	Come Dine With Me	South London B 2	This week's competition is in South London and our second host is suave musician and poet Bernard, aka Be, who's hoping to impress his guests with a culinary trip around the globe.	UNITED KINGDOM	English-100		PG		
2024-01-16	2230	The Cook Up With Adam Liaw	Stir Fry	TV presenter Jessica Rowe and food writer Tristan Lutze are in The Cook Up kitchen as they create their ultimate stir fry dishes with host Adam Liaw.	AUSTRALIA	English-100	RPT	PG	I	Y
2024-01-16	2300	Bizarre Foods: Delicious Destinations	Goa	Andrew explores Goa on the western coast of India. From prawn curry and Portuguese chorizo to pork vindaloo, the seaside city's local cuisine is influenced by many different cultures.	USA	English-100		G		Y
2024-01-16	2330	The Cook And The Chef	Australia Again	Maggie and Simon look at the past, the present and the future of food in Australia. They create recipes using their favourite foods that are grown sustainably and locally sourced.	AUSTRALIA	English-100		G		
2024-01-16	2400	Mystery Diners	Missing Links	Charles discovers a bigger problem inside the dining room while investigating complaints about non-members playing for free at Emerald Hills Golf Course in Hollywood, Florida.	USA	English-100		PG		Y
2024-01-16	2430	Mary Berry Everyday	Ep 3	Mary opens her garden to host a village fete and shares her flair for turning easy dishes into spectacular crowd pleasers. She's visited by two brothers for a lesson in authentic Italian pizza making.	UNITED KINGDOM	English-100		G		
2024-01-16	2500	Nadiya's Spices Made Simple	Better Than A Takeaway	Nadiya serves up deliciously treaty meals to rival any takeaway, ones that are indulgent and barely take any effort - homemade pizza, spicy egg fried rice, curry, and kuffi ice cream biscuit bars.	UNITED KINGDOM	English-100		PG		
2024-01-16	2530	Selena + Chef	Selena + Candice Kumai	'Golden girl of wellness', Candice Kumai heats up Selena's kitchen with her Japanese grandmother's special spicy miso ramen recipe, infused with a health-forward California twist.	USA	English-100		PG		Y
2024-01-16	2600	Food Trail South Africa	Cape Coast	Warren continues on his food trail as he stops off the township of Khayelitsha, home to some inspiring micro-farming initiatives, before arriving at Grootbos Private Nature Reserve.	AUSTRALIA	English-100		G		
2024-01-16	2630	Come Dine With Me	South London B 1	This week's competition is in South London, where stylist Felicia is the first to host and she's treating her guests to a fashion and glam themed night, complete with red carpet catwalk.	UNITED KINGDOM	English-100		G		
2024-01-16	2700	Come Dine With Me	South London B 2	This week's competition is in South London and our second host is suave musician and poet Bernard, aka Be, who's hoping to impress his guests with a culinary trip around the globe.	UNITED KINGDOM	English-100		PG		
2024-01-16	2730	The Cook Up With Adam Liaw	Stir Fry	TV presenter Jessica Rowe and food writer Tristan Lutze are in The Cook Up kitchen as they create their ultimate stir fry dishes with host Adam Liaw.	AUSTRALIA	English-100	RPT	PG	I	Y
2024-01-16	2800	Bizarre Foods: Delicious Destinations	Goa	Andrew explores Goa on the western coast of India. From prawn curry and Portuguese chorizo to pork vindaloo, the seaside city's local cuisine is influenced by many different cultures.	USA	English-100		G		Y
2024-01-16	2830	The Cook And The Chef	Australia Again	Maggie and Simon look at the past, the present and the future of food in Australia. They create recipes using their favourite foods that are grown sustainably and locally sourced.	AUSTRALIA	English-100		G		

2024-01-17	0500	Mystery Diners	Missing Links	Charles discovers a bigger problem inside the dining room while investigating complaints about non-members playing for free at Emerald Hills Golf Course in Hollywood, Florida.	USA	English-100		PG		Y
2024-01-17	0530	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 7	Luke travels to the seaside towns of Kep and Kampot to experience their delectable seafood and world-famous pepper. There he teams up with a local fisherwoman at the seafood markets.	AUSTRALIA	English-100	RPT	G		Y
2024-01-17	0600	Flour Power	Cairn O'mohr Winery	Keen forager Ron makes scones using his own homemade culture, while Kay's reputation as a contest dark horse is on the line when she produces her own take on empire biscuits.	UNITED KINGDOM	English-100		G		
2024-01-17	0630	My Greek Table With Diane Kochilas	Everyday Superfoods	Diane invites a well-known dietician into her kitchen and together they prepare a deliciously healthy meal that is brimming with Greek superfoods. On the menu: a Spiced Carrot Soup Three Ways.	USA	English-50; Greek-50		G		
2024-01-17	0700	United Plates Of America	Santa Fe	The City Different, as Santa Fe is lovingly referred, has inspired the words of Willa Cather, the brushstrokes of Georgia O'Keeffe and the design sketches of Tom Ford.	USA	English-100		G		
2024-01-17	0730	United Plates Of America	Salt Lake City	Nestled between beautiful mountains and an expansive lake, rests the busiest cities in Utah. Today, we visit with a few chefs who are each pioneering different flavors around the city.	USA	English-100		PG		
2024-01-17	0800	My Market Kitchen	My Market Kitchen Series 4 Ep 32	Elena and Khanh are in the kitchen today whipping up a Pineapple Fried Rice that is jammed packed full of flavour. Then Khanh shows us how to make a Cheats prawn curry with Raita Yoghurt Naan.	AUSTRALIA			G		
2024-01-17	0830	Top Chef	Smile And Say Mise	In one of Top Chef's signature Quickfires, the chefs battle against each other in a relay. Acclaimed Chef Alex Seidel invites the group to his farm to learn about his take on farm-to-table cuisine.	USA	English-100		PG		Y
2024-01-17	0925	Cook Up With Adam Liaw Bitesize	Bacon And Egg Salad	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2024-01-17	0930	Everyday Gourmet With Justine Schofield	Ep 2	Today Justine whips up her grilled saganaki and sweet potato salad and then shares a classic beef ravioli recipe.	AUSTRALIA	English-100		G		
2024-01-17	1000	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 2	Rick Stein travels to St Ives to tell us about one of Britain's little-known artists, Alfred Wallis. In the shadow of Bodmin Moor Rick visits a very rare collection of Medieval stained-glass windows.	UNITED KINGDOM	English-100		PG	a	
2024-01-17	1030	Food Safari Earth	Autumn	Maeve O'Meara explores the full bodied flavours of Autumn in culinary adventures that traverse the cuisines of the world.	AUSTRALIA	English-100	RPT	G		Y
2024-01-17	1100	Lidia's Kitchen	Trieste's International Flavors	The city of Trieste always filled Lidia with excitement. She cooks recipes inspired by her Zia Nina - mussels triestine, orange raspberry spritz, and a coffee panna cotta.	USA	English-100		PG	a w	
2024-01-17	1130	Selena + Chef	Selena + Candice Kumai	'Golden girl of wellness', Candice Kumai heats up Selena's kitchen with her Japanese grandmother's special spicy miso ramen recipe, infused with a health-forward California twist.	USA	English-100		PG		Y
2024-01-17	1200	Food Trail South Africa	Cape Coast	Warren continues on his food trail as he stops off the township of Khayelitsha, home to some inspiring micro-farming initiatives, before arriving at Grootbos Private Nature Reserve.	AUSTRALIA	English-100		G		

2024-01-17	1230	The Cook Up With Adam Liaw	Will It Blend?	The first winner of MasterChef Julie Goodwin and comedian extraordinaire Aaron Chen are in the Cook Up kitchen with Adam to whip up their favourite soup recipes.	AUSTRALIA	English-100	RPT	G	Y	
2024-01-17	1300	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 8	Luke enjoys a weekend of food and sun in the seaside town of Kep before heading across the border to Chau Doc in Vietnam. Starting beachside Luke cooks a tasty barbequed squid.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-01-17	1330	Flour Power	Blue2 Digital	Located just outside Dundee, a converted open-plan church houses graphic and brand consultancy Avian and web design and development agency Blue2.	UNITED KINGDOM	English-100		G		
2024-01-17	1400	My Greek Table With Diane Kochilas	My Greek Dinner Party	Diane meets up with Greece's most famous chef and a famed seafood master, Lefteris Lazarou. The two go back a ways, and his path mirrors the road Greek cooking has travelled these past three decades.	USA	English-50; Greek-50		G		
2024-01-17	1430	United Plates Of America	Riverside	There's nothing better than a home cooked meal. In this town. Today, we discover a few unique dining experiences, all at different home restaurants, in Riverside, California.	USA	English-100		G		
2024-01-17	1500	United Plates Of America	Orange County	This California town is an ideal getaway for anyone looking to relax. But many people call this pristine beach town home. Today we meet the locals who make this Southern California place a getaway.	USA	English-100		G		
2024-01-17	1530	Top Chef	Keep On Truckin'	In a Sudden Death Quickfire based on the iconic Denver omelet, the intensity in the kitchen is eggceptional.	USA	English-100		PG		Y
2024-01-17	1625	Cook Up With Adam Liaw Bitesize	Pouding Chomeur	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	
2024-01-17	1630	My Market Kitchen	My Market Kitchen Series 4 Ep 33	This episode of My Market Kitchen shows us innovative ways to use leftovers with Elena's Asian Chicken Slaw with Crispy Noodles and Super Simple Veggie Slice.	AUSTRALIA			G		
2024-01-17	1700	Everyday Gourmet With Justine Schofield	Ep 3	Daniel Wilson visits the everyday gourmet kitchen to make his iconic Huxtaburger. Justine makes her friccassee of chicken in cider and finishes up with a delicious thyme panna cotta.	AUSTRALIA	English-100				
2024-01-17	1730	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 3	Rick meets Springwatch presenter and biologist Gillian Burke who takes Rick on a walk through a rare habitat called an Atlantic Temperate Rainforest, on the banks of the Helford River.	UNITED KINGDOM	English-100		PG	a	
2024-01-17	1800	Food Safari Earth	Sweet And Sour	Maeve explores the sweet power of onions with Spanish chef, Pablo Tordesillas Garcia and discovers the delights of a Catalan favourite - char-grilled baby leeks with romesco sauce.	AUSTRALIA	English-100	RPT	G	Y	
2024-01-17	1830	Lidia's Kitchen	Wheat Harvest And Pasta	Lidia talks the hard work involved with making flour, then bread and pasta. She makes croutons with a Caesar salad, then a fusilli with spinach and herbed ricotta, and a lagane pasta with chickpeas.	USA	English-100				
2024-01-17	1900	The Cook Up With Adam Liaw	Modern Indian	Adam, Nilgiris chef Ajoy Joshi and head chef at Foreign Return Siddarth Kalyanaraman join Adam in the Cook Up kitchen to create Indian dishes with a modern twist.	AUSTRALIA	English-100	RPT	G	Y	
2024-01-17	1930	Paradise Kitchen Bali	Rice	Lauren delves into the staple ingredient of many Asian cuisine - rice. With a mix of local and western recipes, from a Balinese Nasi Goreng to a Risotto, rice is the perfect base for a tasty meal.	NETHERLANDS	English-90; Balinese-10		G	Y	Y

2024-01-17	2000	The Chocolate Queen	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.	AUSTRALIA	English-100		G		
2024-01-17	2030	James Martin's Spanish Adventure	Extremadura	James learns how migas is made, he meets a tortilla chef, visits a local brewery, and sees Iberico pigs. He cooks garlic bean stew, poussin, cherry beer and chocolate cake, and pork chops and lizard.	UNITED KINGDOM	English-100		PG	a w	Y
2024-01-17	2130	Come Dine With Me	South London B 3	It's night three of the competition and this week we're in South London where it's TV Editor Joe's turn to host. He's keen as mustard to make sure his guests are won over.	UNITED KINGDOM	English-100		PG		
2024-01-17	2200	Come Dine With Me	South London B 4	This week's competition is in South London and taking up the reins tonight is video director Dean. who plans to knock the socks off guests with his easy going ways and a tried and tested menu.	UNITED KINGDOM	English-100		PG		
2024-01-17	2230	The Cook Up With Adam Liaw	Olive Oil	TV presenter Jan Fran and Melbourne's Maha Bar's Shane Delia join host Adam Liaw in The Cook Up kitchen as they create some classic dishes using olive oil.	AUSTRALIA	English-100	RPT	G		Y
2024-01-17	2300	Bizarre Foods: Delicious Destinations	Bronx, The	Andrew Zimmern explores the international flavours of one of America's most diverse communities, the Bronx, New York.	USA	English-100		G		Y
2024-01-17	2330	The Cook And The Chef	Party, A	As they say, all good things have to come to an end and sadly tonight's program is the very last of the Cook and the Chef, but to go out with a bang and to celebrate four fabulous years.	AUSTRALIA	English-100		G		
2024-01-17	2400	Mystery Diners	History Mystery	When Lee, owner of Old Vinings Inn in Atlanta, hears rumors of unauthorised Civil War tours taking place inside his historical restaurant, he contacts Charles to investigate.	USA	English-100		PG		Y
2024-01-17	2430	Paradise Kitchen Bali	Rice	Lauren delves into the staple ingredient of many Asian cuisine - rice. With a mix of local and western recipes, from a Balinese Nasi Goreng to a Risotto, rice is the perfect base for a tasty meal.	NETHERLANDS	English-90; Balinese-10		G		Y Y
2024-01-17	2500	The Chocolate Queen	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.	AUSTRALIA	English-100		G		
2024-01-17	2530	James Martin's Spanish Adventure	Extremadura	James learns how migas is made, he meets a tortilla chef, visits a local brewery, and sees Iberico pigs. He cooks garlic bean stew, poussin, cherry beer and chocolate cake, and pork chops and lizard.	UNITED KINGDOM	English-100		PG	a w	Y
2024-01-17	2630	Come Dine With Me	South London B 3	It's night three of the competition and this week we're in South London where it's TV Editor Joe's turn to host. He's keen as mustard to make sure his guests are won over.	UNITED KINGDOM	English-100		PG		
2024-01-17	2700	Come Dine With Me	South London B 4	This week's competition is in South London and taking up the reins tonight is video director Dean. who plans to knock the socks off guests with his easy going ways and a tried and tested menu.	UNITED KINGDOM	English-100		PG		
2024-01-17	2730	The Cook Up With Adam Liaw	Olive Oil	TV presenter Jan Fran and Melbourne's Maha Bar's Shane Delia join host Adam Liaw in The Cook Up kitchen as they create some classic dishes using olive oil.	AUSTRALIA	English-100	RPT	G		Y
2024-01-17	2800	Bizarre Foods: Delicious Destinations	Bronx, The	Andrew Zimmern explores the international flavours of one of America's most diverse communities, the Bronx, New York.	USA	English-100		G		Y

2024-01-17	2830	The Cook And The Chef	Party, A	As they say, all good things have to come to an end and sadly tonight's program is the very last of the Cook and the Chef, but to go out with a bang and to celebrate four fabulous years.	AUSTRALIA	English-100		G		
2024-01-18	0500	Mystery Diners	History Mystery	When Lee, owner of Old Vinings Inn in Atlanta, hears rumors of unauthorised Civil War tours taking place inside his historical restaurant, he contacts Charles to investigate.	USA	English-100		PG		Y
2024-01-18	0530	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 8	Luke enjoys a weekend of food and sun in the seaside town of Kep before heading across the border to Chau Doc in Vietnam. Starting beachside Luke cooks a tasty barbequed squid.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-01-18	0600	Flour Power	Blue2 Digital	Located just outside Dundee, a converted open-plan church houses graphic and brand consultancy Avian and web design and development agency Blue2.	UNITED KINGDOM	English-100		G		
2024-01-18	0630	My Greek Table With Diane Kochilas	My Greek Dinner Party	Diane meets up with Greece's most famous chef and a famed seafood master, Lefteris Lazarou. The two go back a ways, and his path mirrors the road Greek cooking has travelled these past three decades.	USA	English-50; Greek-50		G		
2024-01-18	0700	United Plates Of America	Riverside	There's nothing better than a home cooked meal. In this town. Today, we discover a few unique dining experiences, all at different home restaurants, in Riverside, California.	USA	English-100		G		
2024-01-18	0730	United Plates Of America	Orange County	This California town is an ideal getaway for anyone looking to relax. But many people call this pristine beach town home. Today we meet the locals who make this Southern California place a getaway.	USA	English-100		G		
2024-01-18	0800	My Market Kitchen	My Market Kitchen Series 4 Ep 33	This episode of My Market Kitchen shows us innovative ways to use leftovers with Elena's Asian Chicken Slaw with Crispy Noodles and Super Simple Veggie Slice.	AUSTRALIA			G		
2024-01-18	0830	Top Chef	Keep On Truckin'	In a Sudden Death Quickfire based on the iconic Denver omelet, the intensity in the kitchen is eggeptional.	USA	English-100		PG		Y
2024-01-18	0925	Cook Up With Adam Liaw Bitesize	Pouding Chomeur	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	
2024-01-18	0930	Everyday Gourmet With Justine Schofield	Ep 3	Daniel Wilson visits the everyday gourmet kitchen to make his iconic Huxtaburger. Justine makes her friccassee of chicken in cider and finishes up with a delicious thyme panna cotta.	AUSTRALIA	English-100				
2024-01-18	1000	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 3	Rick meets Springwatch presenter and biologist Gillian Burke who takes Rick on a walk through a rare habitat called an Atlantic Temperate Rainforest, on the banks of the Helford River.	UNITED KINGDOM	English-100		PG	a	
2024-01-18	1030	Food Safari Earth	Sweet And Sour	Maeve explores the sweet power of onions with Spanish chef, Pablo Tordesillas Garcia and discovers the delights of a Catalanian favourite - char-grilled baby leeks with romesco sauce.	AUSTRALIA	English-100	RPT	G	Y	
2024-01-18	1100	Lidia's Kitchen	Wheat Harvest And Pasta	Lidia talks the hard work involved with making flour, then bread and pasta. She makes croutons with a Caesar salad, then a fusilli with spinach and herbed ricotta, and a lagane pasta with chickpeas.	USA	English-100				
2024-01-18	1130	James Martin's Spanish Adventure	Extremadura	James learns how migas is made, he meets a tortilla chef, visits a local brewery, and sees Iberico pigs. He cooks garlic bean stew, poussin, cherry beer and chocolate cake, and pork chops and lizard.	UNITED KINGDOM	English-100		PG	a w	Y

2024-01-18	1230	The Cook Up With Adam Liaw	Modern Indian	Adam, Nilgiris chef Ajoy Joshi and head chef at Foreign Return Siddarth Kalyanaraman join Adam in the Cook Up kitchen to create Indian dishes with a modern twist.	AUSTRALIA	English-100	RPT	G		Y	
2024-01-18	1300	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 9	Luke visits the floating villages of Chau Doc and Cai Be to cook some intriguing local dishes. He starts his journey on the Hue River where he cooks a caramelised basa fish dish.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-01-18	1330	Flour Power	Old Mart Resource Centre	In this episode we're visiting The Old Mart Resource Centre in Maud, Aberdeenshire. On the former site of one of the UK's biggest cattle markets.	UNITED KINGDOM	English-100		PG			
2024-01-18	1400	My Greek Table With Diane Kochilas	Father Of Modern Greek Cooking, The	Diane's daughter, Kyveli, has invited a few gallerists and young artists for dinner in her studio. On the menu: Braised Ouzo-Orange Octopus, Zucchini-Herb Phyllo Pie, and a giant Bean Greek Salad.	USA	English-50; Greek-50		G			Y
2024-01-18	1430	United Plates Of America	Santa Barbara	From farm to table, grape to glass. The Santa Barbara food and wine industry is booming. We get a lesson in fine wines and some pointers on getting the most instagram-worthy photos.	USA	English-100		PG			
2024-01-18	1500	United Plates Of America	Palm Springs	The deserts of America are hot and hostile. Known for its mid-century modern architecture and its cool bespoke resorts. No town does cool like Palm Springs, California.	USA	English-100		G			
2024-01-18	1530	Top Chef	Little Tools, Big Challenges	The chefs channel their inner child to make upscale versions of kid menu classics for. But there's a catch, they can only use child-sized cookware, utensils and mixers.	USA	English-100		PG	I		Y
2024-01-18	1625	Cook Up With Adam Liaw Bitesize	Almond Pudding With Ginger And Palm Sugar Syrup	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y	
2024-01-18	1630	My Market Kitchen	My Market Kitchen Series 4 Ep 34	Khanh shows Elena how to make a take away favourite at home, a Vietnamese vermicelli bowl. Then Khanh and Bel from Wine Selectors cook up a baked salmon nicoise salad, paired with perfect wines.	AUSTRALIA			G			
2024-01-18	1700	Everyday Gourmet With Justine Schofield	Ep 4	Chef, Scott Pickett joins Justine today to plate up his delightful mango and passion fruit Eton mess. Justine serves up her easy lamb and harissa sausage rolls.	AUSTRALIA	English-100					
2024-01-18	1730	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 4	Cornwall has more than its fair share of folktales. Perhaps the most famous is found near Land's End, where Rick recounts the tale of the Mermaid of Zennor.	UNITED KINGDOM	English-100		PG	a		
2024-01-18	1800	Food Safari Earth	Preserving And Fermenting	This week Maeve O'Meara delves into the intricate and specialised realm of preserved and fermented vegetables and fruit from around the world.	AUSTRALIA	English-100	RPT	G		Y	
2024-01-18	1830	Lidia's Kitchen	Cooking With The Nuns	Lidia went to school near Trieste and picked up many essential kitchen skills. Inspired by the soups in school lunches, she makes cannellini bean and lentil soup, and a one pot of sausages and apples.	USA	English-100					
2024-01-18	1900	The Cook Up With Adam Liaw	Pantry Dinners	Adam and delicious curators Phoebe Wood and Warren Mendes are in the Cook Up kitchen to create dishes inspired by items they have in their pantries.	AUSTRALIA	English-100	RPT	G		Y	
2024-01-18	1930	My Greatest Dishes	Tom Kerridge	Chef Tom Kerridge took a gamble when he opened the Hand and Flowers, and changed the rules of fine dining. He shows us four great dishes like: smoked haddock omelette and tonka bean panna cotta.	UNITED KINGDOM	English-100					

2024-01-18	2000	My Greatest Dishes	Ollie Dabbous	Ollie Dabbous could never have imagined he would be instantly propelled into stardom. His ambition knows no bounds and cooks four great dishes like – a summer clafoutis and mixed alliums with pine.	UNITED KINGDOM	English-100				
2024-01-18	2030	Rick Stein's Road To Mexico	San Francisco To Monterey	Rick starts his journey in San Francisco and enjoys legendary dishes like hangtown fry oyster pancake. It's also the home of sourdough and where America's love affair with seasonal cooking took hold.	UNITED KINGDOM	English-100			PG	
2024-01-18	2140	Come Dine With Me	South London B 5	This week's competition is in South London where our final host of the week is yoga teacher and masseuse Helen who's got a thai-inspired menu and zen yoga themed night in store for her guests.	UNITED KINGDOM	English-100			PG	
2024-01-18	2205	Come Dine With Me	Newcastle 1	This week's competition is in the North East, where first to host is 45 year old, clothes shop owner, Lee.	UNITED KINGDOM	English-100			PG	a
2024-01-18	2230	The Cook Up With Adam Liaw	Cherries	Australian food icon Lyndey Milan and Fabbrica chef Hugh Piper are in The Cook Up kitchen with host Adam Liaw as they cook dishes using an Aussie summer favourite ingredient - cherries!	AUSTRALIA	English-100	RPT		G	Y
2024-01-18	2300	Bizarre Foods: Delicious Destinations	Harlem	Andrew Zimmern highlights Harlem's colourful restaurants offering soul food, Caribbean classics and even the national dish of Senegal.	USA	English-100			G	
2024-01-18	2330	The Cook And The Chef	Best In Season	Maggie searches for the perfect tomato which she then uses to make a tomato bruschetta. Simon, not to be outdone, makes his own version of bruschetta using pear and goats cheese.	AUSTRALIA	English-100			G	
2024-01-18	2400	Mystery Diners	Red Ink	Uche, owner of The Anchor Bar and Tattoo in Atlanta, contacts Charles after noticing a drop in food and tattoo sales. Meagen and Justin go undercover to see if the two problems are related.	USA	English-100			PG	Y
2024-01-18	2430	My Greatest Dishes	Tom Kerridge	Chef Tom Kerridge took a gamble when he opened the Hand and Flowers, and changed the rules of fine dining. He shows us four great dishes like: smoked haddock omelette and tonka bean panna cotta.	UNITED KINGDOM	English-100				
2024-01-18	2500	My Greatest Dishes	Ollie Dabbous	Ollie Dabbous could never have imagined he would be instantly propelled into stardom. His ambition knows no bounds and cooks four great dishes like – a summer clafoutis and mixed alliums with pine.	UNITED KINGDOM	English-100				
2024-01-18	2530	Rick Stein's Road To Mexico	San Francisco To Monterey	Rick starts his journey in San Francisco and enjoys legendary dishes like hangtown fry oyster pancake. It's also the home of sourdough and where America's love affair with seasonal cooking took hold.	UNITED KINGDOM	English-100			PG	
2024-01-18	2640	Come Dine With Me	South London B 5	This week's competition is in South London where our final host of the week is yoga teacher and masseuse Helen who's got a thai-inspired menu and zen yoga themed night in store for her guests.	UNITED KINGDOM	English-100			PG	
2024-01-18	2705	Come Dine With Me	Newcastle 1	This week's competition is in the North East, where first to host is 45 year old, clothes shop owner, Lee.	UNITED KINGDOM	English-100			PG	a
2024-01-18	2730	The Cook Up With Adam Liaw	Cherries	Australian food icon Lyndey Milan and Fabbrica chef Hugh Piper are in The Cook Up kitchen with host Adam Liaw as they cook dishes using an Aussie summer favourite ingredient - cherries!	AUSTRALIA	English-100	RPT		G	Y
2024-01-18	2800	Bizarre Foods: Delicious Destinations	Harlem	Andrew Zimmern highlights Harlem's colourful restaurants offering soul food, Caribbean classics and even the national dish of Senegal.	USA	English-100			G	

2024-01-18	2830	The Cook And The Chef	Best In Season	Maggie searches for the perfect tomato which she then uses to make a tomato bruschetta. Simon, not to be outdone, makes his own version of bruschetta using pear and goats cheese.	AUSTRALIA	English-100		G		
2024-01-19	0500	Mystery Diners	Red Ink	Uche, owner of The Anchor Bar and Tattoo in Atlanta, contacts Charles after noticing a drop in food and tattoo sales. Meagen and Justin go undercover to see if the two problems are related.	USA	English-100		PG		Y
2024-01-19	0530	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 9	Luke visits the floating villages of Chau Doc and Cai Be to cook some intriguing local dishes. He starts his journey on the Hue River where he cooks a caramelised basa fish dish.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-01-19	0600	Flour Power	Old Mart Resource Centre	In this episode we're visiting The Old Mart Resource Centre in Maud, Aberdeenshire. On the former site of one of the UK's biggest cattle markets.	UNITED KINGDOM	English-100		PG		
2024-01-19	0630	My Greek Table With Diane Kochilas	Father Of Modern Greek Cooking, The	Diane's daughter, Kyveli, has invited a few gallerists and young artists for dinner in her studio. On the menu: Braised Ouzo-Orange Octopus, Zucchini-Herb Phyllo Pie, and a giant Bean Greek Salad.	USA	English-50; Greek-50		G		Y
2024-01-19	0700	United Plates Of America	Santa Barbara	From farm to table, grape to glass. The Santa Barbara food and wine industry is booming. We get a lesson in fine wines and some pointers on getting the most instagram-worthy photos.	USA	English-100		PG		
2024-01-19	0730	United Plates Of America	Palm Springs	The deserts of America are hot and hostile. Known for its mid-century modern architecture and its cool bespoke resorts. No town does cool like Palm Springs, California.	USA	English-100		G		
2024-01-19	0800	My Market Kitchen	My Market Kitchen Series 4 Ep 34	Khanh shows Elena how to make a take away favourite at home, a Vietnamese vermicelli bowl. Then Khanh and Bel from Wine Selectors cook up a baked salmon nicoise salad, paired with perfect wines.	AUSTRALIA			G		
2024-01-19	0830	Top Chef	Little Tools, Big Challenges	The chefs channel their inner child to make upscale versions of kid menu classics for. But there's a catch, they can only use child-sized cookware, utensils and mixers.	USA	English-100		PG	I	Y
2024-01-19	0925	Cook Up With Adam Liaw Bitesize	Almond Pudding With Ginger And Palm Sugar Syrup	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2024-01-19	0930	Everyday Gourmet With Justine Schofield	Ep 4	Chef, Scott Pickett joins Justine today to plate up his delightful mango and passion fruit Eton mess. Justine serves up her easy lamb and harissa sausage rolls.	AUSTRALIA	English-100				
2024-01-19	1000	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 4	Cornwall has more than its fair share of folktales. Perhaps the most famous is found near Land's End, where Rick recounts the tale of the Mermaid of Zennor.	UNITED KINGDOM	English-100		PG	a	
2024-01-19	1030	Food Safari Earth	Preserving And Fermenting	This week Maeve O'Meara delves into the intricate and specialised realm of preserved and fermented vegetables and fruit from around the world.	AUSTRALIA	English-100	RPT	G		Y
2024-01-19	1100	Lidia's Kitchen	Cooking With The Nuns	Lidia went to school near Trieste and picked up many essential kitchen skills. Inspired by the soups in school lunches, she makes cannellini bean and lentil soup, and a one pot of sausages and apples.	USA	English-100				
2024-01-19	1130	Rick Stein's Road To Mexico	San Francisco To Monterey	Rick starts his journey in San Francisco and enjoys legendary dishes like hangtown fry oyster pancake. It's also the home of sourdough and where America's love affair with seasonal cooking took hold.	UNITED KINGDOM	English-100		PG		

2024-01-19	1235	The Cook Up With Adam Liaw	Pantry Dinners	Adam and delicious curators Phoebe Wood and Warren Mendes are in the Cook Up kitchen to create dishes inspired by items they have in their pantries.	AUSTRALIA	English-100	RPT	G	Y	
2024-01-19	1305	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 10	In the final episode, Luke meets up with his parents on a houseboat in Cai Be, where they cook and talk about what it was like to travel to Australia as refugees.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-01-19	1335	Flour Power	Live Language	Judging alongside series stalwart Nichola Reith is local baker and cafe owner Calum Bryce. Once all the workmates' creations are revealed, tasted, judged and scored, just who will win.	UNITED KINGDOM	English-100		G		
2024-01-19	1405	My Greek Table With Diane Kochilas	Flavors Of The Athenian Art Scene	Diane prepares a meal for some of her closest friends. On the menu: Char-Broiled Cabbage 'Steaks' with Pomegranate Seeds and Lemon Zest; Whole Baked Fish with Leeks; and a Greek Yogurt Panna Cotta.	USA	English-50; Greek-50		PG		
2024-01-19	1430	United Plates Of America	Island Of Hawaii, The	Most people who visit Hawaii head straight to Honolulu. But there's so much more to Hawaii than Honolulu. We discover the food and farms that make this island so special on the Island of Hawaii.	USA	English-100		G		
2024-01-19	1500	United Plates Of America	Phoenix	The capital city of Phoenix is known as the valley of the sun. This sprawling metropolis located in the heart of the Sonora Desert, Today i savor some of these desert flavors in Phoenix Arizona.	USA	English-100		G		
2024-01-19	1530	Top Chef	This Is Not Glamping	In a competition first, the chefs are suprised with a twist that changes the game. They are sent camping to make a 5-star meal outdoors.	USA	English-100		PG		Y
2024-01-19	1625	Cook Up With Adam Liaw Bitesize	Lubia Polo	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	
2024-01-19	1630	My Market Kitchen	My Market Kitchen Series 4 Ep 35	Today on My Market Kitchen Elena is joined by Masa from Asian Inspirations to whip up a chicken yakudon. Khanh then bakes some apple and honey tea cakes, perfect for your next high tea.	AUSTRALIA			G		
2024-01-19	1700	Everyday Gourmet With Justine Schofield	Ep 5	Today on the show, Justine grills up some lamb cutlets with a super easy spinach sauce and then brings in Trish McKenzie to show you an indulgent chai, toffee and berry trifle.	AUSTRALIA	English-100				
2024-01-19	1730	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 5	Following in the footsteps of one of his literary heroes, Rick roams the dramatic north Cornish coast to tell the story of one of Britain's best loved writers. Thomas Hardy, and his little-known love.	UNITED KINGDOM	English-100		PG	a	
2024-01-19	1800	Food Safari Earth	Winter	Maeve O'Meara celebrates the surprisingly abundant produce of winter across the most heart-warming recipes from around the world.	AUSTRALIA	English-100	RPT	G	Y	
2024-01-19	1830	Lidia's Kitchen	Winter Vegetable Patch, The	Winter is always a tough time for the garden but makes cold weather crops more valuable. Some recipes include - orechiette with breadcrumbs, pancetta, and a cabbage salad with dressing.	USA	English-100				
2024-01-19	1900	The Cook Up With Adam Liaw	Secondary Cuts	Adam, comedian Gen Fricker and chef at The Old Fitz Anna Ugarte-Carral are in the Cook Up kitchen to create some delicious meals using secondary cuts.	AUSTRALIA	English-100	RPT	G	Y	
2024-01-19	1930	Rick Stein's Long Weekends	Thessaloniki	Rick's off to the North-eastern Greek city of Thessaloniki, nestling on the northern shores of the Aegean Sea. The city is revered as the gourmet capital of Greece.	UNITED KINGDOM	English-100		PG	a w	

2024-01-19	2040	Guillaume's Paris	Guillaume's Paris Series 1 Ep 1	French chef Guillaume Brahimi returns to the city that made his reputation and follows the story of food through Paris' 20 arrondissements.	AUSTRALIA	English-70; French-30	RPT	G	Y	Y
2024-01-19	2110	Guillaume's Paris	Guillaume's Paris Series 1 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.	AUSTRALIA	English-70; French-30	RPT	G	Y	Y
2024-01-19	2140	Come Dine With Me	Newcastle 2	It's the second day of the competition and the turn of Hairdresser Simon. He's hoping a tried and tested, healthy menu will impress the group and help bag him the prize.	UNITED KINGDOM	English-100		PG		
2024-01-19	2205	Come Dine With Me	Newcastle 3	It's the third night of the competition in the North East and nurse Sophie's turn to host. She's hoping her fake-away fast food menu and her kids party theme will let her guests unleash.	UNITED KINGDOM	English-100		PG		
2024-01-19	2230	The Cook Up With Adam Liaw	Most Requested	Host Adam Liaw, CWA President Stephanie Stanhope and CWA Woy Woy member Amy Scott cook their most requested recipes together in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	
2024-01-19	2300	Bizarre Foods: Delicious Destinations	Central New York	Andrew highlights local favourites in central New York, from beef and veal sausages at one of America's oldest hot dog stands to half-moon cookies that predate New York City's iconic sweets.	USA	English-100		G		
2024-01-19	2330	The Cook And The Chef	Summer Lunch, A	Maggie Beer and Simon Bryant go squidging and it's easy to see that this is a new experience for Maggie. Back in the kitchen Simon cleans the squid while Maggie gets started on her dishes.	AUSTRALIA	English-100		G		
2024-01-19	2400	Mystery Diners	Tour Bust	Danny and his son Danny Jr. own the Star Cafe and Star Coaches in Atlanta. They are concerned about missing food in their kitchen and a rise in fuel expenses on their tour buses.	USA	English-100		PG		Y
2024-01-19	2430	Rick Stein's Long Weekends	Thessaloniki	Rick's off to the North-eastern Greek city of Thessaloniki, nestling on the northern shores of the Aegean Sea. The city is revered as the gourmet capital of Greece.	UNITED KINGDOM	English-100		PG	a w	
2024-01-19	2540	Guillaume's Paris	Guillaume's Paris Series 1 Ep 1	French chef Guillaume Brahimi returns to the city that made his reputation and follows the story of food through Paris' 20 arrondissements.	AUSTRALIA	English-70; French-30	RPT	G	Y	Y
2024-01-19	2610	Guillaume's Paris	Guillaume's Paris Series 1 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.	AUSTRALIA	English-70; French-30	RPT	G	Y	Y
2024-01-19	2640	Come Dine With Me	Newcastle 2	It's the second day of the competition and the turn of Hairdresser Simon. He's hoping a tried and tested, healthy menu will impress the group and help bag him the prize.	UNITED KINGDOM	English-100		PG		
2024-01-19	2705	Come Dine With Me	Newcastle 3	It's the third night of the competition in the North East and nurse Sophie's turn to host. She's hoping her fake-away fast food menu and her kids party theme will let her guests unleash.	UNITED KINGDOM	English-100		PG		
2024-01-19	2730	The Cook Up With Adam Liaw	Most Requested	Host Adam Liaw, CWA President Stephanie Stanhope and CWA Woy Woy member Amy Scott cook their most requested recipes together in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	
2024-01-19	2800	Bizarre Foods: Delicious Destinations	Central New York	Andrew highlights local favourites in central New York, from beef and veal sausages at one of America's oldest hot dog stands to half-moon cookies that predate New York City's iconic sweets.	USA	English-100		G		

2024-01-19	2830	The Cook And The Chef	Summer Lunch, A	Maggie Beer and Simon Bryant go squidding and it's easy to see that this is a new experience for Maggie. Back in the kitchen Simon cleans the squid while Maggie gets started on her dishes.	AUSTRALIA	English-100		G		
2024-01-20	0500	Mystery Diners	Tour Bust	Danny and his son Danny Jr. own the Star Cafe and Star Coaches in Atlanta. They are concerned about missing food in their kitchen and a rise in fuel expenses on their tour buses.	USA	English-100		PG		Y
2024-01-20	0530	Luke Nguyen's Greater Mekong	Luke Nguyen's Greater Mekong Series 2 Ep 10	In the final episode, Luke meets up with his parents on a houseboat in Cai Be, where they cook and talk about what it was like to travel to Australia as refugees.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-01-20	0600	Flour Power	Live Language	Judging alongside series stalwart Nichola Reith is local baker and cafe owner Calum Bryce. Once all the workmates' creations are revealed, tasted, judged and scored, just who will win.	UNITED KINGDOM	English-100		G		
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2024-01-20	0730	United Plates Of America	Phoenix	The capital city of Phoenix is known as the valley of the sun. This sprawling metropolis located in the heart of the Sonora Desert, Today i savor some of these desert flavors in Phoenix Arizona.	USA	English-100		G		
2024-01-20	0800	My Market Kitchen	My Market Kitchen Series 4 Ep 35	Today on My Market Kitchen Elena is joined by Masa from Asian Inspirations to whip up a chicken yakidon. Khanh then bakes some apple and honey tea cakes, perfect for your next high tea.	AUSTRALIA			G		
2024-01-20	0830	Top Chef	This Is Not Glamping	In a competition first, the chefs are surprised with a twist that changes the game. They are sent camping to make a 5-star meal outdoors.	USA	English-100		PG		Y
2024-01-20	0925	Cook Up With Adam Liaw Bitesize	Lubia Polo	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	
2024-01-20	0930	Everyday Gourmet With Justine Schofield	Ep 5	Today on the show, Justine grills up some lamb cutlets with a super easy spinach sauce and then brings in Trish McKenzie to show you an indulgent chai, toffee and berry trifle.	AUSTRALIA	English-100				
2024-01-20	1000	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 5	Following in the footsteps of one of his literary heroes, Rick roams the dramatic north Cornish coast to tell the story of one of Britain's best loved writers. Thomas Hardy, and his little-known love.	UNITED KINGDOM	English-100		PG	a	
2024-01-20	1030	Food Safari Earth	Winter	Maeve O'Meara celebrates the surprisingly abundant produce of winter across the most heart-warming recipes from around the world.	AUSTRALIA	English-100	RPT	G		Y
2024-01-20	1100	Lidia's Kitchen	Winter Vegetable Patch, The	Winter is always a tough time for the garden but makes cold weather crops more valuable. Some recipes include - orecchiette with breadcrumbs, pancetta, and a cabbage salad with dressing.	USA	English-100				
2024-01-20	1130	Guillaume's Paris	Guillaume's Paris Series 1 Ep 1	French chef Guillaume Brahimi returns to the city that made his reputation and follows the story of food through Paris' 20 arrondissements.	AUSTRALIA	English-70; French-30	RPT	G	Y	Y

2024-01-20	1200	Guillaume's Paris	Guillaume's Paris Series 1 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.	AUSTRALIA	English-70; French-30	RPT	G	Y	Y
2024-01-20	1230	The Cook Up With Adam Liaw	Secondary Cuts	Adam, comedian Gen Fricker and chef at The Old Fitz Anna Ugarte-Carral are in the Cook Up kitchen to create some delicious meals using secondary cuts.	AUSTRALIA	English-100	RPT	G	Y	
2024-01-20	1300	Come Dine With Me	Newcastle 2	It's the second day of the competition and the turn of Hairdresser Simon. He's hoping a tried and tested, healthy menu will impress the group and help bag him the prize.	UNITED KINGDOM	English-100		PG		
2024-01-20	1330	Come Dine With Me	Newcastle 3	It's the third night of the competition in the North East and nurse Sophie's turn to host. She's hoping her fake-away fast food menu and her kids party theme will let her guests unleash.	UNITED KINGDOM	English-100		PG		
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2024-01-20	1430	Bizarre Foods: Delicious Destinations	Central New York	Andrew highlights local favourites in central New York, from beef and veal sausages at one of America's oldest hot dog stands to half-moon cookies that predate New York City's iconic sweets.	USA	English-100		G		
2024-01-20	1500	Food Safari Earth	Winter	Maeve O'Meara celebrates the surprisingly abundant produce of winter across the most heart-warming recipes from around the world.	AUSTRALIA	English-100	RPT	G	Y	
2024-01-20	1530	Remarkable Places To Eat	Bristol	Fred Sirieix is heading to Bristol for a winter treat in the company of old friend and former boss Michel Roux Junior. Bristol is home to one of the UK's most vibrant and creative food scenes.	UNITED KINGDOM	English-100		G		
2024-01-20	1635	Remarkable Places To Eat	Yorkshire	Fred Sirieix is heading to Yorkshire in the company of Britain's queen of baking Nadiya Hussain. Nadiya loves Yorkshire and believes the food scene is one of the most varied in the United Kingdom.	UNITED KINGDOM	English-100		G		
2024-01-20	1745	John Torode's Ireland	County Clare And The Burren	John meets Stephen Hegarty, local farmer and Burren expert, and they go for a walk on the limestone pavement of The Burren.	UNITED KINGDOM	English-100		G		
2024-01-20	1840	Homegrown Tastes South Africa	Karoo	Lorna ventures to Graaff-Reinett to learn about South Africa's famed Karoo lamb, where she is taught by chef Gordon Wright.	UNITED KINGDOM	English-100		G		
2024-01-20	1940	Ainsley's Fantastic Flavours	Fruity	Ainsley explores both savoury and sweet fruity flavours. Starting with the most important meal of the day - breakfast. Ainsley whips up fruity granola breakfast cranachan and a tropical smoothie.	UNITED KINGDOM	English-100		G		
2024-01-20	2035	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 10	Rick drops in on the fishing port of Boscastle and finds a fabulous seafood restaurant. Then a trip to Cornwall's only organic mushroom farm inspires him to cook a stir fry with lion's mane mushrooms.	UNITED KINGDOM	English-100		PG		
2024-01-20	2105	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 1	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100		PG	a w	
2024-01-20	2135	Anthony Bourdain: No Reservations	Laos	Anthony Bourdain lands in Laos, a land with picturesque landscapes, exotic cuisines and a mysterious history.	USA	English-100	RPT	PG		Y

2024-01-20	2230	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 3	Tough times are ahead for Paul when he asks home butcher and friend Matt to help him slaughter his first goat, but when Paul helps to rebuild a community garden the goat goes to a good cause.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-01-20	2325	Cook Up With Adam Liaw Bitesize	Periyaki Chicken	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG		Y
2024-01-20	2330	Mystery Diners	Skating On Thin Ice	After noticing missing food and merchandise, the owners of Epic Rollertainment in Murrieta, California, contact Charles for help.	USA	English-100		PG		Y
2024-01-20	2400	Mystery Diners	Drive-Thru Drama	Byron, owner of B-Man's Teriyaki and Burgers in Pasadena, becomes suspicious when he notices a drop in customers. Charles sends in Kiel and Elliot, who uncover a problem with the drive-thru staff.	USA	English-100		PG		Y
2024-01-20	2430	Remarkable Places To Eat	Bristol	Fred Sirieix is heading to Bristol for a winter treat in the company of old friend and former boss Michel Roux Junior. Bristol is home to one of the UK's most vibrant and creative food scenes.	UNITED KINGDOM	English-100		G		
2024-01-20	2535	Remarkable Places To Eat	Yorkshire	Fred Sirieix is heading to Yorkshire in the company of Britain's queen of baking Nadiya Hussain. Nadiya loves Yorkshire and believes the food scene is one of the most varied in the United Kingdom.	UNITED KINGDOM	English-100		G		
2024-01-20	2645	John Torode's Ireland	County Clare And The Burren	John meets Stephen Hegarty, local farmer and Burren expert, and they go for a walk on the limestone pavement of The Burren.	UNITED KINGDOM	English-100		G		
2024-01-20	2740	Homegrown Tastes South Africa	Karoo	Lorna ventures to Graaff-Reinett to learn about South Africa's famed Karoo lamb, where she is taught by chef Gordon Wright.	UNITED KINGDOM	English-100		G		
2024-01-20	2835	Mystery Diners	Skating On Thin Ice	After noticing missing food and merchandise, the owners of Epic Rollertainment in Murrieta, California, contact Charles for help.	USA	English-100		PG		Y