



WEEK 4 Sunday, 19 January 2025 Saturday, 25 January 2025

ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Egg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2025-01-19	0500	Pati's Mexican Table	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	RPT	G			Y
2025-01-19	0530	Billy And Dom Eat The World	Scotland	Billy takes Dom to his northern homeland of Scotland to see a very different side of Britain.	UNITED KINGDOM	English-100	RPT	PG			
2025-01-19	0630	Rick Stein: From Venice to Istanbul	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 Symi, Rick cooks traditional Albanian dishes like Lepur comlek and tave kosi.	UNITED KINGDOM	English-100	RPT	PG	a w		
2025-01-19	0735	Heston's Feasts	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
2025-01-19	0830	Heston's Feasts	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
2025-01-19	0925	Destination Flavour China Bitesize	Black Sesame Tangyuan	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G		Y	Y
2025-01-19	0930	Jimmy Doherty's New Zealand Escape	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		
2025-01-19	1025	Taste The Philippines With Yasmin Newman	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			
2025-01-19	1030	Jack Stein: Inside The Box	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			
2025-01-19	1100	The Chocolate Queen	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			
2025-01-19	1130	Bizarre Foods: Delicious Destinations	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

2025-01-19	1200	Eater's Guide To The World Series	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	RPT	PG		Y
2025-01-19	1230	Lorraine Pascale: Be A Better Cook	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		
2025-01-19	1300	Pati's Mexican Table	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	RPT	G		Y
2025-01-19	1330	Billy And Dom Eat The World	Scotland	Billy takes Dom to his northern homeland of Scotland to see a very different side of Britain.	UNITED KINGDOM	English-100	RPT	PG		
2025-01-19	1430	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 1 Ep 5	Chef Michel Roux heads out in the French countryside to source the things he loves to eat while on holiday. Michel's stunning pan-roasted guinea fowl is a feast for the eye. Charcuterie is on his lunch menu to as he constructs the most luxurious croque monsieur.	UNITED KINGDOM	English-100	RPT	G		Y
2025-01-19	1525	Destination Flavour Singapore Bitesize	Lamb Kebabs	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		Y
2025-01-19	1530	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 1 Ep 6	Michel Roux is in search of the perfect honey to create a delicious sauce for a dish of new season duck. He'll show us how to make an elegant ratatouille with a twist to eat either hot or cold.	UNITED KINGDOM	English-100	RPT	G		Y
2025-01-19	1625	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 4	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2025-01-19	1630	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 1	Silvia starts by detailing the best way to stock an Italian pantry, proving that when a pantry is well stocked, you only need a few fresh ingredients to create simple yet memorable meals.	AUSTRALIA	English-100	RPT	G		Y
2025-01-19	1700	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 4	An episode to make the kids happy: learn to make nutty chocolate pops, a luscious chocolate and meringue cake, ice cream with a Lamington twist or caramel filled choc nut cups - the options are endless.	AUSTRALIA	English-100	RPT	G		
2025-01-19	1730	Rick Stein And The Japanese Ambassador	Rick Stein And The Japanese Ambassador	Rick Stein visits Japan to get a feel for its cuisine before creating a banquet at the invitation of the Japanese Ambassador.	UNITED KINGDOM	English-100	RPT	PG	a w	
2025-01-19	1840	James Martin's Spanish Adventure	Seville	In Seville, James visits the local food market and has breakfast at a secret bar. He visits an orange grove to make marmalade, then cooks mackerel, pork belly, crema catalana and BBQ duck.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2025-01-19	1935	Be My Guest With Ina Garten	Stephen Colbert And Evie McGee-Colbert	The amazing talk show host, comedian, writer and producer Stephen Colbert and his wife, Producer Evie McGee Colbert are joining Ina for a wonderful day at the barn.	USA	English-100		PG		
2025-01-19	2005	Tom Kerridge's Pub Kitchen Secrets	Dream Team	In Dream Team, the pub lunch menu features a roast pork and cauliflower cheese dish. Each chef in the brigade collaborates seamlessly to achieve perfection.	UNITED KINGDOM	English-100		PG		

2025-01-19	2035	Rick Stein's Food Stories	Cumbria	In the Lake District, Rick shares mutton hot pot with farmer James Rebanks. He meets an intrepid shrimp fisherman and is joined by his son Jack to cook his Mum's shepherd's pie.	UNITED KINGDOM	English-100	RPT	G		
2025-01-19	2105	Rick Stein's Food Stories	Argyll	In Argyll, Rick meets a Michelin Green Star winning chef who cooks local and foraged ingredients. He catches langoustine with teacher-turned-fisherwoman.	UNITED KINGDOM	English-100	RPT	PG	a w	
2025-01-19	2135	Anthony Bourdain: Parts Unknown	Massachusetts	This unique episode looks closely at the 'other' Massachusetts - far away from the blue blood getaways of Nantucket or the urban sprawl of Boston.	USA	English-100	RPT	PG	a d w	
2025-01-19	2230	Eater's Guide To The World Series	Ass Crack Of Dawn In New York City, The	It's last call and you're hungry. What do you do? Luckily, you're in New York City, where your crew can choose from mouth-watering options like Korean BBQ, empanadas, and birria.	USA	English-100		PG		Y
2025-01-19	2300	Bizarre Foods: Delicious Destinations	Chicago: A Second Bite	Andrew takes a bite of Chicago's humble, hearty, and world-renowned food scene. From juicy rib tips to zesty Polish sausages to experimental and edible works of art, Chicago's eats stay true to its roots.	USA	English-100	RPT	G		
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2025-01-20	1230	Come Dine With Me UK	Kent Day 5	It's the final night of the competition in Kent where host, photographer Anthony, is confident he can wow his guests with an evening of fine food and culinary excellence.	UNITED KINGDOM	English-100	RPT	G		

2025-01-20	1300	David Rocco's Italia	Cinque Terre: Keeping Traditions As A Tourist Destination	A picturesque seaside region that's a tourism hot-spot, the Cinque-Terre consists of 5 coastal towns that historically produce wine, seafood, and simple Ligurian food that's heavy on the pesto.	CANADA	English-100	RPT	PG		Y	
2025-01-20	1330	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	English-100	RPT	G			
2025-01-20	1400	Food Safari	Food Safari Series 4 Ep 1	Maeve O'Meara explores the many cuisines of Darwin, including recipes from the city's large Greek population, the numerous Asian fares represented in the area as well as classics from local Indigenous cooks. From Chinese inspired fresh mud crab steamed with rice wine, to barramundi cooked in paperbark on a perfect beach, and from a Greek Sunday lunch to a Thai feast, this is a celebration of Australia's diverse culinary landscape.	AUSTRALIA	English-100	RPT	G		Y	
2025-01-20	1430	Mary Makes It Easy	Let Them Eat Cake	Cake is the star of the show and Mary has three foolproof cake recipes to make sure your next celebration is a hit. S'mores Cupcakes with marbled chocolate and graham cracker cake topped with marshmallow torched Swiss meringue prove that cupcakes may be the superior cake.	CANADA	English-100	RPT	G			
2025-01-20	1500	Pati's Mexican Table	Women Of Oaxaca	Pati meets with women chefs, business owners and leaders of society, exploring the role of women in Oaxaca and their influence on the customs and cuisine. In her kitchen, she cooks recipes that she learned from Oaxacan women including coloradito chicken and a mashed potato cazuela. She finishes with a favorite of the women in her family, a milky and luscious almond and chocolate leche cake.	USA	English-100	RPT	G		Y	
2025-01-20	1530	Simply Raymond Blanc	Salads, Soups & Sides	Raymond often feels that the smaller dishes in our dining repertoire also deserve a place as a showstopper on the dinner table; he shares his take on salads, soups and sides.	UNITED KINGDOM	English-100	RPT	G			
2025-01-20	1625	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	RPT	G			
2025-01-20	1630	Tom Kerridge's American Feast	Best Of	In this special episode, we see some of the best dishes Tom has eaten on his travels!	UNITED KINGDOM	English-100	RPT	PG	a w		
2025-01-20	1700	Tareq Taylor's Nordic Cookery	Lund, Sweden	In this episode, Tareq visits Lund, a thousand-year-old city in southern Sweden. Lund is surrounded by the richest farmland in the country, and we explore nearby islands.	SWEDEN	English-100				Y	
2025-01-20	1730	Everyday Gourmet With Justine Schofield	Episode 23	Pastry chef Robert Coco visits the kitchen to teach us the secrets to his Apple Crunch with Cider Cream. Justine shows us some quick and easy ways to make a Masala Omelette and Charred Beetroot and Lentil Salad.	AUSTRALIA	English-100		G			
2025-01-20	1800	Rick Stein's Food Heroes	Cornwall	Rick begins the series on home ground - Cornwall. Against a backdrop of stunning scenery, he samples clotted cream and saffron cakes and visits a specialist pasty shop at the Lizard peninsula to find out how to make the perfect traditional oggie.	UNITED KINGDOM	English-100	RPT	G			
2025-01-20	1830	Hugh's Three Good Things	Pulses	We are halfway through Store Cupboard week on Hugh's Three Good Things and it's the week that Hugh is most desperate to win - not surprising, as his mum is the judge!	UNITED KINGDOM	English-100	RPT	PG			
2025-01-20	1900	The Cook Up With Adam Liaw	Friends For Lunch	It's Easy Entertaining with The Cook Up, and what's better than having friends for lunch? Having comedian Dave Lawson and Jacqui Challinor help you with the menu!	AUSTRALIA	English-100	RPT	G		Y	
2025-01-20	1930	Island Echoes With Nornie Bero	Beauty Of Badu, The	Nornie travels to Badu Island. With acclaimed artist Alick Tipoti, they prepare delicious dishes using fresh local ingredients.	AUSTRALIA	English-80; Torres Strait Creole-20	RPT	G		Y	Y

2025-01-20	2000	Nigella Kitchen	Rags To Riches	Truly heavenly meals don't have to start life with painfully expensive ingredients. Nigella's got a whole host of sublime recipes up her sleeve that hail from far more modest beginnings. Like South Indian Vegetable Curry - made from the wilting contents of a Monday morning fridge raid, decadent Chocolate Chip Bread pudding AKA stale bread reincarnated Nigella style. Beer Braised Pork Knuckles with Caraway, Garlic, Apples and Potatoes - totally divine and cheap to boot.	UNITED KINGDOM		RPT	G			
2025-01-20	2030	Gordon, Gino And Fred's Road Trip	Italian Job, The	Gordon, Gino, and Fred start their road trip in Gino's homeland of Italy, where Gino needs help to pull off an event that is close to his heart. His best friend's vow renewal ceremony is taking place in front of 50 guests, in just four days.	UNITED KINGDOM	English-100	RPT	PG	a l n		Y
2025-01-20	2125	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 4	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G			Y
2025-01-20	2130	Hairy Bikers Comfort Food	Taste Of Cumbria, A	Dave enjoys a taste of his native county - Cumbria - as the Bikers cook recipes with great local ingredients to remind him of home. These include a comforting supper dish made from Cumberland Sausage and the ultimate Cumbrian dessert, Sticky Toffee Pudding.	UNITED KINGDOM	English-100	RPT	G			
2025-01-20	2225	Taste The Philippines With Yasmin Newman	Mini Ube Pavlovas With Rejoice Thompson	Rejoice Thomson, pastry chef and owner of Brisbane's Doves on Overend, makes a classic Australian dessert with a Filipino twist: mini ube pavlovas with passion fruit curd.	AUSTRALIA	English-100	RPT	G			
2025-01-20	2230	The Cook Up With Adam Liaw	Sweet Comfort Food	Adam, comedian Gen Fricker and The Old Fitz chef Anna Ugarte-Carral create some delicious comfort foods of the sweet kind in the Cook Up kitchen.	AUSTRALIA	English-100	RPT	G			Y
2025-01-20	2300	The Cook And The Chef	Fusion Food	Simon and Maggie marvel at the British success in putting their own stamp on a Pakistani curry and then celebrate the cross-cultural cuisine of Australia's own 'Father Of Fusion', Cheong Liew.	AUSTRALIA	English-100	RPT	G			
2025-01-20	2330	Guillaume's Paris	Ep 6	Chef Guillaume Brahimi explores the 11th and 12th arrondissements of Paris to discover best food experiences in the city. Guillaume visits the chocolate factory of Alain Ducasse, a legend of French gastronomy making his mark on this popular delicacy.	AUSTRALIA	English-100	RPT	G			Y Y
2025-01-20	2400	Come Dine With Me UK	Kent Day 5	It's the final night of the competition in Kent where host, photographer Anthony, is confident he can wow his guests with an evening of fine food and culinary excellence.	UNITED KINGDOM	English-100	RPT	G			
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2025-01-21	0500	David Rocco's Italia	Cinque Terre: Keeping Traditions As A Tourist Destination	A picturesque seaside region that's a tourism hot-spot, the Cinque-Terre consists of 5 coastal towns that historically produce wine, seafood, and simple Ligurian food that's heavy on the pesto.	CANADA	English-100	RPT	PG			Y
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2025-01-21	0730	Simply Raymond Blanc	Salads, Soups & Sides	Raymond often feels that the smaller dishes in our dining repertoire also deserve a place as a showstopper on the dinner table; he shares his take on salads, soups and sides.	UNITED KINGDOM	English-100	RPT	G			
2025-01-21	0825	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	RPT	G			
2025-01-21	0830	Tom Kerridge's American Feast	Best Of	In this special episode, we see some of the best dishes Tom has eaten on his travels!	UNITED KINGDOM	English-100	RPT	PG		a w	

2025-01-21	0900	Tareq Taylor's Nordic Cookery	Lund, Sweden	In this episode, Tareq visits Lund, a thousand-year-old city in southern Sweden. Lund is surrounded by the richest farmland in the country, and we explore nearby islands.	SWEDEN	English-100	RPT			Y
2025-01-21	0930	Everyday Gourmet With Justine Schofield	Episode 23	Pastry chef Robert Coco visits the kitchen to teach us the secrets to his Apple Crunch with Cider Cream. Justine shows us some quick and easy ways to make a Masala Omelette and Charred Beetroot and Lentil Salad.	AUSTRALIA	English-100	RPT	G		
2025-01-21	1000	Island Echoes With Normie Bero	Beauty Of Badu, The	Nornie travels to Badu Island. With acclaimed artist Alick Tipoti, they prepare delicious dishes using fresh local ingredients.	AUSTRALIA	English-80; Torres Strait Creole-20	RPT	G	Y	Y
2025-01-21	1030	Nigella Kitchen	Rags To Riches	Truly heavenly meals don't have to start life with painfully expensive ingredients. Nigella's got a whole host of sublime recipes up her sleeve that hail from far more modest beginnings. Like South Indian Vegetable Curry - made from the wilting contents of a Monday morning fridge raid, decadent Chocolate Chip Bread pudding AKA stale bread reincarnated Nigella style. Beer Braised Pork Knuckles with Caraway, Garlic, Apples and Potatoes - totally divine and cheap to boot.	UNITED KINGDOM		RPT	G		
2025-01-21	1100	The Cook Up With Adam Liaw	Friends For Lunch	It's Easy Entertaining with The Cook Up, and what's better than having friends for lunch? Having comedian Dave Lawson and Jacqui Challinor help you with the menu!	AUSTRALIA	English-100	RPT	G	Y	
2025-01-21	1130	Hairy Bikers Comfort Food	Taste Of Cumbria, A	Dave enjoys a taste of his native county - Cumbria - as the Bikers cook recipes with great local ingredients to remind him of home. These include a comforting supper dish made from Cumberland Sausage and the ultimate Cumbrian dessert, Sticky Toffee Pudding.	UNITED KINGDOM	English-100	RPT	G		
2025-01-21	1225	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 4	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y	
2025-01-21	1230	Come Dine With Me UK	County Durham Day 1	In County Durham, the first host is hairdresser and lad's lass, Julie. Julie is hoping to win over her guests with a no-nonsense menu she can prepare in advance.	UNITED KINGDOM	English-100	RPT	PG		
2025-01-21	1300	David Rocco's Italia	Fat Bologna, City Of Food	Known as Italy's pasta and food capital David learns first hand how serious Bolognese people are about fats- from the heavy, rich butter based pasta sauces to the delicious mortadella and salumi to the pork stuffed tortellini.	CANADA	English-100	RPT	G		Y
2025-01-21	1330	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	English-100	RPT	G		
2025-01-21	1400	Food Safari	Food Safari Series 4 Ep 2	Maeve O'Meara explores the country considered the gourmet destination of South America - Peru - and its infiltration into Australian culture. She meets chef Alejandro Saravia who shows her some of the key ingredients of Peruvian cuisine, including chillies, corn, potato and the high protein grain of the Andes - quinoa. Maeve then gets together with a group of Peruvian women making humitas, known as the 'bread of the Incas', before joining an Andean outdoor feast that is dedicated to the Earth Mother.	AUSTRALIA	English-100	RPT	G	Y	
2025-01-21	1430	Mary Makes It Easy	Freezer Fixes	The freezer doesn't have to be a neglected ingredient wasteland. Mary makes the freezer your friend by throwing together four recipes that bring those frozen staples back to life.	CANADA	English-100	RPT	G		
2025-01-21	1500	Pati's Mexican Table	Art Of Mole, The	Pati goes on an in-depth exploration of all things mole. Oaxaca is known as the land of moles, and there are too many varieties to name. Through instruction in her kitchen and exploration while in Oaxaca, Pati explains the basics of mole, some of its history and importance, and a few of her personal favourite recipes including mole verde with pork and white beans and chicken almadrado.	USA	English-100	RPT	G		Y

2025-01-21	1530	World's Most Expensive Foods	Ruby Roman	Every summer in Japan, the world's most expensive grapes, the Ruby Romans, never fail to spark off a bidding frenzy at its first-in-season auction. Here, highly-priced luxury fruits are big business.	SINGAPORE	English-50; Japanese-50	RPT	G	Y
2025-01-21	1630	Baking It Easy	It's Floofy And Everything's Fine	Meghan shares her designs for decadently delicious cream puffs and cookies fit to serve for any occasion.	USA	English-100	RPT	PG	
2025-01-21	1700	Tareq Taylor's Nordic Cookery	Bornholm, Denmark	Tareq takes the ferry out to Bornholm, a Danish island that has seen its share of invaders and reluctantly took part in WW2.	SWEDEN	English-100			Y
2025-01-21	1730	Everyday Gourmet With Justine Schofield	Episode 24	Join Justine while she cooks a Zucchini Loaf and Slow Cooked Lamb Shoulder. Neha Sen stops by to make a delicious Coconut Flatbread.	AUSTRALIA	English-100		G	
2025-01-21	1800	Rick Stein's Food Heroes	Southern England	Rick tries some garlic fudge at the Isle of Wight garlic festival. He is more impressed with a bacon buttie that he buys from a stall, and sets off to find its source. Pig farmer Stuart Pearce presents a wonderful philosophy for farming happy, healthy pigs.	UNITED KINGDOM	English-100	RPT	G	
2025-01-21	1830	Hugh's Three Good Things	Rice	Hugh's Three Good Things goes rummaging around in the store cupboard and for this episode pulls out rice.	UNITED KINGDOM	English-100	RPT	G	
2025-01-21	1900	The Cook Up With Adam Liaw	Soup Party, The	Two soup-er star guests, performer Christie Whelan Browne and chef Ellie Hayes O'Brien, join Adam to take your broth away with a night of Easy Entertaining with The Soup Party.	AUSTRALIA	English-100	RPT	G	Y
2025-01-21	1930	Lorraine Pascale: Home Cooking Made Easy	Favourites	It's Lorraine's favourite meal of the week - Sunday lunch. Comforting, leisurely and easy with her slow roast pork shoulder with crispy crackling, garlic roast vegetables, and gravy.	UNITED KINGDOM	English-100	RPT	G	
2025-01-21	2000	Mark Moriarty: Off Duty Chef	Home Classics	It's all about comforting home classics in this episode as Mark has three dishes brimming with nostalgia and warmth. To begin, Mark shares a great cooking tip when preparing pork chops, a staple in most Irish supermarket baskets.	UNITED KINGDOM	English-100		G	
2025-01-21	2030	Jamie's Ultimate Veg	Ep 5	Jamie feels the love for vegetables in British-Caribbean cuisine and delivers a flavourful pumpkin rice and butter bean stew.	UNITED KINGDOM	English-100	RPT	G	
2025-01-21	2130	Hairy Bikers Comfort Food	Come On Over	The Bikers cook the perfect dishes to share with the people we love. These are indulgent treats for when family and friends come on over - a baked cheesecake, a crowd pleasing terrine and the ultimate beef sandwich.	UNITED KINGDOM	English-100	RPT	G	
2025-01-21	2225	Taste The Philippines With Yasmin Newman	Adobo Lobster Roll With Regina Meehan	Regina Meehan from Melbourne's Hoy Pinoy demonstrates how to make a lobster roll with Filipino adobo sauce.	AUSTRALIA	English-100	RPT	G	
2025-01-21	2230	The Cook Up With Adam Liaw	Breakfast For Dinner	TV personality and chef Jason Roberts and head chef at Sydney restaurant Red Lantern Mark Jensen are in the Cook Up kitchen with Adam creating breakfast dishes for dinner.	AUSTRALIA	English-100	RPT	G	Y
2025-01-21	2300	The Cook And The Chef	Vego's	Simon and Maggie go vegetarian, proving a meat free diet is far from bland and boring. While vegetarianism has always been part of Indian and Asian culture, it didn't really kick off in the west until the mid nineteenth century, when a meat free diet became more accessible.	AUSTRALIA	English-100	RPT	G	

2025-01-21	2330	Guillaume's Paris	Ep 7	Chef Guillaume Brahimi explores the 13th and 14th Arrondissements of Paris which have both had a huge impact on the cuisine of the city. Guillaume visits the artistic neighbourhood of Montparnasse where 'bistro culture' was born, and eats at Le Dome Cafe, one of the historic cafes frequented by Pablo Picasso.	AUSTRALIA	English-100	RPT	G	Y	Y
2025-01-21	2400	Come Dine With Me UK	County Durham Day 1	In County Durham, the first host is hairdresser and lad's lass, Julie. Julie is hoping to win over her guests with a no-nonsense menu she can prepare in advance.	UNITED KINGDOM	English-100	RPT	PG		
2025-01-21	2430	Lorraine Pascale: Home Cooking Made Easy	Favourites	It's Lorraine's favourite meal of the week - Sunday lunch. Comforting, leisurely and easy with her slow roast pork shoulder with crispy crackling, garlic roast vegetables, and gravy.	UNITED KINGDOM	English-100	RPT	G		
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2025-01-21	2625	Please Eat Slowly Bitesize	Claypot Rice	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all-in-one. Victor talks through which claypot is best to use, and how you can achieve fluffy rice plus a crispy bottom layer without burning.	AUSTRALIA	English-100	RPT	G		
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2025-01-22	1300	David Rocco's Italia	Old Traditional Rome	Rome, the eternal city, is often referred to as an open air museum, where it's beautify really is second to none. However in the past few years, Rome has undergone many changes.	CANADA	English-100	RPT	PG		Y
2025-01-22	1330	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. Finishing off the show with a winter warmer braised beef short ribs with creamy mash.	AUSTRALIA	English-100	RPT	G		
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2025-01-22	1430	Mary Makes It Easy	Early Bird Baking	Breakfast doesn't have to be the same old morning routine day after day. Mary shows how embracing your oven and baking for breakfast is the ultimate game changer to switch up your daily grind.	CANADA	English-100	RPT	G		
2025-01-22	1500	Pati's Mexican Table	In Search Of La Mixteca	Pati travels to a region in Oaxaca known as La Mixteca, and learns what makes the food and culture so unique. She meets up with Ixchel Ornellas, a chef, restaurant owner, and one of Mixteca's best cooks, who invites her on a personal tour of her city. Then, back in her kitchen, Pati creates new recipes based on that experience - corn soup with queso and pescado agridulce.	USA	English-100	RPT	G		Y
2025-01-22	1530	World's Most Expensive Foods	Hanwoo	We see Hanwoo or Korean cattle go under the gavel at two separate auctions. Though Hanwoo is the luxury meat of choice, breeding of the cattle as meat stock is only a recent development.	SINGAPORE	English-50; Japanese-50	RPT	PG	a w	Y
2025-01-22	1630	Baking It Easy	Opposite Of A Hot Mess, The	Meghan takes your fears about layer cakes and chocolate and throws them out the window! She shares all her best tips and tricks to combine them into a delightful cake.	USA	English-100	RPT	PG		Y
2025-01-22	1700	Tareq Taylor's Nordic Cookery	Jokkmokk, Sweden	Far above the Arctic Circle, Tareq explores the wild country around Jokkmokk.	SWEDEN	English-100				
2025-01-22	1730	Everyday Gourmet With Justine Schofield	Episode 25	Justine is joined by Trish McKenzie in the kitchen today for a Choc Mint Marbled Cheesecake. Justine makes a delicious Navarin of Lamb and a Japanese Spinach Salad.	AUSTRALIA	English-100		G		
2025-01-22	1800	Rick Stein's Food Heroes	London, Midlands And East England	At London's Borough Market, which Rick Stein favourably compares with markets on the continent, he samples a superb eel pie and mash lunch at Manze's. He then heads for Leicestershire, to visit an organic, free-range goose farm and meet Britain's sole producer of Aylesbury ducks.	UNITED KINGDOM	English-100	RPT	PG		
2025-01-22	1830	Hugh's Three Good Things	Chocolate	It's the final day of our cook-a-thon on Hugh's Three Good Things - can Hugh be crowned 'store cupboard king'?	UNITED KINGDOM	English-100	RPT	G		
2025-01-22	1900	The Cook Up With Adam Liaw	All Together Now	It's Easy Entertaining with The Cook Up, and Adam and his guests, actor Bert LaBonte and chef Rodney Dunn, are making a menu all together now.	AUSTRALIA	English-100	RPT	G		Y
2025-01-22	1930	Marcus In The Med: Mallorca	Taste Of The Sea	A passion for fresh fish and seafood permeates the Balearic capital Mallorca and Marcus is on the hunt for the freshest catch on the island.	UNITED KINGDOM	English-100		PG	a w	

2025-01-22	2000	Rachael Ray's Meals In Minutes	Hella Mega Suiza Rock Mex Burgers	In honour of Rachel's rock star friends, she's making Hella Mexa Suiza Burgers, or hamburgers and fries cooked with Mexican spices and topped with Swiss and Mexican soft cheese.	USA	English-100		G		
2025-01-22	2030	Adam Richman Eats Britain	Cheddar	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's in Cheddar for a true taste of real cave-aged Cheddar cheese.	UNITED KINGDOM	English-100		G		
2025-01-22	2100	Street Food Nomad: Kolkata	Episode 1	Acclaimed chef Will Meyrick embarks on a pilgrimage to Kolkata, seeking inspiration for new recipes to dish up at his world-famous restaurants.	AUSTRALIA	English-100				
2025-01-22	2130	Hairy Bikers Comfort Food	Pub Grub	The Bikers have a fresh take on pub foods with a new look for a traditional pudding, their take on the North-East's mighty Chicken Parmo and reveal the secrets behind their ultimate fishcake.	UNITED KINGDOM	English-100	RPT	G		
2025-01-22	2225	Taste The Philippines With Yasmin Newman	Melon Cocktail With Kylie Javier Ashton	Kylie Javier Ashton, Sydney multi-award-winning restaurant manager, makes a refreshing cocktail based on a childhood favourite called Melon.	AUSTRALIA	English-100	RPT	G		
2025-01-22	2230	The Cook Up With Adam Liaw	Mexican	Adam hosts Mexican Deli owner Rosa Cienfuegos and Chica Bonita chef Alejandro Huerta to create dishes from our guests' home country of Mexico.	AUSTRALIA	English-100	RPT	G		Y
2025-01-22	2300	The Cook And The Chef	All The Tea And China	Simon and Maggie are holding a tea party to celebrate the days when afternoon teas, complete with cakes and cucumber sandwiches, were quite the done thing. In Victorian-era Australia, our eating and drinking habits were still shaped by our ties to Britain, and what could be more British than afternoon tea?	AUSTRALIA	English-100	RPT	G		
2025-01-22	2330	Guillaume's Paris	Ep 8	Guillaume visits Nature Urbaine, the largest rooftop garden in Europe, and uses some of their fresh produce to make a healthy spring salad. To finish his journey, Guillaume goes shopping at Hugo Desnoyer, one of the best butchers in Paris.	AUSTRALIA	English-100	RPT	G		Y Y
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2025-01-23	0700	Pati's Mexican Table	In Search Of La Mixteca	Pati travels to a region in Oaxaca known as La Mixteca, and learns what makes the food and culture so unique. She meets up with Ixchel Ornellas, a chef, restaurant owner, and one of Mixteca's best cooks, who invites her on a personal tour of her city. Then, back in her kitchen, Pati creates new recipes based on that experience - corn soup with queso and pescado agridulce.	USA	English-100	RPT	G		Y
2025-01-23	0730	World's Most Expensive Foods	Hanwoo	We see Hanwoo or Korean cattle go under the gavel at two separate auctions. Though Hanwoo is the luxury meat of choice, breeding of the cattle as meat stock is only a recent development.	SINGAPORE	English-50; Japanese-50	RPT	PG	a w	Y
2025-01-23	0830	Baking It Easy	Opposite Of A Hot Mess, The	Meghan takes your fears about layer cakes and chocolate and throws them out the window! She shares all her best tips and tricks to combine them into a delightful cake.	USA	English-100	RPT	PG		Y
2025-01-23	0900	Tareq Taylor's Nordic Cookery	Jokkmokk, Sweden	Far above the Arctic Circle, Tareq explores the wild country around Jokkmokk.	SWEDEN	English-100	RPT			

2025-01-23	0930	Everyday Gourmet With Justine Schofield	Episode 25	Justine is joined by Trish McKenzie in the kitchen today for a Choc Mint Marbled Cheesecake. Justine makes a delicious Navarin of Lamb and a Japanese Spinach Salad.	AUSTRALIA	English-100	RPT	G	
2025-01-23	1000	Marcus In The Med: Mallorca	Taste Of The Sea	A passion for fresh fish and seafood permeates the Balearic capital Mallorca and Marcus is on the hunt for the freshest catch on the island.	UNITED KINGDOM	English-100	RPT	PG	a w
2025-01-23	1030	Rachael Ray's Meals In Minutes	Hella Mega Suiza Rock Mex Burgers	In honour of Rachel's rock star friends, she's making Hella Mexa Suiza Burgers, or hamburgers and fries cooked with Mexican spices and topped with Swiss and Mexican soft cheese.	USA	English-100	RPT	G	
2025-01-23	1100	The Cook Up With Adam Liaw	All Together Now	It's Easy Entertaining with The Cook Up, and Adam and his guests, actor Bert LaBonte and chef Rodney Dunn, are making a menu all together now.	AUSTRALIA	English-100	RPT	G	Y
2025-01-23	1130	Adam Richman Eats Britain	Cheddar	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's in Cheddar for a true taste of real cave-aged Cheddar cheese.	UNITED KINGDOM	English-100	RPT	G	
2025-01-23	1200	Street Food Nomad: Kolkata	Episode 1	Acclaimed chef Will Meyrick embarks on a pilgrimage to Kolkata, seeking inspiration for new recipes to dish up at his world-famous restaurants.	AUSTRALIA	English-100	RPT	G	
2025-01-23	1230	Come Dine With Me UK	County Durham Day 3	This week in County Durham, host Stephen hopes to impress his guests with an evening on his farm complete with a drinks reception in the stables and rustic home-cooked cuisine.	UNITED KINGDOM	English-100	RPT	PG	
2025-01-23	1300	David Rocco's Italia	Rome's Music & Immigrants	Spending time with a few socially-minded Roman chefs and entrepreneurs, David learns how they have opened their kitchens and restaurants to give training and jobs to the influx of immigrants who call the city home.	CANADA	English-100	RPT	PG	n Y
2025-01-23	1330	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	English-100	RPT	G	
2025-01-23	1400	Food Safari	Food Safari Series 4 Ep 4	Maeve O'Meara explores the exciting mix of ingredients and flavours that make up Filipino food. Chef Dennis Leslie describes the melting pot of influences he grew up with in the Philippines, and introduces Maeve to one of his favourite noodle dishes: pancit palabok, a mixed seafood dressed with crunchy pork crackling. Trissa Lopez then hosts a morning breakfast for her family and friends to highlight Filipino food, while chef Joel Ignacio demonstrates a very tasty twice cooked pork hock called crispy pata.	AUSTRALIA	English-100	RPT	G	Y
2025-01-23	1430	Mary Makes It Easy	Helpful Holidays	So many people feel overwhelmed by preparing the big holiday feast, but Mary's menu cuts back the kitchen time to spend it with family.	CANADA	English-100	RPT	G	
2025-01-23	1500	Pati's Mexican Table	Oaxaca Breakfast: Messy And Delicious	Pati visits the town of San Martin Tilcajete to meet Maria and Jacobo at their famous art school. There, she learns the ins and outs of their delicate alebrije making process and tastes an outrageously delicious liver and eggs meal prepared for the artists. In her kitchen, those eggs are an inspiration for a Oaxacan-themed breakfast. And because the art of San Martin is all about attention to detail, she's doing the opposite in her kitchen and preparing a meal for her boys with the theme of 'the messier the better,' including eggs in salsa martajada, Oaxaca-style refried beans and Pan de Yema.	USA	English-100	RPT	G	Y
2025-01-23	1530	World's Most Expensive Foods	White Truffle	Bidders shell out big money for the largest white truffle of the season, in a unique auction that mixes philanthropy with gourmet pursuit. This auction is also critical to the economy of Alba, Italy.	SINGAPORE	English-50; Japanese-50	RPT	G	Y

2025-01-23	1630	Baking It Easy	Take The Time To Do It Right	No one said baking a pie or making macaroons was easy, but Meghan shows you how to do so with less stress and mess!	USA	English-100	RPT	PG		
2025-01-23	1700	Food Tales	Chilli Love Story, A	Noorman and Puti are a husband-and-wife duo who founded Nasi Lemak Ayam Taliwang, which combines the Singaporean Malay dish Nasi Lemak from Noorman's heritage, and the Indonesian dish Ayam Taliwang.	SINGAPORE	English-100				Y
2025-01-23	1730	Foodwise	Xishuangbanna Pt.1	What's not to love about Xishuangbanna? From night markets to lush bamboo forests, 800-year old tea trees to close encounters with elephants, this tropical city in southwest China has everything.	CHINA	English-50; Mandarin-50				Y
2025-01-23	1800	Rick Stein's Food Heroes	North West England	In the middle of the Foot and Mouth crisis, Rick heads North in search of one of his favourite British dishes - Lancashire Hotpot. He visits a wild boar farmer, a black pudding maker, and meets Ruth Kirkham, who has supplied her crumbly Lancashire Cheese to Rick's restaurant for nearly 20 years.	UNITED KINGDOM	English-100	RPT	PG	a	
2025-01-23	1830	Escape To River Cottage	Ep 1	Hugh Fearnley-Whittingstall's dream of escaping the city sprawl and downshifting to rural Dorset is about to be realised. In his 1960s Ford Corsair, Hugh has arrived at River Cottage, and his new life as a small holder, living off the fat of the land, lies before him. But first there has to be some changes.	UNITED KINGDOM	English-100	RPT	PG	a n w	
2025-01-23	1900	The Cook Up With Adam Liaw	Make-Ahead Menu, The	Do your dinner parties run down to the wire? This Easy Entertaining is for you! Adam and his guests, Chef Clayton Wells and ex-AFLW star Moana Hope, prepare a make-ahead menu.	AUSTRALIA	English-100	RPT	PG		Y
2025-01-23	1930	Paul Hollywood Eats Japan	Osaka	Paul ends his whole Japanese road trip with the eat til you drop food tour of Osaka-home to what he becomes convinced is the very best street food on earth.	UNITED KINGDOM	English-100		PG	a w	Y
2025-01-23	2030	Jamie At Home	Furred Game	Most people think nothing of eating a chicken but what about a rabbit?	UNITED KINGDOM	English-100		PG	a s w	
2025-01-23	2100	Symon's Dinners Cooking Out	Tuscan Triumph, A	This traditional Tuscan dish is perfect for a summer's late lunch to carry you into an evening of relaxing. Michael Symon revamps some grilled chicken by glazing it with some floral vermouth that he pairs with some rustic croutons and a bed of crisp kale and brussels sprouts.	USA	English-100		G		
2025-01-23	2130	Hairy Bikers Comfort Food	Classics	Today the Hairy Bikers are cooking dishes that will always hit the spot and which are guaranteed to bring smiles to the table. They reveal the secret behind their ultimate Biker Burger and cook two of their favourite desserts - a showstopping meringue and a modern take on a classic Banana Split.	UNITED KINGDOM	English-100	RPT	G		
2025-01-23	2225	Taste The Philippines With Yasmin Newman	Mushroom Egg Benedict With Adam Hall	Chef Adam Hall, founder of Kanin Project, plates up a classic Australian breakfast, eggs benedict, with a Filipino vegetarian twist.	AUSTRALIA	English-100	RPT	G		
2025-01-23	2230	The Cook Up With Adam Liaw	90's Dinner Party	Grab your hyper-colour t-shirt and bum-bag, because were going back to the 90's. Host Adam Liaw, actress Virginia Gay and political satirist Mark Humphries are in the Cook Up kitchen creating their ultimate 90's dinner party dishes.	AUSTRALIA	English-100	RPT	PG		Y
2025-01-23	2300	The Cook And The Chef	French Connection, The	If you fancy some fine French fare then join Maggie and Simon as they reveal the significant contribution the French have made to the kitchen while tempting us with classics such as Bouillabaisse and Duck Liver Parfait.	AUSTRALIA	English-100	RPT	G		

2025-01-23	2330	Guillaume's Paris	Ep 9	Chef Guillaume Brahimi explores the 17th and 18th arrondissements of Paris where some of the best kept culinary secrets can be found, including a mushroom farm in an underground carpark, and the last remaining vineyard producing Parisian wine.	AUSTRALIA	English-100	RPT	PG		Y	Y
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2025-01-24	1000	The Cook Up With Adam Liaw	Naidoc: Warrigal Greens	This week we're celebrating NAIDOC Week. Starting it off, Adam and the Cook Up kitchen hosts Gumbaynggirr man Kyah Lulman and proud Whadjuk Noongar woman Narelda Jacobs.	AUSTRALIA	English-100	RPT	G		Y
2025-01-24	1030	The Cook Up With Adam Liaw	Naidoc: Design Your Own National Dish	Rockpool chef and proud Palawa man Luke Bourke, BrothaBlack of the Yiman nation and Indigenous mentor Shannon Williams and Adam are in the Cook Up kitchen as they design their own national dishes.	AUSTRALIA	English-100	RPT	G		Y
2025-01-24	1100	The Cook Up With Adam Liaw	Naidoc: National Dish From Your Country	Anaiwan man Dean Widders and Nornie Bero from the Meriam people in the Torres Strait join Adam in the Cook Up kitchen to create dishes that are inspired by the Indigenous Country they come from.	AUSTRALIA	English-100	RPT	G		Y
2025-01-24	1130	The Cook Up With Adam Liaw	Naidoc: Native Herbs	Kamilaroi woman Jayde Harris and Gamilaroi woman Nakkiah Lui are in the Cook Up kitchen with Adam to create dishes that showcase native Indigenous herbs.	AUSTRALIA	English-100	RPT	G		Y
2025-01-24	1200	The Cook Up With Adam Liaw	Naidoc: Cheese	To round out NAIDOC Week, Adam and the Cook Up kitchen host Darug countrymen Sam and Luke Bourke, who create their ultimate cheesy dishes.	AUSTRALIA	English-100	RPT	G		Y
2025-01-24	1230	Come Dine With Me UK	County Durham Day 4	In County Durham, prison transport officer Tina plans to win her guests round with a sophisticated French menu that includes salmon crepes, chicken and posh peas and pear dessert.	UNITED KINGDOM	English-100	RPT	PG		
2025-01-24	1300	David Rocco's Italia	Real Roman Neighbourhoods, The	David explores the traditional roots of the Roman people, but he has to leave the city centre for that.	CANADA	English-100	RPT	PG	a d I	Y
2025-01-24	1330	My Market Kitchen	My Market Kitchen Series 4 Ep 36	On My Market Kitchen today Elena prepares a healthy Chicken and Lentil salad then Khanh is joined by Naheda Hassan to help her make Baked Salmon and Tahini 3 Ways. Followed by a unique dessert from Elena.	AUSTRALIA	English-100	RPT	G		

2025-01-24	1400	Food Safari	Food Safari Series 4 Ep 5	Maeve O'Meara explores the many cuisines that are part of South Africa's culinary landscape. Cape Town-born chef Graeme Shapiro gives Maeve a lesson in local flavours.	AUSTRALIA	English-100	RPT	G		Y
2025-01-24	1430	Mary Makes It Easy	Healthied Up	Eating healthier doesn't have to mean cutting out treats. Mary "healthies up" her favourite comfort foods to incorporate more nutrients and make them a little healthier without sacrificing flavour.	CANADA	English-100	RPT	G		
2025-01-24	1500	Pati's Mexican Table	How I Got To Now	People are always asking Pati how she turned a passion for food into a career. Over the years, she's told the story in bits and pieces but she's never told the full story. Throughout this episode, she explains where her passion for food started, what decisions led her to where she is today, and some of the twists and turns she took to get here. She also serves up sopes, caramelised pasilla brisket and tiger pound cake. In Oaxaca, she meets a woman who moved from a small town, without any money or resources, to pursue her own dreams of building a food empire in one of the best culinary destinations in Mexico.	USA	English-100	RPT	G		Y
2025-01-24	1530	World's Most Expensive Foods	Tuna	Tokyo's brand-new wholesale fish market, Toyosu, rings in 2019 with the auction of the world's most expensive fish. We witness the hardship that fishermen face as the prized Bluefin tuna becomes scarce.	SINGAPORE	English-50; Japanese-50	RPT	PG	a w	Y
2025-01-24	1630	Baking It Easy	Bundt And Roll With It	Get fancy in the kitchen by taking your baking skills to the next level! Meghan shares her sure-fire recipe for a delicious bundt cake.	USA	English-100	RPT	PG	I	
2025-01-24	1700	Food Tales	Crazy For Kueh	Sandy and Elizabeth are a mother-daughter duo who founded Kueh Ho Jiak, which keeps the heritage of kueh (traditional Asian confectionery) and kueh-making alive.	SINGAPORE	English-100				Y
2025-01-24	1730	Foodwise	Xishuangbanna Pt.2	Come get soaked at the Dai people's New Year celebrations! We'll check out buzzing street markets packed with BBQ meats, spicy fruits, crash a foodie auction, and take part in a rowdy competition.	CHINA	English-50; Mandarin-50				Y
2025-01-24	1800	Rick Stein's Food Heroes	South East England	Rick samples whelks at a stall in Bognor Regis, cooks Britain's most popular dish, Steak and Kidney Pudding, explores the delights of a Sussex walled garden, and picks mulberries in Tiptree.	UNITED KINGDOM	English-100	RPT	PG	a s w	
2025-01-24	1830	Escape To River Cottage	Ep 2	Hugh had thought his downshifting was progressing nicely. But his daily garden check reveals a pesky garden pest - Hugh is not amused. At least the pigs have settled in, although they keep Hugh on his toes with their occasional bids for freedom.	UNITED KINGDOM	English-100	RPT	PG	a w	
2025-01-24	1900	The Cook Up With Adam Liaw	Zest Dinner Party Ever, The	Grab your winter citrus for this Easy Entertaining, because the Australian Ballet's Artistic Director David Hallberg, baker Natalie Paull and Adam are here to help you host the zest dinner party ever.	AUSTRALIA	English-100	RPT	PG		Y
2025-01-24	1930	Andi Oliver's Fabulous Feasts	Stoke	Andi's in the home of UK Ceramics, Stoke-on-Trent, to put on a festival for an arts project. Can she overcome her creative demons to make a feast that channels the area's artistry?	UNITED KINGDOM	English-100				
2025-01-24	2030	A Cotswold Farm Shop	Ep 3	We meet Bini, who supplies the service station freezer with nine of her delicious ready-made curries, all made using locally sourced ingredients, but she's keen to add to her range.	UNITED KINGDOM	English-100	RPT	G		
2025-01-24	2130	Hairy Bikers Comfort Food	Posh-ish Nosh	Today the Bikers are pushing the boat out, using top notch ingredients in special recipes to create showstopping dishes. They've updated an old favourite - the Rum Baba - and are making the most of a great cut of beef in a traditional Greek Stifado.	UNITED KINGDOM	English-100	RPT	G		
2025-01-24	2225	Taste The Philippines With Yasmin Newman	Kinamatsang Manok With Kim Cudia-Prieto	Chef and owner of Canberra's Lolo and Lola's, Kim Cudia-Prieto cooks a specialty dish called Kinamatsan Manok using classic ingredients that are local to her hometown.	AUSTRALIA	English-100	RPT	G		

2025-01-24	2230	The Cook Up With Adam Liaw	Locally Sourced	SBS News presenter Janice Petersen and comedian Dane Simpson join Adam Liaw in the Cook Up kitchen to create some dishes using locally grown and sourced products.	AUSTRALIA	English-100	RPT	G		Y	
2025-01-24	2300	The Cook And The Chef	Australian Native Foods	In this new world of climate change, Australian Native Foods are being seen as foods of the future because they've evolved over thousands of years to suit Australian soils and climate. Although early settlers cooked native foods like kangaroo, swan, possum, fruits and berries, once farming was established they reverted to more traditional fare. Fast forward to the 1980s and native foods are rediscovered along with their unique flavours.	AUSTRALIA	English-100	RPT	G			
2025-01-24	2330	Guillaume's Paris	Ep 10	Chef Guillaume Brahimi finishes his tour of Paris with an exploration of the bohemian hub of the city including a degustation of Parisian beer, and the fascinating neighbourhood of Edith Piaf.	AUSTRALIA	English-100	RPT	G		Y	Y
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2025-01-24	2625	Bring A Plate	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	
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2025-01-25	0730	World's Most Expensive Foods	Tuna	Tokyo's brand-new wholesale fish market, Toyosu, rings in 2019 with the auction of the world's most expensive fish. We witness the hardship that fishermen face as the prized Bluefin tuna becomes scarce.	SINGAPORE	English-50; Japanese-50	RPT	PG	a w	Y
2025-01-25	0830	Baking It Easy	Bundt And Roll With It	Get fancy in the kitchen by taking your baking skills to the next level! Meghan shares her sure-fire recipe for a delicious bundt cake.	USA	English-100	RPT	PG	I	
2025-01-25	0900	Food Tales	Crazy For Kueh	Sandy and Elizabeth are a mother-daughter duo who founded Kueh Ho Jiak, which keeps the heritage of kueh (traditional Asian confectionery) and kueh-making alive.	SINGAPORE	English-100	RPT			Y
2025-01-25	0930	Foodwise	Xishuangbanna Pt.2	Come get soaked at the Dai people's New Year celebrations! We'll check out buzzing street markets packed with BBQ meats, spicy fruits, crash a foodie auction, and take part in a rowdy competition.	CHINA	English-50; Mandarin-50	RPT			Y
2025-01-25	1000	The Cook Up With Adam Liaw	Beach Dinner	NAIDOC Week host Nornie Bero is joined by presenter Matty Mills and visual artist Gail Mabo to make memorable beach dinners.	AUSTRALIA	English-100	RPT	G		Y Y
2025-01-25	1030	The Cook Up With Adam Liaw	Luscious Leaves	We're celebrating NAIDOC Week with host Nornie Bero, actor Bjorn Stewart, Currie Country's Arabella Douglas and a whole lot of luscious leaves!	AUSTRALIA	English-100	RPT	G		Y
2025-01-25	1100	The Cook Up With Adam Liaw	Pepperberries	The NAIDOC Week celebrations continue with bushfood educator Jody Orcher, podcaster Rowdie Walden and host Nornie Bero's favourite native ingredient, pepperberry.	AUSTRALIA	English-100	RPT	PG		Y
2025-01-25	1130	The Cook Up With Adam Liaw	Family Pie	It's NAIDOC Week on The Cook Up, and Warndu's Damien Coulthard, Haus of Dizzy's Kristy Dickinson and host Nornie Bero are making family pie.	AUSTRALIA	English-100	RPT	PG		Y
2025-01-25	1200	The Cook Up With Adam Liaw	Native Twist	Astrophysicist Kirsten Banks and Yerrabingin's Christian Hampson join NAIDOC Week host Nornie Bero to cook food with a native twist.	AUSTRALIA	English-100	RPT	G		Y

2025-01-25	1230	David Rocco's Italia	Real Roman Neighbourhoods, The	David explores the traditional roots of the Roman people, but he has to leave the city centre for that.	CANADA	English-100	RPT	PG	a d I	Y
2025-01-25	1300	My Market Kitchen	My Market Kitchen Series 4 Ep 36	On My Market Kitchen today Elena prepares a healthy Chicken and Lentil salad then Khanh is joined by Naheda Hassan to help her make Baked Salmon and Tahini 3 Ways. Followed by a unique dessert from Elena.	AUSTRALIA	English-100	RPT	G		
2025-01-25	1330	Food Safari	Food Safari Series 4 Ep 5	Maeve O'Meara explores the many cuisines that are part of South Africa's culinary landscape. Cape Town-born chef Graeme Shapiro gives Maeve a lesson in local flavours.	AUSTRALIA	English-100	RPT	G		Y
2025-01-25	1400	Mary Makes It Easy	Healthied Up	Eating healthier doesn't have to mean cutting out treats. Mary 'healthies up' her favourite comfort foods to incorporate more nutrients and make them a little healthier without sacrificing flavour.	CANADA	English-100	RPT	G		
2025-01-25	1430	Heston's Feasts	Tudor	Tudor feasts were mammoth spreads and the greatest spectacles of the culinary world, combining the finest ingredients with innovation, fantasy and showmanship. Tonight, top British chef Heston Blumenthal pushes his own crazy creations to the limit, serving Tudor splendour to celebrity guests Alex Zane, Sophie Ellis Bextor, Cilla Black, Jay Rayner, Ruth Watson and Kelvin MacKenzie.	UNITED KINGDOM	English-100	RPT	PG	a	Y
2025-01-25	1525	Destination Flavour Japan Bitesize	Tokyo Part 1	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 Y
2025-01-25	1530	Heston's Feasts	Roman	Super chef Heston Blumenthal creates a magnificent feast inspired by the excesses of the Roman Empire, an age when food really was theatre. He wants to lay on a gastronomic spectacle for his celebrity guests the likes of which hasn't been seen for 2000 years. On the menu: pork scratching made from nipples, custard made from brains, a whole hog with edible guts and a very naughty cake. Will Heston be all-conquering? Or will his guests be heading straight for the exit?	UNITED KINGDOM	English-100	RPT	PG	a s	Y
2025-01-25	1625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 5	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
2025-01-25	1630	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 2	Silvia shares her family's most cherished meals, starting with her Nonna's Sunday lunch spectacular, a rich sausage stew served at the table over a giant bed of soft polenta.	AUSTRALIA	Enya-100	RPT	G		Y Y
2025-01-25	1700	Paula McIntyre's Hamely Kitchen Specials	Paula McIntyre's Burns Night Banquet	Paula usually celebrates Burns Night by cooking neeps and tatties alongside some haggis. This year is a little different. She challenges herself with re-creating traditional recipes.	UNITED KINGDOM	English-100	RPT	G		
2025-01-25	1750	Destination Flavour China Bitesize	Shandong Roast Chicken	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
2025-01-25	1800	Pati's Mexican Table	Symphony Of Flavours	Pati meets the first world-famous Raramuri pianist and learns ancient Chihuahuan cooking.	USA	English-100	RPT	G		Y
2025-01-25	1830	Jimmy Doherty's New Zealand Escape	Ep 4	Jimmy is in Auckland meeting some of the incredible market gardeners and produce sellers who have put New Zealand's fresh produce on the map, and mixes it up with the godfather of fusion food.	NEW ZEALAND	English-100	RPT	PG	I	Y

2025-01-25	1925	Please Eat Slowly Bitesize	Mango Pancakes	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100	RPT	G		
2025-01-25	1930	Billy And Dom Eat The World	California	Billy and Dom are back on their home turf, ready to see what the American West Coast has to offer. Dom reveals his favourite food spot in the city-the Endorffine Coffee Bar.	UNITED KINGDOM	English-100		PG		
2025-01-25	2030	Rick Stein: From Venice to Istanbul	Northern Greece	Rick arrives in Northern Greece and the historic city of Ioannina where he tastes a traditional veal stifado and kotopita - the best chicken pie he's ever tasted. In the coastal city of Preveza he goes out prawn fishing and follows in the footsteps of Lord Byron to visit Messolonghi, a city where seafood is king. He cooks his favourite Greek dishes - stuffed peppers and tomatoes, and souvlaki.	UNITED KINGDOM	English-100	RPT	PG	a w	
2025-01-25	2140	Anthony Bourdain: Parts Unknown	Shanghai	Bourdain immerses himself in the vibrant and dynamic side of modern China.	USA	English-100	RPT	PG	a w	Y
2025-01-25	2230	Eater's Guide To The World Series	Jungle To Table In Costa Rica	The Costa Rican jungle is basically nature's candy store and we'd like to invite you in. It's bursting with delicious guanabana, cainito, cas, pejiabaya and cacao - known to some as the fruit of the Gods.	USA	English-100		PG		Y
2025-01-25	2300	Bizarre Foods: Delicious Destinations	Door County	Andrew Zimmern scopes out the down-to-earth culinary traditions of scenic Door County, Wisconsin. Fresh fish from Lake Michigan and local produce defines the Nordic-influenced cuisine.	USA	English-100	RPT	G		
2025-01-25	2330	Heston's Feasts	Tudor	Tudor feasts were mammoth spreads and the greatest spectacles of the culinary world, combining the finest ingredients with innovation, fantasy and showmanship. Tonight, top British chef Heston Blumenthal pushes his own crazy creations to the limit, serving Tudor splendour to celebrity guests Alex Zane, Sophie Ellis Bextor, Cilla Black, Jay Rayner, Ruth Watson and Kelvin MacKenzie.	UNITED KINGDOM	English-100	RPT	PG	a	Y
2025-01-25	2425	Destination Flavour Japan Bitesize	Tokyo Part 1	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 Y
2025-01-25	2430	Heston's Feasts	Roman	Super chef Heston Blumenthal creates a magnificent feast inspired by the excesses of the Roman Empire, an age when food really was theatre. He wants to lay on a gastronomic spectacle for his celebrity guests the likes of which hasn't been seen for 2000 years. On the menu: pork scratching made from nipples, custard made from brains, a whole hog with edible guts and a very naughty cake. Will Heston be all-conquering? Or will his guests be heading straight for the exit?	UNITED KINGDOM	English-100	RPT	PG	a s	Y
2025-01-25	2525	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 5	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
2025-01-25	2530	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 2	Silvia shares her family's most cherished meals, starting with her Nonna's Sunday lunch spectacular, a rich sausage stew served at the table over a giant bed of soft polenta.	AUSTRALIA	Enya-100	RPT	G		Y Y
2025-01-25	2600	Paula McIntyre's Hamely Kitchen Specials	Paula McIntyre's Burns Night Banquet	Paula usually celebrates Burns Night by cooking neeps and tatties alongside some haggis. This year is a little different. She challenges herself with re-creating traditional recipes.	UNITED KINGDOM	English-100	RPT	G		
2025-01-25	2650	Destination Flavour China Bitesize	Shandong Roast Chicken	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

2025-01-25	2700	Pati's Mexican Table	Symphony Of Flavours	Pati meets the first world-famous Raramuri pianist and learns ancient Chihuahuan cooking.	USA	English-100	RPT	G		Y
2025-01-25	2730	Anthony Bourdain: Parts Unknown	Shanghai	Bourdain immerses himself in the vibrant and dynamic side of modern China.	USA	English-100	RPT	PG	a w	Y
2025-01-25	2825	Please Eat Slowly Bitesize	Mango Pancakes	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100	RPT	G		
2025-01-25	2830	Eater's Guide To The World Series	Jungle To Table In Costa Rica	The Costa Rican jungle is basically nature's candy store and we'd like to invite you in. It's bursting with delicious guanabana, cainito, cas, pejibaye and cacao - known to some as the fruit of the Gods.	USA	English-100	RPT	PG		Y