



WEEK 4: Sunday, 21 January- Saturday, 27 January 2024 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-01-21	0500	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 Eliot, who uncover a problem with the drive-thru staff.	USA	English-100		PG			Y
2024-01-21	0530	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			
2024-01-21	0625	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	
2024-01-21	0630	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			
2024-01-21	0700	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		
2024-01-21	0730	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	
2024-01-21	0830	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			
2024-01-21	0935	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			
2024-01-21	1040	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			
2024-01-21	1135	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	
2024-01-21	1230	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
2024-01-21	1300	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 Eliot, who uncover a problem with the drive-thru staff.	USA	English-100		PG			Y

2024-01-21	1330	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		
2024-01-21	1430	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		
2024-01-21	1525	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
2024-01-21	1530	Inside Hotel Chocolat	Inside Hotel Chocolat Series 2 Ep 3	Hotel Chocolat has a VIP visitor, the Princess Royal. HRH is partial to dark chocolate but how will she respond to the offer of the new peanut butter and jelly flavour?	UNITED KINGDOM	English-100		G		
2024-01-21	1625	Cook Up With Adam Liaw Bitesize	Gobi Manchurian	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
2024-01-21	1630	Adam Liaw's Road Trip For Good	Stokes Bay, Forge Creek & Berrima	Adam kicks off his roadtrip for good with a visit to one of the worst bushfire-affected areas in Australia - Kangaroo Island, where he meets Shane Leahy from Kangaroo Island Fresh Garlic.	AUSTRALIA	English-100		PG		Y
2024-01-21	1700	Adam Liaw's Road Trip For Good	Mallacoota, Lobethal & Ulladulla	Adam is in the town of Mallacoota - the area that became an international symbol for the summer's devastating bushfires. Here he visits the local abalone co-op whose factory burnt down in the fires.	AUSTRALIA	English-100		PG		Y
2024-01-21	1730	Paul Hollywood: A Baker's Life	Cyprus, Baklava & Village Bread	Paul Hollywood returns Cyprus and shares his favourite Mediterranean recipes from the island where he spent several years working and met and married his wife Alex.	UNITED KINGDOM	English-100		G		Y
2024-01-21	1800	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 3	Paula is foraging for wild garlic which she will incorporate into a roast onion soup, served with savoury cheese and smoked tomato jam biscuits.	UNITED KINGDOM	English-100		G		
2024-01-21	1830	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 1 Ep 2	Chef Michel Roux is on a food adventure in the South of France. Cooking the simple things he loves to eat while relaxing on holiday, he'll be making an easy and delicious pre-dinner onion tart.	UNITED KINGDOM	English-100		G		Y
2024-01-21	1930	James Martin's French Adventure	Giverny	James arrives in the misty gardens of Claude Monet's house in Giverny. James sets up his mobile kitchen nearby to cook a delicious dish of crab and dulce. Later, we peek inside Monet's kitchen.	UNITED KINGDOM	English-100		PG		a
2024-01-21	2030	Secret World Of Snacks: Sandwiches	Sandwiches	Jo Brand tells the story of the fight to be Britain's sarnie supremo. From the first M and S pre-packaged sarnies, to Pret A Manger's sandwich shop revolution and the mass-market appeal of Subway.	UNITED KINGDOM	English-100	RPT	PG		a l Y
2024-01-21	2130	Anthony Bourdain: No Reservations	Tokyo	Author and chef Anthony Bourdain is off to Tokyo in search of the relationship between a perfect piece of sushi and a perfect knife blade.	USA	English-100	RPT	PG		
2024-01-21	2225	Cook Up With Adam Liaw Bitesize	Gobi Manchurian	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
2024-01-21	2230	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 4	In an attempt to make a quicker profit, Paul decides to add hens and honey to his farm, and goes on a road trip to find out how. Digger proves he's got the nose for truffle hunting.	UNITED KINGDOM	English-100	RPT	PG		Y

2024-01-21	2330	Mystery Diners	Street Vendor Violation	After noticing lacklustre dinner sales, Freddy and Abdi of Supperclub in LA need help. When Charles sends in his mystery diners, they discover the staff is using a street vendor to line their pockets.	USA	English-100	PG			Y
2024-01-21	2400	Mystery Diners	From Russia Without Love	An investor in a Russian restaurant is suspicious of his potential chef and business partner. Mystery diners Rob and Eva go undercover and discover an elaborate con.	USA	English-100	PG	a		Y
2024-01-21	2430	Inside Hotel Chocolat	Inside Hotel Chocolat Series 2 Ep 3	Hotel Chocolat has a VIP visitor, the Princess Royal. HRH is partial to dark chocolate but how will she respond to the offer of the new peanut butter and jelly flavour?	UNITED KINGDOM	English-100	G			
2024-01-21	2525	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			
2024-01-21	2530	Adam Liaw's Road Trip For Good	Stokes Bay, Forge Creek & Berrima	Adam kicks off his roadtrip for good with a visit to one of the worst bushfire-affected areas in Australia - Kangaroo Island, where he meets Shane Leahy from Kangaroo Island Fresh Garlic.	AUSTRALIA	English-100	PG			Y
2024-01-21	2600	Adam Liaw's Road Trip For Good	Mallacoota, Lobethal & Ulladulla	Adam is in the town of Mallacoota - the area that became an international symbol for the summer's devastating bushfires. Here he visits the local abalone co-op whose factory burnt down in the fires.	AUSTRALIA	English-100	PG			Y
2024-01-21	2630	Paul Hollywood: A Baker's Life	Cyprus, Baklava & Village Bread	Paul Hollywood returns Cyprus and shares his favourite Mediterranean recipes from the island where he spent several years working and met and married his wife Alex.	UNITED KINGDOM	English-100	G			Y
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2024-01-22	1100	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 3	Paula is foraging for wild garlic which she will incorporate into a roast onion soup, served with savoury cheese and smoked tomato jam biscuits.	UNITED KINGDOM	English-100		G		
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2024-01-22	1300	Luke Nguyen's United Kingdom	London	This new series follows Luke's latest journey as his appetite for food leads him to continue his odyssey around Europe exploring a whole new world of cuisine in the UK.	AUSTRALIA	English-100	RPT	G		Y
2024-01-22	1330	David Rocco's Dolce South East Asia	Finding Purpose	The coming together of Chinese, Malay, and Indian cultures, gives the food in Penang an identity of its own. David meets a few of the locals who share their love of food.	CANADA	English-100		PG		
2024-01-22	1400	The Italian Vegan Chef	Temple Of An Ancient Poem: Discovering The Stone Town, The	Nadia first stop is Sardinia. She discovers the traditional dishes and teach the locals to re-interpret them with plant-based ingredients. She then arrives in Gallura, and meets a local teacher.	ISRAEL	English-50; Italian-50		G		Y
2024-01-22	1430	United Plates Of America	San Fernando Valley	Every body knows Los Angeles but not everyone has ventured into the Valley just over the Hollywood hills. Gary Takle is taking you into his home town to try the food in the San Fernando valley.	USA	English-100		G		

2024-01-22	1500	United Plates Of America	Solvang	Solvang is the Danish capital of America. This California village is known for it's old world, European charm, but its also home to a unique, international, culinary scene.	USA	English-100		G				
2024-01-22	1530	Top Chef	Now That's A Lot Of Schnitzel	Padma and Richard Blais inspire the chefs using Tasty online videos and challenge them to transform the most laborious dishes from their own menus into accessible thirty minute dishes for home cooks.	USA	English-100		PG			Y	
2024-01-22	1625	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G			Y	
2024-01-22	1630	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.	AUSTRALIA			G				
2024-01-22	1700	Everyday Gourmet With Justine Schofield	Ep 6	Pastry chef and blogger, Natasha Ignatiadis joins Justine today and whips up her summery fruit galettes. Justine cooks up her bolognese risotto and a quinoa salad.	AUSTRALIA	English-100		G				
2024-01-22	1730	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 6	Cornish King Crab is on the menu for Rick tonight as he heads out of Newquay to catch and cook this tasty crustacean.	UNITED KINGDOM	English-100		PG		a w		
2024-01-22	1800	Food Safari Fire	Food Safari Fire Series 1 Ep 1	Food Safari returns in a blaze of glory to explore how diverse cultures across the world cook with fire. Maeve O'Meara travels across Australia to meet with chefs and grilling experts.	AUSTRALIA	English-100	RPT	G			Y	
2024-01-22	1830	Lidia's Kitchen	Flavors Of Northern Italy, The	After the introduction of the southern Italian classics to American cuisine, the northern flavours began to arrive as well - layered casserole, herbed frittata rollup, and cavatappi with beef guazetto.	USA	English-100		PG				
2024-01-22	1900	The Cook Up With Adam Liaw	Refugee: Our Own Cuisine	It's Refugee week, to start the week off, Adam, Bavan Foods owner Krishna Vijitha and, Iranian refugee and senior client chef at The House Of Welcome Alieyah Tooba.	AUSTRALIA	English-100	RPT	G			Y	
2024-01-22	1930	Shane Delia's Spice Journey	Shane Delia's Spice Journey Series 1 Episode 10	Having travelled close to 2000 kilometres on his journey across the Middle East and gained glimpses into 2000 years of Persian culinary history, Shane arrives in Iran's north.	AUSTRALIA	English-100	RPT	G			Y	Y
2024-01-22	2000	Luke Nguyen's India	Chennai	In Pondicherry, Luke joins forces to blend the flavours of the past and present! In the vibrant heart of Chennai Luke partners with fellow food enthusiast Manoj, exploring the city's food gems.	AUSTRALIA	English-98; Tamil-2		PG				
2024-01-22	2030	Eva Longoria: Searching For Mexico	Veracruz	Arriving at the port of Veracruz, Eva walks in the footsteps of her ancestor, Lorenzo Longoria, who arrived in this exact spot 400 years ago, just a century after the first conquistadors.	USA	English-50; Spanish-50	RPT	M		I	Y	Y
2024-01-22	2125	Please Eat Slowly Bitesize	Dumplings	Victor shares his tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right.	AUSTRALIA	English-100		G				
2024-01-22	2130	Come Dine With Me	Newcastle 4	It's the fourth night in the North East and sexual health nurse Jade is throwing a Wild West themed party in a bid to rope her the money.	UNITED KINGDOM	English-100		PG				
2024-01-22	2200	Come Dine With Me	Newcastle 5	It's the final day in the North East and the turn of Emergency Planner James who's hoping to impress the group with a carefully constructed menu.	UNITED KINGDOM	English-100		PG				

2024-01-22	2230	The Cook Up With Adam Liaw	10-Minute Dinners	Host Adam Liaw, Nel restaurant chef Nelly Robinson and Bondi Harvest chef Taylor Cullen are in The Cook Up kitchen to create their ultimate 10-minute dinners.	AUSTRALIA	English-100	RPT	G		Y	
2024-01-22	2300	Bizarre Foods: Delicious Destinations	Martha's Vineyard	Andrew explores beautiful Martha's Vineyard, the island community located off the coast of Cape Cod, Massachusetts, that is renowned for its laid-back vibe, beautiful beaches and fresh seafood.	USA	English-100		G			
2024-01-22	2330	The Cook And The Chef	Orchard, The	Maggie shows how to make a wonderful makes peach jam, sharing a new method to check when it is ready to set, makes a simple peach and prosciutto salad and finishes with a peach drink.	AUSTRALIA	English-100		G			
2024-01-22	2400	Mystery Diners	Steals On Wheels	After receiving several customer complaints about her meal delivery service, Cynthia contacts Charles Stiles for help. He sends in Patrick and Hal, who uncover a bigger problem inside her kitchen.	USA	English-100		PG	a		Y
2024-01-22	2430	Shane Delia's Spice Journey	Shane Delia's Spice Journey Series 1 Episode 10	Having travelled close to 2000 kilometres on his journey across the Middle East and gained glimpses into 2000 years of Persian culinary history, Shane arrives in Iran's north.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-01-22	2500	Luke Nguyen's India	Chennai	In Pondicherry, Luke joins forces to blend the flavours of the past and present! In the vibrant heart of Chennai Luke partners with fellow food enthusiast Manoj, exploring the city's food gems.	AUSTRALIA	English-98; Tamil-2		PG			
2024-01-22	2530	Eva Longoria: Searching For Mexico	Veracruz	Arriving at the port of Veracruz, Eva walks in the footsteps of her ancestor, Lorenzo Longoria, who arrived in this exact spot 400 years ago, just a century after the first conquistadors.	USA	English-50; Spanish-50	RPT	M	I	Y	Y
2024-01-22	2625	Please Eat Slowly Bitesize	Dumplings	Victor shares his tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right.	AUSTRALIA	English-100		G			
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2024-01-22	2800	Bizarre Foods: Delicious Destinations	Martha's Vineyard	Andrew explores beautiful Martha's Vineyard, the island community located off the coast of Cape Cod, Massachusetts, that is renowned for its laid-back vibe, beautiful beaches and fresh seafood.	USA	English-100		G			
2024-01-22	2830	The Cook And The Chef	Orchard, The	Maggie shows how to make a wonderful makes peach jam, sharing a new method to check when it is ready to set, makes a simple peach and prosciutto salad and finishes with a peach drink.	AUSTRALIA	English-100		G			
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2024-01-23	0600	David Rocco's Dolce South East Asia	Finding Purpose	The coming together of Chinese, Malay, and Indian cultures, gives the food in Penang an identity of its own. David meets a few of the locals who share their love of food.	CANADA	English-100		PG		
2024-01-23	0630	The Italian Vegan Chef	Temple Of An Ancient Poem: Discovering The Stone Town, The	Nadia first stop is Sardinia. She discovers the traditional dishes and teach the locals to re-interpret them with plant-based ingredients. She then arrives in Gallura, and meets a local teacher.	ISRAEL	English-50; Italian-50		G		Y
2024-01-23	0700	United Plates Of America	San Fernando Valley	Every body knows Los Angeles but not everyone has ventured into the Valley just over the Hollywood hills. Gary Takle is taking you into his home town to try the food in the San Fernando valley.	USA	English-100		G		
2024-01-23	0730	United Plates Of America	Solvang	Solvang is the Danish capital of America. This California village is known for it's old world, European charm, but its also home to a unique, international, culinary scene.	USA	English-100		G		
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2024-01-23	0830	Top Chef	Now That's A Lot Of Schnitzel	Padma and Richard Blais inspire the chefs using Tasty online videos and challenge them to transform the most laborious dishes from their own menus into accessible thirty minute dishes for home cooks.	USA	English-100		PG		Y
2024-01-23	0925	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-01-23	0930	Everyday Gourmet With Justine Schofield	Ep 6	Pastry chef and blogger, Natasha Ignatiadis joins Justine today and whips up her summery fruit galettes. Justine cooks up her bolognese risotto and a quinoa salad.	AUSTRALIA	English-100		G		
2024-01-23	1000	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 6	Cornish King Crab is on the menu for Rick tonight as he heads out of Newquay to catch and cook this tasty crustacean.	UNITED KINGDOM	English-100		PG	a w	
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2024-01-23	1300	Luke Nguyen's United Kingdom	Wiltshire	Luke heads South West to historic Wiltshire. He travels through the stunning countryside to Devizes and creates a mouth watering lamb shoulder with wild garlic salsa verde.	AUSTRALIA	English-100	RPT	G		Y

2024-01-23	1330	David Rocco's Dolce South East Asia	Art In Georgetown	David heads to George Town, Penang to explore the multicultural hub and its incredible food and art scene. The artists in George Town are breaking new boundaries to inspire many through their work.	CANADA	English-100	PG	I	
2024-01-23	1400	The Italian Vegan Chef	Happy Town - From The Sea To The Mountains, The	Nadia arrives to Olbia and visits chef Stefano Azara, the owner of Lo Squalo restaurant. She helps make two dishes: a vegan parmigiana and 'fishless' patties with flavours similar to wakame seaweed.	ISRAEL	English-50; Italian-50	G		Y
2024-01-23	1430	United Plates Of America	Tucson	Tucson's restaurant scene is bustling, with new spots being announced on an almost daily basis. So in this episode we try it all. From health food to Mexican, Tucson food scene is hot right now.	USA	English-100	G		
2024-01-23	1500	United Plates Of America	Oakland	Located on the opposite side of a San Francisco Bay, Oakland is fast becoming a cool city with cache. The new food movement is also on the rise.	USA	English-100	G		
2024-01-23	1530	Top Chef	Olympic Dreams	On the eve of the Quickfire, one of the chefs has a very special delivery. Padma and Season 14 Winner Brooke Williamson surprise the chefs at their house with breakfast ingredients.	USA	English-100	PG		Y
2024-01-23	1625	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2024-01-23	1630	My Market Kitchen	My Market Kitchen Series 4 Ep 37	Elena starts off the show by cooking Khanh a Cinnamon Brioche Egg Bread breakfast. Then Khanh shows us his traditional dish Banh Tom, fried sweet potato and prawn fritter.	AUSTRALIA		G		
2024-01-23	1700	Everyday Gourmet With Justine Schofield	Ep 7	Adam Swanson cooks a fresh pumpkin, sage, walnut and goat's cheese spelt spiral salad. Justine makes crepes with caramel peaches and teaches you how to make the perfect soft boiled egg.	AUSTRALIA	English-100	PG		
2024-01-23	1730	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 7	Rick boards the ferry in Penzance to take him to The Isles of Scilly, a group of islands which were once part of Cornwall.	UNITED KINGDOM	English-100	PG	a	
2024-01-23	1800	Food Safari Fire	Food Safari Fire Series 1 Ep 2	Maeve explores the best char-grilled street food from around the world including Greek pork souvlaki, Abruzzese arrosticini, Malaysian satay and Mexican fish tacos.	AUSTRALIA	English-100	RPT	G	Y
2024-01-23	1830	Lidia's Kitchen	Here I Come New York!	As a teenager, Lidia took charge of most dinners at home, soups being a popular choice. In this episode, she makes potato and pasta soup, polenta with honey and berries, and uses leftover polenta.	USA	English-100	PG		
2024-01-23	1900	The Cook Up With Adam Liaw	Refugee: Vip	Adam and guests Ethiopian refugee Sara Taddasse and Burmese refugee Sally Win are in the Cook Up kitchen to create VIP, very important plate, dishes.	AUSTRALIA	English-100	RPT	PG	a Y
2024-01-23	1930	Mary Berry Everyday	Ep 4	This is indulgence at its best with Mary's mouth-watering dishes that are filled with lashings of naughtiness. She pursues the history of British pies and the secret to an east sticky toffee pud.	UNITED KINGDOM	English-100	G		
2024-01-23	2000	Nadiya's Spices Made Simple	Family Favourites	Nadiya's uses her eight heroic spices to rustle up a chicken curry, deep-fried samosa, tangy tomato prawn dish, and lastly her son's favourite cake, a soft vanilla and lemon sponge.	UNITED KINGDOM	English-100			
2024-01-23	2030	Selena + Chef	Selena + Roy Choi	Selena teams up with the godfather of the modern food truck movement, Roy Choi, to make some dangerously delicious Korean BBQ breakfast tacos and Hawaiian malasadas.	USA	English-100	PG		

2024-01-23	2100	Food Trail South Africa	Wine Country	Warren heads to the Cape Winelands, where he tastes a variety of local wines including Pinotage, a signature South African red, and Ratafia, a unique and complex fortified wine.	AUSTRALIA	English-100	G			Y
2024-01-23	2130	Come Dine With Me	Durham 1	This week's competition is in and around Durham, where the first to host is 41 year old, receptionist, Linzey.	UNITED KINGDOM	English-100	PG			
2024-01-23	2200	Come Dine With Me	Durham 2	This week's competition is in and around Durham, where the second to host is 48 year old teacher, Rob.	UNITED KINGDOM	English-100	PG			
2024-01-23	2230	The Cook Up With Adam Liaw	Takeaway	Comedian and radio presenter Joel Creasey and media personality Melissa Hoyer join host Adam Liaw in The Cook Up kitchen to re-create their favourite takeaway orders.	AUSTRALIA	English-100	RPT	PG	s	Y
2024-01-23	2300	Bizarre Foods: Delicious Destinations	Lancaster County	Andrew celebrates Lancaster County, where farm-to-table dining is a tradition! Local favourites include pork and sauerkraut, soft pretzels, sticky buns and shoofly pie.	USA	English-100	G			
2024-01-23	2330	The Cook And The Chef	Brunch	Maggie has happily been up at the crack of dawn to collect the fresh eggs, and extols the virtue of happy chooks and free range eggs. Simon brings her a present to try out, a white truffle.	AUSTRALIA	English-100	G			
2024-01-23	2400	Mystery Diners	Secondhand Scam	Luca, owner of Riemma Kitchen Warehouse, asks Charles for help after his customers find food inside the factory-sealed appliances they just purchased. Mystery diner Jamie goes in undercover.	USA	English-100	PG	a		Y
2024-01-23	2430	Mary Berry Everyday	Ep 4	This is indulgence at its best with Mary's mouth-watering dishes that are filled with lashings of naughtiness. She pursues the history of British pies and the secret to an east sticky toffee pud.	UNITED KINGDOM	English-100	G			
2024-01-23	2500	Nadiya's Spices Made Simple	Family Favourites	Nadiya's uses her eight heroic spices to rustle up a chicken curry, deep-fried samosa, tangy tomato prawn dish, and lastly her son's favourite cake, a soft vanilla and lemon sponge.	UNITED KINGDOM	English-100				
2024-01-23	2530	Selena + Chef	Selena + Roy Choi	Selena teams up with the godfather of the modern food truck movement, Roy Choi, to make some dangerously delicious Korean BBQ breakfast tacos and Hawaiian malasadas.	USA	English-100	PG			
2024-01-23	2600	Food Trail South Africa	Wine Country	Warren heads to the Cape Winelands, where he tastes a variety of local wines including Pinotage, a signature South African red, and Ratafia, a unique and complex fortified wine.	AUSTRALIA	English-100	G			Y
2024-01-23	2630	Come Dine With Me	Durham 1	This week's competition is in and around Durham, where the first to host is 41 year old, receptionist, Linzey.	UNITED KINGDOM	English-100	PG			
2024-01-23	2700	Come Dine With Me	Durham 2	This week's competition is in and around Durham, where the second to host is 48 year old teacher, Rob.	UNITED KINGDOM	English-100	PG			
2024-01-23	2730	The Cook Up With Adam Liaw	Takeaway	Comedian and radio presenter Joel Creasey and media personality Melissa Hoyer join host Adam Liaw in The Cook Up kitchen to re-create their favourite takeaway orders.	AUSTRALIA	English-100	RPT	PG	s	Y
2024-01-23	2800	Bizarre Foods: Delicious Destinations	Lancaster County	Andrew celebrates Lancaster County, where farm-to-table dining is a tradition! Local favourites include pork and sauerkraut, soft pretzels, sticky buns and shoofly pie.	USA	English-100	G			

2024-01-23	2830	The Cook And The Chef	Brunch	Maggie has happily been up at the crack of dawn to collect the fresh eggs, and extols the virtue of happy chooks and free range eggs. Simon brings her a present to try out, a white truffle.	AUSTRALIA	English-100		G		
2024-01-24	0500	Mystery Diners	Secondhand Scam	Luca, owner of Riemma Kitchen Warehouse, asks Charles for help after his customers find food inside the factory-sealed appliances they just purchased. Mystery diner Jamie goes in undercover.	USA	English-100		PG	a	Y
2024-01-24	0530	Luke Nguyen's United Kingdom	Wiltshire	Luke heads South West to historic Wiltshire. He travels through the stunning countryside to Devizes and creates a mouth watering lamb shoulder with wild garlic salsa verde.	AUSTRALIA	English-100	RPT	G		Y
2024-01-24	0600	David Rocco's Dolce South East Asia	Art In Georgetown	David heads to George Town, Penang to explore the multicultural hub and its incredible food and art scene.The artists in George Town are breaking new boundaries to inspire many through their work.	CANADA	English-100		PG	I	
2024-01-24	0630	The Italian Vegan Chef	Happy Town - From The Sea To The Mountains, The	Nadia arrives to Olbia and visits chef Stefano Azara, the owner of Lo Squalo restaurant. She helps make two dishes: a vegan parmigiana and ' fishless' patties with flavours similar to wakame seaweed.	ISRAEL	English-50; Italian-50		G		Y
2024-01-24	0700	United Plates Of America	Tucson	Tucson's restaurant scene is bustling, with new spots being announced on an almost daily basis. So in this episode we try it all. From health food to Mexican, Tucson food scene is hot right now.	USA	English-100		G		
2024-01-24	0730	United Plates Of America	Oakland	Located on the opposite side of a San Fransisco Bay, Oakland is fast becoming a cool city with cache. The new food movement is also on the rise.	USA	English-100		G		
2024-01-24	0800	My Market Kitchen	My Market Kitchen Series 4 Ep 37	Elena starts off the show by cooking Khanh a Cinnamon Brioche Eggy Bread breakfast. Then Khanh shows us his traditional dish Banh Tom, fried sweet potato and prawn fritter.	AUSTRALIA			G		
2024-01-24	0830	Top Chef	Olympic Dreams	On the eve of the Quickfire, one of the chefs has a very special delivery. Padma and Season 14 Winner Brooke Williamson surprise the chefs at their house with breakfast ingredients.	USA	English-100		PG		Y
2024-01-24	0925	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-01-24	0930	Everyday Gourmet With Justine Schofield	Ep 7	Adam Swanson cooks a fresh pumpkin, sage, walnut and goat's cheese spelt spiral salad. Justine makes crepes with caramel peaches and teaches you how to make the perfect soft boiled egg.	AUSTRALIA	English-100		PG		
2024-01-24	1000	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 7	Rick boards the ferry in Penzance to take him to The Isles of Scilly, a group of islands which were once part of Cornwall.	UNITED KINGDOM	English-100		PG	a	
2024-01-24	1030	Food Safari Fire	Food Safari Fire Series 1 Ep 2	Maeve explores the best char-grilled street food from around the world including Greek pork souvlaki, Abruzzese arrosticini, Malaysian satay and Mexican fish tacos.	AUSTRALIA	English-100	RPT	G		Y
2024-01-24	1100	Lidia's Kitchen	Here I Come New York!	As a teenager, Lidia took charge of most dinners at home, soups being a popular choice. In this episode, she makes potato and pasta soup, polenta with honey and berries, and uses leftover polenta.	USA	English-100		PG		
2024-01-24	1130	The Cook Up With Adam Liaw	Refugee: Vip	Adam and guests Ethiopian refugee Sara Taddasse and Burmese refugee Sally Win are in the Cook Up kitchen to create VIP,very important plate, dishes.	AUSTRALIA	English-100	RPT	PG	a	Y

2024-01-24	1200	Mystery Diners	Secondhand Scam	Luca, owner of Riemma Kitchen Warehouse, asks Charles for help after his customers find food inside the factory-sealed appliances they just purchased. Mystery diner Jamie goes in undercover.	USA	English-100		PG	a	Y
2024-01-24	1230	Nadiya's Spices Made Simple	Family Favourites	Nadiya's uses her eight heroic spices to rustle up a chicken curry, deep-fried samosa, tangy tomato prawn dish, and lastly her son's favourite cake, a soft vanilla and lemon sponge.	UNITED KINGDOM	English-100				
2024-01-24	1300	Luke Nguyen's United Kingdom	Wiltshire, Hampshire And Devon	Luke continues his journey through Wiltshire and into Hampshire setting up a stall in Winchester farmers' markets and learns the secrets behind Salisbury's oldest pub.	AUSTRALIA	English-100	RPT	G		Y
2024-01-24	1330	David Rocco's Dolce South East Asia	Being A Refugee	David is in Kuala Lumpur. KL has a long history of being the landing place for many different people - which has given it a reputation for being a diverse and culturally open society.	CANADA	English-100		G		
2024-01-24	1400	The Italian Vegan Chef	Painting Vegan	In Golfo Aranci, Nadia starts her day at the Abi D'oru Hotel and Spa, where she enjoys the luxurious facilities of the location before meeting Chef Filippo Fondatori to create three wonderful dishes.	ISRAEL	English-50; Italian-50		G		Y
2024-01-24	1430	United Plates Of America	Sonoma	Sonoma has over 500 wineries, beautiful scenery, down to earth locals, farmers, winemakers and acclaimed chefs at farm to table restaurants	USA	English-100		G		
2024-01-24	1500	United Plates Of America	Sacramento	Sacramento is fast becoming a must-visit town for anyone who loves food, and people are beginning to notice its charm. It's located at the centre of America's most abundant agricultural region.	USA	English-100		G		
2024-01-24	1530	Top Chef	Restaurant Wars	The chefs face-off in Restaurant Wars, creating and executing two new restaurant concepts from design to dishes in a matter of days.	USA	English-100		PG		Y
2024-01-24	1625	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-01-24	1630	My Market Kitchen	My Market Kitchen Series 4 Ep 3B	We are joined by Karen from Asian Inspirations today cooking some delicious Indonesian Vegetarian Skewers. Khanh follows up with a quick and easy one-pan Greek Chicken dinner.	AUSTRALIA			G		
2024-01-24	1700	Everyday Gourmet With Justine Schofield	Ep 8	Colin Magee drops in to cook up his chilli mud crab with fermented black beans, while Justine shows her favourite Cuban inspired black beans recipe.	AUSTRALIA	English-100		PG		
2024-01-24	1730	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 8	Could you eat 700 samples of cheese a week? On a visit to a dairy, Rick meets a man who is paid to do just that.	UNITED KINGDOM	English-100		PG	a	
2024-01-24	1800	Food Safari Fire	Food Safari Fire Series 1 Ep 3	Maeve O'Meara explores the versatility and culinary delights of the wood fired oven from fish to Neapolitan pizza, to slow-cooked goat and sourdough bread.	AUSTRALIA	English-100	RPT	G		Y
2024-01-24	1830	Lidia's Kitchen	Cooking As A Kid In New York	Lidia starts off with lasagna with ricotta and mozzarella, then she makes a flavourful escarole olive oil mashed potatoes, and finishes with baked stuffed vegetables.	USA	English-100		PG		
2024-01-24	1900	The Cook Up With Adam Liaw	Refugee: In A Nutshell	Afghan refugee and owner of Zac's Great Food Zac Zikiriya, and advocate for refugee and migrant women Rosemary Kariuki join Adam in the Cook Up kitchen to create some nutty inspired dishes.	AUSTRALIA	English-100	RPT	G		Y

2024-01-24	1930	Paradise Kitchen Bali	Nuts	Lauren gets creative cooking with various nuts, exploring their culinary potential beyond snacking. She experiments with new ways to incorporate these nutrient-packed ingredients into her dishes.	NETHERLANDS	English-90; Balinese-10	G		Y
2024-01-24	2000	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	G		
2024-01-24	2030	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	PG	a w	Y
2024-01-24	2130	Come Dine With Me	Durham 3	This week's competition is in and around Durham, where the third to host is 44 year old event planner and staunch vegan, Kate.	UNITED KINGDOM	English-100	PG	a	
2024-01-24	2200	Come Dine With Me	Durham 4	This week's competition is in and around Durham, where the fourth host is 25 year old recruitment consultant and ex-trampolining pro Matthew, or Matty to his friends.	UNITED KINGDOM	English-100	PG		
2024-01-24	2230	The Cook Up With Adam Liaw	Easy Desserts	Host Adam Liaw is joined by Bodhi's Heaven Leigh and Sun Ming's David Chan in The Cook Up kitchen to whip up their ultimate easy desserts.	AUSTRALIA	English-100	RPT	G	Y
2024-01-24	2300	Bizarre Foods: Delicious Destinations	New Hampshire Seacoast	Andrew explores New Hampshire's seacoast and finds that the bounty of the local waters is the star of the local cuisine, such as shrimp, scallops and haddock.	USA	English-100	PG	a w	
2024-01-24	2330	The Cook And The Chef	Late Summer Lunch, A	Maggie and Simon show their different approaches to cooking. Maggie cooks a hearty meal for the family, while Simon gives a restaurant touch to his meal.	AUSTRALIA	English-100	G		
2024-01-24	2400	Mystery Diners	Unhappy Holidays	Nirav, owner of Smokin' Barrel in Hoboken contacts Charles to scrutinise after noticing a decline in sales every holiday season. Mystery Diners go undercover and find a suspicious sidewalk solicitor.	USA	English-100	PG		Y
2024-01-24	2430	Paradise Kitchen Bali	Nuts	Lauren gets creative cooking with various nuts, exploring their culinary potential beyond snacking. She experiments with new ways to incorporate these nutrient-packed ingredients into her dishes.	NETHERLANDS	English-90; Balinese-10	G		Y
2024-01-24	2500	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	G		
2024-01-24	2530	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	PG	a w	Y
2024-01-24	2630	Come Dine With Me	Durham 3	This week's competition is in and around Durham, where the third to host is 44 year old event planner and staunch vegan, Kate.	UNITED KINGDOM	English-100	PG	a	
2024-01-24	2700	Come Dine With Me	Durham 4	This week's competition is in and around Durham, where the fourth host is 25 year old recruitment consultant and ex-trampolining pro Matthew, or Matty to his friends.	UNITED KINGDOM	English-100	PG		
2024-01-24	2730	The Cook Up With Adam Liaw	Easy Desserts	Host Adam Liaw is joined by Bodhi's Heaven Leigh and Sun Ming's David Chan in The Cook Up kitchen to whip up their ultimate easy desserts.	AUSTRALIA	English-100	RPT	G	Y

2024-01-24	2800	Bizarre Foods: Delicious Destinations	New Hampshire Seacoast	Andrew explores New Hampshire's seacoast and finds that the bounty of the local waters is the star of the local cuisine, such as shrimp, scallops and haddock.	USA	English-100		PG	a w	
2024-01-24	2830	The Cook And The Chef	Late Summer Lunch, A	Maggie and Simon show their different approaches to cooking. Maggie cooks a hearty meal for the family, while Simon gives a restaurant touch to his meal.	AUSTRALIA	English-100		G		
2024-01-25	0500	Mystery Diners	Unhappy Holidays	Nirav, owner of Smokin' Barrel in Hoboken contacts Charles to scrutinise after noticing a decline in sales every holiday season. Mystery Diners go undercover and find a suspicious sidewalk solicitor.	USA	English-100		PG		Y
2024-01-25	0530	Luke Nguyen's United Kingdom	Wiltshire, Hampshire And Devon	Luke continues his journey through Wiltshire and into Hampshire setting up a stall in Winchester farmers' markets and learns the secrets behind Salisbury's oldest pub.	AUSTRALIA	English-100	RPT	G		Y
2024-01-25	0600	David Rocco's Dolce South East Asia	Being A Refugee	David is in Kuala Lumpur. KL has a long history of being the landing place for many different people - which has given it a reputation for being a diverse and culturally open society.	CANADA	English-100		G		
2024-01-25	0630	The Italian Vegan Chef	Painting Vegan	In Golfo Aranci, Nadia starts her day at the Abi D'oru Hotel and Spa, where she enjoys the luxurious facilities of the location before meeting Chef Filippo Fondatori to create three wonderful dishes.	ISRAEL	English-50; Italian-50		G		Y
2024-01-25	0700	United Plates Of America	Sonoma	Sonoma has over 500 wineries, beautiful scenery, down to earth locals, farmers, winemakers and acclaimed chefs at farm to table restaurants	USA	English-100		G		
2024-01-25	0730	United Plates Of America	Sacramento	Sacramento is fast becoming a must-visit town for anyone who loves food, and people are beginning to notice its charm. It's located at the centre of America's most abundant agricultural region.	USA	English-100		G		
2024-01-25	0800	My Market Kitchen	My Market Kitchen Series 4 Ep 38	We are joined by Karen from Asian Inspirations today cooking some delicious Indonesian Vegetarian Skewers. Khanh follows up with a quick and easy one-pan Greek Chicken dinner.	AUSTRALIA			G		
2024-01-25	0830	Top Chef	Restaurant Wars	The chefs face-off in Restaurant Wars, creating and executing two new restaurant concepts from design to dishes in a matter of days.	USA	English-100		PG		Y
2024-01-25	0925	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-01-25	0930	Everyday Gourmet With Justine Schofield	Ep 8	Colin Magee drops in to cook up his chilli mud crab with fermented black beans, while Justine shows her favourite Cuban inspired black beans recipe.	AUSTRALIA	English-100		PG		
2024-01-25	1000	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 8	Could you eat 700 samples of cheese a week? On a visit to a dairy, Rick meets a man who is paid to do just that.	UNITED KINGDOM	English-100		PG	a	
2024-01-25	1030	Food Safari Fire	Food Safari Fire Series 1 Ep 3	Maeve O'Meara explores the versatility and culinary delights of the wood fired oven from fish to Neapolitan pizza, to slow-cooked goat and sourdough bread.	AUSTRALIA	English-100	RPT	G		Y
2024-01-25	1100	Lidia's Kitchen	Cooking As A Kid In New York	Lidia starts off with lasagna with ricotta and mozzarella, then she makes a flavourful escarole olive oil mashed potatoes, and finishes with baked stuffed vegetables.	USA	English-100		PG		

2024-01-25	1130	The Cook Up With Adam Liaw	Refugee: In A Nutshell	Afghan refugee and owner of Zac's Great Food Zac Zikiriya, and advocate for refugee and migrant women Rosemary Kariuki join Adam in the Cook Up kitchen to create some nutty inspired dishes.	AUSTRALIA	English-100	RPT	G		Y
2024-01-25	1200	Mystery Diners	Unhappy Holidays	Nirav, owner of Smokin' Barrel in Hoboken contacts Charles to scrutinise after noticing a decline in sales every holiday season. Mystery Diners go undercover and find a suspicious sidewalk solicitor.	USA	English-100		PG		Y
2024-01-25	1230	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		G		
2024-01-25	1300	Luke Nguyen's United Kingdom	Cornwall	Venturing out with local Newquay fisherman Phil, Luke helps catch spiny spider crabs and cooks up Asian-inspired crab cakes.	AUSTRALIA	English-100	RPT	G		Y
2024-01-25	1330	David Rocco's Dolce South East Asia	Women's Power	Over a few delicious meals, David meets several inspiring female activists who share their experiences with sexism and discrimination, and what it is like to live as a Muslim woman in Malaysia	CANADA	English-100		PG	a l	
2024-01-25	1400	The Italian Vegan Chef	Romagna Mia	Nadia walks around Ravenna explaining the history of the town and then visiting the local market. There, she makes fresh pasta, and then takes a break with a piadina, a traditional street-food.	ISRAEL	English-50; Italian-50		G		Y
2024-01-25	1430	United Plates Of America	Newport	In this episode we visit Newport, Rhode Island. A hidden gem 3 hours north of busy New York. Open green space, stunning architecture and locally sourced gastronomic delights await.	USA	English-100		G		
2024-01-25	1500	United Plates Of America	Napa, Ca.	Napa Valley is fast becoming one of the world most renowned wine regions. Today it's all about food that works best with good wine.	USA	English-100		G		
2024-01-25	1530	Top Chef	Bronco Brouhala	Cooking for Michelin-starred Chef David Kinch adds pressure to an already stressful Sudden Death Quickfire based on edible flowers.	USA	English-100		PG		Y
2024-01-25	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
2024-01-25	1630	My Market Kitchen	My Market Kitchen Series 4 Ep 39	Today is full of delicious fresh recipes. Elena starts off with a kale caesar salad then Khanh takes us to his restaurant The George to show us a traditional prawn and pork rice paper.	AUSTRALIA			G		
2024-01-25	1700	Everyday Gourmet With Justine Schofield	Ep 9	Justine serves up her tasty balsamic, mushroom and duck pasta and bougasta - a classic greek custard tart. Then Shaun Presland comes into the Everyday Gourmet kitchen to cook up his prawn shumai.	AUSTRALIA	English-100		PG		
2024-01-25	1730	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 9	Rick's in Falmouth to discover that far from being that 'bit on the end of Britain', Cornwall used to be at the very heart of our Empire's communication system and is still very much a working port.	UNITED KINGDOM	English-100		PG	a	
2024-01-25	1800	Food Safari Fire	Food Safari Fire Series 1 Ep 4	Maeve O'Meara explores how fire and coals create some of the world's classic recipes - Turkish kebabs, Portuguese sardines, marinated Chilean pork belly and South African braais.	AUSTRALIA	English-100	RPT	G		Y
2024-01-25	1830	Lidia's Kitchen	My Fruit Trees	Lidia's fig tree reminds her of her time growing up in Istria, where they would grow fruit trees. She makes roasted pork loin with dried cherry sauce, then fennel and Asian pear salad.	USA	English-100		PG		

2024-01-25	1900	The Cook Up With Adam Liaw	Refugee: Curry	In the Cook Up kitchen, we have Lentil As Anything owner and creator Shanaka Fernando and chef colleague and Sri Lankan refugee Chandra Kanapathipillai to create their ultimate curries with Adam.	AUSTRALIA	English-100	RPT	PG	Y
2024-01-25	1930	My Greatest Dishes	Levi Roots	Levi Roots is an icon of Caribbean cuisine, inspiring a generation to fall in love with his childhood foods. He makes ackee and salt fish, goat curry, chicken with rice and peas, and apple crumble.	UNITED KINGDOM	English-100			
2024-01-25	2000	My Greatest Dishes	Giorgio Locatelli	Giorgio Locatelli is celebrated for elevating Italian cookery and his four dishes reflects his progression; blackberry yoghurt dessert, parpadelle with bean puree, scallops, and veal sweetbreads.	UNITED KINGDOM	English-100			
2024-01-25	2030	Rick Stein's Road To Mexico	Monterey To San Diego	Rick Stein continues down the Californian coastline, past citrus groves, vineyards that inspired one his favourite movies, 'Sideways', and into the city of dreams, Los Angeles.	UNITED KINGDOM	English-100		G	
2024-01-25	2140	Come Dine With Me	Durham 5	This week's competition is in and around Durham where our final host of the week is big-time party girl Kenya. Kenya is hoping to impress her guests with an East African menu.	UNITED KINGDOM	English-100		PG	
2024-01-25	2205	Come Dine With Me	Bristol 1	This week's competition is in and around Bristol, and our first host of the week is 33-year-old party girl Jade, who's hoping to impress her guests with a festival themed evening.	UNITED KINGDOM	English-100		PG	
2024-01-25	2230	The Cook Up With Adam Liaw	Chilli	Host Adam Liaw, Hartyard's Dorothy Lee and Mastermind's Marc Fennell are in The Cook Up kitchen to create their ultimate dishes featuring chilli.	AUSTRALIA	English-100	RPT	G	Y
2024-01-25	2300	Bizarre Foods: Delicious Destinations	Sitka	Andrew Zimmern explores the cuisine of Sitka, Alaska, where the preparation of iconic Alaskan staples like king salmon, venison and rockfish has evolved with finesse.	USA	English-100		G	
2024-01-25	2330	The Cook And The Chef	Dinner Party For 6	Maggie Beer and Simon Bryant invite us into the kitchen to share the secrets to having friends for dinner without fuss or failure - but with a little drama and presentation.	AUSTRALIA	English-100		PG	
2024-01-25	2400	Mystery Diners	Comic Book Caper	Vlane, the owner of Action Burger in Brooklyn, contacts Charles Stiles to investigate missing comic books at his comic book-themed restaurant. Charles sends Jamie in undercover.	USA	English-100		PG	a Y
2024-01-25	2430	My Greatest Dishes	Levi Roots	Levi Roots is an icon of Caribbean cuisine, inspiring a generation to fall in love with his childhood foods. He makes ackee and salt fish, goat curry, chicken with rice and peas, and apple crumble.	UNITED KINGDOM	English-100			
2024-01-25	2500	My Greatest Dishes	Giorgio Locatelli	Giorgio Locatelli is celebrated for elevating Italian cookery and his four dishes reflects his progression; blackberry yoghurt dessert, parpadelle with bean puree, scallops, and veal sweetbreads.	UNITED KINGDOM	English-100			
2024-01-25	2530	Rick Stein's Road To Mexico	Monterey To San Diego	Rick Stein continues down the Californian coastline, past citrus groves, vineyards that inspired one his favourite movies, 'Sideways', and into the city of dreams, Los Angeles.	UNITED KINGDOM	English-100		G	
2024-01-25	2640	Come Dine With Me	Durham 5	This week's competition is in and around Durham where our final host of the week is big-time party girl Kenya. Kenya is hoping to impress her guests with an East African menu.	UNITED KINGDOM	English-100		PG	
2024-01-25	2705	Come Dine With Me	Bristol 1	This week's competition is in and around Bristol, and our first host of the week is 33-year-old party girl Jade, who's hoping to impress her guests with a festival themed evening.	UNITED KINGDOM	English-100		PG	

2024-01-25	2730	The Cook Up With Adam Liaw	Chilli	Host Adam Liaw, Hartyard's Dorothy Lee and Mastermind's Marc Fennell are in The Cook Up kitchen to create their ultimate dishes featuring chilli.	AUSTRALIA	English-100	RPT	G		Y	
2024-01-25	2800	Bizarre Foods: Delicious Destinations	Sitka	Andrew Zimmern explores the cuisine of Sitka, Alaska, where the preparation of iconic Alaskan staples like king salmon, venison and rockfish has evolved with finesse.	USA	English-100		G			
2024-01-25	2830	The Cook And The Chef	Dinner Party For 6	Maggie Beer and Simon Bryant invite us into the kitchen to share the secrets to having friends for dinner without fuss or failure - but with a little drama and presentation.	AUSTRALIA	English-100		PG			
2024-01-26	0500	Mystery Diners	Comic Book Caper	Viane, the owner of Action Burger in Brooklyn, contacts Charles Stiles to investigate missing comic books at his comic book-themed restaurant. Charles sends Jamie in undercover.	USA	English-100		PG	a	Y	
2024-01-26	0530	Luke Nguyen's United Kingdom	Cornwall	Venturing out with local Newquay fisherman Phil, Luke helps catch spiny spider crabs and cooks up Asian-inspired crab cakes.	AUSTRALIA	English-100	RPT	G		Y	
2024-01-26	0600	David Rocco's Dolce South East Asia	Women's Power	Over a few delicious meals, David meets several inspiring female activists who share their experiences with sexism and discrimination, and what it is like to live as a Muslim woman in Malaysia	CANADA	English-100		PG	a l		
2024-01-26	0630	The Italian Vegan Chef	Romagna Mia	Nadia walks around Ravenna explaining the history of the town and then visiting the local market. There, she makes fresh pasta, and then takes a break with a piadina, a traditional street-food.	ISRAEL	English-50; Italian-50		G		Y	
2024-01-26	0700	United Plates Of America	Newport	In this episode we visit Newport, Rhode Island. A hidden gem 3 hours north of busy New York. Open green space, stunning architecture and locally sourced gastronomic delights await.	USA	English-100		G			
2024-01-26	0730	United Plates Of America	Napa, Ca.	Napa Valley is fast becoming one of the world most renowned wine regions. Today it's all about food that works best with good wine.	USA	English-100		G			
2024-01-26	0800	My Market Kitchen	My Market Kitchen Series 4 Ep 39	Today is full of delicious fresh recipes. Elena starts off with a kale caesar salad then Khanh takes us to his restaurant The George to show us a traditional prawn and pork rice paper.	AUSTRALIA			G			
2024-01-26	0830	Top Chef	Bronco Brouhala	Cooking for Michelin-starred Chef David Kinch adds pressure to an already stressful Sudden Death Quickfire based on edible flowers.	USA	English-100		PG		Y	
2024-01-26	0925	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	
2024-01-26	0930	Everyday Gourmet With Justine Schofield	Ep 9	Justine serves up her tasty balsamic, mushroom and duck pasta and bougasta - a classic greek custard tart. Then Shaun Presland comes into the Everyday Gourmet kitchen to cook up his prawn shumai.	AUSTRALIA	English-100		PG			
2024-01-26	1000	Strait To The Plate	Warraber	Aaron Fa'Aoso kick starts this season by visiting the Island of Warraber. Upon arrival, Aaron meets with Sister Fiona who shows Aaron how to cook her Cyprus inspired Crayfish Mornay.	AUSTRALIA		RPT	G		Y	Y
2024-01-26	1030	Strait To The Plate	Masig	We meet Aunty Mary and Aunty Flora who cook up two reef fish: the Baked Boxfish and Unicorn Fish Curry. Surprisingly, Aaron has never tried either of these fish before!	AUSTRALIA		RPT	G		Y	

2024-01-26	1100	Strait To The Plate	Thursday Island	Aaron arrives in the Kaywalagal region, home of the Kaurareg people and the administrative hub of the Torres Strait region, Thursday Island.	AUSTRALIA		RPT	G	Y	
2024-01-26	1130	Strait To The Plate	Boigu	Aaron arrives on the Island of Boigu a place with a rich history of fierce warriors and dugong hunters and the most western island in the Torres Strait.	AUSTRALIA		RPT	G	Y	Y
2024-01-26	1200	Strait To The Plate	Dauan Island	To continue his journey in the Northwestern region, Aaron visits Dauan Island. Dauan is a rocky granite island, a complete contrast to low laying Saibai and Boigu that are made up of marshlands.	AUSTRALIA		RPT	G	Y	Y
2024-01-26	1230	Strait To The Plate	Saibai Island	Aaron completes his culinary expedition of the Top Western Cluster group by visiting Saibai Island, the most northern island in the Torres Strait.	AUSTRALIA		RPT	G	Y	Y
2024-01-26	1300	Luke Nguyen's United Kingdom	Wales	Luke travels to Wales and discovers the influences changing Welsh cuisine. Starting his visit in Cardiff Luke meets an artisan bread maker who delivers fresh bread to homes.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-01-26	1330	David Rocco's Dolce South East Asia	Three Inspiring Stories	In Kuala Lumpur, David meets a few inspiring people who through food, have taken a leap of faith, which made a difference in their lives and in the lives of others.	CANADA	English-100		PG		
2024-01-26	1400	The Italian Vegan Chef	Game Of Drones - The Baron's Wines	Incredible landscapes, vineyards, wine, an ancient castle and a true Baron. Nadia discovers the unbelievable history and nature of Tuscany at the Castello di Brolio, in the area of Chianti Classico.	ISRAEL	English-50; Italian-50		G		Y
2024-01-26	1430	United Plates Of America	Palm Springs	Today it's all about Palm Springs resort food. This historic city in Riverside county is synonymous with the silver screen and swimming pools.	USA	English-100		G		
2024-01-26	1500	United Plates Of America	Boston	Today we visit Boston, a city known for traditional New England seafood culture. From traditional beverages with a modern twist, a rock'n'roll Mexican restaurant to authentic cuban cuisine.	USA	English-100		PG		
2024-01-26	1530	Top Chef	Red Rum And Then Some	With their Quickfire set at the iconic Stanley Hotel, the inspiration site for Stephen King's "The Shining," the chefs must put their scariest nightmares on a plate ... in dessert form.	USA	English-100		PG		Y
2024-01-26	1625	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 5	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y	
2024-01-26	1630	My Market Kitchen	My Market Kitchen Series 4 Ep 40	This episode of My Market Kitchen is a special Jalna Dairy Foods dedication. We are joined in the studio and on the farm by Lachy McLaren from Jalna, cooking up a Tandoori Grilled Chicken Tikka.	AUSTRALIA			G		
2024-01-26	1700	Everyday Gourmet With Justine Schofield	Ep 10	Trish McKenzie is back in the kitchen with Justine to show you her white chocolate marbled cheese cake. Justine fries up her egg curry and then shows you her coconut crusted chicken goujons.	AUSTRALIA	English-100		PG		
2024-01-26	1730	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 10	In our fields and hedgerows are plants that are delicious, and plants that are deadly, as Rick learns from a professional forager who takes him on a tour around the beautiful Camel Estuary.	UNITED KINGDOM	English-100		PG	a w	
2024-01-26	1800	Food Safari Fire	Food Safari Fire Series 1 Ep 5	Maeve O'Meara seeks out delicious recipes from across the subcontinent to Armenia - tandoori chicken, prawns, naan, lamb kebabs and an elaborate roast pumpkin.	AUSTRALIA	English-100	RPT	G	Y	

2024-01-26	1830	Lidia's Kitchen	1970s Italian American, The	Lidia honours the Italian American culinary culture and prepares a chicken parmigiana, a leftover meatball panino, and a baked tomato pasta, then meatballs, and eggs.	USA	English-100		PG			
2024-01-26	1900	The Cook Up With Adam Liaw	Refugee: Yemen	To round out our refugee week, the Cook Up kitchen and Adam host soccer legend and refugee advocate Craig Foster and Yemen refugee Fatima Awad Ali Salim to create dishes inspired by Yemen.	AUSTRALIA	English-100	RPT	G		Y	
2024-01-26	1930	Rick Stein's Long Weekends	Palermo	Rick Stein visits the fascinating city of Palermo in northern Sicily. Like a vibrant carpet, the city is patterned with echoes of Arab, North African, French, Spanish, and Italian influence.	UNITED KINGDOM	English-100		PG			
2024-01-26	2040	Guillaume's Paris	Guillaume's Paris Series 1 Ep 3	Guillaume Brahimi discovers some of the wonderful bistros in the 5th and 6th arrondissements, and meets Yves Camdeborde, the creator of the 'Bistronomy' food movement.	AUSTRALIA	English-70; French-30	RPT	G		Y	Y
2024-01-26	2110	Guillaume's Paris	Guillaume's Paris Series 1 Ep 4	Chef Guillaume Brahimi enjoys the finer things in Paris life that can only be found in the 7th and 8th Arrondissements, including a visit to the iconic Jules Verne restaurant in the Eiffel Tower.	AUSTRALIA	English-70; French-30	RPT	G		Y	Y
2024-01-26	2140	Come Dine With Me	Bristol 2	Hoping to finish the week a grand better off is footy fan Adam, who dedicates his dinner to his favourite sport - soccer. Will an evening of soccer splendor impress his guests?	UNITED KINGDOM	English-100		PG			
2024-01-26	2205	Come Dine With Me	Bristol 3	Wishing to walk away with this week's wad of a grand is 62-year-old dance enthusiast and property developer Joe, whose theme is a Caribbean holiday.	UNITED KINGDOM	English-100		PG			
2024-01-26	2230	The Cook Up With Adam Liaw	Picnic	Host Adam Liaw, TV presenter Jessica Rowe and Woodcuts' Ross Lusted are in The Cook Up kitchen to whip up their ultimate dishes to take on a picnic.	AUSTRALIA	English-100	RPT	PG		Y	
2024-01-26	2300	Bizarre Foods: Delicious Destinations	Portland, Oregon	Portland's cultural diversity is exemplified in its celebration of Thai foods like khao man gai and fish sauce chicken wings, and the coastal waters of the Pacific show up in seared albacore tuna.	USA	English-100		PG		a w	
2024-01-26	2330	The Cook And The Chef	Party For 20	Maggie asks Simon to help prepare for a party for 20 of her friends. She devises a menu that could be easily doubled or tripled depending on the size of the party.	AUSTRALIA	English-100		G			
2024-01-26	2400	Mystery Diners	Vicious Valets	After hearing complaints about her valet service, the owner of Breuckelen Colony in Brooklyn contacts Charles for help. Daniel and Jamie go undercover, only to discover an unauthorised car wash.	USA	English-100		PG		a	Y
2024-01-26	2430	Rick Stein's Long Weekends	Palermo	Rick Stein visits the fascinating city of Palermo in northern Sicily. Like a vibrant carpet, the city is patterned with echoes of Arab, North African, French, Spanish, and Italian influence.	UNITED KINGDOM	English-100		PG			
2024-01-26	2540	Guillaume's Paris	Guillaume's Paris Series 1 Ep 3	Guillaume Brahimi discovers some of the wonderful bistros in the 5th and 6th arrondissements, and meets Yves Camdeborde, the creator of the 'Bistronomy' food movement.	AUSTRALIA	English-70; French-30	RPT	G		Y	Y
2024-01-26	2610	Guillaume's Paris	Guillaume's Paris Series 1 Ep 4	Chef Guillaume Brahimi enjoys the finer things in Paris life that can only be found in the 7th and 8th Arrondissements, including a visit to the iconic Jules Verne restaurant in the Eiffel Tower.	AUSTRALIA	English-70; French-30	RPT	G		Y	Y
2024-01-26	2640	Come Dine With Me	Bristol 2	Hoping to finish the week a grand better off is footy fan Adam, who dedicates his dinner to his favourite sport - soccer. Will an evening of soccer splendor impress his guests?	UNITED KINGDOM	English-100		PG			

2024-01-26	2705	Come Dine With Me	Bristol 3	Wishing to walk away with this week's wad of a grand is 62-year-old dance enthusiast and property developer Joe, whose theme is a Caribbean holiday.	UNITED KINGDOM	English-100		PG		
2024-01-26	2730	The Cook Up With Adam Liaw	Picnic	Host Adam Liaw, TV presenter Jessica Rowe and Woodcuts' Ross Lusted are in The Cook Up kitchen to whip up their ultimate dishes to take on a picnic.	AUSTRALIA	English-100	RPT	PG		Y
2024-01-26	2800	Bizarre Foods: Delicious Destinations	Portland, Oregon	Portland's cultural diversity is exemplified in its celebration of Thai foods like khao man gai and fish sauce chicken wings, and the coastal waters of the Pacific show up in seared albacore tuna.	USA	English-100		PG	a w	
2024-01-26	2830	The Cook And The Chef	Party For 20	Maggie asks Simon to help prepare for a party for 20 of her friends. She devises a menu that could be easily doubled or tripled depending on the size of the party.	AUSTRALIA	English-100		G		
2024-01-27	0500	Mystery Diners	Vicious Valets	After hearing complaints about her valet service, the owner of Breuckelen Colony in Brooklyn contacts Charles for help. Daniel and Jamie go undercover, only to discover an unauthorised car wash.	USA	English-100		PG	a	Y
2024-01-27	0530	Luke Nguyen's United Kingdom	Wales	Luke travels to Wales and discovers the influences changing Welsh cuisine. Starting his visit in Cardiff Luke meets an artisan bread maker who delivers fresh bread to homes.	AUSTRALIA	English-100	RPT	G		Y Y
2024-01-27	0600	David Rocco's Dolce South East Asia	Three Inspiring Stories	In Kuala Lumpur, David meets a few inspiring people who through food, have taken a leap of faith, which made a difference in their lives and in the lives of others.	CANADA	English-100		PG		
2024-01-27	0630	The Italian Vegan Chef	Game Of Drones - The Baron's Wines	Incredible landscapes, vineyards, wine, an ancient castle and a true Baron. Nadia discovers the unbelievable history and nature of Tuscany at the Castello di Brolio, in the area of Chianti Classico.	ISRAEL	English-50; Italian-50		G		Y
2024-01-27	0700	United Plates Of America	Palm Springs	Today it's all about Palm Springs resort food. This historic city in Riverside county is synonymous with the silver screen and swimming pools.	USA	English-100		G		
2024-01-27	0730	United Plates Of America	Boston	Today we visit Boston, a city known for traditional New England seafood culture. From traditional beverages with a modern twist, a rock'n'roll Mexican restaurant to authentic cuban cuisine.	USA	English-100		PG		
2024-01-27	0800	My Market Kitchen	My Market Kitchen Series 4 Ep 40	This episode of My Market Kitchen is a special Jalna Dairy Foods dedication. We are joined in the studio and on the farm by Lachy McLaren from Jalna, cooking up a Tandoori Grilled Chicken Tikka.	AUSTRALIA			G		
2024-01-27	0830	Top Chef	Red Rum And Then Some	With their Quickfire set at the iconic Stanley Hotel, the inspiration site for Stephen King's "The Shining," the chefs must put their scariest nightmares on a plate ... in dessert form.	USA	English-100		PG		Y
2024-01-27	0925	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 5	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-01-27	0930	Everyday Gourmet With Justine Schofield	Ep 10	Trish McKenzie is back in the kitchen with Justine to show you her white chocolate marbled cheese cake. Justine fries up her egg curry and then shows you her coconut crusted chicken goujons.	AUSTRALIA	English-100		PG		
2024-01-27	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

2024-01-27	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
2024-01-27	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
2024-01-27	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
2024-01-27	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
2024-01-27	1230	Top Chef	Red Rum And Then Some	With their Quickfire set at the iconic Stanley Hotel, the inspiration site for Stephen King's "The Shining," the chefs must put their scariest nightmares on a plate ... in dessert form.	USA	English-100		PG	Y
2024-01-27	1325	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
2024-01-27	1330	My Market Kitchen	My Market Kitchen Series 4 Ep 40	This episode of My Market Kitchen is a special Jalna Dairy Foods dedication. We are joined in the studio and on the farm by Lachy McLaren from Jalna, cooking up a Tandoori Grilled Chicken Tikka.	AUSTRALIA			G	
2024-01-27	1400	Everyday Gourmet With Justine Schofield	Ep 10	Trish McKenzie is back in the kitchen with Justine to show you her white chocolate marbled cheese cake. Justine fries up her egg curry and then shows you her coconut crusted chicken goujons.	AUSTRALIA	English-100		PG	
2024-01-27	1430	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 10	In our fields and hedgerows are plants that are delicious, and plants that are deadly, as Rick learns from a professional forager who takes him on a tour around the beautiful Camel Estuary.	UNITED KINGDOM	English-100		PG	a w
2024-01-27	1500	Food Safari Fire	Food Safari Fire Series 1 Ep 5	Maeve O'Meara seeks out delicious recipes from across the subcontinent to Armenia - tandoori chicken, prawns, naan, lamb kebabs and an elaborate roast pumpkin.	AUSTRALIA	English-100	RPT	G	Y
2024-01-27	1530	Lidia's Kitchen	1970s Italian American, The	Lidia honours the Italian American culinary culture and prepares a chicken parmigiana, a leftover meatball panino, and a baked tomato pasta, then meatballs, and eggs.	USA	English-100		PG	
2024-01-27	1600	The Cook Up With Adam Liaw	Refugee: Yemen	To round out our refugee week, the Cook Up kitchen and Adam host soccer legend and refugee advocate Craig Foster and Yemen refugee Fatima Awad Ali Salim to create dishes inspired by Yemen.	AUSTRALIA	English-100	RPT	G	Y
2024-01-27	1630	Remarkable Places To Eat	New Forest	Fred Sirieix heads to The New Forest with former greengrocer Chris Bavin as his guide. Chris spent many a happy family holiday camping in the forest as a child and is a huge fan of the area.	UNITED KINGDOM	English-100		PG	a w
2024-01-27	1735	John Torode's Ireland	Aran Islands, Galway And Return To Dublin	John goes to meet David and Jenny O'Halloran of Blath Na Mara at their seaweed factory. Jenny is a local and David is from New Zealand and together they forage and sell seaweed.	UNITED KINGDOM	English-100		G	
2024-01-27	1830	Homegrown Tastes South Africa	West Coast Forage	Lorna travels to the beautiful town of Paternoster to sample some flavours. Foraging expert Loubie Rauch advises Lorna on ways to incorporate these unique ingredients in the meal she prepares.	UNITED KINGDOM	English-100		G	Y

2024-01-27	1930	Ainsley's Fantastic Flavours	Cheesy	Ainsley Harriott explores the huge range of cheese flavours, both savoury and sweet. First up is his Manchego and chorizo stuffed chicken with roasted asparagus and cheesy potato gratin.	UNITED KINGDOM	English-100	G			
2024-01-27	2030	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 2	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	
2024-01-27	2100	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 3	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	G			
2024-01-27	2130	Anthony Bourdain: No Reservations	Uruguay	Anthony and his brother Chris are on a mission to connect with their family in Uruguay, after learning of Bourdain roots in this tiny South American country.	USA	English-100	RPT	PG		Y
2024-01-27	2225	Please Eat Slowly Bitesize	Yee Sang	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100	G			
2024-01-27	2230	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 5	Paul welcomes visitors to the farm. His dad arrives for the first time and they go on a camping trip to hunt feral deer.	UNITED KINGDOM	English-100	RPT	PG	a	Y
2024-01-27	2330	Mystery Diners	Venue Vandals	Concerned about vandalism at his restaurant, the owner of the Spanish Potato Grill in Brick, NJ, reaches out to Charles. He sends in his team, who learn the place is being sabotaged from the inside.	USA	English-100	PG	a		Y
2024-01-27	2400	Mystery Diners	Lobster Looting	Brother-sister owners have noticed a discrepancy in their lobster supply at Langosta Lounge in Asbury Park, NJ. With the help of Charles and his team, they'll discover where the lobsters are going.	USA	English-100	PG	a		Y
2024-01-27	2430	Mystery Diners	Hot Meat	After receiving some truly unbelievable deals, Tony, the owner of Rivoli's in Tom's River, NJ, believes his new meat purveyor is selling him stolen goods. Charles sends in a Mystery Diner.	USA	English-100	PG	a		Y
2024-01-27	2500	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			
2024-01-27	2530	Homegrown Tastes South Africa	West Coast Forage	Lorna travels to the beautiful town of Paternoster to sample some flavours. Foraging expert Loubie Rauch advises Lorna on ways to incorporate these unique ingredients in the meal she prepares.	UNITED KINGDOM	English-100	G			Y
2024-01-27	2630	Ainsley's Fantastic Flavours	Cheesy	Ainsley Harriott explores the huge range of cheese flavours, both savoury and sweet. First up is his Manchego and chorizo stuffed chicken with roasted asparagus and cheesy potato gratin.	UNITED KINGDOM	English-100	G			
2024-01-27	2725	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 5	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-01-27	2730	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 5	Paul welcomes visitors to the farm. His dad arrives for the first time and they go on a camping trip to hunt feral deer.	UNITED KINGDOM	English-100	RPT	PG	a	Y
2024-01-27	2830	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 2	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	