



WEEK 45: Sunday, 5 November - Saturday, 11 November 2023 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Egg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2023-11-05	0500	Selena + Chef	Selena + Jj Johnson	James Beard Award-winning author, humanitarian, and true talent in the kitchen, Jj Johnson, shows Selena how to pull off a flavourful seafood gumbo – inspired by his time cooking in West Africa.	USA	English-100		PG			Y
2023-11-05	0530	Jamie's Kitchen	Jamie's Kitchen Series 1 Ep 6	Jamie's new restaurant, Fifteen, has become one of London's most fashionable eateries but behind the scenes there are problems. Within a week of opening, three more students were asked to leave.	UNITED KINGDOM	English-100		PG	I		
2023-11-05	0630	Jamie's Kitchen	Jamie's Kitchen Series 1 Ep 7	While Jamie is on paternity leave, the trainee chefs start taking days off work behind his back. And when he returns to the restaurant he discovers that two of them have decided to throw in the towel.	UNITED KINGDOM	English-100		PG	I		
2023-11-05	0730	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 6	In Abruzzo, Silva collects eggs from the freshest and most sustainable source possible, the local hens, and makes her son's favourite dunking cake, lemon and ricotta ring cake.	AUSTRALIA	English-100	RPT	G			Y
2023-11-05	0800	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 7	Silvia Colloca journeys to her mother's birthplace in Abruzzo, where she learns how to transform locally grown organic goods into the joys of a summer BBQ Italian style.	AUSTRALIA	English-100	RPT	G			Y
2023-11-05	0830	Beyond River Cottage	Beyond River Cottage Series 1 Ep 3	Hugh's sow Maggie is due to give birth to piglets. There is little Hugh can do to help except build a maternity room and leave her to it.	UNITED KINGDOM	English-100		PG	a w		
2023-11-05	0900	Beyond River Cottage	Beyond River Cottage Series 1 Ep 4	On May Day every year you can find the Wessex Morris Men dancing on the Cerne Abbas Giant. Crowds gather to watch the event and this presents Hugh with the perfect opportunity to make some cash.	UNITED KINGDOM	English-100		PG	a w		
2023-11-05	0930	Born To Cook: Jack Stein Down Under	Born To Cook: Jack Stein Down Under Series 2	Local man Charlie and his two sons take Jack out on the beautiful Lake Argyle, famous for a fish called the Silver Cobbler, and its population of 35,000 crocodiles.	AUSTRALIA	English-100		PG	a		
2023-11-05	1000	Born To Cook: Jack Stein Down Under	Born To Cook: Jack Stein Down Under Series 2	Jack finds his way to Broome, famous for its beaches and abundant sea life, as well as a rich pearling history which has led to a multicultural melting pot of culinary traditions.	AUSTRALIA	English-100		PG			
2023-11-05	1030	Order Up!	Order Up! Series 1 Ep 3	Having never tasted soul food in Louisiana, it has always been a dream of Hudson's to have a chance to cook Creole and Cajun cuisines. He learns the generations old recipes that make them so iconic.	CANADA	English-100		PG			
2023-11-05	1125	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
2023-11-05	1130	Selena + Chef	Selena + Curtis Stone	Michelin-starred chef, Curtis Stone, shows Selena how to master a perfectly cooked steak and transform it into a mouth-watering sandwich. Here's hoping Selena nails this tasty triumph!	USA	English-100		G			Y

2023-11-05	1200	Selena + Chef	Selena + Jj Johnson	James Beard Award-winning author, humanitarian, and true talent in the kitchen, Jj Johnson, shows Selena how to pull off a flavourful seafood gumbo – inspired by his time cooking in West Africa.	USA	English-100		PG		Y
2023-11-05	1230	Hairy Bikers Northern Exposure	Finland	The bikers fall immediately in love with the beautiful and tranquil lakes of Finland and enjoy what they think will be a completely different change of pace from the intensity of St Petersburg.	UNITED KINGDOM	English-100		PG	a n v w	
2023-11-05	1335	Mystery Diners	Party Monster	Mystery Diners go undercover to discover why George's has a dramatic loss in revenue - and find that the staff are taking the 'have fun' policy to the next level.	USA	English-100		PG	a	Y
2023-11-05	1400	Mystery Diners	Catch Of The Day	Garcia's Seafood Grille and Fish Market's unusually low haul in crab claws calls in the Mystery Diners to find out where the seafood is going missing.	USA	English-100		PG		Y
2023-11-05	1430	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 6	In Abruzzo, Silva collects eggs from the freshest and most sustainable source possible, the local hens, and makes her son's favourite dunking cake, lemon and ricotta ring cake.	AUSTRALIA	English-100	RPT	G		Y
2023-11-05	1500	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 7	Silvia Colloca journeys to her mother's birthplace in Abruzzo, where she learns how to transform locally grown organic goods into the joys of a summer BBQ Italian style.	AUSTRALIA	English-100	RPT	G		Y
2023-11-05	1530	Asia Unplated With Diana Chan	Laos	Diana explores popular flavours in Laotian cuisine including a spicy pork sausage - sai oua - packed with vibrant herbs and spices.	AUSTRALIA	English-100		PG		
2023-11-05	1600	Asia Unplated With Diana Chan	South Indian	Diana focuses on the foods of Southern India. Chef Jacob Leung prepares red onion bhajis with yoghurt dipping sauce and chef Sarah Todd shares her recipe for Kerala-style crispy prawns.	AUSTRALIA	English-100		G		
2023-11-05	1630	Food In Our Time	Nature	Andre goes back to the very origin of our sustenance - Nature. Food is a gift of nature as much as it is born out of the constraints of the physical environment.	SINGAPORE	English-100		PG		Y
2023-11-05	1730	Paradise Kitchen Bali	Mushrooms	Lauren dives into the fascinating world of mushrooms, exploring their flavours, textures, and health benefits. She shows how to make savoury mushroom sausage rolls and mouth-watering mushroom steaks.	NETHERLANDS	English-90; Balinese-10		PG		
2023-11-05	1800	Flat Out Food	Egg	Jenn traces the humble egg's journey from a local farm to the kitchen, where she makes two classic egg dishes.	CANADA	English-100		PG		
2023-11-05	1830	Gourmet Farmer Afloat	On The Straight And Marrow	The boys' sailing skills are put to the test as they attempt a treacherous crossing at St Helens - the route taken by thousands of Chinese immigrants in search of gold in the 1800s.	AUSTRALIA	English-100	RPT	PG	a q	Y
2023-11-05	1930	James Martin's French Adventure	Lyon	James ventures to the city of Lyon, known as the 'Gastronomic Capital of France', to explore the two sides of the culinary scene. In his own kitchen, James shows us how to make creme brulee.	UNITED KINGDOM	English-100		G		Y
2023-11-05	2030	Nadiya's Asian Odyssey	Nadiya's Asian Odyssey Series 1 Ep 1	Nadiya makes a surprise discovery about her DNA which sees her travel solo for the first time. From the temples of Angkor Wat in North Cambodia to a Muslim island in the deep south of Thailand.	UNITED KINGDOM	English-100				

2023-11-05	2130	Anthony Bourdain: No Reservations	Puerto Rico	Tony and Andy, a native, dine on roasted pig in Caicay, attend a posh party at a hacienda, search for a Chuppacabra in the jungle, meet boxing champion Miguel Cotto, and travel to Ponce.	USA	English-100		PG		
2023-11-05	2225	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 3	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
2023-11-05	2230	Anthony Bourdain: A Cook's Tour	Down Under: The Wild West Of Cooking	Melbourne boasts eccentric lovers of food - Tony's kind of people. In search of the outlaws of food, Tony explores a pasteurization-free cheese factory, and an old-world cured jamon workshop.	USA	English-100		PG	I	
2023-11-05	2300	Anthony Bourdain: A Cook's Tour	Let's Get Lost	Jumping into a Thai tuk tuk taxi, Tony attempts to soak up Thai culture, and get lost in the cuisine of Chiang Mai, Thailand.	USA	English-100		G		
2023-11-05	2330	Mystery Diners	All In The Family	The Mystery Diners are called in to a family-run restaurant in New Orleans when the owner becomes fed up with the lack of respect from his relative employees.	USA	English-100		PG		Y
2023-11-05	2400	Mystery Diners	Friends With Benefits	Mystery Diners Nicole and Tom go undercover and discover a manager is hiring her incompetent friends who prevent a restaurant from thriving.	USA	English-100		PG		Y
2023-11-05	2430	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 1	Jamie kicks things off by celebrating vegetables in a game-changing cottage pie. He gets inspired by amazing Indian street food, and prepares a mighty mac 'n' cheese full of greens.	UNITED KINGDOM	English-100		G		
2023-11-05	2525	Destination Flavour Japan Bitesize	Destination Flavour Japan Bitesize Series 1 Ep 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
2023-11-05	2530	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 2	Jamie makes a smashing chilli that packs a mighty punch! He travels to India and learns new tricks to make your veggies sing, before creating a spiced-up parsnip soup and his veggie take on a pasty.	UNITED KINGDOM	English-100		G		
2023-11-05	2625	Destination Flavour Japan Bitesize	Destination Flavour Japan Bitesize Series 1 Ep 2	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
2023-11-05	2630	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 3	Jamie packs in the veg with his big, bold black bean burger. He gets inspired by some gorgeous greens in the Middle East, and creates some crunch with a double corn salad.	UNITED KINGDOM	English-100		G		
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2023-11-05	2730	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 4	Jamie showcases vegetables in his scruffy eggplant lasagne. He explores Asia's biggest fruit and vegetable market, then shows how to pack a punch with an incredible bean salad.	UNITED KINGDOM	English-100		G		
2023-11-05	2825	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 3	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
2023-11-05	2830	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 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		G		

2023-11-06	0525	Destination Flavour Japan Bitesize	Destination Flavour Japan Bitesize Series 1 Ep 4	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
2023-11-06	0530	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 6	Jamie gets inspired by breakfasts while in Jerusalem, then rustles up spinach pancakes. He makes a creamy risotto with amazing roasted tomato, and visits a cookery class with a healthy twist.	UNITED KINGDOM	English-100		G			
2023-11-06	0625	Cook Up With Adam Liaw Bitesize	Periyaki Chicken	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG		Y	
2023-11-06	0630	Nadiya's Asian Odyssey	Nadiya's Asian Odyssey Series 1 Ep 1	Nadiya makes a surprise discovery about her DNA which sees her travel solo for the first time. From the temples of Angkor Wat in North Cambodia to a Muslim island in the deep south of Thailand.	UNITED KINGDOM	English-100					
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2023-11-06	0930	Paradise Kitchen Bali	Mushrooms	Lauren dives into the fascinating world of mushrooms, exploring their flavours, textures, and health benefits. She shows how to make savoury mushroom sausage rolls and mouth-watering mushroom steaks.	NETHERLANDS	English-90; Balinese-10		PG			
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2023-11-06	1030	Gourmet Farmer Afloat	On The Straight And Marrow	The boys' sailing skills are put to the test as they attempt a treacherous crossing at St Helens - the route taken by thousands of Chinese immigrants in search of gold in the 1800s.	AUSTRALIA	English-100	RPT	PG	a q	Y	
2023-11-06	1125	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 2	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y	
2023-11-06	1130	James Martin's French Adventure	Lyon	James ventures to the city of Lyon, known as the 'Gastronomic Capital of France', to explore the two sides of the culinary scene. In his own kitchen, James shows us how to make creme brulee.	UNITED KINGDOM	English-100		G			Y
2023-11-06	1225	Cook Up With Adam Liaw Bitesize	Periyaki Chicken	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG		Y	
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2023-11-06	1330	The Chocolate Queen	Chocolate Queen Series 2, The Ep 6	Warm apple tarts are hard to resist and pastry expert Kirsten Tibballs is in the kitchen showing her version that's easy to replicate at home.	AUSTRALIA	English-100		G			

2023-11-06	1400	Barefoot Contessa: Back To Basics	Portable Food	It's food on the move with Ina Garten as she shares pro tips for perfect portable eats. She makes moist lemon poppy seed cake for an afternoon snack at work and tomato mozzarella pan bagnat for lunch.	USA	English-100		G		
2023-11-06	1430	Australia's Food Bowl	Diverse Fruits	Australia's Food Bowl is home to some of the biggest food producers in Australia. Stefano explores the region's traditional crops such as citrus and grapes, as well as the lesser-known exotic fruits.	AUSTRALIA	English-100		G		
2023-11-06	1500	Just Jen	Feeling Spicy	Just like Jen, these recipes are complex and spicy with a little sass. Jen shares recipes featuring different kinds of spice.	USA	English-100		PG		
2023-11-06	1530	Choccywoccydoodah	Spring Is In The Air	The Choccywoccydoodah crew are back with more fantastical cakes than ever! It's Easter and the team creates a giant Easter egg as a gift for Paul O'Grady and a royalty-themed window display.	UNITED KINGDOM	English-100		PG		
2023-11-06	1600	David Rocco's Dolce India	Indian Vino	David takes the road less travelled and finds a tranquil vineyard outside busy Mumbai that produces fine Italian wine. The discovery inspires an Italian-Indian culinary adventure.	CANADA	English-100		PG		
2023-11-06	1630	Rick Stein's India	Kolkata And Chennai	Rick Stein begins his Indian journey by exploring the regions that began Britain's love affair with curry - Bengal and Tamil Nadu. The British influence in Kolkata and Chennai remains strong.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2023-11-06	1740	Freshly Picked With Simon Toohy	Ep 11	Simon shows his trick to the crispiest refried bean empanadas, and gives the low down on plant-based feta which he uses to top off a vibrant and summery salad. Tim shares his tips for homemade pizza.	AUSTRALIA	English-100		PG		
2023-11-06	1805	Food Safari	Mauritian Safari	Features the best in food the world has to offer. Tonight, Maeve O'Meara visits Jocelyn Riviere (formerly of Kirketon Dining Room).	AUSTRALIA	English-100	RPT	G	Y	
2023-11-06	1835	Lidia's Kitchen	Best Bar Food, The	Lidia serves chicken and sausage bites with apple cider vinegar sauce, made with rosemary, vinegar, and honey. Fried food always hits the spot, and next on the menu is fried onion rings.	USA	English-100		PG		
2023-11-06	1900	The Cook Up With Adam Liaw	Farm To Table	Chef and host Colin Fassnidge and TV hosting extraordinaire Marc Fennell are creating their ultimate Farm to table dishes in The Cook Up kitchen with Adam.	AUSTRALIA	English-100	RPT	PG	I	Y
2023-11-06	1930	Anthony Bourdain: No Reservations	India (Rajasthan)	India is a land of colour, aroma, kind people and delicious cuisine. Anthony heads off to the more desolate region of Rajasthan in the northwest corner of the continent.	USA	English-100		PG	d s	Y
2023-11-06	2025	Destination Flavour Japan Bitesize	Destination Flavour Japan Bitesize Series 1 Ep 9	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
2023-11-06	2030	Stanley Tucci: Searching For Italy	Naples And The Amalfi Coast	Naples is the third largest and most populous city in Italy. But its history has been tainted with underdog status from close association with Vesuvius, the mafia and poverty.	USA	English-80; Italian-20	RPT	G	Y	Y
2023-11-06	2125	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 at once. Victor shares his best tips to create your own!	AUSTRALIA	English-100		G		

2023-11-06	2130	Come Dine With Me UK	Swansea: Rachel	44-year-old, post woman and yoga enthusiast, Rachel is hoping to wow her guests with an evening dedicated to healthy home cooking, inspired by her weight loss journey. Will it be enough to win?	UNITED KINGDOM	English-100		PG	
2023-11-06	2200	Come Dine With Me UK	Swansea: Luke	Civil servant Luke, is hoping to blow his guests' minds with his risky, all spicy menu, in a bid to land the 1,000 pound prize. But will the fun and frolics make up for the mouth-burning meal?	UNITED KINGDOM	English-100		PG	
2023-11-06	2230	The Cook Up with Adam Liaw	Pork Chops	Host Adam Liaw is joined by Universal and Paramount owner Christine Manfield and The Cook's Co-Op and ex-Longrain owner Martin Boetz in The Cook Up kitchen to dish up their ultimate pork chop recipes.	AUSTRALIA	English-100	RPT	G	Y
2023-11-06	2300	United Plates Of America	San Francisco	Today we visit San Francisco, an iconic city located on the Pacific West coast. It is both a cultural and a commercial epicentre of Californian life.	USA	English-100		PG	
2023-11-06	2330	The Cook And The Chef	Land Of The Long White Cloud	The Cook and the Chef cross the Tasman to explore New Zealand, a land with rugged mountains, pristine waters and - most importantly - great produce. Maggie and Simon kick off their journey in Rotorua.	AUSTRALIA	English-100		G	
2023-11-06	2400	Mystery Diners	No Laughing Matter	The owner of a seafood joint in New Orleans is concerned that his manager is more focused on his amateur comedy career than managing a restaurant.	USA	English-100		PG	Y
2023-11-06	2430	Pacific Island Food Revolution	Pacific Island Food Revolution Series 3 Ep 1	The competition begins in the host country of Fiji, where the teams discover the importance of mangroves during their challenge to create the ultimate seafood platter.	NEW ZEALAND	English-100		PG	a l w
2023-11-06	2525	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 at once. Victor shares his best tips to create your own!	AUSTRALIA	English-100		G	
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2023-11-06	2800	Mystery Diners	No Laughing Matter	The owner of a seafood joint in New Orleans is concerned that his manager is more focused on his amateur comedy career than managing a restaurant.	USA	English-100		PG	Y
2023-11-06	2830	Food Safari	Mauritian Safari	Features the best in food the world has to offer. Tonight, Maeve O'Meara visits Jocelyn Riviere (formerly of Kirketon Dining Room).	AUSTRALIA	English-100	RPT	G	Y

2023-11-07	0500	Freshly Picked With Simon Toohey	Ep 11	Simon shows his trick to the crispiest refried bean empanadas, and gives the low down on plant-based feta which he uses to top off a vibrant and summery salad. Tim shares his tips for homemade pizza.	AUSTRALIA	English-100				PG		
2023-11-07	0530	The Chocolate Queen	Chocolate Queen Series 2, The Ep 6	Warm apple tarts are hard to resist and pastry expert Kirsten Tibballs is in the kitchen showing her version that's easy to replicate at home.	AUSTRALIA	English-100				G		
2023-11-07	0600	Barefoot Contessa: Back To Basics	Portable Food	It's food on the move with Ina Garten as she shares pro tips for perfect portable eats. She makes moist lemon poppy seed cake for an afternoon snack at work and tomato mozzarella pan bagnat for lunch.	USA	English-100				G		
2023-11-07	0630	Australia's Food Bowl	Diverse Fruits	Australia's Food Bowl is home to some of the biggest food producers in Australia. Stefano explores the region's traditional crops such as citrus and grapes, as well as the lesser-known exotic fruits.	AUSTRALIA	English-100				G		
2023-11-07	0700	Just Jen	Feeling Spicy	Just like Jen, these recipes are complex and spicy with a little sass. Jen shares recipes featuring different kinds of spice.	USA	English-100				PG		
2023-11-07	0730	Choccywoccydoodah	Spring Is In The Air	The Choccywoccydoodah crew are back with more fantastical cakes than ever! It's Easter and the team creates a giant Easter egg as a gift for Paul O'Grady and a royalty-themed window display.	UNITED KINGDOM	English-100				PG		
2023-11-07	0800	David Rocco's Dolce India	Indian Vino	David takes the road less travelled and finds a tranquil vineyard outside busy Mumbai that produces fine Italian wine. The discovery inspires an Italian-Indian culinary adventure.	CANADA	English-100				PG		
2023-11-07	0830	Rick Stein's India	Kolkata And Chennai	Rick Stein begins his Indian journey by exploring the regions that began Britain's love affair with curry - Bengal and Tamil Nadu. The British influence in Kolkata and Chennai remains strong.	UNITED KINGDOM	English-100	RPT			PG	Y	Y
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2023-11-07	1005	Food Safari	Mauritian Safari	Features the best in food the world has to offer. Tonight, Maeve O'Meara visits Jocelyn Riviere (formerly of Kirketon Dining Room).	AUSTRALIA	English-100	RPT			G	Y	
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2023-11-07	1330	The Chocolate Queen	Chocolate Queen Series 2, The Ep 7	An episode to make the kids happy, learn to make Coconut Lollipops, Chocolate Butterflies and Flower Pot Cakes. Plus Kirsten's recipe for a Choc Swiss Roll that's perfectly light and airy.	AUSTRALIA	English-100		G	
2023-11-07	1400	Barefoot Contessa: Back To Basics	Good Grilling	Ina is fired up and sharing her advice for grilling and barbecuing like a pro. To start, hot coals work their magic on her grilled Cornish hens, and she amps up the flavour on ribs and BBQ sauce.	USA	English-100		G	
2023-11-07	1430	Australia's Food Bowl	Murray Cod	Chef Tony Tan pays Stefano a visit and prepares a Murray cod with Asian flavours in a stunning riverside location. Ginger, galangal and coconut with banana leaf are delicious additions to enjoy.	AUSTRALIA	English-100		G	
2023-11-07	1500	Just Jen	Feeling Adventurous	Jen shares recipes inspired by her travels, bringing her favourite flavours from around the world into her own kitchen.	USA	English-100		PG	
2023-11-07	1530	Choccywoccydoodah	Square Pegs In Round Holes	The team makes an eccentric window display and a cake for Boy George's 50th birthday, and a new member of staff, Rebecca, begins her first week.	UNITED KINGDOM	English-100		PG	
2023-11-07	1600	David Rocco's Dolce India	Weekend In Mumbai	With a weekend to spend in Mumbai, David explores the city's vast and extraordinary food scene - from small traditional cafes to hip new restaurants.	CANADA	English-100		G	
2023-11-07	1630	Rick Stein's India	Mumbai And Pondicherry	Rick explores the melting pot that is Mumbai in search of the bombil, the fish that immortalised Bombay Duck. He also gets to enjoy Parsee hospitality and learn about their contribution to India.	UNITED KINGDOM	English-100	RPT	G	Y Y
2023-11-07	1740	Freshly Picked With Simon Toohey	Ep 12	Get maximum flavour from vegetables with a killer recipe for green beans and tips on taking cauliflower to the next level. Simon makes a soffrito with strawberries, and Tobie makes a homestyle snack.	AUSTRALIA	English-100		PG	
2023-11-07	1805	Food Safari	South American	Host Maeve O'Meara joins chef Jorge Chacon to learn about the particular flavours and ingredients that make South American food really special.	AUSTRALIA	English-100	RPT	G	Y
2023-11-07	1835	Lidia's Kitchen	Pasta Party	Pasta is a staple in any Italian home and today, Lidia prepares three pasta recipes; Ziti with kale pesto and crispy bacon, fusilli with tomato pesto, and campanelle with shrimp and fennel.	USA	English-100		PG	
2023-11-07	1900	The Cook Up With Adam Liaw	Five-Ingredient Dinner	Adam, Studio 10's roving reporter Daniel Doody and chef Jessie Singh are in the Cook Up Kitchen creating their ultimate five-ingredient dinner.	AUSTRALIA	English-100	RPT	PG	Y
2023-11-07	1930	Planet Bbq	Texas Trinity	Experience the Texas Trinity hot off the grill: smoked and grilled rib-eye steaks, grilled quail, and a sizzling sandwich prepared by San Antonio master chef, Jason Dady.	USA	English-100		PG	
2023-11-07	2000	Project Fire	Barbeque On A Budget	With we're all feeling the pinch, and budget grilling has taken on new urgency. Why should Kobe beef and tomahawk steaks get all the love? This is barbecue on a budget.	USA	English-100		PG	
2023-11-07	2030	Fun'q With Spencer Watts	Fun'q With Spencer Watts Series 1 Ep 6	With we're all feeling the pinch, and budget grilling has taken on new urgency. Why should Kobe beef and tomahawk steaks get all the love? This is barbecue on a budget.	CANADA	English-100		PG	

2023-11-07	2100	Nico Reynolds: All Fired Up	Forest Feast	With we're all feeling the pinch, and budget grilling has taken on new urgency. Why should Kobe beef and tomahawk steaks get all the love? This is barbecue on a budget.	IRELAND	English-100		PG	
2023-11-07	2130	Come Dine With Me UK	Swansea: Anamika	With we're all feeling the pinch, and budget grilling has taken on new urgency. Why should Kobe beef and tomahawk steaks get all the love? This is barbecue on a budget.	UNITED KINGDOM	English-100		PG	
2023-11-07	2200	Come Dine With Me UK	Swansea: Chris	With we're all feeling the pinch, and budget grilling has taken on new urgency. Why should Kobe beef and tomahawk steaks get all the love? This is barbecue on a budget.	UNITED KINGDOM	English-100		PG	
2023-11-07	2230	The Cook Up with Adam Liaw	Five Ingredient Dinner	The Cook Up kitchen plays host to Adam Liaw, viking and executive chef at Mjolner, Joachim Borenus, and comedian Lizzy Hoo, who whip up their ultimate and easy five ingredient dinners.	AUSTRALIA	English-100	RPT	G	Y
2023-11-07	2300	United Plates Of America	Charleston	Today we visit Charleston, South Carolina to learn all about American food history. We meet a local resident who gives us an insight into the African-American influence on southern food and culture.	USA	English-100		G	
2023-11-07	2330	The Cook And The Chef	Kumara And Venison	Maggie and Simon show us more beautiful produce from the Land of the Long White Cloud. Maggie finds some delicious Kumara, a Maori word for sweet potato while Simon discovers New Zealand Venison.	AUSTRALIA	English-100		G	
2023-11-07	2400	Mystery Diners	Too Many Cooks	After investigating complaints about fighting between the cooks and a bartender who brings wild animals into a restaurant for entertainment, Mystery Diners discover a waitress causing all the drama.	USA	English-100		PG	Y
2023-11-07	2430	Pacific Island Food Revolution	Pacific Island Food Revolution Series 3 Ep 2	Our teams are challenged to make a dish that aligns with Papua New Guinea's "Eat Smart" campaign and that best represents their country. They must come up with a recipe that is considered healthy.	NEW ZEALAND	English-100		PG	I
2023-11-07	2525	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	
2023-11-07	2530	Come Dine With Me UK	Swansea: Anamika	With we're all feeling the pinch, and budget grilling has taken on new urgency. Why should Kobe beef and tomahawk steaks get all the love? This is barbecue on a budget.	UNITED KINGDOM	English-100		PG	
2023-11-07	2600	Come Dine With Me UK	Swansea: Chris	With we're all feeling the pinch, and budget grilling has taken on new urgency. Why should Kobe beef and tomahawk steaks get all the love? This is barbecue on a budget.	UNITED KINGDOM	English-100		PG	
2023-11-07	2630	The Cook Up with Adam Liaw	Five Ingredient Dinner	The Cook Up kitchen plays host to Adam Liaw, viking and executive chef at Mjolner, Joachim Borenus, and comedian Lizzy Hoo, who whip up their ultimate and easy five ingredient dinners.	AUSTRALIA	English-100	RPT	G	Y
2023-11-07	2700	United Plates Of America	Charleston	Today we visit Charleston, South Carolina to learn all about American food history. We meet a local resident who gives us an insight into the African-American influence on southern food and culture.	USA	English-100		G	
2023-11-07	2730	The Cook And The Chef	Kumara And Venison	Maggie and Simon show us more beautiful produce from the Land of the Long White Cloud. Maggie finds some delicious Kumara, a Maori word for sweet potato while Simon discovers New Zealand Venison.	AUSTRALIA	English-100		G	
2023-11-07	2800	Mystery Diners	Too Many Cooks	After investigating complaints about fighting between the cooks and a bartender who brings wild animals into a restaurant for entertainment, Mystery Diners discover a waitress causing all the drama.	USA	English-100		PG	Y

2023-11-07	2830	Food Safari	South American	Host Maeve O'Meara joins chef Jorge Chacon to learn about the particular flavours and ingredients that make South American food really special.	AUSTRALIA	English-100	RPT	G	Y
2023-11-08	0500	Freshly Picked With Simon Toohey	Ep 12	Get maximum flavour from vegetables with a killer recipe for green beans and tips on taking cauliflower to the next level. Simon makes a sofrito with strawberries, and Tobie makes a homestyle snack.	AUSTRALIA	English-100		PG	
2023-11-08	0530	The Chocolate Queen	Chocolate Queen Series 2, The Ep 7	An episode to make the kids happy, learn to make Coconut Lollipop, Chocolate Butterflies and Flower Pot Cakes. Plus Kirsten's recipe for a Choc Swiss Roll that's perfectly light and airy.	AUSTRALIA	English-100		G	
2023-11-08	0600	Barefoot Contessa: Back To Basics	Good Grilling	Ina is fired up and sharing her advice for grilling and barbecuing like a pro. To start, hot coals work their magic on her grilled Cornish hens, and she amps up the flavour on ribs and BBQ sauce.	USA	English-100		G	
2023-11-08	0630	Australia's Food Bowl	Murray Cod	Chef Tony Tan pays Stefano a visit and prepares a Murray cod with Asian flavours in a stunning riverside location. Ginger, galangal and coconut with banana leaf are delicious additions to enjoy.	AUSTRALIA	English-100		G	
2023-11-08	0700	Just Jen	Feeling Adventurous	Jen shares recipes inspired by her travels, bringing her favourite flavours from around the world into her own kitchen.	USA	English-100		PG	
2023-11-08	0730	Choccywoccydoodah	Square Pegs In Round Holes	The team makes an eccentric window display and a cake for Boy George's 50th birthday, and a new member of staff, Rebecca, begins her first week.	UNITED KINGDOM	English-100		PG	
2023-11-08	0800	David Rocco's Dolce India	Weekend In Mumbai	With a weekend to spend in Mumbai, David explores the city's vast and extraordinary food scene - from small traditional cafes to hip new restaurants.	CANADA	English-100		G	
2023-11-08	0830	Rick Stein's India	Mumbai And Pondicherry	Rick explores the melting pot that is Mumbai in search of the bombil, the fish that immortalised Bombay Duck. He also gets to enjoy Parsee hospitality and learn about their contribution to India.	UNITED KINGDOM	English-100	RPT	G	Y Y
2023-11-08	0940	Freshly Picked With Simon Toohey	Ep 12	Get maximum flavour from vegetables with a killer recipe for green beans and tips on taking cauliflower to the next level. Simon makes a sofrito with strawberries, and Tobie makes a homestyle snack.	AUSTRALIA	English-100		PG	
2023-11-08	1005	Food Safari	South American	Host Maeve O'Meara joins chef Jorge Chacon to learn about the particular flavours and ingredients that make South American food really special.	AUSTRALIA	English-100	RPT	G	Y
2023-11-08	1035	Lidia's Kitchen	Pasta Party	Pasta is a staple in any Italian home and today, Lidia prepares three pasta recipes; Ziti with kale pesto and crispy bacon, fusilli with tomato pesto, and campanelle with shrimp and fennel.	USA	English-100		PG	
2023-11-08	1100	The Cook Up With Adam Liaw	Five-Ingredient Dinner	Adam, Studio 10's roving reporter Daniel Doody and chef Jessie Singh are in the Cook Up Kitchen creating their ultimate five-ingredient dinner.	AUSTRALIA	English-100	RPT	PG	Y
2023-11-08	1130	Fun'q With Spencer Watts	Fun'q With Spencer Watts Series 1 Ep 6	With we're all feeling the pinch, and budget grilling has taken on new urgency. Why should Kobe beef and tomahawk steaks get all the love? This is barbecue on a budget.	CANADA	English-100		PG	
2023-11-08	1200	Nico Reynolds: All Fired Up	Forest Feast	With we're all feeling the pinch, and budget grilling has taken on new urgency. Why should Kobe beef and tomahawk steaks get all the love? This is barbecue on a budget.	IRELAND	English-100		PG	

2023-11-08	1230	Freshly Picked With Simon Toohey	Ep 12	Get maximum flavour from vegetables with a killer recipe for green beans and tips on taking cauliflower to the next level. Simon makes a soffrito with strawberries, and Tobie makes a homestyle snack.	AUSTRALIA	English-100		PG		
2023-11-08	1300	Food Safari	South American	Host Maeve O'Meara joins chef Jorge Chacon to learn about the particular flavours and ingredients that make South American food really special.	AUSTRALIA	English-100	RPT	G		Y
2023-11-08	1330	The Chocolate Queen	Chocolate Queen Series 2, The Ep 8	Get whipped into a chocolate frenzy with Kirsten's recipes for Chocolate Mousse Cake and Ganache Filled Cookies, plus learn to make picture pretty Chocolate Snowflakes.	AUSTRALIA	English-100		G		
2023-11-08	1400	Barefoot Contessa: Back To Basics	Herbs All Ways	Ina Garten is cooking with her favourite herbs and sharing tips for turning up the flavour. Dill, chives, and basil shine in her heirloom tomatoes with herbed ricotta.	USA	English-100		G		
2023-11-08	1430	Australia's Food Bowl	Healthy River, Healthy Veg	The rich red soil of Mildura, coupled with water from the mighty Murray River, provide the perfect conditions to grow vegetables - and Stefano loves to cook with the freshest local vegetables around.	AUSTRALIA	English-100		G		
2023-11-08	1500	Just Jen	Feeling Fancy	Jen shares her favourite recipes and tips for how to feel fancy without a lot of effort.	USA	English-100		PG		
2023-11-08	1530	Choccywoccydoodah	Queen Of Cakes, The	Boss Christine pushes the team to their limits as she creates their most extravagant Choccywoccydoodah summer window display ever. But the pressure mounts as the costs continue to rise.	UNITED KINGDOM	English-100		PG		a n
2023-11-08	1600	David Rocco's Dolce India	Holi Gurudwara	David visits Delhi's largest Sikh temple. Everyday the Gurudwara Bangla Sahib feeds 20,000 people of all faiths - without a head chef!	CANADA	English-100		G		
2023-11-08	1630	Rick Stein's India	Madurai And Kerala	Rick Stein arrives in the southern town of Madurai in Tamil Nadu - the land of temples. Here he learns the art of temple cooking and perfects the knack of eating with his hands.	UNITED KINGDOM	English-100	RPT	PG		Y Y
2023-11-08	1740	Freshly Picked With Simon Toohey	Ep 13	Find the secret to the creamiest pasta, without the addition of cream! Thanh joins Simon in the kitchen and transforms the humble radish into a delicious, golden fried snack.	AUSTRALIA	English-100		PG		
2023-11-08	1805	Food Safari	Egyptian	Maeve explores the nourishing foods of Egypt and discovers the country's favourite dishes. She meets chef Ramy Megalaa who introduces the key ingredients in Egyptian cooking.	AUSTRALIA	English-100	RPT	G		Y
2023-11-08	1835	Lidia's Kitchen	Northern Italian Comforts	Comfort food is loved in America, and today, Lidia shares comfort foods Italians love to make. Beef and potato goulash with sweet Hungarian paprika, country salad, and hazelnut parfait.	USA	English-100		PG		
2023-11-08	1900	The Cook Up With Adam Liaw	Five-Minute Dinner	Dinner in five minutes? Say less! Adam and Delicious curators Phoebe Wood and Warren Mendes create their versions of a five-minute dinner in the Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2023-11-08	1930	Rick Stein's Seafood Odyssey	Thailand And Cornwall	In the local hot and bustling market, Rick collects ingredients for the dishes ranging from chargrilled prawns with simpleThai dipping sauce to horseshoe crab roes with green mango salad.	UNITED KINGDOM	English-100		PG		a w
2023-11-08	2000	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 9	Dive into a fruity chocolate journey today with Kirsten's lime and coconut-infused choux buns and a simple cream and raspberry tart. Along with muddy snowballs and chocolate brownie biscuits.	AUSTRALIA	English-100		PG		

2023-11-08	2030	Ainsley's Fantastic Flavours	Earthy	Ainsley starts with pomegranate glazed lamb, roasted beetroot and freekeh salad with tahini dressing. Aldo makes his mushroom gnocchi and Gloria makes a one-pot roasted veg with halloumi.	UNITED KINGDOM	English-100		G	
2023-11-08	2130	Come Dine With Me UK	Swansea: Bethan	Travel agent, Bethan, tries her hand in the kitchen. Her plan is to give her guests a memorable meal with an out of this world twist. But will the simplicity of her menu be enough?	UNITED KINGDOM	English-100		PG	
2023-11-08	2200	Come Dine With Me UK	Sheffield: Sam	40-year-old studio manager and blogger, Sam, hopes to wow her guests with an evening dedicated to Mizoram cooking, inspired by her late Nan. What more can she possibly do to win her guests over?	UNITED KINGDOM	English-100		PG	
2023-11-08	2230	The Cook Up with Adam Liaw	Late Night Snack	Host Adam Liaw is joined by recipe developer Breda Fenn and Maitre d' of Momofuku Seibo fame, Kylie Javier Ashton, who come by The Cook Up kitchen to whip up their ultimate late-night snack.	AUSTRALIA	English-100	RPT	PG	Y
2023-11-08	2300	United Plates Of America	Hawaii	We find out what happens when you cross a distillery with an aquaponics farm. We travel to Honolulu where we show a local the ins and outs of Thai cuisine.	USA	English-100		G	
2023-11-08	2330	The Cook And The Chef	Salmon And Wasabi	Maggie and Simon's culinary adventure in New Zealand continues this week as we find Simon on the South Island checking out the amazing Wasabi plant and visiting a salmon farm near Mount Cook.	AUSTRALIA	English-100		G	
2023-11-08	2400	Mystery Diners	Barbecue Blues	Mystery Diners go on a taste-test to see if one of the employees is selling the secret family recipe for barbecue sauce.	USA	English-100		PG	Y
2023-11-08	2430	Pacific Island Food Revolution	Pacific Island Food Revolution Series 3 Ep 3	Our teams are challenged to make a dish that could be sold in Samoa SWAG markets; SWAG is a marketplace for women growers who utilise their crops to make delicious, profitable produce.	NEW ZEALAND	English-100		G	
2023-11-08	2525	Please Eat Slowly Bitesize	Yee Sang	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	
2023-11-08	2530	Come Dine With Me UK	Swansea: Bethan	Travel agent, Bethan, tries her hand in the kitchen. Her plan is to give her guests a memorable meal with an out of this world twist. But will the simplicity of her menu be enough?	UNITED KINGDOM	English-100		PG	
2023-11-08	2600	Come Dine With Me UK	Sheffield: Sam	40-year-old studio manager and blogger, Sam, hopes to wow her guests with an evening dedicated to Mizoram cooking, inspired by her late Nan. What more can she possibly do to win her guests over?	UNITED KINGDOM	English-100		PG	
2023-11-08	2630	The Cook Up with Adam Liaw	Late Night Snack	Host Adam Liaw is joined by recipe developer Breda Fenn and Maitre d' of Momofuku Seibo fame, Kylie Javier Ashton, who come by The Cook Up kitchen to whip up their ultimate late-night snack.	AUSTRALIA	English-100	RPT	PG	Y
2023-11-08	2700	United Plates Of America	Hawaii	We find out what happens when you cross a distillery with an aquaponics farm. We travel to Honolulu where we show a local the ins and outs of Thai cuisine.	USA	English-100		G	
2023-11-08	2730	The Cook And The Chef	Salmon And Wasabi	Maggie and Simon's culinary adventure in New Zealand continues this week as we find Simon on the South Island checking out the amazing Wasabi plant and visiting a salmon farm near Mount Cook.	AUSTRALIA	English-100		G	
2023-11-08	2800	Mystery Diners	Barbecue Blues	Mystery Diners go on a taste-test to see if one of the employees is selling the secret family recipe for barbecue sauce.	USA	English-100		PG	Y

2023-11-08	2830	Food Safari	Egyptian	Maeve explores the nourishing foods of Egypt and discovers the country's favourite dishes. She meets chef Ramy Megalaa who introduces the key ingredients in Egyptian cooking.	AUSTRALIA	English-100	RPT	G	Y
2023-11-09	0500	Freshly Picked With Simon Toohey	Ep 13	Find the secret to the creamiest pasta, without the addition of cream! Thanh joins Simon in the kitchen and transforms the humble radish into a delicious, golden fried snack.	AUSTRALIA	English-100		PG	
2023-11-09	0530	The Chocolate Queen	Chocolate Queen Series 2, The Ep 8	Get whipped into a chocolate frenzy with Kirsten's recipes for Chocolate Mousse Cake and Ganache Filled Cookies, plus learn to make picture pretty Chocolate Snowflakes.	AUSTRALIA	English-100		G	
2023-11-09	0600	Barefoot Contessa: Back To Basics	Herbs All Ways	Ina Garten is cooking with her favourite herbs and sharing tips for turning up the flavour. Dill, chives, and basil shine in her heirloom tomatoes with herbed ricotta.	USA	English-100		G	
2023-11-09	0630	Australia's Food Bowl	Healthy River, Healthy Veg	The rich red soil of Mildura, coupled with water from the mighty Murray River, provide the perfect conditions to grow vegetables - and Stefano loves to cook with the freshest local vegetables around.	AUSTRALIA	English-100		G	
2023-11-09	0700	Just Jen	Feeling Fancy	Jen shares her favourite recipes and tips for how to feel fancy without a lot of effort.	USA	English-100		PG	
2023-11-09	0730	Choccywoccydoodah	Queen Of Cakes, The	Boss Christine pushes the team to their limits as she creates their most extravagant Choccywoccydoodah summer window display ever. But the pressure mounts as the costs continue to rise.	UNITED KINGDOM	English-100		PG	a n
2023-11-09	0800	David Rocco's Dolce India	Holi Gurudwara	David visits Delhi's largest Sikh temple. Everyday the Gurudwara Bangla Sahib feeds 20,000 people of all faiths - without a head chef!	CANADA	English-100		G	
2023-11-09	0830	Rick Stein's India	Madurai And Kerala	Rick Stein arrives in the southern town of Madurai in Tamil Nadu - the land of temples. Here he learns the art of temple cooking and perfects the knack of eating with his hands.	UNITED KINGDOM	English-100	RPT	PG	Y Y
2023-11-09	0940	Freshly Picked With Simon Toohey	Ep 13	Find the secret to the creamiest pasta, without the addition of cream! Thanh joins Simon in the kitchen and transforms the humble radish into a delicious, golden fried snack.	AUSTRALIA	English-100		PG	
2023-11-09	1005	Food Safari	Egyptian	Maeve explores the nourishing foods of Egypt and discovers the country's favourite dishes. She meets chef Ramy Megalaa who introduces the key ingredients in Egyptian cooking.	AUSTRALIA	English-100	RPT	G	Y
2023-11-09	1035	Lidia's Kitchen	Northern Italian Comforts	Comfort food is loved in America, and today, Lidia shares comfort foods Italians love to make. Beef and potato goulash with sweet Hungarian paprika, country salad, and hazelnut parfait.	USA	English-100		PG	
2023-11-09	1100	The Cook Up With Adam Liaw	Five-Minute Dinner	Dinner in five minutes? Say less! Adam and Delicious curators Phoebe Wood and Warren Mendes create their versions of a five-minute dinner in the Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
2023-11-09	1130	Ainsley's Fantastic Flavours	Earthy	Ainsley starts with pomegranate glazed lamb, roasted beetroot and freekeh salad with tahini dressing. Aldo makes his mushroom gnocchi and Gloria makes a one-pot roasted veg with halloumi.	UNITED KINGDOM	English-100		G	
2023-11-09	1230	Freshly Picked With Simon Toohey	Ep 13	Find the secret to the creamiest pasta, without the addition of cream! Thanh joins Simon in the kitchen and transforms the humble radish into a delicious, golden fried snack.	AUSTRALIA	English-100		PG	

2023-11-09	1300	Food Safari	Egyptian	Maeve explores the nourishing foods of Egypt and discovers the country's favourite dishes. She meets chef Ramy Megalaa who introduces the key ingredients in Egyptian cooking.	AUSTRALIA	English-100	RPT	G		Y	
2023-11-09	1330	The Chocolate Queen	Chocolate Queen Series 2, The Ep 9	Get the basics right today with a recipe for chocolate lashes and homemade chocolate chips. Then learn the tricks to two Australian classic with a Lamington Cake and Chocolate Caramel Slice.	AUSTRALIA	English-100		G			
2023-11-09	1400	Barefoot Contessa: Back To Basics	Store Bought Is Fine	Store-bought ingredients pass the test for Ina Garten as she makes sweets, treats and more. Ready-made shortcuts wow in her raspberry baked Alaska with fresh raspberry sauce.	USA	English-100		G			
2023-11-09	1430	Australia's Food Bowl	Garlic	Garlic is an essential ingredient across cuisines in every culture around the world, and Stefano explains why Australian-grown garlic is far superior in taste and much healthier than imported garlic.	AUSTRALIA	English-100		G			
2023-11-09	1500	Just Jen	Organized	Jen is not a naturally organised person, but she has learned some tips to help her in the kitchen. These recipes require an organised process to make the final dish come together easily.	USA	English-100		PG			
2023-11-09	1530	Choccywoccydoodah	Cake, Sweat And Tiers	Chief chocolatier Dave is off on holiday leaving his ambitious assistant Tom to step into his shoes. The problem is that Tom has seventeen cakes to make in five days and cannot miss his deadlines!	UNITED KINGDOM	English-100		PG	n		
2023-11-09	1600	David Rocco's Dolce India	Warrior Chef, The	David embarks on a remarkable culinary journey through Rajasthan. The experience is authentically guided by Executive Chef Akshraj Jodha, a descendant of a Rajput royalty.	CANADA	English-100		PG	a w	Y	
2023-11-09	1630	Rick Stein's India	Lucknow And Punjab	Rick Stein arrives in the cultural city of Lucknow, reputed to be the curry capital of India, and possibly the world. He explores this former Moghul stronghold in search for the best chicken korma.	UNITED KINGDOM	English-100	RPT	PG		Y	Y
2023-11-09	1740	Freshly Picked With Simon Toohy	Ep 14	Turn a tasty mushroom ragu into two incredible dishes with Simon. Find out how tempeh is made and find the tricks to make a tasty tempeh wrap. Nadia is back with her a plant-based classic tiramisu.	AUSTRALIA	English-100		PG			
2023-11-09	1805	Food Safari	German	Maeve O'Meara meets up with chef Detlef Haupt, who reveals the essential ingredients in traditional German cooking. Later Maeve explores the loaves and pretzels that Germans love.	AUSTRALIA	English-100	RPT	G		Y	
2023-11-09	1835	Lidia's Kitchen	An Easy Holiday	Lidia makes stress-free dishes; marinated mushrooms that can be part of an antipasto spread or as a nibble with drinks, vin brulee an Italian version of mulled wine, and turkey breast with apricots.	USA	English-100		PG			
2023-11-09	1900	The Cook Up With Adam Liaw	France	Looking for Alibrandi star Pia Miranda and chef Justin North join Adam Liaw in the Cook Up Kitchen to create their ultimate French inspired dishes.	AUSTRALIA	English-100	RPT	G		Y	
2023-11-09	1930	Rick Stein's Seafood Odyssey	America And Yorkshire	Rick Stein has enjoyed his Seafood Odyssey, but as it draws to a close it's time for reflection. He is in America for the final leg, sharing barbecued seafood such as fried soft shell crab.	UNITED KINGDOM	English-100		PG	a w		
2023-11-09	2000	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 2 Ep 3	Paula visits a Belfast fishmongers where they smoke their own haddock. Inspired by Scottish Arbroath smokies, she uses it as a casing for a smokie Scotch egg served up with a parsley mayonnaise.	UNITED KINGDOM	English-100		PG			
2023-11-09	2030	Guillaume's Paris	Guillaume's Paris Series 1 Ep 8	Guillaume visits Nature Urbaine, the largest rooftop garden in Europe, and uses some of their produce to make a healthy spring salad. Later he joins Australian rugby player Kurtley Beale for a meal.	AUSTRALIA	English-70; French-30	RPT	G		Y	Y

2023-11-09	2100	Paradise Kitchen Bali	Potato	Lauren shows us the culinary possibilities of the humble potato. On how to make perfect crispy potato wedges, a hearty potato and vegetable curry, and homemade gnocchi that is hard to beat.	NETHERLANDS	English-90; Balinese-10		PG	
2023-11-09	2130	Come Dine With Me UK	Sheffield: Nathan	35-year-old, motorbike enthusiast, Nathan, hopes to impress his guests with a modz and rockers themed dinner party, complete with a hair-raising drive-by show of 30 biker mad mates.	UNITED KINGDOM	English-100		PG	
2023-11-09	2200	Come Dine With Me UK	Sheffield: Ali	32-year-old family man, Ali, plans to stun his guests with his international fusion menu, involving unconventional combos that mystify his guests. Can he pull things back and win?	UNITED KINGDOM	English-100		PG	
2023-11-09	2230	The Cook Up with Adam Liaw	Avocado	Host Adam Liaw is joined by Andrew Bowden from Andy Bowdy Pastry and Australian Woman's Weekly cooking queen Pamela Clark to cook their favourite avocado dishes.	AUSTRALIA	English-100	RPT	PG	Y
2023-11-09	2300	United Plates Of America	New York, Ny	In today's episode we visit one of the worlds largest megacities to trysome fusion food. New York is described as the cultural, financial and media capital of the world.	USA	English-100		PG	
2023-11-09	2330	The Cook And The Chef	Olives And Mussels	Maggie and Simon continue their food Odyssey in the Land of the Long White Cloud. On New Zealand's North Island, Maggie discovers a microclimate responsible for some wonderful produce.	AUSTRALIA	English-100		G	
2023-11-09	2400	Mystery Diners	Off The Menu	When the owner of Zio Cecio hears rave reviews about Tex-Mex food being served in his Italian restaurant, Mystery Diners discover that his employees are running a secret side business.	USA	English-100		PG	Y
2023-11-09	2430	Pacific Island Food Revolution	Pacific Island Food Revolution Series 3 Ep 4	On the island of Santo, our teams are challenged to cook one dish that makes smart use of local crops. Will Team Vanatau's local knowledge give them the win?	NEW ZEALAND	English-100		PG	
2023-11-09	2525	Please Eat Slowly Bitesize	Hand Pull Noodle	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	
2023-11-09	2530	Come Dine With Me UK	Sheffield: Nathan	35-year-old, motorbike enthusiast, Nathan, hopes to impress his guests with a modz and rockers themed dinner party, complete with a hair-raising drive-by show of 30 biker mad mates.	UNITED KINGDOM	English-100		PG	
2023-11-09	2600	Come Dine With Me UK	Sheffield: Ali	32-year-old family man, Ali, plans to stun his guests with his international fusion menu, involving unconventional combos that mystify his guests. Can he pull things back and win?	UNITED KINGDOM	English-100		PG	
2023-11-09	2630	The Cook Up with Adam Liaw	Avocado	Host Adam Liaw is joined by Andrew Bowden from Andy Bowdy Pastry and Australian Woman's Weekly cooking queen Pamela Clark to cook their favourite avocado dishes.	AUSTRALIA	English-100	RPT	PG	Y
2023-11-09	2700	United Plates Of America	New York, Ny	In today's episode we visit one of the worlds largest megacities to trysome fusion food. New York is described as the cultural, financial and media capital of the world.	USA	English-100		PG	
2023-11-09	2730	The Cook And The Chef	Olives And Mussels	Maggie and Simon continue their food Odyssey in the Land of the Long White Cloud. On New Zealand's North Island, Maggie discovers a microclimate responsible for some wonderful produce.	AUSTRALIA	English-100		G	
2023-11-09	2800	Mystery Diners	Off The Menu	When the owner of Zio Cecio hears rave reviews about Tex-Mex food being served in his Italian restaurant, Mystery Diners discover that his employees are running a secret side business.	USA	English-100		PG	Y

2023-11-09	2830	Food Safari	German	Maeve O'Meara meets up with chef Detlef Haupt, who reveals the essential ingredients in traditional German cooking. Later Maeve explores the loaves and pretzels that Germans love.	AUSTRALIA	English-100	RPT	G		Y
2023-11-10	0500	Freshly Picked With Simon Toohey	Ep 14	Turn a tasty mushroom ragu into two incredible dishes with Simon. Find out how tempeh is made and find the tricks to make a tasty tempeh wrap. Nadia is back with her a plant-based classic tiramisu.	AUSTRALIA	English-100		PG		
2023-11-10	0530	The Chocolate Queen	Chocolate Queen Series 2, The Ep 9	Get the basics right today with a recipe for chocolate lashes and homemade chocolate chips. Then learn the tricks to two Australian classic with a Lamington Cake and Chocolate Caramel Slice.	AUSTRALIA	English-100		G		
2023-11-10	0600	Barefoot Contessa: Back To Basics	Store Bought Is Fine	Store-bought ingredients pass the test for Ina Garten as she makes sweets, treats and more. Ready-made shortcuts wow in her raspberry baked Alaska with fresh raspberry sauce.	USA	English-100		G		
2023-11-10	0630	Australia's Food Bowl	Garlic	Garlic is an essential ingredient across cuisines in every culture around the world, and Stefano explains why Australian-grown garlic is far superior in taste and much healthier than imported garlic.	AUSTRALIA	English-100		G		
2023-11-10	0700	Just Jen	Organized	Jen is not a naturally organised person, but she has learned some tips to help her in the kitchen. These recipes require an organised process to make the final dish come together easily.	USA	English-100		PG		
2023-11-10	0730	Choccywoccydoodah	Cake, Sweat And Tiers	Chief chocolatier Dave is off on holiday leaving his ambitious assistant Tom to step into his shoes. The problem is that Tom has seventeen cakes to make in five days and cannot miss his deadlines!	UNITED KINGDOM	English-100		PG	n	
2023-11-10	0800	David Rocco's Dolce India	Warrior Chef, The	David embarks on a remarkable culinary journey through Rajasthan. The experience is authentically guided by Executive Chef Akshraj Jodha, a descendant of a Rajput royalty.	CANADA	English-100		PG	a w	Y
2023-11-10	0830	Rick Stein's India	Lucknow And Punjab	Rick Stein arrives in the cultural city of Lucknow, reputed to be the curry capital of India, and possibly the world. He explores this former Moghul stronghold in search for the best chicken korma.	UNITED KINGDOM	English-100	RPT	PG		Y Y
2023-11-10	0940	Freshly Picked With Simon Toohey	Ep 14	Turn a tasty mushroom ragu into two incredible dishes with Simon. Find out how tempeh is made and find the tricks to make a tasty tempeh wrap. Nadia is back with her a plant-based classic tiramisu.	AUSTRALIA	English-100		PG		
2023-11-10	1005	Food Safari	German	Maeve O'Meara meets up with chef Detlef Haupt, who reveals the essential ingredients in traditional German cooking. Later Maeve explores the loaves and pretzels that Germans love.	AUSTRALIA	English-100	RPT	G		Y
2023-11-10	1035	Lidia's Kitchen	An Easy Holiday	Lidia makes stress-free dishes; marinated mushrooms that can be part of an antipasto spread or as a nibble with drinks, vin brulee an Italian version of mulled wine, and turkey breast with apricots.	USA	English-100		PG		
2023-11-10	1100	The Cook Up With Adam Liaw	France	Looking for Allibrandi star Pia Miranda and chef Justin North join Adam Liaw in the Cook Up Kitchen to create their ultimate French inspired dishes.	AUSTRALIA	English-100	RPT	G		Y
2023-11-10	1130	Guillaume's Paris	Guillaume's Paris Series 1 Ep 8	Guillaume visits Nature Urbaine, the largest rooftop garden in Europe, and uses some of their produce to make a healthy spring salad. Later he joins Australian rugby player Kurtley Beale for a meal.	AUSTRALIA	English-70; French-30	RPT	G		Y Y
2023-11-10	1200	Paradise Kitchen Bali	Potato	Lauren shows us the culinary possibilities of the humble potato. On how to make perfect crispy potato wedges, a hearty potato and vegetable curry, and homemade gnocchi that is hard to beat.	NETHERLANDS	English-90; Balinese-10		PG		

2023-11-10	1230	Freshly Picked With Simon Toohey	Ep 14	Turn a tasty mushroom ragu into two incredible dishes with Simon. Find out how tempeh is made and find the tricks to make a tasty tempeh wrap. Nadia is back with her a plant-based classic tiramisu.	AUSTRALIA	English-100		PG			
2023-11-10	1300	Food Safari	German	Maeve O'Meara meets up with chef Detlef Haupt, who reveals the essential ingredients in traditional German cooking. Later Maeve explores the loaves and pretzels that Germans love.	AUSTRALIA	English-100	RPT	G		Y	
2023-11-10	1330	The Chocolate Queen	Chocolate Queen Series 2, The Ep 10	Perfect pairings is on the agenda today with a classic Raspberry Chocolate Mousse, Chocolate Popcorn and the less conventional Chocolate Glazed Ginger Cake that is a match made in heaven.	AUSTRALIA	English-100		G			
2023-11-10	1400	Barefoot Contessa: Back To Basics	Italian	This week Ina is sharing all her secrets and pro tips for Italian dishes. She starts with a fabulous twofer, tomato eggplant soup, and the leftovers become baked pasta with tomatoes and eggplant.	USA	English-100		G			
2023-11-10	1430	Australia's Food Bowl	Almonds And Bees	Stefano travels to Hattah-Kulkyne National Park in the Mallee district to see local beekeeper Roger Moser who has thousands of bees in hives. He has been bringing his bees here for forty years.	AUSTRALIA	English-100		G			
2023-11-10	1500	Just Jen	Feeling Happy	Jen is all about feeling good. These recipes can't help but bring a smile to your face.	USA	English-100		G			
2023-11-10	1530	Choccywoccydoodah	On The Front Line	Our chocolatiers are saluting the work of those who risk their lives in the line of duty. They deliver a jaw dropping cake to a charity dinner that's raising money for injured service men and women.	UNITED KINGDOM	English-100		PG		a	
2023-11-10	1600	David Rocco's Dolce India	Elephant King	David is in Rajasthan exploring the land of the Kings, and who would be a better guide than the direct descendant of a Maharajah himself? David meets up with KV Singh to learn more about Rajasthan.	CANADA	English-100		PG		a d	Y
2023-11-10	1630	Rick Stein's India	Rahasthan And Himachal Pradesh	Rick Stein arrives in the royal state of Rajasthan, the land of the kings. The majority of Rajasthanis are serious meat eaters with dishes like Junglee Maas.	UNITED KINGDOM	English-100	RPT	G		Y	
2023-11-10	1740	Freshly Picked With Simon Toohey	Ep 15	There's an easy cafe style breakfast on the menu without the eggs. Afik shows his trick to taking the humble tomato to a whole new level, and Simon sweetens the deal with two cracking dessert recipes.	AUSTRALIA	English-100		PG			
2023-11-10	1805	Food Safari	Persian	Tonight, Maeve O'Meara enters the saffron-scented realm of Persian food - one of the most ancient cuisines on earth. She discovers the secrets to cooking tender kebabs.	AUSTRALIA	English-100	RPT	G		Y	
2023-11-10	1835	Lidia's Kitchen	Italian All Stars	Lidia shares some of her all-time favourites - tomato and onion salad alla calabrese, leftover meatball panini, pizza rolls with broccoli rabe and sausage, ricotta, leeks.	USA	English-100		PG			
2023-11-10	1900	The Cook Up With Adam Liaw	Coriander	To some people Coriander tastes like soap, but to Adam and our guests, Tamale Queen Rosa Cienfuegos and Chica Bonita chef Alejandro Huerta, it tastes amazing.	AUSTRALIA	English-100	RPT	G		Y	
2023-11-10	1930	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 1	It's the start of spring in Cornwall, and thought has turned to all things fishy - Rick Stein's Seafood Restaurant is running flat out.	UNITED KINGDOM	English-100		PG			
2023-11-10	2000	Andrew Zimmern's Wild Game Kitchen	Walley Shore Lunch & Grilled Elk Chops	Andrew prepares the ultimate shore lunch of fried walleye filets, served with a tangy homemade tartar sauce, coleslaw and crispy fried potatoes.	USA	English-100		G			

2023-11-10	2030	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 5	Following in the footsteps of one of his literary heroes, Rick roams the dramatic north Cornish coast to tell the story of one of Britain's best loved writers. Thomas Hardy, and his little-known love.	UNITED KINGDOM	English-100		PG	a	
2023-11-10	2100	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	
2023-11-10	2130	Come Dine With Me UK	Sheffield: Adam	42-year-old financial advisor, Adam, is keen to impress his guests with his Sheffield themed menu. Will his hearty grub and karaoke duets bond the group and land him the prize?	UNITED KINGDOM	English-100		PG		
2023-11-10	2200	Come Dine With Me UK	Sheffield: Mizzy	Zimbabwean operations manager, Mizzy, who hopes to scoop the grand with an evening of traditional Afro-Caribbean food. Can her hosting skills and traditional food get her the thousand-pound prize?	UNITED KINGDOM	English-100		PG		
2023-11-10	2230	The Cook Up with Adam Liaw	Pistachio	Ozharvest's head chef Travis Harvey and Turkish born Ester head chef Ozge Kalvo chat and cook with host Adam Liaw about all things pistachio in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2023-11-10	2300	Bizarre Foods: Delicious Destinations	Hamptons, The	Andrew dives into the seafood masterworks of the Hamptons. From delectable surf and turf to buttery lobster rolls, clam chowder to smoked bluefish pate, the Hamptons' dinner scene is sizzling.	USA	English-100	RPT	PG	a w	
2023-11-10	2330	The Cook And The Chef	Feijoa And Kiwi Fruit	Maggie and Simon discover how New Zealanders adopted and realised the commercial potential of two beautiful fruits - feijoa and kiwifruit.	AUSTRALIA	English-100		G		
2023-11-10	2400	Mystery Diners	Chop Shop	After noticing a drop in revenue at his Dallas restaurant, Rick needs to convince his retired mother to resume her position as manager.	USA	English-100		PG	a l	Y
2023-11-10	2430	Pacific Island Food Revolution	Pacific Island Food Revolution Series 3 Ep 5	Our teams are tasked with cooking a soup suitable for the whole family that could be served over a couple of days after a disastrous event.	NEW ZEALAND	English-100		PG		
2023-11-10	2525	Please Eat Slowly Bitesize	Steam Fish	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100		G		
2023-11-10	2530	Come Dine With Me UK	Sheffield: Adam	42-year-old financial advisor, Adam, is keen to impress his guests with his Sheffield themed menu. Will his hearty grub and karaoke duets bond the group and land him the prize?	UNITED KINGDOM	English-100		PG		
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2023-11-10	2730	The Cook And The Chef	Feijoa And Kiwi Fruit	Maggie and Simon discover how New Zealanders adopted and realised the commercial potential of two beautiful fruits - feijoa and kiwifruit.	AUSTRALIA	English-100		G		

2023-11-10	2800	Mystery Diners	Chop Shop	After noticing a drop in revenue at his Dallas restaurant, Rick needs to convince his retired mother to resume her position as manager.	USA	English-100		PG	a l	Y
2023-11-10	2830	Food Safari	Persian	Tonight, Maeve O'Meara enters the saffron-scented realm of Persian food - one of the most ancient cuisines on earth. She discovers the secrets to cooking tender kebabs.	AUSTRALIA	English-100	RPT	G		Y
2023-11-11	0500	Freshly Picked With Simon Toohey	Ep 5	Learn how a cheat pizza can fit into any day of the week and stay healthy, and get sweet with a decadent coconut ice cream with bananas and caramel.	AUSTRALIA	English-100		G		
2023-11-11	0530	The Chocolate Queen	Chocolate Queen Series 2, The Ep 10	Perfect pairings is on the agenda today with a classic Raspberry Chocolate Mousse, Chocolate Popcorn and the less conventional Chocolate Glazed Ginger Cake that is a match made in heaven.	AUSTRALIA	English-100		G		
2023-11-11	0600	Barefoot Contessa: Back To Basics	Italian	This week Ina is sharing all her secrets and pro tips for Italian dishes. She starts with a fabulous twofer, tomato eggplant soup, and the leftovers become baked pasta with tomatoes and eggplant.	USA	English-100		G		
2023-11-11	0630	Australia's Food Bowl	Almonds And Bees	Stefano travels to Hattah-Kulkyne National Park in the Mallee district to see local beekeeper Roger Moser who has thousands of bees in hives. He has been bringing his bees here for forty years.	AUSTRALIA	English-100		G		
2023-11-11	0700	Just Jen	Feeling Happy	Jen is all about feeling good. These recipes can't help but bring a smile to your face.	USA	English-100		G		
2023-11-11	0730	Choccywoccyyoodah	On The Front Line	Our chocolatiers are saluting the work of those who risk their lives in the line of duty. They deliver a jaw dropping cake to a charity dinner that's raising money for injured service men and women.	UNITED KINGDOM	English-100		PG	a	
2023-11-11	0800	David Rocco's Dolce India	Elephant King	David is in Rajasthan exploring the land of the Kings, and who would be a better guide than the direct descendant of a Maharajah himself? David meets up with KV Singh to learn more about Rajasthan.	CANADA	English-100		PG	a d	Y
2023-11-11	0830	Rick Stein's India	Rahasthan And Himachal Pradesh	Rick Stein arrives in the royal state of Rajasthan, the land of the kings. The majority of Rajasthanis are serious meat eaters with dishes like Junglee Maas.	UNITED KINGDOM	English-100	RPT	G		Y
2023-11-11	0940	Freshly Picked With Simon Toohey	Ep 15	There's an easy cafe style breakfast on the menu without the eggs. Afik shows his trick to taking the humble tomato to a whole new level, and Simon sweetens the deal with two cracking dessert recipes.	AUSTRALIA	English-100		PG		
2023-11-11	1005	Food Safari	Persian	Tonight, Maeve O'Meara enters the saffron-scented realm of Persian food - one of the most ancient cuisines on earth. She discovers the secrets to cooking tender kebabs.	AUSTRALIA	English-100	RPT	G		Y
2023-11-11	1035	Lidia's Kitchen	Italian All Stars	Lidia shares some of her all-time favourites - tomato and onion salad alla calabrese, leftover meatball panini, pizza rolls with broccoli rabe and sausage, ricotta, leeks.	USA	English-100		PG		
2023-11-11	1100	The Cook Up With Adam Liaw	Coriander	To some people Coriander tastes like soap, but to Adam and our guests, Tamale Queen Rosa Cienfuegos and Chica Bonita chef Alejandro Huerta, it tastes amazing.	AUSTRALIA	English-100	RPT	G		Y
2023-11-11	1130	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 5	Following in the footsteps of one of his literary heroes, Rick roams the dramatic north Cornish coast to tell the story of one of Britain's best loved writers. Thomas Hardy, and his little-known love.	UNITED KINGDOM	English-100		PG	a	

2023-11-11	1200	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	
2023-11-11	1230	Freshly Picked With Simon Toohey	Ep 15	There's an easy cafe style breakfast on the menu without the eggs. Afik shows his trick to taking the humble tomato to a whole new level, and Simon sweetens the deal with two cracking dessert recipes.	AUSTRALIA	English-100		PG		
2023-11-11	1300	Food Safari	Persian	Tonight, Maeve O'Meara enters the saffron-scented realm of Persian food - one of the most ancient cuisines on earth. She discovers the secrets to cooking tender kebabs.	AUSTRALIA	English-100	RPT	G		Y
2023-11-11	1330	The Cook Up with Adam Liaw	One Pot Meal	Delicious magazine's Phoebe Wood and comedian and political satirist Mark Humphries are in The Cook Up kitchen with host Adam Liaw, as they create their ultimate one pot wonders!	AUSTRALIA	English-100	RPT	G		Y
2023-11-11	1400	Bizarre Foods: Delicious Destinations	Hamptons, The	Andrew dives into the seafood masterworks of the Hamptons. From delectable surf and turf to buttery lobster rolls, clam chowder to smoked bluefish pate, the Hamptons' dinner scene is sizzling.	USA	English-100	RPT	PG	a w	
2023-11-11	1430	The Cook And The Chef	Feijoa And Kiwi Fruit	Maggie and Simon discover how New Zealanders adopted and realised the commercial potential of two beautiful fruits - feijoa and kiwifruit.	AUSTRALIA	English-100		G		
2023-11-11	1500	Mystery Diners	Chop Shop	After noticing a drop in revenue at his Dallas restaurant, Rick needs to convince his retired mother to resume her position as manager.	USA	English-100		PG	a l	Y
2023-11-11	1530	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 8	Heading south to Castelbottaccio in Molise, Silvia and her mother embark on a quest to find a long lost recipe - pesche di Castelbottaccio (sponge cake peaches).	AUSTRALIA	English-100	RPT	G		Y
2023-11-11	1600	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 9	Silvia Colloca journeys to the medieval village Roccascalenga, and calls upon the expertise of the local to learn how to make heavenly hand rolled cannelloni with slow braised meat.	AUSTRALIA	English-100	RPT	G		Y
2023-11-11	1630	Beyond River Cottage	Beyond River Cottage Series 1 Ep 5	Spring spells many new arrivals at Hugh's farm. Maggie has given birth to 11 piglets, and they are today joined by two new lambs.	UNITED KINGDOM	English-100		G		
2023-11-11	1700	Beyond River Cottage	Beyond River Cottage Series 1 Ep 6	With spring fast becoming summer, Hugh is tempted into installing beehives at The River Cottage HQ in order to reap the harvest of the bees' hard work.	UNITED KINGDOM	English-100		PG	a w	
2023-11-11	1730	Born To Cook: Jack Stein Down Under	Born To Cook: Jack Stein Down Under Series 2	The tropical climate of Australia's Northwest lends itself to a whole variety of interesting ingredients, as Jack finds out on his visit to the sea with Indigenous guide Bart Pigram.	AUSTRALIA	English-100		PG		
2023-11-11	1800	Born To Cook: Jack Stein Down Under	Born To Cook: Jack Stein Down Under Series 2	Jack spends time with a local farming family to help them with their fruit picking, earning himself a key ingredient for Watermelon Nahm Jim, an incredible side-dish recipe.	AUSTRALIA	English-100		G		
2023-11-11	1830	Order Up!	Order Up! Series 1 Ep 4	Back home in Los Angeles, Hudson gets nose-deep in nose to tail cooking. Hacking away at raw carcasses and pulling offal, Hudson butchers his way through exotic recipes and ingredients.	CANADA	English-100		PG		
2023-11-11	1930	Selena + Chef	Selena + Jose Andres	Chef, restaurateur, and humanitarian Jose Andres challenges Selena to free herself from precise recipes and use her imagination to craft a fresh, colourful tapas spread.	USA	English-100		G		

2023-11-11	2000	Selena + Chef	Selena + Marcus Samuelsson	Internationally acclaimed chef, Marcus Samuelsson coaches Selena through a heart-warming dish filled with flavour: seared salmon with a radicchio bulgur salad and salmon miso soup.	USA	English-100	G		Y
2023-11-11	2030	Hairy Bikers Northern Exposure	Sweden Part 1, The North	Crossing the Arctic Circle into Lapland, the bikers cook with the Sami people who introduce them to the traditional techniques of smoking to cure meat, and manufacturing their own hunting knives.	UNITED KINGDOM	English-100	PG		
2023-11-11	2140	Anthony Bourdain: No Reservations	Quebec	Anthony visits a duck farm and processing plant to see how foie gras is made, teaches a class at the Montreal Culinary Institute and plays hockey with a local university hockey team.	USA	English-100	PG	a w	
2023-11-11	2230	Anthony Bourdain: A Cook's Tour	Bbq Triangle, The	Which style of BBQ reigns supreme - Kansas City, Houston, or North Carolina? Tony journeys to all three cities to taste for himself the secrets behind sauces, wood pits, and slow smokers.	USA	English-100	PG		
2023-11-11	2300	Anthony Bourdain: A Cook's Tour	My Friend Linh	Tony returns to Hanoi, Vietnam to visit his friend, Linh, for the Vietnamese lunar New Year holiday of Tet. Together they enjoy the holiday and indulge in all the delicacies Vietnamese culture offers.	USA	English-100	PG		
2023-11-11	2330	Mystery Diners	An Officer And A Gentleman	Keith's ex-military manager is being too strict, so Mystery Diners go undercover to discover that the staff is planning a mutiny.	USA	English-100	PG		Y
2023-11-11	2400	Mystery Diners	Cooking The Books	The owners of California's Sisley Italian Kitchen, believe their bookkeeper may be responsible for a revenue discrepancy. Charles sends in Mystery Diners Loree and Mike who discover a bigger problem.	USA	English-100	PG		Y
2023-11-11	2430	Pacific Island Food Revolution	Pacific Island Food Revolution Series 3 Ep 6	In the final episode of Pacific Island Food Revolution, our teams are tasked with making a healthy feast for our special tasting panel of judges.	NEW ZEALAND	English-100	PG		
2023-11-11	2525	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 at once. Victor shares his best tips to create your own!	AUSTRALIA	English-100	G		
2023-11-11	2530	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 8	Heading south to Castelbottaccio in Molise, Silvia and her mother embark on a quest to find a long lost recipe - pesche di Castelbottaccio (sponge cake peaches).	AUSTRALIA	English-100	RPT	G	Y
2023-11-11	2600	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 9	Silvia Colloca journeys to the medieval village Roccascalenga, and calls upon the expertise of the local to learn how to make heavenly hand rolled cannelloni with slow braised meat.	AUSTRALIA	English-100	RPT	G	Y
2023-11-11	2630	Born To Cook: Jack Stein Down Under	Born To Cook: Jack Stein Down Under Series 2	The tropical climate of Australia's Northwest lends itself to a whole variety of interesting ingredients, as Jack finds out on his visit to the sea with Indigenous guide Bart Pigram.	AUSTRALIA	English-100	PG		
2023-11-11	2700	Born To Cook: Jack Stein Down Under	Born To Cook: Jack Stein Down Under Series 2	Jack spends time with a local farming family to help them with their fruit picking, earning himself a key ingredient for Watermelon Nahm Jim, an incredible side-dish recipe.	AUSTRALIA	English-100	G		
2023-11-11	2730	Order Up!	Order Up! Series 1 Ep 4	Back home in Los Angeles, Hudson gets nose-deep in nose to tail cooking. Hacking away at raw carcasses and pulling offal, Hudson butchers his way through exotic recipes and ingredients.	CANADA	English-100	PG		
2023-11-11	2830	Selena + Chef	Selena + Jose Andres	Chef, restaurateur, and humanitarian Jose Andres challenges Selena to free herself from precise recipes and use her imagination to craft a fresh, colourful tapas spread.	USA	English-100	G		

