



WEEK 46 **Sunday, 10 November 2024** **Saturday, 16 November 2024** **ALL MARKETS**

| Date | Start Time | Title | Episode Title | Digital Egg Synopsis | Country of Origin | Language | Repeat | Classification | Consumer Advice | Closed Captions | Subtitles | |
|------------|------------|--|---|--|-------------------|-------------|--------|----------------|-----------------|-----------------|-----------|---|
| 2024-11-10 | 0500 | David Rocco's Italia | Roman Food & Social Projects | Rome has always been a multicultural city, and that's apparent now more than ever. David meets with members of L'Orchestra di Piazza Vittorio, a band mostly made up of immigrants, who have achieved international success. | CANADA | English-100 | RPT | PG | | | Y | |
| 2024-11-10 | 0530 | View From River Cottage | View From River Cottage Series 1 Ep 1 | Hugh kicks things off by examining the importance of growing your own produce, including the satisfaction of rearing meat and nurturing fruit and vegetables. Hugh's journey down the road of self-sufficiency started out with a modest vegetable patch and a handful of animals, but the joys of gardening and husbandry took hold and developed into something much bigger. | UNITED KINGDOM | English-100 | RPT | PG | | | | |
| 2024-11-10 | 0600 | View From River Cottage | View From River Cottage Series 1 Ep 2 | Hugh looks back at first seven years in Dorset, and all the lessons he has learnt about how to be thrifty on his small holding. From learning to make felt from his sheep's fleeces to trying to revive traditions of tripe eating at the local farmers market, Hugh's determined that no part of his precious live stock should ever go to waste. | UNITED KINGDOM | English-100 | RPT | PG | a w | | | |
| 2024-11-10 | 0630 | River Cottage Australia | River Cottage Australia One Hours Series 3 Ep 8 | After months of training it's time for Digger to shine at a local dog competition. To welcome the start of summer Paul hosts a cricket match at RCA to celebrate the start of summer and share his produce with his friends. And his beloved cow Bessie finally gives birth. | UNITED KINGDOM | English-100 | RPT | PG | | | Y | |
| 2024-11-10 | 0730 | Paul Goes To Hollywood | Wild West | Paul Hollywood arrives in New Mexico to explore dishes celebrating beef, beans and bread - the staple diet of cowboys and sought out by food lovers today. | UNITED KINGDOM | English-100 | RPT | G | | | | |
| 2024-11-10 | 0825 | 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 | RPT | G | | | | |
| 2024-11-10 | 0830 | Paul Goes To Hollywood | Los Angeles | Paul's epic 3000 mile road trip culminates in the city that celebrates his name. He arrives just in time to meet a notable 'friend' and enjoys the best tacos north of the Mexican border. At home, he cooks a classic LA beef sandwich. | UNITED KINGDOM | English-100 | RPT | G | | | | |
| 2024-11-10 | 0925 | Taste The Philippines With Yasmin Newman | Longanisa Sausage Roll With John Rivera | John Rivera, Chef de partie and founder of Melbourne's Filipino ice cream chain Kariton Sorbetes, shares his recipe for Filipino-inspired sausage rolls with banana ketchup. | AUSTRALIA | English-100 | RPT | G | | | | |
| 2024-11-10 | 0930 | 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. He samples the famous south Indian sambar before taking a road trip across the spice laden Western Ghats to the land of coconuts, Kerala. For lovers of fish, the Keralan backwaters are the ultimate paradise and its coastline vital to the history of the spice route. Rick cooks south India's favourite dessert, payasam, and a traditional Keralan pork curry. | UNITED KINGDOM | English-100 | RPT | PG | | | Y | Y |
| 2024-11-10 | 1035 | Alex Polizzi Secret Italy | Northern Sicily | Alex Polizzi reaches Sicily, where she tours the north. She discovers overwhelming opulence at a palace in Palermo, samples world famous street food on the city's gritty streets and learns how the mafia have influenced Sicilian life for decades, by meeting a team of locals determined to bring about change. Alex will also venture inland where she uncovers some of Sicily's oldest traditions. | UNITED KINGDOM | English-100 | RPT | PG | a | | Y | Y |

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|------------|------|---|---|---|----------------|-------------|-----|----|-----|---|
| 2024-11-10 | 1130 | View From River Cottage | View From River Cottage Series 1 Ep 1 | Hugh kicks things off by examining the importance of growing your own produce, including the satisfaction of rearing meat and nurturing fruit and vegetables. Hugh's journey down the road of self-sufficiency started out with a modest vegetable patch and a handful of animals, but the joys of gardening and husbandry took hold and developed into something much bigger. | UNITED KINGDOM | English-100 | RPT | PG | | |
| 2024-11-10 | 1200 | View From River Cottage | View From River Cottage Series 1 Ep 2 | Hugh looks back at first seven years in Dorset, and all the lessons he has learnt about how to be thrifty on his small holding. From learning to make felt from his sheep's fleeces to trying to revive traditions of tripe eating at the local farmers market, Hugh's determined that no part of his precious live stock should ever go to waste. | UNITED KINGDOM | English-100 | RPT | PG | a w | |
| 2024-11-10 | 1230 | River Cottage Australia | River Cottage Australia One Hours Series 3 Ep 8 | After months of training it's time for Digger to shine at a local dog competition. To welcome the start of summer Paul hosts a cricket match at RCA to celebrate the start of summer and share his produce with his friends. And his beloved cow Bessie finally gives birth. | UNITED KINGDOM | English-100 | RPT | PG | | Y |
| 2024-11-10 | 1330 | Lorraine's Fast, Fresh And Easy Food | Comfort Food | To start, we cook a breakfast of ginger bread pancakes with parma ham and maple syrup, then a warming prawn linguine with chorizo and cabernet tomato sauce, and a soft and satisfying butternut and sweet potato. | UNITED KINGDOM | English-100 | RPT | PG | | |
| 2024-11-10 | 1400 | David Rocco's Italia | Roman Food & Social Projects | Rome has always been a multicultural city, and that's apparent now more than ever. David meets with members of L'Orchestra di Piazza Vittorio, a band mostly made up of immigrants, who have achieved international success. | CANADA | English-100 | RPT | PG | | Y |
| 2024-11-10 | 1430 | Gourmet Farmer Afloat | Earning Their Stripes | The trip is about to get serious as Matthew, Ross and Nick attempt to sail down the dangerous and isolated south-western coast of Tasmania. As they pass through Hells Gate into the Southern Ocean, they have prepared themselves by stocking up on salt pork and hard tack - good insurance if they don't catch any fish. | AUSTRALIA | English-100 | RPT | G | q | Y |
| 2024-11-10 | 1530 | Gourmet Farmer Afloat | Abandon Ship | After months at sea, the journey is nearly at an end for Matthew, Ross and Nick as they round Australia's most southerly point. At Recherche Bay they discover the remains of a 200-year-old French garden created to supply future expeditions with fresh fruit and vegetables. A final swing around Bruny Island brings them to Hobart, where the boys swap their life jackets for aprons in preparation for a formal dinner with His Excellency, The Governor of Tasmania. | AUSTRALIA | English-100 | RPT | G | q | Y |
| 2024-11-10 | 1630 | Field Trip With Curtis Stone | Victoria | Curtis heads to his hometown of Melbourne with his brother Luke to visit old friends and taste new culinary creations. | USA | English-100 | RPT | PG | I | |
| 2024-11-10 | 1700 | Tom Kerridge's American Feast | Pittsburgh | Tom Kerridge travels to America's former industrial heart - Pittsburgh. The food of the so-called Steel City, named after the industry that made it great, still retains much of its blue-collar roots. | UNITED KINGDOM | English-100 | RPT | G | | |
| 2024-11-10 | 1730 | Eating Inn | Silks: Crown, Sydney | Beginning with some cocktails at the gorgeous Tea room we move onto the adjoining Silks, where chef Kar Loong Yee takes us through a feast of never-ending signature dishes. | SINGAPORE | English-100 | | PG | a w | |
| 2024-11-10 | 1830 | James Martin's Spanish Adventure | San Sebastian | James' adventure begins in San Sebastian, a city boasting sixteen Michelin stars. He experiences pintxos, tries whole grilled turbot, samples local cider, and shops at the fish market. | UNITED KINGDOM | English-100 | RPT | PG | a w | |
| 2024-11-10 | 1930 | A Lake District Farmshop | Ep 2 | We visit the service station's own farm, High Chapel, where contemporary regenerative farming methods are being considered, courtesy of new Assistant Manager Rosie Sampson. | UNITED KINGDOM | English-100 | | G | | |
| 2024-11-10 | 2030 | Rick Stein's Cornwall | Rick Stein's Cornwall Series 3 Ep 3 | Rick visits Europe's largest tea plantation beside the Fal River in Cornwall, where he indulges in an afternoon tea of tea loaf and plum compote. | UNITED KINGDOM | English-100 | RPT | G | | |
| 2024-11-10 | 2100 | Rick Stein's Cornwall | Rick Stein's Cornwall Series 3 Ep 4 | After soaking up the ambiance at one of the UK's last live cattle markets in Truro, Rick's in the mood for steak and kidney pud, before setting sail out of Falmouth in a hand-built boat. | UNITED KINGDOM | English-100 | RPT | G | | |

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|------------|------|---|---|---|----------------|-------------|-----|----|---------|---|
| 2024-11-10 | 2130 | Anthony Bourdain: Parts Unknown | Peru | Tony and his friend, world-renowned chef Eric Ripert, explore the far reaches of the Andes in search of a rare variety of wild cocoa that is said to be among the best in the world. | USA | English-100 | RPT | PG | a l n s | Y |
| 2024-11-10 | 2225 | Please Eat Slowly Bitesize | Steamed Whole Fish | Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket. | AUSTRALIA | English-100 | RPT | G | | |
| 2024-11-10 | 2230 | River Cottage Australia | River Cottage Australia One Hours Series 4 Ep 1 | In the last year Paul's family has grown, so he employs a local, Harrison, as his part-time farm hand. With the fencing an on-going issue, he finds a way to change the face and shape of the farm. Paul has grand plans to take his food message on the road with a retrofitted Food Van, but has he bitten off more than he can chew? | UNITED KINGDOM | English-100 | RPT | PG | | Y |
| 2024-11-10 | 2330 | Gourmet Farmer Afloat | Earning Their Stripes | The trip is about to get serious as Matthew, Ross and Nick attempt to sail down the dangerous and isolated south-western coast of Tasmania. As they pass through Hells Gate into the Southern Ocean, they have prepared themselves by stocking up on salt pork and hard tack - good insurance if they don't catch any fish. | AUSTRALIA | English-100 | RPT | G | q | Y |
| 2024-11-10 | 2430 | Gourmet Farmer Afloat | Abandon Ship | After months at sea, the journey is nearly at an end for Matthew, Ross and Nick as they round Australia's most southerly point. At Recherche Bay they discover the remains of a 200-year-old French garden created to supply future expeditions with fresh fruit and vegetables. A final swing around Bruny Island brings them to Hobart, where the boys swap their life jackets for aprons in preparation for a formal dinner with His Excellency, The Governor of Tasmania. | AUSTRALIA | English-100 | RPT | G | q | Y |
| 2024-11-10 | 2530 | Field Trip With Curtis Stone | Victoria | Curtis heads to his hometown of Melbourne with his brother Luke to visit old friends and taste new culinary creations. | USA | English-100 | RPT | PG | l | |
| 2024-11-10 | 2600 | Tom Kerridge's American Feast | Pittsburgh | Tom Kerridge travels to America's former industrial heart - Pittsburgh. The food of the so-called Steel City, named after the industry that made it great, still retains much of its blue-collar roots. | UNITED KINGDOM | English-100 | RPT | G | | |
| 2024-11-10 | 2630 | Eating Inn | Silks: Crown, Sydney | Beginning with some cocktails at the gorgeous Tea room we move onto the adjoining Silks, where chef Kar Loong Yee takes us through a feast of never-ending signature dishes. | SINGAPORE | English-100 | RPT | PG | a w | |
| 2024-11-10 | 2730 | James Martin's Spanish Adventure | San Sebastian | James' adventure begins in San Sebastian, a city boasting sixteen Michelin stars. He experiences pintxos, tries whole grilled turbot, samples local cider, and shops at the fish market. | UNITED KINGDOM | English-100 | RPT | PG | a w | |
| 2024-11-10 | 2825 | Please Eat Slowly Bitesize | Steamed Whole Fish | Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket. | AUSTRALIA | English-100 | RPT | G | | |
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| 2024-11-11 | 1030 | James Martin's Spanish Adventure | San Sebastian | James' adventure begins in San Sebastian, a city boasting sixteen Michelin stars. He experiences pintxos, tries whole grilled turbot, samples local cider, and shops at the fish market. | UNITED KINGDOM | English-100 | RPT | PG | a w | |
| 2024-11-11 | 1125 | Please Eat Slowly Bitesize | Steamed Whole Fish | Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket. | AUSTRALIA | English-100 | RPT | G | | |
| 2024-11-11 | 1130 | A Lake District Farmshop | Ep 2 | We visit the service station's own farm, High Chapel, where contemporary regenerative farming methods are being considered, courtesy of new Assistant Manager Rosie Sampson. | UNITED KINGDOM | English-100 | RPT | G | | |
| 2024-11-11 | 1230 | Come Dine With Me | South London A 5 | It's the last night of the fun and games in South London and events manager Rory's turn to host with an Asian themed menu and a glam it up dress code. | UNITED KINGDOM | English-100 | RPT | PG | | |
| 2024-11-11 | 1300 | David Rocco's Dolce Homemade | Olive Oil | Ever heard of a certified olive oil taster? Meet guest Fil Bucchino, a former musician, who became an importer of olive oil after visiting an olive harvest in Tuscany and instantly fell in love with the 'liquid gold'. David and Fil spend the day smelling, tasting and cooking with the new olive oil of the season. | CANADA | English-100 | RPT | PG | | |
| 2024-11-11 | 1330 | Comfort Food With Spencer Watts | For The Love Of Spuds | There are a lot of ways to dress up a tuber and Spencer shares three great recipes here including a decadent potato pie with a camembert centre and a parsley butter drizzle. Then it's time to indulge in decadence with his truffle and pancetta cheesy scalloped potatoes and last a fun twist on holiday sweet potatoes. | CANADA | English-100 | RPT | PG | | |
| 2024-11-11 | 1400 | Jack Stein: Inside The Box | Rotterdam | The only dessert of the series, Jack finds himself coerced into turning 'spotted dick' untraditionally alcoholic, with a side of over-traditional 18th century 'brown bread' 'ice-cream. | AUSTRALIA | English-100 | RPT | PG | | |
| 2024-11-11 | 1430 | Bizarre Foods: Delicious Destinations | Charlotte | Andrew explores Charlotte, North Carolina, a city where big banking meets blue-collar traditions and is buzzing with amazing food. He zeroes in on barbecue, livermush, fried green tomatoes and other eats that are oozing Southern charm. | USA | English-100 | RPT | G | | |
| 2024-11-11 | 1500 | Pati's Mexican Table | Pioneering From Farm To Table | Pati visits Huerto Urbano, an 'urban farm' solving the problem of food deserts. | USA | English-100 | RPT | G | | Y |
| 2024-11-11 | 1530 | Ainsley's Good Mood Food | Honey | Ainsley is buzzing around in his kitchen again as he cooks using honey. He combines honey and chilli for his first dish, honey-chilli spiked lamb with a potato, bean and mint dressing salad. | UNITED KINGDOM | English-100 | RPT | G | | |

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| 2024-11-11 | 1625 | Taste The Philippines With Yasmin Newman | Cebu Lechon With Will Mahusay | Will Mahusay of Cebu Lechon shares his love for Cebu's street food and beaches with Yasmin. | AUSTRALIA | English-100 | RPT | G | | | |
| 2024-11-11 | 1630 | Oliver's Twist | Scarlet Division | Jamie reunites with his old band, Scarlet Division, for a meal. He cooks up Cheese and Spinach Cannelloni, Grilled Marinated Mushrooms with Gremolata, Caramelised Fruit Kebabs and Caijirinha. | UNITED KINGDOM | English-100 | RPT | G | | | |
| 2024-11-11 | 1700 | Everyday Gourmet With Justine Schofield | Ep 81 | Justine whips up an easy One Pan Pepper Steak with Potatoes and is joined by Daniel Wilson to share his Vanilla Salmon with Smoked Hollandaise. | AUSTRALIA | English-100 | | PG | | | |
| 2024-11-11 | 1730 | My Market Kitchen | Ep 51 | Mike is joined in the Market Kitchen by cook and author Luke Hines, who makes his 'really good for you' No-Fuss Nachos. | AUSTRALIA | English-100 | | G | | | |
| 2024-11-11 | 1800 | River Cottage Australia | River Cottage Australia One Hours Series 4 Ep 2 | Paul's spent the last few years planting and growing produce without a long term plan so he gets important advice on how to transform the farm's future. Digger is reunited with someone very special and Paul bravely takes his food truck for its first test run at the local farmers markets - but he's a little unprepared. | UNITED KINGDOM | English-100 | RPT | PG | a w | Y | |
| 2024-11-11 | 1900 | The Cook Up With Adam Liaw | Celebration Food | Let's get the party started! Adam, performer Mitch Tambo and chef Aline de Freitas are in The Cook Up Kitchen making celebration food. | AUSTRALIA | English-100 | RPT | G | | Y | |
| 2024-11-11 | 1930 | Jamie At Home | Strawberries | Jamie makes some great game recipes starting with his very own Essex Fried Rabbit. His local gamekeeper brings Jamie some venison and they have a chat about the free range nature of deer. | UNITED KINGDOM | English-100 | | PG | | | |
| 2024-11-11 | 2000 | Luke Nguyen's Vietnam | Luke Nguyen's Vietnam Series 2 Episode 4 | Luke reaches the bustling city of Hanoi where he gives a how-to guide on the vibrant street food scene. Visiting Ms Hong, he helps prepare a Hanoi favourite, Bun Cha. Later, he stops off for some yogurt coffee and partakes in an old snake meal ritual with interesting results. Hanoi at night comes alive as Luke prepares a local favourite, Cha Ca, grilled fish with aromatic herbs, on a street completely dedicated to that particular dish. | AUSTRALIA | English-100 | RPT | G | | Y | Y |
| 2024-11-11 | 2030 | Stanley Tucci: Searching For Italy | Calabria | Calabria is a region of rugged landscapes, dramatic mountain ranges, and some 500 miles of incredible coastline. Connected to Basilicata in the north and separated from Sicily in the south by the narrow Strait of Messina, Calabria is also the homeland of the Tucci family's ancestors. | USA | English-90; Italian-10 | RPT | PG | a | Y | Y |
| 2024-11-11 | 2125 | Destination Flavour China Bitesize | Tibetan Yak Belly Stew | All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw. | AUSTRALIA | English-100 | RPT | G | | Y | Y |
| 2024-11-11 | 2130 | Come Dine With Me | Surrey Day 1 | James is eager to bring a taste of the tropics to Surrey with his Caribbean inspired menu. Will he break records, or be left at sea? | UNITED KINGDOM | English-100 | RPT | PG | | | |
| 2024-11-11 | 2200 | Come Dine With Me | Surrey Day 2 | Myle is feeling super confident she can raise the bar at her dinner party. Unfortunately she didn't bank on her mum popping over, which raises the pressure! | UNITED KINGDOM | English-100 | RPT | PG | I | | |
| 2024-11-11 | 2230 | The Cook Up With Adam Liaw | Sunday Lunch | The owners of Sunday Kitchen, mother and daughter Karima Hazim and Sivine Tabbouch, join host Adam Liaw in the Cook up Kitchen to make their Sunday lunch must-have dishes. | AUSTRALIA | English-100 | RPT | G | | Y | |
| 2024-11-11 | 2300 | The Cook And The Chef | Prawns | We follow Simon as he travels to sunny North Queensland in search of Black Tiger Prawns. Passing through Townsville, he ends up at an ultra-modern prawn farm nestled right in the shadow of Hinchinbrook Island. Maggie doesn't have to travel far for her main ingredient - she uses vine leaves from her own Barossa vines to wrap fish for the barbecue. | AUSTRALIA | English-100 | RPT | G | | | |

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|------------|------|------------------------------------|--|---|----------------|---------------------------|-----|----|---|---|---|
| 2024-11-11 | 2330 | Lidia's Kitchen | Cheesy Craving, A | Italians love cheese, and back in the kitchen, Lidia shares her favourite cheesy appetizers - baked goat cheese, fava, and artichoke dip, baked to golden perfection; and lastly stuffed vegetables. | USA | English-100 | RPT | PG | | | |
| 2024-11-11 | 2400 | My Market Kitchen | Ep 51 | Mike is joined in the Market Kitchen by cook and author Luke Hines, who makes his 'really good for you' No-Fuss Nachos. | AUSTRALIA | English-100 | RPT | G | | | |
| 2024-11-11 | 2430 | Jamie At Home | Strawberries | Jamie makes some great game recipes starting with his very own Essex Fried Rabbit. His local gamekeeper brings Jamie some venison and they have a chat about the free range nature of deer. | UNITED KINGDOM | English-100 | RPT | PG | | | |
| 2024-11-11 | 2500 | Luke Nguyen's Vietnam | Luke Nguyen's Vietnam Series 2 Episode 4 | Luke reaches the bustling city of Hanoi where he gives a how-to guide on the vibrant street food scene. Visiting Ms Hong, he helps prepare a Hanoi favourite, Bun Cha. Later, he stops off for some yogurt coffee and partakes in an old snake meal ritual with interesting results. Hanoi at night comes alive as Luke prepares a local favourite, Cha Ca, grilled fish with aromatic herbs, on a street completely dedicated to that particular dish. | AUSTRALIA | English-100 | RPT | G | Y | Y | |
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| 2024-11-11 | 2800 | The Cook And The Chef | Prawns | We follow Simon as he travels to sunny North Queensland in search of Black Tiger Prawns. Passing through Townsville, he ends up at an ultra-modern prawn farm nestled right in the shadow of Hinchinbrook Island. Maggie doesn't have to travel far for her main ingredient - she uses vine leaves from her own Barossa vines to wrap fish for the barbecue. | AUSTRALIA | English-100 | RPT | G | | | |
| 2024-11-11 | 2830 | Lidia's Kitchen | Cheesy Craving, A | Italians love cheese, and back in the kitchen, Lidia shares her favourite cheesy appetizers - baked goat cheese, fava, and artichoke dip, baked to golden perfection; and lastly stuffed vegetables. | USA | English-100 | RPT | PG | | | |
| 2024-11-12 | 0500 | David Rocco's Dolce Homemade | Olive Oil | Ever heard of a certified olive oil taster? Meet guest Fil Bucchino, a former musician, who became an importer of olive oil after visiting an olive harvest in Tuscany and instantly fell in love with the 'liquid gold'. David and Fil spend the day smelling, tasting and cooking with the new olive oil of the season. | CANADA | English-100 | RPT | PG | | | |
| 2024-11-12 | 0530 | Comfort Food With Spencer Watts | For The Love Of Spuds | There are a lot of ways to dress up a tuber and Spencer shares three great recipes here including a decadent potato pie with a camembert centre and a parsley butter drizzle. Then it's time to indulge in decadence with his truffle and pancetta cheesy scalloped potatoes and last a fun twist on holiday sweet potatoes. | CANADA | English-100 | RPT | PG | | | |

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| 2024-11-12 | 0700 | Pati's Mexican Table | Pioneering From Farm To Table | Pati visits Huerto Urbano, an 'urban farm' solving the problem of food deserts. | USA | English-100 | RPT | G | Y |
| 2024-11-12 | 0730 | Ainsley's Good Mood Food | Honey | Ainsley is buzzing around in his kitchen again as he cooks using honey. He combines honey and chilli for his first dish, honey-chilli spiked lamb with a potato, bean and mint dressing salad. | UNITED KINGDOM | English-100 | RPT | G | |
| 2024-11-12 | 0825 | Taste The Philippines With Yasmin Newman | Cebu Lechon With Will Mahusay | Will Mahusay of Cebu Lechon shares his love for Cebu's street food and beaches with Yasmin. | AUSTRALIA | English-100 | RPT | G | |
| 2024-11-12 | 0830 | Oliver's Twist | Scarlet Division | Jamie reunites with his old band, Scarlet Division, for a meal. He cooks up Cheese and Spinach Cannelloni, Grilled Marinated Mushrooms with Gremolata, Caramelised Fruit Kebabs and Caipirinha. | UNITED KINGDOM | English-100 | RPT | G | |
| 2024-11-12 | 0900 | Everyday Gourmet With Justine Schofield | Ep 81 | Justine whips up an easy One Pan Pepper Steak with Potatoes and is joined by Daniel Wilson to share his Vanilla Salmon with Smoked Hollandaise. | AUSTRALIA | English-100 | RPT | PG | |
| 2024-11-12 | 0930 | My Market Kitchen | Ep 51 | Mike is joined in the Market Kitchen by cook and author Luke Hines, who makes his 'really good for you' No-Fuss Nachos. | AUSTRALIA | English-100 | RPT | G | |
| 2024-11-12 | 1000 | The Cook And The Chef | Prawns | We follow Simon as he travels to sunny North Queensland in search of Black Tiger Prawns. Passing through Townsville, he ends up at an ultra-modern prawn farm nestled right in the shadow of Hinchinbrook Island. Maggie doesn't have to travel far for her main ingredient - she uses vine leaves from her own Barossa vines to wrap fish for the barbecue. | AUSTRALIA | English-100 | RPT | G | |
| 2024-11-12 | 1030 | Lidia's Kitchen | Cheesy Craving, A | Italians love cheese, and back in the kitchen, Lidia shares her favourite cheesy appetizers - baked goat cheese, fava, and artichoke dip, baked to golden perfection; and lastly stuffed vegetables. | USA | English-100 | RPT | PG | |
| 2024-11-12 | 1100 | The Cook Up With Adam Liaw | Celebration Food | Let's get the party started! Adam, performer Mitch Tambo and chef Aline de Freitas are in The Cook Up Kitchen making celebration food. | AUSTRALIA | English-100 | RPT | G | Y |
| 2024-11-12 | 1130 | Jamie At Home | Strawberries | Jamie makes some great game recipes starting with his very own Essex Fried Rabbit. His local gamekeeper brings Jamie some venison and they have a chat about the free range nature of deer. | UNITED KINGDOM | English-100 | RPT | PG | |

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| 2024-11-12 | 1200 | Luke Nguyen's Vietnam | Luke Nguyen's Vietnam Series 2 Episode 4 | Luke reaches the bustling city of Hanoi where he gives a how-to guide on the vibrant street food scene. Visiting Ms Hong, he helps prepare a Hanoi favourite, Bun Cha. Later, he stops off for some yogurt coffee and partakes in an old snake meal ritual with interesting results. Hanoi at night comes alive as Luke prepares a local favourite, Cha Ca, grilled fish with aromatic herbs, on a street completely dedicated to that particular dish. | AUSTRALIA | English-100 | RPT | G | Y | Y |
| 2024-11-12 | 1230 | Come Dine With Me | South London B 1 | This week's competition is in South London, where stylist Felicia is the first to host and she's treating her guests to a fashion and glam themed night, complete with red carpet catwalk. | UNITED KINGDOM | English-100 | RPT | G | | |
| 2024-11-12 | 1300 | David Rocco's Dolce Homemade | Childhood Memories | David and his mom, Josie, make dishes that bring back his childhood memories, some good and some not so good. | CANADA | English-100 | RPT | PG | | |
| 2024-11-12 | 1330 | Comfort Food With Spencer Watts | Special Occasion Comfort | Share comfort food with company and learn how to whip up Spencer's burgundy chicken stew with porcini mushroom grits and pancetta. Then he shares his secrets to a whole roasted pork belly with a fresh salsa verde and last, a dessert for the ages - billionaire shortbread with buttery orange infused shortbread, Dulche de Leche caramel and espresso chocolate ganache. | CANADA | English-100 | RPT | G | | |
| 2024-11-12 | 1400 | Secret Delicious | Singapore | Singaporean food writer Aun Koh discovers his hometown's food secrets with an off-menu Buah Keluak burger and a famed homemade sourdough. He also gets access to one of Singapore's most exclusive bars. | SINGAPORE | English-100 | RPT | G | | |
| 2024-11-12 | 1430 | Bizarre Foods: Delicious Destinations | Outer Banks | Andrew highlights the seafood lover's paradise of North Carolina's Outer Banks region. The unique location serves up dishes like blue crab, hatteras clam chowder, baked oysters and other mouthwatering feasts born of the ocean. | USA | English-100 | RPT | PG | a w | |
| 2024-11-12 | 1500 | Pati's Mexican Table | Cantina Culture And The Morning After? | Pati meets with historian David Canales, who takes her to two very different styles of cantinas to learn their fascinating history. | USA | English-100 | RPT | G | | Y |
| 2024-11-12 | 1530 | Ainsley's Good Mood Food | Nuts And Seeds | Ainsley is using nuts and seeds to create all his tasty dishes in today's show. His first recipe, roasted beetroot, candied walnut and goat's cheese salad, is full of earthy flavours using nuts. | UNITED KINGDOM | English-100 | RPT | G | | |
| 2024-11-12 | 1625 | Taste The Philippines With Yasmin Newman | Grilled Lamb Chops With Ross Magnay - Sarai | Ross Magnay from Melbourne's Serai Kitchen shares his recipe for grilled lamb chops with pineapple palapa, an Australian classic with a Filipino twist. | AUSTRALIA | English-100 | RPT | G | | |
| 2024-11-12 | 1630 | Oliver's Twist | Bollywood | Jamie throws a Bollywood-style party, treating his guests to a feast of Indian food, including vegetable pie, Indian paneer cheese, papadum bread and lots of tasty dips. | UNITED KINGDOM | English-100 | RPT | PG | | |
| 2024-11-12 | 1700 | Everyday Gourmet With Justine Schofield | Ep 82 | Let Justine bring extra flavour into your kitchen with her Mushroom & Pancetta Fillo Rolls, Nasi Goreng-Style Cauliflower Rice and a cupcake dream with a trio of Cupcakes with Cottage Cheese Frost. | AUSTRALIA | English-100 | | G | | |
| 2024-11-12 | 1730 | My Market Kitchen | Ep 52 | Laura is joined in the Market Kitchen by Master Cheesemaker Giorgio Linguanti as she makes her exceptional Burrata & Sugo Pasta. | AUSTRALIA | English-100 | | G | | |
| 2024-11-12 | 1800 | River Cottage Australia | River Cottage Australia One Hours Series 4 Ep 3 | After ironing out some of the food van fumbles, Paul decides to drive it over the mountains and into the 'big smoke'. In Canberra, he's overwhelmed by the urban growers he meets along the way and challenges the food van to its ultimate test - the taste buds of city slickers! | UNITED KINGDOM | English-100 | RPT | PG | Y | |

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|------------|------|-------------------------------------|------------------------------|---|----------------|-------------|-----|----|---|
| 2024-11-12 | 1900 | The Cook Up With Adam Liaw | Food On Tour | Former Bachelorette Brooke Blurton and satirist Mark Humphries join Adam in The Cook Up Kitchen to share their best dishes for when you're travelling. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2024-11-12 | 1930 | The Chocolate Queen | Ep 7 | Kirsten wows us with her scrumptious chocolate pecan pie, irresistible raspberry coconut chocolate slices, some creative and delicious meringue lollipops and the best brownie you will ever make. | AUSTRALIA | English-100 | | G | |
| 2024-11-12 | 2000 | Mark Moriarty: Off Duty Chef | Ep 5 | Mark Moriarty is back this week with some exciting dishes inspired by top restaurant quality food and some baking tips and tricks. | UNITED KINGDOM | English-100 | | G | |
| 2024-11-12 | 2030 | Jamie's Comfort Food | Ultimate Cheese Toastie, The | Jamie is joined by his friend Gennaro to make a delicious bolognese ravioli. Plus, Jamie puts together the ultimate cheese toast, and cooks a chicken tikka masala. | UNITED KINGDOM | English-100 | | G | |
| 2024-11-12 | 2130 | Come Dine With Me | Surrey Day 3 | Ben is hoping to wow his guests by putting on a real Mexican fiesta! But will it be enough to grab the thousand pounds at the end of the week? | UNITED KINGDOM | English-100 | RPT | PG | I |
| 2024-11-12 | 2200 | Come Dine With Me | Surrey Day 4 | Will Caroline's night of singing, dancing and nursery rhymes make her a winner, or will it distract too much from the food? | UNITED KINGDOM | English-100 | RPT | PG | |
| 2024-11-12 | 2230 | The Cook Up With Adam Liaw | Pizza | Pizza is an Italian classic and a family favourite so host Adam Liaw, television presenter Jessica Rowe and food writer Tristan Lutze are in The Cook Up kitchen to make their favourite versions. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2024-11-12 | 2300 | The Cook And The Chef | Favourite Dishes | Maggie and Simon cook up a few favourites. Simon masters a salty-sweet-sour balance with a vegetarian Pad Thai, while Maggie combines tender squid with capers and leek in a delicious spring salad. Vodka, a favourite beverage of Simon's then features in a jelly, and Maggie makes a creamy barley risotto using a favourite spring vegetable, asparagus. | AUSTRALIA | English-100 | RPT | G | |
| 2024-11-12 | 2330 | Lidia's Kitchen | Eggs All Day | Lidia shows you how to brunch Italian-style with herb frittata roll-ups, pancetta with fennel-flavoured eggs and apples, and lastly potato egg frico. | USA | English-100 | RPT | PG | |
| 2024-11-12 | 2400 | My Market Kitchen | Ep 52 | Laura is joined in the Market Kitchen by Master Cheesemaker Giorgio Linguanti as she makes her exceptional Burrata & Sugo Pasta. | AUSTRALIA | English-100 | RPT | G | |
| 2024-11-12 | 2430 | The Chocolate Queen | Ep 7 | Kirsten wows us with her scrumptious chocolate pecan pie, irresistible raspberry coconut chocolate slices, some creative and delicious meringue lollipops and the best brownie you will ever make. | AUSTRALIA | English-100 | RPT | G | |
| 2024-11-12 | 2500 | Mark Moriarty: Off Duty Chef | Ep 5 | Mark Moriarty is back this week with some exciting dishes inspired by top restaurant quality food and some baking tips and tricks. | UNITED KINGDOM | English-100 | RPT | G | |
| 2024-11-12 | 2530 | Jamie's Comfort Food | Ultimate Cheese Toastie, The | Jamie is joined by his friend Gennaro to make a delicious bolognese ravioli. Plus, Jamie puts together the ultimate cheese toast, and cooks a chicken tikka masala. | UNITED KINGDOM | English-100 | RPT | G | |
| 2024-11-12 | 2630 | Come Dine With Me | Surrey Day 3 | Ben is hoping to wow his guests by putting on a real Mexican fiesta! But will it be enough to grab the thousand pounds at the end of the week? | UNITED KINGDOM | English-100 | RPT | PG | I |

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|------------|------|---|---|--|----------------|-------------|-----|----|-----|
| 2024-11-12 | 2700 | Come Dine With Me | Surrey Day 4 | Will Caroline's night of singing, dancing and nursery rhymes make her a winner, or will it distract too much from the food? | UNITED KINGDOM | English-100 | RPT | PG | |
| 2024-11-12 | 2730 | The Cook Up With Adam Liaw | Pizza | Pizza is an Italian classic and a family favourite so host Adam Liaw, television presenter Jessica Rowe and food writer Tristan Lutze are in The Cook Up kitchen to make their favourite versions. | AUSTRALIA | English-100 | RPT | PG | Y |
| 2024-11-12 | 2800 | The Cook And The Chef | Favourite Dishes | Maggie and Simon cook up a few favourites. Simon masters a salty-sweet-sour balance with a vegetarian Pad Thai, while Maggie combines tender squid with capers and leek in a delicious spring salad. Vodka, a favourite beverage of Simon's then features in a jelly, and Maggie makes a creamy barley risotto using a favourite spring vegetable, asparagus. | AUSTRALIA | English-100 | RPT | G | |
| 2024-11-12 | 2830 | Lidia's Kitchen | Eggs All Day | Lidia shows you how to brunch Italian-style with herb frittata roll-ups, pancetta with fennel-flavoured eggs and apples, and lastly potato egg frico. | USA | English-100 | RPT | PG | |
| 2024-11-13 | 0500 | David Rocco's Dolce Homemade | Childhood Memories | David and his mom, Josie, make dishes that bring back his childhood memories, some good and some not so good. | CANADA | English-100 | RPT | PG | |
| 2024-11-13 | 0530 | Comfort Food With Spencer Watts | Special Occasion Comfort | Share comfort food with company and learn how to whip up Spencer's burgundy chicken stew with porcini mushroom grits and pancetta. Then he shares his secrets to a whole roasted pork belly with a fresh salsa verde and last, a dessert for the ages - billionaire shortbread with buttery orange infused shortbread, Dulche de Leche caramel and espresso chocolate ganache. | CANADA | English-100 | RPT | G | |
| 2024-11-13 | 0600 | Secret Delicious | Singapore | Singaporean food writer Aun Koh discovers his hometown's food secrets with an off-menu Buah Keluak burger and a famed homemade sourdough. He also gets access to one of Singapore's most exclusive bars. | SINGAPORE | English-100 | RPT | G | |
| 2024-11-13 | 0630 | Bizarre Foods: Delicious Destinations | Outer Banks | Andrew highlights the seafood lover's paradise of North Carolina's Outer Banks region. The unique location serves up dishes like blue crab, hatteras clam chowder, baked oysters and other mouthwatering feasts born of the ocean. | USA | English-100 | RPT | PG | a w |
| 2024-11-13 | 0700 | Pati's Mexican Table | Cantina Culture And The Morning After? | Pati meets with historian David Canales, who takes her to two very different styles of cantinas to learn their fascinating history. | USA | English-100 | RPT | G | Y |
| 2024-11-13 | 0730 | Ainsley's Good Mood Food | Nuts And Seeds | Ainsley is using nuts and seeds to create all his tasty dishes in today's show. His first recipe, roasted beetroot, candied walnut and goat's cheese salad, is full of earthy flavours using nuts. | UNITED KINGDOM | English-100 | RPT | G | |
| 2024-11-13 | 0825 | Taste The Philippines With Yasmin Newman | Grilled Lamb Chops With Ross Magnay - Sarai | Ross Magnaye from Melbourne's Serai Kitchen shares his recipe for grilled lamb chops with pineapple palapa, an Australian classic with a Filipino twist. | AUSTRALIA | English-100 | RPT | G | |
| 2024-11-13 | 0830 | Oliver's Twist | Bollywood | Jamie throws a Bollywood-style party, treating his guests to a feast of Indian food, including vegetable pie, Indian paneer cheese, papadum bread and lots of tasty dips. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2024-11-13 | 0900 | Everyday Gourmet With Justine Schofield | Ep 82 | Let Justine bring extra flavour into your kitchen with her Mushroom & Pancetta Fillo Rolls, Nasi Goreng-Style Cauliflower Rice and a cupcake dream with a trio of Cupcakes with Cottage Cheese Frost. | AUSTRALIA | English-100 | RPT | G | |
| 2024-11-13 | 0930 | My Market Kitchen | Ep 52 | Laura is joined in the Market Kitchen by Master Cheesemaker Giorgio Linguanti as she makes her exceptional Burrata & Sugo Pasta. | AUSTRALIA | English-100 | RPT | G | |

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|------------|------|---|--|---|----------------|-------------|-----|----|-----|---|
| 2024-11-13 | 1000 | The Cook And The Chef | Favourite Dishes | Maggie and Simon cook up a few favourites. Simon masters a salty-sweet-sour balance with a vegetarian Pad Thai, while Maggie combines tender squid with capers and leek in a delicious spring salad. Vodka, a favourite beverage of Simon's then features in a jelly, and Maggie makes a creamy barley risotto using a favourite spring vegetable, asparagus. | AUSTRALIA | English-100 | RPT | G | | |
| 2024-11-13 | 1030 | Lidia's Kitchen | Eggs All Day | Lidia shows you how to brunch Italian-style with herb frittata roll-ups, pancetta with fennel-flavoured eggs and apples, and lastly potato egg frico. | USA | English-100 | RPT | PG | | |
| 2024-11-13 | 1100 | The Cook Up With Adam Liaw | Food On Tour | Former Bachelorette Brooke Blurton and satirist Mark Humphries join Adam in The Cook Up Kitchen to share their best dishes for when you're travelling. | AUSTRALIA | English-100 | RPT | PG | | Y |
| 2024-11-13 | 1130 | The Chocolate Queen | Ep 7 | Kirsten wows us with her scrumptious chocolate pecan pie, irresistible raspberry coconut chocolate slices, some creative and delicious meringue lollipops and the best brownie you will ever make. | AUSTRALIA | English-100 | RPT | G | | |
| 2024-11-13 | 1200 | Mark Moriarty: Off Duty Chef | Ep 5 | Mark Moriarty is back this week with some exciting dishes inspired by top restaurant quality food and some baking tips and tricks. | UNITED KINGDOM | English-100 | RPT | G | | |
| 2024-11-13 | 1230 | Come Dine With Me | South London B 2 | This week's competition is in South London and our second host is suave musician and poet Bernard, aka Be, who's hoping to impress his guests with a culinary trip around the globe - with an Italian starter, a Colombian main and finishing with a very boozy Japanese pud. | UNITED KINGDOM | English-100 | RPT | PG | | |
| 2024-11-13 | 1300 | David Rocco's Dolce Homemade | Ethiopia | Meet guest Banchi Kinde, she was born and raised in Ethiopia. When traveling to Canada, she realized that not many people were familiar with Ethiopian cuisine and decided to stay to start her restaurant. | CANADA | English-100 | RPT | G | | |
| 2024-11-13 | 1330 | Comfort Food With Spencer Watts | Street Food Comfort | Street food can be delicious so why not indulge in some in the comfort of home! Spencer starts with a spicy Korean fried chicken 'dog' with sesame ketchup and gochugang ketchup. Then he stuffs chicken drumstick with a pork stuffed with a quick buttermilk onion dipping sauce. Last, popcorn shrimp waffle cone tacos with tobacco mashed. | CANADA | English-100 | RPT | G | | |
| 2024-11-13 | 1400 | Secret Delicious | Mumbai | Food writer Aun Koh travels to Mumbai and discovers a secret 'swine-dine' club and gets acclaimed chef Rahul Akerkar to prepare souped-up street foods like Chaat, Sev Puri and his famous off-menu dish. | SINGAPORE | English-100 | RPT | PG | I s | Y |
| 2024-11-13 | 1430 | Bizarre Foods: Delicious Destinations | Glasgow | Andrew highlights the culinary scene of Glasgow, Scotland, which is just as diverse as the city's landscape. From macaroni pies and fish and chips to venison haggis and chicken tikka masala, the whimsical curiosity of the people is reflected in the delicious and iconic foods. | USA | English-100 | RPT | G | | Y |
| 2024-11-13 | 1500 | Pati's Mexican Table | Texas Bbq In The Orange Belt | Pati learns the difference between carne asada and 'Texas style' BBQ at a local eatery. | USA | English-100 | RPT | G | | Y |
| 2024-11-13 | 1530 | Ainsley's Good Mood Food | Vegetables | Ainsley is getting his 'five a day' as vegetables are the star of all of today's recipes. There's a spicy start with his crispy cauliflower bites, matched by a kickin' Korean sauce, great for sharing. | UNITED KINGDOM | English-100 | RPT | G | | |
| 2024-11-13 | 1625 | Taste The Philippines With Yasmin Newman | Charred Eggplant Omelette With Yasmin Newman | Yasmin Newman whips up one of her favourite breakfast dishes for the family, a classic Filipino recipe called charred eggplant omelette. | AUSTRALIA | English-100 | RPT | PG | | |
| 2024-11-13 | 1630 | Oliver's Twist | Tiger | On a visit to London, Jamie's grandmother and her friends partake in afternoon tea with him. He serves up lemon-flavoured banana cake, quiche Lorraine and scones with jam and whipped cream. | UNITED KINGDOM | English-100 | RPT | G | | |

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|------------|------|---|---|---|----------------|-------------|-----|----|-----|
| 2024-11-13 | 1700 | Everyday Gourmet With Justine Schofield | Ep 83 | Today Justine excites us with her Duck Goulash Dumplings and Banana Nutty Chocolate Crepes. Fish expert Josh Niland shares his Salt Crusted Celeriac. | AUSTRALIA | English-100 | | G | |
| 2024-11-13 | 1730 | My Market Kitchen | Ep 53 | Japanese Chef Masa teases Laura with his mystery ingredients box. Mike follows with his luxurious, indulgent Brown Butter Cake & Banana Caramel Sauce. | AUSTRALIA | English-100 | | G | |
| 2024-11-13 | 1800 | River Cottage Australia | River Cottage Australia One Hours Series 4 Ep 4 | While Paul is away, Harrison is left to manage the farm, and it's not all plain sailing. There's a sweet surprise ready for harvest that's been brewing for over a year. Paul rises to the challenge at a community event that makes him sweat for his supper. Does he have what it takes to make the local footy team? | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2024-11-13 | 1900 | The Cook Up With Adam Liaw | Dish From My Travels | One of the youngest head chefs in Australia, Luci Khan, and food writer and presenter Sofia Levin, join Adam in The Cook Up Kitchen to make some delicious dishes from their travels. | AUSTRALIA | English-100 | RPT | G | Y |
| 2024-11-13 | 1930 | Marcus Wareing: Simply Provence | Rice | Marcus has a VIP guest coming for dinner, the Mayor of St Remy's sister. As she is a bit of a history buff, he decides to do research into the origins of some local produce. | UNITED KINGDOM | English-100 | | G | Y |
| 2024-11-13 | 2000 | Nadiya's Fast Flavours | Chill Out Days | In this episode, Nadiya Hussain conjures up the ideal recipes to chill out with on a lazy day at home. Whether it's a weekend, a school holiday, or a leisurely day off, Nadiya has stress free recipes up her sleeve to bring the fun back into our food. | UNITED KINGDOM | English-100 | RPT | G | |
| 2024-11-13 | 2030 | Hugh's Three Good Things | Pulses | We are halfway through Store Cupboard week on Hugh's Three Good Things and it's the week that Hugh is most desperate to win - not surprising, as his mum is the judge! | UNITED KINGDOM | English-100 | | PG | |
| 2024-11-13 | 2100 | Masters Of Taste With Gary Mehigan | Kolkata - Bengali Food | Gary Mehigan dives into the riot of Bengali flavours with a family that loves its food. What will Gary cook to impress them? | USA | English-100 | | PG | a w |
| 2024-11-13 | 2130 | Come Dine With Me | Surrey Day 5 | Competitive businessman John is banking on his one hundred percent home-cooked menu to bag him the prize, but his guests are expecting big things. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2024-11-13 | 2200 | Come Dine With Me | Brighton Day 1 | This week's competition is in and around Brighton, where the first to host is 47-year-old, Radio Presenter, Guy who's hoping to be a hit with his musical and Mexican themed menu and an air guitar competition. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2024-11-13 | 2230 | The Cook Up With Adam Liaw | Texture | Television presenter Jan Fran and Melbourne's Maha Bar owner Shane Delia join host Adam Liaw in The Cook Up kitchen as they create some texture inspired dishes. | AUSTRALIA | English-100 | RPT | G | Y |
| 2024-11-13 | 2300 | The Cook And The Chef | Party Time | Maggie and Simon show how to prepare excellent cocktail food for a stress-free party. The Cook and the Chef share their secrets about what to make ahead of time, and how to prepare some dishes with the help of some shop-bought bases and toppings. | AUSTRALIA | English-100 | RPT | G | |
| 2024-11-13 | 2330 | Lidia's Kitchen | Party Favourites | Italians love entertaining and celebrating life with family, friends, and food. Lidia shares recipes that fit any party - stewed savory peppers, a delicious antipasto, and a pear bellini. | USA | English-100 | RPT | G | |
| 2024-11-13 | 2400 | My Market Kitchen | Ep 53 | Japanese Chef Masa teases Laura with his mystery ingredients box. Mike follows with his luxurious, indulgent Brown Butter Cake & Banana Caramel Sauce. | AUSTRALIA | English-100 | RPT | G | |

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|------------|------|--|------------------------|---|----------------|-------------|-----|----|-----|---|
| 2024-11-13 | 2430 | Marcus Wareing: Simply Provence | Rice | Marcus has a VIP guest coming for dinner, the Mayor of St Remy's sister. As she is a bit of a history buff, he decides to do research into the origins of some local produce. | UNITED KINGDOM | English-100 | RPT | G | | Y |
| 2024-11-13 | 2500 | Nadiya's Fast Flavours | Chill Out Days | In this episode, Nadiya Hussain conjures up the ideal recipes to chill out with on a lazy day at home. Whether it's a weekend, a school holiday, or a leisurely day off, Nadiya has stress free recipes up her sleeve to bring the fun back into our food. | UNITED KINGDOM | English-100 | RPT | G | | |
| 2024-11-13 | 2530 | Hugh's Three Good Things | Pulses | We are halfway through Store Cupboard week on Hugh's Three Good Things and it's the week that Hugh is most desperate to win - not surprising, as his mum is the judge! | UNITED KINGDOM | English-100 | RPT | PG | | |
| 2024-11-13 | 2600 | Masters Of Taste With Gary Mehigan | Kolkata - Bengali Food | Gary Mehigan dives into the riot of Bengali flavours with a family that loves its food. What will Gary cook to impress them? | USA | English-100 | RPT | PG | a w | |
| 2024-11-13 | 2630 | Come Dine With Me | Surrey Day 5 | Competitive businessman John is banking on his one hundred percent home-cooked menu to bag him the prize, but his guests are expecting big things. | UNITED KINGDOM | English-100 | RPT | PG | | |
| 2024-11-13 | 2700 | Come Dine With Me | Brighton Day 1 | This week's competition is in and around Brighton, where the first to host is 47-year-old, Radio Presenter, Guy who's hoping to be a hit with his musical and Mexican themed menu and an air guitar competition. | UNITED KINGDOM | English-100 | RPT | PG | | |
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| 2024-11-13 | 2830 | Lidia's Kitchen | Party Favourites | Italians love entertaining and celebrating life with family, friends, and food. Lidia shares recipes that fit any party - stewed savory peppers, a delicious antipasto, and a pear bellini. | USA | English-100 | RPT | G | | |
| 2024-11-14 | 0500 | David Rocco's Dolce Homemade | Ethiopia | Meet guest Banchi Kinde, she was born and raised in Ethiopia. When traveling to Canada, she realized that not many people were familiar with Ethiopian cuisine and decided to stay to start her restaurant. | CANADA | English-100 | RPT | G | | |
| 2024-11-14 | 0530 | Comfort Food With Spencer Watts | Street Food Comfort | Street food can be delicious so why not indulge in some in the comfort of home! Spencer starts with a spicy Korean fried chicken 'dog' with sesame ketchup and gochugang ketchup. Then he stuffs chicken drumstick with a pork stuffed with a quick buttermilk onion dipping sauce. Last, popcorn shrimp waffle cone tacos with tobacco mashed. | CANADA | English-100 | RPT | G | | |
| 2024-11-14 | 0600 | Secret Delicious | Mumbai | Food writer Aun Koh travels to Mumbai and discovers a secret 'swine-dine' club and gets acclaimed chef Rahul Akerkar to prepare souped-up street foods like Chaat, Sev Puri and his famous off-menu dish. | SINGAPORE | English-100 | RPT | PG | I s | Y |
| 2024-11-14 | 0630 | Bizarre Foods: Delicious Destinations | Glasgow | Andrew highlights the culinary scene of Glasgow, Scotland, which is just as diverse as the city's landscape. From macaroni pies and fish and chips to venison haggis and chicken tikka masala, the whimsical curiosity of the people is reflected in the delicious and iconic foods. | USA | English-100 | RPT | G | | Y |

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|------------|------|---|--|---|----------------|-------------|-----|----|---|
| 2024-11-14 | 0700 | Pati's Mexican Table | Texas Bbq In The Orange Belt | Pati learns the difference between carne asada and 'Texas style' BBQ at a local eatery. | USA | English-100 | RPT | G | Y |
| 2024-11-14 | 0730 | Ainsley's Good Mood Food | Vegetables | Ainsley is getting his 'five a day' as vegetables are the star of all of today's recipes. There's a spicy start with his crispy cauliflower bites, matched by a kickin' Korean sauce, great for sharing. | UNITED KINGDOM | English-100 | RPT | G | |
| 2024-11-14 | 0825 | Taste The Philippines With Yasmin Newman | Charred Eggplant Omelette With Yasmin Newman | Yasmin Newman whips up one of her favourite breakfast dishes for the family, a classic Filipino recipe called charred eggplant omelette. | AUSTRALIA | English-100 | RPT | PG | |
| 2024-11-14 | 0830 | Oliver's Twist | Tiger | On a visit to London, Jamie's grandmother and her friends partake in afternoon tea with him. He serves up lemon-flavoured banana cake, quiche Lorraine and scones with jam and whipped cream. | UNITED KINGDOM | English-100 | RPT | G | |
| 2024-11-14 | 0900 | Everyday Gourmet With Justine Schofield | Ep 83 | Today Justine excites us with her Duck Goulash Dumplings and Banana Nutty Chocolate Crepes. Fish expert Josh Niland shares his Salt Crusted Celeriac. | AUSTRALIA | English-100 | RPT | G | |
| 2024-11-14 | 0930 | My Market Kitchen | Ep 53 | Japanese Chef Masa teases Laura with his mystery ingredients box. Mike follows with his luxurious, indulgent Brown Butter Cake & Banana Caramel Sauce. | AUSTRALIA | English-100 | RPT | G | |
| 2024-11-14 | 1000 | The Cook And The Chef | Party Time | Maggie and Simon show how to prepare excellent cocktail food for a stress-free party. The Cook and the Chef share their secrets about what to make ahead of time, and how to prepare some dishes with the help of some shop-bought bases and toppings. | AUSTRALIA | English-100 | RPT | G | |
| 2024-11-14 | 1030 | Lidia's Kitchen | Party Favourites | Italians love entertaining and celebrating life with family, friends, and food. Lidia shares recipes that fit any party - stewed savory peppers, a delicious antipasto, and a pear bellini. | USA | English-100 | RPT | G | |
| 2024-11-14 | 1100 | The Cook Up With Adam Liaw | Dish From My Travels | One of the youngest head chefs in Australia, Luci Khan, and food writer and presenter Sofia Levin, join Adam in The Cook Up Kitchen to make some delicious dishes from their travels. | AUSTRALIA | English-100 | RPT | G | Y |
| 2024-11-14 | 1130 | Marcus Wareing: Simply Provence | Rice | Marcus has a VIP guest coming for dinner, the Mayor of St Remy's sister. As she is a bit of a history buff, he decides to do research into the origins of some local produce. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2024-11-14 | 1200 | Nadiya's Fast Flavours | Chill Out Days | In this episode, Nadiya Hussain conjures up the ideal recipes to chill out with on a lazy day at home. Whether it's a weekend, a school holiday, or a leisurely day off, Nadiya has stress free recipes up her sleeve to bring the fun back into our food. | UNITED KINGDOM | English-100 | RPT | G | |
| 2024-11-14 | 1230 | Come Dine With Me | South London B 3 | It's night three of the competition and this week we're in South London where it's TV Editor Joe's turn to host. He's keen as mustard to make sure his guests are won over by his humble style as well as his food and with a live performance he makes a strong play for the cash prize. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2024-11-14 | 1300 | David Rocco's Dolce Homemade | Cocktails | David and guest Nick Masci, David Rocco Bar Aperitivo's cocktail manager, take us on a journey of his unique cocktails. From smoked rosemary to fat-washed liquor, Nick transforms traditional cocktails into modernized versions that makes him seem more like a chef than just a mixologist with his creations. | CANADA | English-100 | RPT | PG | |
| 2024-11-14 | 1330 | Comfort Food With Spencer Watts | Warm My Belly | When the air is cool and the wind is blowing a big bowl of warm my belly food is what dreams are made of. Spencer makes his corned beef stew with horseradish mashed. Then he fills the cabin with the rich mouthwatering smell of a delicious Thai curry with garlic shrimp and fragrant rice. Last, Spencer makes a cowboy style chuck chili with all the fixings to tuck into. | CANADA | English-100 | RPT | G | |

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|------------|------|---|---|--|----------------|-------------|-----|----|-----|---|
| 2024-11-14 | 1400 | Secret Delicious | Manila | In Manila, Aun Koh gets invited to a secret dinner featuring dishes like chicken skin cracklings with caviar and creme fraiche, fried chicken and an aged rum called Don Papa. | SINGAPORE | English-100 | RPT | PG | | |
| 2024-11-14 | 1430 | Bizarre Foods: Delicious Destinations | Cork | Andrew explores the city of Cork, Ireland, where locals line up for traditional delicacies like Irish stew, smoked salmon and blood sausage. | USA | English-100 | RPT | G | | |
| 2024-11-14 | 1500 | Pati's Mexican Table | Day With Hugo, A | Pati meets Chef Hugo Guajardo, whose family-owned restaurant El Caminante has perfected the art of drying meat. | USA | English-100 | RPT | G | | Y |
| 2024-11-14 | 1530 | Ainsley's Good Mood Food | Grains And Pulses | Ainsley is celebrating some unsung heroes who are the start of so many wonderful meals... grains and pulses. First up a taste of the Mediterranean with Seared Tuna, Mixed Tomato and Bean Salad with an Anchovy and Tomato Dressing. | UNITED KINGDOM | English-100 | RPT | G | | |
| 2024-11-14 | 1625 | Taste The Philippines With Yasmin Newman | Kinilaw With Yasmin Newman | Rejoice Thomson, pastry chef and owner of Brisbane's Dovetail on Overend makes a classic Australian dessert with a Filipino twist: mini ube pavlovas with passion fruit curd. | AUSTRALIA | English-100 | RPT | G | | |
| 2024-11-14 | 1630 | Oliver's Twist | First Date | Jamie's sister-in-law, Lisa, has offered to cook a meal for her new boyfriend. She's determined to make a lasting impression, but is worried that her culinary skills might not live up to expectations. Jamie steps in to save the day. | UNITED KINGDOM | English-100 | RPT | G | | |
| 2024-11-14 | 1700 | Everyday Gourmet With Justine Schofield | Ep 84 | Justine shares with us her Sri Lankan Prawn Curry, a Curry Lasagne with Silver beat and Ricotta. She tops it all o with a irresistible White Chocolate Mousse with Berry Miele Feuille. | AUSTRALIA | English-100 | | G | | |
| 2024-11-14 | 1730 | My Market Kitchen | Ep 54 | Mike kicks off the show with his Indian-influenced Tandoori Monkfish, a recipe from one of his London restaurants. | AUSTRALIA | English-100 | | G | | |
| 2024-11-14 | 1800 | River Cottage Australia | River Cottage Australia One Hours Series 4 Ep 5 | Using his experience in Canberra, Paul goes back on the road. His first stop is a tiny town of 20 called Morundah who've turned a local pest into a palatable bar snack. Paul heads to Griffith and Narrandera and meets up with inspirational farmers who've reinvented themselves to survive. Can the knowledge he's gained apply to his own patch of paradise in Tilba? | UNITED KINGDOM | English-100 | RPT | PG | a w | Y |
| 2024-11-14 | 1900 | The Cook Up With Adam Liaw | Go To Weeknight Dinner | Adam, Paralympian Gold Medallist Ellie Cole and Head Chef of Arthur's in Surry Hills, Tristan Rosier, are brightening up your Monday to Fridays by cooking their go-to weeknight dinners. | AUSTRALIA | English-100 | RPT | G | | Y |
| 2024-11-14 | 1930 | Ainsley's Great Garden Cook Off | Ruby Bhogal & Daniel Galmiche | Ainsley is joined by chefs Daniel Galmiche and Ruby Bhogal for a light-hearted cooking contest in Wimpole Estate's stunning kitchen garden. | UNITED KINGDOM | English-100 | | G | | |
| 2024-11-14 | 2030 | Nico Reynolds: Cook In, Cook Out | Episode 1 | Nico Reynold's is back with a brand new series focusing on dishes that are perfect for cooking indoors or outdoors, whatever the weather. | IRELAND | English-100 | | PG | | |
| 2024-11-14 | 2100 | All Up In My Grill | New Orleans Shrimp & Oysters | Tonight is all about featuring New Orleans-inspired dishes, including Black Pepper Shrimp Po'boys: Chargrilled Oysters, and Bananas Foster. | USA | English-100 | | PG | | |
| 2024-11-14 | 2130 | Come Dine With Me | Brighton Day 2 | It's the second day in and around Brighton, where bubbly 26 year old Emma is hosting a beach themed dinner party. After a day of forgotten ingredients and culinary calamities, Emma still has some questions up her sleeve. | UNITED KINGDOM | English-100 | RPT | PG | | |

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|------------|------|---|-------------------------------|--|----------------|-------------|-----|----|---|
| 2024-11-14 | 2200 | Come Dine With Me | Brighton Day 3 | It's the third day in and around Brighton and Tim's turn to try and host his way to the cash prize. Tonight Tim's taking advantage of his worldly travels with an international menu. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2024-11-14 | 2230 | The Cook Up With Adam Liaw | Garlic | Host Adam Liaw, Canton Kitchen's Jason Chan and executive chef at Lilly Mu, Brendan Fong, are in The Cook Up kitchen tonight making dishes using garlic. | AUSTRALIA | English-100 | RPT | G | Y |
| 2024-11-14 | 2300 | The Cook And The Chef | Some Favourites From The Year | Maggie and Simon revisit a few of their favourite kitchen moments from the year. They look back on the eggs, pasta, and mouth-watering desserts on the menu. | AUSTRALIA | English-100 | RPT | G | |
| 2024-11-14 | 2330 | Lidia's Kitchen | Seaside Buffet, A | Fish is a staple in Lidia's kitchen and she loves planning dinner parties based on seafood. The menu includes swordfish skewers and stuffed calamari with bread crumbs. | USA | English-100 | RPT | PG | |
| 2024-11-14 | 2400 | My Market Kitchen | Ep 54 | Mike kicks off the show with his Indian-influenced Tandoori Monkfish, a recipe from one of his London restaurants. | AUSTRALIA | English-100 | RPT | G | |
| 2024-11-14 | 2430 | Ainsley's Great Garden Cook Off | Ruby Bhogal & Daniel Galmiche | Ainsley is joined by chefs Daniel Galmiche and Ruby Bhogal for a light-hearted cooking contest in Wimpole Estate's stunning kitchen garden. | UNITED KINGDOM | English-100 | RPT | G | |
| 2024-11-14 | 2530 | Nico Reynolds: Cook In, Cook Out | Episode 1 | Nico Reynold's is back with a brand new series focusing on dishes that are perfect for cooking indoors or outdoors, whatever the weather. | IRELAND | English-100 | RPT | PG | |
| 2024-11-14 | 2600 | All Up In My Grill | New Orleans Shrimp & Oysters | Tonight is all about featuring New Orleans-inspired dishes, including Black Pepper Shrimp Po'boys: Chargrilled Oysters, and Bananas Foster. | USA | English-100 | RPT | PG | |
| 2024-11-14 | 2630 | Come Dine With Me | Brighton Day 2 | It's the second day in and around Brighton, where bubbly 26 year old Emma is hosting a beach themed dinner party. After a day of forgotten ingredients and culinary calamities, Emma still has some questions up her sleeve. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2024-11-14 | 2700 | Come Dine With Me | Brighton Day 3 | It's the third day in and around Brighton and Tim's turn to try and host his way to the cash prize. Tonight Tim's taking advantage of his worldly travels with an international menu. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2024-11-14 | 2730 | The Cook Up With Adam Liaw | Garlic | Host Adam Liaw, Canton Kitchen's Jason Chan and executive chef at Lilly Mu, Brendan Fong, are in The Cook Up kitchen tonight making dishes using garlic. | AUSTRALIA | English-100 | RPT | G | Y |
| 2024-11-14 | 2800 | The Cook And The Chef | Some Favourites From The Year | Maggie and Simon revisit a few of their favourite kitchen moments from the year. They look back on the eggs, pasta, and mouth-watering desserts on the menu. | AUSTRALIA | English-100 | RPT | G | |
| 2024-11-14 | 2830 | Lidia's Kitchen | Seaside Buffet, A | Fish is a staple in Lidia's kitchen and she loves planning dinner parties based on seafood. The menu includes swordfish skewers and stuffed calamari with bread crumbs. | USA | English-100 | RPT | PG | |

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|------------|------|--|-------------------------------|---|----------------|-------------|-----|----|---|
| 2024-11-15 | 0500 | David Rocco's Dolce Homemade | Cocktails | David and guest Nick Masci, David Rocco Bar Aperitivo's cocktail manager, take us on a journey of his unique cocktails. From smoked rosemary to fat-washed liquor, Nick transforms traditional cocktails into modernized versions that makes him seem more like a chef than just a mixologist with his creations. | CANADA | English-100 | RPT | PG | |
| 2024-11-15 | 0530 | Comfort Food With Spencer Watts | Warm My Belly | When the air is cool and the wind is blowing a big bowl of warm my belly food is what dreams are made of. Spencer makes his corned beef stew with horseradish mashed. Then he fills the cabin with the rich mouthwatering smell of a delicious Thai curry with garlic shrimp and fragrant rice. Last, Spencer makes a cowboy style chuck chili with all the fixings to tuck into. | CANADA | English-100 | RPT | G | |
| 2024-11-15 | 0600 | Secret Delicious | Manila | In Manila, Aun Koh gets invited to a secret dinner featuring dishes like chicken skin cracklings with caviar and creme fraiche, fried chicken and an aged rum called Don Papa. | SINGAPORE | English-100 | RPT | PG | |
| 2024-11-15 | 0630 | Bizarre Foods: Delicious Destinations | Cork | Andrew explores the city of Cork, Ireland, where locals line up for traditional delicacies like Irish stew, smoked salmon and blood sausage. | USA | English-100 | RPT | G | |
| 2024-11-15 | 0700 | Pati's Mexican Table | Day With Hugo, A | Pati meets Chef Hugo Guajardo, whose family-owned restaurant El Caminante has perfected the art of drying meat. | USA | English-100 | RPT | G | Y |
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| 2024-11-15 | 0825 | Taste The Philippines With Yasmin Newman | Kinilaw With Yasmin Newman | Rejoice Thomson, pastry chef and owner of Brisbane's Dovetail on Overend makes a classic Australian dessert with a Filipino twist: mini ube pavlovas with passion fruit curd. | AUSTRALIA | English-100 | RPT | G | |
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| 2024-11-15 | 0900 | Everyday Gourmet With Justine Schofield | Ep 84 | Justine shares with us her Sri Lankan Prawn Curry, a Curry Lasagne with Silver beat and Ricotta. She tops it all o with a irrisistable White Chocolate Mousse with Berry Mielle Feuille. | AUSTRALIA | English-100 | RPT | G | |
| 2024-11-15 | 0930 | My Market Kitchen | Ep 54 | Mike kicks off the show with his Indian-influenced Tandoori Monkfish, a recipe from one of his London restaurants. | AUSTRALIA | English-100 | RPT | G | |
| 2024-11-15 | 1000 | The Cook And The Chef | Some Favourites From The Year | Maggie and Simon revisit a few of their favourite kitchen moments from the year. They look back on the eggs, pasta, and mouth-watering desserts on the menu. | AUSTRALIA | English-100 | RPT | G | |
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|------------|------|---|---|--|----------------|-------------|-----|----|---|
| 2024-11-15 | 1130 | Ainsley's Great Garden Cook Off | Ruby Bhogal & Daniel Galmiche | Ainsley is joined by chefs Daniel Galmiche and Ruby Bhogal for a light-hearted cooking contest in Wimpole Estate's stunning kitchen garden. | UNITED KINGDOM | English-100 | RPT | G | |
| 2024-11-15 | 1230 | Come Dine With Me | South London B 4 | This week's competition is in South London and taking up the reins tonight is video director Dean. who plans to knock the socks off guests with his easy going ways and a tried and tested menu. | UNITED KINGDOM | English-100 | RPT | PG | |
| 2024-11-15 | 1300 | David Rocco's Dolce Homemade | Cooking Together | David's children, Emma, Giorgia and Dante take the lead in the kitchen today. Seems like the students have become the teachers and as it turns out, David even learns a thing or two. | CANADA | English-100 | RPT | PG | I |
| 2024-11-15 | 1330 | Comfort Food With Spencer Watts | Comforting Family Faves | Spencer makes a few of his family-style faves, including his Moussaka Crown, his Italian herb half chickens with sun-dried tomato cream sauce, and a silky smooth eggnog creme caramel that will make you weak in the knees. | CANADA | English-100 | RPT | G | |
| 2024-11-15 | 1400 | Secret Delicious | Jakarta | Food writer Aun Koh navigates the bustling city of Jakarta, to uncover a secret Manado-style grilled fish. He also explores Jakarta's drinking culture through a one-of-a-kind Jamu cocktail. | SINGAPORE | English-100 | RPT | G | Y |
| 2024-11-15 | 1430 | Bizarre Foods: Delicious Destinations | Calabria | Andrew showcases Calabria, a rugged region in the toe of Italy's boot. The region's diverse ingredients shine in signature dishes like fileja noodles with goat and parmigiana di melanzane. | USA | English-100 | RPT | G | |
| 2024-11-15 | 1500 | Pati's Mexican Table | Top Chefs And Ancient Cliffs | Pati connects with four top chefs in the area and learns their greatest cooking secrets. | USA | English-100 | RPT | G | Y |
| 2024-11-15 | 1530 | Ainsley's Good Mood Food | Going Green | Leafy greens are guaranteed to make you feel good, and all of today's dishes have a healthy portion of the glorious green stuff. We start with breakfast muffins so tasty you will want them for breakfast, lunch, and dinner. | UNITED KINGDOM | English-100 | RPT | G | |
| 2024-11-15 | 1625 | Taste The Philippines With Yasmin Newman | Mini Ube Pavlovas With Rejoice Thompson | Rejoice Thomson, pastry chef and owner of Brisbane's Dovetail on Overend makes a classic Australian dessert with a Filipino twist: mini ube pavlovas with passion fruit curd. | AUSTRALIA | English-100 | RPT | G | |
| 2024-11-15 | 1630 | Oliver's Twist | Bill, The | On the set of his favourite TV show, The Bill, Jamie cooks up chilli vodka, pan roasted almonds with chilli and sea salt, and hot ribs with smoked bacon and chilli crust. | UNITED KINGDOM | English-100 | RPT | G | |
| 2024-11-15 | 1700 | Everyday Gourmet With Justine Schofield | Ep 85 | On today's show Justine makes a creamy Blue Eyed Brandade, a hearty Toad in a Hole and tops it all of with an irresistible Chocolate Macaroon Cake. | AUSTRALIA | English-100 | | G | |
| 2024-11-15 | 1730 | My Market Kitchen | Ep 55 | Mike starts the show with his beautiful classic Craisin & Blood Orange Upside-Down Cake. | AUSTRALIA | English-100 | | G | |
| 2024-11-15 | 1800 | River Cottage Australia | River Cottage Australia One Hours Series 4 Ep 6 | Still in the Riverina, Paul visits a wheat-farming mate who has changed the future of his town with Beer. He gets roped into a local footy match and random mascot race. And at the Wagga Wagga 'eat local' farmers markets Paul uses the produce he's gathered to create an afternoon tea that delights the shoppers. | UNITED KINGDOM | English-100 | RPT | PG | Y |
| 2024-11-15 | 1900 | The Cook Up With Adam Liaw | Citrus | Journalist Mahnaz Angury and Head Chef Danielle Alvarez join Adam in The Cook Up Kitchen to create three delicious dishes using the most versatile of fruit groups - citrus. | AUSTRALIA | English-100 | RPT | G | Y |

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|------------|------|-------------------------------|------------------------------|---|----------------|-------------|-----|----|---|
| 2024-11-15 | 1930 | Ainsley's Festive Flavours | Ainsley's Festive Flavours 2 | Join Ainsley Harriott in the kitchen for a fun filled Christmas feast. Once again welcoming guests to eat, drink, and be merry with him, he'll be serving up flavourful food to see you to New Years. | UNITED KINGDOM | English-100 | | G | |
| 2024-11-15 | 2030 | Mary Berry's Fantastic Feasts | Ep 3 | Rima, her mother-in-law Diane, and her best friend Noreen want to throw a spectacular surprise 30th birthday feast for Rima's husband Mark. Can they pull it off? | UNITED KINGDOM | English-100 | RPT | G | |
| 2024-11-15 | 2135 | Come Dine With Me | Brighton Day 4 | It's day four of the competition in Brighton and the turn of personal trainer Hannah. There's no shortage of shocks and surprises as layer after saucy layer is peeled away from the usually quiet and reserved host. The diners enjoy Hannah's food, but not as much as the surprises and revelations... | UNITED KINGDOM | English-100 | RPT | PG | s |
| 2024-11-15 | 2200 | Come Dine With Me | Brighton Day 5 | It's the final night of the competition in and around Brighton and time for 50 year old love doctor Monti to try and cast his love spells over his guests. On arrival, he greets his guests with the classic aphrodisiac, caviar, to everyone's dismay, but it's Dutch pilot Tim who really puts his foot in it. | UNITED KINGDOM | English-100 | RPT | PG | s |
| 2024-11-15 | 2230 | The Cook Up With Adam Liaw | Cooking With Wine | Tonight, host Adam Liaw, Chaco Bar's Keita Abe and Nilgiri's Ajoy Joshi are in The Cook Up kitchen making dishes using wine. | AUSTRALIA | English-100 | RPT | G | Y |
| 2024-11-15 | 2300 | The Cook And The Chef | Raspberries And Barramundi | Simon and Maggie stroll back into the kitchen for a new season to dish up a refreshing summer feast. Maggie uses delicious second flush raspberries to adorn a fail-proof sponge while Simon works magic with a raspberry, lamb, and pea combination. Simon then treats us to a saucy fish curry using fresh territory barramundi, while Maggie adds layers of sweet tang to her barra with a lemon confit. | AUSTRALIA | English-100 | RPT | G | |
| 2024-11-15 | 2330 | 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 | RPT | G | |
| 2024-11-15 | 2400 | My Market Kitchen | Ep 55 | Mike starts the show with his beautiful classic Craisin & Blood Orange Upside-Down Cake. | AUSTRALIA | English-100 | RPT | G | |
| 2024-11-15 | 2430 | Ainsley's Festive Flavours | Ainsley's Festive Flavours 2 | Join Ainsley Harriott in the kitchen for a fun filled Christmas feast. Once again welcoming guests to eat, drink, and be merry with him, he'll be serving up flavourful food to see you to New Years. | UNITED KINGDOM | English-100 | RPT | G | |
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| 2024-11-15 | 2730 | The Cook Up With Adam Liaw | Cooking With Wine | Tonight, host Adam Liaw, Chaco Bar's Keita Abe and Nilgiri's Ajoy Joshi are in The Cook Up kitchen making dishes using wine. | AUSTRALIA | English-100 | RPT | G | Y |

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| 2024-11-16 | 0700 | Pati's Mexican Table | Top Chefs And Ancient Cliffs | Pati connects with four top chefs in the area and learns their greatest cooking secrets. | USA | English-100 | RPT | G | Y |
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| 2024-11-16 | 0825 | Taste The Philippines With Yasmin Newman | Mini Ube Pavlovas With Rejoice Thompson | Rejoice Thomson, pastry chef and owner of Brisbane's Dovetail on Overend makes a classic Australian dessert with a Filipino twist: mini ube pavlovas with passion fruit curd. | AUSTRALIA | English-100 | RPT | G | |
| 2024-11-16 | 0830 | Oliver's Twist | Bill, The | On the set of his favourite TV show, The Bill, Jamie cooks up chilli vodka, pan roasted almonds with chilli and sea salt, and hot ribs with smoked bacon and chilli crust. | UNITED KINGDOM | English-100 | RPT | G | |
| 2024-11-16 | 0900 | Everyday Gourmet With Justine Schofield | Ep 85 | On today's show Justine makes a creamy Blue Eyed Brandade, a hearty Toad in a Hole and tops it all of with an irresistible Chocolate Macaroon Cake. | AUSTRALIA | English-100 | RPT | G | |
| 2024-11-16 | 0930 | My Market Kitchen | Ep 55 | Mike starts the show with his beautiful classic Craisin & Blood Orange Upside-Down Cake. | AUSTRALIA | English-100 | RPT | G | |
| 2024-11-16 | 1000 | The Cook And The Chef | Raspberries And Barramundi | Simon and Maggie stroll back into the kitchen for a new season to dish up a refreshing summer feast. Maggie uses delicious second flush raspberries to adorn a fail-proof sponge while Simon works magic with a raspberry, lamb, and pea combination. Simon then treats us to a saucy fish curry using fresh territory barramundi, while Maggie adds layers of sweet tang to her barra with a lemon confit. | AUSTRALIA | English-100 | RPT | G | |

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| 2024-11-16 | 1030 | 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 | RPT | G | | |
| 2024-11-16 | 1100 | The Cook Up With Adam Liaw | Citrus | Journalist Mahnaz Angury and Head Chef Danielle Alvarez join Adam in The Cook Up Kitchen to create three delicious dishes using the most versatile of fruit groups - citrus. | AUSTRALIA | English-100 | RPT | G | Y | |
| 2024-11-16 | 1130 | Ainsley's Festive Flavours | Ainsley's Festive Flavours 2 | Join Ainsley Harriott in the kitchen for a fun filled Christmas feast. Once again welcoming guests to eat, drink, and be merry with him, he'll be serving up flavourful food to see you to New Years. | UNITED KINGDOM | English-100 | RPT | G | | |
| 2024-11-16 | 1230 | David Rocco's Dolce Homemade | Cooking Together | David's children, Emma, Giorgia and Dante take the lead in the kitchen today. Seems like the students have become the teachers and as it turns out, David even learns a thing or two. | CANADA | English-100 | RPT | PG | I | |
| 2024-11-16 | 1300 | Comfort Food With Spencer Watts | Comforting Family Faves | Spencer makes a few of his family-style faves, including his Moussaka Crown, his Italian herb half chickens with sun-dried tomato cream sauce, and a silky smooth eggnog creme caramel that will make you weak in the knees. | CANADA | English-100 | RPT | G | | |
| 2024-11-16 | 1330 | Secret Delicious | Jakarta | Food writer Aun Koh navigates the bustling city of Jakarta, to uncover a secret Manado-style grilled fish. He also explores Jakarta's drinking culture through a one-of-a-kind Jamu cocktail. | SINGAPORE | English-100 | RPT | G | Y | |
| 2024-11-16 | 1400 | Bizarre Foods: Delicious Destinations | Calabria | Andrew showcases Calabria, a rugged region in the toe of Italy's boot. The region's diverse ingredients shine in signature dishes like fileja noodles with goat and parmigiana di melanzane. | USA | English-100 | RPT | G | | |
| 2024-11-16 | 1430 | World's Most Expensive Foods | Ruby Roman | Every summer in Japan, the world's most expensive grapes, the Ruby Romans, never fail to spark off a bidding frenzy at its first-in-season auction. Here, highly-prized luxury fruits are big business. | SINGAPORE | English-50; Japanese-50 | RPT | G | Y | |
| 2024-11-16 | 1530 | World's Most Expensive Foods | Hanwoo | We see Hanwoo or Korean cattle go under the gavel at two separate auctions. Though Hanwoo is the luxury meat of choice, breeding of the cattle as meat stock is only a recent development. | SINGAPORE | English-50; Japanese-50 | RPT | PG | a w | Y |
| 2024-11-16 | 1630 | Field Trip With Curtis Stone | Maui | Curtis heads to Maui to explore the local cuisine. He starts with a visit to a taro root farm to process their staple food, Poi. | USA | English-100 | RPT | PG | a l | |
| 2024-11-16 | 1700 | Tom Kerridge's American Feast | Colorado | Tom Kerridge travels to Colorado to find out why its residents are among the fittest and least obese in America. Starting in the state capital Denver, Tom discovers where healthy living starts. | UNITED KINGDOM | English-100 | RPT | PG | a | |
| 2024-11-16 | 1730 | Lorraine's Fast, Fresh And Easy Food | Simple Classics | Lorraine makes simple and classic recipes that have stood the test of time. From a twist on an Italian favourite, salmon saltimbocca with gremolata potatoes and crispy sage leaves to pan fried gnocci. | UNITED KINGDOM | English-100 | | G | | |
| 2024-11-16 | 1800 | Taste Of Australia In Vietnam | Hanoi | In Hanoi, Luke learns about the work of pioneering social enterprise, KOTO, and enjoys some of his favourite street food, including the city's signature dish of Cha Ca. | AUSTRALIA | English-100 | | | Y | |
| 2024-11-16 | 1830 | View From River Cottage | View From River Cottage Series 1 Ep 3 | Continuing his retrospective assessment of the vital elements of rural life, Hugh looks back on his ever-increasing commitment to sourcing his food locally. It is not just about quality and taste, he concludes. | UNITED KINGDOM | English-100 | RPT | G | | |

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| 2024-11-16 | 1900 | View From River Cottage | View From River Cottage Series 1 Ep 4 | Hugh looks back at the part played by wild food over six years of Dorset downshifting. From the outset, the hedgerow larder played a vital part in his smallholder experiment, not only topping up his kitchen with a regular supply of free ingredients. | UNITED KINGDOM | English-100 | RPT | PG | a w | | |
| 2024-11-16 | 1930 | Alex Polizzi Secret Italy | Southern Sicily | Alex concludes her journey in Southern Sicily, where she discovers the diverse beauty of Italy's biggest island. From the serenity of the baroque town of Ragusa, to the breathtaking Turkish Steps cascading down to the sea. Alex will also visit one of only two subterranean cathedrals in the world, found hundreds of metres below sea and carved from salt. | UNITED KINGDOM | English-100 | RPT | PG | a | Y | Y |
| 2024-11-16 | 2025 | 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 | |
| 2024-11-16 | 2030 | Rick Stein's India | Lucknow And Punjap | 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, and learns the complexities of making the perfect pulao. He is told that the food of Lucknow is the ultimate party food and joins thousands of partygoers as they enjoy one of India's major Hindu festivals. | UNITED KINGDOM | English-100 | RPT | PG | | Y | Y |
| 2024-11-16 | 2140 | Anthony Bourdain: Parts Unknown | Spain | Tony explores Andalucia during Semana Santa (Holy Week, leading up to Easter), a time filled with great pageantry and excitement. He and his long-time DP, Zach Zamboni, head off the beaten path and immerse themselves in tapas culture. | USA | English-100 | RPT | PG | a l w | | Y |
| 2024-11-16 | 2230 | River Cottage Australia | River Cottage Australia One Hours Series 4 Ep 2 | Paul's spent the last few years planting and growing produce without a long term plan so he gets important advice on how to transform the farm's future. Digger is reunited with someone very special and Paul bravely takes his food truck for its first test run at the local farmers markets - but he's a little unprepared. | UNITED KINGDOM | English-100 | RPT | PG | a w | Y | |
| 2024-11-16 | 2330 | World's Most Expensive Foods | Ruby Roman | Every summer in Japan, the world's most expensive grapes, the Ruby Romans, never fail to spark off a bidding frenzy at its first-in-season auction. Here, highly-prized luxury fruits are big business. | SINGAPORE | English-50; Japanese-50 | RPT | G | | | Y |
| 2024-11-16 | 2430 | World's Most Expensive Foods | Hanwoo | We see Hanwoo or Korean cattle go under the gavel at two separate auctions. Though Hanwoo is the luxury meat of choice, breeding of the cattle as meat stock is only a recent development. | SINGAPORE | English-50; Japanese-50 | RPT | PG | a w | | Y |
| 2024-11-16 | 2530 | Alex Polizzi Secret Italy | Southern Sicily | Alex concludes her journey in Southern Sicily, where she discovers the diverse beauty of Italy's biggest island. From the serenity of the baroque town of Ragusa, to the breathtaking Turkish Steps cascading down to the sea. Alex will also visit one of only two subterranean cathedrals in the world, found hundreds of metres below sea and carved from salt. | UNITED KINGDOM | English-100 | RPT | PG | a | Y | Y |
| 2024-11-16 | 2625 | 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 | |
| 2024-11-16 | 2630 | Rick Stein's India | Lucknow And Punjap | 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, and learns the complexities of making the perfect pulao. He is told that the food of Lucknow is the ultimate party food and joins thousands of partygoers as they enjoy one of India's major Hindu festivals. | UNITED KINGDOM | English-100 | RPT | PG | | Y | Y |
| 2024-11-16 | 2740 | Anthony Bourdain: Parts Unknown | Spain | Tony explores Andalucia during Semana Santa (Holy Week, leading up to Easter), a time filled with great pageantry and excitement. He and his long-time DP, Zach Zamboni, head off the beaten path and immerse themselves in tapas culture. | USA | English-100 | RPT | PG | a l w | | Y |
| 2024-11-16 | 2830 | Field Trip With Curtis Stone | Maui | Curtis heads to Maui to explore the local cuisine. He starts with a visit to a taro root farm to process their staple food, Poi. | USA | English-100 | RPT | PG | a l | | |