



WEEK 46: Sunday, 12 November - Saturday, 18 November 2023 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2023-11-12	0500	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
2023-11-12	0530	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			
2023-11-12	0635	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
2023-11-12	0700	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
2023-11-12	0730	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
2023-11-12	0800	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
2023-11-12	0830	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			
2023-11-12	0900	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		
2023-11-12	0930	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			
2023-11-12	1000	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			
2023-11-12	1030	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	a l w		
2023-11-12	1130	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			

2023-11-12	1200	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
2023-11-12	1230	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		
2023-11-12	1335	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
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2023-11-12	1500	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 10	Silvia Colloca ventures north to Abruzzo and finds inspiration from the delicious meat cold cuts that the region is renowned for to make an Italian savoury pie.	AUSTRALIA	English-100	RPT	G		Y
2023-11-12	1530	Asia Unplated With Diana Chan	Thai	Diana explores the balance of salty, sweet, and sour flavours that is fundamental in Thai cuisine. Chef Adam D'Sylva perfects this harmony of flavours with his seared tuna with nahm jim.	AUSTRALIA	English-100		G		
2023-11-12	1600	Asia Unplated With Diana Chan	Vietnamese	Diana delves into the vibrant and healthy flavours of Vietnamese cooking. She's joined in the kitchen by Khanh Ong and together they create cha gio re.	AUSTRALIA	English-100		G		
2023-11-12	1630	Food In Our Time	Heritage	In this episode, Andre meets storytellers who are preserving and continuing the narrative of humanity through the things we eat. From Japan to Peru to Ghana, our intrepid chef travels to 3 continents.	SINGAPORE	English-100		PG	a w	Y
2023-11-12	1730	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		
2023-11-12	1800	Flat Out Food	Bison	Jenn visits a First Nations community that has brought bison back to their traditional lands and a family focused on regenerative agriculture.	CANADA	English-100		PG		
2023-11-12	1830	Gourmet Farmer Afloat	Island Time	Matthew, Ross and Nick travel westward across the north coast, heading for the port of Stanley. Here, they want to re-create the historic menu from the 1936 inauguration of the cable.	AUSTRALIA	English-100	RPT	G		Y
2023-11-12	1930	James Martin's French Adventure	Anney	On the stunning Lake Anney, James cooks dishes showcasing delicious local tomatoes, red mullet and lobster. Then pastry chef Philippe Rigollot samples his extraordinary creations.	UNITED KINGDOM	English-100		G		Y
2023-11-12	2030	Nadiya's Asian Odyssey	Nadiya's Asian Odyssey Series 1 Ep 2	In the last leg of her travels she takes a trip to the remote Himalayan country of Nepal to learn more about it's people, places and food as part of her adventure to further explore her identity. Her journey begins in Kathmandu, where she joins a supper club run by local young foodies who share with her the vastly varied cuisine of their country.	UNITED KINGDOM	English-100		PG		

2023-11-12	2130	Anthony Bourdain: No Reservations	Mexico / Us Border	Tony visits a bar and grill in southwest Texas; journeys to Piedras Nigras in search of a dish that has become synonymous with Mexico: nachos; and takes a boat tour of the Rio Grande River.	USA	English-100		PG	d s	Y
2023-11-12	2225	Cook Up With Adam Liaw Bitesize	Chicken Sausage Poule Au Pot	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2023-11-12	2230	Anthony Bourdain: A Cook's Tour	Thailand: One Night In Bangkok	A spontaneous layover in Bangkok, Thailand leads Tony into the city, where he tries dishes of deep-fried frog skins, and pla rah, a fishpaste that has fermented anywhere from three months to a year.	USA	English-100		PG		
2023-11-12	2300	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 10	Silvia Colloca ventures north to Abruzzo and finds inspiration from the delicious meat cold cuts that the region is renowned for to make an Italian savoury pie.	AUSTRALIA	English-100	RPT	G		Y
2023-11-12	2330	Mystery Diners	Chef's Choice	Patrick, owner of Buster's Beach House in Long Beach, California, calls Charles Stiles to investigate rumours that his Executive Chef is showing preferential treatment amongst the wait staff.	USA	English-100		PG		Y
2023-11-12	2400	Mystery Diners	Strange Brew	Charles Stiles finds more than one problem brewing at Newport Beach Brewing when he is called in by the owner to investigate.	USA	English-100		PG		Y
2023-11-12	2430	Asia Unplated With Diana Chan	Thai	Diana explores the balance of salty, sweet, and sour flavours that is fundamental in Thai cuisine. Chef Adam D'Sylva perfects this harmony of flavours with his seared tuna with nahm jim.	AUSTRALIA	English-100		G		
2023-11-12	2500	Asia Unplated With Diana Chan	Vietnamese	Diana delves into the vibrant and healthy flavours of Vietnamese cooking. She's joined in the kitchen by Khanh Ong and together they create cha gio re.	AUSTRALIA	English-100		G		
2023-11-12	2530	Food In Our Time	Heritage	In this episode, Andre meets storytellers who are preserving and continuing the narrative of humanity through the things we eat. From Japan to Peru to Ghana, our intrepid chef travels to 3 continents.	SINGAPORE	English-100		PG	a w	Y
2023-11-12	2625	Cook Up With Adam Liaw Bitesize	Chicken Sausage Poule Au Pot	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2023-11-12	2630	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		
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2023-11-12	2825	Destination Flavour Singapore Bitesize	Lamb Kebabs	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		
2023-11-12	2830	Made In Italy With Silvia Colloca	Made In Italy With Silvia Colloca Series 1 Ep 10	Silvia Colloca ventures north to Abruzzo and finds inspiration from the delicious meat cold cuts that the region is renowned for to make an Italian savoury pie.	AUSTRALIA	English-100	RPT	G		Y

2023-11-13	0500	Asia Unplated With Diana Chan	Thai	Diana explores the balance of salty, sweet, and sour flavours that is fundamental in Thai cuisine. Chef Adam D'Sylva perfects this harmony of flavours with his seared tuna with nahm jim.	AUSTRALIA	English-100		G		
2023-11-13	0530	Food In Our Time	Heritage	In this episode, Andre meets storytellers who are preserving and continuing the narrative of humanity through the things we eat. From Japan to Peru to Ghana, our intrepid chef travels to 3 continents.	SINGAPORE	English-100		PG	a w	Y
2023-11-13	0625	Cook Up With Adam Liaw Bitesize	Chicken Sausage Poule Au Pot	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2023-11-13	0630	Nadiya's Asian Odyssey	Nadiya's Asian Odyssey Series 1 Ep 2	In the last leg of her travels she takes a trip to the remote Himalayan country of Nepal to learn more about it's people, places and food as part of her adventure to further explore her identity. Her journey begins in Kathmandu, where she joins a supper club run by local young foodies who share with her the vastly varied cuisine of their country.	UNITED KINGDOM	English-100		PG		
2023-11-13	0730	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		
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2023-11-13	0930	James Martin's French Adventure	Annecy	On the stunning Lake Annecy, James cooks dishes showcasing delicious local tomatoes, red mullet and lobster. Then pastry chef Philippe Rigolot samples his extraordinary creations.	UNITED KINGDOM	English-100		G		Y
2023-11-13	1025	Cook Up With Adam Liaw Bitesize	Lamb Skewers With Tomato Bush Tahini	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2023-11-13	1030	Gourmet Farmer Afloat	Island Time	Matthew, Ross and Nick travel westward across the north coast, heading for the port of Stanley. Here, they want to re-create the historic menu from the 1936 inauguration of the cable.	AUSTRALIA	English-100	RPT	G		Y
2023-11-13	1125	Destination Flavour Singapore Bitesize	Lamb Kebabs	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		
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2023-11-13	1330	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 1	Kirsten Tibballs is back with more delights: from rich, airy puddings to citrus-infused shortbreads! Impress your guests with delicate chocolate lace baskets or stunning white chocolate dacquoise.	AUSTRALIA	English-100		G		
2023-11-13	1400	Barefoot Contessa: Back To Basics	Turn Up The Volume	Ina is turning up the volume on flavour, starting with the creamy hummus she pairs with her chunky Israeli vegetable salad. Plus, her chicken marbella is a dinner party classic made over.	USA	English-100		G		
2023-11-13	1430	Australia's Food Bowl	Darling Barka	Barkindji man and respected Elder, Uncle Peter Peterson meets Stefano and tells him about life growing up on the Barka (Darling River) and its significance to the lives of the Indigenous communities.	AUSTRALIA	English-100		G		
2023-11-13	1500	The Italian Vegan Chef	Vegan Italian Chef Series 1 Ep, The 1	Nadia first stop is Sardinia. She discovers the traditional dishes and teach the locals to re-interpret them with plant-based ingredients. She then arrives in Gallura, and meets a local teacher.	ISRAEL	English-50; Italian-50		G		
2023-11-13	1530	Choccywoccydoodah	Star Is Born, A	All the world's a stage for our star struck chocolatiers as Justin Lee Collins gets a Rock of Ages birthday creation that turns up the glam to eleven. Plus, a Rocky Horror wedding cake!	UNITED KINGDOM	English-100		PG		
2023-11-13	1600	David Rocco's Dolce India	Mumbai Italiano	There's a growing community of Italian ex-pats living in Mumbai, and David goes to meet them. David and his newfound Italian friends bring the dolce vita to Mumbai.	CANADA	English-100		PG	a l v w	Y
2023-11-13	1630	Rick Stein's India	Madurai And Lucknow	Rick Stein visits a five-star hotel in Madurai, Tamil Nadu, employing local housewives for genuine home-cooked dishes and samples chettinad chicken.	UNITED KINGDOM	English-100	RPT	G		Y Y
2023-11-13	1740	Freshly Picked With Simon Toohey	Ep 16	Zacchary Bird joins Simon today with a very different and delicious spin on southern fried drumsticks. Head to the olive groves for a punchy vegetable dish that's a delight on the senses.	AUSTRALIA	English-100		PG		
2023-11-13	1805	Food Safari	English	Maeve O'Meara explores the intricacies and etiquette of English food from a perfect afternoon tea to good old fish and chips. Maeve also talks to top Sydney chef Matthew Kemp.	AUSTRALIA	English-100	RPT	G		Y
2023-11-13	1830	Lidia's Kitchen	Italy's Heartland	Lidia loves entertaining, she shares recipes that are fit for any Italian dinner party - cannellini and pancetta bruschetta, and a hearty pol meal, beef and root vegetables braised in red wine.	USA	English-100		PG		
2023-11-13	1900	The Cook Up With Adam Liaw	Bittersweet	Adam, ABC Radio Sydney host Simon Marnie and fashion designer and TV presenter Claudia Chan Shaw are whipping up some of their favourite bittersweet concoctions in the Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG		Y
2023-11-13	1930	Luke Nguyen's India	Luke Nguyen's India Series 1 Ep 12	To celebrate Diwali in Chennai, Luke meets with Ajeeth, one of the best chefs in India who teaches him the secret to traditional Diwali meals for a celebratory dinner party.	AUSTRALIA	English-100		G		
2023-11-13	2000	Luke Nguyen's India	Luke Nguyen's India Series 1 Ep 1	Luke's starts in Bangalore where he visits the nearly 100-year-old restaurant to discover the importance of coffee culture in Southern India and meets with local food journalist, Joshua Muiyiwa.	AUSTRALIA	English-100		G		
2023-11-13	2030	Stanley Tucci: Searching For Italy	Rome	Situated in Lazio, the ancient city of Rome is often overlooked in the gastronomic department. Stanley Tucci meets up with an old friend Claudia della Frattina and they head out to explore.	USA	English-80; Italian-20	RPT	PG		Y Y

2023-11-13	2125	Cook Up With Adam Liaw Bitesize	Lamb Skewers With Tomato Bush Tahini	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y	
2023-11-13	2130	Come Dine With Me UK	Manchester Day 1	Fishmonger, Haylie, hopes to reel in her guests by throwing a fishy-themed home cooked dinner party! But will it be enough for her to grab the 1000 pounds at the end of the week?	UNITED KINGDOM	English-100		PG	I		
2023-11-13	2200	Come Dine With Me UK	Manchester Day 2	Restaurant manager, Kam, is looking to woo her guests with an evening of cheesy courses and sides of pizza. Combined with tattoo talk and rodeo rides, will it be enough for her to win?	UNITED KINGDOM	English-100		PG			
2023-11-13	2230	The Cook Up with Adam Liaw	Signature Dish At Home	Sardinian native and Pilu owner Giovanni Pilu and Acme famed chef Mitch Orr take over The Cook Up kitchen as they re-create their restaurant signature dish alongside series host Adam Liaw.	AUSTRALIA	English-100	RPT	G		Y	
2023-11-13	2300	Bizarre Foods: Delicious Destinations	Queens	Andrew visits NYC specifically to scope out Queens' multicultural gastronomy. From hand-ripped noodles to spicy Thai stir-fries, grilled Greek octopus to icons like pastrami on rye.	USA	English-100	RPT	G		Y	
2023-11-13	2330	The Cook And The Chef	Lamb And Saffron	Maggie and Simon conclude their six week New Zealand odyssey. Simon checks out New Zealand lamb, one of the most iconic of all that countries products.	AUSTRALIA	English-100		PG			
2023-11-13	2400	Mystery Diners	Employee Of The Month	Charles uncovers that the title 'Employee of the Month', used to boost morale at Colombo's Italian Steakhouse in Eagle Rock, California, has created a cutthroat competition amongst the staff.	USA	English-100		PG		Y	
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2023-11-14	0500	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		
2023-11-14	0530	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 1	Kirsten Tibballs is back with more delights: from rich, airy puddings to citrus-infused shortbreads! Impress your guests with delicate chocolate lace baskets or stunning white chocolate dacquoise.	AUSTRALIA	English-100		G		
2023-11-14	0600	Barefoot Contessa: Back To Basics	Turn Up The Volume	Ina is turning up the volume on flavour, starting with the creamy hummus she pairs with her chunky Israeli vegetable salad. Plus, her chicken marbella is a dinner party classic made over.	USA	English-100		G		
2023-11-14	0630	Australia's Food Bowl	Darling Barka	Barkindji man and respected Elder, Uncle Peter Peterson meets Stefano and tells him about life growing up on the Barka (Darling River) and its significance to the lives of the Indigenous communities.	AUSTRALIA	English-100		G		
2023-11-14	0700	The Italian Vegan Chef	Vegan Italian Chef Series 1 Ep, The 1	Nadia first stop is Sardinia. She discovers the traditional dishes and teach the locals to re-interpret them with plant-based ingredients. She then arrives in Gallura, and meets a local teacher.	ISRAEL	English-50; Italian-50		G		
2023-11-14	0730	Choccywoccydoodah	Star Is Born, A	All the world's a stage for our star struck chocolatiers as Justin Lee Collins gets a Rock of Ages birthday creation that turns up the glam to eleven. Plus, a Rocky Horror wedding cake!	UNITED KINGDOM	English-100		PG		
2023-11-14	0800	David Rocco's Dolce India	Mumbai Italiano	There's a growing community of Italian ex-pats living in Mumbai, and David goes to meet them. David and his newfound Italian friends bring the dolce vita to Mumbai.	CANADA	English-100		PG	a l v w	Y
2023-11-14	0830	Rick Stein's India	Madurai And Lucknow	Rick Stein visits a five-star hotel in Madurai, Tamil Nadu, employing local housewives for genuine home-cooked dishes and samples chettinad chicken.	UNITED KINGDOM	English-100	RPT	G		Y Y
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2023-11-14	1100	The Cook Up With Adam Liaw	Bittersweet	Adam, ABC Radio Sydney host Simon Marnie and fashion designer and TV presenter Claudia Chan Shaw are whipping up some of their favourite bittersweet concoctions in the Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG		Y
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2023-11-14	1200	Planet Bbq	Fire And Spice	The Caribbean occupies a special place in the annals of delights that gave us the word 'barbecue' - Jamaican jerk chicken, Trinidadian grilled vegetable, and shrimp boka dushi.	USA	English-100		PG		

2023-11-14	1230	Project Fire	Sustainable Seafood	Pollution. Overfishing. Abusive labour practices. There's been a lot of negative news coming out about the seafood industry. This show celebrates sustainable seafood that we can eat.	USA	English-100	PG				
2023-11-14	1300	All Up In My Grill	Fourth Of July	It's 4th of July and Chef Dale is ready to celebrate by grilling up his takes on summer bbq classics, like his galbi smash double cheeseburger with kimchi special sauce.	USA	English-100	G				
2023-11-14	1330	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 2	Learn to trick everyone's eyes with delicate chocolate pencils, and then fill your stomach with two chocolatey cakes. A classic yet delicious truffle recipe, which will undoubtedly please everyone.	AUSTRALIA	English-100	G				
2023-11-14	1400	Barefoot Contessa: Back To Basics	Thanksgiving New Ideas	Ina Garten is giving traditional Thanksgiving dinner dishes a modern twist. To start, it's out with the big bird and in with Tuscan turkey roulade, which is easy to make and carve.	USA	English-100	G				
2023-11-14	1430	Australia's Food Bowl	Communities	Many farming families have a long history of growing produce and Stefano meets some of the inspiring people around Mildura who have been working the land for generations.	AUSTRALIA	English-100	PG				
2023-11-14	1500	The Italian Vegan Chef	Vegan Italian Chef Series 1 Ep, The 2	Nadia arrives to Olbia and visits chef Stefano Azara, the owner of Lo Squalo restaurant. She helps make two dishes: a vegan parmigiana and 'fishless' patties with flavours similar to wakame seaweed.	ISRAEL	English-50; Italian-50	G				
2023-11-14	1530	Choccywoccydoodah	We'll Meet Again	The team at Choccywoccydoodah make some dreams come true when they hand over the cake design to some creative school children. Plus, Rebecca and Jim deliver a cake to a living legend, Dame Vera Lynn.	UNITED KINGDOM	English-100	PG				
2023-11-14	1600	David Rocco's Dolce India	Chef's Challenge	David is challenged to an Indo-Italian cook off by ITC Maratha's Executive Chef Rajdeep Kapoor. The three round cook off will pit Indian against Italian cuisine using a common star ingredient.	CANADA	English-100	PG	I			
2023-11-14	1630	India Unplated	Punjab	Punjabi cuisine is notably one of the most popular cuisines around the world. In this episode, our hosts will introduce you to some delicious recipes starting with Dhaba style butter chicken by Adam.	AUSTRALIA	English-100	G			Y	
2023-11-14	1700	India Unplated	Diwali	This episode celebrates Diwali - a festival of lights and one of the major festivals celebrated in India, and no celebration in India is complete without food.	AUSTRALIA	English-100	G			Y	
2023-11-14	1730	Freshly Picked With Simon Toohey	Ep 17	The King of Baklava returns with a recipe for filo tarts that layers the flavours of pistachios. Get the recipe for a roasty, creamy and crunchy cauliflower main and a naughty fried bread with tofu.	AUSTRALIA	English-100	PG				
2023-11-14	1800	Food Safari	African	Maeve O'Meara visits a bakery that cooks Ethiopian injera bread which is used with many spicy stews, and Nigerian Kunle Adesua introduces Maeve to a range of African ingredients.	AUSTRALIA	English-100	RPT	G		Y	
2023-11-14	1830	Lidia's Kitchen	Soups On	Soups are a delicious and comforting way to warm up especially in winter. The menu today is spicy Italian soup, Calabria's vegetable soup, the perfect simple salad, and butternut squash soup.	USA	English-100	PG				
2023-11-14	1900	The Cook Up With Adam Liaw	Finger Lickin' Good	Adam and guests TV Presenter Julia Zemiro and chef Morgan McGlone are whipping up some delicious dishes inspired by the American south.	AUSTRALIA	English-100	RPT	PG		Y	
2023-11-14	1930	Heston's Feasts	Chocolate Feast	Heston explores the 1960s, an amazing age of food experimentation, with a Charlie and the Chocolate Factory feast including psychedelic duck a l'orange.	UNITED KINGDOM	English-100	RPT	PG	s	Y	Y

2023-11-14	2030	Fun'q With Spencer Watts	Fun'q With Spencer Watts Series 1 Ep 7	Big platters of food, lots of smiling faces, sharing and laughter - who doesn't love a great grilled feast? Spencer makes his root beer pulled pork with pickled peppers and a mustard barbecue sauce.	CANADA	English-100		PG	
2023-11-14	2100	Gino's Italian Escape: Hidden Italy	Abruzzo	Starting in the coastal town of Pescara, Gino though first starts his food odyssey learning about the Abruzzo region's unique contribution to the culinary landscape - chitarra pasta.	UNITED KINGDOM	English-100		PG	
2023-11-14	2130	Come Dine With Me UK	Manchester Day 3	Entertainment manager, James, is hoping to blow his guests away with a menu inspired by his travels to Nashville, Tennessee. Will his American themed finger food menu help him grab the win?	UNITED KINGDOM	English-100		PG	
2023-11-14	2200	Come Dine With Me UK	Manchester Day 4	Jeweller, Angela, hopes to bedazzle her guests with an all-Italian family menu, passed down from each generation. Will it pass the test with her guests and win her the cash prize?	UNITED KINGDOM	English-100		PG	
2023-11-14	2230	The Cook Up with Adam Liaw	T-Bone	Vic Meat's butcher and owner Anthony Puharich and LP's Quality Meats owner Luke Powell join host Adam Liaw in The Cook Up kitchen to talk, cook and eat all things T-Bone!	AUSTRALIA	English-100	RPT	G	Y
2023-11-14	2300	Bizarre Foods: Delicious Destinations	Chicago: A Second Bite	Andrew takes a bite of Chicago's humble, hearty, and world-renowned food scene. From juicy rib tips to zesty Polish sausages to experimental and edible works of art.	USA	English-100	RPT	G	
2023-11-14	2330	The Cook And The Chef	Root Veg And Guinea Fowl	After the exhilaration of the New Zealand trip, this week's show opens with Maggie back on home soil - and almost knee deep in it too. She's trekking through mud with vegetable grower Dominic Scarfo.	AUSTRALIA	English-100		G	
2023-11-14	2400	Mystery Diners	While The Cat's Away...	Charles finds employees of Gauchos Village in Glendale, California, are taking advantage while the owner is away in hospital recovering from a serious accident.	USA	English-100		PG	Y
2023-11-14	2430	Fun'q With Spencer Watts	Fun'q With Spencer Watts Series 1 Ep 7	Big platters of food, lots of smiling faces, sharing and laughter - who doesn't love a great grilled feast? Spencer makes his root beer pulled pork with pickled peppers and a mustard barbecue sauce.	CANADA	English-100		PG	
2023-11-14	2500	Gino's Italian Escape: Hidden Italy	Abruzzo	Starting in the coastal town of Pescara, Gino though first starts his food odyssey learning about the Abruzzo region's unique contribution to the culinary landscape - chitarra pasta.	UNITED KINGDOM	English-100		PG	
2023-11-14	2530	Come Dine With Me UK	Manchester Day 3	Entertainment manager, James, is hoping to blow his guests away with a menu inspired by his travels to Nashville, Tennessee. Will his American themed finger food menu help him grab the win?	UNITED KINGDOM	English-100		PG	
2023-11-14	2600	Come Dine With Me UK	Manchester Day 4	Jeweller, Angela, hopes to bedazzle her guests with an all-Italian family menu, passed down from each generation. Will it pass the test with her guests and win her the cash prize?	UNITED KINGDOM	English-100		PG	
2023-11-14	2630	The Cook Up with Adam Liaw	T-Bone	Vic Meat's butcher and owner Anthony Puharich and LP's Quality Meats owner Luke Powell join host Adam Liaw in The Cook Up kitchen to talk, cook and eat all things T-Bone!	AUSTRALIA	English-100	RPT	G	Y
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2023-11-14	2800	Mystery Diners	While The Cat's Away...	Charles finds employees of Gauchos Village in Glendale, California, are taking advantage while the owner is away in hospital recovering from a serious accident.	USA	English-100	PG		Y
2023-11-14	2830	Freshly Picked With Simon Toohy	Ep 17	The King of Baklava returns with a recipe for filo tarts that layers the flavours of pistachios. Get the recipe for a roasty, creamy and crunchy cauliflower main and a naughty fried bread with tofu.	AUSTRALIA	English-100	PG		
2023-11-15	0500	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		
2023-11-15	0530	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 2	Learn to trick everyone's eyes with delicate chocolate pencils, and then fill your stomach with two chocolatey cakes. A classic yet delicious truffle recipe, which will undoubtedly please everyone.	AUSTRALIA	English-100	G		
2023-11-15	0600	Barefoot Contessa: Back To Basics	Thanksgiving New Ideas	Ina Garten is giving traditional Thanksgiving dinner dishes a modern twist. To start, it's out with the big bird and in with Tuscan turkey roulade, which is easy to make and carve.	USA	English-100	G		
2023-11-15	0630	Australia's Food Bowl	Communities	Many farming families have a long history of growing produce and Stefano meets some of the inspiring people around Mildura who have been working the land for generations.	AUSTRALIA	English-100	PG		
2023-11-15	0700	The Italian Vegan Chef	Vegan Italian Chef Series 1 Ep, The 2	Nadia arrives to Olbia and visits chef Stefano Azara, the owner of Lo Squalo restaurant. She helps make two dishes: a vegan parmigiana and 'fishless' patties with flavours similar to wakame seaweed.	ISRAEL	English-50; Italian-50	G		
2023-11-15	0730	Choccywoccydoodah	We'll Meet Again	The team at Choccywoccydoodah make some dreams come true when they hand over the cake design to some creative school children. Plus, Rebecca and Jim deliver a cake to a living legend, Dame Vera Lynn.	UNITED KINGDOM	English-100	PG		
2023-11-15	0800	David Rocco's Dolce India	Chef's Challenge	David is challenged to an Indo-Italian cook off by ITC Maratha's Executive Chef Rajdeep Kapoor. The three round cook off will pit Indian against Italian cuisine using a common star ingredient.	CANADA	English-100	PG	I	
2023-11-15	0830	India Unplated	Punjab	Punjabi cuisine is notably one of the most popular cuisines around the world. In this episode, our hosts will introduce you to some delicious recipes starting with Dhaba style butter chicken by Adam.	AUSTRALIA	English-100	G		Y
2023-11-15	0900	India Unplated	Diwali	This episode celebrates Diwali - a festival of lights and one of the major festivals celebrated in India, and no celebration in India is complete without food.	AUSTRALIA	English-100	G		Y
2023-11-15	0930	Freshly Picked With Simon Toohy	Ep 17	The King of Baklava returns with a recipe for filo tarts that layers the flavours of pistachios. Get the recipe for a roasty, creamy and crunchy cauliflower main and a naughty fried bread with tofu.	AUSTRALIA	English-100	PG		
2023-11-15	1000	Food Safari	African	Maeve O'Meara visits a bakery that cooks Ethiopian injera bread which is used with many spicy stews, and Nigerian Kunle Adesina introduces Maeve to a range of African ingredients.	AUSTRALIA	English-100	RPT	G	Y
2023-11-15	1030	Lidia's Kitchen	Soups On	Soups are a delicious and comforting way to warm up especially in winter. The menu today is spicy Italian soup, Calabria's vegetable soup, the perfect simple salad, and butternut squash soup.	USA	English-100	PG		
2023-11-15	1100	The Cook Up With Adam Liaw	Finger Lickin' Good	Adam and guests TV Presenter Julia Zemiro and chef Morgan McGlone are whipping up some delicious dishes inspired by the American south.	AUSTRALIA	English-100	RPT	PG	Y

2023-11-15	1130	Gino's Italian Escape: Hidden Italy	Abruzzo	Starting in the coastal town of Pescara, Gino though first starts his food odyssey learning about the Abruzzo region's unique contribution to the culinary landscape - chitarra pasta.	UNITED KINGDOM	English-100	PG		
2023-11-15	1200	Planet Bbq	Brazilian Grill, The	Brazilians are masters at the art of the rotisserie. We learn to cook beef, chicken and pork with the proverbial turn. We start with Brazil's celebrated picanha served with farofa and salsa.	USA	English-100	PG		
2023-11-15	1230	Project Fire	Social Distance Tailgating	From its humble origins as a picnic served from the back of a buckboard wagon to today's high-tech, high-octane outdoor foodie extravaganzas, tailgating continues to enthral American sports fans.	USA	English-100	PG		
2023-11-15	1300	All Up In My Grill	Taco Time	Tacos are the way to chef Dale's heart, and to prove it, he's grilling up a sweet and smoky lemongrass and guajillo pork with pineapple, served with coconut and cotija cheese corn.	USA	English-100	PG	I	
2023-11-15	1330	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 3	Start the day right with Kirsten's hot chocolate cubes and a fruity chocolate babka. Next on the menu is a luscious strawberry cream trifle and a tasty white chocolate peanut parfait.	AUSTRALIA	English-100	G		
2023-11-15	1400	Barefoot Contessa: Back To Basics	Spicy	Some like it hot, so Ina serves up some of her favourite spicy dishes. She starts with an exotic lamb and chickpea curry made with a fragrant mix of spices, and her lobster corn fritters.	USA	English-100	G		
2023-11-15	1430	Big Appetite	Big Appetite Series 1, Ep 1	Spin through Ben Hundred's hometown of LA with stops at Chifa, La Casita Mexicana and Evan Funke's Motherwolf.	USA	English-100			
2023-11-15	1500	The Italian Vegan Chef	Vegan Italian Chef Series 1 Ep, The 3	In Golfo Aranci, Nadia starts her day at the Abi D'oru Hotel and Spa, where she enjoys the luxurious facilities of the location before meeting Chef Filippo Fondatori to create three wonderful dishes.	ISRAEL	English-50; Italian-50	G		
2023-11-15	1530	Choccywoccydoodah	Can't Stand The Heat	The temperature's rising and the pressure is on for the chocolatiers as The Observer Food Magazine commissions a tenth anniversary birthday cake for their front cover.	UNITED KINGDOM	English-100	G	a	
2023-11-15	1600	David Rocco's Dolce India	Eat, Pray...	David takes a trip to the remote village of Mundota to visit his friends, Vikram and Alka, who will teach him about the spiritual nature of Indian cooking.	CANADA	English-100	G		
2023-11-15	1630	Anthony Bourdain: No Reservations	India (Kolkata/ Bombay)	Over the years, Tony Bourdain has fallen in love with India. The culture, the cuisine, the communities - it's all delicious and enchanting. Tony's in Kolkata and Mumbai to rediscover the magic.	USA	English-100	PG	I w	
2023-11-15	1725	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 5	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA		RPT	G	Y Y
2023-11-15	1730	Freshly Picked With Simon Toohey	Ep 18	Simon super charges broccoli to create the ultimate snack, heads for the hills in search of beetroot, and reveals the secret to the ultimate veggie stock. Tobie's in the house with a green pasta.	AUSTRALIA	English-100	PG		
2023-11-15	1800	Food Safari	Syrian	Syrian food is one of the most vibrant cuisines of the Middle East, full of herbs, spices and traditions stretching back many generations. Maeve learns the essential ingredients.	AUSTRALIA	English-100	RPT	G	Y
2023-11-15	1830	Lidia's Kitchen	Crispy Favourites	Fried foods are not eaten often in Italy, but Lidia shares some recipes no one can resist - crispy shrimp, baked tomatoes, and polenta torta with gorgonzola and savoy cabbage.	USA	English-100	PG		

2023-11-15	1900	The Cook Up With Adam Liaw	Great Outdoors, The	Zero Waste expert Sarah Wilson and Three Blue Ducks owner and chef Mark LaBrooy join Adam in the Cook Up kitchen to create some dishes easy to make and take on your outdoor adventures.	AUSTRALIA	English-100	RPT	G	Y
2023-11-15	1930	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 2	The mullet are running up the estuary and Rick has his eye on them. He takes his friend, Brian Bate, for a spot of fishing.	UNITED KINGDOM	English-100		G	
2023-11-15	2000	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 10	Kirsten shows her chocolatey twist on everyone's favourite: churros with a rich chocolate fudge sauce. Along with her irresistible coconut shortbread recipe, plus steamed chocolate baos.	AUSTRALIA	English-100		PG	
2023-11-15	2030	James Martin's Spanish Adventures	James Martin's Spanish Adventures Series 1 Ep 1	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			
2023-11-15	2130	Come Dine With Me UK	Manchester Day 5	Business developer, Nick, hopes to win her guests over with a menu inspired by his hero Winston Churchill. Will his plan to woo his diners with luxury plonk and fine dining be enough?	UNITED KINGDOM	English-100		PG	
2023-11-15	2200	Come Dine With Me UK	North Surrey Day 1	In North Surrey the first host, 39-year-old planning enforcement officer Becky, is joined by Petrina, Rob, Shoba, and Giovanni. Do her crispy croutons and lamb shank stew impress?	UNITED KINGDOM	English-100		PG	
2023-11-15	2230	The Cook Up with Adam Liaw	Lunchbox Snack	Filipino chef and owner of Sydney restaurant Cebu Lechon, Will Mahusay, and MasterChef alumni Hoda Hannaway meet up with Adam Liaw in The Cook Up kitchen as they create their ultimate lunchbox snacks.	AUSTRALIA	English-100	RPT	G	Y
2023-11-15	2300	Bizarre Foods: Delicious Destinations	Door County	Andrew Zimmern scopes out the down-to-earth culinary traditions of scenic Door County, Wisconsin. Fresh fish from Lake Michigan and local produce defines the Nordic-influenced cuisine.	USA	English-100	RPT	G	
2023-11-15	2330	The Cook And The Chef	Fish	Back from their New Zealand Food Adventure Maggie and Simon again set their sights on local produce, enjoying two excellent fish - King George Whiting and Mulloway.	AUSTRALIA	English-100		G	
2023-11-15	2400	Mystery Diners	Too Many Cooks	After receiving numerous complaints about his new Executive Chef, the owner of Bistro Bordeaux contacts Charles to investigate. They discover the chef is being sabotaged from within the kitchen.	USA	English-100		PG	Y
2023-11-15	2430	James Martin's Spanish Adventures	James Martin's Spanish Adventures Series 1 Ep 1	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			
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2023-11-16	0500	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		
2023-11-16	0530	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 3	Start the day right with Kirsten's hot chocolate cubes and a fruity chocolate babka. Next on the menu is a luscious strawberry cream trifle and a tasty white chocolate peanut parfait.	AUSTRALIA	English-100	G		
2023-11-16	0600	Barefoot Contessa: Back To Basics	Spicy	Some like it hot, so Ina serves up some of her favourite spicy dishes. She starts with an exotic lamb and chickpea curry made with a fragrant mix of spices, and her lobster corn fritters.	USA	English-100	G		
2023-11-16	0630	Big Appetite	Big Appetite Series 1, Ep 1	Spin through Ben Hundred's hometown of LA with stops at Chifa, La Casita Mexicana and Evan Funke's Motherwolf.	USA	English-100			
2023-11-16	0700	The Italian Vegan Chef	Vegan Italian Chef Series 1 Ep, The 3	In Golfo Aranci, Nadia starts her day at the Abi D'oru Hotel and Spa, where she enjoys the luxurious facilities of the location before meeting Chef Filippo Fondatori to create three wonderful dishes.	ISRAEL	English-50; Italian-50	G		
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2023-11-16	0925	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 5	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA		RPT	G	Y Y
2023-11-16	0930	Freshly Picked With Simon Toohey	Ep 18	Simon super charges broccoli to create the ultimate snack, heads for the hills in search of beetroot, and reveals the secret to the ultimate veggie stock. Tobie's in the house with a green pasta.	AUSTRALIA	English-100	PG		
2023-11-16	1000	Food Safari	Syrian	Syrian food is one of the most vibrant cuisines of the Middle East, full of herbs, spices and traditions stretching back many generations. Maeve learns the essential ingredients.	AUSTRALIA	English-100	RPT	G	Y
2023-11-16	1030	Lidia's Kitchen	Crispy Favourites	Fried foods are not eaten often in Italy, but Lidia shares some recipes no one can resist - crispy shrimp, baked tomatoes, and polenta torta with gorgonzola and savoy cabbage.	USA	English-100	PG		

2023-11-16	1100	The Cook Up With Adam Liaw	Great Outdoors, The	Zero Waste expert Sarah Wilson and Three Blue Ducks owner and chef Mark LaBrooy join Adam in the Cook Up kitchen to create some dishes easy to make and take on your outdoor adventures.	AUSTRALIA	English-100	RPT	G	Y
2023-11-16	1130	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 2	The mullet are running up the estuary and Rick has his eye on them. He takes his friend, Brian Bate, for a spot of fishing.	UNITED KINGDOM	English-100		G	
2023-11-16	1200	Planet Bbq	From Caracas To Lima	We travel the BBQ trail from Venezuela to Peru starting with a Venezuelan specialty, asopao, reimaged by Caracas-born chef Geronimo Lopez. Then, a twist on two Peruvian delicacies.	USA	English-100		PG	
2023-11-16	1230	Project Fire	Little Italy	Celebrate Italian grilling and the food of Little Italy's around North America, honouring their reverence for simplicity and fresh seasonal ingredients, and the American passion for big flavours.	USA	English-100		PG	
2023-11-16	1300	All Up In My Grill	Whole Fish	Grilling isn't only about fast and casual dinners. Chef Dale grills to impress with this elegant, restaurant quality meal of whole roasted fish, coconut milk grits and tamarind salad.	USA	English-100		G	
2023-11-16	1330	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 4	An episode to make kids happy, learn to make nutty chocolate pops, a luscious chocolate and meringue cake, ice cream with a lamington twist or caramel filled choc nut cups - the options are endless.	AUSTRALIA	English-100		G	
2023-11-16	1400	Barefoot Contessa: Back To Basics	Make Ahead Entertaining	Ina is entertaining, and she's taking the pressure off with all make-ahead dishes. She starts with two easy appetisers - mustard and Gruyere batons and warm dates with blue cheese and prosciutto.	USA	English-100		G	
2023-11-16	1430	Big Appetite	Big Appetite Series 1, Ep 2	Ben hundreds hits Bonnie's, Aunts Et Uncles, Gage and Tollner, and searches for the best pizza in Brooklyn.	USA	English-100		G	
2023-11-16	1500	The Italian Vegan Chef	Vegan Italian Chef Series 1 Ep, The 4	Nadia walks around Ravenna explaining the history of the town and then visiting the local market. There, she makes fresh pasta, and then takes a break with a piadina, a traditional street-food.	ISRAEL	English-50; Italian-50		G	
2023-11-16	1530	Choccywoccydoodah	When Cupid Strikes	It's a nice day for a blood wedding when a coven of twisted wedding planners get a gory surprise after Boss Christine booby traps their cake for a glamorous photo shoot in a castle!	UNITED KINGDOM	English-100		G	a
2023-11-16	1600	David Rocco's Dolce India	Green Bharat, The	When David discovers a dairy farm making Italian cheeses in India, he takes it upon himself to investigate. Inspired by Indians embracing the fundamentals of Italian food, David returns the favour.	CANADA	English-100		G	Y
2023-11-16	1630	Gordon Ramsay Uncharted	India's Spice Hub	From the coast to the mountains of Southern India, Chef Ramsay unlocks the complex flavors of the region known as the spice trade capital of the world.	UNITED KINGDOM	English-100		PG	I Y
2023-11-16	1725	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 6	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
2023-11-16	1730	Freshly Picked With Simon Toohy	Ep 19	The ultimate one-pot wonder is on, and a breakfast winner with corn and zucchini fritters. Learn to use tahini on a summer fruit salad to new heights, and the trick behind making mashed potatoes.	AUSTRALIA	English-100		PG	
2023-11-16	1800	Food Safari	USA	Food Safari discovers some of the vast range of flavours and dishes that can be found across the expanse of the United States of America. Hosted by Maeve O'Meara.	AUSTRALIA	English-100	RPT	G	Y

2023-11-16	1830	Lidia's Kitchen	Meal For The Grandkids, A	Lidia loves cooking for her family and shares some of her favourite recipes to make for her grandkids. Including a refreshing and kid-friendly cherry almond spritzer, grilled fruit, and pasta salad	USA	English-100		PG		
2023-11-16	1900	The Cook Up With Adam Liaw	Shortcuts	The first ever winner of MasterChef Julie Goodwin and comedian extraordinaire Aaron Chen are in the Cook Up kitchen with Adam to whip up some easy recipes that use shortcuts.	AUSTRALIA	English-100	RPT	G		Y
2023-11-16	1930	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 3	Rosie, a French fisherwoman who trawls out of Padstow, cooks Rick a sustaining squid stew from her native Bayonne. It is made from huge amounts of red wine, tomatoes, garlic and cayenne pepper.	UNITED KINGDOM	English-100		PG	a w	
2023-11-16	2000	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 2 Ep 4	Paula finds inspiration in a vintage women's 1945 institute cookbook. She makes a beef tea served up with corwaddle, a type of oat biscuit, topped with savoury butter cream and onion jam.	UNITED KINGDOM	English-100		PG		
2023-11-16	2030	Guillaume's Paris	Guillaume's Paris Series 1 Ep 9	Chef Guillaume Brahimi explores the 17th and 18th arrondissements of Paris where some of the best kept culinary secrets can be found, including a mushroom farm in an underground carpark.	AUSTRALIA	English-70; French-30	RPT	PG		Y Y
2023-11-16	2100	Paradise Kitchen Bali	Tofu	Lauren delves into the world of tofu, discovering its potential to create delicious and nutritious dishes. She experiments with different tofu textures and flavours, pushing the soybean to its limits.	NETHERLANDS	English-90; Balinese-10		PG		
2023-11-16	2130	Come Dine With Me UK	North Surrey Day 2	It's the second night in north Surrey, and Shoba is serving an Indian menu. The guests are less than impressed with the frozen fish curry; can belly dancing, Bollywood-style, save the day?	UNITED KINGDOM	English-100		PG	s	
2023-11-16	2200	Come Dine With Me UK	North Surrey Day 3	In north Surrey, 31-year-old drum tutor Rob is hoping his Thai-tastic menu will impress his guests and snare him the prize, as well as impressing the object of his affections, Petrina.	UNITED KINGDOM	English-100		PG		
2023-11-16	2230	The Cook Up with Adam Liaw	Parmesan	The Cook Up kitchen plays host to Sydney restaurant Nel's Nelly Robinson and Italian home cook Silvia Colloca as they tackle another much-loved Italian staple - parmesan.	AUSTRALIA	English-100	RPT	G		Y
2023-11-16	2300	Bizarre Foods: Delicious Destinations	Washington, Dc	Andrew looks at the diverse eats that define Washington, DC. Full of vibrant communities, DC boasts gastronomy that includes local oysters, Ethiopian chicken stew, and spicy Chinese stir-fry.	USA	English-100	RPT	G		Y
2023-11-16	2330	The Cook And The Chef	Cauliflower And Passionfruit	Working at the Hotel often keeps Simon busy late into the evening so he's not known for his love of early mornings, but this week he's made the effort to get up well before the crack of dawn.	AUSTRALIA	English-100		G		
2023-11-16	2400	Mystery Diners	Wine On Wheels	The co-owners of Big and Little's Restaurant in Chicago contact Charles Stiles after hearing rumours that employees are illegally selling alcohol to customers at their B.Y.O.B. restaurant.	USA	English-100		PG		Y
2023-11-16	2430	Guillaume's Paris	Guillaume's Paris Series 1 Ep 9	Chef Guillaume Brahimi explores the 17th and 18th arrondissements of Paris where some of the best kept culinary secrets can be found, including a mushroom farm in an underground carpark.	AUSTRALIA	English-70; French-30	RPT	PG		Y Y
2023-11-16	2500	Paradise Kitchen Bali	Tofu	Lauren delves into the world of tofu, discovering its potential to create delicious and nutritious dishes. She experiments with different tofu textures and flavours, pushing the soybean to its limits.	NETHERLANDS	English-90; Balinese-10		PG		
2023-11-16	2530	Come Dine With Me UK	North Surrey Day 2	It's the second night in north Surrey, and Shoba is serving an Indian menu. The guests are less than impressed with the frozen fish curry; can belly dancing, Bollywood-style, save the day?	UNITED KINGDOM	English-100		PG	s	

2023-11-16	2600	Come Dine With Me UK	North Surrey Day 3	In north Surrey, 31-year-old drum tutor Rob is hoping his Thai-tastic menu will impress his guests and snare him the prize, as well as impressing the object of his affections, Petrina.	UNITED KINGDOM	English-100		PG		
2023-11-16	2630	The Cook Up with Adam Liaw	Parmesan	The Cook Up kitchen plays host to Sydney restaurant Nel's Nelly Robinson and Italian home cook Silvia Colloca as they tackle another much-loved Italian staple - parmesan.	AUSTRALIA	English-100	RPT	G		Y
2023-11-16	2700	Bizarre Foods: Delicious Destinations	Washington, Dc	Andrew looks at the diverse eats that define Washington, DC. Full of vibrant communities, DC boasts gastronomy that includes local oysters, Ethiopian chicken stew, and spicy Chinese stir-fry.	USA	English-100	RPT	G		Y
2023-11-16	2730	The Cook And The Chef	Cauliflower And Passionfruit	Working at the Hotel often keeps Simon busy late into the evening so he's not known for his love of early mornings, but this week he's made the effort to get up well before the crack of dawn.	AUSTRALIA	English-100		G		
2023-11-16	2800	Mystery Diners	Wine On Wheels	The co-owners of Big and Little's Restaurant in Chicago contact Charles Stiles after hearing rumours that employees are illegally selling alcohol to customers at their B.Y.O.B. restaurant.	USA	English-100		PG		Y
2023-11-16	2830	Freshly Picked With Simon Toohey	Ep 19	The ultimate one-pot wonder is on, and a breakfast winner with corn and zucchini fritters. Learn to use tahini on a summer fruit salad to new heights, and the trick behind making mashed potatoes.	AUSTRALIA	English-100		PG		
2023-11-17	0500	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		
2023-11-17	0530	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 4	An episode to make kids happy, learn to make nutty chocolate pops, a luscious chocolate and meringue cake, ice cream with a lamington twist or caramel filled choc nut cups - the options are endless.	AUSTRALIA	English-100		G		
2023-11-17	0600	Barefoot Contessa: Back To Basics	Make Ahead Entertaining	Ina is entertaining, and she's taking the pressure off with all make-ahead dishes. She starts with two easy appetisers - mustard and gruyere batons and warm dates with blue cheese and prosciutto.	USA	English-100		G		
2023-11-17	0630	Big Appetite	Big Appetite Series 1, Ep 2	Ben hundreds hits Bonnie's, Aunts Et Uncles, Gage and Tollner, and searches for the best pizza in Brooklyn.	USA	English-100				
2023-11-17	0700	The Italian Vegan Chef	Vegan Italian Chef Series 1 Ep, The 4	Nadia walks around Ravenna explaining the history of the town and then visiting the local market. There, she makes fresh pasta, and then takes a break with a piadina, a traditional street-food.	ISRAEL	English-50; Italian-50		G		
2023-11-17	0730	Choccywoccydoodah	When Cupid Strikes	It's a nice day for a blood wedding when a coven of twisted wedding planners get a gory surprise after Boss Christine booby traps their cake for a glamorous photo shoot in a castle!	UNITED KINGDOM	English-100		G	a	
2023-11-17	0800	David Rocco's Dolce India	Green Bharat, The	When David discovers a dairy farm making Italian cheeses in India, he takes it upon himself to investigate. Inspired by Indians embracing the fundamentals of Italian food, David returns the favour.	CANADA	English-100		G		Y
2023-11-17	0830	Gordon Ramsay Uncharted	India's Spice Hub	From the coast to the mountains of Southern India, Chef Ramsay unlocks the complex flavors of the region known as the spice trade capital of the world.	UNITED KINGDOM	English-100		PG	I	Y
2023-11-17	0925	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 6	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

2023-11-17	0930	Freshly Picked With Simon Toohey	Ep 19	The ultimate one-pot wonder is on, and a breakfast winner with corn and zucchini fritters. Learn to use tahini on a summer fruit salad to new heights, and the trick behind making mashed potatoes.	AUSTRALIA	English-100		PG	
2023-11-17	1000	Food Safari	USA	Food Safari discovers some of the vast range of flavours and dishes that can be found across the expanse of the United States of America. Hosted by Maeve O'Meara.	AUSTRALIA	English-100	RPT	G	Y
2023-11-17	1030	Lidia's Kitchen	Meal For The Grandkids, A	Lidia loves cooking for her family and shares some of her favourite recipes to make for her grandkids. Including a refreshing and kid-friendly cherry almond spritzer, grilled fruit, and pasta salad	USA	English-100		PG	
2023-11-17	1100	The Cook Up With Adam Liaw	Shortcuts	The first ever winner of MasterChef Julie Goodwin and comedian extraordinaire Aaron Chen are in the Cook Up kitchen with Adam to whip up some easy recipes that use shortcuts.	AUSTRALIA	English-100	RPT	G	Y
2023-11-17	1130	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 3	Rosie, a French fisherwoman who trawls out of Padstow, cooks Rick a sustaining squid stew from her native Bayonne. It is made from huge amounts of red wine, tomatoes, garlic and cayenne pepper.	UNITED KINGDOM	English-100		PG	a w
2023-11-17	1200	Planet Bbq	Gulf Coast Grill	The Gulf Coast has some of the most vibrant seafood and distinctive grilling in the Americas. From grilled oysters with charred corn salsa to a grill-top shrimp boil, we're fishing for compliments.	USA	English-100		PG	
2023-11-17	1230	Project Fire	Cured And Smoked	Texans brag about brisket and Carolinians praise pulled pork shoulder. For the rest of us, the ultimate symbol of barbecues is ribs. The rack you relish depends on where you fire up your grill.	USA	English-100		PG	
2023-11-17	1300	All Up In My Grill	Chicken Show	If you're going to grill chicken, you'll want to make it good. Chef Dale likes to kick up the heat with his angry chicken, a spicy, spatchcocked and grilled whole chicken.	USA	English-100		G	
2023-11-17	1330	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 5	Get festive today with Kirsten's impressive chocolate berry layer cake, then dive into chocolatey heaven with a gorgeous chocolate flan.	AUSTRALIA	English-100		G	
2023-11-17	1400	Barefoot Contessa: Back To Basics	Holiday Brunch	Ina Garten is sharing recipes and tips for putting together a gorgeous seasonal brunch. She starts with shakshuka with feta, the perfect way to serve eggs, and bakes a batch of morning glory muffins.	USA	English-100		G	
2023-11-17	1430	Big Appetite	Big Appetite Series 1, Ep 3	Ben Hundreds explores heritage-inspired spots in Boston including La Royal, Bronwyn and Wusong Road.	USA	English-100			
2023-11-17	1500	The Italian Vegan Chef	Vegan Italian Chef Series 1 Ep, The 5	Incredible landscapes, vineyards, wine, an ancient castle and a true Baron. Nadia discovers the unbelievable history and nature of Tuscany at the Castello di Brolio, in the area of Chianti Classico.	ISRAEL	English-50; Italian-50		G	
2023-11-17	1530	Choccywoccydoodah	Fun Of The Fair	Chocolatier Dave is in his element when he gets to make a vintage cake spectacular for design guru Wayne Hemingway. It's to be in the spotlight at his summer festival at the Royal Festival Hall.	UNITED KINGDOM	English-100		PG	a
2023-11-17	1600	David Rocco's Dolce India	Spice Guru	Bukhara is one of India's most famous restaurants, known for its highly guarded dal recipe. David is determined to learn the recipe from ITC Bukhara's head Chef Manisha Bhasin.	CANADA	English-100		G	
2023-11-17	1630	The Cook Up With Adam Liaw	Modern Indian	Adam, Nilgiris chef Ajoy Joshi and head chef at Foreign Return Siddharth Kalyanaraman join Adam in the Cook Up kitchen to create Indian dishes with a modern twist.	AUSTRALIA	English-100	RPT	G	Y

2023-11-17	1700	The Cook Up With Adam Liaw	Festival Of Lights	It's Easy Entertaining with The Cook Up, and Adam is celebrating Diwali, the festival of lights, with chefs Gunjan Aylawadi and Nagesh Seethiah.	AUSTRALIA	English-100	RPT	G		Y
2023-11-17	1730	Freshly Picked With Simon Toohy	Ep 20	Alice Zaslavsky enters the kitchen with her magical spinach and almond curry. Simon creates a sticky, sweet lettuce cup using gochujang and eggplant, and a show-stopping artistic ratatouille.	AUSTRALIA	English-100		PG		
2023-11-17	1800	Food Safari	Jewish	Maeve O'Meara explores the delicious and complex world of Jewish food - full of age-old traditions and customs. She visits kosher butcher shops and fish shops in Melbourne and Sydney.	AUSTRALIA	English-100	RPT	G		Y
2023-11-17	1830	Lidia's Kitchen	Starring Olive Oil	Olive oil is an essential staple in every Italian home. It's the easiest way to add flavour to any soup, and Lidia shows you how when making cannellini bean and lentil soup.	USA	English-100		PG		
2023-11-17	1900	The Cook Up With Adam Liaw	Snacks	Who doesn't love a good filling and easy snack? Adam and guests, pastry chef Lauren Eldridge and TAFE student Kirsty Lea, are in the Cook Up kitchen to add some more go-to snacks to your list.	AUSTRALIA	English-100	RPT	G		Y
2023-11-17	1930	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 4	Rick and Chalkie, his six-year-old Jack Russell terrier, indulge in a Cornish pastime - hunting for spider crabs at low tide in a secluded cove.	UNITED KINGDOM	English-100		PG	a w	
2023-11-17	2000	Poh & Co. Best Bites	Poh & Co. Best Bites Series 2 Ep 1	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G		Y
2023-11-17	2030	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 7	Rick boards the ferry in Penzance to take him to The Isles of Scilly, a group of islands which were once part of Cornwall.	UNITED KINGDOM	English-100		PG	a	
2023-11-17	2100	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 8	Could you eat 700 samples of cheese a week? On a visit to a dairy, Rick meets a man who is paid to do just that.	UNITED KINGDOM	English-100		PG	a	
2023-11-17	2130	Come Dine With Me UK	North Surrey Day 4	In north Surrey, 49-year-old Petrina hopes her experience entertaining on cruise ships gives her the edge. Or will it be her dessert: 'Petrina's Salted Caramel Chocolate Crunch Surprise'?	UNITED KINGDOM	English-100		PG	s	
2023-11-17	2200	Come Dine With Me UK	North Surrey Day 5	It's the final night in north Surrey, hosted by Giovanni who wants to fly the flag for Sicily with family-inspired recipes. But a tagliatelle tragedy leaves him with Parmesan on his face.	UNITED KINGDOM	English-100		PG		
2023-11-17	2230	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
2023-11-17	2300	Bizarre Foods: Delicious Destinations	Chesapeake Bay	Andrew highlights the rustic eats of the Chesapeake Bay area, from steamed shellfish doused in J.O. spice to tender Virginia ham.	USA	English-100	RPT	PG	a w	Y
2023-11-17	2330	The Cook And The Chef	Limes And Rice	The beautiful fertile soils of the Northern Rivers Regions of NSW have made possible many amazing subtropical food enterprises. Maggie discovers why the finger lime is called 'citrus caviar'.	AUSTRALIA	English-100		G		
2023-11-17	2400	Mystery Diners	Lactose Intolerant	After learning that several petite women have easily completed their grilled cheese eating challenge, Chris, the owner of Cheesie's Pub and Grub in Chicago, contacts Charles Stiles to investigate.	USA	English-100		PG		Y

2023-11-17	2430	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 7	Rick boards the ferry in Penzance to take him to The Isles of Scilly, a group of islands which were once part of Cornwall.	UNITED KINGDOM	English-100		PG	a	
2023-11-17	2500	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 8	Could you eat 700 samples of cheese a week? On a visit to a dairy, Rick meets a man who is paid to do just that.	UNITED KINGDOM	English-100		PG	a	
2023-11-17	2530	Come Dine With Me UK	North Surrey Day 4	In north Surrey, 49-year-old Petrina hopes her experience entertaining on cruise ships gives her the edge. Or will it be her dessert: 'Petrina's Salted Caramel Chocolate Crunch Surprise'?	UNITED KINGDOM	English-100		PG	s	
2023-11-17	2600	Come Dine With Me UK	North Surrey Day 5	It's the final night in north Surrey, hosted by Giovanni who wants to fly the flag for Sicily with family-inspired recipes. But a tagliatelle tragedy leaves him with Parmesan on his face.	UNITED KINGDOM	English-100		PG		
2023-11-17	2630	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
2023-11-17	2700	Bizarre Foods: Delicious Destinations	Chesapeake Bay	Andrew highlights the rustic eats of the Chesapeake Bay area, from steamed shellfish doused in J.O. spice to tender Virginia ham.	USA	English-100	RPT	PG	a w	Y
2023-11-17	2730	The Cook And The Chef	Limes And Rice	The beautiful fertile soils of the Northern Rivers Regions of NSW have made possible many amazing subtropical food enterprises. Maggie discovers why the finger lime is called 'citrus caviar'.	AUSTRALIA	English-100		G		
2023-11-17	2800	Mystery Diners	Lactose Intolerant	After learning that several petite women have easily completed their grilled cheese eating challenge, Chris, the owner of Cheesie's Pub and Grub in Chicago, contacts Charles Stiles to investigate.	USA	English-100		PG		Y
2023-11-17	2830	Freshly Picked With Simon Toohey	Ep 20	Alice Zaslavsky enters the kitchen with her magical spinach and almond curry. Simon creates a sticky, sweet lettuce cup using gochujang and eggplant, and a show-stopping artistic ratatouille.	AUSTRALIA	English-100		PG		
2023-11-18	0500	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		
2023-11-18	0530	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 5	Get festive today with Kirsten's impressive chocolate berry layer cake, then dive into chocolatey heaven with a gorgeous chocolate flan.	AUSTRALIA	English-100		G		
2023-11-18	0600	Barefoot Contessa: Back To Basics	Holiday Brunch	Ina Garten is sharing recipes and tips for putting together a gorgeous seasonal brunch. She starts with shakshuka with feta, the perfect way to serve eggs, and bakes a batch of morning glory muffins.	USA	English-100		G		
2023-11-18	0630	Big Appetite	Big Appetite Series 1, Ep 3	Ben Hundreds explores heritage-inspired spots in Boston including La Royal, Bronwyn and Wusong Road.	USA	English-100				
2023-11-18	0700	The Italian Vegan Chef	Vegan Italian Chef Series 1 Ep, The 5	Incredible landscapes, vineyards, wine, an ancient castle and a true Baron. Nadia discovers the unbelievable history and nature of Tuscany at the Castello di Brolio, in the area of Chianti Classico.	ISRAEL	English-50; Italian-50		G		
2023-11-18	0730	Choccywoccydoodah	Fun Of The Fair	Chocolatier Dave is in his element when he gets to make a vintage cake spectacular for design guru Wayne Hemingway. It's to be in the spotlight at his summer festival at the Royal Festival Hall.	UNITED KINGDOM	English-100		PG	a	

2023-11-18	0800	David Rocco's Dolce India	Spice Guru	Bukhara is one of India's most famous restaurants, known for it's highly guarded dal recipe. David is determined to learn the recipe from ITC Bukhara's head Chef Manisha Bhasin.	CANADA	English-100		G		
2023-11-18	0830	The Cook Up With Adam Liaw	Modern Indian	Adam, Nilgiris chef Ajoy Joshi and head chef at Foreign Return Siddarth Kalyanaraman join Adam in the Cook Up kitchen to create Indian dishes with a modern twist.	AUSTRALIA	English-100	RPT	G		Y
2023-11-18	0900	The Cook Up With Adam Liaw	Festival Of Lights	It's Easy Entertaining with The Cook Up, and Adam is celebrating Diwali, the festival of lights, with chefs Gunjan Aylawadi and Nagesh Seethiah.	AUSTRALIA	English-100	RPT	G		Y
2023-11-18	0930	Freshly Picked With Simon Toohey	Ep 20	Alice Zaslavsky enters the kitchen with her magical spinach and almond curry. Simon creates a sticky, sweet lettuce cup using gochujang and eggplant, and a show-stopping artistic ratatouille.	AUSTRALIA	English-100		PG		
2023-11-18	1000	Food Safari	Jewish	Maeve O'Meara explores the delicious and complex world of Jewish food - full of age-old traditions and customs. She visits kosher butcher shops and fish shops in Melbourne and Sydney.	AUSTRALIA	English-100	RPT	G		Y
2023-11-18	1030	Lidia's Kitchen	Starring Olive Oil	Olive oil is an essential staple in every Italian home. It's the easiest way to add flavour to any soup, and Lidia shows you how when making cannellini bean and lentil soup.	USA	English-100		PG		
2023-11-18	1100	The Cook Up With Adam Liaw	Snacks	Who doesn't love a good filling and easy snack? Adam and guests, pastry chef Lauren Eldridge and TAFE student Kirsty Lea, are in the Cook Up kitchen to add some more go-to snacks to your list.	AUSTRALIA	English-100	RPT	G		Y
2023-11-18	1130	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 4	Rick and Chalkie, his six-year-old Jack Russell terrier, indulge in a Cornish pastime - hunting for spider crabs at low tide in a secluded cove.	UNITED KINGDOM	English-100		PG	a w	
2023-11-18	1200	Planet Bbq	Global Melting Pot	The U.S. is often described as a global melting pot. We focus on three grilled dishes with international roots - shrimp cocktail, chipotle ribs, and an unexpected planet barbecue 'banana' split.	USA	English-100		PG		
2023-11-18	1230	Project Fire	Improbable Grill, The	Ever since our prehistoric ancestors first put food to fire, cooks have contrived ingenious and not always conventional ways to harness the flames. We explore three unexpected techniques for grilling.	USA	English-100		PG		
2023-11-18	1300	All Up In My Grill	Breakfast	Chef Dale greets the day with a showstopping Dutch baby pancake and tangerine syrup, crispy hash browns topped with creme fraiche and roe, and a ham steak smothered in sweet cherry mostarda.	USA	English-100		G		
2023-11-18	1330	Come Dine With Me UK	North Surrey Day 4	In north Surrey, 49-year-old Petrina hopes her experience entertaining on cruise ships gives her the edge. Or will it be her dessert: 'Petrina's Salted Caramel Chocolate Crunch Surprise'?	UNITED KINGDOM	English-100		PG	s	
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2023-11-18	1500	Bizarre Foods: Delicious Destinations	Chesapeake Bay	Andrew highlights the rustic eats of the Chesapeake Bay area, from steamed shellfish doused in J.O. spice to tender Virginia ham.	USA	English-100	RPT	PG	a w	Y

2023-11-18	1530	The Cook And The Chef	Limes And Rice	The beautiful fertile soils of the Northern Rivers Regions of NSW have made possible many amazing subtropical food enterprises. Maggie discovers why the finger lime is called 'citrus caviar'.	AUSTRALIA	English-100	G		
2023-11-18	1600	Big Appetite	Big Appetite Series 1, Ep 1	Spin through Ben Hundred's hometown of LA with stops at Chifa, La Casita Mexicana and Evan Funke's Motherwolf.	USA	English-100			
2023-11-18	1630	Beyond River Cottage	Beyond River Cottage Series 1 Ep 7	It's high summer and the season's underway for Dorset's carnivals and regattas. Never one to miss an opportunity for trade, Hugh teams up with Lyme Regis fisherman John Wason.	UNITED KINGDOM	English-100	PG		
2023-11-18	1700	Beyond River Cottage	Beyond River Cottage Series 1 Ep 8	The day has come for Hugh to harvest his first crop of home-spun honey. At River Cottage HQ, with the help of bee-keeper Ken Bishop, Hugh carefully extracts a healthy 25lbs of honey.	UNITED KINGDOM	English-100	PG		
2023-11-18	1730	Born To Cook: Jack Stein Down Under	Born To Cook: Jack Stein Down Under Series 2	The Kimberley's coastline ranges over 12,000 kilometres, much of which is inaccessible by land, so local guides take Jack island hopping to find some of the world's most pristine oyster beds.	AUSTRALIA	English-100	G		
2023-11-18	1800	Born To Cook: Jack Stein Down Under	Born To Cook: Jack Stein Down Under Series 2	In the season finale, Jack honours the truly amazing people and food he has encountered in the Kimberley with a long table dinner under the stars.	AUSTRALIA	English-100	G		
2023-11-18	1830	Order Up!	Order Up! Series 1 Ep 5	Hudson travels halfway across the globe to the sunny island of Singapore. Here, he re-discovers his love for Asian noodles and gets in touch with his eastern heritage.	CANADA	English-100	PG	a	
2023-11-18	1930	Selena + Chef	Selena + Kelis Rogers	Kelis Rogers is not only a successful singer and songwriter, but also a cookbook author! She introduces Selena to a decadent oxtail yuca poutine and rosemary apple cranberry buckle	USA	English-100	PG		
2023-11-18	2000	Selena + Chef	Selena + Jordan Andino	New York City-based TV chef, Jordan Andino, lights up Selena's kitchen with a meal that embodies the unique flavour profile of Filipino cooking – chicken adobo and plantain turon.	USA	English-100	PG		Y
2023-11-18	2030	Hairy Bikers Northern Exposure	Sweden Part 2, The South	A trip around the Baltic wouldn't be complete without the bikers tasting the ultimate smorgasbord - it's the very best of Sweden on a plate.	UNITED KINGDOM	English-100	PG	n	Y
2023-11-18	2135	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
2023-11-18	2230	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 1	Fifteen years ago, Hugh Fearnley-Wittingstall embarked on an experiment in sustainability and self-sufficiency. Now he hands the baton to Tasmanian chef Paul West as he sets up his own farm in NSW.	UNITED KINGDOM	English-100	RPT	PG	Y
2023-11-18	2330	Mystery Diners	Deliver Us From Evil	After receiving numerous complaints about his delivery service, Danny, the owner of Bella Luna Cafe in Chicago, contacts Charles Stiles for help.	USA	English-100	PG		Y
2023-11-18	2400	Mystery Diners	Throw Mama From The Restaurant	When Tommy, the owner of Gigi Restaurant in Philadelphia, suspects that his mother-slash-manager is discriminating against younger customers, he contacts Charles to investigate.	USA	English-100	PG		Y
2023-11-18	2430	Beyond River Cottage	Beyond River Cottage Series 1 Ep 7	It's high summer and the season's underway for Dorset's carnivals and regattas. Never one to miss an opportunity for trade, Hugh teams up with Lyme Regis fisherman John Wason.	UNITED KINGDOM	English-100	PG		

2023-11-18	2500	Beyond River Cottage	Beyond River Cottage Series 1 Ep 8	The day has come for Hugh to harvest his first crop of home-spun honey. At River Cottage HQ, with the help of bee-keeper Ken Bishop, Hugh carefully extracts a healthy 25lbs of honey.	UNITED KINGDOM	English-100	PG	
2023-11-18	2530	Born To Cook: Jack Stein Down Under	Born To Cook: Jack Stein Down Under Series 2	The Kimberley's coastline ranges over 12,000 kilometres, much of which is inaccessible by land, so local guides take Jack island hopping to find some of the world's most pristine oyster beds.	AUSTRALIA	English-100	G	
2023-11-18	2600	Born To Cook: Jack Stein Down Under	Born To Cook: Jack Stein Down Under Series 2	In the season finale, Jack honours the truly amazing people and food he has encountered in the Kimberley with a long table dinner under the stars.	AUSTRALIA	English-100	G	
2023-11-18	2630	Order Up!	Order Up! Series 1 Ep 5	Hudson travels halfway across the globe to the sunny island of Singapore. Here, he re-discovers his love for Asian noodles and gets in touch with his eastern heritage.	CANADA	English-100	PG	a
2023-11-18	2730	Selena + Chef	Selena + Kelis Rogers	Kelis Rogers is not only a successful singer and songwriter, but also a cookbook author! She introduces Selena to a decadent oxtail yuca poutine and rosemary apple cranberry buckle	USA	English-100	PG	
2023-11-18	2800	Selena + Chef	Selena + Jordan Andino	New York City-based TV chef, Jordan Andino, lights up Selena's kitchen with a meal that embodies the unique flavour profile of Filipino cooking – chicken adobo and plantain turon.	USA	English-100	PG	Y
2023-11-18	2830	Mystery Diners	Deliver Us From Evil	After receiving numerous complaints about his delivery service, Danny, the owner of Bella Luna Cafe in Chicago, contacts Charles Stiles for help.	USA	English-100	PG	Y