



WEEK 47 **Sunday, 17 November 2024** **Saturday, 23 November 2024** **ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Egg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-11-17	0500	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		
2024-11-17	0530	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	RPT	G			
2024-11-17	0600	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	RPT				Y
2024-11-17	0630	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			
2024-11-17	0700	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		
2024-11-17	0730	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	
2024-11-17	0830	World's Most Expensive Foods	Ruby Roman	Every summer in Japan, the world's most expensive grapes, the Ruby Romans, never fail to spark off a bidding frenzy at its first-in-season auction. Here, highly-priced luxury fruits are big business.	SINGAPORE	English-50; Japanese-50	RPT	G			Y
2024-11-17	0930	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
2024-11-17	1030	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
2024-11-17	1125	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	

2024-11-17	1130	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
2024-11-17	1235	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		
2024-11-17	1305	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		
2024-11-17	1330	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	RPT	G			
2024-11-17	1400	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	RPT				Y
2024-11-17	1430	Gordon Ramsay Uncharted	Untamed Tasmania	Chef Ramsay discovers the purity of local ingredients on the far-flung island of Tasmania.	UNITED KINGDOM	English-100	RPT	PG	a l w		Y
2024-11-17	1525	Taste The Philippines With Yasmin Newman	Smoked Bicol Express With Luisa Brimble	Renowned cookbook photographer Louisa Brimble shares her smoky version of bicol express, a classic dish from her hometown in the Philippines.	AUSTRALIA	English-100	RPT	G			
2024-11-17	1530	Gordon Ramsay Uncharted	Wilds Of South Africa, The	Chef Ramsay gets up close with rhinos, giraffes, zebras and hippos in the dramatic wilderness of KwaZulu-Natal, South Africa, as he learns the secrets of the traditional cuisine of Zulu warriors and masters using a local 'braai'.	UNITED KINGDOM	English-100	RPT	PG	a l w		Y
2024-11-17	1625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y	
2024-11-17	1630	Field Trip With Curtis Stone	Lost Scenes, The	We revisit the countries where Curtis journeyed this season, revealing the food and adventures never seen. While in New South Wales, Curtis discovers Caribbean rum made from Australian sugar cane.	USA	English-100	RPT	PG	a w		
2024-11-17	1700	Tom Kerridge's American Feast	Central Valley	Tom Kerridge lands in California's lush Gold Country and Central Valley where organically grown food is the order of the day.	UNITED KINGDOM	English-100	RPT	PG			
2024-11-17	1730	Eating Inn	Oku: Kempinski, Jakarta	Steeped in history, this Jakarta icon is representative of Indonesia's remarkable change as a nation since World War II.	SINGAPORE	English-100		PG	a n w		
2024-11-17	1830	James Martin's Spanish Adventure	La Rioja	James Martin's French Adventure continues on the Canal du Midi, starting in historic Carcassonne. After cooking up a delicious fish stew on the banks of the canal, he hops aboard a boat for a trip.	UNITED KINGDOM	English-100	RPT	PG	a w		Y
2024-11-17	1930	A Lake District Farmshop	Ep 3	Head lifestyle buyer Tracey Clowes, has a resourceful plan to turn the sheared sheep fleece on the service station's own farm, High Chapel, into a product for the farm shop.	UNITED KINGDOM	English-100		G			

2024-11-17	2030	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 5	Rick goes fishing for his favourite oysters, makes a delicious fish soup and discovers the all-but-forgotten story of Cornwall's ancient capital, Lostwithiel.	UNITED KINGDOM	English-100	RPT	G		
2024-11-17	2100	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 6	Rick visits an ancient Cornish deer farm, then returns to his kitchen in Padstow to make a magnificent venison wellington.	UNITED KINGDOM	English-100	RPT	PG		
2024-11-17	2130	Anthony Bourdain: Parts Unknown	New Mexico	Tony takes a close look at the mash-up of cultures that comprise this uniquely American state. He and the crew sample New Mexico's food - a combination of Spanish, Mediterranean, Mexican, Pueblo and even chuck-wagon influences.	USA	English-100	RPT	PG	a s w	
2024-11-17	2225	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
2024-11-17	2230	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
2024-11-17	2330	Gordon Ramsay Uncharted	Untamed Tasmania	Chef Ramsay discovers the purity of local ingredients on the far-flung island of Tasmania.	UNITED KINGDOM	English-100	RPT	PG	a l w	Y
2024-11-17	2425	Taste The Philippines With Yasmin Newman	Smoked Bicol Express With Luisa Brimble	Renowned cookbook photographer Louisa Brimble shares her smoky version of bicol express, a classic dish from her hometown in the Philippines.	AUSTRALIA	English-100	RPT	G		
2024-11-17	2430	Gordon Ramsay Uncharted	Wilds Of South Africa, The	Chef Ramsay gets up close with rhinos, giraffes, zebras and hippos in the dramatic wilderness of KwaZulu-Natal, South Africa, as he learns the secrets of the traditional cuisine of Zulu warriors and masters using a local 'braai'.	UNITED KINGDOM	English-100	RPT	PG	a l w	Y
2024-11-17	2525	Bring A Plate	Rayan's Koosa Mahshi	Rayan shares his Syrian favorite, Kousa Mahshi, or stuffed zucchini and describes some special techniques to make the dish without it breaking apart.	AUSTRALIA	English-100	RPT	G		Y
2024-11-17	2530	Field Trip With Curtis Stone	Lost Scenes, The	We revisit the countries where Curtis journeyed this season, revealing the food and adventures never seen. While in New South Wales, Curtis discovers Caribbean rum made from Australian sugar cane.	USA	English-100	RPT	PG	a w	
2024-11-17	2600	Tom Kerridge's American Feast	Central Valley	Tom Kerridge lands in California's lush Gold Country and Central Valley where organically grown food is the order of the day.	UNITED KINGDOM	English-100	RPT	PG		
2024-11-17	2630	Eating Inn	Oku: Kempinski, Jakarta	Steeped in history, this Jakarta icon is representative of Indonesia's remarkable change as a nation since World War II.	SINGAPORE	English-100	RPT	PG	a n w	
2024-11-17	2730	James Martin's Spanish Adventure	La Rioja	James Martin's French Adventure continues on the Canal du Midi, starting in historic Carcassonne. After cooking up a delicious fish stew on the banks of the canal, he hops aboard a boat for a trip.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-11-17	2825	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y

2024-11-17	2830	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 5	Rick goes fishing for his favourite oysters, makes a delicious fish soup and discovers the all-but-forgotten story of Cornwall's ancient capital, Lostwithiel.	UNITED KINGDOM	English-100	RPT	G		
2024-11-18	0500	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 6	Rick visits an ancient Cornish deer farm, then returns to his kitchen in Padstow to make a magnificent venison wellington.	UNITED KINGDOM	English-100	RPT	PG		
2024-11-18	0530	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
2024-11-18	0630	Gordon Ramsay Uncharted	Untamed Tasmania	Chef Ramsay discovers the purity of local ingredients on the far-flung island of Tasmania.	UNITED KINGDOM	English-100	RPT	PG	a l w	Y
2024-11-18	0725	Taste The Philippines With Yasmin Newman	Smoked Bicol Express With Luisa Brimble	Renowned cookbook photographer Louisa Brimble shares her smoky version of bicol express, a classic dish from her hometown in the Philippines.	AUSTRALIA	English-100	RPT	G		
2024-11-18	0730	Gordon Ramsay Uncharted	Wilds Of South Africa, The	Chef Ramsay gets up close with rhinos, giraffes, zebras and hippos in the dramatic wilderness of KwaZulu-Natal, South Africa, as he learns the secrets of the traditional cuisine of Zulu warriors and masters using a local 'braai'.	UNITED KINGDOM	English-100	RPT	PG	a l w	Y
2024-11-18	0825	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
2024-11-18	0830	Field Trip With Curtis Stone	Lost Scenes, The	We revisit the countries where Curtis journeyed this season, revealing the food and adventures never seen. While in New South Wales, Curtis discovers Caribbean rum made from Australian sugar cane.	USA	English-100	RPT	PG	a w	
2024-11-18	0900	Tom Kerridge's American Feast	Central Valley	Tom Kerridge lands in California's lush Gold Country and Central Valley where organically grown food is the order of the day.	UNITED KINGDOM	English-100	RPT	PG		
2024-11-18	0930	Eating Inn	Oku: Kempinski, Jakarta	Steeped in history, this Jakarta icon is representative of Indonesia's remarkable change as a nation since World War II.	SINGAPORE	English-100	RPT	PG	a n w	
2024-11-18	1030	James Martin's Spanish Adventure	La Rioja	James Martin's French Adventure continues on the Canal du Midi, starting in historic Carcassonne. After cooking up a delicious fish stew on the banks of the canal, he hops aboard a boat for a trip.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-11-18	1125	Bring A Plate	Rayan's Koosa Mahshi	Rayan shares his Syrian favorite, Kousa Mahshi, or stuffed zucchini and describes some special techniques to make the dish without it breaking apart.	AUSTRALIA	English-100	RPT	G		Y
2024-11-18	1130	A Lake District Farmshop	Ep 3	Head lifestyle buyer Tracey Clowes, has a resourceful plan to turn the sheared sheep fleece on the service station's own farm, High Chapel, into a product for the farm shop.	UNITED KINGDOM	English-100	RPT	G		
2024-11-18	1230	Come Dine With Me	South London B 5	This week's competition is in South London where our final host of the week is yoga teacher and masseuse Helen who's got a thai-inspired menu and zen yoga themed night in store for her guests.	UNITED KINGDOM	English-100	RPT	PG		

2024-11-18	1300	David Rocco's Dolce Homemade	Winstons	An ex-soldier, guest Chef Hans Vogels is all about discipline and order when it comes to running his kitchen, while David is a Quanto Basta chef and enjoys creativity and improvisation.	CANADA	English-100	RPT	PG			
2024-11-18	1330	Comfort Food With Spencer Watts	Canadian Comfort	Canadian's know how to celebrate the cooler seasons with fun food including Spencer's twists on a few originals, including his version of hand held meat tortiere pies, a Newfoundland inspired bunt pan figgy duff with maple syrup liqueur and simple yet delicious west coast smoked salmon rolls.	CANADA	English-100	RPT	PG			
2024-11-18	1400	Secret Delicious	Bangkok	In Bangkok, Aun Koh gets Chef Garima Arora, Asia's Best Female Chef (2019) to reveal her unique fermentation room, and a new recipe inspired by Chiangmai sausage that's not on the menu yet.	SINGAPORE	English-100	RPT	PG	a	Y	
2024-11-18	1430	Bizarre Foods: Delicious Destinations	Puglia	Andrew digs in to Puglia, a coastal region in the heel of Italy's boot. The area's simple but stunning dishes include orecchiette pasta, grilled octopus and stuffed pasticciotti pastries.	USA	English-100	RPT	PG	a w		
2024-11-18	1500	Selena + Chef	Selena + Ludo Lefebvre	Selena welcomes us into her new place as she improves her nonexistent cooking skills with the help of legendary French chef and restaurateur Ludo Lefebvre.	USA	English-100	RPT	G		Y	
2024-11-18	1530	Ainsley's Good Mood Food	Herbs And Spices	Ainsley uses one of his favourite spices to make lamb kofta with sumac onions served with flatbreads and chilli-mint yoghurt.	UNITED KINGDOM	English-100	RPT	G			
2024-11-18	1625	Taste The Philippines With Yasmin Newman	Adobo Lobster Roll With Regina Meehan	Regina Meehan from Melbourne's Hoy Pinoy demonstrates how to make a lobster roll with Filipino adobo sauce.	AUSTRALIA	English-100	RPT	G			
2024-11-18	1630	Oliver's Twist	Wild City	Jamie and his mentor, Gennaro, demonstrate that Mother Nature does provide, cooking with all-natural ingredients. Dishes include bresaola with wild chestnuts and roux, Mediterranean fish stew and wild fruits with cream.	UNITED KINGDOM	English-100	RPT	G			
2024-11-18	1700	Everyday Gourmet With Justine Schofield	Ep 86	Jarrold Hudson joins Justine in the kitchen to make a Spicy and Sour Beef Salad. Justine shares her Family Sized Omelette and a unforgettable Passionfruit Brulee.	AUSTRALIA	English-100		G			
2024-11-18	1730	My Market Kitchen	Ep 56	Mike kicks off the show with his simple but unique cucumber recipe, Bang Bang Qukes. Laura heads outdoors with 'Mann About Town' David Mann to make her Butterflied BBQ Chicken with Slaw.	AUSTRALIA	English-100		G			
2024-11-18	1800	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 7	Back on the farm, it's time to make some much needed changes. Jean teaches Paul the forgotten skill of stone masonry, while Digger brings joy to some people in need. Darcy returns to solve a long time problem on the farm - but can they get the water from the dam to all the gardens and livestock using a little DIY?	UNITED KINGDOM	English-100	RPT	G		Y	
2024-11-18	1900	The Cook Up With Adam Liaw	Stupendous Stews	Singer songwriter Emma Donovan and chef at Pipit Restaurant, Ben Devlin, join Adam in The Cook Up Kitchen making stupendous stews.	AUSTRALIA	English-100	RPT	G		Y	
2024-11-18	1930	Jamie At Home	Peas And Broadbeans	Jamie's garden has a bumper crop of fascinating varieties of pumpkin and squash.	UNITED KINGDOM	English-100		PG			
2024-11-18	2000	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 2 Episode 5	Continuing his journey in the bustling city of Hanoi, Luke is up bright and early to cook one of Vietnam's most famous dishes, Pho Bo. After perfecting this well known broth, he ventures to the outskirts of this amazing city to learn how rice paper is made, which he immediately applies to his spring roll recipe.	AUSTRALIA	English-100	RPT	G		Y	Y

2024-11-18	2030	Stanley Tucci: Searching For Italy	Sardinia	Stanley Tucci visits the Italian island of Sardinia. Famous for its harsh, rugged landscape, crystal blue ocean, and passionately preserved traditions, Tucci will learn how Sardinian food culture varies wildly throughout the island.	USA	English-90; Italian-10	RPT	PG	a w	Y	Y
2024-11-18	2125	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y	
2024-11-18	2130	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	RPT	PG			
2024-11-18	2200	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	RPT	PG	s		
2024-11-18	2230	The Cook Up With Adam Liaw	Raspberries	Universal/Paramount chef Christine Manfield and Bird Cow Fish chef Alex Herbert join host Adam Liaw in The Cook Up kitchen to make dishes using the delicious fruit, the raspberry.	AUSTRALIA	English-100	RPT	G		Y	
2024-11-18	2300	The Cook And The Chef	Croc And Honey	To check out the Northern Territory's claim that they produce the best crocodile meat, Simon visits a farm near Darwin and talks to zoologist Adam Britton, who explains why it's not just the skins of these extraordinary creatures that we should be looking at.	AUSTRALIA	English-100	RPT	G			
2024-11-18	2330	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	RPT	G			
2024-11-18	2400	David Rocco's Dolce Homemade	Winstons	An ex-soldier, guest Chef Hans Vogels is all about discipline and order when it comes to running his kitchen, while David is a Quanto Basta chef and enjoys creativity and improvisation.	CANADA	English-100	RPT	PG			
2024-11-18	2430	Jamie At Home	Peas And Broadbeans	Jamie's garden has a bumper crop of fascinating varieties of pumpkin and squash.	UNITED KINGDOM	English-100	RPT	PG			
2024-11-18	2500	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 2 Episode 5	Continuing his journey in the bustling city of Hanoi, Luke is up bright and early to cook one of Vietnam's most famous dishes, Pho Bo. After perfecting this well known broth, he ventures to the outskirts of this amazing city to learn how rice paper is made, which he immediately applies to his spring roll recipe.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-11-18	2530	Stanley Tucci: Searching For Italy	Sardinia	Stanley Tucci visits the Italian island of Sardinia. Famous for its harsh, rugged landscape, crystal blue ocean, and passionately preserved traditions, Tucci will learn how Sardinian food culture varies wildly throughout the island.	USA	English-90; Italian-10	RPT	PG	a w	Y	Y
2024-11-18	2625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y	
2024-11-18	2630	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	RPT	PG			

2024-11-18	2700	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	RPT	PG	s	
2024-11-18	2730	The Cook Up With Adam Liaw	Raspberries	Universal/Paramount chef Christine Manfield and Bird Cow Fish chef Alex Herbert join host Adam Liaw in The Cook Up kitchen to make dishes using the delicious fruit, the raspberry.	AUSTRALIA	English-100	RPT	G		Y
2024-11-18	2800	The Cook And The Chef	Croc And Honey	To check out the Northern Territory's claim that they produce the best crocodile meat, Simon visits a farm near Darwin and talks to zoologist Adam Britton, who explains why it's not just the skins of these extraordinary creatures that we should be looking at.	AUSTRALIA	English-100	RPT	G		
2024-11-18	2830	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	RPT	G		
2024-11-19	0500	David Rocco's Dolce Homemade	Winstons	An ex-soldier, guest Chef Hans Vogels is all about discipline and order when it comes to running his kitchen, while David is a Quanto Basta chef and enjoys creativity and improvisation.	CANADA	English-100	RPT	PG		
2024-11-19	0530	Comfort Food With Spencer Watts	Canadian Comfort	Canadian's know how to celebrate the cooler seasons with fun food including Spencer's twists on a few originals, including his version of hand held meat tortiere pies, a Newfoundland inspired bunt pan figgy duff with maple syrup liqueur and simple yet delicious west coast smoked salmon rolls.	CANADA	English-100	RPT	PG		
2024-11-19	0600	Secret Delicious	Bangkok	In Bangkok, Aun Koh gets Chef Garima Arora, Asia's Best Female Chef (2019) to reveal her unique fermentation room, and a new recipe inspired by Chiangmai sausage that's not on the menu yet.	SINGAPORE	English-100	RPT	PG	a	Y
2024-11-19	0630	Bizarre Foods: Delicious Destinations	Puglia	Andrew digs in to Puglia, a coastal region in the heel of Italy's boot. The area's simple but stunning dishes include orecchiette pasta, grilled octopus and stuffed pasticciotti pastries.	USA	English-100	RPT	PG	a w	
2024-11-19	0700	Selena + Chef	Selena + Ludo Lefebvre	Selena welcomes us into her new place as she improves her nonexistent cooking skills with the help of legendary French chef and restaurateur Ludo Lefebvre.	USA	English-100	RPT	G		Y
2024-11-19	0730	Ainsley's Good Mood Food	Herbs And Spices	Ainsley uses one of his favourite spices to make lamb kofta with sumac onions served with flatbreads and chilli-mint yoghurt.	UNITED KINGDOM	English-100	RPT	G		
2024-11-19	0825	Taste The Philippines With Yasmin Newman	Adobo Lobster Roll With Regina Meehan	Regina Meehan from Melbourne's Hoy Pinoy demonstrates how to make a lobster roll with Filipino adobo sauce.	AUSTRALIA	English-100	RPT	G		
2024-11-19	0830	Oliver's Twist	Wild City	Jamie and his mentor, Gennaro, demonstrate that Mother Nature does provide, cooking with all-natural ingredients. Dishes include bresaola with wild chestnuts and roux, Mediterranean fish stew and wild fruits with cream.	UNITED KINGDOM	English-100	RPT	G		
2024-11-19	0900	Everyday Gourmet With Justine Schofield	Ep 86	Jarrold Hudson joins Justine in the kitchen to make a Spicy and Sour Beef Salad. Justine shares her Family Sized Omelette and a unforgettable Passionfruit Brulee.	AUSTRALIA	English-100	RPT	G		

2024-11-19	0930	My Market Kitchen	Ep 56	Mike kicks off the show with his simple but unique cucumber recipe, Bang Bang Qukes. Laura heads outdoors with 'Mann About Town' David Mann to make her Butterflied BBQ Chicken with Slaw.	AUSTRALIA	English-100	RPT	G			
2024-11-19	1000	The Cook And The Chef	Croc And Honey	To check out the Northern Territory's claim that they produce the best crocodile meat, Simon visits a farm near Darwin and talks to zoologist Adam Britton, who explains why it's not just the skins of these extraordinary creatures that we should be looking at.	AUSTRALIA	English-100	RPT	G			
2024-11-19	1030	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	RPT	G			
2024-11-19	1100	The Cook Up With Adam Liaw	Stupendous Stews	Singer songwriter Emma Donovan and chef at Pipit Restaurant, Ben Devlin, join Adam in The Cook Up Kitchen making stupendous stews.	AUSTRALIA	English-100	RPT	G		Y	
2024-11-19	1130	Jamie At Home	Peas And Broadbeans	Jamie's garden has a bumper crop of fascinating varieties of pumpkin and squash.	UNITED KINGDOM	English-100	RPT	PG			
2024-11-19	1200	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 2 Episode 5	Continuing his journey in the bustling city of Hanoi, Luke is up bright and early to cook one of Vietnam's most famous dishes, Pho Bo. After perfecting this well known broth, he ventures to the outskirts of this amazing city to learn how rice paper is made, which he immediately applies to his spring roll recipe.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-11-19	1230	Come Dine With Me	Newcastle 1	This week's competition is in the North East, where first to host is 45 year old, clothes shop owner, Lee.	UNITED KINGDOM	English-100	RPT	PG	a		
2024-11-19	1300	David Rocco's Dolce Homemade	Momofuko	An ex-soldier, guest Chef Hans Vogels is all about discipline and order when it comes to running his kitchen, while David is a Quanto Basta chef and enjoys creativity and improvisation, meaning you won't ever catch him using a measuring cup. How will these two worlds collide?	CANADA	English-100	RPT	PG	I		
2024-11-19	1330	Fun'q With Spencer Watts	Bib Worthy Bbq	Spencer chars some sweet lobster tails and dunks them into a bath of curried butter and then brings on a big ol' bowl of yum with his grilled tropical fruit Eton mess. Bibs on.	CANADA	English-100	RPT	G			
2024-11-19	1400	Secret Delicious	Hong Kong	Aun Koh navigates the tightly packed city of Hong Kong to uncover a snake dish and a secret custard called the Egg Opera. He discovers invisible cocktails through the hidden bar scene.	SINGAPORE	English-100	RPT	PG	I	Y	
2024-11-19	1430	Bizarre Foods: Delicious Destinations	Zagreb	Andrew dives into the fairytale-like city of Zagreb, Croatia. The city's cuisine has a meat-centric menu and celebrates iconic dishes like porky kotlovina, tender veal cheeks and savory stuffed peppers.	USA	English-100	RPT	G		Y	
2024-11-19	1500	Selena + Chef	Selena + Antonia Lofaso	Antonia Lofaso helps Selena whip up her first seafood tostada - and while Selena's a shrimp-peeling natural, she and the octopus may have...creative differences.	USA	English-100	RPT	PG		Y	
2024-11-19	1530	Ainsley's Good Mood Food	Coffee And Chocolate	Coffee and chocolate are sure to perk you up. Join Ainsley as he shows how to use them in both sweet and savoury dishes, starting with a quick and easy one pot that is sure to warm you up.	UNITED KINGDOM	English-100	RPT	G			
2024-11-19	1625	Taste The Philippines With Yasmin Newman	Melon Cocktail With Kylie Javier Ashton	Kylie Javier Ashton, Sydney multi-award-winning restaurant manager, makes a refreshing cocktail based on a childhood favourite called Melon.	AUSTRALIA	English-100	RPT	G			

2024-11-19	1630	Oliver's Twist	Chocolate	Jamie tackles a few unusual recipes with chocolate at its core.	UNITED KINGDOM	English-100	RPT	G	
2024-11-19	1700	Everyday Gourmet With Justine Schofield	Ep 87	Justine whips up Spicy Tuna Tarte Rice Crackers, an easy, juicy Lamb Shank Ragu with Egg Fettuccine and a Malaysian inspired Potato Salad.	AUSTRALIA	English-100		G	
2024-11-19	1730	My Market Kitchen	Ep 57	Laura faces the challenge of cooking a family meal for 20 dollars. With help from market traders, she makes a delicious Olive & Lemon Roast Chicken within budget.	AUSTRALIA	English-100		G	
2024-11-19	1800	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 8	Paul takes part in a species eradication program, but it's not your average day out weeding - this method goes to new heights. As a way of celebrating the talent, artists, and producers in the area, Paul hosts a huge field day on the farm. Paul proves he's not afraid to strip down for fashion before wowing the crowd with a special tribute that sums up his last three years in Tilba.	UNITED KINGDOM	English-100	RPT	PG	Y
2024-11-19	1900	The Cook Up With Adam Liaw	Chicken Drumstick	Cue the drum roll because chef Mark Olive, comedian Shiralee Hood and Adam are in The Cook Up Kitchen cooking with a cheap and delicious cut - the chicken drumstick.	AUSTRALIA	English-100	RPT	G	Y
2024-11-19	1930	The Chocolate Queen	Ep 8	To finish the season with a sweet touch, Kirsten gets festive with a spectacular chocolate trifle recipe.	AUSTRALIA	English-100		G	
2024-11-19	2000	Mark Moriarty: Off Duty Chef	Ep 6	It's the last episode in the series of Off Duty Chef so Mark is pulling out the stops with some of his top-shelf recipes.	UNITED KINGDOM	English-100		G	
2024-11-19	2030	Jamie's Comfort Food	Steak And Onion Sandwich	Jamie makes sticky toffee pudding with his mum Sally. He rustles up a comfort food with the perfect steak and onion sandwich. Then he cooks an Italian classic, osso buco with saffron risotto.	UNITED KINGDOM	English-100		G	
2024-11-19	2130	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	RPT	PG	
2024-11-19	2200	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	RPT	PG	s
2024-11-19	2230	The Cook Up With Adam Liaw	Sour	Cookbook author and wife of Jimmy Barnes, Jane Barnes, and MasterChef judge Jock Zonfrillo are in The Cook Up kitchen with host Adam Liaw to explore dishes using sour ingredients.	AUSTRALIA	English-100	RPT	G	Y
2024-11-19	2300	The Cook And The Chef	Fish And Crabs	Maggie meets food legend Rick Stein and they discuss the gentle art of cooking fish. Back in the kitchen, Maggie works her magic on an impressive piece of farmed Kingfish, while Simon is inspired to try out one of Rick's recipes, a mouth-watering fish pasty.	AUSTRALIA	English-100	RPT	G	
2024-11-19	2330	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	RPT	G	
2024-11-19	2400	David Rocco's Dolce Homemade	Momofuku	An ex-soldier, guest Chef Hans Vogels is all about discipline and order when it comes to running his kitchen, while David is a Quanto Basta chef and enjoys creativity and improvisation, meaning you won't ever catch him using a measuring cup. How will these two worlds collide?	CANADA	English-100	RPT	PG	I

2024-11-19	2430	The Chocolate Queen	Ep 8	To finish the season with a sweet touch, Kirsten gets festive with a spectacular chocolate trifle recipe.	AUSTRALIA	English-100	RPT	G		
2024-11-19	2500	Mark Moriarty: Off Duty Chef	Ep 6	It's the last episode in the series of Off Duty Chef so Mark is pulling out the stops with some of his top-shelf recipes.	UNITED KINGDOM	English-100	RPT	G		
2024-11-19	2530	Jamie's Comfort Food	Steak And Onion Sandwich	Jamie makes sticky toffee pudding with his mum Sally. He rustles up a comfort food with the perfect steak and onion sandwich. Then he cooks an Italian classic, osso buco with saffron risotto.	UNITED KINGDOM	English-100	RPT	G		
2024-11-19	2630	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	RPT	PG		
2024-11-19	2700	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	RPT	PG	s	
2024-11-19	2730	The Cook Up With Adam Liaw	Sour	Cookbook author and wife of Jimmy Barnes, Jane Barnes, and MasterChef judge Jock Zonfrillo are in The Cook Up kitchen with host Adam Liaw to explore dishes using sour ingredients.	AUSTRALIA	English-100	RPT	G	Y	
2024-11-19	2800	The Cook And The Chef	Fish And Crabs	Maggie meets food legend Rick Stein and they discuss the gentle art of cooking fish. Back in the kitchen, Maggie works her magic on an impressive piece of farmed Kingfish, while Simon is inspired to try out one of Rick's recipes, a mouth-watering fish pasty.	AUSTRALIA	English-100	RPT	G		
2024-11-19	2830	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	RPT	G		
2024-11-20	0500	David Rocco's Dolce Homemade	Momofuko	An ex-soldier, guest Chef Hans Vogels is all about discipline and order when it comes to running his kitchen, while David is a Quanto Basta chef and enjoys creativity and improvisation, meaning you won't ever catch him using a measuring cup. How will these two worlds collide?	CANADA	English-100	RPT	PG	I	
2024-11-20	0530	Fun'q With Spencer Watts	Bib Worthy Bbq	Spencer chars some sweet lobster tails and dunks them into a bath of curried butter and then brings on a big ol' bowl of yum with his grilled tropical fruit Eton mess. Bibs on.	CANADA	English-100	RPT	G		
2024-11-20	0600	Secret Delicious	Hong Kong	Aun Koh navigates the tightly packed city of Hong Kong to uncover a snake dish and a secret custard called the Egg Opera. He discovers invisible cocktails through the hidden bar scene.	SINGAPORE	English-100	RPT	PG	I	Y
2024-11-20	0630	Bizarre Foods: Delicious Destinations	Zagreb	Andrew dives into the fairytale-like city of Zagreb, Croatia. The city's cuisine has a meat-centric menu and celebrates iconic dishes like porky kotlovina, tender veal cheeks and savory stuffed peppers.	USA	English-100	RPT	G		Y
2024-11-20	0700	Selena + Chef	Selena + Antonia Lofaso	Antonia Lofaso helps Selena whip up her first seafood tostada - and while Selena's a shrimp-peeling natural, she and the octopus may have...creative differences.	USA	English-100	RPT	PG		Y
2024-11-20	0730	Ainsley's Good Mood Food	Coffee And Chocolate	Coffee and chocolate are sure to perk you up. Join Ainsley as he shows how to use them in both sweet and savoury dishes, starting with a quick and easy one pot that is sure to warm you up.	UNITED KINGDOM	English-100	RPT	G		

2024-11-20	0825	Taste The Philippines With Yasmin Newman	Melon Cocktail With Kylie Javier Ashton	Kylie Javier Ashton, Sydney multi-award-winning restaurant manager, makes a refreshing cocktail based on a childhood favourite called Melon.	AUSTRALIA	English-100	RPT	G		
2024-11-20	0830	Oliver's Twist	Chocolate	Jamie tackles a few unusual recipes with chocolate at its core.	UNITED KINGDOM	English-100	RPT	G		
2024-11-20	0900	Everyday Gourmet With Justine Schofield	Ep 87	Justine whips up Spicy Tuna Tarte Rice Crackers, an easy, juicy Lamb Shank Ragu with Egg Fettuccine and a Malaysian inspired Potato Salad.	AUSTRALIA	English-100	RPT	G		
2024-11-20	0930	My Market Kitchen	Ep 57	Laura faces the challenge of cooking a family meal for 20 dollars. With help from market traders, she makes a delicious Olive & Lemon Roast Chicken within budget.	AUSTRALIA	English-100	RPT	G		
2024-11-20	1000	The Cook And The Chef	Fish And Crabs	Maggie meets food legend Rick Stein and they discuss the gentle art of cooking fish. Back in the kitchen, Maggie works her magic on an impressive piece of farmed Kingfish, while Simon is inspired to try out one of Rick's recipes, a mouth-watering fish pasty.	AUSTRALIA	English-100	RPT	G		
2024-11-20	1030	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	RPT	G		
2024-11-20	1100	The Cook Up With Adam Liaw	Chicken Drumstick	Cue the drum roll because chef Mark Olive, comedian Shiralee Hood and Adam are in The Cook Up Kitchen cooking with a cheap and delicious cut - the chicken drumstick.	AUSTRALIA	English-100	RPT	G		Y
2024-11-20	1130	The Chocolate Queen	Ep 8	To finish the season with a sweet touch, Kirsten gets festive with a spectacular chocolate trifle recipe.	AUSTRALIA	English-100	RPT	G		
2024-11-20	1200	Mark Moriarty: Off Duty Chef	Ep 6	It's the last episode in the series of Off Duty Chef so Mark is pulling out the stops with some of his top-shelf recipes.	UNITED KINGDOM	English-100	RPT	G		
2024-11-20	1230	Come Dine With Me	Newcastle 2	It's the second day of the competition and the turn of Hairdresser Simon. He's hoping A tried and tested, healthy menu will impress the group and help bag him the prize. However not all the guests are convinced that the healthy way is the best way for a dinner party.	UNITED KINGDOM	English-100	RPT	PG		
2024-11-20	1300	David Rocco's Dolce Homemade	Bar Aperitivo	From Florence to Toronto, guest Nicholas Madella aka Buba, traveled from Italy to help David start his aperitivo bar, David Rocco Bar Aperitivo. Together, they come up with fun aperitivo snacks that go great with cocktails for the new bar.	CANADA	English-100	RPT	G		
2024-11-20	1330	Fun'q With Spencer Watts	Big Big Bbq	Spencer Watts is inspired to embrace big, big food for a big big barbecue feast. He makes jumbo turkey legs with sticky molasses and sweet brown sugar mop. Then monster broccoli heads covered in a fresh chimichurri butter. He brings a little char and smoke to a twist on grilled bruschetta with soft Burrata cheese.	CANADA	English-100	RPT	G		
2024-11-20	1400	Jimmy Shu's Taste of The Territory	Fresh Produce	Jimmy visits the bustling Rapid Creek markets and it's a buzz with activity from the produce growers, food stalls, and locals doing their weekly shop. After the markets Jimmy heads south to Humpty Doo, 40km from Darwin to meet Muy Keav.	AUSTRALIA	English-100	RPT	G		Y
2024-11-20	1430	Bizarre Foods: Delicious Destinations	Krakow	From peasant food to royal snacks, Andrew reveals what makes the food scene in Krakow, Poland, so delicious. The city's edible symbols take the form of pierogis, hearty stuffed cabbage rolls and whole-roasted pork knuckle.	USA	English-100	RPT	G		

2024-11-20	1500	Selena + Chef	Selena + Candice Kumai	'Golden girl of wellness' Candice Kumai heats up Selena's kitchen with her Japanese grandmother's special spicy miso ramen recipe, infused with a health-forward California twist. Next, while they talk girl power, boys, and finding love in quarantine, Selena tries not to burn dessert: matcha chocolate chip cookies. Yum!	USA	English-100	RPT	PG	Y
2024-11-20	1530	Ainsley's Good Mood Food	Coffee And Chocolate	In his kitchen, Ainsley has some delicious dishes made even more special with a dash of coffee or chocolate. Starting with an Italian classic, a caponata served with fennel and cacao rubbed pork.	UNITED KINGDOM	English-100	RPT	G	
2024-11-20	1625	Taste The Philippines With Yasmin Newman	Mushroom Egg Benedict With Adam Hall	Chef Adam Hall, founder of Kanin Project, plates up a classic Australian breakfast, eggs benedict, with a Filipino vegetarian twist.	AUSTRALIA	English-100	RPT	G	
2024-11-20	1630	Oliver's Twist	Wimbledon	Jamie invites his mother-in-law and her friends round to watch the Wimbledon men's final on TV, and treats them to a big summer feast.	UNITED KINGDOM	English-100	RPT	PG	
2024-11-20	1700	Everyday Gourmet With Justine Schofield	Ep 88	Frank Cammorra, the chef and owner of MoVida, helps Justine make the perfect Party Paella. Justine makes some yummy chicken Kataifi Parcels and then Jackie M drops by to show us a mouthwatering Laksa.	AUSTRALIA	English-100		G	
2024-11-20	1730	My Market Kitchen	Ep 58	Vegetable farmer Catherine Velisha joins Mike in the Market Kitchen while he makes a classic Caesar Salad.	AUSTRALIA	English-100			
2024-11-20	1800	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 1	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple, exquisitely flavoured recipes.	UNITED KINGDOM		RPT	PG	a w
2024-11-20	1830	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 1	Silvia starts by detailing the best way to stock an Italian pantry, proving that when a pantry is well stocked, you only need a few fresh ingredients to create simple yet memorable meals.	AUSTRALIA	English-100	RPT	G	Y
2024-11-20	1900	The Cook Up With Adam Liaw	Grand Finale	We are creating the ultimate Grand Finale for a dinner party! Adam, musician Satu Vanska and chef Adam D'Sylva are bringing some impressive desserts to The Cook Up Kitchen.	AUSTRALIA	English-100	RPT	G	Y
2024-11-20	1930	Marcus Wareing: Simply Provence	Vegetables	Marcus' time in Saint Remy is nearly at an end. During his trip, he's been a sous-chef, been run over by goats, searched for snails and steered a combine harvester.	UNITED KINGDOM	English-100		G	
2024-11-20	2000	Nadiya's Fast Flavours	Special Occasions	Nadiya creates a spectacular dinner party centrepiece: a roast leg of lamb with jewelled couscous, pomegranate seeds, preserved lemons, and pine nuts.	UNITED KINGDOM	English-100	RPT	G	
2024-11-20	2030	Hugh's Three Good Things	Rice	Hugh's Three Good Things goes rummaging around in the store cupboard and for this episode pulls out rice.	UNITED KINGDOM	English-100		G	
2024-11-20	2100	Masters Of Taste With Gary Mehigan	Kolkata - Marwari Food	Gary Mehigan gets a taste of opulence from a Marwari kitchen; what will Gary cook for a host of women who love their food?	USA	English-100		PG	
2024-11-20	2130	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	RPT	PG	

2024-11-20	2200	Come Dine With Me UK	Leeds Day 1	This week we're in Leeds, and up first is 40-year-old nursing manager Sarah, who's taken inspiration from her husband's Middle Eastern heritage to wow her guests with a Turkish fusion menu.	UNITED KINGDOM	English-100	RPT	PG	
2024-11-20	2230	The Cook Up With Adam Liaw	Bitter	Banksia Hotel's chef Colin Fassnidge and owner of Eastwood's Deli and Cooking School, Kelly Eastwood, drop by The Cook Up kitchen to cook and create some bitter-inspired dishes with host Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2024-11-20	2300	The Cook And The Chef	Mangoes And Cheese	Maggie and Simon dish up a bit of mango madness with two tropically inspired dishes that showcase the unique flavours of green, unripe mangoes. Maggie then whips up a 'sandwich' using delicate puff pastry and a bitey cheddar balanced with sweet quince paste, while Simon has spectacular success with twice baked goat cheese souffles.	AUSTRALIA	English-100	RPT	G	
2024-11-20	2330	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	RPT	PG	
2024-11-20	2400	David Rocco's Dolce Homemade	Bar Aperitivo	From Florence to Toronto, guest Nicholas Madella aka Buba, traveled from Italy to help David start his aperitivo bar, David Rocco Bar Aperitivo. Together, they come up with fun aperitivo snacks that go great with cocktails for the new bar.	CANADA	English-100	RPT	G	
2024-11-20	2430	Marcus Wareing: Simply Provence	Vegetables	Marcus' time in Saint Remy is nearly at an end. During his trip, he's been a sous-chef, been run over by goats, searched for snails and steered a combine harvester.	UNITED KINGDOM	English-100	RPT	G	
2024-11-20	2500	Nadiya's Fast Flavours	Special Occasions	Nadiya creates a spectacular dinner party centrepiece: a roast leg of lamb with jewelled couscous, pomegranate seeds, preserved lemons, and pine nuts.	UNITED KINGDOM	English-100	RPT	G	
2024-11-20	2530	Hugh's Three Good Things	Rice	Hugh's Three Good Things goes rummaging around in the store cupboard and for this episode pulls out rice.	UNITED KINGDOM	English-100	RPT	G	
2024-11-20	2600	Masters Of Taste With Gary Mehigan	Kolkata - Marwari Food	Gary Mehigan gets a taste of opulence from a Marwari kitchen; what will Gary cook for a host of women who love their food?	USA	English-100	RPT	PG	
2024-11-20	2630	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	RPT	PG	
2024-11-20	2700	Come Dine With Me UK	Leeds Day 1	This week we're in Leeds, and up first is 40-year-old nursing manager Sarah, who's taken inspiration from her husband's Middle Eastern heritage to wow her guests with a Turkish fusion menu.	UNITED KINGDOM	English-100	RPT	PG	
2024-11-20	2730	The Cook Up With Adam Liaw	Bitter	Banksia Hotel's chef Colin Fassnidge and owner of Eastwood's Deli and Cooking School, Kelly Eastwood, drop by The Cook Up kitchen to cook and create some bitter-inspired dishes with host Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2024-11-20	2800	The Cook And The Chef	Mangoes And Cheese	Maggie and Simon dish up a bit of mango madness with two tropically inspired dishes that showcase the unique flavours of green, unripe mangoes. Maggie then whips up a 'sandwich' using delicate puff pastry and a bitey cheddar balanced with sweet quince paste, while Simon has spectacular success with twice baked goat cheese souffles.	AUSTRALIA	English-100	RPT	G	

2024-11-20	2830	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	RPT	PG		
2024-11-21	0500	David Rocco's Dolce Homemade	Bar Aperitivo	From Florence to Toronto, guest Nicholas Madella aka Buba, traveled from Italy to help David start his aperitivo bar, David Rocco Bar Aperitivo. Together, they come up with fun aperitivo snacks that go great with cocktails for the new bar.	CANADA	English-100	RPT	G		
2024-11-21	0530	Fun'q With Spencer Watts	Big Big Bbq	Spencer Watts is inspired to embrace big, big food for a big, big barbecue feast. He makes jumbo turkey legs with sticky molasses and sweet brown sugar mop. Then monster broccoli heads covered in a fresh chimichurri butter. He brings a little char and smoke to a twist on grilled bruschetta with soft Burrata cheese.	CANADA	English-100	RPT	G		
2024-11-21	0600	Jimmy Shu's Taste of The Territory	Fresh Produce	Jimmy visits the bustling Rapid Creek markets and it's abuzz with activity from the produce growers, food stalls, and locals doing their weekly shop. After the markets Jimmy heads south to Humpty Doo, 40km from Darwin to meet Muy Keav.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-11-21	0630	Bizarre Foods: Delicious Destinations	Krakow	From peasant food to royal snacks, Andrew reveals what makes the food scene in Krakow, Poland, so delicious. The city's edible symbols take the form of pierogis, hearty stuffed cabbage rolls and whole-roasted pork knuckle.	USA	English-100	RPT	G		
2024-11-21	0700	Selena + Chef	Selena + Candice Kumai	'Golden girl of wellness' Candice Kumai heats up Selena's kitchen with her Japanese grandmother's special spicy miso ramen recipe, infused with a health-forward California twist. Next, while they talk girl power, boys, and finding love in quarantine, Selena tries not to burn dessert: matcha chocolate chip cookies. Yum!	USA	English-100	RPT	PG		Y
2024-11-21	0730	Ainsley's Good Mood Food	Coffee And Chocolate	In his kitchen, Ainsley has some delicious dishes made even more special with a dash of coffee or chocolate. Starting with an Italian classic, a caponata served with fennel and cacao rubbed pork.	UNITED KINGDOM	English-100	RPT	G		
2024-11-21	0825	Taste The Philippines With Yasmin Newman	Mushroom Egg Benedict With Adam Hall	Chef Adam Hall, founder of Kanin Project, plates up a classic Australian breakfast, eggs benedict, with a Filipino vegetarian twist.	AUSTRALIA	English-100	RPT	G		
2024-11-21	0830	Oliver's Twist	Wimbledon	Jamie invites his mother-in-law and her friends round to watch the Wimbledon men's final on TV, and treats them to a big summer feast.	UNITED KINGDOM	English-100	RPT	PG		
2024-11-21	0900	Everyday Gourmet With Justine Schofield	Ep 88	Frank Cammorra, the chef and owner of MoVida, helps Justine make the perfect Party Paella. Justine makes some yummy chicken Kataifi Parcels and then Jackie M drops by to show us a mouthwatering Laksa.	AUSTRALIA	English-100	RPT	G		
2024-11-21	0930	My Market Kitchen	Ep 58	Vegetable farmer Catherine Velisha joins Mike in the Market Kitchen while he makes a classic Caesar Salad.	AUSTRALIA	English-100	RPT			
2024-11-21	1000	The Cook And The Chef	Mangoes And Cheese	Maggie and Simon dish up a bit of mango madness with two tropically inspired dishes that showcase the unique flavours of green, unripe mangoes. Maggie then whips up a 'sandwich' using delicate puff pastry and a bitey cheddar balanced with sweet quince paste, while Simon has spectacular success with twice baked goat cheese souffles.	AUSTRALIA	English-100	RPT	G		
2024-11-21	1030	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	RPT	PG		
2024-11-21	1100	The Cook Up With Adam Liaw	Grand Finale	We are creating the ultimate Grand Finale for a dinner party! Adam, musician Satu Vanska and chef Adam D'Sylva are bringing some impressive desserts to The Cook Up Kitchen.	AUSTRALIA	English-100	RPT	G	Y	

2024-11-21	1130	Marcus Wareing: Simply Provence	Vegetables	Marcus' time in Saint Remy is nearly at an end. During his trip, he's been a sous-chef, been run over by goats, searched for snails and steered a combine harvester.	UNITED KINGDOM	English-100	RPT	G		
2024-11-21	1200	Nadiya's Fast Flavours	Special Occasions	Nadiya creates a spectacular dinner party centrepiece: a roast leg of lamb with jewelled couscous, pomegranate seeds, preserved lemons, and pine nuts.	UNITED KINGDOM	English-100	RPT	G		
2024-11-21	1230	Come Dine With Me	Newcastle 3	It's the third night of the competition in the North East and nurse Sophie'S turn to host. She's hoping her fake-away fast food menu and her kids party theme will let her guests unleash their inner children and win her the prize.	UNITED KINGDOM	English-100	RPT	PG		
2024-11-21	1300	David Rocco's Dolce Homemade	Food Truckers, The	If you could decide on one last dish, what would it be? With the help of David's daughters, Emma and Giorgia, the Rocco family cook up their all-time favourite meals.	CANADA	English-100	RPT	PG	I	
2024-11-21	1330	Fun'q With Spencer Watts	Brunch Is Lit	Let's brunch. Spencer makes sinfully good grilled brioche French toast kebabs drizzled in bourbon maple icing and flame seared, coffee rubbed steak tacos with grilled pepper scrambled eggs.	CANADA	English-100	RPT	G		
2024-11-21	1400	Jimmy Shu's Taste Of The Territory	Flavour	The dry season in the Top End is a time for festivals, and one of the most popular is Glenti, a Greek cultural festival. Jimmy meets some of the Greek community preparing food for the event and learns to make the Greek speciality - dolmades.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-11-21	1430	Bizarre Foods: Delicious Destinations	Palm Springs	Andrew spotlights the glamorous desert oasis of Palm Springs, CA. The sunny resort city features new and iconic eateries serving up dishes like grilled rib eye and composed bone marrow butter, the popular reuben stacker and the classic date milkshake.	USA	English-100	RPT	G		
2024-11-21	1500	Selena + Chef	Selena + Roy Choi	Selena teams up with the godfather of the modern food truck movement, Roy Choi, to make some dangerously delicious Korean BBQ breakfast tacos and Hawaiian malasadas. As Roy masterfully incorporates Selena's suggestions into his recipes in real-time, a surprise guest pops in to cheer Chef Gomez on.	USA	English-100	RPT	PG		
2024-11-21	1530	Ainsley's Good Mood Food	Nuts And Seeds	In today's show nuts and seeds take centre stage in all Ainsley's dishes. He kicks things off with a dish from his travels, trofie pasta with a pistachio and mint pesto.	UNITED KINGDOM	English-100	RPT	G		
2024-11-21	1625	Taste The Philippines With Yasmin Newman	Smoked Bicol Express With Luisa Brimble	Renowned cookbook photographer Louisa Brimble shares her smoky version of bicol express, a classic dish from her hometown in the Philippines.	AUSTRALIA	English-100	RPT	G		
2024-11-21	1630	Oliver's Twist	Bon Voyage	Jamie puts together a farewell dinner for his friend, who is travelling for a year.	UNITED KINGDOM	English-100	RPT	G		
2024-11-21	1700	Everyday Gourmet With Justine Schofield	Ep 89	In today's show Justine bakes up some Rockefeller Oysters and tempts us with her juicy Fried Chicken and Cream Cheese Chocolate Brownies.	AUSTRALIA	English-100		G		
2024-11-21	1730	My Market Kitchen	Ep 59	Wine expert Adam Walls pairs wines for Mike's first dish, Crumbed Veal Cutlets.	AUSTRALIA	English-100				
2024-11-21	1800	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 2	Rick's recipes range from the very simple to the complex, but one of his greatest pleasures is cooking simple fish dishes on a warm Cornish coast.	UNITED KINGDOM		RPT	PG	a w	

2024-11-21	1830	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 2	Silvia shares her family's most cherished meals, starting with her Nonna's Sunday lunch spectacular, a rich sausage stew served at the table over a giant bed of soft polenta.	AUSTRALIA	Enya-100	RPT	G		Y	Y
2024-11-21	1900	The Cook Up With Adam Liaw	From The Vine	The one and only Maggie Beer joins baker Natalie Paull and Adam in The Cook Up Kitchen to make dishes using produce from the vine.	AUSTRALIA	English-100	RPT	G		Y	
2024-11-21	1930	Ainsley's Great Garden Cook Off	Genevieve Taylor And Nico Reynolds	Ainsley is joined by chefs Genevieve Taylor and Nico Reynolds in Bristol for a light-hearted cooking contest in the National Trust estate's stunning kitchen garden.	UNITED KINGDOM	English-100		PG	I		
2024-11-21	2030	Nico Reynolds: Cook In, Cook Out	Episode 2	Nico is making three crowd-pleasing dishes that will help you mix up your repertoire, while keeping even the fussiest eaters happy.	IRELAND	English-100		G			
2024-11-21	2100	All Up In My Grill	Sunday Vietnamese Brisket With Noodles	Chef Dale Talde shows how he does Sunday up right as he grills up some Vietnamese Brisket with Rice Noodles, Crispy Swordfish Summer Rolls, and tops it all off with some tasty Soju Floats.	USA	English-100		G			
2024-11-21	2130	Come Dine With Me UK	Leeds Day 2	It's day two of the competition in Leeds, and wannabe clairvoyant Janet is hoping her ghoulish themed dinner party will bag her top spot. Will the fright night theme be enough?	UNITED KINGDOM	English-100	RPT	PG			
2024-11-21	2200	Come Dine With Me UK	Leeds Day 3	It's day three in Leeds and record label owner Phil is hoping to bat off the competition with his seventies rock-themed menu. Will gags and giggles be enough to bag him the prize?	UNITED KINGDOM	English-100	RPT	PG			
2024-11-21	2230	The Cook Up With Adam Liaw	Salty	The Cook Up host Adam Liaw invites Uccello's Nigel Ward and dessert queen Anna Polyviou into The Cook Up kitchen to create some salt-inspired dishes.	AUSTRALIA	English-100	RPT	G		Y	
2024-11-21	2300	The Cook And The Chef	Herbs And Pearls	Maggie loves her herbs and couldn't pass up the opportunity to visit Rob Foster who grows baby, or micro herbs which are 'early' versions of greens or herbs that are intensely flavoured and beautiful to look at. They are usually harvested after seven to fourteen days and though small in size. micros are packed with flavour and nutrients.	AUSTRALIA	English-100	RPT	G			
2024-11-21	2330	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	RPT	G			
2024-11-21	2400	David Rocco's Dolce Homemade	Food Truckers, The	If you could decide on one last dish, what would it be? With the help of David's daughters, Emma and Giorgia, the Rocco family cook up their all-time favourite meals.	CANADA	English-100	RPT	PG	I		
2024-11-21	2430	Ainsley's Great Garden Cook Off	Genevieve Taylor And Nico Reynolds	Ainsley is joined by chefs Genevieve Taylor and Nico Reynolds in Bristol for a light-hearted cooking contest in the National Trust estate's stunning kitchen garden.	UNITED KINGDOM	English-100	RPT	PG	I		
2024-11-21	2530	Nico Reynolds: Cook In, Cook Out	Episode 2	Nico is making three crowd-pleasing dishes that will help you mix up your repertoire, while keeping even the fussiest eaters happy.	IRELAND	English-100	RPT	G			

2024-11-21	2600	All Up In My Grill	Sunday Vietnamese Brisket With Noodles	Chef Dale Talde shows how he does Sunday up right as he grills up some Vietnamese Brisket with Rice Noodles, Crispy Swordfish Summer Rolls, and tops it all off with some tasty Soju Floats.	USA	English-100	RPT	G		
2024-11-21	2630	Come Dine With Me UK	Leeds Day 2	It's day two of the competition in Leeds, and wannabe clairvoyant Janet is hoping her ghoulish themed dinner party will bag her top spot. Will the fright night theme be enough?	UNITED KINGDOM	English-100	RPT	PG		
2024-11-21	2700	Come Dine With Me UK	Leeds Day 3	It's day three in Leeds and record label owner Phil is hoping to bat off the competition with his seventies rock-themed menu. Will gags and giggles be enough to bag him the prize?	UNITED KINGDOM	English-100	RPT	PG		
2024-11-21	2730	The Cook Up With Adam Liaw	Salty	The Cook Up host Adam Liaw invites Uccello's Nigel Ward and dessert queen Anna Polyviou into The Cook Up kitchen to create some salt-inspired dishes.	AUSTRALIA	English-100	RPT	G		Y
2024-11-21	2800	The Cook And The Chef	Herbs And Pearls	Maggie loves her herbs and couldn't pass up the opportunity to visit Rob Foster who grows baby, or micro herbs which are 'early' versions of greens or herbs that are intensely flavoured and beautiful to look at. They are usually harvested after seven to fourteen days and though small in size. micros are packed with flavour and nutrients.	AUSTRALIA	English-100	RPT	G		
2024-11-21	2830	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	RPT	G		
2024-11-22	0500	David Rocco's Dolce Homemade	Food Truckers, The	If you could decide on one last dish, what would it be? With the help of David's daughters, Emma and Giorgia, the Rocco family cook up their all-time favourite meals.	CANADA	English-100	RPT	PG	I	
2024-11-22	0530	Fun'q With Spencer Watts	Brunch Is Lit	Let's brunch. Spencer makes sinfully good grilled brioche French toast kebabs drizzled in bourbon maple icing and flame seared, coffee rubbed steak tacos with grilled pepper scrambled eggs.	CANADA	English-100	RPT	G		
2024-11-22	0600	Jimmy Shu's Taste of The Territory	Flavour	The dry season in the Top End is a time for festivals, and one of the most popular is Glenti, a Greek cultural festival. Jimmy meets some of the Greek community preparing food for the event and learns to make the Greek speciality - dolmades.	AUSTRALIA	English-100	RPT	G		Y Y
2024-11-22	0630	Bizarre Foods: Delicious Destinations	Palm Springs	Andrew spotlights the glamorous desert oasis of Palm Springs, CA. The sunny resort city features new and iconic eateries serving up dishes like grilled rib eye and composed bone marrow butter, the popular reuben stacker and the classic date milkshake.	USA	English-100	RPT	G		
2024-11-22	0700	Selena + Chef	Selena + Roy Choi	Selena teams up with the godfather of the modern food truck movement, Roy Choi, to make some dangerously delicious Korean BBQ breakfast tacos and Hawaiian malasadas. As Roy masterfully incorporates Selena's suggestions into his recipes in real-time, a surprise guest pops in to cheer Chef Gomez on.	USA	English-100	RPT	PG		
2024-11-22	0730	Ainsley's Good Mood Food	Nuts And Seeds	In today's show nuts and seeds take centre stage in all Ainsley's dishes. He kicks things off with a dish from his travels, trofie pasta with a pistachio and mint pesto.	UNITED KINGDOM	English-100	RPT	G		
2024-11-22	0825	Taste The Philippines With Yasmin Newman	Smoked Bicol Express With Luisa Brimble	Renowned cookbook photographer Louisa Brimble shares her smoky version of bicol express, a classic dish from her hometown in the Philippines.	AUSTRALIA	English-100	RPT	G		

2024-11-22	0830	Oliver's Twist	Bon Voyage	Jamie puts together a farewell dinner for his friend, who is travelling for a year.	UNITED KINGDOM	English-100	RPT	G	
2024-11-22	0900	Everyday Gourmet With Justine Schofield	Ep 89	In today's show Justine bakes up some Rockefeller Oysters and tempts us with her juicy Fried Chicken and Cream Cheese Chocolate Brownies.	AUSTRALIA	English-100	RPT	G	
2024-11-22	0930	My Market Kitchen	Ep 59	Wine expert Adam Walls pairs wines for Mike's first dish, Crumbed Veal Cutlets.	AUSTRALIA	English-100	RPT		
2024-11-22	1000	The Cook And The Chef	Herbs And Pearls	Maggie loves her herbs and couldn't pass up the opportunity to visit Rob Foster who grows baby, or micro herbs which are 'early' versions of greens or herbs that are intensely flavoured and beautiful to look at. They are usually harvested after seven to fourteen days and though small in size, micros are packed with flavour and nutrients.	AUSTRALIA	English-100	RPT	G	
2024-11-22	1030	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	RPT	G	
2024-11-22	1100	The Cook Up With Adam Liaw	From The Vine	The one and only Maggie Beer joins baker Natalie Paull and Adam in The Cook Up Kitchen to make dishes using produce from the vine.	AUSTRALIA	English-100	RPT	G	Y
2024-11-22	1130	Ainsley's Great Garden Cook Off	Genevieve Taylor And Nico Reynolds	Ainsley is joined by chefs Genevieve Taylor and Nico Reynolds in Bristol for a light-hearted cooking contest in the National Trust estate's stunning kitchen garden.	UNITED KINGDOM	English-100	RPT	PG	I
2024-11-22	1230	Come Dine With Me	Newcastle 4	It's the fourth night in the North East and sexual health nurse Jade is throwing a Wild West themed party in a bid to rope her the money.	UNITED KINGDOM	English-100	RPT	PG	
2024-11-22	1300	David Rocco's Dolce Homemade	Favourite Meals	If you could decide on one last dish, what would it be? With the help of David's daughters, Emma and Giorgia, the Rocco family cook up their all-time favourite meals.	CANADA	English-100	RPT	PG	a w
2024-11-22	1330	Fun'q With Spencer Watts	Spice Is Nice	Spencer's feeling spicy! He makes a chickpea salad with charred halloumi and a cumin vinaigrette. He dresses humble cauliflower in a buttery sumac spice rub, and whips up with two dipping sauces.	CANADA	English-100	RPT	G	
2024-11-22	1400	Jimmy Shu's Taste of The Territory	Seafood	The Top End of Australia has some of the best, freshest seafood in the country and Jimmy explains why. At one of Darwin's wharfs Jimmy meets self-taught chef Rachael Ciesolka, who shows Jimmy how to cook her signature lemon citrus mud crab dish.	AUSTRALIA	English-100	RPT	G	Y
2024-11-22	1430	Bizarre Foods: Delicious Destinations	Santa Fe	Andrew explores Santa Fe, a town intent on preserving its storied culture. Native American, Spanish and Mexican traditions converge to form mouthwatering dishes like slow-roasted carne adovada, chile rellenos and light-as-air sopapillas.	USA	English-100	RPT	G	
2024-11-22	1500	Selena + Chef	Selena + Jon + Vinny	Selena bows down to two iconic chefs who've been behind many, many dinners in her life: restaurateurs, authors, and BFFs Jon and Vinny.	USA	English-100	RPT	PG	Y
2024-11-22	1530	Ainsley's Good Mood Food	Vegetables	A veggie packed diet is a great way to feel good. Ainsley is working through the veg patch and making dishes filled with tasty vegetables. His first dish is a Harriott house favourite.	UNITED KINGDOM	English-100	RPT	G	

2024-11-22	1625	Taste The Philippines With Yasmin Newman	Kinamatisang Manok With Kim Cudia-Prieto	Chef and owner of Canberra's Lolo and Lola's, Kim Cudia-Prieto cooks a specialty dish called Kinamatisan Manok using classic ingredients that are local to her hometown.	AUSTRALIA	English-100	RPT	G	
2024-11-22	1630	Oliver's Twist	Wedding	Jamie prepares a meal to remember for a friend's wedding day. Recipes include antipasto platters, baked salmon, salsa verde, antipasto platters, and summer berries with mascarpone cream.	UNITED KINGDOM	English-100	RPT	G	
2024-11-22	1700	Everyday Gourmet With Justine Schofield	Ep 90	Today Justine teaches us how to make the tastiest Spinach and Bacon Omelette, some quirky Spare Ribs and how to make your own Caramello Cream filled Chocolate Cakes.	AUSTRALIA	English-100		G	
2024-11-22	1730	My Market Kitchen	Ep 60	Mike starts with a Rhubarb Crumble Cake topped with ginger-infused whipped cream. Laura assists Karen Chan with her mystery box, resulting in Char Kway Teow.	AUSTRALIA	English-100		G	
2024-11-22	1800	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 3	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple, exquisitely flavoured recipes.	UNITED KINGDOM		RPT	G	
2024-11-22	1830	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 3	Nothing Silvia makes will be measured or mixed with kitchen appliances; it's all hands on, starting with delicious mini pizzas made from leftover bread, and a delicate prawn and lemon risotto.	AUSTRALIA	Enya-100	RPT	G	Y
2024-11-22	1900	The Cook Up With Adam Liaw	Ready In 10	It is a race against the clock to make dishes in just 10 minutes. And in The Cook Up Kitchen Adam, actor Aaron Fa'Aoso and chef Nina Huynh are facing the timer.	AUSTRALIA	English-100	RPT	G	Y
2024-11-22	1930	Hairy Bikers Go West	Coming Home For Christmas	The Hairy Bikers are back on the road searching for wonderful seasonal ingredients to create a festive banquet to thank all those who've helped Dave throughout his recent struggles.	UNITED KINGDOM	English-100		PG	
2024-11-22	2030	Mary Berry's Fantastic Feasts	Ep 1	Dame Mary Berry knows a thing or two about cooking up a Festive Feast, and this year she's sharing her cooking skills with novice cooks, cousins James, Jack and Leah, who want to throw a great feast.	UNITED KINGDOM	English-100	RPT	G	
2024-11-22	2135	Come Dine With Me UK	Leeds Day 4	It's night four of the competition in Leeds and painter/decorator - and Michael Bubl� impersonator Alex is hoping to top the leader board with a cruise-themed menu from around the world.	UNITED KINGDOM	English-100	RPT	PG	
2024-11-22	2200	Come Dine With Me UK	Leeds Day 5	It's the final day of the competition in Leeds and bridal shop owner Abbi is hoping to woo her guests with a wedding themed party. Can the amorous atmosphere help Abbi win the grand?	UNITED KINGDOM	English-100	RPT	PG	
2024-11-22	2230	The Cook Up With Adam Liaw	Sweet	Cookbook author Analiese Gregory and Monday Morning Cooking Club's Natanya Eskin join host Adam Liaw in The Cook Up kitchen to recreate their favourite sweet dishes.	AUSTRALIA	English-100	RPT	G	Y
2024-11-22	2300	The Cook And The Chef	Jackfruit And Goat	After trying a Jack fruit curry on a recent trip to Darwin, Simon was inspired to use this remarkable fruit in a biryani, an exquisite combination of rice, jackfruit, herbs, and spices.	AUSTRALIA	English-100	RPT	G	
2024-11-22	2330	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	RPT	PG	

2024-11-22	2400	David Rocco's Dolce Homemade	Favourite Meals	If you could decide on one last dish, what would it be? With the help of David's daughters, Emma and Giorgia, the Rocco family cook up their all-time favourite meals.	CANADA	English-100	RPT	PG	a w
2024-11-22	2430	Hairy Bikers Go West	Coming Home For Christmas	The Hairy Bikers are back on the road searching for wonderful seasonal ingredients to create a festive banquet to thank all those who've helped Dave throughout his recent struggles.	UNITED KINGDOM	English-100	RPT	PG	
2024-11-22	2530	Mary Berry's Fantastic Feasts	Ep 1	Dame Mary Berry knows a thing or two about cooking up a Festive Feast, and this year she's sharing her cooking skills with novice cooks, cousins James, Jack and Leah, who want to throw a great feast.	UNITED KINGDOM	English-100	RPT	G	
2024-11-22	2635	Come Dine With Me UK	Leeds Day 4	It's night four of the competition in Leeds and painter/decorator - and Michael Bubl� impersonator Alex is hoping to top the leader board with a cruise-themed menu from around the world.	UNITED KINGDOM	English-100	RPT	PG	
2024-11-22	2700	Come Dine With Me UK	Leeds Day 5	It's the final day of the competition in Leeds and bridal shop owner Abbi is hoping to woo her guests with a wedding themed party. Can the amorous atmosphere help Abbi win the grand?	UNITED KINGDOM	English-100	RPT	PG	
2024-11-22	2730	The Cook Up With Adam Liaw	Sweet	Cookbook author Analiese Gregory and Monday Morning Cooking Club's Natanya Eskin join host Adam Liaw in The Cook Up kitchen to recreate their favourite sweet dishes.	AUSTRALIA	English-100	RPT	G	Y
2024-11-22	2800	The Cook And The Chef	Jackfruit And Goat	After trying a Jack fruit curry on a recent trip to Darwin, Simon was inspired to use this remarkable fruit in a biryani, an exquisite combination of rice, jackfruit, herbs, and spices.	AUSTRALIA	English-100	RPT	G	
2024-11-22	2830	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	RPT	PG	
2024-11-23	0500	David Rocco's Dolce Homemade	Favourite Meals	If you could decide on one last dish, what would it be? With the help of David's daughters, Emma and Giorgia, the Rocco family cook up their all-time favourite meals.	CANADA	English-100	RPT	PG	a w
2024-11-23	0530	Fun'q With Spencer Watts	Spice Is Nice	Spencer's feeling spicy! He makes a chickpea salad with charred halloumi and a cumin vinaigrette. He dresses humble cauliflower in a buttery sumac spice rub, and whips up with two dipping sauces.	CANADA	English-100	RPT	G	
2024-11-23	0600	Jimmy Shu's Taste of The Territory	Seafood	The Top End of Australia has some of the best, freshest seafood in the country and Jimmy explains why. At one of Darwin's wharfs Jimmy meets self-taught chef Rachael Ciesolka, who shows Jimmy how to cook her signature lemon citrus mud crab dish.	AUSTRALIA	English-100	RPT	G	Y
2024-11-23	0630	Bizarre Foods: Delicious Destinations	Santa Fe	Andrew explores Santa Fe, a town intent on preserving its storied culture. Native American, Spanish and Mexican traditions converge to form mouthwatering dishes like slow-roasted carne adovada, chile rellenos and light-as-air sopapillas.	USA	English-100	RPT	G	
2024-11-23	0700	Selena + Chef	Selena + Jon + Vinny	Selena bows down to two iconic chefs who've been behind many, many dinners in her life: restaurateurs, authors, and BFFs Jon and Vinny.	USA	English-100	RPT	PG	Y
2024-11-23	0730	Ainsley's Good Mood Food	Vegetables	A veggie packed diet is a great way to feel good. Ainsley is working through the veg patch and making dishes filled with tasty vegetables. His first dish is a Harriott house favourite.	UNITED KINGDOM	English-100	RPT	G	

2024-11-23	0825	Taste The Philippines With Yasmin Newman	Kinamatisang Manok With Kim Cudia-Prieto	Chef and owner of Canberra's Lolo and Lola's, Kim Cudia-Prieto cooks a specialty dish called Kinamatisan Manok using classic ingredients that are local to her hometown.	AUSTRALIA	English-100	RPT	G		
2024-11-23	0830	Oliver's Twist	Wedding	Jamie prepares a meal to remember for a friend's wedding day. Recipes include antipasto platters, baked salmon, salsa verde, antipasto platters, and summer berries with mascarpone cream.	UNITED KINGDOM	English-100	RPT	G		
2024-11-23	0900	Everyday Gourmet With Justine Schofield	Ep 90	Today Justine teaches us how to make the tastiest Spinach and Bacon Omelette, some quirky Spare Ribs and how to make your own Caramello Cream filled Chocolate Cakes.	AUSTRALIA	English-100	RPT	G		
2024-11-23	0930	My Market Kitchen	Ep 60	Mike starts with a Rhubarb Crumble Cake topped with ginger-infused whipped cream. Laura assists Karen Chan with her mystery box, resulting in Char Kway Teow.	AUSTRALIA	English-100	RPT	G		
2024-11-23	1000	The Cook And The Chef	Jackfruit And Goat	After trying a Jack fruit curry on a recent trip to Darwin, Simon was inspired to use this remarkable fruit in a biryani, an exquisite combination of rice, jackfruit, herbs, and spices.	AUSTRALIA	English-100	RPT	G		
2024-11-23	1030	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	RPT	PG		
2024-11-23	1100	The Cook Up With Adam Liaw	Ready In 10	It is a race against the clock to make dishes in just 10 minutes. And in The Cook Up Kitchen Adam, actor Aaron Fa'Aoso and chef Nina Huynh are facing the timer.	AUSTRALIA	English-100	RPT	G		Y
2024-11-23	1130	Hairy Bikers Go West	Coming Home For Christmas	The Hairy Bikers are back on the road searching for wonderful seasonal ingredients to create a festive banquet to thank all those who've helped Dave throughout his recent struggles.	UNITED KINGDOM	English-100	RPT	PG		
2024-11-23	1230	World's Most Expensive Foods	White Truffle	Bidders shell out big money for the largest white truffle of the season, in a unique auction that mixes philanthropy with gourmet pursuit. This auction is also critical to the economy of Alba, Italy	SINGAPORE	English-50; Japanese-50	RPT	G		Y
2024-11-23	1330	World's Most Expensive Foods	Tuna	Tokyo's brand-new wholesale fish market, Toyosu, rings in 2019 with the auction of the world's most expensive fish. We witness the hardship that fishermen face as the prized Bluefin tuna becomes scarce.	SINGAPORE	English-50; Japanese-50	RPT	PG	a w	Y
2024-11-23	1430	Ainsley's Christmas Good Mood Food	Ainsley's Christmas Good Mood Food	Join Ainsley and friends for some festive fun in this special episode of Ainsley's Christmas Good Mood Food. Ainsley and pal Oilly Smith get the fun started with canapes and cocktails.	UNITED KINGDOM	English-100	RPT	PG		
2024-11-23	1525	Destination Flavour Singapore Bitesize	Hari Kaya	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		Y
2024-11-23	1530	Jamie Cooks Christmas	Jamie Cooks Christmas	Jamie is determined to make this Christmas amazing. His place is full of decorations and he enthusiastically bounds through an hour of brilliant ideas and shows us the most sumptuous and delicious recipes.	UNITED KINGDOM	English-100	RPT	G		
2024-11-23	1630	Field Trip With Curtis Stone	Big Island - Hawaii	Curtis meets up with local fisherman, Justin Lee, to do some spearfishing off the coast of Kona. He entrenches himself in the family culture of the islands, where he helps cook the caught fish.	USA	English-100	RPT	PG	a l w	

2024-11-23	1700	Tom Kerridge's American Feast	Vermont	In this episode, Tom Kerridge travels to Vermont and learns how combining local food tradition with 21st century innovation can have surprisingly tasty results.	UNITED KINGDOM	English-100	RPT	G	
2024-11-23	1730	Lorraine's Fast, Fresh And Easy Food	Baking It	Baking isn't all about breads and cakes as Lorraine shows in tonight's episode.	UNITED KINGDOM	English-100		G	
2024-11-23	1800	Taste Of Australia In Vietnam	Ho Chi Minh City And Dalat	Travelling to mountainous Da Lat and bustling Ho Chi Minh City, Luke enthuses about the street food, learns about a ground-breaking approach to farming and meets with artistic Australians.	AUSTRALIA	English-100			Y
2024-11-23	1830	View From River Cottage	View From River Cottage Series 1 Ep 5	Hugh looks back on his experiences of bagging 'one for the pot', whether it's the rabbits that are eating his lettuces - transformed into 'bunny burgers' for the local farmers' market, or a roe deer, which he spit roasts for a local wedding feast.	UNITED KINGDOM	English-100	RPT	PG	a w
2024-11-23	1900	View From River Cottage	View From River Cottage Series 1 Ep 6	Hugh reflects that sharing fresh, locally grown, seasonal produce with both family and friends has become the cornerstone of the River Cottage experience.	UNITED KINGDOM	English-100	RPT	PG	
2024-11-23	1930	Hugh's Fish Fight	Hugh's Fish Fight Series 1 Ep 1	Hugh Fearnley-Whittingstall leaves the comfort of River Cottage to change the way we fish, both here and abroad.	UNITED KINGDOM	English-100	RPT	PG	a w
2024-11-23	2030	Rick Stein's India	Rahasthan And Himachal Pradesh	Rick Stein arrives in the royal state of Rajasthan, the land of the kings. The majority of Rajasthanis are serious meat eaters with dishes like Jungle Maas, a perfect combination of meat, chillies, and spices. Mostly desert, this region is very different from Rick's next destination, the state of Himachal Pradesh, nestled on the foothills of the Western Himalayas.	UNITED KINGDOM	English-100	RPT	G	Y
2024-11-23	2140	Anthony Bourdain: Parts Unknown	Israel	Tony travels to Israel, the West Bank and Gaza where he'll spend time meeting chefs, home cooks, writers and amateur foodies to find out more about the food culture in these places.	USA	English-100	RPT	PG	Y
2024-11-23	2230	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
2024-11-23	2330	Ainsley's Christmas Good Mood Food	Ainsley's Christmas Good Mood Food	Join Ainsley and friends for some festive fun in this special episode of Ainsley's Christmas Good Mood Food. Ainsley and pal Olly Smith get the fun started with canapes and cocktails.	UNITED KINGDOM	English-100	RPT	PG	
2024-11-23	2425	Destination Flavour Singapore Bitesize	Hari Kaya	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	Y
2024-11-23	2430	Jamie Cooks Christmas	Jamie Cooks Christmas	Jamie is determined to make this Christmas amazing. His place is full of decorations and he enthusiastically bounds through an hour of brilliant ideas and shows us the most sumptuous and delicious recipes.	UNITED KINGDOM	English-100	RPT	G	
2024-11-23	2530	Field Trip With Curtis Stone	Big Island - Hawaii	Curtis meets up with local fisherman, Justin Lee, to do some spearfishing off the coast of Kona. He entrenches himself in the family culture of the islands, where he helps cook the caught fish.	USA	English-100	RPT	PG	a l w
2024-11-23	2600	Tom Kerridge's American Feast	Vermont	In this episode, Tom Kerridge travels to Vermont and learns how combining local food tradition with 21st century innovation can have surprisingly tasty results.	UNITED KINGDOM	English-100	RPT	G	

2024-11-23	2630	Lorraine's Fast, Fresh And Easy Food	Baking It	Baking isn't all about breads and cakes as Lorraine shows in tonight's episode.	UNITED KINGDOM	English-100	RPT	G	
2024-11-23	2700	Taste Of Australia In Vietnam	Ho Chi Minh City And Dalat	Travelling to mountainous Da Lat and bustling Ho Chi Minh City, Luke enthuses about the street food, learns about a ground-breaking approach to farming and meets with artistic Australians.	AUSTRALIA	English-100	RPT		Y
2024-11-23	2730	Anthony Bourdain: Parts Unknown	Israel	Tony travels to Israel, the West Bank and Gaza where he'll spend time meeting chefs, home cooks, writers and amateur foodies to find out more about the food culture in these places.	USA	English-100	RPT	PG	Y
2024-11-23	2825	Destination Flavour Singapore Bitesize	Hari Kaya	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	Y
2024-11-23	2830	View From River Cottage	View From River Cottage Series 1 Ep 5	Hugh looks back on his experiences of bagging 'one for the pot', whether it's the rabbits that are eating his lettuces - transformed into 'bunny burgers' for the local farmers' market, or a roe deer, which he spit roasts for a local wedding feast.	UNITED KINGDOM	English-100	RPT	PG	a w