



WEEK 47: Sunday, 19 November - Saturday, 25 November 2023 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Egg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2023-11-19	0500	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
2023-11-19	0530	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
2023-11-19	0635	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	
2023-11-19	0735	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			
2023-11-19	0800	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			
2023-11-19	0830	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			
2023-11-19	0900	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			
2023-11-19	0930	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		
2023-11-19	1030	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			
2023-11-19	1100	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
2023-11-19	1130	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
2023-11-19	1235	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	

2023-11-19	1330	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
2023-11-19	1400	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
2023-11-19	1430	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			
2023-11-19	1500	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			
2023-11-19	1530	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			
2023-11-19	1600	Hungry For More: Spain	Hungry For More	Tom Anlezark and Georgia Maher explores the country's deep relationship with food and how it influences the Spanish way of life, This series takes viewers from Barcelona to Costa Brava.	AUSTRALIA	English-90; Catalan-10					
2023-11-19	1630	Food In Our Time	Legacy	In the 21st century, the role of the chef has evolved. Andre meets three visionaries who are changing the way we eat and think about food.	SINGAPORE	English-100		PG	a		Y
2023-11-19	1725	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 7	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G			Y
2023-11-19	1730	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			
2023-11-19	1800	Flat Out Food	Salt	Mined in Saskatchewan, salt is vital in the kitchen. Jenn learns how the 'magic' ingredient can accentuate and elevate a dish.	CANADA	English-100		PG			
2023-11-19	1830	Gourmet Farmer Afloat	Earning Their Stripes	The trip is about to get serious as Matthew, Ross, and Nick attempt to sail down the dangerous and isolated south-western coast of Tasmania.	AUSTRALIA	English-100	RPT	G	q		Y
2023-11-19	1930	James Martin's French Adventure	Jura	Matthew Tissot shows James around his orchard and teaches him about the region's remarkable apples and pears. James barbeques duck accompanied by a spicy apple and pear chutney.	UNITED KINGDOM	English-100		G			
2023-11-19	2030	Hairy Bikers Mediterranean	Hairy Bikers Mediterranean Series 1 Ep 1	The Hairy Bikers go off the beaten track in search of authentic flavours of Italy from simple, local ingredients to spicy n'duja pate and some of the best gelato to be found.	UNITED KINGDOM	English-100					
2023-11-19	2130	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	l w		
2023-11-19	2225	Destination Flavour Japan Bitesize	Destination Flavour Japan Bitesize Series 1 Ep 6	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y	Y

2023-11-19	2230	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 2	With Hugh back in the UK, Paul finds himself alone at River Cottage. He sets about getting his winter vegetable crop fed, using an organic fertiliser recipe using the farm's unwanted products.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2023-11-19	2330	Mystery Diners	Security Issues	After hearing complaints that their late night security guard is being too rough with customers, Dave and Mike Frank, co-owners of Del Rossi's Cheesesteak Co. contact the Mystery Diners for help.	USA	English-100		PG		Y
2023-11-19	2400	Mystery Diners	What A Drag	After hearing complaints from his cross-dressing customers that the weekly quiz night is rigged, Bob, the owner of Venture Inn in Philadelphia, suspects his manager is responsible.	USA	English-100		PG		Y
2023-11-19	2430	Food In Our Time	Legacy	In the 21st century, the role of the chef has evolved. Andre meets three visionaries who are changing the way we eat and think about food.	SINGAPORE	English-100		PG	a	Y
2023-11-19	2525	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 7	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
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2023-11-19	2600	Flat Out Food	Salt	Mined in Saskatchewan, salt is vital in the kitchen. Jenn learns how the 'magic' ingredient can accentuate and elevate a dish.	CANADA	English-100		PG		
2023-11-19	2630	Gourmet Farmer Afloat	Earning Their Stripes	The trip is about to get serious as Matthew, Ross, and Nick attempt to sail down the dangerous and isolated south-western coast of Tasmania.	AUSTRALIA	English-100	RPT	G	q	Y
2023-11-19	2725	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
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2023-11-20	0500	Mystery Diners	What A Drag	After hearing complaints from his cross-dressing customers that the weekly quiz night is rigged, Bob, the owner of Venture Inn in Philadelphia, suspects his manager is responsible.	USA	English-100		PG		Y
2023-11-20	0530	Food In Our Time	Legacy	In the 21st century, the role of the chef has evolved. Andre meets three visionaries who are changing the way we eat and think about food.	SINGAPORE	English-100		PG	a	Y
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2023-11-20	1125	Destination Flavour Japan Bitesize	Destination Flavour Japan Bitesize Series 1 Ep 6	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G			Y Y
2023-11-20	1130	Mystery Diners	Security Issues	After hearing complaints that their late night security guard is being too rough with customers, Dave and Mike Frank, co-owners of Del Rossi's Cheesesteak Co. contact the Mystery Diners for help.	USA	English-100		PG			Y
2023-11-20	1200	Mystery Diners	What A Drag	After hearing complaints from his cross-dressing customers that the weekly quiz night is rigged, Bob, the owner of Venture Inn in Philadelphia, suspects his manager is responsible.	USA	English-100		PG			Y
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2023-11-20	1330	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 6	Get tangled in today's episode with Kirsten's creamy semifreddo paired with strawberries or keep it simple and treat yourself with lovely chocolate lollipops.	AUSTRALIA	English-100		G			
2023-11-20	1400	Barefoot Contessa: Back To Basics	Pork	Ina Garten is sharing new ways to cook with pork - and she's putting bacon, sausage, kielbasa and tenderloins in the spotlight. She begins by making sausage and mushroom strudels for appetisers.	USA	English-100		G			

2023-11-20	1430	Big Appetite	Big Appetite Series 1, Ep 4	Ben Hundreds hits cutting edge concepts in NYC like Contra, Wildair, Madame Vo and Dhamaka, an explosive Indian eatery. Plus shopping, art and best sandwiches.	USA	English-100		PG		
2023-11-20	1500	The Italian Vegan Chef	Vegan Italian Chef Series 1 Ep, The 6	Nadia continues her journey around Tuscany and visits Florence. She enters the old historical Synagogue and then heads to Ruth's Restaurant to enjoy a traditional Tuscan Jewish meal.	ISRAEL	English-50; Italian-50		G		
2023-11-20	1530	Choccywoccydoodah	Upstairs, Downstairs	It's all pomp and ceremony when chocolatier Tom makes the biggest and most extravagant of cakes for the Queen Charlotte Ball, where debutantes are presented to the cream of London society.	UNITED KINGDOM	English-100		PG		a
2023-11-20	1600	David Rocco's Dolce India	Chennai Express	David's comedian friends Mohan and Vidyu take him on a culinary tour of Chennai's Tamil Nadu vegetarian culture, from a typical breakfast to a tour of a factory where they teach him to make chutney.	CANADA	English-100		PG		I
2023-11-20	1630	My Market Kitchen	Episode 66	Nutritionist Jemma checks out a mushroom farm and makes a mushroom and goats cheese omelette.	AUSTRALIA	English-100		G		
2023-11-20	1700	Mary Makes It Easy	Supermarket Swap	Mary loves a grocery store shortcut to make cooking smarter, not harder. Mary jazzes up a store-bought chicken and cooks a snacky timesaver: creamy french onion dip using frozen pre-chopped onions.	CANADA	English-100		G		
2023-11-20	1730	Freshly Picked	Freshly Picked Series 2 Ep 1	Freshly Picked is back. Starting with a tasty weeknight pumpkin curry, and a lunchtime rice cake with a crispy finish. Jerry is serving up Vietnamese flavours, and Simon gets on the tools at Grazeland.	AUSTRALIA	English-100				
2023-11-20	1800	Food Safari	Food Safari Series 4 Ep 1	Maeve O'Meara explores the many cuisines of Darwin, including recipes from the city's Greek, Asian and Indigenous groups.	AUSTRALIA	English-100	RPT	G		Y
2023-11-20	1830	Lidia's Kitchen	Spice It Up	Spices impart a lot of flavour to a recipe, and today Lidia shows viewers how to use different spices. First up, an elegant way to serve mussels, then spicy stuffed clams, and lastly chicken zucchini.	USA	English-100		PG		
2023-11-20	1900	The Cook Up With Adam Liaw	Grains	Former NRL player-turned-coach Dean Widders and Mabu Mabu owner and chef Nornie Bero join Adam in the Cook Up Kitchen to create some hearty dishes using a family staple, grains.	AUSTRALIA	English-100	RPT	G		Y
2023-11-20	1930	Shane Delia's Spice Journey	Shane Delia's Spice Journey Series 1 Episode 1	Shane heads to his homeland, the old Phoenician outpost of Malta where the aromatics and spices of the Middle East mingle with European traditions of the Mediterranean.	AUSTRALIA	English-100	RPT	PG		Y
2023-11-20	2000	Luke Nguyen's India	Luke Nguyen's India Series 1 Ep 2	Luke visits a local wrestling premises famous for its biryani. He gets to discover the growing Bangalore beer brewery scene before he visits a famous coffee house with an amazing local story.	AUSTRALIA	English-99; Kannada-1		G		
2023-11-20	2030	Stanley Tucci: Searching For Italy	Bologna	One of the world's best chefs, Massimo Bottura, drives Stanley to a premium parmigiano producer, who uses the milk of the white Modenese cows.	USA	English-80; Italian-20	RPT	G		Y Y
2023-11-20	2125	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		
2023-11-20	2130	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		PG		

2023-11-20	2200	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			PG		
2023-11-20	2230	The Cook Up with Adam Liaw	Rice Noodles	DJ and author Andrew Levins and Palisa Anderson, host of SBS's Water Heart Food, are in The Cook Up kitchen with host Adam Liaw to share their favourite rice noodle dishes.	AUSTRALIA	English-100	RPT		G		Y
2023-11-20	2300	Bizarre Foods: Delicious Destinations	Boston: A Second Bite	Andrew Zimmern highlights the harbor-influenced eats of Boston, including squid ink black pasta, Irish fish and chips and a cool take on a classic roast beef sandwich.	USA	English-100	RPT		G		
2023-11-20	2330	The Cook And The Chef	Brussels Sprouts And Avocado	Maggie and Simon go green with brussels sprouts and avocados. Enjoy their warm winter take on the much maligned sprout and take a trip back to the seventies with Simon's avocado ice cream.	AUSTRALIA	English-100			G		
2023-11-20	2400	Mystery Diners	Three's A Crowd	Marvin, the owner of Falls Taproom in Philadelphia, contacts Charles Stiles to help investigate an ongoing feud between his girlfriend-slash-manager and best friend-slash-customer.	USA	English-100			PG		Y
2023-11-20	2430	Stanley Tucci: Searching For Italy	Bologna	One of the world's best chefs, Massimo Bottura, drives Stanley to a premium parmigiano producer, who uses the milk of the white Modenese cows.	USA	English-80; Italian-20	RPT		G	Y	Y
2023-11-20	2525	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		
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2023-11-20	2800	Mystery Diners	Three's A Crowd	Marvin, the owner of Falls Taproom in Philadelphia, contacts Charles Stiles to help investigate an ongoing feud between his girlfriend-slash-manager and best friend-slash-customer.	USA	English-100			PG		Y
2023-11-20	2830	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 6	Get tangled in today's episode with Kirsten's creamy semifreddo paired with strawberries or keep it simple and treat yourself with lovely chocolate lollipops.	AUSTRALIA	English-100			G		
2023-11-21	0500	Barefoot Contessa: Back To Basics	Pork	Ina Garten is sharing new ways to cook with pork - and she's putting bacon, sausage, kielbasa and tenderloins in the spotlight. She begins by making sausage and mushroom strudels for appetisers.	USA	English-100			G		

2023-11-21	0530	Big Appetite	Big Appetite Series 1, Ep 4	Ben Hundreds hits cutting edge concepts in NYC like Contra, Wildair, Madame Vo and Dhamaka, an explosive Indian eatery. Plus shopping, art and best sandwiches.	USA	English-100		PG			
2023-11-21	0600	The Italian Vegan Chef	Vegan Italian Chef Series 1 Ep, The 6	Nadia continues her journey around Tuscany and visits Florence. She enters the old historical Synagogue and then heads to Ruth's Restaurant to enjoy a traditional Tuscan Jewish meal.	ISRAEL	English-50; Italian-50		G			
2023-11-21	0630	Choccywoccydoodah	Upstairs, Downstairs	It's all pomp and ceremony when chocolatier Tom makes the biggest and most extravagant of cakes for the Queen Charlotte Ball, where debutantes are presented to the cream of London society.	UNITED KINGDOM	English-100		PG	a		
2023-11-21	0700	David Rocco's Dolce India	Chennai Express	David's comedian friends Mohan and Vidyu take him on a culinary tour of Chennai's Tamil Nadu vegetarian culture, from a typical breakfast to a tour of a factory where they teach him to make chutney.	CANADA	English-100		PG	I		
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2023-11-21	0800	Mary Makes It Easy	Supermarket Swap	Mary loves a grocery store shortcut to make cooking smarter, not harder. Mary jazzes up a store-bought chicken and cooks a snacky timesaver: creamy french onion dip using frozen pre-chopped onions.	CANADA	English-100		G			
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2023-11-21	0900	Food Safari	Food Safari Series 4 Ep 1	Maeve O'Meara explores the many cuisines of Darwin, including recipes from the city's Greek, Asian and Indigenous groups.	AUSTRALIA	English-100	RPT	G		Y	
2023-11-21	0930	Lidia's Kitchen	Spice It Up	Spices impart a lot of flavour to a recipe, and today Lidia shows viewers how to use different spices. First up, an elegant way to serve mussels, then spicy stuffed clams, and lastly chicken zucchini.	USA	English-100		PG			
2023-11-21	1000	Shane Delia's Spice Journey	Shane Delia's Spice Journey Series 1 Episode 1	Shane heads to his homeland, the old Phoenician outpost of Malta where the aromatics and spices of the Middle East mingle with European traditions of the Mediterranean.	AUSTRALIA	English-100	RPT	PG		Y	
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2023-11-21	1230	Planet Bbq	Planet Barbecue	This show gives grilled and smoked vegetables their due; tandoori cauliflower with coriander mint chutney, squash gratin with habanero chiles, and Mexican pit-roasted lamb.	USA	English-100		PG			

2023-11-21	1300	Project Fire	Maryland Crab Feast	This show focuses on my favourite food growing up. This Project Fire version starts with a blazing wood fire. In this show a native son returns home to grill and eat crab!	USA	English-100		PG	
2023-11-21	1330	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 7	From elegant swans to delicate chocolate tubes, it's time for homemade desserts that are just as good as any fine dining establishment.	AUSTRALIA	English-100		G	
2023-11-21	1400	Barefoot Contessa: Back To Basics	Best In Class	Ina shares her best-in-class dishes with the volume turned up. She revamps a breakfast favourite - lemon ricotta pancakes with figs, then combines two winners in Caesar-roasted swordfish.	USA	English-100		G	
2023-11-21	1430	Big Appetite	Big Appetite Series 1, Ep 5	Ben Hundreds hits restaurants inspired by heritage such as Cobi's, Alta Adams and Yangban Society; Plus best tacos.	USA	English-100		PG	
2023-11-21	1500	The Italian Vegan Chef	Vegan Italian Chef Series 1 Ep, The 7	Nadia gets to Puglia, then sees Lecce where she meets Executive Chef Simone De Siato. Together they prepare some gourmet dishes. In Masseria Le Stanzie, she learns some of the best plant-based meals.	ISRAEL	English-50; Italian-50		G	
2023-11-21	1530	Choccywoccydoodah	Four Legged Friends	As an animal lover, chocolatier Dave is in his element when he has to sculpt a pet menagerie for a cake for the press launch of a virtual game. Meanwhile, Ben creates a poodle inspired cake.	UNITED KINGDOM	English-100		PG	a
2023-11-21	1600	David Rocco's Dolce India	Hauz Khas Village	David meets Ravi and Robbie, half-brothers who own the Flipside Cafe in Hauz Khas, Delhi. They ask David to help revamp their menu with some Italian classics like eggplant parmigiana and potato salad.	CANADA	English-100		PG	
2023-11-21	1630	My Market Kitchen	Episode 67	Pastry Chef Kay-Lene Tan makes a delicious roasted banana bread with maple butter.	AUSTRALIA	English-100		G	
2023-11-21	1700	Mary Makes It Easy	Herb Your Enthusiasm	Mary shares recipes to make the most of your fresh herbs! Mary makes a mouth-watering pesto pizza, rosemary olive oil cake, and herbal fish and chips.	CANADA	English-100		G	
2023-11-21	1730	Freshly Picked	Freshly Picked Series 2 Ep 2	Start off with a delicious cannelloni without the pasta and a Sri Lankan fried cabbage. Tobie brings the crunch with his Japanese style tofu sandwich, and Simo looks for the best wood fired pizza.	AUSTRALIA	English-100		G	
2023-11-21	1800	Food Safari	Food Safari Series 4 Ep 2	Maeve O'Meara explores the country considered the gourmet destination of South America - Peru - and its infiltration into Australian culture.	AUSTRALIA	English-100	RPT	G	Y
2023-11-21	1830	Lidia's Kitchen	Perfect Roast, A	Roasting enhances the flavour of any kind of meat and Lidia often makes a roast for family meals. Which includes a salad of warm greens, a roasted pork loin, and roasted fruity compote for dessert.	USA	English-100		PG	
2023-11-21	1900	The Cook Up With Adam Liaw	Taco Tuesday	The Taco Tuesday phenomenon has reached the Cook Up kitchen! Adam, food writer Kate Gibbs, and former MasterChef contestant Aaron Harvie create their favourite taco recipes.	AUSTRALIA	English-100	RPT	G	Y
2023-11-21	1930	Heston's Feasts	Fairytale Feast	Heston makes a fairytale meal featuring a Cinderella pumpkin, a stuffed boar's head inspired by Snow White, and an edible Hansel and Gretel house for pudding.	UNITED KINGDOM	English-100	RPT	PG	a Y
2023-11-21	2030	Fun'q With Spencer Watts	Fun'q With Spencer Watts Series 1 Ep 8	Vegetarian dishes is where things can get really creative. Spencer makes a cheese and garlic laden zucchini boats, smoked babaganoush, grilled yaki onigiri, and lastly soup on the barbecue.	CANADA	English-100		PG	

2023-11-21	2100	Gino's Italian Escape: Hidden Italy	Trentino Alto-Adige	To uncover the secrets of Trentino Alto-Adige, Gino rolls up his sleeves and gets stuck into two local products - cheese, and speck.	UNITED KINGDOM	English-100		G	
2023-11-21	2130	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		PG	
2023-11-21	2200	Come Dine With Me UK	Leeds Day 4	It's night four of the competition in Leeds and painter/decorator - and Michael Buble impersonator Alex is hoping to top the leader board with a cruise-themed menu from around the world.	UNITED KINGDOM	English-100		PG	
2023-11-21	2230	The Cook Up with Adam Liaw	Mid Week Dinner	The Cook Up host Adam Liaw invites Uccello's Nigel Ward and owner of Monish Cakes, Monica Cavallaro, into the kitchen to create some quick and easy mid-week dinners.	AUSTRALIA	English-100	RPT	G	Y
2023-11-21	2300	Bizarre Foods: Delicious Destinations	Cape Cod	Andrew Zimmern explores the treasures of Cape Cod's coastal cuisine. From fried clams to fresh-caught cod, clambakes to cranberry bog ice cream, it's the Massachusetts peninsula's culinary scene.	USA	English-100	RPT	PG	a w
2023-11-21	2330	The Cook And The Chef	Lemon Myrtle And Pizzas	The little village of Nimbin, in the Byron Bay Hinterland, has embraced its reputation as Australia's hippie capital and the influence of the counter culture extends way beyond the main street.	AUSTRALIA	English-100		G	
2023-11-21	2400	Mystery Diners	Fired Up	Fearing that his staff is pranking customers with the restaurant's mouth burning 'Devil's XXX' hot sauce, Ken asks Charles Stiles to investigate.	USA	English-100		PG	Y
2023-11-21	2430	Fun'q With Spencer Watts	Fun'q With Spencer Watts Series 1 Ep 8	Vegetarian dishes is where things can get really creative. Spencer makes a cheese and garlic laden zucchini boats, smoked babaganoush, grilled yaki onigiri, and lastly soup on the barbecue.	CANADA	English-100		PG	
2023-11-21	2500	Gino's Italian Escape: Hidden Italy	Trentino Alto-Adige	To uncover the secrets of Trentino Alto-Adige, Gino rolls up his sleeves and gets stuck into two local products - cheese, and speck.	UNITED KINGDOM	English-100		G	
2023-11-21	2530	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		PG	
2023-11-21	2600	Come Dine With Me UK	Leeds Day 4	It's night four of the competition in Leeds and painter/decorator - and Michael Buble impersonator Alex is hoping to top the leader board with a cruise-themed menu from around the world.	UNITED KINGDOM	English-100		PG	
2023-11-21	2630	The Cook Up with Adam Liaw	Mid Week Dinner	The Cook Up host Adam Liaw invites Uccello's Nigel Ward and owner of Monish Cakes, Monica Cavallaro, into the kitchen to create some quick and easy mid-week dinners.	AUSTRALIA	English-100	RPT	G	Y
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2023-11-21	2800	Mystery Diners	Fired Up	Fearing that his staff is pranking customers with the restaurant's mouth burning 'Devil's XXX' hot sauce, Ken asks Charles Stiles to investigate.	USA	English-100		PG	Y

2023-11-21	2830	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 7	From elegant swans to delicate chocolate tubes, it's time for homemade desserts that are just as good as any fine dining establishment.	AUSTRALIA	English-100		G	
2023-11-22	0500	Barefoot Contessa: Back To Basics	Best In Class	Ina shares her best-in-class dishes with the volume turned up. She revamps a breakfast favourite - lemon ricotta pancakes with figs, then combines two winners in Caesar-roasted swordfish.	USA	English-100		G	
2023-11-22	0530	Big Appetite	Big Appetite Series 1, Ep 5	Ben Hundreds hits restaurants inspired by heritage such as Cobi's, Alta Adams and Yangban Society; Plus best tacos.	USA	English-100		PG	
2023-11-22	0600	The Italian Vegan Chef	Vegan Italian Chef Series 1 Ep, The 7	Nadia gets to Puglia, then sees Lecce where she meets Executive Chef Simone De Siato. Together they prepare some gourmet dishes. In Masseria Le Stanzie, she learns some of the best plant-based meals.	ISRAEL	English-50; Italian-50		G	
2023-11-22	0630	Choccywoccydoodah	Four Legged Friends	As an animal lover, chocolatier Dave is in his element when he has to sculpt a pet menagerie for a cake for the press launch of a virtual game. Meanwhile, Ben creates a poodle inspired cake.	UNITED KINGDOM	English-100		PG	a
2023-11-22	0700	David Rocco's Dolce India	Hauz Khas Village	David meets Ravi and Robbie, half-brothers who own the Flipside Cafe in Hauz Khas, Delhi. They ask David to help revamp their menu with some Italian classics like eggplant parmigiana and potato salad.	CANADA	English-100		PG	
2023-11-22	0730	My Market Kitchen	Episode 67	Pastry Chef Kay-Lene Tan makes a delicious roasted banana bread with maple butter.	AUSTRALIA	English-100		G	
2023-11-22	0800	Mary Makes It Easy	Herb Your Enthusiasm	Mary shares recipes to make the most of your fresh herbs! Mary makes a mouth-watering pesto pizza, rosemary olive oil cake, and herbal fish and chips.	CANADA	English-100		G	
2023-11-22	0830	Freshly Picked	Freshly Picked Series 2 Ep 2	Start off with a delicious cannelloni without the pasta and a Sri Lankan fried cabbage. Tobie brings the crunch with his Japanese style tofu sandwich, and Simo looks for the best wood fired pizza.	AUSTRALIA	English-100			
2023-11-22	0900	Food Safari	Food Safari Series 4 Ep 2	Maeve O'Meara explores the country considered the gourmet destination of South America - Peru - and its infiltration into Australian culture.	AUSTRALIA	English-100	RPT	G	Y
2023-11-22	0930	Lidia's Kitchen	Perfect Roast, A	Roasting enhances the flavour of any kind of meat and Lidia often makes a roast for family meals. Which includes a salad of warm greens, a roasted pork loin, and roasted fruity compote for dessert.	USA	English-100		PG	
2023-11-22	1000	Choccywoccydoodah	Four Legged Friends	As an animal lover, chocolatier Dave is in his element when he has to sculpt a pet menagerie for a cake for the press launch of a virtual game. Meanwhile, Ben creates a poodle inspired cake.	UNITED KINGDOM	English-100		PG	a
2023-11-22	1030	Mystery Diners	Fired Up	Fearing that his staff is pranking customers with the restaurant's mouth burning 'Devil's XXX' hot sauce, Ken asks Charles Stiles to investigate.	USA	English-100		PG	Y
2023-11-22	1100	The Cook Up With Adam Liaw	Taco Tuesday	The Taco Tuesday phenomenon has reached the Cook Up kitchen! Adam, food writer Kate Gibbs, and former MasterChef contestant Aaron Harvie create their favourite taco recipes.	AUSTRALIA	English-100	RPT	G	Y
2023-11-22	1130	Fun'q With Spencer Watts	Fun'q With Spencer Watts Series 1 Ep 8	Vegetarian dishes is where things can get really creative. Spencer makes a cheese and garlic laden zucchini boats, smoked babaganoush, grilled yaki onigiri, and lastly soup on the barbecue.	CANADA	English-100		PG	

2023-11-22	1200	Gino's Italian Escape: Hidden Italy	Trentino Alto-Adige	To uncover the secrets of Trentino Alto-Adige, Gino rolls up his sleeves and gets stuck into two local products - cheese, and speck.	UNITED KINGDOM	English-100	G		
2023-11-22	1230	Planet Bbq	Obsessed With Brisket	Brisket. Few words have such power to make mouths water. It is the backbone of Texas barbecue and the starting point for Irish corned beef, Jewish pastrami and Vietnamese pho. Time for a world tour.	USA	English-100	PG		
2023-11-22	1300	Project Fire	Raichlen's Rules Desserts	When I was growing up, dessert at a barbecue was an afterthought. Sliced watermelon or fruit salad, maybe pie from a local bakery. It never occurred to us to grill dessert. How times have changed!	USA	English-100	PG		
2023-11-22	1330	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 8	Kirsten reveals the secret to making her spicy iced chocolate drink and the perfect garnish. Followed by a sticky white chocolate nougat with pineapple and a chocolate caramelised pastry stack.	AUSTRALIA	English-100	G		
2023-11-22	1400	Barefoot Contessa: Back To Basics	Tomatoes All Ways	Tomatoes are one of Ina's favourite ingredients, and they star in her Easy Provencal Lamb that has a real wow factor, as well as her over-the-top good Penne Arrabiata, the spiciest pasta in town.	USA	English-100	G		
2023-11-22	1430	In Search Of Umami	Seoul	Host Robert Allison heads to Seoul to explore its diverse street food scene, where he samples dishes comprised of blood, kimchi, doenjang, gochujang, nuruk, and spam.	UNITED KINGDOM	English-100	PG	a l w	Y
2023-11-22	1500	The Italian Vegan Chef	Vegan Italian Chef Series 1 Ep, The 8	Nadia continues her journey around Puglia and visits various Masserie, typical renewed farmhouses of the region. Each of these Masserie is built in a unique style and offers its own cuisine.	ISRAEL	English-50; Italian-50	G		
2023-11-22	1530	Choccywoccydoodah	Particular Passion, A	The chocolatiers get into action by making two original and jaw-dropping wedding cakes. The first is modelled on a couple's beloved pet ginger pigs, and the second is plastered in bespoke teddy bears.	UNITED KINGDOM	English-100	PG		
2023-11-22	1600	David Rocco's Dolce India	Homesick Blues	On a long trip to India, David is bound to feel homesick. He and chef Massimo Gullotta spend the day indulging in Italian foods and customs, including a turbulent trip to sea to catch their own fish.	CANADA	English-100	PG	a w	
2023-11-22	1630	My Market Kitchen	Episode 68	Kathy Tsaples returns to teach everyone how to cook up a hearty, delicious slow cooked blade beef.	AUSTRALIA	English-100	G		
2023-11-22	1700	Mary Makes It Easy	Summer's Bounty	Mary celebrates summer's seasonal fruits and veg by cooking baked goat cheese with jalapeno cherry jam, zucchini risotto, and tomato butter chicken.	CANADA	English-100	G		
2023-11-22	1730	Freshly Picked	Freshly Picked Series 2 Ep 3	Get the party started today with some chunky eggplant burgers, and get a few sneaky tips for fritters. Anushka is in baking the ultimate Armenian afternoon tea, and Simon samples hot chocolate	AUSTRALIA	English-100			
2023-11-22	1800	Food Safari	Food Safari Series 4 Ep 3	Maeve O'Meara explores some of the simple dishes of Cypriot food, full of goodness and fresh flavour, based on a handful of key ingredients.	AUSTRALIA	English-100	RPT	G	Y
2023-11-22	1830	Lidia's Kitchen	Southern Italian Salads	Calabria is famous for its fiery salami spread, 'Nduja. It is delicious on warm grilled bread, and Lidia shows us how to make a bruschetta with it. Along with a raw and cooked salad for summer.	USA	English-100	PG		
2023-11-22	1900	The Cook Up With Adam Liaw	Dessert	Delicious curators Phoebe Wood and Warren Mendes join Adam Liaw in the Cook Up Kitchen to create their ultimate desserts.	AUSTRALIA	English-100	RPT	G	Y

2023-11-22	1930	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 5	One of Britain's most popular fish is plaice, which Rick cooks in a special sauce, made with red wine, leeks and parma ham. He names the sauce after his sons band - Pablo.	UNITED KINGDOM	English-100		PG	a w
2023-11-22	2000	Luca's Key Ingredient	Luca's Key Ingredient Series 2 Ep 1	Luca Ciano is back with a focus on one of the most common key ingredients in Italian cooking, garlic. From crostini to pasta to a delicate cod dish, it enhances the flavour in every recipe.	AUSTRALIA	English-100			
2023-11-22	2030	James Martin's Spanish Adventures	James Martin's Spanish Adventures Series 1 Ep 2	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		PG	a w
2023-11-22	2130	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		PG	
2023-11-22	2200	Come Dine With Me UK	Kent Day 1	This week's competition is in Kent. First to host is 51-year-old construction site manager and part-time bouncer, Mark, who hopes his night is as much about the party as it is the dinner.	UNITED KINGDOM	English-100		PG	
2023-11-22	2230	The Cook Up with Adam Liaw	Home Grown	Home cooks Noor Azizah and Rnita Dacho join host Adam Liaw in The Cook Up kitchen to create their ultimate dishes using home grown produce.	AUSTRALIA	English-100	RPT	G	Y
2023-11-22	2300	Bizarre Foods: Delicious Destinations	Jersey Shore	Andrew uncovers the boardwalk indulgences of the Jersey Shore. From sticky-sweet saltwater taffy, to slices of tomato pie and Italian subs, the Jersey Shore's culinary scene is a carnival flavours.	USA	English-100	RPT	G	
2023-11-22	2330	The Cook And The Chef	Coffee And Macadamia Nuts	This week take a trip with Maggie to the stunning sub tropical hinterland of Northern New South Wales where she explores a macadamia plantation and sips locally grown coffee.	AUSTRALIA	English-100		G	
2023-11-22	2400	Mystery Diners	Tastes Like Chicken	After hearing rumours that customers are being served meat at his vegan restaurant, Mitch contacts Charles Stiles for help.	USA	English-100		PG	Y
2023-11-22	2430	James Martin's Spanish Adventures	James Martin's Spanish Adventures Series 1 Ep 2	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		PG	a w
2023-11-22	2530	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		PG	
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2023-11-22	2800	Mystery Diners	Tastes Like Chicken	After hearing rumours that customers are being served meat at his vegan restaurant, Mitch contacts Charles Stiles for help.	USA	English-100	PG		Y
2023-11-22	2830	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 8	Kirsten reveals the secret to making her spicy iced chocolate drink and the perfect garnish. Followed by a sticky white chocolate nougat with pineapple and a chocolate caramelised pastry stack.	AUSTRALIA	English-100	G		
2023-11-23	0500	Barefoot Contessa: Back To Basics	Tomatoes All Ways	Tomatoes are one of Ina's favourite ingredients, and they star in her Easy Provencal Lamb that has a real wow factor, as well as her over-the-top good Penne Arrabiata, the spiciest pasta in town.	USA	English-100	G		
2023-11-23	0530	In Search Of Umami	Seoul	Host Robert Allison heads to Seoul to explore its diverse street food scene, where he samples dishes comprised of blood, kimchi, doenjang, gochujang, nuruk, and spam.	UNITED KINGDOM	English-100	PG	a l w	Y
2023-11-23	0600	The Italian Vegan Chef	Vegan Italian Chef Series 1 Ep, The 8	Nadia continues her journey around Puglia and visits various Masserie, typical renewed farmhouses of the region. Each of these Masserie is built in a unique style and offers its own cuisine.	ISRAEL	English-50; Italian-50	G		
2023-11-23	0630	Choccywoccydoodah	Particular Passion, A	The chocolatiers get into action by making two original and jaw-dropping wedding cakes. The first is modelled on a couple's beloved pet ginger pigs, and the second is plastered in bespoke teddy bears.	UNITED KINGDOM	English-100	PG		
2023-11-23	0700	David Rocco's Dolce India	Homesick Blues	On a long trip to India, David is bound to feel homesick. He and chef Massimo Gullotta spend the day indulging in Italian foods and customs, including a turbulent trip to sea to catch their own fish.	CANADA	English-100	PG	a w	
2023-11-23	0730	My Market Kitchen	Episode 68	Kathy Tsaples returns to teach everyone how to cook up a hearty, delicious slow cooked blade beef.	AUSTRALIA	English-100	G		
2023-11-23	0800	Mary Makes It Easy	Summer's Bounty	Mary celebrates summer's seasonal fruits and veg by cooking baked goat cheese with jalapeno cherry jam, zucchini risotto, and tomato butter chicken.	CANADA	English-100	G		
2023-11-23	0830	Freshly Picked	Freshly Picked Series 2 Ep 3	Get the party started today with some chunky eggplant burgers, and get a few sneaky tips for fritters. Anushka is in baking the ultimate Armenian afternoon tea, and Simon samples hot chocolate	AUSTRALIA	English-100			
2023-11-23	0900	Food Safari	Food Safari Series 4 Ep 3	Maeve O'Meara explores some of the simple dishes of Cypriot food, full of goodness and fresh flavour, based on a handful of key ingredients.	AUSTRALIA	English-100	RPT	G	Y
2023-11-23	0930	Lidia's Kitchen	Southern Italian Salads	Calabria is famous for its fiery salami spread, 'Nduja. It is delicious on warm grilled bread, and Lidia shows us how to make a bruschetta with it. Along with a raw and cooked salad for summer.	USA	English-100	PG		
2023-11-23	1000	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 5	One of Britain's most popular fish is plaice, which Rick cooks in a special sauce, made with red wine, leeks and parma ham. He names the sauce after his sons band - Pablo.	UNITED KINGDOM	English-100	PG	a w	
2023-11-23	1030	Mystery Diners	Tastes Like Chicken	After hearing rumours that customers are being served meat at his vegan restaurant, Mitch contacts Charles Stiles for help.	USA	English-100	PG		Y
2023-11-23	1100	The Cook Up With Adam Liaw	Dessert	Delicious curators Phoebe Wood and Warren Mendes join Adam Liaw in the Cook Up Kitchen to create their ultimate desserts.	AUSTRALIA	English-100	RPT	G	Y

2023-11-23	1130	James Martin's Spanish Adventures	James Martin's Spanish Adventures Series 1 Ep 2	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	PG	a w	
2023-11-23	1230	All Up In My Grill	All The Veg	Chef Dale crafts a family style platter of trumpet mushrooms, eggplant marinated in spicy ssamjang, and charred yellow squash served with a green goddess dressing.	USA	English-100	G		
2023-11-23	1300	All Up In My Grill	Kabobs	Kabobs and skewers are a family tradition for Chef Dale. This Mediterranean-inspired meal features beef and shrimp kabobs with grilled tomatoes, potatoes, and eggplant, all served on warm pita bread.	USA	English-100	G		
2023-11-23	1330	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 9	Dive into a fruity chocolate journey today with Kirsten's lime and coconut-infused choux buns and a simple cream and raspberry tart. Along with muddy snowballs and chocolate brownie biscuits.	AUSTRALIA	English-100	PG		
2023-11-23	1400	Barefoot Contessa: Back To Basics	Jeffreys Favos	Ina Garten celebrates Jeffrey's favourite foods, starting with fried chicken sandwiches, perfect for kick-starting the weekend, and an incredible canape of salmon cured with dill and pernod.	USA	English-100	G		
2023-11-23	1430	In Search Of Umami	Busan	Rob travels to South Korea to meet fine-dining chefs in Seoul who twist the traditions of Hansik to produce a deep taste. He then journeys to Busan to meet his mum, and try his hand at kimchi making.	UNITED KINGDOM	English-100	PG	a s w	Y
2023-11-23	1500	The Italian Vegan Chef	Vegan Italian Chef Series 1 Ep, The 9	Nadia continues around Puglia and goes to Antichi Sapori, one of the thirty Best Restaurants in the world (2019). She then travels to Murgia at a winery reserve and learns to make gourmet dishes.	ISRAEL	English-50; Italian-50			
2023-11-23	1530	Choccywoccydoodah	Sight To Be Seen, A	The intrepid chocolatiers head to London with a cake that celebrates ten years of the Trafalgar Hotel, a favourite celebrity haunt. Napoleon is immortalised in chocolate for a surprise birthday treat.	UNITED KINGDOM	English-100	PG		
2023-11-23	1600	David Rocco's Dolce India	Carnival In Goa	David takes part in the Carnival of Goa, which marks the day before Lent and is an all-out celebration: three full days of eating, drinking, and partying.	CANADA	English-100	G		
2023-11-23	1630	My Market Kitchen	Episode 69	Ben puts David Mann's life on the line with a spicy Korean BBQ pork, and nutritionist Jemma puts together her healthy almond brownie bliss balls.	AUSTRALIA	English-100	G		
2023-11-23	1700	Mary Makes It Easy	Fake It Until You Bake It	Mary shares recipes that will raise your baking game: chocolate chip cookie cupcakes, blondie pie with apricot jam, hummingbird cake, and peanut butter feuilletine-like toppings.	CANADA	English-100	G		
2023-11-23	1730	Freshly Picked	Freshly Picked Series 2 Ep 4	Simon heads to the Kynd Butcher to grab some vegan mince for super cheesy tortillas, and next up is a healthy and delicious Middle Eastern style brunch. He also gives his three ways for tasty edamame.	AUSTRALIA	English-100			
2023-11-23	1800	Food Safari	Food Safari Series 4 Ep 4	Maeve O'Meara explores the exciting mix of ingredients and flavours that make up Filipino food. Chef Dennis Leslie introduces her to one of his favourite dishes: pancit palabok.	AUSTRALIA	English-100	RPT	G	Y
2023-11-23	1830	Lidia's Kitchen	Everything Rice	Today is all about rice, and Lidia teaches viewers how to master the technique of making risotto. She also makes red onions with rice, and how to use leftover risotto to make fried ones	USA	English-100	PG		
2023-11-23	1900	The Cook Up With Adam Liaw	Stolen Goods (Recipes Stolen From Someone Else)	Adam and comedians Jennifer Wong and Suren Jayemanne are whizzing around the Cook Up kitchen to create their own creations of recipes they have "stolen".	AUSTRALIA	English-100	RPT	G	

2023-11-23	1930	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 6	The most important day in Padstow's calendar has the locals beating out the spirits of winter and welcoming summer. May Day means the little town is full of beating drums and laughter.	UNITED KINGDOM	English-100		PG	I	
2023-11-23	2000	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 2 Ep 5	Paula show cases dollaghan, a fish caught in Lough Neagh. After treacle-curing it, she serves it on wheaten farls with a cucumber relish. As a bonus, she reveals on how to make champagne from gorse.	UNITED KINGDOM	English-100		PG		
2023-11-23	2030	Guillaume's Paris	Guillaume's Paris Series 1 Ep 10	Chef Guillaume Brahimi finishes his tour of Paris with an exploration of the bohemian hub of the city including a degustation of Parisian beer, and the fascinating neighbourhood of Edith Piaf.	AUSTRALIA	English-70; French-30	RPT	G		Y Y
2023-11-23	2100	Paradise Kitchen Bali	Chocolate	In this indulgent episode, Lauren explores the world of chocolate. She learns about the different types of chocolate and their characteristics, while creating a mix of savoury and sweet recipes.	NETHERLANDS	English-90; Balinese-10		PG		
2023-11-23	2130	Come Dine With Me UK	Kent Day 2	On the second night in Kent, competitive sales assistant Verush is going all out to win by hosting a Czech-themed evening, but one guest compares her pasta to MDF and pastry to leather.	UNITED KINGDOM	English-100		PG	a	
2023-11-23	2200	Come Dine With Me UK	Kent Day 3	It's night three in Kent, and doggy lover Karen hopes to scoop the 1000 pound prize with a British bulldog bonanza, with food inspired by her dogs, but has she cut it too close to the bone?	UNITED KINGDOM	English-100		PG		
2023-11-23	2230	The Cook Up with Adam Liaw	Cheese	Meteorologist and food writer Magdalena Roze and Taste of Australia chef Hayden Quinn chat and create their favourite cheese-inspired dishes with The Cook Up host Adam Liaw.	AUSTRALIA	English-100	RPT	G		Y
2023-11-23	2300	Bizarre Foods: Delicious Destinations	New Jersey	Andrew Zimmern checks out the inventive and international eats of New Jersey. From all-you-can-eat Brazilian meat to rich seafood stew, potato-loaded hot dogs to Dominican marinated pork.	USA	English-100	RPT	PG	a w	Y
2023-11-23	2330	The Cook And The Chef	Cheese And Crabs	When it comes to fine cheeses we're spoilt for choice in Australia, there are over one hundred different varieties being produced by Cheese Wright's all around the country.	AUSTRALIA	English-100		G		
2023-11-23	2400	Mystery Diners	Money On The Side	When Don, owner of Rocco's Cafe in San Francisco, hears rumours that his new manager is running unauthorised promotions, he contacts Charles Stiles to investigate.	USA	English-100		PG		Y
2023-11-23	2430	Guillaume's Paris	Guillaume's Paris Series 1 Ep 10	Chef Guillaume Brahimi finishes his tour of Paris with an exploration of the bohemian hub of the city including a degustation of Parisian beer, and the fascinating neighbourhood of Edith Piaf.	AUSTRALIA	English-70; French-30	RPT	G		Y Y
2023-11-23	2500	Paradise Kitchen Bali	Chocolate	In this indulgent episode, Lauren explores the world of chocolate. She learns about the different types of chocolate and their characteristics, while creating a mix of savoury and sweet recipes.	NETHERLANDS	English-90; Balinese-10		PG		
2023-11-23	2530	Come Dine With Me UK	Kent Day 2	On the second night in Kent, competitive sales assistant Verush is going all out to win by hosting a Czech-themed evening, but one guest compares her pasta to MDF and pastry to leather.	UNITED KINGDOM	English-100		PG	a	
2023-11-23	2600	Come Dine With Me UK	Kent Day 3	It's night three in Kent, and doggy lover Karen hopes to scoop the 1000 pound prize with a British bulldog bonanza, with food inspired by her dogs, but has she cut it too close to the bone?	UNITED KINGDOM	English-100		PG		
2023-11-23	2630	The Cook Up with Adam Liaw	Cheese	Meteorologist and food writer Magdalena Roze and Taste of Australia chef Hayden Quinn chat and create their favourite cheese-inspired dishes with The Cook Up host Adam Liaw.	AUSTRALIA	English-100	RPT	G		Y

2023-11-23	2700	Bizarre Foods: Delicious Destinations	New Jersey	Andrew Zimmern checks out the inventive and international eats of New Jersey. From all-you-can-eat Brazilian meat to rich seafood stew, potato-loaded hot dogs to Dominican marinated pork.	USA	English-100	RPT	PG	a w	Y
2023-11-23	2730	The Cook And The Chef	Cheese And Crabs	When it comes to fine cheeses we're spoilt for choice in Australia, there are over one hundred different varieties being produced by Cheese Wright's all around the country.	AUSTRALIA	English-100		G		
2023-11-23	2800	Mystery Diners	Money On The Side	When Don, owner of Rocco's Cafe in San Francisco, hears rumours that his new manager is running unauthorised promotions, he contacts Charles Stiles to investigate.	USA	English-100		PG		Y
2023-11-23	2830	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 9	Dive into a fruity chocolate journey today with Kirsten's lime and coconut-infused choux buns and a simple cream and raspberry tart. Along with muddy snowballs and chocolate brownie biscuits.	AUSTRALIA	English-100		PG		
2023-11-24	0500	Barefoot Contessa: Back To Basics	Jeffreys Faves	Ina Garten celebrates Jeffrey's favourite foods, starting with fried chicken sandwiches, perfect for kick-starting the weekend, and an incredible canape of salmon cured with dill and pernod.	USA	English-100		G		
2023-11-24	0530	In Search Of Umami	Busan	Rob travels to South Korea to meet fine-dining chefs in Seoul who twist the traditions of Hansik to produce a deep taste. He then journeys to Busan to meet his mum, and try his hand at kimchi making.	UNITED KINGDOM	English-100		PG	a s w	Y
2023-11-24	0600	The Italian Vegan Chef	Vegan Italian Chef Series 1 Ep, The 9	Nadia continues around Puglia and goes to Antichi Sapori, one of the thirty Best Restaurants in the world (2019). She then travels to Murgia at a winery reserve and learns to make gourmet dishes.	ISRAEL	English-50; Italian-50				
2023-11-24	0630	Choccywoccydoodah	Sight To Be Seen, A	The intrepid chocolatiers head to London with a cake that celebrates ten years of the Trafalgar Hotel, a favourite celebrity haunt. Napoleon is immortalised in chocolate for a surprise birthday treat.	UNITED KINGDOM	English-100		PG		
2023-11-24	0700	David Rocco's Dolce India	Carnival In Goa	David takes part in the Carnival of Goa, which marks the day before Lent and is an all-out celebration: three full days of eating, drinking, and partying.	CANADA	English-100		G		
2023-11-24	0730	My Market Kitchen	Episode 69	Ben puts David Mann's life on the line with a spicy Korean BBQ pork, and nutritionist Gemma puts together her healthy almond brownie bliss balls.	AUSTRALIA	English-100		G		
2023-11-24	0800	Mary Makes It Easy	Fake It Until You Bake It	Mary shares recipes that will raise your baking game: chocolate chip cookie cupcakes, blondie pie with apricot jam, hummingbird cake, and peanut butter feuilletine-like toppings.	CANADA	English-100		G		
2023-11-24	0830	Freshly Picked	Freshly Picked Series 2 Ep 4	Simon heads to the Kynd Butcher to grab some vegan mince for super cheesy tortillas, and next up is a healthy and delicious Middle Eastern style brunch. He also gives his three ways for tasty edamame.	AUSTRALIA	English-100				
2023-11-24	0900	Food Safari	Food Safari Series 4 Ep 4	Maeve O'Meara explores the exciting mix of ingredients and flavours that make up Filipino food. Chef Dennis Leslie introduces her to one of his favourite dishes: pancit palabok.	AUSTRALIA	English-100	RPT	G		Y
2023-11-24	0930	Lidia's Kitchen	Everything Rice	Today is all about rice, and Lidia teaches viewers how to master the technique of making risotto. She also makes red onions with rice, and how to use leftover risotto to make fried ones	USA	English-100		PG		
2023-11-24	1000	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 6	The most important day in Padstow's calendar has the locals beating out the spirits of winter and welcoming summer. May Day means the little town is full of beating drums and laughter.	UNITED KINGDOM	English-100		PG	I	

2023-11-24	1030	Mystery Diners	Money On The Side	When Don, owner of Rocco's Cafe in San Francisco, hears rumours that his new manager is running unauthorised promotions, he contacts Charles Stiles to investigate.	USA	English-100		PG		Y
2023-11-24	1100	The Cook Up With Adam Liaw	Stolen Goods (Recipes Stolen From Someone Else)	Adam and comedians Jennifer Wong and Suren Jayemanne are whizzing around the Cook Up kitchen to create their own creations of recipes they have "stolen".	AUSTRALIA	English-100	RPT	G		
2023-11-24	1130	Guillaume's Paris	Guillaume's Paris Series 1 Ep 10	Chef Guillaume Brahimi finishes his tour of Paris with an exploration of the bohemian hub of the city including a degustation of Parisian beer, and the fascinating neighbourhood of Edith Piaf.	AUSTRALIA	English-70; French-30	RPT	G	Y	Y
2023-11-24	1200	Paradise Kitchen Bali	Chocolate	In this indulgent episode, Lauren explores the world of chocolate. She learns about the different types of chocolate and their characteristics, while creating a mix of savoury and sweet recipes.	NETHERLANDS	English-90; Balinese-10		PG		
2023-11-24	1230	All Up In My Grill	Seafood	The end of summer is near, and Chef Dale goes out in style with a giant seafood feast! Lobster, crab, clams, shrimp, and scallops, all served directly on the table with plenty of buttery garlic bread.	USA	English-100		G		
2023-11-24	1300	Come Dine With Me UK	Kent Day 3	It's night three in Kent, and doggy lover Karen hopes to scoop the 1000 pound prize with a British bulldog bonanza, with food inspired by her dogs, but has she cut it too close to the bone?	UNITED KINGDOM	English-100		PG		
2023-11-24	1330	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		G		
2023-11-24	1400	Barefoot Contessa: Back To Basics	French To Make At Home	Ina Garten has all the tricks for cooking French at home, with secrets to a showstopping summer filet of beef with bearnaise mayonnaise and an endive, orange and roquefort salad.	USA	English-100		G		
2023-11-24	1430	In Search Of Umami	Hanoi	Rob travels to Hanoi - home to pho, cha ca, egg coffee, bun cha, and many dipping sauces. He learns how cooks pull tasty flavours from natural ingredients such as fermented prawns.	UNITED KINGDOM	English-100		G		Y
2023-11-24	1500	The Italian Vegan Chef	Vegan Italian Chef Series 1 Ep, The 10	Nadia ends her journey back in Milan. She shows us her hometown through her very own eyes as she goes around town to meet family and old friends. And also meets one of her culinary heroes.	ISRAEL	English-50; Italian-50				
2023-11-24	1530	Choccywoccydoodah	Hitting The High Notes	Hitting the right note is what these chocolatiers do best. Tonight, they make two cakes that are stand out hits, to mark the anniversary of the Old Grey Whistle Test show and the Urban Music Awards.	UNITED KINGDOM	English-100		G	a	
2023-11-24	1600	David Rocco's Dolce India	Talkin' Toddy	David is on a mission to discover Goa's unique blend of Portuguese and Indian cultures one dish at a time, including the oh so delectable Goan sausage. He also learns all about the toddy vinegar.	CANADA	English-100		G		
2023-11-24	1630	My Market Kitchen	Episode 70	Chef Mike Reid takes over the kitchen, catches some oranges from John Pino, and bakes delicious mango flourless cakes.	AUSTRALIA	English-100		G		
2023-11-24	1700	Mary Makes It Easy	Living In The Past-A	Mary shows us how to recreate Italian-American classics: stuffed banana peppers filled with beef and sausage, herby tomato passata sauce, tiramisu, and rich and creamy fettucine alfredo.	CANADA	English-100		G		
2023-11-24	1730	Freshly Picked	Freshly Picked Series 2 Ep 5	The veggie maestro Afik Gal is on today with a way to turn leeks into something spectacular. Simon shows his trick into a side of broccolini, and a totally indulgent peanut butterscotch slice.	AUSTRALIA	English-100				

2023-11-24	1800	Food Safari	Food Safari Series 4 Ep 5	Maeve O'Meara explores the many cuisines that are part of South Africa's culinary landscape. Cape Town-born chef Graeme Shapiro gives Maeve a lesson in local the flavours.	AUSTRALIA	English-100	RPT	G	Y
2023-11-24	1830	Lidia's Kitchen	Chocolate And Dinner	Lidia shares some of her favourite chocolate desserts and one deliciously creamy risotto recipe. First, she makes a chocolate hazelnut bread parfait, then a chocolate zabaglione.	USA	English-100		PG	
2023-11-24	1900	The Cook Up With Adam Liaw	Favourite Ingredient	Chef Jayde Harris and comedian, actor, and writer Nakkiah Lui are in the Cook Up Kitchen with Adam to create dishes featuring their favourite ingredients.	AUSTRALIA	English-100	RPT	G	Y
2023-11-24	1930	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 7	It is the day of the Seafood Restaurant staff's barbeque, where cooks, cleaners and waiters get together on the beach for a really good time. Rick cooks a suitably special dish - spicy seafood curry.	UNITED KINGDOM	English-100		G	
2023-11-24	2000	Poh & Co. Best Bites	Poh & Co. Best Bites Series 2 Ep 2	This two-part bite size series features the best of Poh Ling Yeow's nine part series, divided into sweet and savoury.	AUSTRALIA	English-100	RPT	G	Y
2023-11-24	2030	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 9	Rick's in Falmouth to discover that far from being that 'bit on the end of Britain', Cornwall used to be at the very heart of our Empire's communication system and is still very much a working port.	UNITED KINGDOM	English-100		PG	a
2023-11-24	2100	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 10	In our fields and hedgerows are plants that are delicious, and plants that are deadly, as Rick learns from a professional forager who takes him on a tour around the beautiful Camel Estuary.	UNITED KINGDOM	English-100		PG	a w
2023-11-24	2130	Come Dine With Me UK	Kent Day 4	It's the fourth day in Kent, and musician Amrick, who's been keeping his musical talents a secret, reveals all. He's also hoping to wow his guests with his traditional Indian cuisine.	UNITED KINGDOM	English-100		PG	
2023-11-24	2200	Come Dine With Me UK	Kent Day 5	It's the final night of the competition in Kent where host, photographer Anthony, is confident he can wow his guests with an evening of fine food and culinary excellence.	UNITED KINGDOM	English-100		G	
2023-11-24	2230	The Cook Up with Adam Liaw	Filipino Sweet	Sydney's Cebu Lechon owner Will Mahusay and food photographer Luisa Brimble join Adam Liaw in The Cook Up kitchen as they create their ultimate Filipino sweets.	AUSTRALIA	English-100	RPT	G	Y
2023-11-24	2300	Bizarre Foods: Delicious Destinations	Kansas City	Andrew Zimmern visits Kansas City, where he finds a thriving arts and industrial hub with a small town vibe serving up treasured dishes.	USA	English-100	RPT	G	
2023-11-24	2330	The Cook And The Chef	Bananas And Artichokes	On a recent trip to the Tweed Valley, Maggie was really taken with how all the banana plantations were scattered high across the mountain slopes.	AUSTRALIA	English-100		G	
2023-11-24	2400	Mystery Diners	Pardon My French	Phillippe, owner of Chapeau! in San Francisco, contacts Charles Stiles to investigate complaints that his wait staff is rude with customers.	USA	English-100		PG	Y
2023-11-24	2430	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 9	Rick's in Falmouth to discover that far from being that 'bit on the end of Britain', Cornwall used to be at the very heart of our Empire's communication system and is still very much a working port.	UNITED KINGDOM	English-100		PG	a
2023-11-24	2500	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 10	In our fields and hedgerows are plants that are delicious, and plants that are deadly, as Rick learns from a professional forager who takes him on a tour around the beautiful Camel Estuary.	UNITED KINGDOM	English-100		PG	a w

2023-11-24	2530	Come Dine With Me UK	Kent Day 4	It's the fourth day in Kent, and musician Amrick, who's been keeping his musical talents a secret, reveals all. He's also hoping to wow his guests with his traditional Indian cuisine.	UNITED KINGDOM	English-100		PG	
2023-11-24	2600	Come Dine With Me UK	Kent Day 5	It's the final night of the competition in Kent where host, photographer Anthony, is confident he can wow his guests with an evening of fine food and culinary excellence.	UNITED KINGDOM	English-100		G	
2023-11-24	2630	The Cook Up with Adam Liaw	Filipino Sweet	Sydney's Cebu Lechon owner Will Mahusay and food photographer Luisa Brimble join Adam Liaw in The Cook Up kitchen as they create their ultimate Filipino sweets.	AUSTRALIA	English-100	RPT	G	Y
2023-11-24	2700	Bizarre Foods: Delicious Destinations	Kansas City	Andrew Zimmern visits Kansas City, where he finds a thriving arts and industrial hub with a small town vibe serving up treasured dishes.	USA	English-100	RPT	G	
2023-11-24	2730	The Cook And The Chef	Bananas And Artichokes	On a recent trip to the Tweed Valley, Maggie was really taken with how all the banana plantations were scattered high across the mountain slopes.	AUSTRALIA	English-100		G	
2023-11-24	2800	Mystery Diners	Pardon My French	Philippe, owner of Chapeau! in San Francisco, contacts Charles Stiles to investigate complaints that his wait staff is rude with customers.	USA	English-100		PG	Y
2023-11-24	2830	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		G	
2023-11-25	0500	Barefoot Contessa: Back To Basics	French To Make At Home	Ina Garten has all the tricks for cooking French at home, with secrets to a showstopping summer filet of beef with bearnaise mayonnaise and an endive, orange and roquefort salad.	USA	English-100		G	
2023-11-25	0530	In Search Of Umami	Hanoi	Rob travels to Hanoi - home to pho, cha ca, egg coffee, bun cha, and many dipping sauces. He learns how cooks pull tasty flavours from natural ingredients such as fermented prawns.	UNITED KINGDOM	English-100		G	Y
2023-11-25	0600	The Italian Vegan Chef	Vegan Italian Chef Series 1 Ep, The 10	Nadia ends her journey back in Milan. She shows us her hometown through her very own eyes as she goes around town to meet family and old friends. And also meets one of her culinary heroes.	ISRAEL	English-50; Italian-50			
2023-11-25	0630	Choccywoccydoodah	Hitting The High Notes	Hitting the right note is what these chocolatiers do best. Tonight, they make two cakes that are stand out hits, to mark the anniversary of the Old Grey Whistle Test show and the Urban Music Awards.	UNITED KINGDOM	English-100		G	a
2023-11-25	0700	David Rocco's Dolce India	Talkin' Toddy	David is on a mission to discover Goa's unique blend of Portuguese and Indian cultures one dish at a time, including the oh so delectable Goan sausage. He also learns all about the toddy vinegar.	CANADA	English-100		G	
2023-11-25	0730	My Market Kitchen	Episode 70	Chef Mike Reid takes over the kitchen, catches some oranges from John Pino, and bakes delicious mango flourless cakes.	AUSTRALIA	English-100		G	
2023-11-25	0800	Mary Makes It Easy	Living In The Past-A	Mary shows us how to recreate Italian-American classics: stuffed banana peppers filled with beef and sausage, herby tomato passata sauce, tiramisu, and rich and creamy fettucine alfredo.	CANADA	English-100		G	
2023-11-25	0830	Freshly Picked	Freshly Picked Series 2 Ep 5	The veggie maestro Afik Gal is on today with a way to turn leeks into something spectacular. Simon shows his trick into a side of broccolini, and a totally indulgent peanut butterscotch slice.	AUSTRALIA	English-100			

2023-11-25	0900	Food Safari	Food Safari Series 4 Ep 5	Maeve O'Meara explores the many cuisines that are part of South Africa's culinary landscape. Cape Town-born chef Graeme Shapiro gives Maeve a lesson in local the flavours.	AUSTRALIA	English-100	RPT	G		Y	
2023-11-25	0930	Lidia's Kitchen	Chocolate And Dinner	Lidia shares some of her favourite chocolate desserts and one deliciously creamy risotto recipe. First, she makes a chocolate hazelnut bread parfait, then a chocolate zabaglione.	USA	English-100		PG			
2023-11-25	1000	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 7	It is the day of the Seafood Restaurant staff's barbeque, where cooks, cleaners and waiters get together on the beach for a really good time. Rick cooks a suitably special dish - spicy seafood curry.	UNITED KINGDOM	English-100		G			
2023-11-25	1030	Mystery Diners	Pardon My French	Philippe, owner of Chapeaul in San Francisco, contacts Charles Stiles to investigate complaints that his wait staff is rude with customers.	USA	English-100		PG		Y	
2023-11-25	1100	The Cook Up With Adam Liaw	Favourite Ingredient	Chef Jayde Harris and comedian, actor, and writer Nakkiah Lui are in the Cook Up Kitchen with Adam to create dishes featuring their favourite ingredients.	AUSTRALIA	English-100	RPT	G		Y	
2023-11-25	1130	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 9	Rick's in Falmouth to discover that far from being that 'bit on the end of Britain', Cornwall used to be at the very heart of our Empire's communication system and is still very much a working port.	UNITED KINGDOM	English-100		PG	a		
2023-11-25	1200	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 10	In our fields and hedgerows are plants that are delicious, and plants that are deadly, as Rick learns from a professional forager who takes him on a tour around the beautiful Camel Estuary.	UNITED KINGDOM	English-100		PG	a w		
2023-11-25	1230	Come Dine With Me UK	Kent Day 4	It's the fourth day in Kent, and musician Amrick, who's been keeping his musical talents a secret, reveals all. He's also hoping to wow his guests with his traditional Indian cuisine.	UNITED KINGDOM	English-100		PG			
2023-11-25	1300	Come Dine With Me UK	Kent Day 5	It's the final night of the competition in Kent where host, photographer Anthony, is confident he can wow his guests with an evening of fine food and culinary excellence.	UNITED KINGDOM	English-100		G			
2023-11-25	1330	The Cook Up with Adam Liaw	Nuts And Seeds	Tonight in The Cook Up kitchen, host Adam Liaw is joined by Rockpool's Jayde Harris and indigenous TV presenter and chef Mark Olive as they use native nuts and seeds to create some amazing dishes.	AUSTRALIA	English-100	RPT	G		Y	
2023-11-25	1400	Beyond River Cottage	Beyond River Cottage Series 1 Ep 9	Hugh's hens have produced almost 30 chicks over the summer, and he's looking to the young cockerals to provide the main course for a feast.	UNITED KINGDOM	English-100		PG			
2023-11-25	1430	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 8	Rick is in Australia, which he first visited in the 1960s. Thirty years ago, the country's cuisine was nothing to write home about. But over the years, he has seen an enormous change.	UNITED KINGDOM	English-100		PG	l n		
2023-11-25	1530	Mary Berry's Country House At Christmas	Mary Berry's Country House At Christmas	When it comes to Christmas, Britain's country houses have always put on a show. Mary Berry visits Harewood House in Yorkshire to meet its army of skilled staff as they prepare the house for Christmas.	UNITED KINGDOM	English-100		G			
2023-11-25	1635	Rick Stein's Christmas Odyssey	Rick Stein's Far Eastern Odyssey Xmas Special	Having returned from filming his odyssey all around the Far East, Rick Stein was inspired to come up with the answer to one of the biggest cooking dilemmas facing us all at Christmas time.	UNITED KINGDOM	English-100	RPT	G		Y	Y
2023-11-25	1740	Beyond River Cottage	Beyond River Cottage Series 1 Ep 10	It's Christmas and Hugh is preparing for River Cottage HQ's final event of the year. The plan is to shoot, harvest, gather and cook enough food to furnish the tables for a medieval feast.	UNITED KINGDOM	English-100		PG	a n w		

2023-11-25	1835	Order Up!	Order Up! Series 1 Ep 6	In his curry crusade, Hudson learns about the different spices and ingredients that constitutes an authentic Indian curry. He discovers elevated renditions of curries from burgers to curry fish heads.	CANADA	English-100	PG	I			
2023-11-25	1930	Selena + Chef	Selena + Marcela Valladolid	Chef and author Marcela Valladolid joins Selena for an extra special lesson in Mexican cooking. On a mission to demystify a traditional recipe, she helps her with a shredded chicken mole enchiladas.	USA	English-100	G			Y	
2023-11-25	2000	Selena + Chef	Selena + Evan Funke	Two-time James Beard Award-nominated chef and cookbook author Evan Funke shares a 200-year-old ragu Bolognese recipe before coaching Selena through her first-ever handmade pasta.	USA	English-100	PG	I		Y	
2023-11-25	2030	Rick Stein's German Bite	Rick Stein's German Bite	Chef Rick Stein sets out on a German voyage in search of tantalising culinary gems. His journey is timed perfectly with the arrival of the new season's herring on the north German coast.	UNITED KINGDOM	English-100	RPT	G		Y	Y
2023-11-25	2135	Anthony Bourdain: No Reservations	Korea	Nari, an employee at Tony's office, has been bothering him to do a show on her native Korea. Tony gives in to the pressure and next thing you know, they're in Seoul and the adventure begins.	USA	English-100	M	I		Y	
2023-11-25	2230	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 3	With his cows, chooks and veges thriving, Paul decides it's time to explore the nearby coastline and discovers an abundant source of seafood delicacies.	UNITED KINGDOM	English-100	RPT	PG	a	Y	
2023-11-25	2330	Mystery Diners	Oktobertheft	When Cindy, co-owner of Speisekammer, fears the German 'Dirndl Girls' hired by her ex are causing more harm than good, she contacts Charles Stiles to settle the dispute.	USA	English-100	PG			Y	
2023-11-25	2400	Mystery Diners	Grapes Of Wrath	After noticing that several bottles of expensive wine have gone missing, Michael contacts Charles Stiles for help.	USA	English-100	PG			Y	
2023-11-25	2430	Mary Berry's Country House At Christmas	Mary Berry's Country House At Christmas	When it comes to Christmas, Britain's country houses have always put on a show. Mary Berry visits Harewood House in Yorkshire to meet its army of skilled staff as they prepare the house for Christmas.	UNITED KINGDOM	English-100	G				
2023-11-25	2535	Rick Stein's Christmas Odyssey	Rick Stein's Far Eastern Odyssey Xmas Special	Having returned from filming his odyssey all around the Far East, Rick Stein was inspired to come up with the answer to one of the biggest cooking dilemmas facing us all at Christmas time.	UNITED KINGDOM	English-100	RPT	G		Y	Y
2023-11-25	2640	Beyond River Cottage	Beyond River Cottage Series 1 Ep 10	It's Christmas and Hugh is preparing for River Cottage HQ's final event of the year. The plan is to shoot, harvest, gather and cook enough food to furnish the tables for a medieval feast.	UNITED KINGDOM	English-100	PG		a n w		
2023-11-25	2735	Order Up!	Order Up! Series 1 Ep 6	In his curry crusade, Hudson learns about the different spices and ingredients that constitutes an authentic Indian curry. He discovers elevated renditions of curries from burgers to curry fish heads.	CANADA	English-100	PG	I			
2023-11-25	2830	Selena + Chef	Selena + Marcela Valladolid	Chef and author Marcela Valladolid joins Selena for an extra special lesson in Mexican cooking. On a mission to demystify a traditional recipe, she helps her with a shredded chicken mole enchiladas.	USA	English-100	G			Y	