



WEEK 48: Sunday, 26 November - Saturday, 2 December 2023 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2023-11-26	0500	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
2023-11-26	0530	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
2023-11-26	0635	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	
2023-11-26	0735	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
2023-11-26	0800	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
2023-11-26	0830	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			
2023-11-26	0935	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
2023-11-26	1040	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		
2023-11-26	1135	Order Up!	What's The Secret Sauce?	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		
2023-11-26	1230	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
2023-11-26	1300	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
2023-11-26	1330	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	

2023-11-26	1430	Nigellissima Christmas	Nigellissima Christmas	Nigella loves Christmas and for her a party is the perfect way to celebrate. This year, she kicks off festivities with a glittering buffet party in Nigellissima - an Italian inspired Christmas.	UNITED KINGDOM	English-100		G			Y
2023-11-26	1535	Rick Stein's Cornish Christmas	Rick Stein's Cornish Christmas, Series 1 Ep 1	The people of Cornwall are proud of the fact that they do things differently, and the Christmas celebrations in this beautiful part of England have their own unique flavours and sounds.	UNITED KINGDOM	English-100	RPT	G			Y
2023-11-26	1605	Rick Stein's Cornish Christmas	Rick Stein's Cornish Christmas, Series 1 Ep 2	In the second part of his Christmas special in Cornwall, Rick Stein and his chefs use local ingredients to create a Christmas banquet for all his Cornish friends, including the famous comedian Jethro.	UNITED KINGDOM	English-100	RPT	G			Y
2023-11-26	1635	Food Chain: From Source To Table	Fishballs And Squid	The prices of fishballs and squid have shot up more than any other food in the last ten years. Chef Ming Tan uncovers the surprising reasons for these price hikes.	SINGAPORE	English-100		PG	a l w		Y
2023-11-26	1730	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			Y
2023-11-26	1800	In The Spirit With Lindsay And Curtis	New Year's Day With Kelly Hu	Chef Curtis Stone, and his wife, Lindsay Price- Stone are the ultimate dinner party duo. Join them for a holiday party full of merrymaking surrounding time-honoured traditions and unique heritages.	USA	English-100					
2023-11-26	1830	Gourmet Farmer Afloat	Abandon Ship	On the final leg of their journey in Hobart, the boys swap their life jackets for aprons in preparation for a formal dinner with His Excellency, The Governor of Tasmania.	AUSTRALIA	English-100	RPT	G	q		Y
2023-11-26	1930	James Martin's French Adventure	Bresse	James heads to Bresse, home to one of France's most famous ingredients: the Bresse chicken. After a trip to Louhans market, James cooks a sumptuous Chicken Blanquette.	UNITED KINGDOM	English-100		PG	a w		
2023-11-26	2030	Hairy Bikers Mediterranean	Sardinia	The bikers are in Sardinia where nose-to-tail eating is the norm, whether it's fresh-caught tuna or mountain lamb and where people are proud of their melting-pot heritage.	UNITED KINGDOM	English-100		PG			
2023-11-26	2130	Anthony Bourdain: No Reservations	Indonesia	Tony's undertaking a culinary journey of epic proportions. He's travelling to Indonesia to experience the cuisine and beautiful culture, and to figure out what makes foreigners want to 'go bamboo'.	USA	English-100		PG	a		Y
2023-11-26	2225	Cook Up With Adam Liaw Bitesize	Chicken Paprika	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G			Y
2023-11-26	2230	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 4	With a malfunctioning water tank and no dams to rely on, Paul's suddenly faced with a farmer's worst fear: a critical shortage of water.	UNITED KINGDOM	English-100	RPT	PG	a		Y
2023-11-26	2330	Mystery Diners	Greek Tragedy	After finding broken dishes in his trash on numerous occasions, Nader contacts Charles Stiles to investigate.	USA	English-100		PG			Y
2023-11-26	2400	Mystery Diners	Great Divide, The	After inheriting some of their staff from the previous owner, James and Briana believe there's a divide between the old guard and their new employees.	USA	English-100		PG			Y
2023-11-26	2430	Ukraine: War And Food	Ukraine: War And Food	In war torn Ukraine, this documentary chronicles producer, Tony Hindhaugh's efforts to set up six community kitchens to feed the people of the Ukraine during these difficult times.	UNITED KINGDOM	English-95; Ukrainian-5					

2023-11-26	2535	Rick Stein's Cornish Christmas	Rick Stein's Cornish Christmas, Series 1 Ep 1	The people of Cornwall are proud of the fact that they do things differently, and the Christmas celebrations in this beautiful part of England have their own unique flavours and sounds.	UNITED KINGDOM	English-100	RPT	G		Y
2023-11-26	2605	Rick Stein's Cornish Christmas	Rick Stein's Cornish Christmas, Series 1 Ep 2	In the second part of his Christmas special in Cornwall, Rick Stein and his chefs use local ingredients to create a Christmas banquet for all his Cornish friends, including the famous comedian Jethro.	UNITED KINGDOM	English-100	RPT	G		Y
2023-11-26	2635	Food Chain: From Source To Table	Fishballs And Squid	The prices of fishballs and squid have shot up more than any other food in the last ten years. Chef Ming Tan uncovers the surprising reasons for these price hikes.	SINGAPORE	English-100		PG	a l w	Y
2023-11-26	2730	Destination Flavour Japan Bitesize	Ishikawa	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
2023-11-26	2735	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		Y
2023-11-26	2805	In The Spirit With Lindsay And Curtis	New Year's Day With Kelly Hu	Chef Curtis Stone, and his wife, Lindsay Price- Stone are the ultimate dinner party duo. Join them for a holiday party full of merrymaking surrounding time-honoured traditions and unique heritages.	USA	English-100				
2023-11-26	2830	Mystery Diners	Greek Tragedy	After finding broken dishes in his trash on numerous occasions, Nader contacts Charles Stiles to investigate.	USA	English-100		PG		Y
2023-11-27	0500	Mystery Diners	Great Divide, The	After inheriting some of their staff from the previous owner, James and Briana believe there's a divide between the old guard and their new employees.	USA	English-100		PG		Y
2023-11-27	0530	Gourmet Farmer Afloat	Abandon Ship	On the final leg of their journey in Hobart, the boys swap their life jackets for aprons in preparation for a formal dinner with His Excellency, The Governor of Tasmania.	AUSTRALIA	English-100	RPT	G	q	Y
2023-11-27	0630	James Martin's French Adventure	Bresse	James heads to Bresse, home to one of France's most famous ingredients: the Bresse chicken. After a trip to Louhans market, James cooks a sumptuous Chicken Blanquette.	UNITED KINGDOM	English-100		PG	a w	
2023-11-27	0725	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.		English-100	RPT	G		Y
2023-11-27	0730	Hairy Bikers Mediterranean	Sardinia	The bikers are in Sardinia where nose-to-tail eating is the norm, whether it's fresh-caught tuna or mountain lamb and where people are proud of their melting-pot heritage.	UNITED KINGDOM	English-100		PG		
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2023-11-27	1000	Mystery Diners	Great Divide, The	After inheriting some of their staff from the previous owner, James and Briana believe there's a divide between the old guard and their new employees.	USA	English-100		PG		Y

2023-11-27	1030	Nigellissima Christmas	Nigellissima Christmas	Nigella loves Christmas and for her a party is the perfect way to celebrate. This year, she kicks off festivities with a glittering buffet party in Nigellissima - an Italian inspired Christmas.	UNITED KINGDOM	English-100	G		Y
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2023-11-27	1235	In The Spirit With Lindsay And Curtis	New Year's Day With Kelly Hu	Chef Curtis Stone, and his wife, Lindsay Price- Stone are the ultimate dinner party duo. Join them for a holiday party full of merrymaking surrounding time-honoured traditions and unique heritages.	USA	English-100			
2023-11-27	1300	Martha Bakes	Never Enough Chocolate	Attention chocolate lovers! Martha shares how to prepare three standout chocolate desserts, including a rich flourless Roberta Heart cake. Chocolatier Jacques Torres also stops by.	USA	English-100	G		
2023-11-27	1330	Martha Bakes	Danishes	Join Martha as she teaches a simple recipe for flaky Danish dough that is easily transformed into apricot bowties, a decadent cheese-filled Danish, and an unforgettable brown-sugar cinnamon Danish.	USA	English-100	G		
2023-11-27	1400	Barefoot Contessa: Back To Basics	Incredible Vegetables	Ina Garten turns ordinary vegetables into extraordinary dishes. She transforms everyday cauliflower into amazing cauliflower toasts, the perfect anytime bite.	USA	English-100	G		
2023-11-27	1430	In Search Of Umami	Singapore	Which ingredients have been discreetly working to give us satisfying taste sensations? Robert examines the roles of soy beans, egg yolk, and bone marrow in Singapore.	UNITED KINGDOM	English-100	G		Y
2023-11-27	1500	Rick Stein's French Odyssey	Padstow To Bordeaux	Award-winning chef Rick Stein's in France for a gastronomic journey through the waterways of France, travelling by barge on the Canal du Midi from Bordeaux to Marseilles for the best food and wine.	UNITED KINGDOM	English-100	G		
2023-11-27	1530	Choccywoccydoodah	Really, Really Wicked	All Hallow's-Eve is casting a shadow over our favourite band of chocolatiers as Dave races to make a haunting new window display for the shop. Meanwhile, Tom makes a cake for the musical, 'Wicked'.	UNITED KINGDOM	English-100	PG	a	
2023-11-27	1600	David Rocco's Dolce India	Goan Fishing	In Goa, David heads out on a crab fishing expedition with some local fisherman in a nearby river. Afterwards, he meets up with internationally renowned chef Cyrus Todiwala at the local fish market.	CANADA	English-100	PG	a l w	
2023-11-27	1630	My Market Kitchen	Episode 71	Pastry Chef Kay-Lene Tan cooks her favourite recipe, Viennese biscuits.	AUSTRALIA	English-100	G		
2023-11-27	1700	Mary Makes It Easy	Cast Away	Mary channels her inner cowboy with a campfire-style vegetarian chilli cobbler with cornbread dumplings, and one-pan breadcrumb chicken thighs with orzo and greens.	CANADA	English-100	G		
2023-11-27	1730	Freshly Picked	Freshly Picked Series 2 Ep 6	Today, tomatoes and potato come together in a delicious combo, and an apple recipe that's both quick and easy. Kishwar Chowdhury makes pakoras and Simon heads to a farm for cabbage skewers.	AUSTRALIA	English-100	PG		
2023-11-27	1800	Food Safari	Food Safari Series 4 Ep 6	Maeve O'Meara explores the many fresh herbs and vegetables used in Lao cuisine. Lao-born Tony Inthavong introduces Maeve to the fragrant flavours of Southeast Asia.	AUSTRALIA	English-100	RPT	G	Y
2023-11-27	1830	Lidia's Kitchen	Fresh Catch, The	Fish is a staple on Lidia's table and she shares a simple menu for a party based around it. She turns on the grill to make shrimp spiedini, and serves seared salmon paillard with arugula salad,	USA	English-100	PG		

2023-11-27	1900	The Cook Up With Adam Liaw	Simple But Sensational	Adam is joined in the Cook up Kitchen by newsreader and Indigenous advocate Narelda Jacobs and chef Bridget Foliaki Davis to create some simple but sensational meals.	AUSTRALIA	English-100	RPT	G		Y	
2023-11-27	1930	Shane Delia's Spice Journey	Shane Delia's Spice Journey Series 1 Episode 2	Shane Delia's culinary journey into Middle Eastern cuisine continues as he explores the souks of Tripoli. There he learns how food traditions of the ancient port city have been shape.	AUSTRALIA	English-100	RPT	G		Y	Y
2023-11-27	2000	Luke Nguyen's India	Coimbatore	In Coimbatore, Luke learns how to make a roast for a local family before he finds out about Kongunadu cuisine and hears the secret to the best meatballs in India.	AUSTRALIA	English-99; Tamil-1		G			
2023-11-27	2030	Stanley Tucci: Searching For Italy	Milan	Milan is the capital of Lombardy. It's Italy's second biggest city and the business powerhouse. Stanley's first stop is the Duomo, the largest cathedral in Italy.	USA	English-80; Italian-20	RPT	PG	a w	Y	Y
2023-11-27	2130	Come Dine With Me UK	County Durham Day 1	In County Durham, the first host is hairdresser and lad's lass, Julie. Julie is hoping to win over her guests with a no-nonsense menu she can prepare in advance.	UNITED KINGDOM	English-100		PG			
2023-11-27	2200	Come Dine With Me UK	County Durham Day 2	In County Durham beauty teacher Ashleigh is hoping she can land the prize by serving up sophisticated grub with a side order of hearts and love.	UNITED KINGDOM	English-100		PG			
2023-11-27	2230	The Cook Up with Adam Liaw	Zucchini	Host Adam Liaw is joined by Universal and Paramount owner Christine Manfield and The Cook's Co-Op and ex-Longrain owner Martin Boetz as they create some easy zucchini-based meals.	AUSTRALIA	English-100	RPT	G		Y	
2023-11-27	2300	Bizarre Foods: Delicious Destinations	Denver	Andrew explores the frontier fare of Denver, Colorado. From classic game meats to the signature green chili sauce of Den-Mex cuisine, Denver has become the region's cultural hub.	USA	English-100	RPT	G			
2023-11-27	2330	The Cook And The Chef	Cooking In A Restaurant	Simon is deep in discussion with the Hotel's Maitre d' Atef. Simon and Atef are looking at some changes in the menu and deciding on a corresponding change in the recommended wine match.	AUSTRALIA	English-100		G			
2023-11-27	2400	Mystery Diners	Mascot Mayhem	Blaine, the owner of Zippy's Giant Burgers in Seattle, contacts Charles Stiles to investigate rumours that his new mascot is misbehaving.	USA	English-100		PG			Y
2023-11-27	2430	Stanley Tucci: Searching For Italy	Milan	Milan is the capital of Lombardy. It's Italy's second biggest city and the business powerhouse. Stanley's first stop is the Duomo, the largest cathedral in Italy.	USA	English-80; Italian-20	RPT	PG	a w	Y	Y
2023-11-27	2525	Please Eat Slowly Bitesize	Yee Sang	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100		G			
2023-11-27	2530	Come Dine With Me UK	County Durham Day 1	In County Durham, the first host is hairdresser and lad's lass, Julie. Julie is hoping to win over her guests with a no-nonsense menu she can prepare in advance.	UNITED KINGDOM	English-100		PG			
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2023-11-27	2800	Mystery Diners	Mascot Mayhem	Blaine, the owner of Zippy's Giant Burgers in Seattle, contacts Charles Stiles to investigate rumours that his new mascot is misbehaving.	USA	English-100		PG	Y
2023-11-27	2830	Martha Bakes	Never Enough Chocolate	Attention chocolate lovers! Martha shares how to prepare three standout chocolate desserts, including a rich flourless Roberta Heart cake. Chocolatier Jacques Torres also stops by.	USA	English-100		G	
2023-11-28	0500	Martha Bakes	Danishes	Join Martha as she teaches a simple recipe for flaky Danish dough that is easily transformed into apricot bowties, a decadent cheese-filled Danish, and an unforgettable brown-sugar cinnamon Danish.	USA	English-100		G	
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2023-11-28	0800	My Market Kitchen	Episode 71	Pastry Chef Kay-Lene Tan cooks her favourite recipe, Viennese biscuits.	AUSTRALIA	English-100		G	
2023-11-28	0830	Mary Makes It Easy	Cast Away	Mary channels her inner cowboy with a campfire-style vegetarian chilli cobbler with cornbread dumplings, and one-pan breadcrumb chicken thighs with orzo and greens.	CANADA	English-100		G	
2023-11-28	0900	Freshly Picked	Freshly Picked Series 2 Ep 6	Today, tomatoes and potato come together in a delicious combo, and an apple recipe that's both quick and easy. Kishwar Chowdhury makes pakoras and Simon heads to a farm for cabbage skewers.	AUSTRALIA	English-100		PG	
2023-11-28	0930	Food Safari	Food Safari Series 4 Ep 6	Maeve O'Meara explores the many fresh herbs and vegetables used in Lao cuisine. Lao-born Tony Inthavong introduces Maeve to the fragrant flavours of Southeast Asia.	AUSTRALIA	English-100	RPT	G	Y
2023-11-28	1000	Lidia's Kitchen	Fresh Catch, The	Fish is a staple on Lidia's table and she shares a simple menu for a party based around it. She turns on the grill to make shrimp spiedini, and serves seared salmon paillard with arugula salad,	USA	English-100		PG	

2023-11-28	1030	Mystery Diners	Mascot Mayhem	Blaine, the owner of Zippy's Giant Burgers in Seattle, contacts Charles Stiles to investigate rumours that his new mascot is misbehaving.	USA	English-100		PG		Y
2023-11-28	1100	The Cook Up With Adam Liaw	Simple But Sensational	Adam is joined in the Cook up Kitchen by newsreader and Indigenous advocate Narelda Jacobs and chef Bridget Foliaki Davis to create some simple but sensational meals.	AUSTRALIA	English-100	RPT	G		Y
2023-11-28	1130	Shane Delia's Spice Journey	Shane Delia's Spice Journey Series 1 Episode 2	Shane Delia's culinary journey into Middle Eastern cuisine continues as he explores the souks of Tripoli. There he learns how food traditions of the ancient port city have been shape.	AUSTRALIA	English-100	RPT	G		Y
2023-11-28	1200	Luke Nguyen's India	Coimbatore	In Coimbatore, Luke learns how to make a roast for a local family before he finds out about Kongunadu cuisine and hears the secret to the best meatballs in India.	AUSTRALIA	English-99; Tamil-1		G		
2023-11-28	1230	Bizarre Foods: Delicious Destinations	Denver	Andrew explores the frontier fare of Denver, Colorado. From classic game meats to the signature green chili sauce of Den-Mex cuisine, Denver has become the region's cultural hub.	USA	English-100	RPT	G		
2023-11-28	1300	Martha Bakes	Pulled Doughs	Pizza, pretzels, and strudel are all old world European specialties that involve 'pulling' dough. Join Martha and her expert guests in the kitchen to learn all the tips you'll need to prepare them.	USA	English-100		G		
2023-11-28	1330	Martha Bakes	Celebration Cakes	Martha gets party ready with three festive celebration cakes. Hint - one is covered in sprinkles!	USA	English-100		G		
2023-11-28	1400	Barefoot Contessa: Back To Basics	Liquor Store Secrets	Ina Garten unlocks her liquor secrets and easy techniques that take red wine-braised short ribs, fennel soup gratin and an awesome fresh apple spice cake to the next level.	USA	English-100		G		
2023-11-28	1430	In Search Of Umami	Kelantan	Robert explores Kelantan cuisine where villagers turn anchovies into a fermented sauce called budu, and sardines into sausage called keropok lekor.	UNITED KINGDOM	English-100		G		Y
2023-11-28	1500	Rick Stein's French Odyssey	Bordeaux To Bazas	At the Restaurant Le Grilladin des mers at Isle d'Oleron, Rick enjoys Clams in White Garlic Sauce, and savours the simple dish of freshly caught Eels cooked in Garlic Butter and Parsley.	UNITED KINGDOM	English-100		G		
2023-11-28	1530	Choccywoccydoodah	Noble Cause, A	Boss Christine loves a deserving cause to support so she's in her element when she gets an order to make a spectacular cake for the Mercury Phoenix awards - a London event to honour Freddie Mercury.	UNITED KINGDOM	English-100		PG	I	
2023-11-28	1600	David Rocco's Dolce India	Beach And Jungle	David heads deep into the rainforest of Goa to visit the Savoi Plantations. Here, they grow all manners of Indian fruits including coconut and mango, as well as almost every spice under the sun!	CANADA	English-100		G		
2023-11-28	1630	My Market Kitchen	Episode 72	Ben goes on a bread-baking odyssey, making a rustic white loaf and Italian muffuletta.	AUSTRALIA	English-100		G		
2023-11-28	1700	Mary Makes It Easy	Make And Take	Mary shares her most requested potluck dishes: confit-ish tomatoes, homemade crackers, soft pretzel knots with beer cheese, and blueberry cream cheese turnovers.	CANADA	English-100		G		
2023-11-28	1730	Freshly Picked	Freshly Picked Series 2 Ep 7	Simon reveals the secrets of his own Mum's cooking with a gorgeous oily pasta. Things get hot and spicy with some tasty tamales and the secret to making dishes a little more herbalicious.	AUSTRALIA	English-100		PG		

2023-11-28	1800	Food Safari	Food Safari Series 4 Ep 7	Maeve O'Meara explores the delicious world of Polish food as chef Judyta Slupnicki introduces her to the essentials - from smallgoods, to horseradish and pickled gherkins.	AUSTRALIA	English-100	RPT	G	Y
2023-11-28	1830	Lidia's Kitchen	Bright Summer Feast, A	Lidia shares two recipes that are wonderful for a buffet-style meal, her favourite way of entertaining guests. She starts with a lemony shrimp over zucchini with a tasty sauce and her favourite soups.	USA	English-100		PG	
2023-11-28	1900	The Cook Up With Adam Liaw	Flashback	NITV presenter Rae Johnston and Paralympian Ellie Cole join Adam in the Cook Up Kitchen to go back in time and cook food inspired by a flashback.	AUSTRALIA	English-100	RPT	G	Y
2023-11-28	1930	Heston's Feasts	Titanic Feast	Heston lays on an adventurous Edwardian feast worthy of being served on the ship, Titanic. The menu features an Antarctic roll served on edible snow.	UNITED KINGDOM	English-100	RPT	G	Y
2023-11-28	2030	Fun'q With Spencer Watts	Fun'q With Spencer Watts Series 1 Ep 9	Spencer celebrates with a Hawaiian themed barbecued feast starting with grilled mahi mahi kababs and a charred pineapple sauce, and white fish with sticky rice and grilled pork belly.	CANADA	English-100		PG	
2023-11-28	2100	Gino's Italian Escape: Hidden Italy	Lombardia	Gino is in one of Italy's largest northern regions - Lombardia - home to Italy's lake district and Lago di Como, it is known for its breathtaking mountains and picturesque towns.	UNITED KINGDOM	English-100		PG	a w
2023-11-28	2130	Come Dine With Me UK	County Durham Day 3	This week in County Durham, host Stephen hopes to impress his guests with an evening on his farm complete with a drinks reception in the stables and rustic home cooked cuisine.	UNITED KINGDOM	English-100		PG	
2023-11-28	2200	Come Dine With Me UK	County Durham Day 4	In County Durham, prison transport officer Tina plans to win her guests round with a sophisticated French menu that includes salmon crepes, chicken and posh peas and pear dessert.	UNITED KINGDOM	English-100		PG	
2023-11-28	2230	The Cook Up with Adam Liaw	Recipes Handed Down	There's a little nostalgia in the kitchen tonight as host Adam Liaw, Viking and executive chef at Mjolner Joachim Borenus, and comedian Lizzy Hoo create recipes that were handed down to them.	AUSTRALIA	English-100	RPT	G	Y
2023-11-28	2300	Bizarre Foods: Delicious Destinations	London: A Second Bite	Andrew highlights the iconic British dishes and ethnically diverse foods that have put London on the culinary map, from humble shepherd's pie and posh beef Wellington to sizzling seekh kebabs.	USA	English-100	RPT	G	Y
2023-11-28	2330	The Cook And The Chef	Anlaby A Country Homestead	Maggie replicates beautiful lamb pies that she created for a charity event, while Simon gives shepherd's pie a vegetarian spin. Also on the menu is chocolate and lots of it.	AUSTRALIA	English-100		G	
2023-11-28	2400	Mystery Diners	Paranormal Activities	When Demetri, owner of Taverna Mazi in Seattle, hears rumours that customers are taking 'haunted tours' of his new restaurant, he contacts Charles Stiles to investigate.	USA	English-100		PG	Y
2023-11-28	2430	Fun'q With Spencer Watts	Fun'q With Spencer Watts Series 1 Ep 9	Spencer celebrates with a Hawaiian themed barbecued feast starting with grilled mahi mahi kababs and a charred pineapple sauce, and white fish with sticky rice and grilled pork belly.	CANADA	English-100		PG	
2023-11-28	2500	Gino's Italian Escape: Hidden Italy	Lombardia	Gino is in one of Italy's largest northern regions - Lombardia - home to Italy's lake district and Lago di Como, it is known for its breathtaking mountains and picturesque towns.	UNITED KINGDOM	English-100		PG	a w
2023-11-28	2530	Come Dine With Me UK	County Durham Day 3	This week in County Durham, host Stephen hopes to impress his guests with an evening on his farm complete with a drinks reception in the stables and rustic home cooked cuisine.	UNITED KINGDOM	English-100		PG	

2023-11-28	2600	Come Dine With Me UK	County Durham Day 4	In County Durham, prison transport officer Tina plans to win her guests round with a sophisticated French menu that includes salmon crepes, chicken and posh peas and pear dessert.	UNITED KINGDOM	English-100		PG	
2023-11-28	2630	The Cook Up with Adam Liaw	Recipes Handed Down	There's a little nostalgia in the kitchen tonight as host Adam Liaw, Viking and executive chef at Mjolner Joachim Borenus, and comedian Lizzy Hoo create recipes that were handed down to them.	AUSTRALIA	English-100	RPT	G	Y
2023-11-28	2700	Bizarre Foods: Delicious Destinations	London: A Second Bite	Andrew highlights the iconic British dishes and ethnically diverse foods that have put London on the culinary map, from humble shepherd's pie and posh beef Wellington to sizzling seekh kebabs.	USA	English-100	RPT	G	Y
2023-11-28	2730	The Cook And The Chef	Anlaby A Country Homestead	Maggie replicates beautiful lamb pies that she created for a charity event, while Simon gives shepherd's pie a vegetarian spin. Also on the menu is chocolate and lots of it.	AUSTRALIA	English-100		G	
2023-11-28	2800	Mystery Diners	Paranormal Activities	When Demetri, owner of Taverna Mazi in Seattle, hears rumours that customers are taking 'haunted tours' of his new restaurant, he contacts Charles Stiles to investigate.	USA	English-100		PG	Y
2023-11-28	2830	Martha Bakes	Pulled Doughs	Pizza, pretzels, and strudel are all old world European specialties that involve 'pulling' dough. Join Martha and her expert guests in the kitchen to learn all the tips you'll need to prepare them.	USA	English-100		G	
2023-11-29	0500	Martha Bakes	Celebration Cakes	Martha gets party ready with three festive celebration cakes. Hint - one is covered in sprinkles!	USA	English-100		G	
2023-11-29	0530	Barefoot Contessa: Back To Basics	Liquor Store Secrets	Ina Garten unlocks her liquor secrets and easy techniques that take red wine-braised short ribs, fennel soup gratin and an awesome fresh apple spice cake to the next level.	USA	English-100		G	
2023-11-29	0600	In Search Of Umami	Kelantan	Robert explores Kelantan cuisine where villagers turn anchovies into a fermented sauce called budu, and sardines into sausage called keropok lekor.	UNITED KINGDOM	English-100		G	Y
2023-11-29	0630	Rick Stein's French Odyssey	Bordeaux To Bazas	At the Restaurant Le Grilladin des mers at Isle d'Oleron, Rick enjoys Clams in White Garlic Sauce, and savours the simple dish of freshly caught Eels cooked in Garlic Butter and Parsley.	UNITED KINGDOM	English-100		G	
2023-11-29	0700	Choccywoccydoodah	Noble Cause, A	Boss Christine loves a deserving cause to support so she's in her element when she gets an order to make a spectacular cake for the Mercury Phoenix awards - a London event to honour Freddie Mercury.	UNITED KINGDOM	English-100		PG	I
2023-11-29	0730	David Rocco's Dolce India	Beach And Jungle	David heads deep into the rainforest of Goa to visit the Savoi Plantations. Here, they grow all manners of Indian fruits including coconut and mango, as well as almost every spice under the sun!	CANADA	English-100		G	
2023-11-29	0800	My Market Kitchen	Episode 72	Ben goes on a bread-baking odyssey, making a rustic white loaf and Italian muffuletta.	AUSTRALIA	English-100		G	
2023-11-29	0830	Mary Makes It Easy	Make And Take	Mary shares her most requested potluck dishes: confit-ish tomatoes, homemade crackers, soft pretzel knots with beer cheese, and blueberry cream cheese turnovers.	CANADA	English-100		G	
2023-11-29	0900	Freshly Picked	Freshly Picked Series 2 Ep 7	Simon reveals the secrets of his own Mum's cooking with a gorgeous oily pasta. Things get hot and spicy with some tasty tamales and the secret to making dishes a little more herbalicious.	AUSTRALIA	English-100		PG	

2023-11-29	0930	Food Safari	Food Safari Series 4 Ep 7	Maeve O'Meara explores the delicious world of Polish food as chef Judyta Slupnicki introduces her to the essentials - from smallgoods, to horseradish and pickled gherkins.	AUSTRALIA	English-100	RPT	G	Y
2023-11-29	1000	Lidia's Kitchen	Bright Summer Feast, A	Lidia shares two recipes that are wonderful for a buffet-style meal, her favourite way of entertaining guests. She starts with a lemony shrimp over zucchini with a tasty sauce and her favourite soups.	USA	English-100		PG	
2023-11-29	1030	Mystery Diners	Paranormal Activities	When Demetri, owner of Taverna Mazi in Seattle, hears rumours that customers are taking 'haunted tours' of his new restaurant, he contacts Charles Stiles to investigate.	USA	English-100		PG	Y
2023-11-29	1100	The Cook Up With Adam Liaw	Flashback	NITV presenter Rae Johnston and Paralympian Ellie Cole join Adam in the Cook Up Kitchen to go back in time and cook food inspired by a flashback.	AUSTRALIA	English-100	RPT	G	Y
2023-11-29	1130	Heston's Feasts	Titanic Feast	Heston lays on an adventurous Edwardian feast worthy of being served on the ship, Titanic. The menu features an Antarctic roll served on edible snow.	UNITED KINGDOM	English-100	RPT	G	Y
2023-11-29	1230	Bizarre Foods: Delicious Destinations	London: A Second Bite	Andrew highlights the iconic British dishes and ethnically diverse foods that have put London on the culinary map, from humble shepherd's pie and posh beef Wellington to sizzling seekh kebabs.	USA	English-100	RPT	G	Y
2023-11-29	1300	Martha Bakes	Bake It Dark	Join Martha for culinary tips to achieving maximum flavor for all your baked goods. She'll create sticky toffee pudding, mini apricot tarte Tatins, and a simple pear tart.	USA	English-100		G	
2023-11-29	1330	Martha Bakes	Coconut	Martha transports you to the tropics with four all-time favourites - a delicate coconut-lemon cake, chewy coconut cookies, a coconut crunch cake, and a frozen coconut and roasted pineapple cake.	USA	English-100		G	
2023-11-29	1400	Barefoot Contessa: Back To Basics	Only Oranges	It's all about oranges as Ina Garten shares some favourite recipes with this magic ingredient. They unleash the flavour in her amazing roast duck breast with dried cherries and port.	USA	English-100		G	
2023-11-29	1430	In Search Of Umami	Kuala Lumpur	The Maillard reaction is the science describing the heat that forces interplay between proteins and sugars translating into colour, aroma, and flavour in Kuala Lumpur's claypot rice and char siu.	UNITED KINGDOM	English-100		PG	Y
2023-11-29	1500	Rick Stein's French Odyssey	Agen	Journeying along the Canal Lateral a la Garonne, Rick fishes for freshwater herring, visits the markets of Nerac and Cadillac to create a pork and garlic dish, and cooks a prune and almond tart.	UNITED KINGDOM	English-100		G	
2023-11-29	1530	Choccywoccydoodah	Pink Pants And Poodles	Hollywood swaps places with Halloween as the Christmas window makes its grand entrance. Dave celebrates the male form with a cake for the Wild Boyz press launch - a male-strippers comedy.	UNITED KINGDOM	English-100		PG	
2023-11-29	1600	David Rocco's Dolce India	Backwaters Of Kerala, The	Kollam is a beautiful old seaport and city in Kerala. David gets a chance to explore life in this verdant region: he goes digging for clams and takes a tour on a floating restaurant down the river.	CANADA	English-100		PG	a w
2023-11-29	1630	My Market Kitchen	Episode 73	Ben and David Mann make an easy summer pudding that's perfect for the road.	AUSTRALIA	English-100		G	
2023-11-29	1700	Mary Makes It Easy	Bare Bones Baking	Mary proves that you don't need to break the bank on fancy gadgets to whip up some delicious baked goods. Join her as she creates cake donuts, chocolate cherry galette, and cheesecake ice cream.	CANADA	English-100		G	

2023-11-29	1730	Freshly Picked	Freshly Picked Series 2 Ep 8	Get started today with a Japanese favourite that's fresh and easy. Simon shows how to get the best out of some old veggies, and Monica Mignone tops off the most decadent chocolate cake.	AUSTRALIA	English-100		PG		
2023-11-29	1800	Food Safari	Food Safari Series 4 Ep 8	Maeve O'Meara explores the fascinating food of Afghanistan where the guest is always seen as king and beautiful feasts are prepared using age-old recipes.	AUSTRALIA	English-100	RPT	G		Y
2023-11-29	1830	Lidia's Kitchen	What's Baking	Lidia creates dishes her viewers can easily make at home. Gratins are delicious, and she starts with a leek and prosciutto gratin. Then, roasted chicken with pomegranate before baking some cookies.	USA	English-100		PG		
2023-11-29	1900	The Cook Up With Adam Liaw	Decadent Breakfast	Happyfield owners Jesse Orleans and Chris Theodosi are in the Cook Up kitchen with Adam to create a decadent breakfast that's a little naughty and a little nice.	AUSTRALIA	English-100	RPT	G		Y
2023-11-29	1930	Rick Stein's Seafood Lovers' Guide	Rick Stein's Seafood Lovers' Guide Series 1 Ep 1	Rick Stein travels along the South Coast starting at Chesil Beach where he goes seine netting for mackerel. At Portland he meets Ken Lyneham who fishes for squid or 'quiddles'.	UNITED KINGDOM	English-100				
2023-11-29	2000	Luca's Key Ingredient	Luca's Key Ingredient Series 2 Ep 2	Prosecco is so much more than a celebratory drink, it can be used in an array of Italian dishes to increase the flavour profiles and make them sing. Luca shares his secrets.	AUSTRALIA			PG		
2023-11-29	2030	James Martin's Spanish Adventures	Bilbao	In Bilbao, James visits a huge indoor food market, takes a funicular to a famous steak restaurant, we see how La Carolina is made, and he heads to a winery on a seabed.	UNITED KINGDOM	English-100		PG	a w	
2023-11-29	2130	Come Dine With Me UK	County Durham Day 5	In County Durham, IT Manager David is hoping to bag the 1000 pound prize with his French evening. But his main challenge is to keep all the guests on friendly terms.	UNITED KINGDOM	English-100		PG		
2023-11-29	2200	Come Dine With Me UK	Guildford Day 1	This week is in Guildford, Surrey and first to host is 22-year-old Shanice, who hopes to show she is more than just a pretty face by serving up sumptuous food and dazzling conversation.	UNITED KINGDOM	English-100		PG		
2023-11-29	2230	The Cook Up with Adam Liaw	Beer	Top chef Colin Fassnidge and owner of Eastwood's Deli and Cooking School, Kelly Eastwood, drop by the kitchen to join host Adam Liaw and show what they can create with an Aussie favourite - beer!	AUSTRALIA	English-100	RPT	G		Y
2023-11-29	2300	Bizarre Foods: Delicious Destinations	Scottish Highlands	Andrew explores the bountiful larder of the Scottish Highlands from lean, flavorful Highland beef and sweet, buttery shellfish to handheld meat pies and smoked salmon.	USA	English-100	RPT	PG	a w	Y
2023-11-29	2330	The Cook And The Chef	Produce Of Two Islands	South of Hobart in the delightfully named Sandfly Simon found Gordon and Jane Brown growing an unusual crop: Green Tea.	AUSTRALIA	English-100		G		
2023-11-29	2400	Mystery Diners	Coupon Coup	After noticing an unusual increase in coupons, Aaron, owner of The Hangout in California, calls Charles Stiles to investigate.	USA	English-100		PG		Y
2023-11-29	2430	James Martin's Spanish Adventures	Bilbao	In Bilbao, James visits a huge indoor food market, takes a funicular to a famous steak restaurant, we see how La Carolina is made, and he heads to a winery on a seabed.	UNITED KINGDOM	English-100		PG	a w	
2023-11-29	2530	Come Dine With Me UK	County Durham Day 5	In County Durham, IT Manager David is hoping to bag the 1000 pound prize with his French evening. But his main challenge is to keep all the guests on friendly terms.	UNITED KINGDOM	English-100		PG		

2023-11-29	2600	Come Dine With Me UK	Guildford Day 1	This week is in Guildford, Surrey and first to host is 22-year-old Shanice, who hopes to show she is more than just a pretty face by serving up sumptuous food and dazzling conversation.	UNITED KINGDOM	English-100		PG		
2023-11-29	2630	The Cook Up with Adam Liaw	Beer	Top chef Colin Fassnidge and owner of Eastwood's Deli and Cooking School, Kelly Eastwood, drop by the kitchen to join host Adam Liaw and show what they can create with an Aussie favourite - beer!	AUSTRALIA	English-100	RPT	G		Y
2023-11-29	2700	Bizarre Foods: Delicious Destinations	Scottish Highlands	Andrew explores the bountiful larder of the Scottish Highlands from lean, flavorful Highland beef and sweet, buttery shellfish to handheld meat pies and smoked salmon.	USA	English-100	RPT	PG	a w	Y
2023-11-29	2730	The Cook And The Chef	Produce Of Two Islands	South of Hobart in the delightfully named Sandfly Simon found Gordon and Jane Brown growing an unusual crop: Green Tea.	AUSTRALIA	English-100		G		
2023-11-29	2800	Mystery Diners	Coupon Coup	After noticing an unusual increase in coupons, Aaron, owner of The Hangout in California, calls Charles Stiles to investigate.	USA	English-100		PG		Y
2023-11-29	2830	Martha Bakes	Bake It Dark	Join Martha for culinary tips to achieving maximum flavor for all your baked goods. She'll create sticky toffee pudding, mini apricot tarte Tatins, and a simple pear tart.	USA	English-100		G		
2023-11-30	0500	Martha Bakes	Coconut	Martha transports you to the tropics with four all-time favourites - a delicate coconut-lemon cake, chewy coconut cookies, a coconut crunch cake, and a frozen coconut and roasted pineapple cake.	USA	English-100		G		
2023-11-30	0530	Barefoot Contessa: Back To Basics	Only Oranges	It's all about oranges as Ina Garten shares some favourite recipes with this magic ingredient. They unleash the flavour in her amazing roast duck breast with dried cherries and port.	USA	English-100		G		
2023-11-30	0600	In Search Of Umami	Kuala Lumpur	The Maillard reaction is the science describing the heat that forces interplay between proteins and sugars translating into colour, aroma, and flavour in Kuala Lumpur's claypot rice and char siu.	UNITED KINGDOM	English-100		PG		Y
2023-11-30	0630	Rick Stein's French Odyssey	Agen	Journeying along the Canal Lateral a la Garonne, Rick fishes for freshwater herring, visits the markets of Nerac and Cadillac to create a pork and garlic dish, and cooks a prune and almond tart.	UNITED KINGDOM	English-100		G		
2023-11-30	0700	Choccywoccydoodah	Pink Pants And Poodles	Hollywood swaps places with Halloween as the Christmas window makes its grand entrance. Dave celebrates the male form with a cake for the Wild Boyz press launch - a male-strippers comedy.	UNITED KINGDOM	English-100		PG		
2023-11-30	0730	David Rocco's Dolce India	Backwaters Of Kerala, The	Kollam is a beautiful old seaport and city in Kerala. David gets a chance to explore life in this verdant region: he goes digging for clams and takes a tour on a floating restaurant down the river.	CANADA	English-100		PG	a w	
2023-11-30	0800	My Market Kitchen	Episode 73	Ben and David Mann make an easy summer pudding that's perfect for the road.	AUSTRALIA	English-100		G		
2023-11-30	0830	Mary Makes It Easy	Bare Bones Baking	Mary proves that you don't need to break the bank on fancy gadgets to whip up some delicious baked goods. Join her as she creates cake donuts, chocolate cherry galette, and cheesecake ice cream.	CANADA	English-100		G		
2023-11-30	0900	Freshly Picked	Freshly Picked Series 2 Ep 8	Get started today with a Japanese favourite that's fresh and easy. Simon shows how to get the best out of some old veggies, and Monica Mignone tops off the most decadent chocolate cake.	AUSTRALIA	English-100		PG		

2023-11-30	0930	Food Safari	Food Safari Series 4 Ep 8	Maeve O'Meara explores the fascinating food of Afghanistan where the guest is always seen as king and beautiful feasts are prepared using age-old recipes.	AUSTRALIA	English-100	RPT	G		Y
2023-11-30	1000	Lidia's Kitchen	What's Baking	Lidia creates dishes her viewers can easily make at home. Gratins are delicious, and she starts with a leek and prosciutto gratin. Then, roasted chicken with pomegranate before baking some cookies.	USA	English-100		PG		
2023-11-30	1030	Mystery Diners	Coupon Coup	After noticing an unusual increase in coupons, Aaron, owner of The Hangout in California, calls Charles Stiles to investigate.	USA	English-100		PG		Y
2023-11-30	1100	The Cook Up With Adam Liaw	Decadent Breakfast	Happyfield owners Jesse Orleans and Chris Theodosi are in the Cook Up kitchen with Adam to create a decadent breakfast that's a little naughty and a little nice.	AUSTRALIA	English-100	RPT	G		Y
2023-11-30	1130	Rick Stein's Seafood Lovers' Guide	Rick Stein's Seafood Lovers' Guide Series 1 Ep 1	Rick Stein travels along the South Coast starting at Chesil Beach where he goes seine netting for mackerel. At Portland he meets Ken Lyneham who fishes for squid or 'quiddles'.	UNITED KINGDOM	English-100				
2023-11-30	1200	Luca's Key Ingredient	Luca's Key Ingredient Series 2 Ep 2	Prosecco is so much more than a celebratory drink, it can be used in an array of Italian dishes to increase the flavour profiles and make them sing. Luca shares his secrets.	AUSTRALIA			PG		
2023-11-30	1230	Bizarre Foods: Delicious Destinations	Scottish Highlands	Andrew explores the bountiful larder of the Scottish Highlands from lean, flavorful Highland beef and sweet, buttery shellfish to handheld meat pies and smoked salmon.	USA	English-100	RPT	PG	a w	Y
2023-11-30	1300	Martha Bakes	Coffee	Martha shares how to enjoy coffee beyond the mug with her extraordinary coffee-flavored desserts - a flaky Napoleon, grown-up ice cream sandwiches, and a decadent coffee cream pie.	USA	English-100		G		
2023-11-30	1330	Martha Bakes	Green Tea	Green tea is showing up in everything from cocktails to cakes. In this lesson, Martha incorporates this antioxidant-rich ingredient into four remarkable desserts.	USA	English-100		G		
2023-11-30	1400	Barefoot Contessa: Back To Basics	Just Desserts	Ina Garten showcases incredible desserts, and there's something for everyone. For chocolate lovers, a decadent and glamorous chocolate cake with mocha frosting has a real wow factor.	USA	English-100		G		
2023-11-30	1430	Secret Delicious	Singapore	Singaporean food writer Aun Koh discovers his hometown's food secrets with an off-menu Buah Keluak burger and a famed homemade sourdough. He also gets access to one of Singapore's most exclusive bars.	SINGAPORE	English-100		G		
2023-11-30	1500	Rick Stein's French Odyssey	Agen To Moissac	In the city of Agen, Rick indulges in a four-course lunch at the Buffet de la Gare before heading off to cook a traditional Agen dish of Rabbit with local prunes.	UNITED KINGDOM	English-100		G		
2023-11-30	1530	Choccywoccydoodah	Full Of Eastern Promise	When chief chocolatier Dave returns from his holiday in Japan, full of Eastern promise, he delivers a cake to eclipse all others in the shape of the Rising Sun.	UNITED KINGDOM	English-100		PG		
2023-11-30	1600	David Rocco's Dolce India	Beef in Fort Kochi	David visits the historic region of Fort Kochi which is one of the few places in India where you can eat beef. David goes on a hunt for the good stuff, enjoying chili fried and dry-fried beef.	CANADA	English-100		G		
2023-11-30	1630	My Market Kitchen	Episode 74	Ben whips up a delicious, silky smooth seafood chowder.	AUSTRALIA	English-100		G		

2023-11-30	1700	Mary Makes It Easy	Short List, The	Mary takes on the challenge of getting the most flavourful dishes from the fewest number of ingredients, cooking peach bourbon chicken, red pepper roast salmon and zucchini cappelini.	CANADA	English-100		G	
2023-11-30	1730	Freshly Picked	Freshly Picked Series 2 Ep 9	Simon finds deliciousness at the end of the rainbow with rainbow chard wraps on the Peninsula Fresh Organics Farm, then heads back to the kitchen to whip up a dip that tastes great with raw veggies.	AUSTRALIA	English-100		PG	
2023-11-30	1800	Food Safari	Food Safari Series 4 Ep 9	Maeve O'Meara explores the world of Danish food, a cuisine crafted for the cold - some dishes date back to the days of the Vikings, others like the sandwich smorrebrod are modern.	AUSTRALIA	English-100	RPT	G	Y
2023-11-30	1830	Lidia's Kitchen	Summertime Fun	Summer is when some of Lidia's favourite produce are at their best. She shares recipes that are perfect for entertaining, including corn and zucchini minestra, and shrimp and mixed bean salad.	USA	English-100		PG	
2023-11-30	1900	The Cook Up With Adam Liaw	Hearty But Healthy	Sustainability King Tim Flannery and chef Tom Walton join Adam in the Cook Up Kitchen to create some hearty but nourishing dishes.	AUSTRALIA	English-100	RPT	G	Y
2023-11-30	1930	Rick Stein's Seafood Lovers' Guide	Rick Stein's Seafood Lovers' Guide Series 1 Ep 2	Rick starts his journey at Fraserburgh on the East coast of Scotland where he goes out on a huge trawler fishing for herring. In Sandend and Peterhead, he visits the fish market and find a wolf fish.	UNITED KINGDOM	English-100			
2023-11-30	2000	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 2 Ep 6	Paula shows us how to make her version of steak Diane by substituting the steak with a collop of venison which she roasts and serves with sauteed potatoes. She demonstrates how to smoke a chicken.	UNITED KINGDOM	English-100		PG	
2023-11-30	2030	Rick Stein: From Venice to Istanbul	Venice	Rick begins his journey in Venice and makes his way to the idyllic Greek island of Symi where he cooks some of his favourite Venetian dishes - seafood risotto, Tiramisu, and gnocchi with spider crab.	UNITED KINGDOM	English-100		PG	a w
2023-11-30	2140	Come Dine With Me UK	Guildford Day 2	In Guildford, retired estate agent Vivi hopes to land the prize with a feast inspired by her homeland. And she doesn't disappoint with Norwegian fish soup, singing and nursery rhymes!	UNITED KINGDOM	English-100		PG	
2023-11-30	2205	Come Dine With Me UK	Guildford Day 3	It's the third day in Guildford and Charlotte's turn to host. She's taken a risk with her Asian inspired menu and is worried that entertainments manager David will find her food too exotic.	UNITED KINGDOM	English-100		PG	
2023-11-30	2230	The Cook Up with Adam Liaw	Comfort Food Savoury	SBS Insight's Kumi Taguchi and Sokyo's Chase Kojima take over The Cook Up kitchen as they chat and create their ultimate savoury comfort food dishes with host Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2023-11-30	2300	Bizarre Foods: Delicious Destinations	Nova Scotia	Andrew Zimmern explores iconic dishes of picturesque Nova Scotia, Canada, where the proximity to the sea, it's never more than 42 miles away, influences the local cuisine.	USA	English-100	RPT	PG	a w Y
2023-11-30	2330	The Cook And The Chef	Lobster And Mushrooms	Kangaroo Island is one of Maggie's favourite destinations, its magnificent coastline and pristine waters provide an abundance of superb seafood for the locals.	AUSTRALIA	English-100		G	
2023-11-30	2400	Mystery Diners	Cover Charge	David and Petra, owners of Redballs Rock and Roll Pizza contact Charles Stiles to investigate discrepancies in their pizza supplies.	USA	English-100		PG	Y
2023-11-30	2430	Rick Stein: From Venice to Istanbul	Venice	Rick begins his journey in Venice and makes his way to the idyllic Greek island of Symi where he cooks some of his favourite Venetian dishes - seafood risotto, Tiramisu, and gnocchi with spider crab.	UNITED KINGDOM	English-100		PG	a w

2023-11-30	2540	Come Dine With Me UK	Guildford Day 2	In Guildford, retired estate agent Vivi hopes to land the prize with a feast inspired by her homeland. And she doesn't disappoint with Norwegian fish soup, singing and nursery rhymes!	UNITED KINGDOM	English-100			PG		
2023-11-30	2605	Come Dine With Me UK	Guildford Day 3	It's the third day in Guildford and Charlotte's turn to host. She's taken a risk with her Asian inspired menu and is worried that entertainments manager David will find her food too exotic.	UNITED KINGDOM	English-100			PG		
2023-11-30	2630	The Cook Up with Adam Liaw	Comfort Food Savoury	SBS Insight's Kumi Taguchi and Sokyo's Chase Kojima take over The Cook Up kitchen as they chat and create their ultimate savoury comfort food dishes with host Adam Liaw.	AUSTRALIA	English-100	RPT		G		Y
2023-11-30	2700	Bizarre Foods: Delicious Destinations	Nova Scotia	Andrew Zimmern explores iconic dishes of picturesque Nova Scotia, Canada, where the proximity to the sea, it's never more than 42 miles away, influences the local cuisine.	USA	English-100	RPT		PG	a w	Y
2023-11-30	2730	The Cook And The Chef	Lobster And Mushrooms	Kangaroo Island is one of Maggie's favourite destinations, its magnificent coastline and pristine waters provide an abundance of superb seafood for the locals.	AUSTRALIA	English-100			G		
2023-11-30	2800	Mystery Diners	Cover Charge	David and Petra, owners of Redballs Rock and Roll Pizza contact Charles Stiles to investigate discrepancies in their pizza supplies.	USA	English-100			PG		Y
2023-11-30	2830	Martha Bakes	Coffee	Martha shares how to enjoy coffee beyond the mug with her extraordinary coffee-flavoured desserts - a flaky Napoleon, grown-up ice cream sandwiches, and a decadent coffee cream pie.	USA	English-100			G		
2023-12-01	0500	Martha Bakes	Green Tea	Green tea is showing up in everything from cocktails to cakes. In this lesson, Martha incorporates this antioxidant-rich ingredient into four remarkable desserts.	USA	English-100			G		
2023-12-01	0530	Barefoot Contessa: Back To Basics	Just Desserts	Ina Garten showcases incredible desserts, and there's something for everyone. For chocolate lovers, a decadent and glamorous chocolate cake with mocha frosting has a real wow factor.	USA	English-100			G		
2023-12-01	0600	Secret Delicious	Singapore	Singaporean food writer Aun Koh discovers his hometown's food secrets with an off-menu Buah Keluak burger and a famed homemade sourdough. He also gets access to one of Singapore's most exclusive bars.	SINGAPORE	English-100			G		
2023-12-01	0630	Rick Stein's French Odyssey	Agen To Moissac	In the city of Agen, Rick indulges in a four-course lunch at the Buffet de la Gare before heading off to cook a traditional Agen dish of Rabbit with local prunes.	UNITED KINGDOM	English-100			G		
2023-12-01	0700	Choccywoccydoodah	Full Of Eastern Promise	When chief chocolatier Dave returns from his holiday in Japan, full of Eastern promise, he delivers a cake to eclipse all others in the shape of the Rising Sun.	UNITED KINGDOM	English-100			PG		
2023-12-01	0730	David Rocco's Dolce India	Beef In Fort Kochi	David visits the historic region of Fort Kochi which is one of the few places in India where you can eat beef. David goes on a hunt for the good stuff, enjoying chili fried and dry-fried beef.	CANADA	English-100			G		
2023-12-01	0800	My Market Kitchen	Episode 74	Ben whips up a delicious, silky smooth seafood chowder.	AUSTRALIA	English-100			G		
2023-12-01	0830	Mary Makes It Easy	Short List, The	Mary takes on the challenge of getting the most flavourful dishes from the fewest number of ingredients, cooking peach bourbon chicken, red pepper roast salmon and zucchini cappelini.	CANADA	English-100			G		

2023-12-01	0900	Freshly Picked	Freshly Picked Series 2 Ep 9	Simon finds deliciousness at the end of the rainbow with rainbow chard wraps on the Peninsula Fresh Organics Farm, then heads back to the kitchen to whip up a dip that tastes great with raw veggies.	AUSTRALIA	English-100		PG		
2023-12-01	0930	Food Safari	Food Safari Series 4 Ep 9	Maeve O'Meara explores the world of Danish food, a cuisine crafted for the cold - some dishes date back to the days of the Vikings, others like the sandwich smorrebrod are modern.	AUSTRALIA	English-100	RPT	G		Y
2023-12-01	1000	Lidia's Kitchen	Summertime Fun	Summer is when some of Lidia's favourite produce are at their best. She shares recipes that are perfect for entertaining, including corn and zucchini minestra, and shrimp and mixed bean salad.	USA	English-100		PG		
2023-12-01	1030	Mystery Diners	Cover Charge	David and Petra, owners of Redballs Rock and Roll Pizza contact Charles Stiles to investigate discrepancies in their pizza supplies.	USA	English-100		PG		Y
2023-12-01	1100	The Cook Up With Adam Liaw	Hearty But Healthy	Sustainability King Tim Flannery and chef Tom Walton join Adam in the Cook Up Kitchen to create some hearty but nourishing dishes.	AUSTRALIA	English-100	RPT	G		Y
2023-12-01	1130	Rick Stein's Seafood Lovers' Guide	Rick Stein's Seafood Lovers' Guide Series 1 Ep 2	Rick starts his journey at Fraserburgh on the East coast of Scotland where he goes out on a huge trawler fishing for herring. In Sandend and Peterhead, he visits the fish market and find a wolf fish.	UNITED KINGDOM	English-100				
2023-12-01	1200	Paula McIntyre's Hamely Kitchen	Paula McIntyre's Hamely Kitchen Series 2 Ep 6	Paula shows us how to make her version of steak Diane by substituting the steak with a collop of venison which she roasts and serves with sauteed potatoes. She demonstrates how to smoke a chicken.	UNITED KINGDOM	English-100		PG		
2023-12-01	1230	Bizarre Foods: Delicious Destinations	Nova Scotia	Andrew Zimmern explores iconic dishes of picturesque Nova Scotia, Canada, where the proximity to the sea, it's never more than 42 miles away, influences the local cuisine.	USA	English-100	RPT	PG	a w	Y
2023-12-01	1300	Martha Bakes	Extraordinary Fruits	Martha's favourite desserts have something in common - fruit - nature's sweetest gift. Learn step-by-step how-tos for a soufflé with intensely fragrant passion fruit, and rhubarb cobbler.	USA	English-100		G		
2023-12-01	1330	Martha Bakes	Fruit Curds	Fruit has more delicious potential when made into a rich luscious curd. So watch step-by-step how-tos and learn to make three fruit curds.	USA	English-100		G		
2023-12-01	1400	Barefoot Contessa: Back To Basics	Modern Comfort Food: Weeknight Dinners	Ina Garten is all about comforting weeknight dinners, starting with all-in-one skillet-roasted chicken and potatoes. She also makes shells with broccoli rabe and pancetta.	USA	English-100		G		
2023-12-01	1430	Secret Delicious	Mumbai	Food writer Aun Koh travels to Mumbai and discovers a secret 'swine-dine' club and gets acclaimed chef Rahul Akerkar to prepare street foods like Chaat, Sev Puri and his famous off-menu dish.	SINGAPORE	English-100		PG	l s	Y
2023-12-01	1500	Rick Stein's French Odyssey	Moissac To Toulouse	Deeper into South West France, Rick joins a local fisherman in search of pike and zander on the River Tarn at Moissac, and cooks pike in Pinot Noir, a popular duck confit with braised red cabbage.	UNITED KINGDOM	English-100		G		
2023-12-01	1530	Choccywoccydoodah	Onwards And Upwards	It's all change at this little shop of dreams as boss Christine's ambition is unleashed. She wants her chocolate empire to expand to London and doesn't care if she blows the budget along the way.	UNITED KINGDOM	English-100		PG		
2023-12-01	1600	David Rocco's Dolce India	Paradise Found	The beautiful Chinese fishing nets are iconic tourist attractions along the coast of Kochi, and David discovers that the fishermen who operate them are just as intriguing.	CANADA	English-100		PG	a w	

2023-12-01	1630	My Market Kitchen	Episode 75	Nutritionist Jemma visits Catherine Velisha on her farm before making a healthy Shakshuka using her kale.	AUSTRALIA	English-100		G			
2023-12-01	1700	Mary Makes It Easy	Livin' On The Veg	Celebrate the veg life with Mary's sweet potato enchiladas, chickpea socca, and veggie pakoras.	CANADA	English-100		G			
2023-12-01	1730	Freshly Picked	Freshly Picked Series 2 Ep 10	Simon gets pumpkin popping with flavour and whips up a delicious family favourite before heading to the Vegan Dairy. Tom Sarafian brings smiles to the kitchen with his hummus and mushroom dish.	AUSTRALIA	English-100		PG			
2023-12-01	1800	Food Safari	Food Safari Series 4 Ep 10	Maeve O'Meara explores the fascinating creole cuisine of Broome, with dishes as varied as chilli mudcrab, satay, pearl meat ceviche and a simple raw fish dish called susame.	AUSTRALIA	English-100	RPT	G		Y	
2023-12-01	1830	Lidia's Kitchen	Quick And Delicious	Lidia shares recipes that are quick to whip up and ideal for busy. She makes green beans with mint pesto, a fresh alternative to the well-known green beans with butter, then cherry bread pudding.	USA	English-100		PG			
2023-12-01	1900	The Cook Up With Adam Liaw	Lazy Sunday	Actress and performer Virginia Gay and political satirist Mark Humphries are in the Cook Up Kitchen with Adam to create their Lazy Sunday inspired dishes.	AUSTRALIA	English-100	RPT	G		Y	
2023-12-01	1930	Ainsley's Fantastic Flavours Christmas	Ainsley's Festive Flavours 1	Join Chef Ainsley Harriott in a series filled with flavour packed dishes sure to liven up every meal! Explore how spices can work wonders in our food with the perfect brunch, Ras El Hanout Shakshuka.	UNITED KINGDOM	English-100		PG		I	
2023-12-01	2030	Jamie's Easy Christmas Countdown	Jamie's Easy Christmas Countdown	Jamie kicks off his easy Christmas countdown with a gorgeous smoked salmon pate that's elegant, luxurious, and can be rustled up in the time it takes to make some toast!	UNITED KINGDOM	English-100		G			
2023-12-01	2130	Rick Stein's Spanish Christmas Special	Rick Stein's Spanish Christmas Special	Rick Stein believes that no-one celebrates Christmas in greater style than the Spanish, where the celebrations last for over a fortnight and the dishes they prepare are something different.	UNITED KINGDOM	English-100	RPT	G		Y	Y
2023-12-01	2240	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	
2023-12-01	2310	Bizarre Foods: Delicious Destinations	Quebec City	Andrew scopes out the creative and rustic comfort dishes of Quebec City, Canada. Influenced by French and English settlers, the city is full of old world charm, late-night diners, hearty food.	USA	English-100	RPT	G			
2023-12-01	2335	The Cook And The Chef	Seaweed And Scallops	The East Coast of Tasmania has to be one of the most beautiful stretches of coastline anywhere in the world, but when Simon visits he's not just interested in the dazzling scenery.	AUSTRALIA	English-100		G			
2023-12-01	2405	Mystery Diners	Dinner Drama	Peter, owner of Encore Dinner Theatre, fears a relationship between one of his waiters and one of his actresses is affecting customer service.	USA	English-100		PG		Y	
2023-12-01	2430	Jamie's Easy Christmas Countdown	Jamie's Easy Christmas Countdown	Jamie kicks off his easy Christmas countdown with a gorgeous smoked salmon pate that's elegant, luxurious, and can be rustled up in the time it takes to make some toast!	UNITED KINGDOM	English-100		G			
2023-12-01	2530	Rick Stein's Spanish Christmas Special	Rick Stein's Spanish Christmas Special	Rick Stein believes that no-one celebrates Christmas in greater style than the Spanish, where the celebrations last for over a fortnight and the dishes they prepare are something different.	UNITED KINGDOM	English-100	RPT	G		Y	Y

2023-12-01	2640	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
2023-12-01	2710	Bizarre Foods: Delicious Destinations	Quebec City	Andrew scopes out the creative and rustic comfort dishes of Quebec City, Canada. Influenced by French and English settlers, the city is full of old world charm, late-night diners, hearty food.	USA	English-100	RPT	G		
2023-12-01	2735	The Cook And The Chef	Seaweed And Scallops	The East Coast of Tasmania has to be one of the most beautiful stretches of coastline anywhere in the world, but when Simon visits he's not just interested in the dazzling scenery.	AUSTRALIA	English-100		G		
2023-12-01	2805	Mystery Diners	Dinner Drama	Peter, owner of Encore Dinner Theatre, fears a relationship between one of his waiters and one of his actresses is affecting customer service.	USA	English-100		PG		Y
2023-12-01	2830	Martha Bakes	Extraordinary Fruits	Martha's favourite desserts have something in common - fruit - nature's sweetest gift. Learn step-by-step how-tos for a soufflé with intensely fragrant passion fruit, and rhubarb cobbler.	USA	English-100		G		
2023-12-02	0500	Martha Bakes	Fruit Curds	Fruit has more delicious potential when made into a rich luscious curd. So watch step-by-step how-tos and learn to make three fruit curds.	USA	English-100		G		
2023-12-02	0530	Barefoot Contessa: Back To Basics	Modern Comfort Food: Weeknight Dinners	Ina Garten is all about comforting weeknight dinners, starting with all-in-one skillet-roasted chicken and potatoes. She also makes shells with broccoli rabe and pancetta.	USA	English-100		G		
2023-12-02	0600	Secret Delicious	Mumbai	Food writer Aun Koh travels to Mumbai and discovers a secret 'swine-dine' club and gets acclaimed chef Rahul Akerkar to prepare street foods like Chaat, Sev Puri and his famous off-menu dish.	SINGAPORE	English-100		PG	l s	Y
2023-12-02	0630	Rick Stein's French Odyssey	Moissac To Toulouse	Deeper into South West France, Rick joins a local fisherman in search of pike and zander on the River Tarn at Moissac, and cooks pike in Pinot Noir, a popular duck confit with braised red cabbage.	UNITED KINGDOM	English-100		G		
2023-12-02	0700	Choccywoccydoodah	Onwards And Upwards	It's all change at this little shop of dreams as boss Christine's ambition is unleashed. She wants her chocolate empire to expand to London and doesn't care if she blows the budget along the way.	UNITED KINGDOM	English-100		PG		
2023-12-02	0730	David Rocco's Dolce India	Paradise Found	The beautiful Chinese fishing nets are iconic tourist attractions along the coast of Kochi, and David discovers that the fishermen who operate them are just as intriguing.	CANADA	English-100		PG	a w	
2023-12-02	0800	My Market Kitchen	Episode 75	Nutritionist Jemma visits Catherine Velisha on her farm before making a healthy Shakshuka using her kale.	AUSTRALIA	English-100		G		
2023-12-02	0830	Mary Makes It Easy	Livin' On The Veg	Celebrate the veg life with Mary's sweet potato enchiladas, chickpea socca, and veggie pakoras.	CANADA	English-100		G		
2023-12-02	0900	Freshly Picked	Freshly Picked Series 2 Ep 10	Simon gets pumpkin popping with flavour and whips up a delicious family favourite before heading to the Vegan Dairy. Tom Sarafian brings smiles to the kitchen with his hummus and mushroom dish.	AUSTRALIA	English-100		PG		
2023-12-02	0930	Food Safari	Food Safari Series 4 Ep 10	Maeve O'Meara explores the fascinating creole cuisine of Broome, with dishes as varied as chilli mudcrab, satay, pearl meat ceviche and a simple raw fish dish called susame.	AUSTRALIA	English-100	RPT	G		Y

2023-12-02	1000	Lidia's Kitchen	Quick And Delicious	Lidia shares recipes that are quick to whip up and ideal for busy. She makes green beans with mint pesto, a fresh alternative to the well-known green beans with butter, then cherry bread pudding.	USA	English-100		PG		
2023-12-02	1030	Mystery Diners	Dinner Drama	Peter, owner of Encore Dinner Theatre, fears a relationship between one of his waiters and one of his actresses is affecting customer service.	USA	English-100		PG		Y
2023-12-02	1100	The Cook Up With Adam Liaw	Lazy Sunday	Actress and performer Virginia Gay and political satirist Mark Humphries are in the Cook Up Kitchen with Adam to create their Lazy Sunday inspired dishes.	AUSTRALIA	English-100	RPT	G		Y
2023-12-02	1130	Ainsley's Fantastic Flavours Christmas	Ainsley's Festive Flavours 1	Join Chef Ainsley Harriott in a series filled with flavour packed dishes sure to liven up every meal! Explore how spices can work wonders in our food with the perfect brunch, Ras El Hanout Shakshuka.	UNITED KINGDOM	English-100		PG	I	
2023-12-02	1230	Bizarre Foods: Delicious Destinations	Quebec City	Andrew scopes out the creative and rustic comfort dishes of Quebec City, Canada. Influenced by French and English settlers, the city is full of old world charm, late-night diners, hearty food.	USA	English-100	RPT	G		
2023-12-02	1300	Martha Bakes	Homemade Doughnuts	Make the fryer your friend and delve into the depths of the donut to master crave-worthy classics like the jelly-filled doughnut, apple fritter, and sugary beignet.	USA	English-100		G		
2023-12-02	1330	Martha Bakes	Chocolate Ganache	Martha unlocks the power of two seemingly simple ingredients, chocolate and heavy cream. Learn how to wield the power of chocolate ganache from frosting to filling.	USA	English-100		G		
2023-12-02	1400	Mary Makes It Easy	Livin' On The Veg	Celebrate the veg life with Mary's sweet potato enchiladas, chickpea socca, and veggie pakoras.	CANADA	English-100		G		
2023-12-02	1430	Lidia's Kitchen	Colourful Party, A	When hosting an Italian-style cocktail party, you will need some drinks and appetisers. Lidia creates mussels with zucchini salsa verde, a bloody mary, and grilled corn, apricots, and portobellos.	USA	English-100		PG		
2023-12-02	1500	Taste The Nation With Padma Lakshmi	Burritos At The Border	Padma Lakshmi eats her way through the border city of El Paso while discovering the origins of one of America's most beloved cuisines.	USA	English-100		PG	a	Y
2023-12-02	1530	Taste The Nation With Padma Lakshmi	All American Wiener, The	Hot dogs, hamburgers, pretzels. Many think these foods are quintessentially American, but their origins are actually German. Padma travels to Milwaukee to explore their German origins.	USA	English-100		PG		Y
2023-12-02	1605	Gamer Snacks	Bite-Sized Pizza Balls And Smoothie Time	Comedian Arron Crascall and guest Munya Chawawa solve the problem of eating pizza and gaming at the same time by making bite-size ham and pineapple and pepperoni pizza bombs.	USA	English-100		PG		
2023-12-02	1630	Hairy Bikers' Asian Adventure	Hong Kong	In the fast-paced megacity of Hong Kong, the bikers go in search of the authentic roots of their favourite Chinese takeaway dishes.	UNITED KINGDOM	English-100	RPT	G		Y Y
2023-12-02	1730	Hairy Bikers' Asian Adventure	Thailand - Bangkok And The Central Plains	They say it's impossible to eat badly in Thailand and the Hairy Bikers discover why. They are in Bangkok and Thailand's central plains, where much of the familiar Thai cuisine originates.	UNITED KINGDOM	English-100	RPT	G		Y
2023-12-02	1830	Order Up!	As Fresh As It Gets	From floating fish farms to plucking fresh greens from a garden, Hudson is on a journey to discover farm-to-table cooking. Even coming face-to-face with an unexpected reptilian ingredient.	CANADA	English-100		PG	a w	

2023-12-02	1930	Selena + Chef	Selena + Graham Elliott	Two-time Michelin-starred chef, TV host, and author Graham Elliott walks Selena through his unique spin on two familiar, delicious dishes. His 'Graham Burger' and a deconstructed Caesar salad.	USA	English-100	G		Y
2023-12-02	2000	Selena + Chef	Selena + Aarti Sequeira: Friendsgiving	Known for elevating classic American dishes with Indian flavours, TV chef, cookbook author, and journalist, Aarti Sequeira, whips up a tandoori butter turkey breast and colourful side dishes.	USA	English-100	PG		
2023-12-02	2035	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 11	Rick joins a team diving for Razor Clams, which he takes back to the kitchen to make a quick but tasty dish of grilled Shangurro Clams.	UNITED KINGDOM	English-100	PG	a w	
2023-12-02	2105	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 12	Following in the footsteps of Turner, one of Britain's most loved artists, Rick discovers how much the Cornish landscape influenced his work.	UNITED KINGDOM	English-100	PG	a w	
2023-12-02	2135	Anthony Bourdain: No Reservations	Ireland	Ireland is steeped in history and traditions, both oral and written. It's also steeped in the myth that it has the worst food on the planet. Tony travels to Ireland to dispel those myths.	USA	English-100	M	a l	
2023-12-02	2230	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 5	River Cottage is on its way to becoming self-sufficient. With his own herbs, vegetables, eggs and cream from Bessie the cow, Paul whips up his first ever 'all from the farm' meal.	UNITED KINGDOM	English-100	RPT	PG	Y
2023-12-02	2330	Mystery Diners	Mexicali Blues	After hearing rumours that customers are being served food off-menu, Esdras and Javi call Charles Stiles to investigate.	USA	English-100	G		Y
2023-12-02	2400	Mystery Diners	Trimming The Fat	When Chris, owner of Spring Street Smoke House in Los Angeles, notices a decrease in valuable fat trimmings, he contacts Charles Stiles for help.	USA	English-100	PG		Y
2023-12-02	2430	Hairy Bikers' Asian Adventure	Hong Kong	In the fast-paced megacity of Hong Kong, the bikers go in search of the authentic roots of their favourite Chinese takeaway dishes.	UNITED KINGDOM	English-100	RPT	G	Y Y
2023-12-02	2530	Hairy Bikers' Asian Adventure	Thailand - Bangkok And The Central Plains	They say it's impossible to eat badly in Thailand and the Hairy Bikers discover why. They are in Bangkok and Thailand's central plains, where much of the familiar Thai cuisine originates.	UNITED KINGDOM	English-100	RPT	G	Y
2023-12-02	2630	Order Up!	As Fresh As It Gets	From floating fish farms to plucking fresh greens from a garden, Hudson is on a journey to discover farm-to-table cooking. Even coming face-to-face with an unexpected reptilian ingredient.	CANADA	English-100	PG	a w	
2023-12-02	2730	Selena + Chef	Selena + Graham Elliott	Two-time Michelin-starred chef, TV host, and author Graham Elliott walks Selena through his unique spin on two familiar, delicious dishes. His 'Graham Burger' and a deconstructed Caesar salad.	USA	English-100	G		Y
2023-12-02	2800	Selena + Chef	Selena + Aarti Sequeira: Friendsgiving	Known for elevating classic American dishes with Indian flavours, TV chef, cookbook author, and journalist, Aarti Sequeira, whips up a tandoori butter turkey breast and colourful side dishes.	USA	English-100	PG		
2023-12-02	2835	Mystery Diners	Mexicali Blues	After hearing rumours that customers are being served food off-menu, Esdras and Javi call Charles Stiles to investigate.	USA	English-100	G		Y