



**WEEK 48**      **Sunday, 24 November 2024** **Saturday, 30 November 2024**      **ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Egg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-11-24	0500	<b>View From River Cottage</b>	View From River Cottage Series 1 Ep 6	Hugh reflects that sharing fresh, locally grown, seasonal produce with both family and friends has become the cornerstone of the River Cottage experience.	UNITED KINGDOM	English-100	RPT	PG			
2024-11-24	0530	<b>Hugh's Fish Fight</b>	Hugh's Fish Fight Series 1 Ep 1	Hugh Fearnley-Whittingstall leaves the comfort of River Cottage to change the way we fish, both here and abroad.	UNITED KINGDOM	English-100	RPT	PG	a w		
2024-11-24	0625	<b>Taste The Philippines With Yasmin Newman</b>	Longanisa Sausage Roll With John Rivera	John Rivera, Chef de partie and founder of Melbourne's Filipino ice cream chain Kariton Sorbetes, shares his recipe for Filipino-inspired sausage rolls with banana ketchup.	AUSTRALIA	English-100	RPT	G			
2024-11-24	0630	<b>Rick Stein's India</b>	Rahasthan And Himachal Pradesh	Rick Stein arrives in the royal state of Rajasthan, the land of the kings. The majority of Rajasthanis are serious meat eaters with dishes like Jungle Maas, a perfect combination of meat, chillies, and spices. Mostly desert, this region is very different from Rick's next destination, the state of Himachal Pradesh, nestled on the foothills of the Western Himalayas.	UNITED KINGDOM	English-100	RPT	G			Y
2024-11-24	0740	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 4	While Paul is away, Harrison is left to manage the farm, and it's not all plain sailing. There's a sweet surprise ready for harvest that's been brewing for over a year. Paul rises to the challenge at a community event that makes him sweat for his supper. Does he have what it takes to make the local footy team?	UNITED KINGDOM	English-100	RPT	G			Y
2024-11-24	0840	<b>Ainsley's Christmas Good Mood Food</b>	Ainsley's Christmas Good Mood Food	Join Ainsley and friends for some festive fun in this special episode of Ainsley's Christmas Good Mood Food. Ainsley and pal Olly Smith get the fun started with canapes and cocktails.	UNITED KINGDOM	English-100	RPT	PG			
2024-11-24	0935	<b>Jamie Cooks Christmas</b>	Jamie Cooks Christmas	Jamie is determined to make this Christmas amazing. His place is full of decorations and he enthusiastically bounds through an hour of brilliant ideas and shows us the most sumptuous and delicious recipes.	UNITED KINGDOM	English-100	RPT	G			
2024-11-24	1030	<b>Field Trip With Curtis Stone</b>	Big Island - Hawaii	Curtis meets up with local fisherman, Justin Lee, to do some spearfishing off the coast of Kona. He entrenches himself in the family culture of the islands, where he helps cook the caught fish.	USA	English-100	RPT	PG	a l w		
2024-11-24	1100	<b>Tom Kerridge's American Feast</b>	Vermont	In this episode, Tom Kerridge travels to Vermont and learns how combining local food tradition with 21st century innovation can have surprisingly tasty results.	UNITED KINGDOM	English-100	RPT	G			
2024-11-24	1130	<b>Lorraine's Fast, Fresh And Easy Food</b>	Baking It	Baking isn't all about breads and cakes as Lorraine shows in tonight's episode.	UNITED KINGDOM	English-100	RPT	G			

2024-11-24	1200	<b>Taste Of Australia In Vietnam</b>	Ho Chi Minh City And Dalat	Travelling to mountainous Da Lat and bustling Ho Chi Minh City, Luke enthuses about the street food, learns about a ground-breaking approach to farming and meets with artistic Australians.	AUSTRALIA	English-100	RPT				Y
2024-11-24	1230	<b>Hugh's Fish Fight</b>	Hugh's Fish Fight Series 1 Ep 1	Hugh Fearnley-Whittingstall leaves the comfort of River Cottage to change the way we fish, both here and abroad.	UNITED KINGDOM	English-100	RPT	PG	a w		
2024-11-24	1325	<b>Destination Flavour Singapore Bitesize</b>	Hari Kaya	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G			Y
2024-11-24	1330	<b>Rick Stein's India</b>	Rahasthan And Himachal Pradesh	Rick Stein arrives in the royal state of Rajasthan, the land of the kings. The majority of Rajasthanis are serious meat eaters with dishes like Jungle Maas, a perfect combination of meat, chillies, and spices. Mostly desert, this region is very different from Rick's next destination, the state of Himachal Pradesh, nestled on the foothills of the Western Himalayas.	UNITED KINGDOM	English-100	RPT	G			Y
2024-11-24	1440	<b>Gordon Ramsay Uncharted</b>	Louisiana Bayou Cuisine	Chef Ramsay journeys to Louisiana to learn the secrets of Cajun cooking. He meets Eric Cook - ex-Marine turned celebrated chef - who sends him off to get lost in the marsh and see what he comes back with.	UNITED KINGDOM	English-100	RPT	PG	a l w		Y
2024-11-24	1535	<b>Gordon Ramsay Uncharted</b>	Sumatra's Stunning Highlands	Chef Gordon Ramsay's quest to master the world's most fascinating cuisines lands him on the Indonesian island of Sumatra where he risks his safety and his pride to acquire the ingredients he needs.	UNITED KINGDOM	English-100	RPT	PG	a l w		Y
2024-11-24	1630	<b>In The Spirit With Lindsay And Curtis</b>	Thanksgiving With Sheryl Underwood	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	RPT	G			
2024-11-24	1700	<b>Tom Kerridge's American Feast</b>	Washington DC	Tom Kerridge hits America's capital, Washington DC, to hunt down the city's culinary treats. His first stop is Embassy Row on the one day of the year when the embassies' chefs get to show off their national cuisines to visitors.	UNITED KINGDOM	English-100	RPT	G			
2024-11-24	1730	<b>Eating Inn</b>	A'mare: Crown, Sydney	Chef Alessandro is Italian and loving it. His a'Mare' restaurant at Crown Barangaroo is as the name suggests: by the harbour. While the venue is modern, the service is styled in the old way.	SINGAPORE	English-100					
2024-11-24	1830	<b>James Martin's Spanish Adventure</b>	Bilbao	In Bilbao, James visits a huge indoor food market, takes a funicular to a famous steak restaurant, sees how La Carolina is made, and then heads to a winery on a seabed.	UNITED KINGDOM	English-100	RPT	PG	a w		Y
2024-11-24	1930	<b>A Lake District Farmshop</b>	Ep 4	In episode 4 we join the preparations for the service station's big birthday celebrating a monumental 50 years of operation.	UNITED KINGDOM	English-100		G			
2024-11-24	2030	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 7	Rick explores his passion for fresh and unusual salad leaves with a trip around an organic market garden called Soul Farm, and is inspired to make a radicchio tart.	UNITED KINGDOM	English-100	RPT	PG			
2024-11-24	2100	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 8	After a merry visit to a maker of botanical spirits, Rick adds a cheeky nip to his version of the Platinum Pud, the official pudding of our late Queen's Jubilee.	UNITED KINGDOM	English-100	RPT	G			
2024-11-24	2130	<b>Anthony Bourdain: Parts Unknown</b>	Copenhagen	Tony explores the food and natural beauty of Copenhagen, the economic and cultural centre of Denmark. The city is also home to renowned chef René Redzepi and his world-famous restaurant, Noma.	USA	English-100	RPT	PG	d		Y

2024-11-24	2225	<b>Destination Flavour China Bitesize</b>	Black Sesame Tangyuan	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-11-24	2230	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 5	Using his experience in Canberra, Paul goes back on the road. His first stop is a tiny town of 20 called Morundah who've turned a local pest into a palatable bar snack. Paul heads to Griffith and Narrandera and meets up with inspirational farmers who've reinvented themselves to survive. Can the knowledge he's gained apply to his own patch of paradise in Tilba?	UNITED KINGDOM	English-100	RPT	PG	a w	Y	
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2024-11-24	2525	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 3	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y	
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2024-11-25	1000	<b>Tom Kerridge's American Feast</b>	Washington DC	Tom Kerridge hits America's capital, Washington DC, to hunt down the city's culinary treats. His first stop is Embassy Row on the one day of the year when the embassies' chefs get to show off their national cuisines to visitors.	UNITED KINGDOM	English-100	RPT	G		
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2024-11-25	1230	<b>Come Dine With Me</b>	Newcastle 5	It's the final day in the North East and the turn of Emergency Planner James who's hoping to impress the group with a carefully constructed menu.	UNITED KINGDOM	English-100	RPT	PG		
2024-11-25	1300	<b>David Rocco's Dolce Homemade</b>	Ice Wine	Canada has an international reputation for having some of the best icewine. David and guest Don Ziraldo, co-founder of Inniskillin, discuss the creation of the world renowned icewine company, while making dishes with it of course.	CANADA	English-100	RPT	PG	l	
2024-11-25	1330	<b>Fun'q With Spencer Watts</b>	Sun's Out Buns Out	The sun is shining and Spencer is turning up the heat, cooking delicious grilled food perfect to be served on a bun. He shares his secrets to the perfect grilled veggie burger and sesame meatloaf.	CANADA	English-100	RPT	G		
2024-11-25	1400	<b>Jimmy Shu's Taste of The Territory</b>	Bush Foods	Jimmy heads 500km east of Darwin to the remote Arnhem Land coastal community of Maningrida. He visits Maningrida Wild Foods and goes out harvesting with local landowners for various bush foods that are now sold commercially. Traditional owner Leila Nimbadja shares stories from her childhood and takes Jimmy to hunt for long yam.	AUSTRALIA	English-100	RPT	G		Y

2024-11-25	1430	Loving Gluten Free	Loving Gluten Free Series 1 Ep 1	Helen visits Melbourne restaurant 'Shop 225' to taste their authentic Italian gluten free pizzas, before heading back to the studio to cook cauliflower pizza crust from scratch. Health and wellness expert Luke Hines joins Helen in the kitchen to share his recipe for nutritious 'bangin' banana and walnut bread.	AUSTRALIA	English-100	RPT	G			
2024-11-25	1500	Selena + Chef	Selena + Nancy Silverton	The great Nancy Silverton helps Selena craft an ambitious vegetable buffet - but before Selena and her friends can dig into the stunning multi-color bounty, a series of hilarious technical difficulties brings Selena's kitchen to its knees.	USA	English-100	RPT	PG		Y	
2024-11-25	1530	Ainsley's Good Mood Food	Herbs And Spices	In today's show, Ainsley shows you how herbs and spices can elevate any dish and take it from good to great. He gets things going with a lamb rogan josh, packed with flavour.	UNITED KINGDOM	English-100	RPT	G			
2024-11-25	1625	Bring A Plate	Jc's Chicken And Pork Adobo With Eggs	JC serves up his Filipino national dish, sharing a touching tale of his grandmother's culinary influence. Hear how he uses the DISH structure to help him talk about the food.	AUSTRALIA	English-100	RPT	G		Y	
2024-11-25	1630	Oliver's Twist	Suppliers Surprise	As a regular customer at their stalls, Jamie decides to invite some Borough Market vendors to dinner, where the meals are made from their own wares. He cooks up a scrumptious Italian mixed roast.	UNITED KINGDOM	English-100	RPT	G			
2024-11-25	1700	Freshly Picked	Ep 1	Freshly Picked is back for another season with Simon serving up brand-new tasty recipes.	AUSTRALIA	English-100		G			
2024-11-25	1730	My Market Kitchen	Ep 61	Mike brings a bit of Spain to the Market Kitchen with his Nduja and Manchego Croquettes.	AUSTRALIA	English-100		G			
2024-11-25	1800	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 4	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple, exquisitely flavoured recipes.	UNITED KINGDOM		RPT	G			
2024-11-25	1830	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 4	Bread is sacred in Italy; it's there at almost every family meal and should never be wasted. Silvia shares three delicious ways to repurpose leftover bread, starting with a rustic orecchiette pasta.	AUSTRALIA	Enya-100	RPT	G		Y	
2024-11-25	1900	The Cook Up With Adam Liaw	High Engagement	It's a popularity contest in The Cook Up kitchen as Adam, restaurateur Sharon Salloum and social media cooking star Morgan Hipworth create dishes with high engagement.	AUSTRALIA	English-100	RPT	G		Y	
2024-11-25	1930	Jamie At Home	Summer Brassicas	A quick trip around Jamie's vegetable garden produces an army of colourful ingredients to make inspired winter salads.	UNITED KINGDOM	English-100		G			
2024-11-25	2000	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 2 Episode 6	Luke leaves the hustle and bustle of Hanoi behind for the mystical mountains of Sapa. There he prepares some black chicken amongst the local streets. Then he cooks Buffalo for a salad in the busy Sapa markets, and prepares a tofu and tomato dish high up in the rice paddy fields with the most spectacular backdrop.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-11-25	2030	Stanley Tucci: Searching For Italy	Puglia	Stanley Tucci visits Puglia, a region famous for its fragrant olive oil, beautiful vegetables, cheeses, and durum wheat. Despite being such a fertile region, Puglia is also one of Italy's poorest and Tucci discovers how today's spirit of innovation was forged out of hard times.	USA	English-90; Italian-10	RPT	G		Y	Y
2024-11-25	2125	Destination Flavour China Bitesize	Tibetan Yak Belly Stew	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G		Y	Y

2024-11-25	2130	<b>Come Dine With Me UK</b>	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	RPT	PG			
2024-11-25	2200	<b>Come Dine With Me UK</b>	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	RPT	PG	a		
2024-11-25	2230	<b>The Cook Up With Adam Liaw</b>	Umami	Insight's Kumi Taguchi and Soko's Chase Kojima take over The Cook Up kitchen as they chat and create some umami tasting dishes with host Adam Liaw.	AUSTRALIA	English-100	RPT	G		Y	
2024-11-25	2300	<b>The Cook And The Chef</b>	Lams And Cockles	Maggie and Simon work their magic with lamb and cockles. Maggie's a huge fan of Suffolk lamb and she cooks it slowly to keep it tender and succulent before moving on to a Spanish-inspired dish of cockles, chickpeas and blood sausage.	AUSTRALIA	English-100	RPT	G			
2024-11-25	2330	<b>Lidia's Kitchen</b>	Soups On	Soups are a delicious and comforting way to warm up especially in winter. The menu today is spicy Italian soup, Calabria's vegetable soup, the perfect simple salad, and butternut squash soup.	USA	English-100	RPT	G			
2024-11-25	2400	<b>David Rocco's Dolce Homemade</b>	Ice Wine	Canada has an international reputation for having some of the best icewine. David and guest Don Ziraldo, co-founder of Inniskillin, discuss the creation of the world renowned icewine company, while making dishes with it of course.	CANADA	English-100	RPT	PG		I	
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2024-11-26	0530	<b>Fun'q With Spencer Watts</b>	Sun's Out Buns Out	The sun is shining and Spencer is turning up the heat, cooking delicious grilled food perfect to be served on a bun. He shares his secrets to the perfect grilled veggie burger and sesame meatloaf.	CANADA	English-100	RPT	G	
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2024-11-26	0825	<b>Bring A Plate</b>	Jc's Chicken And Pork Adobo With Eggs	JC serves up his Filipino national dish, sharing a touching tale of his grandmother's culinary influence. Hear how he uses the DISH structure to help him talk about the food.	AUSTRALIA	English-100	RPT	G	Y
2024-11-26	0830	<b>Oliver's Twist</b>	Suppliers Surprise	As a regular customer at their stalls, Jamie decides to invite some Borough Market vendors to dinner, where the meals are made from their own wares. He cooks up a scrumptious Italian mixed roast.	UNITED KINGDOM	English-100	RPT	G	
2024-11-26	0900	<b>Freshly Picked</b>	Ep 1	Freshly Picked is back for another season with Simon serving up brand-new tasty recipes.	AUSTRALIA	English-100	RPT	G	
2024-11-26	0930	<b>My Market Kitchen</b>	Ep 61	Mike brings a bit of Spain to the Market Kitchen with his Nduja and Manchego Croquettes.	AUSTRALIA	English-100	RPT	G	
2024-11-26	1000	<b>Rick Stein's Taste Of The Sea</b>	Rick Stein's Taste Of The Sea Series 1 Ep 4	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple, exquisitely flavoured recipes.	UNITED KINGDOM		RPT	G	

2024-11-26	1030	<b>Cook Like An Italian With Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 1 Ep 4	Bread is sacred in Italy; it's there at almost every family meal and should never be wasted. Silvia shares three delicious ways to repurpose leftover bread, starting with a rustic orecchiette pasta.	AUSTRALIA	Enya-100	RPT	G	Y	
2024-11-26	1100	<b>The Cook Up With Adam Liaw</b>	High Engagement	It's a popularity contest in The Cook Up kitchen as Adam, restaurateur Sharon Salloum and social media cooking star Morgan Hipworth create dishes with high engagement.	AUSTRALIA	English-100	RPT	G	Y	
2024-11-26	1130	<b>Stanley Tucci: Searching For Italy</b>	Puglia	Stanley Tucci visits Puglia, a region famous for its fragrant olive oil, beautiful vegetables, cheeses, and durum wheat. Despite being such a fertile region, Puglia is also one of Italy's poorest and Tucci discovers how today's spirit of innovation was forged out of hard times.	USA	English-90; Italian-10	RPT	G	Y	Y
2024-11-26	1225	<b>Destination Flavour China Bitesize</b>	Tibetan Yak Belly Stew	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-11-26	1230	<b>Come Dine With Me</b>	Durham 1	This week's competition is in and around Durham, where the first to host is 41 year old, receptionist, Linzey.	UNITED KINGDOM	English-100	RPT	PG		
2024-11-26	1300	<b>David Rocco's Dolce Homemade</b>	Fast Food	Who doesn't love fast food especially when it's gourmet? Through his travels around the world, guest Matt Basile continues to expand and evolve with his fast food recipes. From American Smash Burgers to Korean Fried Chicken Sandwiches, David and Matt indulge in delicious homemade fast food.	CANADA	English-100	RPT	G		
2024-11-26	1330	<b>Fun'q With Spencer Watts</b>	Pepper Show, The	Spencer is inspired by all the fun flavours you can bring to food with peppers. He makes salty prosciutto and Calabrian chili stuffed salmon pinwheels on skewers, coated with a pickled pepper butter.	CANADA	English-100	RPT	PG		
2024-11-26	1400	<b>Jimmy Shu's Taste of The Territory</b>	Street Food	Jimmy tastes some of Darwin's most popular street food from the stalls of the Parap Saturday market. Jimmy talks about Darwin's laksa obsession, and visits Mary's Laksa - a stall who have been serving laksa for over 20 years.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-11-26	1430	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 2	Helen swaps out breadcrumbs for quinoa to make a favourite, crispy gluten free crumbed chicken. Wellness influencer Taline Gabrielian (Hippie Lane) drops in for a visit to share a delicious salad with a Middle Eastern flair. Helen learns about gluten free options in Ethiopian cooking at 'Saba's Ethiopian Restaurant' in Fitzroy.	AUSTRALIA	English-100	RPT	G		
2024-11-26	1500	<b>Selena + Chef</b>	Selena + Angelo Sosa	Culinary director and restaurateur, Angelo Sosa, enrolls Selena in two core classes. They go back to basics to chef up the perfect guacamole and baja-style fried rice. Angelo shares a kitchen secret.	USA	English-100	RPT	G		Y
2024-11-26	1530	<b>Ainsley's Good Mood Food</b>	Grains And Pulses	Ainsley pays tribute to humble grains and pulses, making the most of their versatility and taste in all his dishes. First up is a sumptuous summery dish of pan-seared sardines with thyme-roasted vine tomato and bread salad.	UNITED KINGDOM	English-100	RPT	G		
2024-11-26	1625	<b>Bring A Plate</b>	Rachel's Bossam	The guests are thrilled to try Rachel's South Korean dish, Bossam. Not everyone is able to eat the pork but they can all enjoy and learn about kimchi, the hero of all Korean food.	AUSTRALIA	English-100	RPT	G	Y	
2024-11-26	1630	<b>Oliver's Twist</b>	Friends	There's a lot to catch-up on when Jamie's old classmates turn up for a school reunion. Jamie cooks up a wealth of tasty food in preparation, including fried zucchini flowers and fig canapés.	UNITED KINGDOM	English-100	RPT	G		
2024-11-26	1700	<b>Freshly Picked</b>	Ep 2	In this episode Simon makes delicious farfalle with fried veggies, as well as fruity baked oats - sweet and satisfying.	AUSTRALIA	English-100		G		



2024-11-26	1730	<b>My Market Kitchen</b>	Ep 62	Mike starts in the Market Kitchen with Master Chef Adam D'Sylva, who makes his delicious Chicken San Choy Bow. Laura follows with her totally decadent Prawn Risotto.	AUSTRALIA	English-100	G		
2024-11-26	1800	<b>Rick Stein's Taste Of The Sea</b>	Rick Stein's Taste Of The Sea Series 1 Ep 5	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple, exquisitely flavoured recipes.	UNITED KINGDOM		RPT	PG	a w
2024-11-26	1830	<b>Cook Like An Italian With Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 1 Ep 5	With Silvia's best friends coming to stay for a few days she is out to impress, making one of her Nonna's most delicious, crowd-pleasing pasta feasts, plus a delicate ricotta and semolina cake.	AUSTRALIA	Enya-100	RPT	G	Y
2024-11-26	1900	<b>The Cook Up With Adam Liaw</b>	Pasta Or Noodles	Adam and guests, chef Frank Shek and presenter Alex Lee must pick a side in The Cook Up kitchen as they decide between cooking with pasta or noodles.	AUSTRALIA	English-100	RPT	G	Y
2024-11-26	1930	<b>Lorraine Pascale: Baking Made Easy</b>	So Easy	Lorraine Pascale is a brand-new talent in the kitchen and she's shaking up baking. Learn how to make Soda Bread – no kneading, no rising, no effort. Fresh bread doesn't get easier than this!	UNITED KINGDOM	English-100	RPT	G	
2024-11-26	2000	<b>Mark Moriarty: Off Duty Chef</b>	Ep 7	This Christmas, join Mark Moriarty in the Off Duty Chef Kitchen as he brings us more invaluable tips and tricks from the restaurant kitchen to elevate your festive menu at home.	UNITED KINGDOM	English-100		G	
2024-11-26	2030	<b>Jamie's Comfort Food</b>	Chicken Kiev, Shepherd's Pie, Spaghetti Vongole	Jamie takes on three comfort food classics, chicken Kiev, shepherd's pie and spaghetti vongole with a non-traditional pink twist.	UNITED KINGDOM	English-100		G	
2024-11-26	2130	<b>Come Dine With Me UK</b>	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	RPT	PG	
2024-11-26	2200	<b>Come Dine With Me UK</b>	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	RPT	PG	
2024-11-26	2230	<b>The Cook Up With Adam Liaw</b>	Summer Dessert	Television presenter Jan Fran and Melbourne's Maha Bar owner Shane Delia join host Adam Liaw in The Cook up kitchen as they create some summer dessert classics.	AUSTRALIA	English-100	RPT	PG	Y
2024-11-26	2300	<b>The Cook And The Chef</b>	Darwin Markets And Sea Cucumber	Maggie shares some great tips on how to prepare succulent octopus and Simon tackles another exotic ingredient from the far North - sea cucumber. Inspired by his visit to Darwin's Rapid Creek markets Simon also tackles a snake gourd curry, while Maggie passes on a country cook's recipe for a delicious ginger biscuit cake.	AUSTRALIA	English-100	RPT	G	
2024-11-26	2330	<b>Lidia's Kitchen</b>	Crispy Favourites	Fried foods are not eaten often in Italy, but Lidia shares some recipes no one can resist - crispy shrimp, baked tomatoes, and polenta torta with gorgonzola and savoy cabbage.	USA	English-100	RPT	G	
2024-11-26	2400	<b>David Rocco's Dolce Homemade</b>	Fast Food	Who doesn't love fast food especially when it's gourmet? Through his travels around the world, guest Matt Basile continues to expand and evolve with his fast food recipes. From American Smash Burgers to Korean Fried Chicken Sandwiches, David and Matt indulge in delicious homemade fast food.	CANADA	English-100	RPT	G	
2024-11-26	2430	<b>Lorraine Pascale: Baking Made Easy</b>	So Easy	Lorraine Pascale is a brand-new talent in the kitchen and she's shaking up baking. Learn how to make Soda Bread – no kneading, no rising, no effort. Fresh bread doesn't get easier than this!	UNITED KINGDOM	English-100	RPT	G	

2024-11-26	2500	<b>Mark Moriarty: Off Duty Chef</b>	Ep 7	This Christmas, join Mark Moriarty in the Off Duty Chef Kitchen as he brings us more invaluable tips and tricks from the restaurant kitchen to elevate your festive menu at home.	UNITED KINGDOM	English-100	RPT	G		
2024-11-26	2530	<b>Jamie's Comfort Food</b>	Chicken Kiev, Shepherd's Pie, Spaghetti Vongole	Jamie takes on three comfort food classics, chicken Kiev, shepherd's pie and spaghetti vongole with a non-traditional pink twist.	UNITED KINGDOM	English-100	RPT	G		
2024-11-26	2630	<b>Come Dine With Me UK</b>	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	RPT	PG		
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2024-11-26	2800	<b>The Cook And The Chef</b>	Darwin Markets And Sea Cucumber	Maggie shares some great tips on how to prepare succulent octopus and Simon tackles another exotic ingredient from the far North - sea cucumber. Inspired by his visit to Darwin's Rapid Creek markets Simon also tackles a snake gourd curry, while Maggie passes on a country cook's recipe for a delicious ginger biscuit cake.	AUSTRALIA	English-100	RPT	G		
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2024-11-27	0530	<b>Fun'q With Spencer Watts</b>	Pepper Show, The	Spencer is inspired by all the fun flavours you can bring to food with peppers. He makes salty prosciutto and Calabrian chili stuffed salmon pinwheels on skewers, coated with a pickled pepper butter.	CANADA	English-100	RPT	PG		
2024-11-27	0600	<b>Jimmy Shu's Taste of The Territory</b>	Street Food	Jimmy tastes some of Darwin's most popular street food from the stalls of the Parap Saturday market. Jimmy talks about Darwin's laksa obsession, and visits Mary's Laksa - a stall who have been serving laksa for over 20 years.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-11-27	0630	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 2	Helen swaps out breadcrumbs for quinoa to make a favourite, crispy gluten free crumbed chicken. Wellness influencer Taline Gabrielian (Hippie Lane) drops in for a visit to share a delicious salad with a Middle Eastern flair. Helen learns about gluten free options in Ethiopian cooking at 'Saba's Ethiopian Restaurant' in Fitzroy.	AUSTRALIA	English-100	RPT	G		
2024-11-27	0700	<b>Selena + Chef</b>	Selena + Angelo Sosa	Culinary director and restaurateur, Angelo Sosa, enrolls Selena in two core classes. They go back to basics to chef up the perfect guacamole and baja-style fried rice. Angelo shares a kitchen secret.	USA	English-100	RPT	G		Y
2024-11-27	0730	<b>Ainsley's Good Mood Food</b>	Grains And Pulses	Ainsley pays tribute to humble grains and pulses, making the most of their versatility and taste in all his dishes. First up is a sumptuous summery dish of pan-seared sardines with thyme-roasted vine tomato and bread salad.	UNITED KINGDOM	English-100	RPT	G		
2024-11-27	0825	<b>Bring A Plate</b>	Rachel's Bossam	The guests are thrilled to try Rachel's South Korean dish, Bossam. Not everyone is able to eat the pork but they can all enjoy and learn about kimchi, the hero of all Korean food.	AUSTRALIA	English-100	RPT	G		Y

2024-11-27	0830	<b>Oliver's Twist</b>	Friends	There's a lot to catch-up on when Jamie's old classmates turn up for a school reunion. Jamie cooks up a wealth of tasty food in preparation, including fried zucchini flowers and fig canapés.	UNITED KINGDOM	English-100	RPT	G	
2024-11-27	0900	<b>Freshly Picked</b>	Ep 2	In this episode Simon makes delicious farfalle with fried veggies, as well as fruity baked oats - sweet and satisfying.	AUSTRALIA	English-100	RPT	G	
2024-11-27	0930	<b>My Market Kitchen</b>	Ep 62	Mike starts in the Market Kitchen with Master Chef Adam D'Sylva, who makes his delicious Chicken San Choy Bow. Laura follows with her totally decadent Prawn Risotto.	AUSTRALIA	English-100	RPT	G	
2024-11-27	1000	<b>Rick Stein's Taste Of The Sea</b>	Rick Stein's Taste Of The Sea Series 1 Ep 5	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple, exquisitely flavoured recipes.	UNITED KINGDOM		RPT	PG	a w
2024-11-27	1030	<b>Cook Like An Italian With Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 1 Ep 5	With Silvia's best friends coming to stay for a few days she is out to impress, making one of her Nonna's most delicious, crowd-pleasing pasta feasts, plus a delicate ricotta and semolina cake.	AUSTRALIA	Enya-100	RPT	G	Y
2024-11-27	1100	<b>The Cook Up With Adam Liaw</b>	Pasta Or Noodles	Adam and guests, chef Frank Shek and presenter Alex Lee must pick a side in The Cook Up kitchen as they decide between cooking with pasta or noodles.	AUSTRALIA	English-100	RPT	G	Y
2024-11-27	1130	<b>Jamie's Comfort Food</b>	Chicken Kiev, Shepherd's Pie, Spaghetti Vongole	Jamie takes on three comfort food classics, chicken Kiev, shepherd's pie and spaghetti vongole with a non-traditional pink twist.	UNITED KINGDOM	English-100	RPT	G	
2024-11-27	1230	<b>Come Dine With Me</b>	Durham 2	This week's competition is in and around Durham, where the second to host is 48 year old teacher, Rob.	UNITED KINGDOM	English-100	RPT	PG	
2024-11-27	1300	<b>David Rocco's Dolce Homemade</b>	Patois Chinois	David and chef Craig Wong, a Canadian Chinese-Jamaican chef, uses his mixed background to create fusion dishes where he is able to take the best of each culture to create something exciting and new. From Jamaican Hurricane to Jerk Red Snapper, the food he serves is made with a deep and meaningful connection to his roots.	CANADA	English-100	RPT	PG	I
2024-11-27	1330	<b>Fun'q With Spencer Watts</b>	Bbq On Boards	Big platters of food, lots of smiling faces, sharing and laughter - who doesn't love a great grilled feast? Spencer makes his root beer pulled pork with pickled peppers and a mustard barbecue sauce.	CANADA	English-100	RPT	G	
2024-11-27	1400	<b>Jimmy Shu's Taste of The Territory</b>	Paddock To Plate	Jimmy visits the breathtaking landscapes of Kakadu to find out about Top End bush foods that Aboriginal peoples have been eating for thousands of years. He meets traditional owner Mandy Muir who takes Jimmy to see her country via a boat trip along the spectacular Yellow Waters.	AUSTRALIA	English-100	RPT	G	Y
2024-11-27	1430	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 3	Helen honours her Greek roots with a gluten free recipe for lamb pastitsio. Kathy Tsaples, founder of Sweet Greek, shares her recipe for savoury tarts that have a delicious polenta pastry base. Helen visits Kathy's flagship store at the Prahran Market to learn more about her sumptuous Greek delights.	AUSTRALIA	English-100	RPT	G	
2024-11-27	1500	<b>Selena + Chef</b>	Selena + Tanya Holland	Tanya Holland connects Selena to her Southern roots with a mouth-watering soul food feast. On the menu, crispy buttermilk fried chicken and fresh-baked cheddar scallion biscuits!	USA	English-100	RPT	G	Y
2024-11-27	1530	<b>Ainsley's Good Mood Food</b>	Something Sweet	Ainsley is feeling sweet in today's show, and has added a little sweetness to his dishes, starting off with Vietnamese caramel chilli chicken, a spicy and sweet one-pan wonder! He then bakes a lemon drizzle and lavender traybake cake perfect for afternoon tea.	UNITED KINGDOM	English-100	RPT	G	

2024-11-27	1625	<b>Bring A Plate</b>	Keyma's Empanadas	Keyma shares her recipe for empanadas, a popular Venezuelan street food. Discover some of the ingredients that you can use inside this crunchy and mouth-watering snack food.	AUSTRALIA	English-100	RPT	G	Y
2024-11-27	1630	<b>Oliver's Twist</b>	World Cup	After preparing a hearty breakfast of yoghurt, a chilli scrambled egg wrap and Bloody Mary, Jamie and his friends gather around the TV to cheer on England at the 2002 World Cup.	UNITED KINGDOM	English-100	RPT	PG	
2024-11-27	1700	<b>Freshly Picked</b>	Ep 3	Straight from the Vegan Italian Kitchen, Nadia Fragnito is back today with her sensational custard horns. Following up, Simon makes cheesy and spicy hot dogs and a fruity green salad.	AUSTRALIA	English-100		G	
2024-11-27	1730	<b>My Market Kitchen</b>	Ep 63	Laura is joined by Vegetable Farmer Catherine Velisha as she makes Broccoli Steak with Cured Egg Yolk.	AUSTRALIA	English-100		PG	
2024-11-27	1800	<b>Rick Stein's Taste Of The Sea</b>	Rick Stein's Taste Of The Sea Series 1 Ep 6	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple, exquisitely flavoured recipes.	UNITED KINGDOM		RPT	PG	a w
2024-11-27	1830	<b>Cook Like An Italian With Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 1 Ep 6	Silvia makes divine ricotta-filled Italian crepes, and then using the leftover ingredients, shows us how to create a rustic story pie from the north of Italy and a heart baked pasta, pasta al forno.	AUSTRALIA	Enya-100	RPT	G	Y
2024-11-27	1900	<b>The Cook Up With Adam Liaw</b>	One Or One Hundred	Restaurateur Callum Hann and comedian Lizzy Hoo join Adam in The Cook Up kitchen to cook dishes that are just as good when you're cooking for one or 100 people.	AUSTRALIA	English-100	RPT	G	Y
2024-11-27	1930	<b>Marcus Wareing At Christmas</b>	Cook Ahead For Christmas	Cook ahead for Christmas and learn how to make festive favourites in advance, from a gorgeously glazed ham to home-cured gravadlax with orange and coriander, plus decadent mince pies.	UNITED KINGDOM	English-100		G	
2024-11-27	2000	<b>Marcus Wareing At Christmas</b>	Keep Calm Christmas Lunch	Keep calm through Christmas lunch, as Marcus shows us his top recipes for a restful big day, from perfect turkey to spiced roast carrots and superb sprouts.	UNITED KINGDOM	English-100		PG	
2024-11-27	2030	<b>Hugh's Three Good Things</b>	Chocolate	It's the final day of our cook-a-thon on Hugh's Three Good Things - can Hugh be crowned 'store cupboard king'?	UNITED KINGDOM	English-100		PG	
2024-11-27	2100	<b>Masters Of Taste With Gary Mehigan</b>	Kolkata - Chinese Food	Gary Mehigan explores the taste of Chinese food in the heart of Kolkata and stirs up a wonder himself.	USA	English-100		PG	
2024-11-27	2130	<b>Come Dine With Me UK</b>	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	RPT	G	
2024-11-27	2200	<b>Come Dine With Me UK</b>	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	RPT	PG	
2024-11-27	2230	<b>The Cook Up With Adam Liaw</b>	Dinner For One	Host Adam Liaw, comedian and radio presenter Joel Creasey and media personality Melissa Hoyer are in The Cook Up kitchen to create their ultimate Dinner for One meals.	AUSTRALIA	English-100	RPT	PG	Y

2024-11-27	2300	<b>The Cook And The Chef</b>	Chocolate And Lamb	Maggie makes a chocolate cake with whisky soaked raisins while Simon conjures up a spectacular Bombe Alaska. Maggie follows her cake with a twist on traditional Moussaka and Simon shows us how to keep a beautiful cut of lamb moist and tasty in a Lamb Mouseline.	AUSTRALIA	English-100	RPT	G	
2024-11-27	2330	<b>Lidia's Kitchen</b>	Meal For The Grandkids, A	Lidia loves cooking for her family and shares some of her favourite recipes to make for her grandkids. Including a refreshing and kid-friendly cherry almond spritzer, grilled fruit, and pasta salad.	USA	English-100	RPT	G	
2024-11-27	2400	<b>David Rocco's Dolce Homemade</b>	Patois Chinois	David and chef Craig Wong, a Canadian Chinese-Jamaican chef, uses his mixed background to create fusion dishes where he is able to take the best of each culture to create something exciting and new. From Jamaican Hurricane to Jerk Red Snapper, the food he serves is made with a deep and meaningful connection to his roots.	CANADA	English-100	RPT	PG	I
2024-11-27	2430	<b>Marcus Wareing At Christmas</b>	Cook Ahead For Christmas	Cook ahead for Christmas and learn how to make festive favourites in advance, from a gorgeously glazed ham to home-cured gravadlax with orange and coriander, plus decadent mince pies.	UNITED KINGDOM	English-100	RPT	G	
2024-11-27	2500	<b>Marcus Wareing At Christmas</b>	Keep Calm Christmas Lunch	Keep calm through Christmas lunch, as Marcus shows us his top recipes for a restful big day, from perfect turkey to spiced roast carrots and superb sprouts.	UNITED KINGDOM	English-100	RPT	PG	
2024-11-27	2530	<b>Hugh's Three Good Things</b>	Chocolate	It's the final day of our cook-a-thon on Hugh's Three Good Things - can Hugh be crowned 'store cupboard king'?	UNITED KINGDOM	English-100	RPT	PG	
2024-11-27	2600	<b>Masters Of Taste With Gary Mehigan</b>	Kolkata - Chinese Food	Gary Mehigan explores the taste of Chinese food in the heart of Kolkata and stirs up a wonder himself.	USA	English-100	RPT	PG	
2024-11-27	2630	<b>Come Dine With Me UK</b>	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	RPT	G	
2024-11-27	2700	<b>Come Dine With Me UK</b>	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	RPT	PG	
2024-11-27	2730	<b>The Cook Up With Adam Liaw</b>	Dinner For One	Host Adam Liaw, comedian and radio presenter Joel Creasey and media personality Melissa Hoyer are in The Cook Up kitchen to create their ultimate Dinner for One meals.	AUSTRALIA	English-100	RPT	PG	Y
2024-11-27	2800	<b>The Cook And The Chef</b>	Chocolate And Lamb	Maggie makes a chocolate cake with whisky soaked raisins while Simon conjures up a spectacular Bombe Alaska. Maggie follows her cake with a twist on traditional Moussaka and Simon shows us how to keep a beautiful cut of lamb moist and tasty in a Lamb Mouseline.	AUSTRALIA	English-100	RPT	G	
2024-11-27	2830	<b>Lidia's Kitchen</b>	Meal For The Grandkids, A	Lidia loves cooking for her family and shares some of her favourite recipes to make for her grandkids. Including a refreshing and kid-friendly cherry almond spritzer, grilled fruit, and pasta salad.	USA	English-100	RPT	G	
2024-11-28	0500	<b>David Rocco's Dolce Homemade</b>	Patois Chinois	David and chef Craig Wong, a Canadian Chinese-Jamaican chef, uses his mixed background to create fusion dishes where he is able to take the best of each culture to create something exciting and new. From Jamaican Hurricane to Jerk Red Snapper, the food he serves is made with a deep and meaningful connection to his roots.	CANADA	English-100	RPT	PG	I

2024-11-28	0530	<b>Fun'q With Spencer Watts</b>	Bbq On Boards	Big platters of food, lots of smiling faces, sharing and laughter - who doesn't love a great grilled feast? Spencer makes his root beer pulled pork with pickled peppers and a mustard barbecue sauce.	CANADA	English-100	RPT	G	
2024-11-28	0600	<b>Jimmy Shu's Taste of The Territory</b>	Paddock To Plate	Jimmy visits the breathtaking landscapes of Kakadu to find out about Top End bush foods that Aboriginal peoples have been eating for thousands of years. He meets traditional owner Mandy Muir who takes Jimmy to see her country via a boat trip along the spectacular Yellow Waters.	AUSTRALIA	English-100	RPT	G	Y
2024-11-28	0630	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 3	Helen honours her Greek roots with a gluten free recipe for lamb pastitsio. Kathy Tsaples, founder of Sweet Greek, shares her recipe for savoury tarts that have a delicious polenta pastry base. Helen visits Kathy's flagship store at the Prahran Market to learn more about her sumptuous Greek delights.	AUSTRALIA	English-100	RPT	G	
2024-11-28	0700	<b>Selena + Chef</b>	Selena + Tanya Holland	Tanya Holland connects Selena to her Southern roots with a mouth-watering soul food feast. On the menu, crispy buttermilk fried chicken and fresh-baked cheddar scallion biscuits!	USA	English-100	RPT	G	Y
2024-11-28	0730	<b>Ainsley's Good Mood Food</b>	Something Sweet	Ainsley is feeling sweet in today's show, and has added a little sweetness to his dishes, starting off with Vietnamese caramel chilli chicken, a spicy and sweet one-pan wonder! He then bakes a lemon drizzle and lavender traybake cake perfect for afternoon tea.	UNITED KINGDOM	English-100	RPT	G	
2024-11-28	0825	<b>Bring A Plate</b>	Keyma's Empanadas	Keyma shares her recipe for empanadas, a popular Venezuelan street food. Discover some of the ingredients that you can use inside this crunchy and mouth-watering snack food.	AUSTRALIA	English-100	RPT	G	Y
2024-11-28	0830	<b>Oliver's Twist</b>	World Cup	After preparing a hearty breakfast of yoghurt, a chilli scrambled egg wrap and Bloody Mary, Jamie and his friends gather around the TV to cheer on England at the 2002 World Cup.	UNITED KINGDOM	English-100	RPT	PG	
2024-11-28	0900	<b>Freshly Picked</b>	Ep 3	Straight from the Vegan Italian Kitchen, Nadia Fragnito is back today with her sensational custard horns. Following up, Simon makes cheesy and spicy hot dogs and a fruity green salad.	AUSTRALIA	English-100	RPT	G	
2024-11-28	0930	<b>My Market Kitchen</b>	Ep 63	Laura is joined by Vegetable Farmer Catherine Velisha as she makes Broccoli Steak with Cured Egg Yolk.	AUSTRALIA	English-100	RPT	PG	
2024-11-28	1000	<b>Rick Stein's Taste Of The Sea</b>	Rick Stein's Taste Of The Sea Series 1 Ep 6	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple, exquisitely flavoured recipes.	UNITED KINGDOM		RPT	PG	a w
2024-11-28	1030	<b>Cook Like An Italian With Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 1 Ep 6	Silvia makes divine ricotta-filled Italian crepes, and then using the leftover ingredients, shows us how to create a rustic story pie from the north of Italy and a heart baked pasta, pasta al forno.	AUSTRALIA	Enya-100	RPT	G	Y
2024-11-28	1100	<b>The Cook Up With Adam Liaw</b>	One Or One Hundred	Restaurateur Callum Hann and comedian Lizzy Hoo join Adam in The Cook Up kitchen to cook dishes that are just as good when you're cooking for one or 100 people.	AUSTRALIA	English-100	RPT	G	Y
2024-11-28	1130	<b>Hugh's Three Good Things</b>	Chocolate	It's the final day of our cook-a-thon on Hugh's Three Good Things - can Hugh be crowned 'store cupboard king'?	UNITED KINGDOM	English-100	RPT	PG	
2024-11-28	1200	<b>Masters Of Taste With Gary Mehigan</b>	Kolkata - Chinese Food	Gary Mehigan explores the taste of Chinese food in the heart of Kolkata and stirs up a wonder himself.	USA	English-100	RPT	PG	

2024-11-28	1230	<b>Come Dine With Me</b>	Durham 3	This week's competition is in and around Durham, where the third to host is 44 year old event planner and staunch vegan, Kate.	UNITED KINGDOM	English-100	RPT	PG	a		
2024-11-28	1300	<b>David Rocco's Dolce Homemade</b>	Simplicity - Sushi	David invites sushi chef Jacky Lin to his home to prepare dishes that remind him of the two cultures that mean the most to him. Born in China, Jacky enjoys making Chinese dishes that remind him of his childhood, but his fascination with Japanese culture and discipline is where his passion lies and has made him one of top sushi chefs in Toronto.	CANADA	English-100	RPT	PG	I		
2024-11-28	1330	<b>Fun'q With Spencer Watts</b>	Oh My Veggie	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	RPT	PG			
2024-11-28	1400	<b>Jimmy Shu's Taste of The Territory</b>	Dessert	Jimmy takes us to meet Darwin's only chocolatier Leo Cleanthous at his boutique chocolate cafe Bumble Bean Chocolates. Jimmy tastes Leo's unique creations that fuse handmade chocolate with Darwin's tropical produce like mango, rosella, and Kakadu plum.	AUSTRALIA	English-100	RPT	G		Y	
2024-11-28	1430	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 4	Zoodles', or zucchini noodles, are a clever solution for making stir-fry recipes gluten free. Christina Glentis and Luke Lucas run Foddies in Camberwell, which caters to dietary requirements and low FODMAP patrons. Together they show Helen a recipe that incorporates gluten free pita bread.	AUSTRALIA	English-100	RPT	G			
2024-11-28	1500	<b>Selena + Chef</b>	Selena + Daniel Holzman	Daniel Holzman, the mastermind behind The Meatball Shop, puts Selena to work with one of the most ambitious meals she's cooked to date: mini chicken meatballs paired with gnocchi made from scratch.	USA	English-100	RPT	PG		Y	
2024-11-28	1530	<b>Ainsley's Good Mood Food</b>	Dairy	Ainsley is celebrating dairy and all the wonderful things that can be made with it. His first dish brings a taste of the Mediterranean with a Greek lamb burger topped with feta and mint. Ainsley then takes a road trip to the West Country to meet a man whose passion for steak led him to start making butters, and inspired by his story, makes a classic peppered steak with a peppercorn sauce.	UNITED KINGDOM	English-100	RPT	G			
2024-11-28	1625	<b>Bring A Plate</b>	Rayan's Koosa Mahshi	Rayan shares his Syrian favorite, Kousa Mahshi, or stuffed zucchini and describes some special techniques to make the dish without it breaking apart.	AUSTRALIA	English-100	RPT	G		Y	
2024-11-28	1630	<b>Oliver's Twist</b>	Halloween	In preparation for a night of trick-or-treating with his friends' children, Jamie makes some party food to keep the autumn chill at bay.	UNITED KINGDOM	English-100	RPT	PG			
2024-11-28	1700	<b>Freshly Picked</b>	Ep 4	In search of tasty fresh vegetables for his Cime Di Rapa Orecchiette, Simon is heading to Kinsfolk Farm today.	AUSTRALIA	English-100		G			
2024-11-28	1730	<b>My Market Kitchen</b>	Ep 64	Mike kicks off the show with Sweet and Sour Chicken. Master Chef Adam D'Sylva takes over with his Indian Spiced Cauliflower Salad.	AUSTRALIA	English-100		PG			
2024-11-28	1800	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 1	It's the start of spring in Cornwall, and Rick Stein's Seafood Restaurant is busier than ever. Rick is preparing his version of a seafood paella with squid, monkfish and lobster.	UNITED KINGDOM	English-100	RPT	PG			
2024-11-28	1830	<b>Cook Like An Italian With Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 1 Ep 7	Silvia explores how to make three meals that have become Italian national treasures - the 1000 year old recipe for pasta Amatriciana, a seafood dish from the Puglia region, and pizza Napoletana.	AUSTRALIA	Enya-100	RPT	G		Y	Y
2024-11-28	1900	<b>The Cook Up With Adam Liaw</b>	Best In Class	Adam, food icon Stephanie Alexander, and Paralympian Kurt Fearnley are gently competing to see who the Best in Class in The Cook Up kitchen will be. Tune in for the winner!	AUSTRALIA	English-100	RPT	G		Y	

2024-11-28	1930	<b>Ainsley's Great Garden Cook Off</b>	Ben Ebbrell & Cyrus Todiwala	Ainsley is joined by chefs Ben Ebbrell and Cyrus Todiwala in Norfolk for a light-hearted cooking contest in Blickling Hall's stunning kitchen garden.	UNITED KINGDOM	English-100		PG	
2024-11-28	2030	<b>Nico Reynolds: Cook In, Cook Out</b>	Episode 3	Nico shares his favourite cuts of beef and dishes up three dishes that are sure to satisfy your craving for something hearty and delicious.	IRELAND	English-100		G	
2024-11-28	2100	<b>Symon's Dinners Cooking Out</b>	Mother's Chops	Today's episode is dedicated to the ladies in Michael's life as some of his best dishes are influenced by the women around him.	USA	English-100		G	
2024-11-28	2130	<b>Come Dine With Me UK</b>	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	RPT	PG	
2024-11-28	2200	<b>Come Dine With Me UK</b>	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	RPT	PG	
2024-11-28	2230	<b>The Cook Up With Adam Liaw</b>	Ginger	Canton Kitchen's Jason Chan and owner of Nel restaurant, Nelly Robinson, are in The Cook Up kitchen with host Adam Liaw to cook some ginger infused dishes.	AUSTRALIA	English-100	RPT	G	Y
2024-11-28	2300	<b>The Cook And The Chef</b>	Food For Kids	Maggie performs some magic with a light lemony cake cooked with plump sultana grapes. Maggie then combines fragrant quince with rosemary to make a beautiful savoury jelly while Simon makes a tangy, spicy lime pickle with lots of chilli.	AUSTRALIA	English-100	RPT	G	
2024-11-28	2330	<b>Lidia's Kitchen</b>	Starring Olive Oil	Olive oil is an essential staple in every Italian home. It's the easiest way to add flavour to any soup, and Lidia shows you how when making cannellini bean and lentil soup.	USA	English-100	RPT	G	
2024-11-28	2400	<b>David Rocco's Dolce Homemade</b>	Simplicity - Sushi	David invites sushi chef Jacky Lin to his home to prepare dishes that remind him of the two cultures that mean the most to him. Born in China, Jacky enjoys making Chinese dishes that remind him of his childhood, but his fascination with Japanese culture and discipline is where his passion lies and has made him one of top sushi chefs in Toronto.	CANADA	English-100	RPT	PG	I
2024-11-28	2430	<b>Ainsley's Great Garden Cook Off</b>	Ben Ebbrell & Cyrus Todiwala	Ainsley is joined by chefs Ben Ebbrell and Cyrus Todiwala in Norfolk for a light-hearted cooking contest in Blickling Hall's stunning kitchen garden.	UNITED KINGDOM	English-100	RPT	PG	
2024-11-28	2525	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2024-11-28	2530	<b>Nico Reynolds: Cook In, Cook Out</b>	Episode 3	Nico shares his favourite cuts of beef and dishes up three dishes that are sure to satisfy your craving for something hearty and delicious.	IRELAND	English-100	RPT	G	
2024-11-28	2600	<b>Symon's Dinners Cooking Out</b>	Mother's Chops	Today's episode is dedicated to the ladies in Michael's life as some of his best dishes are influenced by the women around him.	USA	English-100	RPT	G	



2024-11-28	2630	<b>Come Dine With Me UK</b>	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	RPT	PG	
2024-11-28	2700	<b>Come Dine With Me UK</b>	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	RPT	PG	
2024-11-28	2730	<b>The Cook Up With Adam Liaw</b>	Ginger	Canton Kitchen's Jason Chan and owner of Nel restaurant, Nelly Robinson, are in The Cook Up kitchen with host Adam Liaw to cook some ginger infused dishes.	AUSTRALIA	English-100	RPT	G	Y
2024-11-28	2800	<b>The Cook And The Chef</b>	Food For Kids	Maggie performs some magic with a light lemony cake cooked with plump sultana grapes. Maggie then combines fragrant quince with rosemary to make a beautiful savoury jelly while Simon makes a tangy, spicy lime pickle with lots of chilli.	AUSTRALIA	English-100	RPT	G	
2024-11-28	2830	<b>Lidia's Kitchen</b>	Starring Olive Oil	Olive oil is an essential staple in every Italian home. It's the easiest way to add flavour to any soup, and Lidia shows you how when making cannellini bean and lentil soup.	USA	English-100	RPT	G	
2024-11-29	0500	<b>David Rocco's Dolce Homemade</b>	Simplicity - Sushi	David invites sushi chef Jacky Lin to his home to prepare dishes that remind him of the two cultures that mean the most to him. Born in China, Jacky enjoys making Chinese dishes that remind him of his childhood, but his fascination with Japanese culture and discipline is where his passion lies and has made him one of top sushi chefs in Toronto.	CANADA	English-100	RPT	PG	I
2024-11-29	0530	<b>Fun'q With Spencer Watts</b>	Oh My Veggie	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	RPT	PG	
2024-11-29	0600	<b>Jimmy Shu's Taste of The Territory</b>	Dessert	Jimmy takes us to meet Darwin's only chocolatier Leo Cleanthous at his boutique chocolate cafe Bumble Bean Chocolates. Jimmy tastes Leo's unique creations that fuse handmade chocolate with Darwin's tropical produce like mango, rosella, and Kakadu plum.	AUSTRALIA	English-100	RPT	G	Y
2024-11-29	0630	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 4	Zoodles', or zucchini noodles, are a clever solution for making stir-fry recipes gluten free. Christina Glentis and Luke Lucas run Foddies in Camberwell, which caters to dietary requirements and low FODMAP patrons. Together they show Helen a recipe that incorporates gluten free pita bread.	AUSTRALIA	English-100	RPT	G	
2024-11-29	0700	<b>Selena + Chef</b>	Selena + Daniel Holzman	Daniel Holzman, the mastermind behind The Meatball Shop, puts Selena to work with one of the most ambitious meals she's cooked to date: mini chicken meatballs paired with gnocchi made from scratch.	USA	English-100	RPT	PG	Y
2024-11-29	0730	<b>Ainsley's Good Mood Food</b>	Dairy	Ainsley is celebrating dairy and all the wonderful things that can be made with it. His first dish brings a taste of the Mediterranean with a Greek lamb burger topped with feta and mint. Ainsley then takes a road trip to the West Country to meet a man whose passion for steak led him to start making butters, and inspired by his story, makes a classic peppered steak with a peppercorn sauce.	UNITED KINGDOM	English-100	RPT	G	
2024-11-29	0825	<b>Bring A Plate</b>	Rayan's Koosa Mahshi	Rayan shares his Syrian favorite, Kousa Mahshi, or stuffed zucchini and describes some special techniques to make the dish without it breaking apart.	AUSTRALIA	English-100	RPT	G	Y
2024-11-29	0830	<b>Oliver's Twist</b>	Halloween	In preparation for a night of trick-or-treating with his friends' children, Jamie makes some party food to keep the autumn chill at bay.	UNITED KINGDOM	English-100	RPT	PG	

2024-11-29	0900	Freshly Picked	Ep 4	In search of tasty fresh vegetables for his Cime Di Rapa Orecchiette, Simon is heading to Kinsfolk Farm today.	AUSTRALIA	English-100	RPT	G		
2024-11-29	0930	My Market Kitchen	Ep 64	Mike kicks off the show with Sweet and Sour Chicken. Master Chef Adam D'Sylva takes over with his Indian Spiced Cauliflower Salad.	AUSTRALIA	English-100	RPT	PG		
2024-11-29	1000	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 1	It's the start of spring in Cornwall, and Rick Stein's Seafood Restaurant is busier than ever. Rick is preparing his version of a seafood paella with squid, monkfish and lobster.	UNITED KINGDOM	English-100	RPT	PG		
2024-11-29	1030	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 7	Silvia explores how to make three meals that have become Italian national treasures - the 1000 year old recipe for pasta Amatriciana, a seafood dish from the Puglia region, and pizza Napoletana.	AUSTRALIA	Enya-100	RPT	G	Y	Y
2024-11-29	1100	The Cook Up With Adam Liaw	Best In Class	Adam, food icon Stephanie Alexander, and Paralympian Kurt Fearnley are gently competing to see who the Best in Class in The Cook Up kitchen will be. Tune in for the winner!	AUSTRALIA	English-100	RPT	G	Y	
2024-11-29	1130	Nico Reynolds: Cook In, Cook Out	Episode 3	Nico shares his favourite cuts of beef and dishes up three dishes that are sure to satisfy your craving for something hearty and delicious.	IRELAND	English-100	RPT	G		
2024-11-29	1200	Symon's Dinners Cooking Out	Mother's Chops	Today's episode is dedicated to the ladies in Michael's life as some of his best dishes are influenced by the women around him.	USA	English-100	RPT	G		
2024-11-29	1230	Come Dine With Me	Durham 4	This week's competition is in and around Durham, where the fourth host is 25 year old recruitment consultant and ex-trampoline pro Matthew, or Matty to his friends.	UNITED KINGDOM	English-100	RPT	PG		
2024-11-29	1300	David Rocco's Dolce Homemade	Gelato	During the pandemic, David and guest Daniella Sacon, both started their businesses doing what they love. Daniella shows David how to make gelato and together, they bring joy to others through gelato at David Rocco Bar Aperitivo. They spend the day making homemade gelato dishes with a twist.	CANADA	English-100	RPT	G		
2024-11-29	1330	Fun'q With Spencer Watts	From Hawaii With Love	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	RPT	PG		
2024-11-29	1400	Jimmy Shu's Taste of The Territory	Taste Of The Top End	Jimmy is in the Darwin CBD, where he takes us into the kitchen of his own award winning restaurant Hanuman, that opened in 1992. Jimmy cooks one of his favourite dishes from his childhood - Chinese roast pork belly with garlic noodles.	AUSTRALIA	English-100	RPT	G	Y	
2024-11-29	1430	Loving Gluten Free	Loving Gluten Free Series 1 Ep 5	Tiramisu is one of the most popular desserts on any menu. Helen creates a version that is gluten free and uses coconut milk instead of dairy. Chef and director of Huxtaburger, Daniel Wilson, has a clever Vietnamese inspired recipe for green rice crusted prawns.	AUSTRALIA	English-100	RPT	G		
2024-11-29	1500	Selena + Chef	Selena + Nyesha Arrington	Southern California chef, Nyesha Arrington, guides Selena through cooking two delicious meals: pan-seared branzino with spiced tomato-coconut sauce and homecooked doggy biscuits.	USA	English-100	RPT	G		Y
2024-11-29	1530	Ainsley's Good Mood Food	Going Green	A dose of greens is sure to make you feel good and Ainsley's dishes are packed with them. On his visit to Vertical Future, Ainsley gets a glimpse at how we can grow fresh produce in a revolutionary way. He takes home some tasty leaves and adds them to a mac and cheese to give it a green twist.	UNITED KINGDOM	English-100	RPT	G		

2024-11-29	1625	<b>Bring A Plate</b>	Nimi's Poori-Chole	Nimi serves up her favorite vegetarian Punjabi dish, Poori-Chole. Even though some guests can't eat spicy food, Nimi shares how to enjoy the dish using yoghurt and pickles so everyone can enjoy it.	AUSTRALIA	English-100	RPT	G	Y	
2024-11-29	1630	<b>Oliver's Twist</b>	Christmas	Jamie treats his staff to a tasty Christmas dinner, with a delicious vegetable pie and ice cream for dessert.	UNITED KINGDOM	English-100	RPT	G		
2024-11-29	1700	<b>Freshly Picked</b>	Ep 5	Today Simon explores hot and spicy flavours of Hot Chilli Mama, makes his delicious Cambodian fried rice, and prepares a delectable salad with fresh strawberries and creamy fetta.	AUSTRALIA	English-100				
2024-11-29	1730	<b>My Market Kitchen</b>	Ep 65	Mike begins with a delicious and healthy Cranberry and Ancient Grain Salad.	AUSTRALIA	English-100		PG		
2024-11-29	1800	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 2	The mullet are running up the estuary and Rick has his eye on them. He takes his friend, Brian Bate, for a spot of fishing, then makes a fish tagine.	UNITED KINGDOM	English-100	RPT	G		
2024-11-29	1830	<b>Cook Like An Italian With Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 1 Ep 8	For Italians, food has always formed a huge part of connecting with family roots, which means keeping culinary traditions alive is essential. Silvia makes the famous ragu Napolitana.	AUSTRALIA	Enya-100	RPT	G	Y	Y
2024-11-29	1900	<b>The Cook Up With Adam Liaw</b>	Spring In Your Step	Spring is on its way, and Adam and guests Junda Khoo and Paul Farag are creating a feast of foods set to welcome in the fabulous season of Spring.	AUSTRALIA	English-100	RPT	G	Y	
2024-11-29	1930	<b>Jamie's Easy Christmas Countdown</b>	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! A great little dish that works well as a Christmas Day starter, or a handy dip for any surprise guests.	UNITED KINGDOM	English-100	RPT	G		
2024-11-29	2030	<b>Rick Stein's Spanish Christmas Special</b>	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 delicious alternatives to the usual Christmas fare. Inspired by his recent journey through Spain and the Spanish passion for celebrations, Rick Stein hosts a festive gathering and shares his take on great dishes to cook for Christmas and the continuing celebrations up to New Year.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2024-11-29	2140	<b>Hairy Bikers Go Local Christmas Special</b>	Hairy Bikers Christmas Special	The Hairy Bikers are back, travelling the North of England in search of great food producers and ingredients to create a delicious Christmas family feast!	UNITED KINGDOM	English-100	RPT	PG		
2024-11-29	2245	<b>The Cook Up With Adam Liaw</b>	Colour	Television presenter Julia Zemiro and ex Mr Wong/Lotus head chef, Sam Young, are in The Cook Up kitchen with host Adam Liaw to create some colourful dishes.	AUSTRALIA	English-100	RPT	G	Y	
2024-11-29	2315	<b>The Cook And The Chef</b>	Oats And Goats Cheese	If you enjoy the smell of freshly baked, you won't be able to resist Maggie's oat, raisin and fennel bread. Irresistibly rich, it's perfect at any time, but especially for breakfast. But if you're like Simon and not a morning person, then he's got just the remedy for you. A delicious 'granola' style cerea, with a unique kick to start your day.	AUSTRALIA	English-100	RPT	G		
2024-11-29	2345	<b>Lidia's Kitchen</b>	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 salad.	USA	English-100	RPT	G		
2024-11-29	2410	<b>David Rocco's Dolce Homemade</b>	Gelato	During the pandemic, David and guest Daniella Sacon, both started their businesses doing what they love. Daniella shows David how to make gelato and together, they bring joy to others through gelato at David Rocco Bar Aperitivo. They spend the day making homemade gelato dishes with a twist.	CANADA	English-100	RPT	G		

2024-11-29	2435	<b>Jamie's Easy Christmas Countdown</b>	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! A great little dish that works well as a Christmas Day starter, or a handy dip for any surprise guests.	UNITED KINGDOM	English-100	RPT	G		
2024-11-29	2525	<b>Rick Stein's Spanish Christmas Special</b>	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 delicious alternatives to the usual Christmas fare. Inspired by his recent journey through Spain and the Spanish passion for celebrations, Rick Stein hosts a festive gathering and shares his take on great dishes to cook for Christmas and the continuing celebrations up to New Year.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2024-11-29	2630	<b>Hairy Bikers Go Local Christmas Special</b>	Hairy Bikers Christmas Special	The Hairy Bikers are back, travelling the North of England in search of great food producers and ingredients to create a delicious Christmas family feast!	UNITED KINGDOM	English-100	RPT	PG		
2024-11-29	2735	<b>The Cook Up With Adam Liaw</b>	Colour	Television presenter Julia Zemiro and ex Mr Wong/Lotus head chef, Sam Young, are in The Cook Up kitchen with host Adam Liaw to create some colourful dishes.	AUSTRALIA	English-100	RPT	G	Y	
2024-11-29	2805	<b>The Cook And The Chef</b>	Oats And Goats Cheese	If you enjoy the smell of freshly baked, you won't be able to resist Maggie's oat, raisin and fennel bread. Irresistibly rich, it's perfect at any time, but especially for breakfast. But if you're like Simon and not a morning person, then he's got just the remedy for you. A delicious 'granola' style cerea, with a unique kick to start your day.	AUSTRALIA	English-100	RPT	G		
2024-11-29	2835	<b>Lidia's Kitchen</b>	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 salad.	USA	English-100	RPT	G		
2024-11-30	0500	<b>David Rocco's Dolce Homemade</b>	Gelato	During the pandemic, David and guest Daniella Sacon, both started their businesses doing what they love. Daniella shows David how to make gelato and together, they bring joy to others through gelato at David Rocco Bar Aperitivo. They spend the day making homemade gelato dishes with a twist.	CANADA	English-100	RPT	G		
2024-11-30	0530	<b>Fun'q With Spencer Watts</b>	From Hawaii With Love	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	RPT	PG		
2024-11-30	0600	<b>Jimmy Shu's Taste of The Territory</b>	Taste Of The Top End	Jimmy is in the Darwin CBD, where he takes us into the kitchen of his own award winning restaurant Hanuman, that opened in 1992. Jimmy cooks one of his favourite dishes from his childhood - Chinese roast pork belly with garlic noodles.	AUSTRALIA	English-100	RPT	G	Y	
2024-11-30	0630	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 5	Tiramisu is one of the most popular desserts on any menu. Helen creates a version that is gluten free and uses coconut milk instead of dairy. Chef and director of Huxtaburger, Daniel Wilson, has a clever Vietnamese inspired recipe for green rice crusted prawns.	AUSTRALIA	English-100	RPT	G		
2024-11-30	0700	<b>Selena + Chef</b>	Selena + Nyeshia Arrington	Southern California chef, Nyeshia Arrington, guides Selena through cooking two delicious meals: pan-seared branzino with spiced tomato-coconut sauce and homecooked doggy biscuits.	USA	English-100	RPT	G		Y
2024-11-30	0730	<b>Ainsley's Good Mood Food</b>	Going Green	A dose of greens is sure to make you feel good and Ainsley's dishes are packed with them. On his visit to Vertical Future, Ainsley gets a glimpse at how we can grow fresh produce in a revolutionary way. He takes home some tasty leaves and adds them to a mac and cheese to give it a green twist.	UNITED KINGDOM	English-100	RPT	G		
2024-11-30	0825	<b>Bring A Plate</b>	Nimi's Poori-Chole	Nimi serves up her favorite vegetarian Punjabi dish, Poori-Chole. Even though some guests can't eat spicy food, Nimi shares how to enjoy the dish using yoghurt and pickles so everyone can enjoy it.	AUSTRALIA	English-100	RPT	G	Y	
2024-11-30	0830	<b>Oliver's Twist</b>	Christmas	Jamie treats his staff to a tasty Christmas dinner, with a delicious vegetable pie and ice cream for dessert.	UNITED KINGDOM	English-100	RPT	G		

2024-11-30	0900	<b>Freshly Picked</b>	Ep 5	Today Simon explores hot and spicy flavours of Hot Chilli Mama, makes his delicious Cambodian fried rice, and prepares a delectable salad with fresh strawberries and creamy fetta.	AUSTRALIA	English-100	RPT			
2024-11-30	0930	<b>My Market Kitchen</b>	Ep 65	Mike begins with a delicious and healthy Cranberry and Ancient Grain Salad.	AUSTRALIA	English-100	RPT	PG		
2024-11-30	1000	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 2	The mullet are running up the estuary and Rick has his eye on them. He takes his friend, Brian Bate, for a spot of fishing, then makes a fish tagine.	UNITED KINGDOM	English-100	RPT	G		
2024-11-30	1030	<b>Cook Like An Italian With Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 1 Ep 8	For Italians, food has always formed a huge part of connecting with family roots, which means keeping culinary traditions alive is essential. Silvia makes the famous ragu Napolitana.	AUSTRALIA	Enya-100	RPT	G	Y	Y
2024-11-30	1100	<b>The Cook Up With Adam Liaw</b>	Spring In Your Step	Spring is on its way, and Adam and guests Junda Khoo and Paul Farag are creating a feast of foods set to welcome in the fabulous season of Spring.	AUSTRALIA	English-100	RPT	G	Y	
2024-11-30	1130	<b>Rick Stein's Spanish Christmas Special</b>	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 delicious alternatives to the usual Christmas fare. Inspired by his recent journey through Spain and the Spanish passion for celebrations, Rick Stein hosts a festive gathering and shares his take on great dishes to cook for Christmas and the continuing celebrations up to New Year.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2024-11-30	1240	<b>Hairy Bikers Go Local Christmas Special</b>	Hairy Bikers Christmas Special	The Hairy Bikers are back, travelling the North of England in search of great food producers and ingredients to create a delicious Christmas family feast!	UNITED KINGDOM	English-100	RPT	PG		
2024-11-30	1350	<b>Jamie's Easy Christmas Countdown</b>	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! A great little dish that works well as a Christmas Day starter, or a handy dip for any surprise guests.	UNITED KINGDOM	English-100	RPT	G		
2024-11-30	1445	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y	
2024-11-30	1450	<b>Destination Flavour China Bitesize</b>	Cattail Milk Soup	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	PG	Y	Y
2024-11-30	1500	<b>Gordon Ramsay's Christmas Cookalong</b>	Gordon Ramsay's Christmas Cookalong Specials	Join Gordon for Christmas as he invites you into his family home on Christmas Day morning, sharing tips and expertise on how to prepare the tastiest Christmas menu.	UNITED KINGDOM	English-100	RPT	PG	a	
2024-11-30	1635	<b>In The Spirit With Lindsay And Curtis</b>	Hanukkah With Phil Rosenthal	Phil Rosenthal is treated to an Aussie-style Hanukkah dinner. While Curtis riffs on latkes, leg of lamb, and pastrami-spiced carrots, Lindsay prepares jelly donuts to be used for dreidel play.	USA	English-100	RPT	PG		
2024-11-30	1705	<b>Tom Kerridge's American Feast</b>	Florida Keys	Tom travels to the Florida Keys, where islanders are combining Caribbean flavours and American-style cooking to create a unique and tropical cuisine.	UNITED KINGDOM	English-100	RPT	PG	a w	

2024-11-30	1730	<b>Lorraine's Fast, Fresh And Easy Food</b>	Posh Nosh	Tonight's show is packed full of ideas for posh nosh. So whether you're throwing a dinner party or just want to rustle up something a bit more special, Lorraine has it covered.	UNITED KINGDOM	English-100		G		
2024-11-30	1800	<b>Taste Of Australia In Vietnam</b>	Con Dao, Phu Quoc And Bac Lieu	Luke gets up early on two of Vietnam's southern islands to learn about sea turtle conservation and join the local fishermen. In the Mekong Delta he visits a Vietnamese-Australian-run shrimp business.	AUSTRALIA	English-100				Y
2024-11-30	1830	<b>Tales From River Cottage</b>	Getting Started	Hugh reminisces about the early days at River Cottage, and offers advice to would-be smallholders on how to find their own rural escape hatch, and get started on the good life. He goes on to recall the early learning curve of beginning a vegetable garden, acquiring livestock, and making new friends, with plenty of tips for viewers on how to do likewise.	UNITED KINGDOM	English-100	RPT	PG	a w	
2024-11-30	1900	<b>Tales From River Cottage</b>	Garden Of Eden, A	Hugh recalls the progress of his horticultural skills over his three years in Dorset, from putting in his first organic vegetable beds, running the gauntlet of pests, to harvesting bumper crops from his polytunnel. He also offer tips on how to triumph at the local Horticultural show - don't follow his example!	UNITED KINGDOM	English-100	RPT	PG	n	
2024-11-30	1930	<b>Hugh's Fish Fight</b>	Hugh's Fish Fight Series 1 Ep 2	Hugh leaves River Cottage on a mission to change the way people fish around the world, in an attempt to save the sea from the exploitation of fish stocks.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-11-30	2030	<b>Rick Stein's India</b>	Madurai And Lucknow	Rick Stein visits a five-star hotel in Madurai, Tamil Nadu, employing local housewives for genuine home-cooked dishes. He samples chettinad chicken, a dish inspired by spices brought back from both East and West by merchants. In Lucknow, Uttar Pradesh, he meets India's first MasterChef winner, and Rick marks the end of his culinary journey with a small gathering of friends at his bungalow to reveal the outcome of his search for the perfect curry.	UNITED KINGDOM	English-100	RPT	G		Y Y
2024-11-30	2140	<b>Anthony Bourdain: Parts Unknown</b>	Sicily	Sicily isn't about fast food or the fast life. It's about savouring family, life, food and making the most of what you have. Tony goes in search of those foods and their producers as he eats his way around the island.	USA	English-100	RPT	PG	a w	Y
2024-11-30	2235	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 6	Still in the Riverina, Paul visits a wheat-farming mate who has changed the future of his town with beer. He gets roped into a local footy match and random mascot race. And at the Wagga Wagga 'eat local' farmers markets Paul uses the produce he's gathered to create an afternoon tea that delights the shoppers.	UNITED KINGDOM	English-100	RPT	PG		Y
2024-11-30	2330	<b>Gordon Ramsay's Christmas Cookalong</b>	Gordon Ramsay's Christmas Cookalong Specials	Join Gordon for Christmas as he invites you into his family home on Christmas Day morning, sharing tips and expertise on how to prepare the tastiest Christmas menu.	UNITED KINGDOM	English-100	RPT	PG	a	
2024-11-30	2505	<b>In The Spirit With Lindsay And Curtis</b>	Hanukkah With Phil Rosenthal	Phil Rosenthal is treated to an Aussie-style Hanukkah dinner. While Curtis riffs on latkes, leg of lamb, and pastrami-spiced carrots, Lindsay prepares jelly donuts to be used for dreidel play.	USA	English-100	RPT	PG		
2024-11-30	2535	<b>Tom Kerridge's American Feast</b>	Florida Keys	Tom travels to the Florida Keys, where islanders are combining Caribbean flavours and American-style cooking to create a unique and tropical cuisine.	UNITED KINGDOM	English-100	RPT	PG	a w	
2024-11-30	2600	<b>Lorraine's Fast, Fresh And Easy Food</b>	Posh Nosh	Tonight's show is packed full of ideas for posh nosh. So whether you're throwing a dinner party or just want to rustle up something a bit more special, Lorraine has it covered.	UNITED KINGDOM	English-100	RPT	G		
2024-11-30	2630	<b>Taste Of Australia In Vietnam</b>	Con Dao, Phu Quoc And Bac Lieu	Luke gets up early on two of Vietnam's southern islands to learn about sea turtle conservation and join the local fishermen. In the Mekong Delta he visits a Vietnamese-Australian-run shrimp business.	AUSTRALIA	English-100	RPT			Y
2024-11-30	2700	<b>Tales From River Cottage</b>	Getting Started	Hugh reminisces about the early days at River Cottage, and offers advice to would-be smallholders on how to find their own rural escape hatch, and get started on the good life. He goes on to recall the early learning curve of beginning a vegetable garden, acquiring livestock, and making new friends, with plenty of tips for viewers on how to do likewise.	UNITED KINGDOM	English-100	RPT	PG	a w	

2024-11-30	2730	<b>Anthony Bourdain: Parts Unknown</b>	Sicily	Sicily isn't about fast food or the fast life. It's about savouring family, life, food and making the most of what you have. Tony goes in search of those foods and their producers as he eats his way around the island.	USA	English-100	RPT	PG	a w	Y
2024-11-30	2825	<b>Destination Flavour China Bitesize</b>	Bamboo Shoots And Cured Ham Stir Fry	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G		Y Y
2024-11-30	2830	<b>Tales From River Cottage</b>	Garden Of Eden, A	Hugh recalls the progress of his horticultural skills over his three years in Dorset, from putting in his first organic vegetable beds, running the gauntlet of pests, to harvesting bumper crops from his polytunnel. He also offer tips on how to triumph at the local Horticultural show - don't follow his example!	UNITED KINGDOM	English-100	RPT	PG	n	