



**WEEK 49** Sunday, 1 December 2024 Saturday, 7 December 2024

**ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Egg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-12-01	0500	In The Spirit With Lindsay And Curtis	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			
2024-12-01	0530	Gordon Ramsay's Christmas Cookalong	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		
2024-12-01	0705	Tales From River Cottage	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		
2024-12-01	0735	Tom Kerridge's American Feast	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		
2024-12-01	0800	Lorraine's Fast, Fresh And Easy Food	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			
2024-12-01	0830	Taste Of Australia In Vietnam	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	PG			Y
2024-12-01	0900	Tales From River Cottage	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		
2024-12-01	0930	Hugh's Fish Fight	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
2024-12-01	1025	Destination Flavour China Bitesize	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
2024-12-01	1030	Rick Stein's India	Madurai And Lucknow	Rick Stein visits a five-star hotel in Madurai, Tamil Nadu, employing local housewives for genuine home-cooked dishes. 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

2024-12-01	1140	River Cottage Australia	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
2024-12-01	1235	In The Spirit With Lindsay And Curtis	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		
2024-12-01	1305	Tom Kerridge's American Feast	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	
2024-12-01	1330	Lorraine's Fast, Fresh And Easy Food	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		
2024-12-01	1400	Taste Of Australia In Vietnam	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	PG		Y
2024-12-01	1430	Gordon Ramsay Uncharted	Guyana's Jungle Wild's	Chef Ramsay heads deep into the South American rainforest to explore the culinary roots of Guyana. After rappelling from a helicopter into the jungle, he hunts for toothy caiman with his bare hands, fishes for Piranha with a bamboo rod, and crafts his own arrow to bow fish for Arowana. With his newfound bounty of jungle provisions, he will face off against local rising culinary star Delvin Adams to cook a feast for the local Amerindian tribe.	UNITED KINGDOM	English-100	RPT	PG	I	
2024-12-01	1525	Please Eat Slowly Bitesize	Hand-Pulled Noodles	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100	RPT	G		
2024-12-01	1530	Gordon Ramsay Uncharted	India's Spice Hub	From the coast to the mountains of Southern India, Chef Ramsay unlocks the complex flavours of the region known as the spice trade capital of the world. He battles ocean waves with a giant fishing net, fights the searing sting of fire ants, speeds through hilly dirt roads in a tiny rally car, and has his mouth set on fire with the extremely spicy local fare, before attempting to impress artisan cooks with his take on their local cuisine.	UNITED KINGDOM	English-100	RPT	PG	I	Y
2024-12-01	1625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 6	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
2024-12-01	1630	In The Spirit With Lindsay And Curtis	Christmas Eve With Jenna Fischer	Jenna Fischer of The Office arrives for Christmas Eve to swap present wrapping traditions, while Curtis improvises on her family's meatball recipe. Lindsay has a tradition of her own - new pyjamas.	USA	English-100	RPT	PG	a w	
2024-12-01	1700	Tom Kerridge's American Feast	Best Of	In this special episode, we see some of the best dishes Tom has eaten on his travels!	UNITED KINGDOM	English-100	RPT	PG	a w	
2024-12-01	1730	Eating Inn	Mott 32: Marina Bay Sands, Singapore	Discover a feast for the eyes and the belly in Marina Bay Sands. As soon as you step inside, you realise you are in for something out of the ordinary.	SINGAPORE	English-100		PG		Y
2024-12-01	1830	James Martin's Spanish Adventure	Asturias	James meets a family who live off grid. He samples fabada stew, urbies cheese and some famous sardines. Then he cooks a steak sandwich, pancetta and clams, rice pudding, and sardines with padron peppers.	UNITED KINGDOM	English-100	RPT	PG	a w	Y

2024-12-01	1930	A Lake District Farmshop	Ep 5	In this episode, we travel to one of the Lake's highest peaks, Blencathra, to meet independent coffee roasters Gareth and Angharad of Carvetii Coffee. With the service station selling over two thousand cups a day, amounting to over sixteen thousand cups a week, it's one of their most important contracts to get right. The pair offer a training day to the service station baristas on how the beans should be brewed and served, and they reveal how some of the purest water in the UK, from the lake district's own reservoirs, can cause an issue for their roast.	UNITED KINGDOM	English-100		PG		
2024-12-01	2030	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 9	Rick's idea of bliss is to spend an afternoon gutting a freshly caught fish, then using it to make a dish of steamed seabass with garlic, ginger and spring onions.	UNITED KINGDOM	English-100	RPT	PG		
2024-12-01	2100	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 10	Rick drops in on the fishing port of Boscastle and finds a fabulous seafood restaurant. Then, a trip to Cornwall's only organic mushroom farm inspires him to cook a stir fry with lion's mane mushrooms.	UNITED KINGDOM	English-100	RPT	PG		
2024-12-01	2130	Anthony Bourdain: Parts Unknown	Detroit	Detroit holds a unique place in American history. Few cities have seen such a dramatic rise and fall from economic boom to disparity. In this episode, Tony explores the past, present and future of the Motor City.	USA	English-100	RPT	PG	a	
2024-12-01	2225	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 6	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
2024-12-01	2230	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 7	Back on the farm, it's time to make some much needed changes. Jean teaches Paul the forgotten skill of stone masonry, while Digger brings joy to some people in need. Darcy returns to solve a long time problem on the farm - but can they get the water from the dam to all the gardens and livestock using a little DIY?	UNITED KINGDOM	English-100	RPT	G		Y
2024-12-01	2330	Gordon Ramsay Uncharted	Guyana's Jungle Wild's	Chef Ramsay heads deep into the South American rainforest to explore the culinary roots of Guyana. After rappelling from a helicopter into the jungle, he hunts for toothy caiman with his bare hands, fishes for Piranha with a bamboo rod, and crafts his own arrow to bow fish for Arowana. With his newfound bounty of jungle provisions, he will face off against local rising culinary star Delvin Adams to cook a feast for the local Amerindian tribe.	UNITED KINGDOM	English-100	RPT	PG	I	
2024-12-01	2425	Please Eat Slowly Bitesize	Hand-Pulled Noodles	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100	RPT	G		
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2024-12-01	2525	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 4	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-12-01	2530	In The Spirit With Lindsay And Curtis	Christmas Eve With Jenna Fischer	Jenna Fischer of The Office arrives for Christmas Eve to swap present wrapping traditions, while Curtis improvises on her family's meatball recipe. Lindsay has a tradition of her own - new pyjamas.	USA	English-100	RPT	PG	a w	
2024-12-01	2600	Tom Kerridge's American Feast	Best Of	In this special episode, we see some of the best dishes Tom has eaten on his travels!	UNITED KINGDOM	English-100	RPT	PG	a w	
2024-12-01	2630	Eating Inn	Mott 32: Marina Bay Sands, Singapore	Discover a feast for the eyes and the belly in Marina Bay Sands. As soon as you step inside, you realise you are in for something out of the ordinary.	SINGAPORE	English-100	RPT	PG		Y

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2024-12-01	2825	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 6	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
2024-12-01	2830	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 9	Rick's idea of bliss is to spend an afternoon gutting a freshly caught fish, then using it to make a dish of steamed seabass with garlic, ginger and spring onions.	UNITED KINGDOM	English-100	RPT	PG		
2024-12-02	0500	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 10	Rick drops in on the fishing port of Boscastle and finds a fabulous seafood restaurant. Then, a trip to Cornwall's only organic mushroom farm inspires him to cook a stir fry with lion's mane mushrooms.	UNITED KINGDOM	English-100	RPT	PG		
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2024-12-02	0630	<b>Gordon Ramsay Uncharted</b>	Guyana's Jungle Wild's	Chef Ramsay heads deep into the South American rainforest to explore the culinary roots of Guyana. After rappelling from a helicopter into the jungle, he hunts for toothy caiman with his bare hands, fishes for Piranha with a bamboo rod, and crafts his own arrow to bow fish for Arowana. With his newfound bounty of jungle provisions, he will face off against local rising culinary star Delvin Adams to cook a feast for the local Amerindian tribe.	UNITED KINGDOM	English-100	RPT	PG	I	
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2024-12-02	1025	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 4	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y

2024-12-02	1030	<b>Eating Inn</b>	Mott 32: Marina Bay Sands, Singapore	Discover a feast for the eyes and the belly in Marina Bay Sands. As soon as you step inside, you realise you are in for something out of the ordinary.	SINGAPORE	English-100	RPT	PG		Y
2024-12-02	1130	<b>A Lake District Farmshop</b>	Ep 5	In this episode, we travel to one of the Lake's highest peaks, Blencathra, to meet independent coffee roasters Gareth and Angharad of Carveti Coffee. With the service station selling over two thousand cups a day, amounting to over sixteen thousand cups a week, it's one of their most important contracts to get right. The pair offer a training day to the service station baristas on how the beans should be brewed and served, and they reveal how some of the purest water in the UK, from the lake district's own reservoirs, can cause an issue for their roast.	UNITED KINGDOM	English-100	RPT	PG		
2024-12-02	1230	<b>Come Dine With Me</b>	Durham 5	This week's competition is in and around Durham where our final host of the week is big-time party girl Kenya. Kenya is hoping to impress her guests with an East African menu, complete with safari theme. Kenya's wild nature has provided many memorable moments this week and she'll be looking to take that energy into the kitchen to put on a night to remember for her guests.	UNITED KINGDOM	English-100	RPT	PG		
2024-12-02	1300	<b>David Rocco's Dolce Homemade</b>	Lebanese Food	David invites guest Ali Nassrallah to his home to cook Lebanese food. Growing up in Beirut, Ali has experienced the tragedy of war and the power of food to heal and spread love. He shares some of these stories and how his love for food helped him through these tough times.	CANADA	English-100	RPT	G		
2024-12-02	1330	<b>Fun'q With Spencer Watts</b>	Curry On	Indian and Asian spices are very versatile, especially when you add a little char from the barbecue – like tikka chicken wings, prawn and scallop cakes, Indian panzanella salad, and grilled trout.	CANADA	English-100	RPT	PG		
2024-12-02	1400	<b>Food Safari</b>	Moroccan	Maeve journeys into the world of Moroccan food and meets a range of top chefs and home-cooks who are passionate about their delicious cuisine.	AUSTRALIA	English-100	RPT	G		Y
2024-12-02	1430	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 6	Just because you're living gluten free, doesn't mean you can't enjoy a pile of tasty pancakes. Helen shares a recipe for blueberry buckwheat pancakes, before being joined in the kitchen by food blogger, Jo Whitton.	AUSTRALIA	English-100	RPT	G		
2024-12-02	1500	<b>Selena + Chef</b>	Selena + Curtis Stone	Michelin-starred chef, Curtis Stone, shows Selena how to master a perfectly cooked steak and transform it into a mouth-watering sandwich. Here's hoping Selena nails this tasty triumph!	USA	English-100	RPT	G		Y
2024-12-02	1530	<b>Ainsley's Good Mood Food</b>	Fruit And Berries	Fruits and Berries take centre stage in all the dishes in today's show. Ainsley shows that fruits and berries really can add amazing flavours to a savoury dish or be the start of a sensational dessert.	UNITED KINGDOM	English-100	RPT	G		
2024-12-02	1625	<b>Please Eat Slowly Bitesize</b>	Dumplings	There are a few tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right. Victor shares his secrets to create delicious, foolproof dumplings!	AUSTRALIA	English-100	RPT	G		
2024-12-02	1630	<b>Oliver's Twist</b>	Veg Out	Jamie cooks roast chicken and roast veg for the builders renovating his flat.	UNITED KINGDOM	English-100	RPT	G		
2024-12-02	1700	<b>Freshly Picked</b>	Ep 6	First up, Simon wraps tabbouleh with tempeh for toothsome flavours and then bakes an avocado that's cheesy and creamy. Rebecca Veale from Humble Jumble is also in the kitchen today to make her famous sticky date pudding.	AUSTRALIA	English-100		PG		
2024-12-02	1730	<b>My Market Kitchen</b>	Ep 66	Mike starts off in the Market Kitchen with grilled zucchini on creme fraiche and salsa verde. Laura follows with Italian-inspired gnocchi with leek and pancetta. To close the show, Chef Warren Mendes cooks his chocolate banana pancakes.	AUSTRALIA	English-100		PG		
2024-12-02	1800	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 3	Rosie, a French fisherwoman who trawls out of Padstow, cooks Rick a sustaining squid stew from her native Bayonne. It is made from huge amounts of red wine, tomatoes, garlic and cayenne pepper.	UNITED KINGDOM	English-100	RPT	PG		a w

2024-12-02	1830	<b>Cook Like An Italian With Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 1 Ep 9	Italian home cooks are masters at the art of speedy meals, because their pantry and fridge are often stocked with essential ingredients, which combined with a little creativity can become incredible meals in no time. Silvia prepares a super quick seafood risotto, cooks a Sicilian pesto penne in eight minutes flat, and a lemon and almond sweet treat that can be prepared in a jiffy.	AUSTRALIA	Enya-100	RPT	G		Y	
2024-12-02	1900	<b>The Cook Up With Adam Liaw</b>	Takes The Cake	Steph Stanhope and Madison Bronte from the Country Women's Association of New South Wales are joining Adam in The Cook Up kitchen to bake their favourite cakes.	AUSTRALIA	English-100	RPT	G		Y	
2024-12-02	1930	<b>Jamie At Home</b>	Pickles And Preserves	Jamie Oliver provides tips on how to choose the best and most-succulent bird for a family Christmas dinner.	UNITED KINGDOM	English-100		G			
2024-12-02	2000	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 7	Continuing in Sapa, Luke ventures beyond the main town and visits the local villages where he delves into some rich local traditions. He prepares a dish in the clouds with local Su May in her village Ta Phin. Here they cook field mushrooms gathered in the early morning.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-12-02	2030	<b>Stanley Tucci: Searching For Italy</b>	Liguria	Stanley Tucci visits one of the most famous and frequented regions of Italy - the Italian Riviera - which is famous for the glitz and glamour of Portofino and stunning picture-perfect fishing villages of the Cinque Terre.	USA	English-90; Italian-10	RPT	PG	a s w	Y	Y
2024-12-02	2125	<b>Please Eat Slowly Bitesize</b>	Dumplings	There are a few tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right. Victor shares his secrets to create delicious, foolproof dumplings!	AUSTRALIA	English-100	RPT	G			
2024-12-02	2130	<b>Come Dine With Me UK</b>	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	RPT	PG			
2024-12-02	2200	<b>Come Dine With Me UK</b>	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	RPT	PG			
2024-12-02	2230	<b>The Cook Up With Adam Liaw</b>	Technique	Technique is our theme for tonight. One of the best sushi masters in the country, Toshihiko Oe, and Chuuka's Chase Kojima join host Adam Liaw in The Cook Up kitchen to show off their cooking technique.	AUSTRALIA	English-100	RPT	G		Y	
2024-12-02	2300	<b>The Cook And The Chef</b>	Pepper And Salt	Maggie and Simon demonstrate why salt and pepper feature as giants in culinary history. Simon makes a real pepper sauce that turns a steak into so much more than a pub meal, while Maggie pot roasts a pheasant to succulent perfection with apple brandy.	AUSTRALIA	English-100	RPT	G			
2024-12-02	2330	<b>Lidia's Kitchen</b>	Perfect Roast, A	Roasting enhances the flavour of any kind of meat and Lidia often makes a roast for family meals. Which includes a salad of warm greens, a roasted pork loin, and roasted fruity compote for dessert.	USA	English-100	RPT	G			
2024-12-02	2400	<b>David Rocco's Dolce Homemade</b>	Lebanese Food	David invites guest Ali Nassrallah to his home to cook Lebanese food. Growing up in Beirut, Ali has experienced the tragedy of war and the power of food to heal and spread love. He shares some of these stories and how his love for food helped him through these tough times.	CANADA	English-100	RPT	G			
2024-12-02	2430	<b>Jamie At Home</b>	Pickles And Preserves	Jamie Oliver provides tips on how to choose the best and most-succulent bird for a family Christmas dinner.	UNITED KINGDOM	English-100	RPT	G			
2024-12-02	2500	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 7	Continuing in Sapa, Luke ventures beyond the main town and visits the local villages where he delves into some rich local traditions. He prepares a dish in the clouds with local Su May in her village Ta Phin. Here they cook field mushrooms gathered in the early morning.	AUSTRALIA	English-100	RPT	G		Y	Y

2024-12-02	2530	<b>Stanley Tucci: Searching For Italy</b>	Liguria	Stanley Tucci visits one of the most famous and frequented regions of Italy - the Italian Riviera - which is famous for the glitz and glamour of Portofino and stunning picture-perfect fishing villages of the Cinque Terre.	USA	English-90; Italian-10	RPT	PG	a s w	Y	Y
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2024-12-03	0500	<b>David Rocco's Dolce Homemade</b>	Lebanese Food	David invites guest Ali Nassrallah to his home to cook Lebanese food. Growing up in Beirut, Ali has experienced the tragedy of war and the power of food to heal and spread love. He shares some of these stories and how his love for food helped him through these tough times.	CANADA	English-100	RPT	G			
2024-12-03	0530	<b>Fun'q With Spencer Watts</b>	Curry On	Indian and Asian spices are very versatile, especially when you add a little char from the barbecue – like tikka chicken wings, prawn and scallop cakes, Indian panzanella salad, and grilled trout.	CANADA	English-100	RPT	PG			
2024-12-03	0600	<b>Food Safari</b>	Moroccan	Maeve journeys into the world of Moroccan food and meets a range of top chefs and home-cooks who are passionate about their delicious cuisine.	AUSTRALIA	English-100	RPT	G		Y	
2024-12-03	0630	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 6	Just because you're living gluten free, doesn't mean you can't enjoy a pile of tasty pancakes. Helen shares a recipe for blueberry buckwheat pancakes, before being joined in the kitchen by food blogger, Jo Whitton.	AUSTRALIA	English-100	RPT	G			
2024-12-03	0700	<b>Selena + Chef</b>	Selena + Curtis Stone	Michelin-starred chef, Curtis Stone, shows Selena how to master a perfectly cooked steak and transform it into a mouth-watering sandwich. Here's hoping Selena nails this tasty triumph!	USA	English-100	RPT	G			Y
2024-12-03	0730	<b>Ainsley's Good Mood Food</b>	Fruit And Berries	Fruits and Berries take centre stage in all the dishes in today's show. Ainsley shows that fruits and berries really can add amazing flavours to a savoury dish or be the start of a sensational dessert.	UNITED KINGDOM	English-100	RPT	G			

2024-12-03	0825	Please Eat Slowly Bitesize	Dumplings	There are a few tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right. Victor shares his secrets to create delicious, foolproof dumplings!	AUSTRALIA	English-100	RPT	G		
2024-12-03	0830	Oliver's Twist	Veg Out	Jamie cooks roast chicken and roast veg for the builders renovating his flat.	UNITED KINGDOM	English-100	RPT	G		
2024-12-03	0900	Freshly Picked	Ep 6	First up, Simon wraps tabbouleh with tempeh for toothsome flavours and then bakes an avocado that's cheesy and creamy. Rebecca Veale from Humble Jumble is also in the kitchen today to make her famous sticky date pudding.	AUSTRALIA	English-100	RPT	PG		
2024-12-03	0930	My Market Kitchen	Ep 66	Mike starts off in the Market Kitchen with grilled zucchini on creme fraiche and salsa verde. Laura follows with Italian-inspired gnocchi with leek and pancetta. To close the show, Chef Warren Mendes cooks his chocolate banana pancakes.	AUSTRALIA	English-100	RPT	PG		
2024-12-03	1000	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 3	Rosie, a French fisherwoman who trawls out of Padstow, cooks Rick a sustaining squid stew from her native Bayonne. It is made from huge amounts of red wine, tomatoes, garlic and cayenne pepper.	UNITED KINGDOM	English-100	RPT	PG	a w	
2024-12-03	1030	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 1 Ep 9	Italian home cooks are masters at the art of speedy meals, because their pantry and fridge are often stocked with essential ingredients, which combined with a little creativity can become incredible meals in no time. Silvia prepares a super quick seafood risotto, cooks a Sicilian pesto penne in eight minutes flat, and a lemon and almond sweet treat that can be prepared in a jiffy.	AUSTRALIA	Enya-100	RPT	G		Y
2024-12-03	1100	The Cook Up With Adam Liaw	Takes The Cake	Steph Stanhope and Madison Bronte from the Country Women's Association of New South Wales are joining Adam in The Cook Up kitchen to bake their favourite cakes.	AUSTRALIA	English-100	RPT	G		Y
2024-12-03	1130	Stanley Tucci: Searching For Italy	Liguria	Stanley Tucci visits one of the most famous and frequented regions of Italy - the Italian Riviera - which is famous for the glitz and glamour of Portofino and stunning picture-perfect fishing villages of the Cinque Terre.	USA	English-90; Italian-10	RPT	PG	a s w	Y Y
2024-12-03	1225	Taste The Philippines With Yasmin Newman	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		
2024-12-03	1230	Come Dine With Me	Bristol 1	This week's competition is in and around Bristol, and our first host of the week is 33-year-old party girl Jade, who's hoping to impress her guests with a festival themed evening.	UNITED KINGDOM	English-100	RPT	PG		
2024-12-03	1300	David Rocco's Dolce Homemade	Spices	Keeping family and traditions together through food. David and guest Isabelle Loiacono re-create recipes passed down from Isabelle's family recipe book and using her Nonna's tools from the 1940s that she brought with her when she immigrated from Sicily.	CANADA	English-100	RPT	G		
2024-12-03	1330	Fun'q With Spencer Watts	Grillitizers	The best grilled treats sometime come in tiny portions, so Spencer is making appetizers! A feast of flavours such as smoked beef meatballs, grilled mixed seafood salad, stuffed dates with bacon.	CANADA	English-100	RPT	PG		
2024-12-03	1400	Food Safari	Malaysian	Maeve explores the spicy world of Malaysian food, whose devotees cross oceans for the best laksa, roti and curry.	AUSTRALIA	English-100	RPT	G		Y
2024-12-03	1430	Loving Gluten Free	Loving Gluten Free Series 1 Ep 7	Food blogger Jo Whitton joins Helen in the kitchen to share a unique and mouth watering dessert recipe for pumpkin bownie pudding with peanut butter caramel sauce. Helen shares a way to make sausage rolls gluten free and incorporates an interesting Thai twist in the recipe.	AUSTRALIA	English-100	RPT	PG		



2024-12-03	1500	<b>Selena + Chef</b>	Selena + JJ Johnson	James Beard Award-winning author, humanitarian, and true talent in the kitchen, JJ Johnson, shows Selena how to pull off a flavourful seafood gumbo – inspired by his time cooking in West Africa.	USA	English-100	RPT	PG		Y
2024-12-03	1530	<b>Ainsley's Good Mood Food</b>	Seaside Delights	Ainsley is rejoicing in everything the sea and the seaside has to offer. His first cook is a great way to spice up midweek meals, harissa crusted cod with quick chickpea, spinach and tomato stew, speedy and tasty.	UNITED KINGDOM	English-100	RPT	PG	a w	
2024-12-03	1625	<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		
2024-12-03	1630	<b>Oliver's Twist</b>	My New Kitchen	Jamie's new kitchen is finally done, but the gas isn't working. So while his good friend Andy takes care of that, Jamie whips up some great cold dishes.	UNITED KINGDOM	English-100	RPT	G		
2024-12-03	1700	<b>Freshly Picked</b>	Ep 7	That vegan dad Jack Rock is in the kitchen today with his delicious Chickpea Pasta Bake. Simon gets creative with a fruity salad and mixed berry pop tarts. Simon then heads to Lomas Orchard in search of juicy apples for his homemade sauce.	AUSTRALIA	English-100		G		
2024-12-03	1730	<b>My Market Kitchen</b>	Ep 67	Laura begins with her family favourite, spaghetti alla gricia. 'Man about Town' David Mann is with Chef Grant Flack cooking a gorgeous Buxton trout with tomato salad. Next, Mike makes yellow chicken drumstick curry, followed by Laura's homemade salmon fish sticks.	AUSTRALIA	English-100		PG		
2024-12-03	1800	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 4	Rick and Chalkie, his six-year-old Jack Russell terrier, indulge in a Cornish pastime - hunting for spider crabs at low tide in a secluded cove.	UNITED KINGDOM	English-100	RPT	PG	a w	
2024-12-03	1830	<b>Cook Like An Italian With Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 1 Ep 10	While Silvia loves tradition in the kitchen, she shares a few new tricks and hacks that Italians have learned to embrace. From a one-pot tuna pasta method even Silvia thought was too good to be true, to a no-knead method of baking sensational bread, and finally the easiest pasta dish Silvia has ever made.	AUSTRALIA	Enya-100	RPT	G		Y Y
2024-12-03	1900	<b>The Cook Up With Adam Liaw</b>	Florentine	It's an ode to Italy, as cookbook author Emiko Davies and Journalist Anthony Huckstep join Adam in The Cook Up kitchen to open our eyes to the recipes of Florence.	AUSTRALIA	English-100	RPT	G		Y
2024-12-03	1930	<b>Lorraine Pascale: Baking Made Easy</b>	Speed Baking	Lorraine Pascale is back in the kitchen and this time it's all about speed baking. First up: two super fast canapes, Totally Lazy Mini Sausage Rolls and Sun-dried Tomato and Rosemary Palmiers, and here's the secret, they're both made with shop-bought puff pastry with absolutely no guilt.	UNITED KINGDOM	English-100	RPT	G		
2024-12-03	2000	<b>Mark Moriarty: Off Duty Chef</b>	Food For Colder Days	In the first episode of this series, Mark shares three delicious recipes that are designed for when the weather outside is a bit cooler and you need something to warm you up.	UNITED KINGDOM	English-100		G		
2024-12-03	2030	<b>Jamie's Comfort Food</b>	Curried Fish Pie, Butter And Sage Gnudi And Hummingbird Cake	Episode five sees Jamie and young son, Buddy, making a curried fish pie. Unlike a traditional fish pie, this Indian-inspired version has amazing perfumed layers of flavour and a crispy, temper-drizzled top. Next, Jamie takes on a staple comfort food classic, the humble bacon sandwich.	UNITED KINGDOM	English-100		G		
2024-12-03	2130	<b>Come Dine With Me UK</b>	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	RPT	PG		
2024-12-03	2200	<b>Come Dine With Me UK</b>	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	RPT	PG		

2024-12-03	2230	<b>The Cook Up With Adam Liaw</b>	Christmas Dessert	Christmas is fast approaching, so for last-minute food ideas, The Cook Up is here for you! Host Adam Liaw is joined by food icon, writer and presenter Pamela Clark and owner of Andy Bowdy Pastry, Andrew Bowden, to create some favourite Christmas desserts.	AUSTRALIA	English-100	RPT	G	Y
2024-12-03	2300	<b>The Cook And The Chef</b>	Trout And Eggs	Maggie uses her trout in a green tomato salsa, combining sweet and savoury flavours to perfection. Simon shows us how to smoke our own trout and combines big flakes of the fish with mayonnaise in a chunky, satisfying sandwich.	AUSTRALIA	English-100	RPT	G	
2024-12-03	2330	<b>Lidia's Kitchen</b>	Southern Italian Salads	Calabria is famous for its fiery salami spread, 'Nduja. It is delicious on warm grilled bread, and Lidia shows us how to make a bruschetta with it. Along with a raw and cooked salad for summer.	USA	English-100	RPT	G	
2024-12-03	2400	<b>David Rocco's Dolce Homemade</b>	Spices	Keeping family and traditions together through food. David and guest Isabelle Loiacono re-create recipes passed down from Isabelle's family recipe book and using her Nonna's tools from the 1940s that she brought with her when she immigrated from Sicily.	CANADA	English-100	RPT	G	
2024-12-03	2430	<b>Lorraine Pascale: Baking Made Easy</b>	Speed Baking	Lorraine Pascale is back in the kitchen and this time it's all about speed baking. First up: two super fast canapes, Totally Lazy Mini Sausage Rolls and Sun-dried Tomato and Rosemary Palmiers, and here's the secret, they're both made with shop-bought puff pastry with absolutely no guilt.	UNITED KINGDOM	English-100	RPT	G	
2024-12-03	2500	<b>Mark Moriarty: Off Duty Chef</b>	Food For Colder Days	In the first episode of this series, Mark shares three delicious recipes that are designed for when the weather outside is a bit cooler and you need something to warm you up.	UNITED KINGDOM	English-100	RPT	G	
2024-12-03	2530	<b>Jamie's Comfort Food</b>	Curried Fish Pie, Butter And Sage Gnudi And Hummingbird Cake	Episode five sees Jamie and young son, Buddy, making a curried fish pie. Unlike a traditional fish pie, this Indian-inspired version has amazing perfumed layers of flavour and a crispy, temper-drizzled top. Next, Jamie takes on a staple comfort food classic, the humble bacon sandwich.	UNITED KINGDOM	English-100	RPT	G	
2024-12-03	2630	<b>Come Dine With Me UK</b>	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	RPT	PG	
2024-12-03	2700	<b>Come Dine With Me UK</b>	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	RPT	PG	
2024-12-03	2730	<b>The Cook Up With Adam Liaw</b>	Christmas Dessert	Christmas is fast approaching, so for last-minute food ideas, The Cook Up is here for you! Host Adam Liaw is joined by food icon, writer and presenter Pamela Clark and owner of Andy Bowdy Pastry, Andrew Bowden, to create some favourite Christmas desserts.	AUSTRALIA	English-100	RPT	G	Y
2024-12-03	2800	<b>The Cook And The Chef</b>	Trout And Eggs	Maggie uses her trout in a green tomato salsa, combining sweet and savoury flavours to perfection. Simon shows us how to smoke our own trout and combines big flakes of the fish with mayonnaise in a chunky, satisfying sandwich.	AUSTRALIA	English-100	RPT	G	
2024-12-03	2830	<b>Lidia's Kitchen</b>	Southern Italian Salads	Calabria is famous for its fiery salami spread, 'Nduja. It is delicious on warm grilled bread, and Lidia shows us how to make a bruschetta with it. Along with a raw and cooked salad for summer.	USA	English-100	RPT	G	
2024-12-04	0500	<b>David Rocco's Dolce Homemade</b>	Spices	Keeping family and traditions together through food. David and guest Isabelle Loiacono re-create recipes passed down from Isabelle's family recipe book and using her Nonna's tools from the 1940s that she brought with her when she immigrated from Sicily.	CANADA	English-100	RPT	G	
2024-12-04	0530	<b>Fun'q With Spencer Watts</b>	Grilltizers	The best grilled treats sometime come in tiny portions, so Spencer is making appetizers! A feast of flavours such as smoked beef meatballs, grilled mixed seafood salad, stuffed dates with bacon.	CANADA	English-100	RPT	PG	

2024-12-04	0600	<b>Food Safari</b>	Malaysian	Maeve explores the spicy world of Malaysian food, whose devotees cross oceans for the best laksa, roti and curry.	AUSTRALIA	English-100	RPT	G		Y
2024-12-04	0630	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 7	Food blogger Jo Whitton joins Helen in the kitchen to share a unique and mouth watering dessert recipe for pumpkin bownie pudding with peanut butter caramel sauce. Helen shares a way to make sausage rolls gluten free and incorporates an interesting Thai twist in the recipe.	AUSTRALIA	English-100	RPT	PG		
2024-12-04	0700	<b>Selena + Chef</b>	Selena + Jj Johnson	James Beard Award-winning author, humanitarian, and true talent in the kitchen, JJ Johnson, shows Selena how to pull off a flavourful seafood gumbo – inspired by his time cooking in West Africa.	USA	English-100	RPT	PG		Y
2024-12-04	0730	<b>Ainsley's Good Mood Food</b>	Seaside Delights	Ainsley is rejoicing in everything the sea and the seaside has to offer. His first cook is a great way to spice up midweek meals, harissa crusted cod with quick chickpea, spinach and tomato stew, speedy and tasty.	UNITED KINGDOM	English-100	RPT	PG	a w	
2024-12-04	0825	<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		
2024-12-04	0830	<b>Oliver's Twist</b>	My New Kitchen	Jamie's new kitchen is finally done, but the gas isn't working. So while his good friend Andy takes care of that, Jamie whips up some great cold dishes.	UNITED KINGDOM	English-100	RPT	G		
2024-12-04	0900	<b>Freshly Picked</b>	Ep 7	That vegan dad Jack Rock is in the kitchen today with his delicious Chickpea Pasta Bake. Simon gets creative with a fruity salad and mixed berry pop tarts. Simon then heads to Lomas Orcahrd in search of juicy apples for his homemade sauce.	AUSTRALIA	English-100	RPT	G		
2024-12-04	0930	<b>My Market Kitchen</b>	Ep 67	Laura begins with her family favourite, spaghetti alla gricia. 'Man about Town' David Mann is with Chef Grant Flack cooking a gorgeous Buxton trout with tomato salad. Next, Mike makes yellow chicken drumstick curry, followed by Laura's homemade salmon fish sticks.	AUSTRALIA	English-100	RPT	PG		
2024-12-04	1000	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 4	Rick and Chalkie, his six-year-old Jack Russell terrier, indulge in a Cornish pastime - hunting for spider crabs at low tide in a secluded cove.	UNITED KINGDOM	English-100	RPT	PG	a w	
2024-12-04	1030	<b>Cook Like An Italian With Silvia Colloca</b>	Cook Like An Italian With Silvia Colloca Series 1 Ep 10	While Silvia loves tradition in the kitchen, she shares a few new tricks and hacks that Italians have learned to embrace. From a one-pot tuna pasta method even Silvia thought was too good to be true, to a no-knead method of baking sensational bread, and finally the easiest pasta dish Silvia has ever made.	AUSTRALIA	Enya-100	RPT	G		Y Y
2024-12-04	1100	<b>The Cook Up With Adam Liaw</b>	Florentine	It's an ode to Italy, as cookbook author Emiko Davies and Journalist Anthony Huckstep join Adam in The Cook Up kitchen to open our eyes to the recipes of Florence.	AUSTRALIA	English-100	RPT	G		Y
2024-12-04	1130	<b>Jamie's Comfort Food</b>	Curried Fish Pie, Butter And Sage Gnudi And Hummingbird Cake	Episode five sees Jamie and young son, Buddy, making a curried fish pie. Unlike a traditional fish pie, this Indian-inspired version has amazing perfumed layers of flavour and a crispy, temper-dripped top. Next, Jamie takes on a staple comfort food classic, the humble bacon sandwich.	UNITED KINGDOM	English-100	RPT	G		
2024-12-04	1230	<b>Come Dine With Me</b>	Bristol 2	Hoping to finish the week a grand better off is footy fan Adam, who dedicates his dinner to his favourite sport - soccer. Will an evening of soccer splendor impress his guests, or leave them calling foul?	UNITED KINGDOM	English-100	RPT	PG		
2024-12-04	1300	<b>David Rocco's Dolce Napoli</b>	Easter In Ischia	The volcanic island of Ischia, in the gulf of Naples, is a popular tourist destination known for it's hot springs and amazing food. David joins the locals for the celebration of the Spring Equinox, where for the entire long weekend, people cook, eat and celebrate.	CANADA	English-100	RPT	PG		Y

2024-12-04	1330	<b>Fun'q With Spencer Watts</b>	Herbalicious	Spencer embraces the bounty of herbs and makes lavender salted spatchcock chicken with a balsamic truffle glaze, salmon steaks, pork tenderloins, and grilled fingerling and yam potato salad.	CANADA	English-100	RPT	PG			
2024-12-04	1400	<b>Food Safari</b>	Portuguese	Maeve O'Meara takes you on a journey within your very own kitchen and makes new flavours familiar. In tonight's episode, Maeve explores the world of Portuguese food.	AUSTRALIA	English-100	RPT	G			Y
2024-12-04	1430	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 8	Helen shares the perfect recipe for your next Taco Tuesday. The Mexican theme continues as Helen checks out 'Hotel Jesus' with head chef Matt Lane. For dessert, Taline Gabrielian (Hippie Lane) shares a healthier way to prepare 'Salty Caramel Tart'.	AUSTRALIA	English-100	RPT	G			
2024-12-04	1500	<b>Selena + Chef</b>	Selena + Jose Andres	Chef, restaurateur, and humanitarian Jose Andres challenges Selena to free herself from precise recipes and use her imagination to craft a fresh, colourful tapas spread.	USA	English-100	RPT	G			
2024-12-04	1530	<b>Food Markets: In The Belly Of The City</b>	Barcelona - La Boqueria	In a country where la tortilla is king, meet the farmer with 125,000 hens, unveil the region's most precious pastry sold every morning at the market and explore the most valued prawns in Europe.	FRANCE	English-52; Catalan-24; Spanish-24	RPT	PG	a w	Y	Y
2024-12-04	1630	<b>Oliver's Twist</b>	An Englishman And And Irishman	Jamie Oliver prepares another meal for his mates. Here, he visits fellow chef Richard Corrigan in the kitchen of his London restaurant.	UNITED KINGDOM	English-100	RPT	G			
2024-12-04	1700	<b>Freshly Picked</b>	Ep 8	Simon delivers a version of green curry that will please everyone, then takes paratha to the next level by wrapping crispy fried tofu in it. In the kitchen today, Jet Tranter is showing her Asian roots with triangle dumplings. Simon then heads to Pindatoes Produce & Products to pick some local fresh produce for his salt & pepper yams.	AUSTRALIA	English-100		G			
2024-12-04	1730	<b>My Market Kitchen</b>	Ep 68	Mike is joined by Said Hassan to make ham and cheese empanadas. Laura and Catherine Velisha prepare braised cabbage with macadamia butter and dukkah. Finally, Laura teams up with Adam Walls, who matches white wine with her tinned tuna pasta.	AUSTRALIA	English-100		PG			
2024-12-04	1800	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 5	One of Britain's most popular fish is plaice, which Rick cooks in a special sauce, made with red wine, leeks and parma ham. He names the sauce after his sons band - Pablo.	UNITED KINGDOM	English-100	RPT	PG	a w		
2024-12-04	1830	<b>Cook Like An Italian With Silvia Colloca</b>	Passata Day	For Italians the tomato is a national treasure. And once every year passionate Italian families all over Australia come together to make their yearly supply of la Passata.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-12-04	1900	<b>The Cook Up With Adam Liaw</b>	Brilliant Breakfast	Cooking a cornerstone of Australian cuisine, Adam is joined in The Cook Up kitchen by food photographer Luisa Brimble and chef Matteo Zamboni for some brilliant breakfasts.	AUSTRALIA	English-100	RPT	G			Y
2024-12-04	1930	<b>Marcus Wareing At Christmas</b>	Continental Christmas	In this episode Marcus Wareing is shaking up the traditional British Christmas by drawing on delicious dishes from across Europe. First up, Marcus creates a stunning celebration Bundt cake, decorated with pistachios and lemon zest.	UNITED KINGDOM	English-100		PG			
2024-12-04	2000	<b>Marcus Wareing At Christmas</b>	Celebration Puddings	This episode of Marcus Wareing at Christmas serves up a selection of scrumptious puddings perfect for a celebration. First up, it's Marcus' luxurious spin on the deliciously indulgent bread and butter pudding with decadent panettone, plump sultanas and dark chocolate chunks all set in a rich creamy custard.	UNITED KINGDOM	English-100		PG			
2024-12-04	2030	<b>Adam Richman Eats Britain</b>	Yorkshire Pudding	Global food explorer Adam is touring Britain, one incredible, edible place at a time, using the map as his menu to visit places in Britain that have given their name to world famous dishes. He begins his countryside taste tour with a family connection - his great-grandfather was from Leeds, so what better place to eat the best of Yorkshire?	UNITED KINGDOM	English-100					

2024-12-04	2100	<b>Masters Of Taste With Gary Mehigan</b>	Hyderabad - Nizami Food	Gary Mehigan is hosted by patrons of good food and luxury; will his dish impress the Masters of Taste?	USA	English-100		G	
2024-12-04	2130	<b>Come Dine With Me UK</b>	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 entertainment manager David will find her food too unusual.	UNITED KINGDOM	English-100	RPT	PG	
2024-12-04	2200	<b>Come Dine With Me UK</b>	Guildford Day 4	It's the penultimate day in Guildford and the turn of entertainment manager David to host. And with simple food, it's David's fun, excitement and entertainment that are the main event.	UNITED KINGDOM	English-100	RPT	PG	
2024-12-04	2230	<b>The Cook Up With Adam Liaw</b>	Christmas Roast	Tonight, it's all about the classic Christmas roast. Host Adam Liaw, Paramount's Christine Manfield and Bird Cow Fish chef Alex Herbert are in The Cook Up kitchen doing their best roasts!	AUSTRALIA	English-100	RPT	G	Y
2024-12-04	2300	<b>The Cook And The Chef</b>	Bush Tucker And Buffalo Mozzarella	Maggie's lightly cooked marinated roo sits perfectly with beetroot and anchovy butter, while the bold texture of Simon's emu holds up to a slow cook in a rich, sweet curry. Maggie then features lightly textured, milky buffalo mozzarella with roasted red onions while Simon uses the porcelain white cheese in a simple but impressive souffle.	AUSTRALIA	English-100	RPT	G	
2024-12-04	2330	<b>Lidia's Kitchen</b>	Everything Rice	Today is all about rice, and Lidia teaches viewers how to master the technique of making risotto. She also makes red onions with rice, and how to use leftover risotto to make fried ones.	USA	English-100	RPT	G	
2024-12-04	2400	<b>David Rocco's Dolce Napoli</b>	Easter In Ischia	The volcanic island of Ischia, in the gulf of Naples, is a popular tourist destination known for it's hot springs and amazing food. David joins the locals for the celebration of the Spring Equinox, where for the entire long weekend, people cook, eat and celebrate.	CANADA	English-100	RPT	PG	Y
2024-12-04	2430	<b>Marcus Wareing At Christmas</b>	Continental Christmas	In this episode Marcus Wareing is shaking up the traditional British Christmas by drawing on delicious dishes from across Europe. First up, Marcus creates a stunning celebration Bundt cake, decorated with pistachios and lemon zest.	UNITED KINGDOM	English-100	RPT	PG	
2024-12-04	2500	<b>Marcus Wareing At Christmas</b>	Celebration Puddings	This episode of Marcus Wareing at Christmas serves up a selection of scrumptious puddings perfect for a celebration. First up, it's Marcus' luxurious spin on the deliciously indulgent bread and butter pudding with decadent panettone, plump sultanas and dark chocolate chunks all set in a rich creamy custard.	UNITED KINGDOM	English-100	RPT	PG	
2024-12-04	2530	<b>Adam Richman Eats Britain</b>	Yorkshire Pudding	Global food explorer Adam is touring Britain, one incredible, edible place at a time, using the map as his menu to visit places in Britain that have given their name to world famous dishes. He begins his countrywide taste tour with a family connection - his great-grandfather was from Leeds, so what better place to eat the best of Yorkshire?	UNITED KINGDOM	English-100	RPT		
2024-12-04	2600	<b>Masters Of Taste With Gary Mehigan</b>	Hyderabad - Nizami Food	Gary Mehigan is hosted by patrons of good food and luxury; will his dish impress the Masters of Taste?	USA	English-100	RPT	G	
2024-12-04	2630	<b>Come Dine With Me UK</b>	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 entertainment manager David will find her food too unusual.	UNITED KINGDOM	English-100	RPT	PG	
2024-12-04	2700	<b>Come Dine With Me UK</b>	Guildford Day 4	It's the penultimate day in Guildford and the turn of entertainment manager David to host. And with simple food, it's David's fun, excitement and entertainment that are the main event.	UNITED KINGDOM	English-100	RPT	PG	

2024-12-04	2730	<b>The Cook Up With Adam Liaw</b>	Christmas Roast	Tonight, it's all about the classic Christmas roast. Host Adam Liaw, Paramount's Christine Manfield and Bird Cow Fish chef Alex Herbert are in The Cook Up kitchen doing their best roasts!	AUSTRALIA	English-100	RPT	G		Y	
2024-12-04	2800	<b>The Cook And The Chef</b>	Bush Tucker And Buffalo Mozzarella	Maggie's lightly cooked marinated roo sits perfectly with beetroot and anchovy butter, while the bold texture of Simon's emu holds up to a slow cook in a rich, sweet curry. Maggie then features lightly textured, milky buffalo mozzarella with roasted red onions while Simon uses the porcelain white cheese in a simple but impressive soufflé.	AUSTRALIA	English-100	RPT	G			
2024-12-04	2830	<b>Lidia's Kitchen</b>	Everything Rice	Today is all about rice, and Lidia teaches viewers how to master the technique of making risotto. She also makes red onions with rice, and how to use leftover risotto to make fried ones.	USA	English-100	RPT	G			
2024-12-05	0500	<b>David Rocco's Dolce Napoli</b>	Easter In Ischia	The volcanic island of Ischia, in the gulf of Naples, is a popular tourist destination known for it's hot springs and amazing food. David joins the locals for the celebration of the Spring Equinox, where for the entire long weekend, people cook, eat and celebrate.	CANADA	English-100	RPT	PG		Y	
2024-12-05	0530	<b>Fun'q With Spencer Watts</b>	Herbalicious	Spencer embraces the bounty of herbs and makes lavender salted spatchcock chicken with a balsamic truffle glaze, salmon steaks, pork tenderloins, and grilled fingerling and yam potato salad.	CANADA	English-100	RPT	PG			
2024-12-05	0600	<b>Food Safari</b>	Portuguese	Maeve O'Meara takes you on a journey within your very own kitchen and makes new flavours familiar. In tonight's episode, Maeve explores the world of Portuguese food.	AUSTRALIA	English-100	RPT	G		Y	
2024-12-05	0630	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 8	Helen shares the perfect recipe for your next Taco Tuesday. The Mexican theme continues as Helen checks out 'Hotel Jesus' with head chef Matt Lane. For dessert, Taline Gabrielian (Hippie Lane) shares a healthier way to prepare 'Salty Caramel Tart'.	AUSTRALIA	English-100	RPT	G			
2024-12-05	0700	<b>Selena + Chef</b>	Selena + Jose Andres	Chef, restaurateur, and humanitarian Jose Andres challenges Selena to free herself from precise recipes and use her imagination to craft a fresh, colourful tapas spread.	USA	English-100	RPT	G			
2024-12-05	0730	<b>Food Markets: In The Belly Of The City</b>	Barcelona - La Boqueria	In a country where la tortilla is king, meet the farmer with 125,000 hens, unveil the region's most precious pastry sold every morning at the market and explore the most valued prawns in Europe.	FRANCE	English-52; Catalan-24; Spanish-24	RPT	PG	a w	Y	Y
2024-12-05	0830	<b>Oliver's Twist</b>	An Englishman And And Irishman	Jamie Oliver prepares another meal for his mates. Here, he visits fellow chef Richard Corrigan in the kitchen of his London restaurant.	UNITED KINGDOM	English-100	RPT	G			
2024-12-05	0900	<b>Freshly Picked</b>	Ep 8	Simon delivers a version of green curry that will please everyone, then takes paratha to the next level by wrapping crispy fried tofu in it. In the kitchen today, Jet Tranter is showing her Asian roots with triangle dumplings. Simon then heads to Pindatoes Produce & Products to pick some local fresh produce for his salt & pepper yams.	AUSTRALIA	English-100	RPT	G			
2024-12-05	0930	<b>My Market Kitchen</b>	Ep 68	Mike is joined by Said Hassan to make ham and cheese empanadas. Laura and Catherine Velisha prepare braised cabbage with macadamia butter and dukkah. Finally, Laura teams up with Adam Walls, who matches white wine with her tinned tuna pasta.	AUSTRALIA	English-100	RPT	PG			
2024-12-05	1000	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 5	One of Britain's most popular fish is plaice, which Rick cooks in a special sauce, made with red wine, leeks and parma ham. He names the sauce after his sons band - Pablo.	UNITED KINGDOM	English-100	RPT	PG	a w		
2024-12-05	1030	<b>Cook Like An Italian With Silvia Colloca</b>	Passata Day	For Italians the tomato is a national treasure. And once every year passionate Italian families all over Australia come together to make their yearly supply of la Passata.	AUSTRALIA	English-100	RPT	G		Y	Y

2024-12-05	1100	<b>The Cook Up With Adam Liaw</b>	Brilliant Breakfast	Cooking a cornerstone of Australian cuisine, Adam is joined in The Cook Up kitchen by food photographer Luisa Brimble and chef Matteo Zamboni for some brilliant breakfasts.	AUSTRALIA	English-100	RPT	G		Y	
2024-12-05	1130	<b>Adam Richman Eats Britain</b>	Yorkshire Pudding	Global food explorer Adam is touring Britain, one incredible, edible place at a time, using the map as his menu to visit places in Britain that have given their name to world famous dishes. He begins his countrywide taste tour with a family connection - his great-grandfather was from Leeds, so what better place to eat the best of Yorkshire?	UNITED KINGDOM	English-100	RPT				
2024-12-05	1200	<b>Masters Of Taste With Gary Mehigan</b>	Hyderabad - Nizami Food	Gary Mehigan is hosted by patrons of good food and luxury; will his dish impress the Masters of Taste?	USA	English-100	RPT	G			
2024-12-05	1230	<b>Come Dine With Me</b>	Bristol 3	Wishing to walk away with this week's wad of a grand is 62-year-old dance enthusiast and property developer Joe, whose theme is a Caribbean holiday.	UNITED KINGDOM	English-100	RPT	PG			
2024-12-05	1300	<b>David Rocco's Dolce Napoli</b>	Pizza Mia	What makes a great pizza, or pizza margherita? Is it the rich, sweet flavour of the San Marzano tomato sauce, the right amount of creamy buffalo mozzarella, the fresh hit of basil or the perfect balance of all three?	CANADA	English-100	RPT	PG		Y	
2024-12-05	1330	<b>Fun'q With Spencer Watts</b>	Fiesta Bbq	A fiesta is a celebration and Spencer makes some delicious grilled food! Starting with spiced cola pork ribs, shredded chicken mole and masa tortillas, a light ceviche with spicy habanero sauce.	CANADA	English-100	RPT	G			
2024-12-05	1400	<b>Food Safari</b>	Vietnamese	The fresh and healthy world of Vietnamese food contains dishes that are both balanced in flavour and good for the body and the soul. Maeve joins her friend Peter Nguyen, engineer and food expert to learn which fish sauce is best used for cooking and which one for salads and why it's similar to olive oil in its purity and health benefits. Peter also explains how to choose the right rice paper and where to find coconut juice.	AUSTRALIA	English-100	RPT	G		Y	
2024-12-05	1430	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 9	Buying gluten free bread can be tricky and expensive, so Helen shares a recipe to make your own bread at home - the addition of buckwheat and chia makes it high fibre. Best selling author Luke Hines is back with vegan 'Cauliflower Nuggets' served with an easy barbecue dipping sauce.	AUSTRALIA	English-100	RPT	G		Y	
2024-12-05	1500	<b>Selena + Chef</b>	Selena + Marcus Samuelsson	Internationally acclaimed chef, Marcus Samuelsson coaches Selena through a heart-warming dish filled with flavour: seared salmon with a radicchio bulgur salad and salmon miso soup.	USA	English-100	RPT	G		Y	
2024-12-05	1530	<b>Food Markets: In The Belly Of The City</b>	Budapest - Kozponti Vasarcarnok	The largest indoor market in Budapest is also the most elegant in Europe! Spanning over three levels, the impressive building that holds the central food market is long recognised as a marvel. Wander the stalls and be blown away by the wealth of products on display.	FRANCE	English-60; Hungarian-40	RPT	PG	a w	Y	Y
2024-12-05	1630	<b>Oliver's Twist</b>	Flash In The PAN	Jamie meets a friend in Borough and cooks a spring frittata on a camping stove in the middle of the market.	UNITED KINGDOM	English-100	RPT	G			
2024-12-05	1700	<b>Freshly Picked</b>	Ep 9	Simon's mom brings one of their favourite family dishes to the kitchen. Simon's marinated olives & macadamias with lemon zest will complement any gathering. Following tomato and eggplant curry, Simon heads back to Kinsfolk Farm for another tasty recipe, this time featuring brassica leaves.	AUSTRALIA	English-100		G			
2024-12-05	1730	<b>My Market Kitchen</b>	Ep 69	Mike makes a wonderful Katsuobushi duck leg bao. Laura follows with cauliflower tandoori with cashew yoghurt. Adam D'Sylva whips up a smoked trout Asian-style omelette, and Laura finishes with an Asian inspirations mystery box, resulting in gado gado salad.	AUSTRALIA	English-100		PG			
2024-12-05	1800	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 6	The most important day in Padstow's calendar has the locals beating out the spirits of winter and welcoming summer. May Day means the little town is full of beating drums and laughter.	UNITED KINGDOM	English-100	RPT	PG	I		

2024-12-05	1830	<b>Cook Like An Italian With Silvia Colloca</b>	Ferragosto	Ferragosto is a summer feast that Italians have celebrated at the peak of summer for over 2000 years. It's a family food ritual that sits all of Italy down at the table to eat and drink as one, and in this episode Silvia hosts her Italian friends and prepares an amazing 3 course feast of incredible seafood, a traditional neapolitan ragu and an irresistible homemade affogato.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-12-05	1900	<b>The Cook Up With Adam Liaw</b>	Posh Sandwiches	Adam, head chef Nelly Robinson and TV personality Lyndey Milan are making sandwiches. But not just any sandwiches - they're very posh!	AUSTRALIA	English-100	RPT	G		Y	
2024-12-05	1930	<b>Ainsley's Great Garden Cook Off</b>	Serena Appleby And Judy Joo	Ainsley is joined by chefs Serena Appleby and Judy Joo in Bristol for a light-hearted cooking contest in the National Trust estate's stunning kitchen garden.	UNITED KINGDOM	English-100		G			
2024-12-05	2030	<b>Nico Reynolds: Cook In, Cook Out</b>	Episode 4	Life is busy and sometimes you need to get dinner to the table fast - without compromising on flavour! Nico has four super quick dishes to share - two for the grill and two for the kitchen.	IRELAND	English-100		G			
2024-12-05	2100	<b>Symon's Dinners Cooking Out</b>	Chicken And Waffles Gone Greek	Inspired by his Greek heritage, Michael Symon combines some very traditional dishes and applies some unique summery twists. Utilising the earthy flavors of the Eastern Mediterranean, Michael marinates chicken thighs in a sesame seed sauce to add an extra crunch before finishing them on the grill.	USA	English-100		G			
2024-12-05	2130	<b>Come Dine With Me UK</b>	Guildford Day 5	It's the final day in Guildford, and Neil is hoping to land the prize with his sophisticated menu of a caviar starter, Moroccan lamb main and an artistically angled panna cotta for dessert.	UNITED KINGDOM	English-100	RPT	PG			
2024-12-05	2200	<b>Come Dine With Me UK</b>	Exeter Day 1	35-year-old salon owner Hannah is hoping to impress her guests with a menu bursting with taste sensations, but her technique of combining flavours she loves may not tickle the taste-buds of all her foodie guests.	UNITED KINGDOM	English-100	RPT	PG	a l		
2024-12-05	2230	<b>The Cook Up With Adam Liaw</b>	Mozzarella	Comedian and TV presenter Julia Zemiro and chef Morgan McGlone are in the kitchen cooking up their favourite mozzarella treats.	AUSTRALIA	English-100	RPT	PG	i	Y	
2024-12-05	2300	<b>The Cook And The Chef</b>	Diabetic Diet, A	Maggie and Simon demonstrate how good nutrition and flavour can go hand in hand. Maggie's spelt pasta with pumpkin, and her mushroom, barley, and sherry soup are not only unctuous and satisfying, but tick all the boxes for good fibre, low fat, low sugar and moderate carbohydrates.	AUSTRALIA	English-100	RPT	G			
2024-12-05	2330	<b>Lidia's Kitchen</b>	Chocolate And Dinner	Lidia shares some of her favourite chocolate desserts and one deliciously creamy risotto recipe. First, she makes a chocolate hazelnut bread parfait, then a chocolate zabaglione.	USA	English-100	RPT	G			
2024-12-05	2400	<b>David Rocco's Dolce Napoli</b>	Pizza Mia	What makes a great pizza, or pizza margherita? Is it the rich, sweet flavour of the San Marzano tomato sauce, the right amount of creamy buffalo mozzarella, the fresh hit of basil or the perfect balance of all three?	CANADA	English-100	RPT	PG			Y
2024-12-05	2430	<b>Ainsley's Great Garden Cook Off</b>	Serena Appleby And Judy Joo	Ainsley is joined by chefs Serena Appleby and Judy Joo in Bristol for a light-hearted cooking contest in the National Trust estate's stunning kitchen garden.	UNITED KINGDOM	English-100	RPT	G			
2024-12-05	2525	<b>Destination Flavour Japan Bitesize</b>	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



2024-12-05	2530	<b>Nico Reynolds: Cook In, Cook Out</b>	Episode 4	Life is busy and sometimes you need to get dinner to the table fast - without compromising on flavour! Nico has four super quick dishes to share - two for the grill and two for the kitchen.	IRELAND	English-100	RPT	G				
2024-12-05	2600	<b>Symon's Dinners Cooking Out</b>	Chicken And Waffles Gone Greek	Inspired by his Greek heritage, Michael Symon combines some very traditional dishes and applies some unique summery twists. Utilising the earthy flavors of the Eastern Mediterranean, Michael marinates chicken thighs in a sesame seed sauce to add an extra crunch before finishing them on the grill.	USA	English-100	RPT	G				
2024-12-05	2630	<b>Come Dine With Me UK</b>	Guildford Day 5	It's the final day in Guildford, and Neil is hoping to land the prize with his sophisticated menu of a caviar starter, Moroccan lamb main and an artistically angled panna cotta for dessert.	UNITED KINGDOM	English-100	RPT	PG				
2024-12-05	2700	<b>Come Dine With Me UK</b>	Exeter Day 1	35-year-old salon owner Hannah is hoping to impress her guests with a menu bursting with taste sensations, but her technique of combining flavours she loves may not tickle the taste-buds of all her foodie guests.	UNITED KINGDOM	English-100	RPT	PG	a	l		
2024-12-05	2730	<b>The Cook Up With Adam Liaw</b>	Mozzarella	Comedian and TV presenter Julia Zemiro and chef Morgan McGlone are in the kitchen cooking up their favourite mozzarella treats.	AUSTRALIA	English-100	RPT	PG	I	Y		
2024-12-05	2800	<b>The Cook And The Chef</b>	Diabetic Diet, A	Maggie and Simon demonstrate how good nutrition and flavour can go hand in hand. Maggie's spelt pasta with pumpkin, and her mushroom, barley, and sherry soup are not only unctuous and satisfying, but tick all the boxes for good fibre, low fat, low sugar and moderate carbohydrates.	AUSTRALIA	English-100	RPT	G				
2024-12-05	2830	<b>Lidia's Kitchen</b>	Chocolate And Dinner	Lidia shares some of her favourite chocolate desserts and one deliciously creamy risotto recipe. First, she makes a chocolate hazelnut bread parfait, then a chocolate zabaglione.	USA	English-100	RPT	G				
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2024-12-06	0530	<b>Fun'q With Spencer Watts</b>	Fiesta Bbq	A fiesta is a celebration and Spencer makes some delicious grilled food! Starting with spiced cola pork ribs, shredded chicken mole and masa tortillas, a light ceviche with spicy habanero sauce.	CANADA	English-100	RPT	G				
2024-12-06	0600	<b>Food Safari</b>	Vietnamese	The fresh and healthy world of Vietnamese food contains dishes that are both balanced in flavour and good for the body and the soul. Maeve joins her friend Peter Nguyen, engineer and food expert to learn which fish sauce is best used for cooking and which one for salads and why it's similar to olive oil in its purity and health benefits. Peter also explains how to choose the right rice paper and where to find coconut juice.	AUSTRALIA	English-100	RPT	G		Y		
2024-12-06	0630	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 9	Buying gluten free bread can be tricky and expensive, so Helen shares a recipe to make your own bread at home - the addition of buckwheat and chia makes it high fibre. Best selling author Luke Hines is back with vegan 'Cauliflower Nuggets' served with an easy barbecue dipping sauce.	AUSTRALIA	English-100	RPT	G		Y		
2024-12-06	0700	<b>Selena + Chef</b>	Selena + Marcus Samuelsson	Internationally acclaimed chef, Marcus Samuelsson coaches Selena through a heart-warming dish filled with flavour: seared salmon with a radicchio bulgur salad and salmon miso soup.	USA	English-100	RPT	G		Y		
2024-12-06	0730	<b>Food Markets: In The Belly Of The City</b>	Budapest - Kozponti Vasarcsarnok	The largest indoor market in Budapest is also the most elegant in Europe! Spanning over three levels, the impressive building that holds the central food market is long recognised as a marvel. Wander the stalls and be blown away by the wealth of products on display.	FRANCE	English-60; Hungarian-40	RPT	PG	a	w	Y	Y

2024-12-06	0830	Oliver's Twist	Flash In The PAN	Jamie meets a friend in Borough and cooks a spring frittata on a camping stove in the middle of the market.	UNITED KINGDOM	English-100	RPT	G		
2024-12-06	0900	Freshly Picked	Ep 9	Simon's mom brings one of their favourite family dishes to the kitchen. Simon's marinated olives & macadamias with lemon zest will complement any gathering. Following tomato and eggplant curry, Simon heads back to Kinsfolk Farm for another tasty recipe, this time featuring brassica leaves.	AUSTRALIA	English-100	RPT	G		
2024-12-06	0930	My Market Kitchen	Ep 69	Mike makes a wonderful Katsuobushi duck leg bao. Laura follows with cauliflower tandoori with cashew yoghurt. Adam D'Sylva whips up a smoked trout Asian-style omelette, and Laura finishes with an Asian inspirations mystery box, resulting in gado gado salad.	AUSTRALIA	English-100	RPT	PG		
2024-12-06	1000	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 6	The most important day in Padstow's calendar has the locals beating out the spirits of winter and welcoming summer. May Day means the little town is full of beating drums and laughter.	UNITED KINGDOM	English-100	RPT	PG	I	
2024-12-06	1030	Cook Like An Italian With Silvia Colloca	Ferragosto	Ferragosto is a summer feast that Italians have celebrated at the peak of summer for over 2000 years. It's a family food ritual that sits all of Italy down at the table to eat and drink as one, and in this episode Silvia hosts her Italian friends and prepares an amazing 3 course feast of incredible seafood, a traditional neapolitan ragu and an irresistible homemade affogato.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-12-06	1100	The Cook Up With Adam Liaw	Posh Sandwiches	Adam, head chef Nelly Robinson and TV personality Lyndey Milan are making sandwiches. But not just any sandwiches - they're very posh!	AUSTRALIA	English-100	RPT	G	Y	
2024-12-06	1130	Nico Reynolds: Cook In, Cook Out	Episode 4	Life is busy and sometimes you need to get dinner to the table fast - without compromising on flavour! Nico has four super quick dishes to share - two for the grill and two for the kitchen.	IRELAND	English-100	RPT	G		
2024-12-06	1200	Symon's Dinners Cooking Out	Chicken And Waffles Gone Greek	Inspired by his Greek heritage, Michael Symon combines some very traditional dishes and applies some unique summery twists. Utilising the earthy flavors of the Eastern Mediterranean, Michael marinates chicken thighs in a sesame seed sauce to add an extra crunch before finishing them on the grill.	USA	English-100	RPT	G		
2024-12-06	1230	Come Dine With Me	Bristol 4	This is the night all the guests have been waiting for, seeing Jack in his element. They all embrace the theme, but Jack's timings and temperatures make it hard not to notice the pressure he has put himself under.	UNITED KINGDOM	English-100	RPT	PG		
2024-12-06	1300	David Rocco's Dolce Napoli	Napoli Street Food	Napoli is a vibrant city packed with markets, restaurants and street vendors. Which means, that Napoli has a street food scene that can't be beat!	CANADA	English-100	RPT	PG	a w	Y
2024-12-06	1330	My Market Kitchen	My Market Kitchen Series 4 Ep 1	Elena Duggan and Khanh Ong head into the kitchen to cook some of their favourite recipes. Khanh makes his easy go-to breakfast Omelette, then a tantalising Vietnamese sesame beef vermicelli salad. Elena then bakes a Mexican inspired brownie.	AUSTRALIA	English-100	RPT	G		
2024-12-06	1400	Food Safari	Indian	In this episode, Maeve O'Meara ventures into the colourful and spicy world of Indian food, displaying how to make some fabulous 10-minute dishes as well as the secrets of great curries from the subcontinent. Top chef Kumar Mahadevan shows the easy steps to a tender, flavour-some rogan josh while Ajoy Joshi cooks Hyderabadi chicken in spices and its own juices.	AUSTRALIA	English-100	RPT	G	Y	
2024-12-06	1430	Loving Gluten Free	Loving Gluten Free Series 1 Ep 10	Love cake but have no time to bake? Helen has a one-minute chocolate cake that you can prepare in a cup. Food blogger and salad queen Ronnit Hoppe from Balaboosta keeps healthy food interesting with a recipe for roasted apple, pear and beetroot salad.	AUSTRALIA	English-100	RPT	G		
2024-12-06	1500	Selena + Chef	Selena + Kelis Rogers	Kelis Rogers is not only a successful singer and songwriter, but also a cookbook author! She introduces Selena to a decadent oxtail yuca poutine and rosemary apple cranberry buckle.	USA	English-100	RPT	PG		

2024-12-06	1530	<b>Food Markets: In The Belly Of The City</b>	Lyon - La Croix Rousse	A natural haven of tasty delights and local delicacies, the Croix Rousse is Lyon's market gem. The Croix Rousse specialises in its supply of rich local products and weekly organic market.	FRANCE	English-66; French-34	RPT	PG	Y	Y
2024-12-06	1630	<b>Oliver's Twist</b>	Very British Bbq, A	Jamie makes a BBQ for his two Australian mates, but because of the British weather they are forced to have the BBQ indoors.	UNITED KINGDOM	English-100	RPT	G		
2024-12-06	1700	<b>Freshly Picked</b>	Ep 10	Judith Lucy is here with Simon to learn how to cook potatoes that are easy but delicious. Simon then ventures to Queenscliff Bricktown to find the secrets of the perfect coffee.	AUSTRALIA	English-100		PG		
2024-12-06	1730	<b>My Market Kitchen</b>	Ep 70	Laura kicks off the show in the Market Kitchen with her delicious raspberry grappa jam drops. Mike follows with his fish balls with ancho chilli sauce. Then, Laura makes her quinoa and beetroot burgers.	AUSTRALIA	English-100		PG		
2024-12-06	1800	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 7	It is the day of the Seafood Restaurant staff's barbeque, where cooks, cleaners and waiters get together on the beach for a really good time. Rick cooks a suitably special dish - spicy seafood curry.	UNITED KINGDOM	English-100	RPT	G		
2024-12-06	1830	<b>Cook Like An Italian With Silvia Colloca</b>	No Waste	Italian home cooks learn from a young age that resourcefulness in the kitchen can save the day, and the bank. The art of breathing fresh new life into leftovers is one of the most valuable things Silvia's mother ever taught her in the kitchen. To prove it, after she cooks beautiful zucchini pasta.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-12-06	1900	<b>The Cook Up With Adam Liaw</b>	Faster Than Delivery	Actor and writer Jenevieve Chang, and journalist Jason Om join Adam in The Cook Up kitchen to create dishes that take less time than anything you can order for delivery.	AUSTRALIA	English-100	RPT	G	Y	
2024-12-06	1930	<b>Jamie's Italian Christmas</b>	Jamie's Italian Christmas	This year, Jamie Oliver is drawing inspiration from the snowy Alps of Northern Italy to help you create your most delicious Christmas Day yet. In a cosy log cabin, Jamie will cook up an epic meal for Christmas Day; taking the best of a traditional Christmas dinner - the turkey and all the trimmings - and giving it extra sparkle using exciting Italian ideas to create something truly magical.	UNITED KINGDOM	English-100		G		Y
2024-12-06	2030	<b>Rick Stein's Christmas Odyssey</b>	Rick Stein's Far Eastern Odyssey Xmas Special	Rick Stein shares the answer to the big cooking dilemma facing us all at Christmas time - what to do with that cold turkey?	UNITED KINGDOM	English-100	RPT	G	Y	Y
2024-12-06	2140	<b>Mark Moriarty: Off Duty Chef Christmas</b>	Episode 1	This episode features a classic Christmas menu, packed with Mark's much-loved techniques and tips for a traditional spread, including cheesy mushroom vol au vents with salsa verde for starters and a classic roast turkey crown with roasted carrots and stuffing for mains.	UNITED KINGDOM	English-100				
2024-12-06	2210	<b>Mark Moriarty: Off Duty Chef Christmas</b>	Episode 2	This episode focuses on a contemporary festive menu and Mark will be sharing some tips on how to create delicious and quick snacks for guests, including salmon gravadlax served on toasted brioche with fennel slaw and a spiced beef short-rib served with roast potatoes with feta and coriander.	UNITED KINGDOM	English-100				
2024-12-06	2240	<b>The Cook Up With Adam Liaw</b>	Food With A Story	Mabu Mabu owner and chef Normie Bero and actor Andy Triue are in The Cook Up Kitchen with Adam Liaw to delve into their lives to create food with a story.	AUSTRALIA	English-100	RPT	G	Y	
2024-12-06	2310	<b>The Cook And The Chef</b>	Dried Food And Eels	Simon visits a Vietnamese supermarket, and he's like a kid in a candy store. Maggie has asked Simon to pick up some bonito and dried shiitake mushrooms, but he's also looking for inspiration for his own dish.	AUSTRALIA	English-100	RPT	G		
2024-12-06	2340	<b>Lidia's Kitchen</b>	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	RPT	G		

2024-12-06	2405	David Rocco's Dolce Napoli	Napoli Street Food	Napoli is a vibrant city packed with markets, restaurants and street vendors. Which means, that Napoli has a street food scene that can't be beat!	CANADA	English-100	RPT	PG	a w	Y
2024-12-06	2430	Jamie's Italian Christmas	Jamie's Italian Christmas	This year, Jamie Oliver is drawing inspiration from the snowy Alps of Northern Italy to help you create your most delicious Christmas Day yet. In a cosy log cabin, Jamie will cook up an epic meal for Christmas Day, taking the best of a traditional Christmas dinner - the turkey and all the trimmings - and giving it extra sparkle using exciting Italian ideas to create something truly magical.	UNITED KINGDOM	English-100	RPT	G		Y
2024-12-06	2530	Rick Stein's Christmas Odyssey	Rick Stein's Far Eastern Odyssey Xmas Special	Rick Stein shares the answer to the big cooking dilemma facing us all at Christmas time - what to do with that cold turkey?	UNITED KINGDOM	English-100	RPT	G		Y Y
2024-12-06	2635	Mark Moriarty: Off Duty Chef Christmas	Episode 1	This episode features a classic Christmas menu, packed with Mark's much-loved techniques and tips for a traditional spread, including cheesy mushroom vol au vents with salsa verde for starters and a classic roast turkey crown with roasted carrots and stuffing for mains.	UNITED KINGDOM	English-100	RPT			
2024-12-06	2705	Mark Moriarty: Off Duty Chef Christmas	Episode 2	This episode focuses on a contemporary festive menu and Mark will be sharing some tips on how to create delicious and quick snacks for guests, including salmon gravadlax served on toasted brioche with fennel slaw and a spiced beef short-rib served with roast potatoes with feta and coriander.	UNITED KINGDOM	English-100	RPT			
2024-12-06	2735	The Cook Up With Adam Liaw	Food With A Story	Mabu Mabu owner and chef Norrie Bero and actor Andy Trieu are in The Cook Up Kitchen with Adam Liaw to delve into their lives to create food with a story.	AUSTRALIA	English-100	RPT	G		Y
2024-12-06	2805	The Cook And The Chef	Dried Food And Eels	Simon visits a Vietnamese supermarket, and he's like a kid in a candy store. Maggie has asked Simon to pick up some bonito and dried shiitake mushrooms, but he's also looking for inspiration for his own dish.	AUSTRALIA	English-100	RPT	G		
2024-12-06	2835	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 pailards with arugula salad,	USA	English-100	RPT	G		
2024-12-07	0500	David Rocco's Dolce Napoli	Napoli Street Food	Napoli is a vibrant city packed with markets, restaurants and street vendors. Which means, that Napoli has a street food scene that can't be beat!	CANADA	English-100	RPT	PG	a w	Y
2024-12-07	0530	My Market Kitchen	My Market Kitchen Series 4 Ep 1	Elena Duggan and Khanh Ong head into the kitchen to cook some of their favourite recipes. Khanh makes his easy go-to breakfast Omelette, then a tantalising Vietnamese sesame beef vermicelli salad. Elena then bakes a Mexican inspired brownie.	AUSTRALIA	English-100	RPT	G		
2024-12-07	0600	Food Safari	Indian	In this episode, Maeve O'Meara ventures into the colourful and spicy world of Indian food, displaying how to make some fabulous 10-minute dishes as well as the secrets of great curries from the subcontinent. Top chef Kumar Mahadevan shows the easy steps to a tender, flavour-some rogan josh while Ajoy Joshi cooks Hyderabadi chicken in spices and its own juices.	AUSTRALIA	English-100	RPT	G		Y
2024-12-07	0630	Loving Gluten Free	Loving Gluten Free Series 1 Ep 10	Love cake but have no time to bake? Helen has a one-minute chocolate cake that you can prepare in a cup. Food blogger and salad queen Ronnit Hoppe from Balaboosta keeps healthy food interesting with a recipe for roasted apple, pear and beetroot salad.	AUSTRALIA	English-100	RPT	G		
2024-12-07	0700	Selena + Chef	Selena + Kelis Rogers	Kelis Rogers is not only a successful singer and songwriter, but also a cookbook author! She introduces Selena to a decadent oxtail yuca poutine and rosemary apple cranberry buckle.	USA	English-100	RPT	PG		
2024-12-07	0730	Food Markets: In The Belly Of The City	Lyon - La Croix Rousse	A natural haven of tasty delights and local delicacies, the Croix Rousse is Lyon's market gem. The Croix Rousse specialises in its supply of rich local products and weekly organic market.	FRANCE	English-66; French-34	RPT	PG		Y Y

2024-12-07	0830	<b>Oliver's Twist</b>	Very British Bbq, A	Jamie makes a BBQ for his two Australian mates, but because of the British weather they are forced to have the BBQ indoors.	UNITED KINGDOM	English-100	RPT	G		
2024-12-07	0900	<b>Freshly Picked</b>	Ep 10	Judith Lucy is here with Simon to learn how to cook potatoes that are easy but delicious. Simon then ventures to Queenscliff Bricktown to find the secrets of the perfect coffee.	AUSTRALIA	English-100	RPT	PG		
2024-12-07	0930	<b>My Market Kitchen</b>	Ep 70	Laura kicks off the show in the Market Kitchen with her delicious raspberry grappa jam drops. Mike follows with his fish balls with ancho chilli sauce. Then, Laura makes her quinoa and beetroot burgers.	AUSTRALIA	English-100	RPT	PG		
2024-12-07	1000	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 7	It is the day of the Seafood Restaurant staff's barbeque, where cooks, cleaners and waiters get together on the beach for a really good time. Rick cooks a suitably special dish - spicy seafood curry.	UNITED KINGDOM	English-100	RPT	G		
2024-12-07	1030	<b>Cook Like An Italian With Silvia Colloca</b>	No Waste	Italian home cooks learn from a young age that resourcefulness in the kitchen can save the day, and the bank. The art of breathing fresh new life into leftovers is one of the most valuable things Silvia's mother ever taught her in the kitchen. To prove it, after she cooks beautiful zucchini pasta.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-12-07	1100	<b>The Cook Up With Adam Liaw</b>	Faster Than Delivery	Actor and writer Jenevieve Chang, and journalist Jason Om join Adam in The Cook Up kitchen to create dishes that take less time than anything you can order for delivery.	AUSTRALIA	English-100	RPT	G	Y	
2024-12-07	1130	<b>Rick Stein's Christmas Odyssey</b>	Rick Stein's Far Eastern Odyssey Xmas Special	Rick Stein shares the answer to the big cooking dilemma facing us all at Christmas time - what to do with that cold turkey?	UNITED KINGDOM	English-100	RPT	G	Y	Y
2024-12-07	1235	<b>David Rocco's Dolce Napoli</b>	Napoli Street Food	Napoli is a vibrant city packed with markets, restaurants and street vendors. Which means, that Napoli has a street food scene that can't be beat!	CANADA	English-100	RPT	PG	a w	Y
2024-12-07	1300	<b>My Market Kitchen</b>	Ep 70	Laura kicks off the show in the Market Kitchen with her delicious raspberry grappa jam drops. Mike follows with his fish balls with ancho chilli sauce. Then, Laura makes her quinoa and beetroot burgers.	AUSTRALIA	English-100	RPT	PG		
2024-12-07	1330	<b>Food Safari</b>	Indian	In this episode, Maeve O'Meara ventures into the colourful and spicy world of Indian food, displaying how to make some fabulous 10-minute dishes as well as the secrets of great curries from the subcontinent. Top chef Kumar Mahadevan shows the easy steps to a tender, flavour-some rogan josh while Ajoy Joshi cooks Hyderabadi chicken in spices and its own juices.	AUSTRALIA	English-100	RPT	G	Y	
2024-12-07	1400	<b>Loving Gluten Free</b>	Loving Gluten Free Series 1 Ep 10	Love cake but have no time to bake? Helen has a one-minute chocolate cake that you can prepare in a cup. Food blogger and salad queen Ronnit Hoppe from Balaboosta keeps healthy food interesting with a recipe for roasted apple, pear and beetroot salad.	AUSTRALIA	English-100	RPT	G		
2024-12-07	1430	<b>Selena + Chef</b>	Selena + Kelis Rogers	Kelis Rogers is not only a successful singer and songwriter, but also a cookbook author! She introduces Selena to a decadent oxtail yuca poutine and rosemary apple cranberry buckle.	USA	English-100	RPT	PG		
2024-12-07	1500	<b>Gordon Ramsay's Christmas Cookalong</b>	Gordon Ramsay's Christmas Cookalong Specials 2012	Gordon invites families to cook along together. The three-course festive feast includes turkey with pork, porcini and sage stuffing, the perfect goose fat roast potatoes, and a show-stopping ice cream snowball for pudding.	UNITED KINGDOM	English-100	RPT	PG		
2024-12-07	1640	<b>In The Spirit With Lindsay And Curtis</b>	Christmas With Joel McHale	Funnyman, Joel McHale, arrives with his wife to a Christmas meal that's based their Pacific Northwest upbringing. Lindsay and Sarah assemble the Christmas crackers while the gents prep the crab.	USA	English-100	RPT	PG		

2024-12-07	1710	<b>The Chocolate Queen</b>	Chocolate Queen Series 2, The Ep 1	Passionate chocaholics can rejoice with four of Kirsten's best chocolate recipes in today's episode, with classic comfort Hot Chocolate Bombs and Chocolate Crackers on the menu.	AUSTRALIA	English-100	RPT	G		
2024-12-07	1740	<b>Lorraine's Fast, Fresh And Easy Food</b>	Everyday Easy	In the final episode, Lorraine makes easy, delicious dishes that you can rustle up everyday. There's pan fried pork chops with a watercress, peach & stilton salad and a lemon ginger dressing and a simple Malaysian net bread that's great served with dips or curries.	UNITED KINGDOM	English-100		G		
2024-12-07	1810	<b>Patti's Mexican Table</b>	Swinging Spirits	Pati explores Juarez's Prohibition-era legacy and two icons – the margarita and burritos.	USA	English-100		PG		Y
2024-12-07	1840	<b>Tales From River Cottage</b>	Joy Of Pigs, The	Hugh celebrates his growing affection for pigs and pork over his three years as a Dorset smallholder. From how to buy a pig, to how to make dry-cured bacon and hams, this is a guide to all things piggy. Hugh also brings us up to date on his beloved breeding sow Delia, who he has even trained to hunt for truffles.	UNITED KINGDOM	English-100	RPT	PG	a w	
2024-12-07	1905	<b>Tales From River Cottage</b>	Friends And Neighbours	Good friends and helpful neighbours are an essential part of the rural idyll. Hugh recalls his initiation into the rural Dorset community around River Cottage, with highlights of hospitality at home and away, from a posh dinner at the manor house to a riotous evening at the local Cider Shed. And there are plenty of helpful hints on entertaining River Cottage-style.	UNITED KINGDOM	English-100	RPT	PG	n	
2024-12-07	1935	<b>Rick Stein's Spain</b>	Rick Stein's Spain Series 1 Ep 1	Rick's journey begins in Galicia - famous for pilgrims, rain, fog, fresh seafood, empanadas and more rain. He eats 'tortillas de patata' in the King of Spain's favourite restaurant and meets up with a couple of cool dudes who run a little restaurant in the old market of Santiago de Compostela.	UNITED KINGDOM	English-100	RPT	G		Y
2024-12-07	2045	<b>Hugh's Fish Fight</b>	Hugh's Fish Fight Series 1 Ep 3	Hugh's fish fight takes him to Scotland, to the largest farmed salmon company in the world, then to Brussels and Westminster to try to and make some waves.	UNITED KINGDOM	English-100	RPT	M	a w	Y
2024-12-07	2140	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 4 Ep 8	Paul takes part in a species eradication program, but it's not your average day out weeding - this method goes to new heights. As a way of celebrating the talent, artists, and producers in the area, Paul hosts a huge field day on the farm. Paul proves he's not afraid to strip down for fashion before wowing the crowd with a special tribute that sums up his last three years in Tilba.	UNITED KINGDOM	English-100	RPT	PG		Y
2024-12-07	2240	<b>Anthony Bourdain: Parts Unknown</b>	Tokyo	The strict norms of Japanese life are well publicised. But that is just one side of the story. Japan's competitive and rigid culture gives way to some unique subcultures. Tony has travelled to Tokyo many times, but on this trip he is in search of the city's dark and extreme underside. It will be surprising, and at times shocking.	USA	English-100	RPT	MA	a q s	Y
2024-12-07	2330	<b>Gordon Ramsay's Christmas Cookalong</b>	Gordon Ramsay's Christmas Cookalong Specials 2012	Gordon invites families to cook along together. The three-course festive feast includes turkey with pork, porcini and sage stuffing, the perfect goose fat roast potatoes, and a show-stopping ice cream snowball for pudding.	UNITED KINGDOM	English-100	RPT	PG		
2024-12-07	2510	<b>In The Spirit With Lindsay And Curtis</b>	Christmas With Joel McHale	Funnyman, Joel McHale, arrives with his wife to a Christmas meal that's based their Pacific Northwest upbringing. Lindsay and Sarah assemble the Christmas crackers while the gents prep the crab.	USA	English-100	RPT	PG		
2024-12-07	2540	<b>The Chocolate Queen</b>	Chocolate Queen Series 2, The Ep 1	Passionate chocaholics can rejoice with four of Kirsten's best chocolate recipes in today's episode, with classic comfort Hot Chocolate Bombs and Chocolate Crackers on the menu.	AUSTRALIA	English-100	RPT	G		
2024-12-07	2610	<b>Lorraine's Fast, Fresh And Easy Food</b>	Everyday Easy	In the final episode, Lorraine makes easy, delicious dishes that you can rustle up everyday. There's pan fried pork chops with a watercress, peach & stilton salad and a lemon ginger dressing and a simple Malaysian net bread that's great served with dips or curries.	UNITED KINGDOM	English-100	RPT	G		
2024-12-07	2640	<b>Patti's Mexican Table</b>	Swinging Spirits	Pati explores Juarez's Prohibition-era legacy and two icons – the margarita and burritos.	USA	English-100	RPT	PG		Y

2024-12-07	2710	<b>Tales From River Cottage</b>	Joy Of Pigs, The	Hugh celebrates his growing affection for pigs and pork over his three years as a Dorset smallholder. From how to buy a pig, to how to make dry-cured bacon and hams, this is a guide to all things piggy. Hugh also brings us up to date on his beloved breeding sow Delia, who he has even trained to hunt for truffles.	UNITED KINGDOM	English-100	RPT	PG	a w	
2024-12-07	2735	<b>Anthony Bourdain: Parts Unknown</b>	Tokyo	The strict norms of Japanese life are well publicised. But that is just one side of the story. Japan's competitive and rigid culture gives way to some unique subcultures. Tony has travelled to Tokyo many times, but on this trip he is in search of the city's dark and extreme underside. It will be surprising, and at times shocking.	USA	English-100	RPT	MA	a q s	Y
2024-12-07	2830	<b>Tales From River Cottage</b>	Friends And Neighbours	Good friends and helpful neighbours are an essential part of the rural idyll. Hugh recalls his initiation into the rural Dorset community around River Cottage, with highlights of hospitality at home and away, from a posh dinner at the manor house to a riotous evening at the local Cider Shed. And there are plenty of helpful hints on entertaining River Cottage-style.	UNITED KINGDOM	English-100	RPT	PG	n	