



**WEEK 49: Sunday, 3 December - Saturday, 9 December 2023 - ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2023-12-03	0500	<b>Mystery Diners</b>	Trimming The Fat	When Chris, owner of Spring Street Smoke House in Los Angeles, notices a decrease in valuable fat trimmings, he contacts Charles Stiles for help.	USA	English-100		PG			Y
2023-12-03	0530	<b>Martha Bakes</b>	Homemade Doughnuts	Make the fryer your friend and delve into the depths of the donut to master crave-worthy classics like the jelly-filled doughnut, apple fritter, and sugary beignet.	USA	English-100		G			
2023-12-03	0600	<b>Martha Bakes</b>	Chocolate Ganache	Martha unlocks the power of two seemingly simple ingredients, chocolate and heavy cream. Learn how to wield the power of chocolate ganache from frosting to filling.	USA	English-100		G			
2023-12-03	0630	<b>Lidia's Kitchen</b>	Colourful Party, A	When hosting an Italian-style cocktail party, you will need some drinks and appetisers. Lidia creates mussels with zucchini salsa verde, a bloody mary, and grilled corn, apricots, and portobellos.	USA	English-100		PG			
2023-12-03	0700	<b>Taste The Nation With Padma Lakshmi</b>	Burritos At The Border	Padma Lakshmi eats her way through the border city of El Paso while discovering the origins of one of America's most beloved cuisines.	USA	English-100		PG	a		Y
2023-12-03	0730	<b>Taste The Nation With Padma Lakshmi</b>	All American Wiener, The	Hot dogs, hamburgers, pretzels. Many think these foods are quintessentially American, but their origins are actually German. Padma travels to Milwaukee to explore their German origins.	USA	English-100		PG			Y
2023-12-03	0805	<b>Gamer Snacks</b>	Bite-Sized Pizza Balls And Smoothie Time	Comedian Arron Crascall and guest Munya Chawawa solve the problem of eating pizza and gaming at the same time by making bite-size ham and pineapple and pepperoni pizza bombs.	USA	English-100		PG			
2023-12-03	0830	<b>Hairy Bikers' Asian Adventure</b>	Hong Kong	In the fast-paced megacity of Hong Kong, the bikers go in search of the authentic roots of their favourite Chinese takeaway dishes.	UNITED KINGDOM	English-100	RPT	G		Y	Y
2023-12-03	0930	<b>Hairy Bikers' Asian Adventure</b>	Thailand - Bangkok And The Central Plains	They say it's impossible to eat badly in Thailand and the Hairy Bikers discover why. They are in Bangkok and Thailand's central plains, where much of the familiar Thai cuisine originates.	UNITED KINGDOM	English-100	RPT	G		Y	
2023-12-03	1030	<b>Order Up!</b>	As Fresh As It Gets	From floating fish farms to plucking fresh greens from a garden, Hudson is on a journey to discover farm-to-table cooking. Even coming face-to-face with an unexpected reptilian ingredient.	CANADA	English-100		PG	a w		
2023-12-03	1130	<b>Selena + Chef</b>	Selena + Graham Elliott	Two-time Michelin-starred chef, TV host, and author Graham Elliott walks Selena through his unique spin on two familiar, delicious dishes. His 'Graham Burger' and a deconstructed Caesar salad.	USA	English-100		G			Y
2023-12-03	1200	<b>Selena + Chef</b>	Selena + Aarti Sequeira: Friendsgiving	Known for elevating classic American dishes with Indian flavours, TV chef, cookbook author, and journalist, Aarti Sequeira, whips up a tandoori butter turkey breast and colourful side dishes.	USA	English-100		PG			

2023-12-03	1235	<b>Gamer Snacks</b>	Bite-Sized Pizza Balls And Smoothie Time	Comedian Arron Crascall and guest Munya Chawawa solve the problem of eating pizza and gaming at the same time by making bite-size ham and pineapple and pepperoni pizza bombs.	USA	English-100		PG		
2023-12-03	1300	<b>Martha Bakes</b>	Sponge Cake	Spring into action with three sponge cake variations that will liven up any celebration. From rolling to layering, learn the basics behind a traditional sponge cake, and how you can transform it.	USA	English-100		G		
2023-12-03	1330	<b>Martha Bakes</b>	Frangipane	Martha showcases the versatility of frangipane, playing with flavour and presentation in four outstanding recipes.	USA	English-100		G		
2023-12-03	1400	<b>Hairy Bikers' Asian Adventure</b>	Hong Kong	In the fast-paced megacity of Hong Kong, the bikers go in search of the authentic roots of their favourite Chinese takeaway dishes.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2023-12-03	1505	<b>Flour Power</b>	Moray Vets	In this episode, we're in Moray at the Forres branch of Moray Coast Vets. Veterinary surgeons Mark and Johanna, vet nurse Anna, and student vet nurse Kristin are dusting the rolling pins.	UNITED KINGDOM	English-100		PG		
2023-12-03	1535	<b>Flour Power</b>	John Gillespie Hairdressing	Perth at John Gillespie hairdressing salon where owner John, salon director Glen, creative director Fiona and colourist Rachel are swapping their scissors for scales and mixing bowls.	UNITED KINGDOM	English-100		PG		
2023-12-03	1605	<b>Gamer Snacks</b>	Pimp My Fast Food And Bolognese Bracelets	Arron and his guests, foodie duo Mam Sham, bring you the fanciest, Michelin star-looking fast food you've ever seen. Then Arron and KG Tha Comedian eradicate the mess of eating spaghetti while gaming.	USA	English-100		PG	a	
2023-12-03	1630	<b>Food Chain: From Source To Table</b>	Beansprouts And Potatoes	Chef Ming travels to the highlands of Indonesia and the fields of Belgium to find out why beansprouts and potatoes have shot up in price far more than other foods.	SINGAPORE	English-100		G		Y
2023-12-03	1725	<b>Cook Up With Adam Liaw Bitesize</b>	Lemongrass Pork Belly Rice	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2023-12-03	1730	<b>Paul Hollywood: A Baker's Life</b>	Pizza, Roulade & Madeira Cake	Paul Hollywood reflects on his time on The Great British Bake Off, watching footage of his original audition tapes, and providing a never before seen behind the scenes look at the famous tent.	UNITED KINGDOM	English-100		G		
2023-12-03	1800	<b>In The Spirit With Lindsay And Curtis</b>	New Year's Eve With Tori Spelling & Jennie Garth	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		PG		
2023-12-03	1830	<b>Michel Roux's French Country Cooking</b>	Christmas In Provence	Michel Roux is hosting family and friends for an unforgettable Christmas in Provence. The house is decorated, the champagne is on ice and Michel is using his Michelin starred magic to create his menu.	UNITED KINGDOM	English-100		PG		
2023-12-03	1930	<b>James Martin's French Adventure</b>	Burgundy	James continues his adventure in Burgundy; he cooks chicken livers and chanterelles on toast then makes a delicious Beef Bourginon and a classic Coq au Vin.	UNITED KINGDOM	English-100		G		
2023-12-03	2030	<b>Hairy Bikers Mediterranean</b>	Corsica	The Corsican 'trinity' of meat, chestnuts and cheese forms the basis of the bikers' exploration but it's the independent spirit of the people that shines through.	UNITED KINGDOM	English-100		PG		
2023-12-03	2130	<b>Anthony Bourdain: No Reservations</b>	Ghana	Host Anthony Bourdain is at it again, this time heading to Ghana. The old Ghana, a land of forts and slavery, is a strong contrast to the modern-era Ghana, a culture filled with food and music.	USA	English-100		M	I	Y

2023-12-03	2225	<b>Cook Up With Adam Liaw Bitesize</b>	Lemongrass Pork Belly Rice	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2023-12-03	2230	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 1 Ep 6	Paul is keen to restore the gully that acts as a natural watercourse on his farm, but it's almost totally overgrown with blackberries. Paul hires a herd of hefty eaters to deal with the problem.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2023-12-03	2330	<b>Mystery Diners</b>	Food Truck Fiasco	After noticing excess lobster meat and an increase in mileage, Peter believes his new drivers are using his vehicle for personal errands.	USA	English-100		PG		Y
2023-12-03	2400	<b>Mystery Diners</b>	Charitable Donations	When Doug, owner of Pelon's Tex-Mex in Austin, hears rumours that his staff is collecting money for an unauthorised charity, he contacts Charles Stiles to investigate.	USA	English-100		PG		Y
2023-12-03	2430	<b>Martha Bakes</b>	Sponge Cake	Spring into action with three sponge cake variations that will liven up any celebration. From rolling to layering, learn the basics behind a traditional sponge cake, and how you can transform it.	USA	English-100		G		
2023-12-03	2500	<b>Martha Bakes</b>	Frangipane	Martha showcases the versatility of frangipane, playing with flavour and presentation in four outstanding recipes.	USA	English-100		G		
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2023-12-03	2625	<b>Cook Up With Adam Liaw Bitesize</b>	Lemongrass Pork Belly Rice	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2023-12-03	2630	<b>James Martin's French Adventure</b>	Burgundy	James continues his adventure in Burgundy; he cooks chicken livers and chanterelles on toast then makes a delicious Beef Bourguignon and a classic Coq au Vin.	UNITED KINGDOM	English-100		G		
2023-12-03	2725	<b>Please Eat Slowly Bitesize</b>	Mango Pancakes	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100		G		
2023-12-03	2730	<b>Hairy Bikers Mediterranean</b>	Corsica	The Corsican 'trinity' of meat, chestnuts and cheese forms the basis of the bikers' exploration but it's the independent spirit of the people that shines through.	UNITED KINGDOM	English-100		PG		
2023-12-03	2830	<b>Flour Power</b>	Moray Vets	In this episode, we're in Moray at the Forres branch of Moray Coast Vets. Veterinary surgeons Mark and Johanna, vet nurse Anna, and student vet nurse Kristin are dusting the rolling pins.	UNITED KINGDOM	English-100		PG		
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2023-12-04	0925	<b>Destination Flavour Fillers</b>	Episode 2	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y
2023-12-04	0930	<b>Hairy Bikers Mediterranean</b>	Corsica	The Corsican 'trinity' of meat, chestnuts and cheese forms the basis of the bikers' exploration but it's the independent spirit of the people that shines through.	UNITED KINGDOM	English-100		PG		
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2023-12-04	1125	<b>Cook Up With Adam Liaw Bitesize</b>	Lemongrass Pork Belly Rice	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2023-12-04	1130	<b>Mystery Diners</b>	Food Truck Fiasco	After noticing excess lobster meat and an increase in mileage, Peter believes his new drivers are using his vehicle for personal errands.	USA	English-100		PG		Y
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2023-12-04	1300	<b>Martha Bakes</b>	White Bread	Conquer white bread with Martha who breaks down the basics, as well as sweet and savoury variations.	USA	English-100		G		
2023-12-04	1330	<b>Martha Bakes</b>	Never Enough Cookies	From simple to jam packed, Martha shares some new favourites to add to your cookie repertoire.	USA	English-100		G		
2023-12-04	1400	<b>Barefoot Contessa: Back To Basics</b>	Modern Comfort Food: Simple Pleasures	It's all about simple pleasures and dishes that bring Ina Garten pure joy. She starts with giant crinkled chocolate chip cookies, kielbasa with mustard dip, and cheddar and chutney grilled cheese.	USA	English-100		G		

2023-12-04	1430	<b>Secret Delicious</b>	Manila	In Manila, Aun Koh gets invited to a secret dinner featuring dishes like chicken skin cracklings with caviar and creme fraiche, fried chicken and an aged rum called Don Papa.	SINGAPORE	English-100		PG			
2023-12-04	1500	<b>Rick Stein's French Odyssey</b>	Toulouse To Castelnaudary	In the historic city of Toulouse, the Victor Hugo Market inspires Rick to cook Toulouse Sausage Languedocienne, before using the freshest fish for a classic Pissaladiere.	UNITED KINGDOM	English-100		G		Y	
2023-12-04	1530	<b>Choccywoccydoodah: Extra Slices</b>	Animal Magic	There's animal magic as the team put together a chocolate menagerie. The chocolatiers join forces and go ape to create a nine-monkey cake for the charity, Monkey World.	UNITED KINGDOM	English-100		PG			
2023-12-04	1600	<b>David Rocco's Dolce India</b>	Bengali Thali	David and Myanck head into the kitchen with their fish-market finds and experiment with Kolkata's signature ingredients: mustard and fresh river fish, and everyone agrees the results are delicious.	CANADA	English-100		PG			
2023-12-04	1630	<b>My Market Kitchen</b>	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.	AUSTRALIA	English-100		G			
2023-12-04	1700	<b>Mary Makes It Easy</b>	Holiday Hang	Mary shares all the recipes you need to host a fantastic holiday hang: baked camembert, peppercorn beef, mashed potatoes and onion gravy.	CANADA	English-100		G			
2023-12-04	1730	<b>Freshly Picked</b>	Episode 11	Simon gives burgers a great wrap. Nadia Fragnito returns to the kitchen with a light-as-air olive oil lemon cake, and Simon takes street food to a whole new level.	AUSTRALIA	English-100		PG			
2023-12-04	1800	<b>Italian Food Safari</b>	Italian Food Safari Series 1 Ep 1	Maeve takes a look at the tradition of the wood-fired oven, which many Italians constructed in their backyards when they arrived in Australia.	AUSTRALIA	English-100	RPT	G		Y	
2023-12-04	1830	<b>Lidia's Kitchen</b>	Lidia's Kitchen Series 7 Ep 1	Lidia remembers some of her fondest childhood recipes that were made by her Grandmother Rosa in Italy -- including mussels triestina and cavatappi with beef guazzetto.	USA	English-100					
2023-12-04	1900	<b>The Cook Up With Adam Liaw</b>	Keep A Lid On It	Host Adam Liaw, ABC Radio Sydney host Simon Marnie and fashion designer and TV presenter Claudia Chan Shaw create dishes that are easy to store and keep a lid on.	AUSTRALIA	English-100	RPT	G		Y	
2023-12-04	1930	<b>Shane Delia's Spice Journey</b>	Shane Delia's Spice Journey Series 1 Episode 3	Shane Delia's culinary journey into Middle Eastern cuisine continues as he explores mountain hideouts in central Lebanon where he learns age-old methods of meat preservation.	AUSTRALIA	English-100	RPT	G		Y	Y
2023-12-04	2000	<b>Luke Nguyen's India</b>	Thrissur	In Kerala, Thrissur, Luke pairs chicken mappas curry with a family's secret vellayappam, masters the art of fish puttlu at the Women's Food Court, and visits the iconic Indian Coffee House.	AUSTRALIA	English-99; Malayalam-1		G			
2023-12-04	2030	<b>Stanley Tucci: Searching For Italy</b>	Tuscany	Tuscany is the birthplace of the Renaissance and world-class art, architecture and culture. It's also produced some of the finest wines and dishes in the history of Italian cuisine.	USA	English-80; Italian-20	RPT	G		Y	Y
2023-12-04	2130	<b>Come Dine With Me UK</b>	Guildford Day 4	It's the penultimate day in Guildford and the turn of entertainments 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		PG			
2023-12-04	2200	<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		PG			

2023-12-04	2230	<b>The Cook Up with Adam Liaw</b>	Thai	Musician and rocker Jimmy Barnes and his cookbook author wife Jane Barnes are in The Cook Up kitchen whipping up their favourite Thai dishes with host Adam Liaw.	AUSTRALIA	English-100	RPT	PG	I	Y
2023-12-04	2300	<b>Bizarre Foods: Delicious Destinations</b>	Porto	Adam, violinist Satu Vanska and chef Adam D'Sylva are in The Cook Up Kitchen, pouring pure emotion into their food to stimulate the senses and provide the ultimate food experience.	USA	English-100	RPT	G		
2023-12-04	2330	<b>The Cook And The Chef</b>	Beetroot And Pepper	Maggie and Simon demonstrate how to bring out the best of the brilliant beetroot, and then spice up some delicious dishes with Native Tasmanian Pepper berry.	AUSTRALIA	English-100		G		
2023-12-04	2400	<b>Mystery Diners</b>	Bad Poets Society	Danny and Jonathan are concerned about a loss of revenue on their Poetry Nights. Charles Stiles sends in mystery diners to find out why the register is being affected.	USA	English-100		PG		Y
2023-12-04	2430	<b>Shane Delia's Spice Journey</b>	Shane Delia's Spice Journey Series 1 Episode 3	Shane Delia's culinary journey into Middle Eastern cuisine continues as he explores mountain hideouts in central Lebanon where he learns age-old methods of meat preservation.	AUSTRALIA	English-100	RPT	G		Y Y
2023-12-04	2500	<b>Luke Nguyen's India</b>	Thrissur	In Kerala, Thrissur, Luke pairs chicken mappas curry with a family's secret vellayappam, masters the art of fish puttlu at the Women's Food Court, and visits the iconic Indian Coffee House.	AUSTRALIA	English-99; Malayalam-1		G		
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2023-12-04	2625	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 7	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
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2023-12-04	2800	<b>Bizarre Foods: Delicious Destinations</b>	Porto	Adam, violinist Satu Vanska and chef Adam D'Sylva are in The Cook Up Kitchen, pouring pure emotion into their food to stimulate the senses and provide the ultimate food experience.	USA	English-100	RPT	G		
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2023-12-05	0600	<b>Martha Bakes</b>	Never Enough Cookies	From simple to jam packed, Martha shares some new favourites to add to your cookie repertoire.	USA	English-100		G		
2023-12-05	0630	<b>Barefoot Contessa: Back To Basics</b>	Modern Comfort Food: Simple Pleasures	It's all about simple pleasures and dishes that bring Ina Garten pure joy. She starts with giant crinkled chocolate chip cookies, kielbasa with mustard dip, and cheddar and chutney grilled cheese.	USA	English-100		G		
2023-12-05	0700	<b>Secret Delicious</b>	Manila	In Manila, Aun Koh gets invited to a secret dinner featuring dishes like chicken skin cracklings with caviar and creme fraiche, fried chicken and an aged rum called Don Papa.	SINGAPORE	English-100		PG		
2023-12-05	0730	<b>Rick Stein's French Odyssey</b>	Toulouse To Castelnaudary	In the historic city of Toulouse, the Victor Hugo Market inspires Rick to cook Toulouse Sausage Languedocienne, before using the freshest fish for a classic Pissaladiere.	UNITED KINGDOM	English-100		G	Y	
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2023-12-05	1030	<b>Italian Food Safari</b>	Italian Food Safari Series 1 Ep 1	Maeve takes a look at the tradition of the wood-fired oven, which many Italians constructed in their backyards when they arrived in Australia.	AUSTRALIA	English-100	RPT	G	Y	
2023-12-05	1100	<b>The Cook Up With Adam Liaw</b>	Keep A Lid On It	Host Adam Liaw, ABC Radio Sydney host Simon Marnie and fashion designer and TV presenter Claudia Chan Shaw create dishes that are easy to store and keep a lid on.	AUSTRALIA	English-100	RPT	G	Y	
2023-12-05	1130	<b>Shane Delia's Spice Journey</b>	Shane Delia's Spice Journey Series 1 Episode 3	Shane Delia's culinary journey into Middle Eastern cuisine continues as he explores mountain hideouts in central Lebanon where he learns age-old methods of meat preservation.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-12-05	1200	<b>Luke Nguyen's India</b>	Thrissur	In Kerala, Thrissur, Luke pairs chicken mappas curry with a family's secret vellayappam, masters the art of fish puttu at the Women's Food Court, and visits the iconic Indian Coffee House.	AUSTRALIA	English-99; Malayalam-1		G		
2023-12-05	1230	<b>Lidia's Kitchen</b>	Lidia's Kitchen Series 7 Ep 1	Lidia remembers some of her fondest childhood recipes that were made by her Grandmother Rosa in Italy -- including mussels triestina and cavatappi with beef guazzetto.	USA	English-100				
2023-12-05	1300	<b>Martha Bakes</b>	Pizza Dough	Learn how easy it is to make it pizza night, every night, with just one dough recipe prepared three ways.	USA	English-100		G		

2023-12-05	1330	<b>Martha Bakes</b>	One Bowl Desserts	Less is more with these one-bowl desserts that make the baking, and the clean up, a breeze.	USA	English-100	G						
2023-12-05	1400	<b>Barefoot Contessa: Back To Basics</b>	Modern Comfort Food: Remembered Flavors	Ina Garten revisits flavours from her past and brings them up to date, starting with lamb stew with spring vegetables from her newlywed days.	USA	English-100	G						
2023-12-05	1430	<b>Secret Delicious</b>	Jakarta	Food writer Aun Koh navigates the bustling city of Jakarta, to uncover a secret Manado-style grilled fish. He also explores Jakarta's drinking culture through a one-of-a-kind Jamu cocktail.	SINGAPORE	English-100	G					Y	
2023-12-05	1500	<b>Rick Stein's French Odyssey</b>	Castelnaudary To Homs	Arriving in the historic town of Castelnaudary, Rick fulfils a dream by visiting the barracks of the legendary French Foreign Legion and discovers what the soldiers are served in their canteen.	UNITED KINGDOM	English-100	G						
2023-12-05	1530	<b>Choccywoccydoodah: Extra Slices</b>	Rising To The Occasion	This episode, the chocolatiers rise to the occasion of more challenging cake commissions. Dave's under pressure to create a likeness of Freddie Mercury for a charity ball attended by rock royalty.	UNITED KINGDOM	English-100	PG					a	
2023-12-05	1600	<b>David Rocco's Dolce India</b>	Street Eats In Kolkata	David goes on a crazy food tour of the city; they ride the tram and do as the locals do on their quest to sample Kolkata's best street eats, including the famous Kati roll.	CANADA	English-100	G						
2023-12-05	1630	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 2	Elena makes a green pesto Buddha bowl. Khanh fries up some crispy fish tortillas before Elena has a quick dinner recipe with less dishes - a one-pan chilaquiles.	AUSTRALIA	English-100	G						
2023-12-05	1700	<b>Mary Makes It Easy</b>	Wine And Dine	Alcohol is not just a fun meal pairing, it's also a super flavourful ingredient to cook with! Mary shakes things up with Wine Can Chicken.	CANADA	English-100	G						
2023-12-05	1730	<b>Freshly Picked</b>	Episode 12	Simon turns up the heat today with some easy mushroom kebabs, gets on a roll making some sushi and the kofta king Coskun Uysal is in the kitchen.	AUSTRALIA	English-100	PG						
2023-12-05	1800	<b>Italian Food Safari</b>	Italian Food Safari Series 1 Ep 2	First, a trip to Fremantle. Then Melbourne cook Rosa Mitchell shows Guy the secrets of her delicious recipe for stuffed sardines; and Maeve visits the Baldino family at L'Abruzzese Pasta in Adelaide.	AUSTRALIA	English-100	RPT	G				Y	
2023-12-05	1830	<b>Lidia's Kitchen</b>	Lidia's Kitchen Series 7 Ep 2	Northern Italy has stunning mountains and scenery on the Italian peninsula. Lidia explores some of the classic culinary traditions including a hearty minestrone soup, stuffed cabbage, and gelato.	USA	English-100							
2023-12-05	1900	<b>The Cook Up With Adam Liaw</b>	Waste Not Want Not	Zero Waste warrior Sarah Wilson and Three Blue Ducks owner Mark LaBrooy join Adam in the Cook Up kitchen to create some dishes that use the whole ingredient.	AUSTRALIA	English-100	RPT	G				Y	
2023-12-05	1930	<b>Heston's Feasts</b>	Gothic Feast	Heston creates a banquet based on favourite 19th century horror novels like Dracula and Frankenstein, including blood risotto and an edible monster, plus a graveyard dessert.	UNITED KINGDOM	English-100	RPT	PG			a n	Y	Y
2023-12-05	2030	<b>Fun'q With Spencer Watts</b>	Fun'q With Spencer Watts Series 1 Ep 10	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 panzanello salad, and grilled trout.	CANADA	English-100	PG						
2023-12-05	2100	<b>Gino's Italian Escape: Hidden Italy</b>	Umbria	Gino is in Umbria - known as the green heart of Italy. It's fertile plains provides vegetables, grains, truffles and meat. Home to St Francis of Assisi, it is a region blessed with many pretty towns.	UNITED KINGDOM	English-100	PG						



2023-12-05	2130	<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 everyone.	UNITED KINGDOM	English-100		PG	a l	
2023-12-05	2200	<b>Come Dine With Me UK</b>	Exeter Day 2	Its day two of the competition in Exeter and funeral director and BMX fanatic Simon is hoping an evening of big portions and 'man' food will bag him the top spot.	UNITED KINGDOM	English-100		PG	a s	
2023-12-05	2230	<b>The Cook Up with Adam Liaw</b>	Biscuits	Food icon, writer and presenter Pamela Clark and owner of Andy Bowdy Pastry, Andrew Bowden, join host Adam Liaw in The Cook Up kitchen to share their favourite biscuit recipes.	AUSTRALIA	English-100	RPT	G		Y
2023-12-05	2300	<b>Bizarre Foods: Delicious Destinations</b>	Frankfurt	Andrew takes a look at the hearty, simple and filling dishes of Frankfurt, Germany. Steeped in tradition and down-to-earth ingredients, Frankfurt's gastronomy showcases the city's regal history.	USA	English-100	RPT	PG		
2023-12-05	2330	<b>The Cook And The Chef</b>	Christmas Holidays	At Christmas time, Maggie loves to get as much food preparation as possible out of the way before Christmas day. This year she's managed to enlist the help of her five grandchildren.	AUSTRALIA	English-100		G		
2023-12-05	2400	<b>Mystery Diners</b>	Family Ties	Carl, owner of Bakehouse Restaurant and Bar in Austin, fears a dispute between his son and favourite waitress is threatening the harmony of his restaurant.	USA	English-100		G		Y
2023-12-05	2430	<b>Heston's Feasts</b>	Gothic Feast	Heston creates a banquet based on favourite 19th century horror novels like Dracula and Frankenstein, including blood risotto and an edible monster, plus a graveyard dessert.	UNITED KINGDOM	English-100	RPT	PG	a n	Y Y
2023-12-05	2525	<b>Cook Up With Adam Liaw Bitesize</b>	Gobi Manchurian	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2023-12-05	2530	<b>Fun'q With Spencer Watts</b>	Fun'q With Spencer Watts Series 1 Ep 10	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		PG		
2023-12-05	2600	<b>Gino's Italian Escape: Hidden Italy</b>	Umbria	Gino is in Umbria - known as the green heart of Italy. It's fertile plains provides vegetables, grains, truffles and meat. Home to St Francis of Assisi, it is a region blessed with many pretty towns.	UNITED KINGDOM	English-100		PG		
2023-12-05	2630	<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 everyone.	UNITED KINGDOM	English-100		PG	a l	
2023-12-05	2700	<b>Come Dine With Me UK</b>	Exeter Day 2	Its day two of the competition in Exeter and funeral director and BMX fanatic Simon is hoping an evening of big portions and 'man' food will bag him the top spot.	UNITED KINGDOM	English-100		PG	a s	
2023-12-05	2730	<b>The Cook Up with Adam Liaw</b>	Biscuits	Food icon, writer and presenter Pamela Clark and owner of Andy Bowdy Pastry, Andrew Bowden, join host Adam Liaw in The Cook Up kitchen to share their favourite biscuit recipes.	AUSTRALIA	English-100	RPT	G		Y
2023-12-05	2800	<b>Bizarre Foods: Delicious Destinations</b>	Frankfurt	Andrew takes a look at the hearty, simple and filling dishes of Frankfurt, Germany. Steeped in tradition and down-to-earth ingredients, Frankfurt's gastronomy showcases the city's regal history.	USA	English-100	RPT	PG		
2023-12-05	2830	<b>The Cook And The Chef</b>	Christmas Holidays	At Christmas time, Maggie loves to get as much food preparation as possible out of the way before Christmas day. This year she's managed to enlist the help of her five grandchildren.	AUSTRALIA	English-100		G		

2023-12-06	0500	<b>Mystery Diners</b>	Family Ties	Carl, owner of Bakehouse Restaurant and Bar in Austin, fears a dispute between his son and favourite waitress is threatening the harmony of his restaurant.	USA	English-100	G			Y	
2023-12-06	0530	<b>Martha Bakes</b>	Pizza Dough	Learn how easy it is to make it pizza night, every night, with just one dough recipe prepared three ways.	USA	English-100	G				
2023-12-06	0600	<b>Martha Bakes</b>	One Bowl Desserts	Less is more with these one-bowl desserts that make the baking, and the clean up, a breeze.	USA	English-100	G				
2023-12-06	0630	<b>Barefoot Contessa: Back To Basics</b>	Modern Comfort Food: Remembered Flavors	Ina Garten revisits flavours from her past and brings them up to date, starting with lamb stew with spring vegetables from her newlywed days.	USA	English-100	G				
2023-12-06	0700	<b>Secret Delicious</b>	Jakarta	Food writer Aun Koh navigates the bustling city of Jakarta, to uncover a secret Manado-style grilled fish. He also explores Jakarta's drinking culture through a one-of-a-kind Jamu cocktail.	SINGAPORE	English-100	G			Y	
2023-12-06	0730	<b>Rick Stein's French Odyssey</b>	Castelnaudary To Homs	Arriving in the historic town of Castelnaudary, Rick fulfils a dream by visiting the barracks of the legendary French Foreign Legion and discovers what the soldiers are served in their canteen.	UNITED KINGDOM	English-100	G				
2023-12-06	0800	<b>Choccywoccydoodah: Extra Slices</b>	Rising To The Occasion	This episode, the chocolatiers rise to the occasion of more challenging cake commissions. Dave's under pressure to create a likeness of Freddie Mercury for a charity ball attended by rock royalty.	UNITED KINGDOM	English-100	PG	a			
2023-12-06	0830	<b>David Rocco's Dolce India</b>	Street Eats In Kolkata	David goes on a crazy food tour of the city; they ride the tram and do as the locals do on their quest to sample Kolkata's best street eats, including the famous Kati roll.	CANADA	English-100	G				
2023-12-06	0900	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 2	Elena makes a green pesto Buddha bowl. Khanh fries up some crispy fish tortillas before Elena has a quick dinner recipe with less dishes - a one-pan chilaquiles.	AUSTRALIA	English-100	G				
2023-12-06	0930	<b>Mary Makes It Easy</b>	Wine And Dine	Alcohol is not just a fun meal pairing, it's also a super flavourful ingredient to cook with! Mary shakes things up with Wine Can Chicken.	CANADA	English-100	G				
2023-12-06	1000	<b>Freshly Picked</b>	Episode 12	Simon turns up the heat today with some easy mushroom kebabs, gets on a roll making some sushi and the kofta king Coskun Uysal is in the kitchen.	AUSTRALIA	English-100	PG				
2023-12-06	1030	<b>Italian Food Safari</b>	Italian Food Safari Series 1 Ep 2	First, a trip to Fremantle. Then Melbourne cook Rosa Mitchell shows Guy the secrets of her delicious recipe for stuffed sardines; and Maeve visits the Baldino family at L'Abruzzese Pasta in Adelaide.	AUSTRALIA	English-100	RPT	G		Y	
2023-12-06	1100	<b>The Cook Up With Adam Liaw</b>	Waste Not Want Not	Zero Waste warrior Sarah Wilson and Three Blue Ducks owner Mark LaBrooy join Adam in the Cook Up kitchen to create some dishes that use the whole ingredient.	AUSTRALIA	English-100	RPT	G		Y	
2023-12-06	1130	<b>Heston's Feasts</b>	Gothic Feast	Heston creates a banquet based on favourite 19th century horror novels like Dracula and Frankenstein, including blood risotto and an edible monster, plus a graveyard dessert.	UNITED KINGDOM	English-100	RPT	PG	a n	Y	Y
2023-12-06	1225	<b>Cook Up With Adam Liaw Bitesize</b>	Gobi Manchurian	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y	

2023-12-06	1230	<b>Lidia's Kitchen</b>	Lidia's Kitchen Series 7 Ep 2	Northern Italy has stunning mountains and scenery on the Italian peninsula. Lidia explores some of the classic culinary traditions including a hearty minestrone soup, stuffed cabbage, and gelato.	USA	English-100			
2023-12-06	1300	<b>Martha Bakes</b>	Layered Yeast Dough	Whether you're a beginner or a seasoned pro, you'll welcome Martha's expert tips for turning layered yeast dough into masterful creations, starting with the classic kouign-amann.	USA	English-100		G	
2023-12-06	1330	<b>Martha Bakes</b>	Pastry Cream	Learn all the techniques to master one of the building blocks of a great dessert, pastry cream. It's a staple that every baker should know how to make because it has endless applications.	USA	English-100		G	
2023-12-06	1400	<b>Barefoot Contessa: Back To Basics</b>	Modern Comfort Food: Simply Seafood	Ina Garten is serving up a seafood spread, starting with fresh crab and pea risotto for a comforting one-pot wonder.	USA	English-100		G	
2023-12-06	1430	<b>Secret Delicious</b>	Bangkok	In Bangkok, Aun Koh gets Chef Garima Arora, Asia's Best Female Chef (2019) to reveal her unique fermentation room, and a new recipe inspired by Chiangmai sausage that's not on the menu yet.	SINGAPORE	English-100	PG	a	Y
2023-12-06	1500	<b>Rick Stein's French Odyssey</b>	Homps To Agde	Rick shows the French there's at least one Englishman who knows there's more to cooking than just opening a can, and the air is soon redolent with the savoury smell of Lamb Ragout with beans.	UNITED KINGDOM	English-100		G	Y
2023-12-06	1530	<b>Choccywoccydoodah: Extra Slices</b>	Dark Side, The	This time around the chocolatiers celebrate the underworld. Tom conjures up a ghoulish wedding cake for a Gothic Bride and makes his mark on a tattoo covered birthday cake.	UNITED KINGDOM	English-100	PG	a	
2023-12-06	1600	<b>David Rocco's Dolce India</b>	Chinese Calcutta	Kolkata is home to India's largest Chinese community, and they're fiercely proud of their Hakka-style cuisine - a fusion of Chinese and Indian. David spends the day with locals, learning and eating!	CANADA	English-100	PG	l	
2023-12-06	1630	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 3	Khanh cooks a beautiful duck with fennel and orange salad in the Yarra Valley with Bel from Wine Selectors. The kitchen finishes off with a tasty red berry bliss slice from Elena.	AUSTRALIA	English-100		G	
2023-12-06	1700	<b>Mary Makes It Easy</b>	Fave Missed Steak	Mary's veg versions of meaty classics can satisfy even the biggest meathead by maintaining those hearty flavours: falafel burgers, tofu chicken nuggets, and lentil meatballs.	CANADA	English-100		G	
2023-12-06	1730	<b>Freshly Picked</b>	Episode 13	Discover native plant foods and how they can pack a punch. Simon brings cauliflower and tomato together seamlessly, and Kishwar Chowdhury brings little morsels of joy to the kitchen.	AUSTRALIA	English-100		PG	
2023-12-06	1800	<b>Italian Food Safari</b>	Italian Food Safari Series 1 Ep 3	Tonight is all about the glorious tomato, with Guy joining tomato grower John Monigatti on Echuca's plains during harvest. Maeve then shares tomato day with a large Calabrese clan.	AUSTRALIA	English-100	RPT	G	Y
2023-12-06	1830	<b>Lidia's Kitchen</b>	Lidia's Kitchen Series 7 Ep 3	Lidia talks about growing up and family traditions. Featured recipes include shrimp and mixed bean salad, a roasted garlic crostini and pappardelle with mixed fresh mushrooms.	USA	English-100			
2023-12-06	1900	<b>The Cook Up With Adam Liaw</b>	Sweet Comfort Food	Adam, comedian Gen Fricker and The Old Fitz chef Anna Ugarte-Carral create some delicious comfort foods of the sweet kind in the Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
2023-12-06	1930	<b>Rick Stein's Seafood Lovers' Guide</b>	Episode 3	Rick travels along England's south coast and cooks up a variety of dishes along the way – such as monk fish with potatoes, pilchards on a bruchetta, ormers and salad.	UNITED KINGDOM	English-100		PG	

2023-12-06	2000	Luca's Key Ingredient	Episode 3	Luca Ciano returns with another essential key ingredient, basil. Fundamental to Italian cuisine, Luca gives his recipe for basil pesto which becomes the foundation for a delicious pasta.	AUSTRALIA	English-100			
2023-12-06	2030	James Martin's Spanish Adventures	Asturias	James meets a family who live off grid. He samples fabada stew, urbies cheese and some famous sardines. Then cooks a steak sandwich, pancetta and clams, rice pudding, and sardines with padron peppers.	UNITED KINGDOM	English-100	PG	a w	
2023-12-06	2130	Come Dine With Me UK	Exeter Day 3	It's the third day in Exeter and ladybird loving Pascale prepares a Vietnamese menu for her guests, full of flavour and colour. But her cooking attire for the starter leaves little to the imagination.	UNITED KINGDOM	English-100	PG	a s	
2023-12-06	2200	Come Dine With Me UK	Exeter Day 4	It's the fourth day of the competition in and around Exeter and the turn of larger than life Nick to host. Nick prepares a menu that represents his personality - big, bold and brash.	UNITED KINGDOM	English-100	PG	a	
2023-12-06	2230	The Cook Up with Adam Liaw	White Fish	Tonight, host Adam Liaw, Chaco bar's Keita Abe and Nilgiri's Ajoy Joshi are in The Cook Up kitchen to create dishes that involve a versatile ingredient - white fish.	AUSTRALIA	English-100	RPT	G	Y
2023-12-06	2300	Bizarre Foods: Delicious Destinations	Tuscany	Andrew explores Tuscany, Italy, which is rooted in the tradition of simple, local ingredients. He highlights specialties like spicy fish stew served over crusty bread.	USA	English-100	RPT	G	Y
2023-12-06	2330	The Cook And The Chef	Australia Now	Simon and Maggie reflect on the state of the Australian food scene in 2008 and prepare what they consider to be truly Australian meals. Maggie tells Simon about the amazing changes she's seen.	AUSTRALIA	English-100		G	
2023-12-06	2400	Mystery Diners	Fraternal Disorder	Charles Stiles and his Mystery Diners go undercover to see how easy it is to purchase a keg.	USA	English-100		G	Y
2023-12-06	2430	Rick Stein's Seafood Lovers' Guide	Episode 3	Rick travels along England's south coast and cooks up a variety of dishes along the way – such as monk fish with potatoes, pilchards on a bruchetta, ormers and salad.	UNITED KINGDOM	English-100		PG	
2023-12-06	2500	Luca's Key Ingredient	Episode 3	Luca Ciano returns with another essential key ingredient, basil. Fundamental to Italian cuisine, Luca gives his recipe for basil pesto which becomes the foundation for a delicious pasta.	AUSTRALIA	English-100			
2023-12-06	2530	James Martin's Spanish Adventures	Asturias	James meets a family who live off grid. He samples fabada stew, urbies cheese and some famous sardines. Then cooks a steak sandwich, pancetta and clams, rice pudding, and sardines with padron peppers.	UNITED KINGDOM	English-100	PG	a w	
2023-12-06	2630	Come Dine With Me UK	Exeter Day 3	It's the third day in Exeter and ladybird loving Pascale prepares a Vietnamese menu for her guests, full of flavour and colour. But her cooking attire for the starter leaves little to the imagination.	UNITED KINGDOM	English-100	PG	a s	
2023-12-06	2700	Come Dine With Me UK	Exeter Day 4	It's the fourth day of the competition in and around Exeter and the turn of larger than life Nick to host. Nick prepares a menu that represents his personality - big, bold and brash.	UNITED KINGDOM	English-100	PG	a	
2023-12-06	2730	The Cook Up with Adam Liaw	White Fish	Tonight, host Adam Liaw, Chaco bar's Keita Abe and Nilgiri's Ajoy Joshi are in The Cook Up kitchen to create dishes that involve a versatile ingredient - white fish.	AUSTRALIA	English-100	RPT	G	Y
2023-12-06	2800	Bizarre Foods: Delicious Destinations	Tuscany	Andrew explores Tuscany, Italy, which is rooted in the tradition of simple, local ingredients. He highlights specialties like spicy fish stew served over crusty bread.	USA	English-100	RPT	G	Y

2023-12-06	2830	<b>The Cook And The Chef</b>	Australia Now	Simon and Maggie reflect on the state of the Australian food scene in 2008 and prepare what they consider to be truly Australian meals. Maggie tells Simon about the amazing changes she's seen.	AUSTRALIA	English-100	G		
2023-12-07	0500	<b>Mystery Diners</b>	Fraternal Disorder	Charles Stiles and his Mystery Diners go undercover to see how easy it is to purchase a keg.	USA	English-100	G		Y
2023-12-07	0530	<b>Martha Bakes</b>	Layered Yeast Dough	Whether you're a beginner or a seasoned pro, you'll welcome Martha's expert tips for turning layered yeast dough into masterful creations, starting with the classic kouign-amann.	USA	English-100	G		
2023-12-07	0600	<b>Martha Bakes</b>	Pastry Cream	Learn all the techniques to master one of the building blocks of a great dessert, pastry cream. It's a staple that every baker should know how to make because it has endless applications.	USA	English-100	G		
2023-12-07	0630	<b>Barefoot Contessa: Back To Basics</b>	Modern Comfort Food: Simply Seafood	Ina Garten is serving up a seafood spread, starting with fresh crab and pea risotto for a comforting one-pot wonder.	USA	English-100	G		
2023-12-07	0700	<b>Secret Delicious</b>	Bangkok	In Bangkok, Aun Koh gets Chef Garima Arora, Asia's Best Female Chef (2019) to reveal her unique fermentation room, and a new recipe inspired by Chiangmai sausage that's not on the menu yet.	SINGAPORE	English-100	PG	a	Y
2023-12-07	0730	<b>Rick Stein's French Odyssey</b>	Homps To Agde	Rick shows the French there's at least one Englishman who knows there's more to cooking than just opening a can, and the air is soon redolent with the savoury smell of Lamb Ragout with beans.	UNITED KINGDOM	English-100	G		Y
2023-12-07	0800	<b>Choccywoccyoodah: Extra Slices</b>	Dark Side, The	This time around the chocolatiers celebrate the underworld. Tom conjures up a ghoulish wedding cake for a Gothic Bride and makes his mark on a tattoo covered birthday cake.	UNITED KINGDOM	English-100	PG	a	
2023-12-07	0830	<b>David Rocco's Dolce India</b>	Chinese Calcutta	Kolkata is home to India's largest Chinese community, and they're fiercely proud of their Hakka-style cuisine - a fusion of Chinese and Indian. David spends the day with locals, learning and eating!	CANADA	English-100	PG	l	
2023-12-07	0900	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 3	Khanh cooks a beautiful duck with fennel and orange salad in the Yarra Valley with Bel from Wine Selectors. The kitchen finishes off with a tasty red berry bliss slice from Elena.	AUSTRALIA	English-100	G		
2023-12-07	0930	<b>Mary Makes It Easy</b>	Fave Missed Steak	Mary's veg versions of meaty classics can satisfy even the biggest meathead by maintaining those hearty flavours: falafel burgers, tofu chicken nuggets, and lentil meatballs.	CANADA	English-100	G		
2023-12-07	1000	<b>Freshly Picked</b>	Episode 13	Discover native plant foods and how they can pack a punch. Simon brings cauliflower and tomato together seamlessly, and Kishwar Chowdhury brings little morsels of joy to the kitchen.	AUSTRALIA	English-100	PG		
2023-12-07	1030	<b>Italian Food Safari</b>	Italian Food Safari Series 1 Ep 3	Tonight is all about the glorious tomato, with Guy joining tomato grower John Monigatti on Echuca's plains during harvest. Maeve then shares tomato day with a large Calabrese clan.	AUSTRALIA	English-100	RPT	G	Y
2023-12-07	1100	<b>The Cook Up With Adam Liaw</b>	Sweet Comfort Food	Adam, comedian Gen Fricker and The Old Fitz chef Anna Ugarte-Carral create some delicious comfort foods of the sweet kind in the Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
2023-12-07	1130	<b>Rick Stein's Seafood Lovers' Guide</b>	Episode 3	Rick travels along England's south coast and cooks up a variety of dishes along the way – such as monk fish with potatoes, pilchards on a bruchetta, ormers and salad.	UNITED KINGDOM	English-100	PG		

2023-12-07	1200	<b>Luca's Key Ingredient</b>	Episode 3	Luca Ciano returns with another essential key ingredient, basil. Fundamental to Italian cuisine, Luca gives his recipe for basil pesto which becomes the foundation for a delicious pasta.	AUSTRALIA	English-100			
2023-12-07	1230	<b>Lidia's Kitchen</b>	Lidia's Kitchen Series 7 Ep 3	Lidia talks about growing up and family traditions. Featured recipes include shrimp and mixed bean salad, a roasted garlic crostini and pappardelle with mixed fresh mushrooms.	USA	English-100			
2023-12-07	1300	<b>Martha Bakes</b>	French Meringue	French meringue is one of the most simple, yet mysterious traditions in the world of pastry. Let Martha demystify this classic French technique and unlock a world of heavenly light sweets.	USA	English-100		G	
2023-12-07	1330	<b>Martha Bakes</b>	Press-In Crusts	Easy no roll pie crust? Martha teaches a foolproof method to creating perfect crusts in no time - say goodbye to hassle and hello to ease.	USA	English-100		G	
2023-12-07	1400	<b>Barefoot Contessa: Back To Basics</b>	Modern Comfort Food: All Italian	Ina Garten shares her take on Italian classics, and starts by giving crispy chicken with lemon orzo a Greek spin.	USA	English-100		G	
2023-12-07	1430	<b>Secret Delicious</b>	Hong Kong	Aun Koh navigates the tightly packed city of Hong Kong to uncover an exotic snake dish and a secret custard called the Egg Opera. He discovers invisible cocktails through the hidden bar scene.	SINGAPORE	English-100		PG	I Y
2023-12-07	1500	<b>Rick Stein's French Odyssey</b>	Beziers To Sete	Rick is in his element when he arrives at Lake Thau because the dishes he prepares and devours are predominantly seafood. He cooks seafood ragout, using produce fresh from the fishing boats.	UNITED KINGDOM	English-100		G	
2023-12-07	1530	<b>Choccywoccyoodah: Extra Slices</b>	Weird And Wonderful	The chocolatiers create cakes that celebrate both the weird and the wonderful. Tom gets spaced out making a cosmic cake to celebrate a 40-year-old piece of moon rock for the National Space Centre.	UNITED KINGDOM	English-100		PG	s
2023-12-07	1600	<b>David Rocco's Dolce India</b>	Golden Amritsar	David fulfills his dream of visiting the Golden Temple, the holiest Sikh gurudwara in the world. The community serve 100,000 people a day, and David gets a chance to experience the cooking chaos.	CANADA	English-100		G	
2023-12-07	1630	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 4	Khanh cooks up a drool-worthy peanut caramel chocolate tart first up, followed by a staple Vietnamese dressing nuoc cham. The episode wraps with Elena's warming pea and ham soup.	AUSTRALIA	English-100		G	
2023-12-07	1700	<b>Mary Makes It Easy</b>	Batch Made In Heaven	Batch cooking is where it's at! Fill the freezer for your friends and make your meals last longer with Mary's go-to veggie cabbage rolls, and lasagne roll ups.	CANADA	English-100		G	
2023-12-07	1730	<b>Freshly Picked</b>	Episode 14	Simon knows how to utilise that can of beans at the back of the pantry, and makes an impressive kombucha berry trifle. Michael Craig is in the kitchen with a killer recipe for tandoori pizza.	AUSTRALIA	English-100		PG	
2023-12-07	1800	<b>Italian Food Safari</b>	Italian Food Safari Series 1 Ep 4	Tonight, Guy visits dedicated Melbourne artisan baker Daniel Chirico and tastes bread straight from the oven. And Maeve learns about the Italian passion for veal.	AUSTRALIA	English-100	RPT	G	Y
2023-12-07	1830	<b>Lidia's Kitchen</b>	Lidia's Kitchen Series 7 Ep 4	Lidia's mother, Erminia, is known for her entertaining culinary moments. Some featured recipes include corn and zucchini minestra, fried risotto and beef with root vegetables braised in red wine.	USA	English-100			
2023-12-07	1900	<b>The Cook Up With Adam Liaw</b>	Breakfast For Dinner	TV personality and chef Jason Roberts and head chef at Sydney restaurant Red Lantern Mark Jensen are in the Cook Up kitchen with Adam creating breakfast dishes for dinner.	AUSTRALIA	English-100	RPT	G	Y

2023-12-07	1930	<b>Rick Stein's Seafood Lovers' Guide</b>	Episode 4	Rick visits Morecambe and meets Ray who goes shrimping and makes potted shrimps. In Solway Firth, he discovers the wonder of fresh salmon, oysters, and scallops.	UNITED KINGDOM	English-100		PG		
2023-12-07	2000	<b>Paula McIntyre's Hamely Kitchen Specials</b>	Paula McIntyre's Hamely Kitchen Specials Ep 1	It's Hogmanay, and Chef Paula McIntyre is celebrating Auld Year' night with a delicious festive supper. On the menu is cock-a-leekie soup, roast duck and a clootie dumpling with whisky cream.	UNITED KINGDOM	English-100				
2023-12-07	2030	<b>Rick Stein: From Venice to Istanbul</b>	Croatia	In the Byzantine city of Ravenna, Rick discovers Piadinas, street food dating back to Roman times before crossing the Adriatic Sea to Croatia - a first for Rick - and a chance to discover new dishes.	UNITED KINGDOM	English-100		PG	a w	
2023-12-07	2140	<b>Come Dine With Me UK</b>	Exeter Day 5	It's the final day and estate agent Ajay is hoping her nautical themed evening will see her sail to victory. Along with a gigantic seafood spread, Ajay's laid on a boat trip around Torquay harbour.	UNITED KINGDOM	English-100		PG	a l	
2023-12-07	2205	<b>Come Dine With Me UK</b>	Sheffield Day 1	This week our guests are in Sheffield for a performing arts themed dinner. But will this whirlwind evening entertain, or leave the guests deflated?	UNITED KINGDOM	English-100		PG		
2023-12-07	2230	<b>The Cook Up with Adam Liaw</b>	Potato	Tonight, the owner of Vic's Meats, Anthony Puharich, and LP's Quality Meats Luke Powell join host Adam Liaw to give us their take on the ultimate potato dish to accompany a meal.	AUSTRALIA	English-100	RPT	G		Y
2023-12-07	2300	<b>Bizarre Foods: Delicious Destinations</b>	Genoa	Andrew explores the inventive eats of Genoa, Italy. A stunning location bursting with vibrant herbs and ancient technique, Genoa is home to favorites like peasant-created seafood salad.	USA	English-100	RPT	G		Y
2023-12-07	2330	<b>The Cook And The Chef</b>	Italian Influence	From pasta to gelati, tomatoes to octopus - Italian migrants have contributed enormously to our Australian way of life. Maggie's love of Italian opera and food is well known.	AUSTRALIA	English-100		G		
2023-12-07	2400	<b>Mystery Diners</b>	Raw Deal	Fearing that her employees are selling the secret recipes to her raw food menu, Sylvia contacts Charles Stiles for help.	USA	English-100		PG	a	Y
2023-12-07	2430	<b>Rick Stein's Seafood Lovers' Guide</b>	Episode 4	Rick visits Morecambe and meets Ray who goes shrimping and makes potted shrimps. In Solway Firth, he discovers the wonder of fresh salmon, oysters, and scallops.	UNITED KINGDOM	English-100		PG		
2023-12-07	2500	<b>Paula McIntyre's Hamely Kitchen Specials</b>	Paula McIntyre's Hamely Kitchen Specials Ep 1	It's Hogmanay, and Chef Paula McIntyre is celebrating Auld Year' night with a delicious festive supper. On the menu is cock-a-leekie soup, roast duck and a clootie dumpling with whisky cream.	UNITED KINGDOM	English-100				
2023-12-07	2530	<b>Rick Stein: From Venice to Istanbul</b>	Croatia	In the Byzantine city of Ravenna, Rick discovers Piadinas, street food dating back to Roman times before crossing the Adriatic Sea to Croatia - a first for Rick - and a chance to discover new dishes.	UNITED KINGDOM	English-100		PG	a w	
2023-12-07	2640	<b>Come Dine With Me UK</b>	Exeter Day 5	It's the final day and estate agent Ajay is hoping her nautical themed evening will see her sail to victory. Along with a gigantic seafood spread, Ajay's laid on a boat trip around Torquay harbour.	UNITED KINGDOM	English-100		PG	a l	
2023-12-07	2705	<b>Come Dine With Me UK</b>	Sheffield Day 1	This week our guests are in Sheffield for a performing arts themed dinner. But will this whirlwind evening entertain, or leave the guests deflated?	UNITED KINGDOM	English-100		PG		
2023-12-07	2730	<b>The Cook Up with Adam Liaw</b>	Potato	Tonight, the owner of Vic's Meats, Anthony Puharich, and LP's Quality Meats Luke Powell join host Adam Liaw to give us their take on the ultimate potato dish to accompany a meal.	AUSTRALIA	English-100	RPT	G		Y

2023-12-07	2800	<b>Bizarre Foods: Delicious Destinations</b>	Genoa	Andrew explores the inventive eats of Genoa, Italy. A stunning location bursting with vibrant herbs and ancient technique, Genoa is home to favorites like peasant-created seafood salad.	USA	English-100	RPT	G		Y
2023-12-07	2830	<b>The Cook And The Chef</b>	Italian Influence	From pasta to gelati, tomatoes to octopus - Italian migrants have contributed enormously to our Australian way of life. Maggie's love of Italian opera and food is well known.	AUSTRALIA	English-100		G		
2023-12-08	0500	<b>Mystery Diners</b>	Raw Deal	Fearing that her employees are selling the secret recipes to her raw food menu, Sylvia contacts Charles Stiles for help.	USA	English-100		PG	a	Y
2023-12-08	0530	<b>Martha Bakes</b>	French Meringue	French meringue is one of the most simple, yet mysterious traditions in the world of pastry. Let Martha demystify this classic French technique and unlock a world of heavenly light sweets.	USA	English-100		G		
2023-12-08	0600	<b>Martha Bakes</b>	Press-In Crusts	Easy no roll pie crust? Martha teaches a foolproof method to creating perfect crusts in no time - say goodbye to hassle and hello to ease.	USA	English-100		G		
2023-12-08	0630	<b>Barefoot Contessa: Back To Basics</b>	Modern Comfort Food: All Italian	Ina Garten shares her take on Italian classics, and starts by giving crispy chicken with lemon orzo a Greek spin.	USA	English-100		G		
2023-12-08	0700	<b>Secret Delicious</b>	Hong Kong	Aun Koh navigates the tightly packed city of Hong Kong to uncover an exotic snake dish and a secret custard called the Egg Opera. He discovers invisible cocktails through the hidden bar scene.	SINGAPORE	English-100		PG	l	Y
2023-12-08	0730	<b>Rick Stein's French Odyssey</b>	Beziers To Sete	Rick is in his element when he arrives at Lake Thau because the dishes he prepares and devours are predominantly seafood. He cooks seafood ragout, using produce fresh from the fishing boats.	UNITED KINGDOM	English-100		G		
2023-12-08	0800	<b>Choccywoccydoodah: Extra Slices</b>	Weird And Wonderful	The chocolatiers create cakes that celebrate both the weird and the wonderful. Tom gets spaced out making a cosmic cake to celebrate a 40-year-old piece of moon rock for the National Space Centre.	UNITED KINGDOM	English-100		PG	s	
2023-12-08	0830	<b>David Rocco's Dolce India</b>	Golden Amritsar	David fulfills his dream of visiting the Golden Temple, the holiest Sikh gurudwara in the world. The community serve 100,000 people a day, and David gets a chance to experience the cooking chaos.	CANADA	English-100		G		
2023-12-08	0900	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 4	Khanh cooks up a drool-worthy peanut caramel chocolate tart first up, followed by a staple Vietnamese dressing nuoc cham. The episode wraps with Elena's warming pea and ham soup.	AUSTRALIA	English-100		G		
2023-12-08	0930	<b>Mary Makes It Easy</b>	Batch Made In Heaven	Batch cooking is where it's at! Fill the freezer for your friends and make your meals last longer with Mary's go-to veggie cabbage rolls, and lasagne roll ups.	CANADA	English-100		G		
2023-12-08	1000	<b>Freshly Picked</b>	Episode 14	Simon knows how to utilise that can of beans at the back of the pantry, and makes an impressive kombucha berry trifle. Michael Craig is in the kitchen with a killer recipe for tandoori pizza.	AUSTRALIA	English-100		PG		
2023-12-08	1030	<b>Italian Food Safari</b>	Italian Food Safari Series 1 Ep 4	Tonight, Guy visits dedicated Melbourne artisan baker Daniel Chirico and tastes bread straight from the oven. And Maeve learns about the Italian passion for veal.	AUSTRALIA	English-100	RPT	G		Y
2023-12-08	1100	<b>The Cook Up With Adam Liaw</b>	Breakfast For Dinner	TV personality and chef Jason Roberts and head chef at Sydney restaurant Red Lantern Mark Jensen are in the Cook Up kitchen with Adam creating breakfast dishes for dinner.	AUSTRALIA	English-100	RPT	G		Y



2023-12-08	1130	<b>Rick Stein's Seafood Lovers' Guide</b>	Episode 4	Rick visits Morecambe and meets Ray who goes shrimping and makes potted shrimps. In Solway Firth, he discovers the wonder of fresh salmon, oysters, and scallops.	UNITED KINGDOM	English-100	PG		
2023-12-08	1200	<b>Paula McIntyre's Hamely Kitchen Specials</b>	Paula McIntyre's Hamely Kitchen Specials Ep 1	It's Hogmanay, and Chef Paula McIntyre is celebrating Auld Year' night with a delicious festive supper. On the menu is cock-a-leekie soup, roast duck and a clootie dumpling with whisky cream.	UNITED KINGDOM	English-100			
2023-12-08	1230	<b>Lidia's Kitchen</b>	Lidia's Kitchen Series 7 Ep 4	Lidia's mother, Erminia, is known for her entertaining culinary moments. Some featured recipes include corn and zucchini minestra, fried risotto and beef with root vegetables braised in red wine.	USA	English-100			
2023-12-08	1300	<b>Martha Bakes</b>	Classic New England	Maple, cranberries, Boston cream pie cupcakes, and blueberries all have what in common? New England!	USA	English-100	G		
2023-12-08	1330	<b>Martha Bakes</b>	Mid-Atlantic	Martha shares four regional favourites - peach cake, Kaiser rolls, crumb cake, and black and white cookies.	USA	English-100	G		
2023-12-08	1400	<b>Barefoot Contessa: Back To Basics</b>	Modern Comfort Food: Bake It Delicious	Ina puts a new spin on a decadent, elegant bittersweet chocolate cake that everyone adores, and kick-starts the day with a dramatic apple cinnamon Dutch Baby.	USA	English-100	G		
2023-12-08	1430	<b>Choccywoccydoodah: Extra Slices</b>	Every Cake Tells A Story	This time the chocolatiers pay tribute to stories of love and bravery. Tom makes a train-spotter's day, re-creating the Golden Arrow Engine for the wedding anniversary cake.	UNITED KINGDOM	English-100	PG	a	
2023-12-08	1500	<b>Rick Stein's French Odyssey</b>	Aigues Mort To Marseille	It's the last leg of Rick's culinary cruise through France but the country still has plenty of delicious reasons not to hasten its end. A perfect bouillabaisse is a fitting end to a memorable journey.	UNITED KINGDOM	English-100	PG		
2023-12-08	1530	<b>Choccywoccydoodah: Extra Slices</b>	Showbusiness	Today, the chocolatiers enter the world of show biz glitz. Tom and Christine prepare for their live TV debut on Channel Four's Sunday Brunch - bringing with them Tom's English Breakfast cake.	UNITED KINGDOM	English-100	PG	a	
2023-12-08	1600	<b>David Rocco's Dolce India</b>	Punjabi Way, The	David is in Amritsar - a city known for the warmth of its people and its amazing food. He meets up with some locals, tries specialty Punjabi dishes and even learns to tie his own turban.	CANADA	English-100	G		
2023-12-08	1630	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 5	Elena shows us a Spanish favourite, albondigas! Then, Khanh whips up a healthy chicken fajita bowl dish that is great for meal prep, followed by an olive dish perfect for your weekend parties.	AUSTRALIA	English-100	G		
2023-12-08	1700	<b>Mary Makes It Easy</b>	Overnight Guests	Mary's super simple recipes will free you up to spend more time with your guests instead of in the kitchen: apple butter roast pork, white bean soup, and French toast.	CANADA	English-100	G		
2023-12-08	1730	<b>Freshly Picked</b>	Episode 15	A quick and easy tofu dish is on the menu, and Simon delivers a sensational dessert. Connor Curran is back on the show for a vegan moussaka, and Simon heads to the river for the perfect toastie.	AUSTRALIA	English-100	PG		
2023-12-08	1800	<b>Italian Food Safari</b>	Italian Food Safari Series 1 Ep 5	Maeve visits the crayfishermen off Geraldton and tastes just how good a 'cray on the barbie' can be. Guy drops in on chef Maurizio Esposito to learn the secrets of his crayfish gnocchi.	AUSTRALIA	English-100	RPT	G	Y
2023-12-08	1830	<b>Lidia's Kitchen</b>	Lidia's Kitchen Series 7 Ep 5	Italian-American classics are what Lidia discovered as a 12-year-old arriving in America. She shares some of her favourites; Bolognese sauce, asparagus salad, and an contemporary chicken pizzaioia.	USA	English-100			

2023-12-08	1900	<b>The Cook Up With Adam Liaw</b>	Mexican	Adam hosts Mexican Deli owner Rosa Cienfuegos and Chica Bonita chef Alejandro Huerta to create dishes from our guests' home country of Mexico.	AUSTRALIA	English-100	RPT	G		Y
2023-12-08	1930	<b>Secret World Of Snacks: Xmas Chocolate</b>	Christmas Chocolate	Jo Brand narrates the nostalgic battles between our favourite Christmas chocolate brands. Industry heavyweights reveal how they fight for the unforgiving sales window that lasts for just three months every year.	UNITED KINGDOM	English-100		G		Y
2023-12-08	2030	<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		PG	a	
2023-12-08	2205	<b>The Cook Up With Adam Liaw</b>	Christmas Crackers	It's Christmas week on The Cook Up, so two of Australia's greatest performers, Courtney Act and Mitch Tambo join Adam to celebrate the festive period with the perfect snacks.	AUSTRALIA	English-100	RPT	G		Y
2023-12-08	2235	<b>The Cook Up with Adam Liaw</b>	Seaweed	Triple J's Linda Marigliano and owner of Kitchen by Mike, Mike McEneaney, join host Adam Liaw in The Cook Up kitchen to whip up some seaweed wonders.	AUSTRALIA	English-100	RPT	G		Y
2023-12-08	2305	<b>Bizarre Foods: Delicious Destinations</b>	Emilia-Romagna	Andrew explores the region of Emilia-Romagnam, Italy, and discovers ancient recipes and culinary classics including mortadella sausage, parmigiano reggiano and tortellini in broth.	USA	English-100	RPT	G		Y
2023-12-08	2330	<b>The Cook And The Chef</b>	Fusion Food	Simon and Maggie marvel at the British success in putting their own stamp on a Pakistani curry and then celebrate the cross-cultural cuisine of Australia's own 'Father Of Fusion', Cheong Liew.	AUSTRALIA	English-100		G		
2023-12-08	2400	<b>Mystery Diners</b>	Scorpion Sting	Mystery Diners go undercover and discover an employee with a gambling addiction.	USA	English-100		G		Y
2023-12-08	2430	<b>Secret World Of Snacks: Xmas Chocolate</b>	Christmas Chocolate	Jo Brand narrates the nostalgic battles between our favourite Christmas chocolate brands. Industry heavyweights reveal how they fight for the unforgiving sales window that lasts for just three months every year.	UNITED KINGDOM	English-100		G		Y
2023-12-08	2525	<b>Destination Flavour China Bitesize</b>	Shanghai Style Wonton Soup	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G		Y
2023-12-08	2530	<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		PG	a	
2023-12-08	2705	<b>The Cook Up With Adam Liaw</b>	Christmas Crackers	It's Christmas week on The Cook Up, so two of Australia's greatest performers, Courtney Act and Mitch Tambo join Adam to celebrate the festive period with the perfect snacks.	AUSTRALIA	English-100	RPT	G		Y
2023-12-08	2735	<b>The Cook Up with Adam Liaw</b>	Seaweed	Triple J's Linda Marigliano and owner of Kitchen by Mike, Mike McEneaney, join host Adam Liaw in The Cook Up kitchen to whip up some seaweed wonders.	AUSTRALIA	English-100	RPT	G		Y
2023-12-08	2805	<b>Bizarre Foods: Delicious Destinations</b>	Emilia-Romagna	Andrew explores the region of Emilia-Romagnam, Italy, and discovers ancient recipes and culinary classics including mortadella sausage, parmigiano reggiano and tortellini in broth.	USA	English-100	RPT	G		Y
2023-12-08	2830	<b>The Cook And The Chef</b>	Fusion Food	Simon and Maggie marvel at the British success in putting their own stamp on a Pakistani curry and then celebrate the cross-cultural cuisine of Australia's own 'Father Of Fusion', Cheong Liew.	AUSTRALIA	English-100		G		

2023-12-09	0500	<b>Mystery Diners</b>	Scorpion Sting	Mystery Diners go undercover and discover an employee with a gambling addiction.	USA	English-100	G		Y
2023-12-09	0530	<b>Martha Bakes</b>	Classic New England	Maple, cranberries, Boston cream pie cupcakes, and blueberries all have what in common? New England!	USA	English-100	G		
2023-12-09	0600	<b>Martha Bakes</b>	Mid-Atlantic	Martha shares four regional favourites - peach cake, Kaiser rolls, crumb cake, and black and white cookies.	USA	English-100	G		
2023-12-09	0630	<b>Barefoot Contessa: Back To Basics</b>	Modern Comfort Food: Bake It Delicious	Ina puts a new spin on a decadent, elegant bittersweet chocolate cake that everyone adores, and kick-starts the day with a dramatic apple cinnamon Dutch Baby.	USA	English-100	G		
2023-12-09	0700	<b>Choccywoccydoodah: Extra Slices</b>	Every Cake Tells A Story	This time the chocolatiers pay tribute to stories of love and bravery. Tom makes a train-spotter's day, re-creating the Golden Arrow Engine for the wedding anniversary cake.	UNITED KINGDOM	English-100	PG	a	
2023-12-09	0730	<b>Rick Stein's French Odyssey</b>	Aigues Mort To Marseille	It's the last leg of Rick's culinary cruise through France but the country still has plenty of delicious reasons not to hasten its end. A perfect bouillabaisse is a fitting end to a memorable journey.	UNITED KINGDOM	English-100	PG		
2023-12-09	0800	<b>Choccywoccydoodah: Extra Slices</b>	Showbusiness	Today, the chocolatiers enter the world of show biz glitz. Tom and Christine prepare for their live TV debut on Channel Four's Sunday Brunch - bringing with them Tom's English Breakfast cake.	UNITED KINGDOM	English-100	PG	a	
2023-12-09	0830	<b>David Rocco's Dolce India</b>	Punjabi Way, The	David is in Amritsar - a city known for the warmth of its people and its amazing food. He meets up with some locals, tries specialty Punjabi dishes and even learns to tie his own turban.	CANADA	English-100	G		
2023-12-09	0900	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 5	Elena shows us a Spanish favourite, albondigas! Then, Khanh whips up a healthy chicken fajita bowl dish that is great for meal prep, followed by an olive dish perfect for your weekend parties.	AUSTRALIA	English-100	G		
2023-12-09	0930	<b>Mary Makes It Easy</b>	Overnight Guests	Mary's super simple recipes will free you up to spend more time with your guests instead of in the kitchen: apple butter roast pork, white bean soup, and French toast.	CANADA	English-100	G		
2023-12-09	1000	<b>Freshly Picked</b>	Episode 15	A quick and easy tofu dish is on the menu, and Simon delivers a sensational dessert. Connor Curran is back on the show for a vegan moussaka, and Simon heads to the river for the perfect toastie.	AUSTRALIA	English-100	PG		
2023-12-09	1030	<b>Italian Food Safari</b>	Italian Food Safari Series 1 Ep 5	Maeve visits the crayfishermen off Geraldton and tastes just how good a 'cray on the barbie' can be. Guy drops in on chef Maurizio Esposito to learn the secrets of his crayfish gnocchi.	AUSTRALIA	English-100	RPT	G	Y
2023-12-09	1100	<b>The Cook Up With Adam Liaw</b>	Mexican	Adam hosts Mexican Deli owner Rosa Cienfuegos and Chica Bonita chef Alejandro Huerta to create dishes from our guests' home country of Mexico.	AUSTRALIA	English-100	RPT	G	Y
2023-12-09	1130	<b>Secret World Of Snacks: Xmas Chocolate</b>	Christmas Chocolate	Jo Brand narrates the nostalgic battles between our favourite Christmas chocolate brands. Industry heavyweights reveal how they fight for the unforgiving sales window that lasts for just three months every year.	UNITED KINGDOM	English-100	G		Y
2023-12-09	1225	<b>Destination Flavour China Bitesize</b>	Shanghai Style Wonton Soup	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y

2023-12-09	1230	<b>Lidia's Kitchen</b>	Lidia's Kitchen Series 7 Ep 5	Italian-American classics are what Lidia discovered as a 12-year-old arriving in America. She shares some of her favourites; Bolognese sauce, asparagus salad, and an contemporary chicken pizzaiola.	USA	English-100				
2023-12-09	1300	<b>Martha Bakes</b>	Midwest	Martha makes four regional classics meant for sharing - cherry pie, gooey butter cake, kranskekake, and navy bean pie.	USA	English-100		G		
2023-12-09	1330	<b>Martha Bakes</b>	Northwest	Join Martha as she shares four regional favourites using blackberries, figs, potatoes, and hazelnuts.	USA	English-100		G		
2023-12-09	1400	<b>Choccywoccydoodah: Extra Slices</b>	Showbusiness	Today, the chocolatiers enter the world of show biz glitz. Tom and Christine prepare for their live TV debut on Channel Four's Sunday Brunch - bringing with them Tom's English Breakfast cake.	UNITED KINGDOM	English-100		PG	a	
2023-12-09	1430	<b>David Rocco's Dolce India</b>	Grand Bharat	David is in Delhi, taking in all the sights and sounds. After spending some time in the crazy crowds of Old Delhi, he decides to head for the greener pastures of ITC Grand Bharat.	CANADA	English-100		G		
2023-12-09	1500	<b>Taste The Nation With Padma Lakshmi</b>	Don't Mind If I Dosa	Padma asks family, friends, and those she admires how they hold onto Indian culture and pass it to the next generation. Later in New York she cooks the dishes that remind her of her original home.	USA	English-100		PG		Y
2023-12-09	1530	<b>Taste The Nation With Padma Lakshmi</b>	Gullah Way, The	The Gullah Geechee people of South Carolina are fighting to preserve the traditions passed down from their ancestors. Padma catches and cracks crab with new friends and old.	USA	English-100		PG	a l w	Y
2023-12-09	1605	<b>Gamer Snacks</b>	Big Vend-Off And Vegan Doner Kebabs, The	Arron and guest Ed Night go head to head to make the ultimate gaming food, using five random items from the Gamer Snack Vending machine.	USA	English-100		PG	l	
2023-12-09	1630	<b>Hairy Bikers' Asian Adventure</b>	Thailand - Beaches And Mountains	The bikers travel to the palm-lined beaches of the south and the jungle-clad mountains of the north to explore Thailand's multicultural history and its place at the heart of the spice trade.	UNITED KINGDOM	English-100	RPT	PG		Y Y
2023-12-09	1735	<b>Hairy Bikers' Asian Adventure</b>	Japan - Tokyo	Japanese is the Hairy Bikers' all-time favourite cuisine and now they're fulfilling a lifetime's ambition to visit this incredible country.	UNITED KINGDOM	English-100	RPT	PG		Y Y
2023-12-09	1835	<b>Order Up!</b>	Ultimate Test, The	At the very end of Hudson's entire journey, the final reckoning has come. This is the culmination of everything he's learned in his entire adventure, and all will be judged at a single private dinner.	CANADA	English-100		PG	a w	
2023-12-09	1935	<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.	UNITED KINGDOM	English-100		PG	a w	
2023-12-09	2005	<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.	UNITED KINGDOM	English-100		PG	n	
2023-12-09	2035	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 2 Ep 13	On the banks of the River Tamar, Rick visits a little-known mausoleum with a rather macabre story.	UNITED KINGDOM	English-100		PG	a w	
2023-12-09	2105	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 2 Ep 14	In the town of Looe, Rick discovers a time when the Cornish were taken as slaves by Barbary Pirates. He joins one of the last fishing boats in St Mawes and uses the catch of Lemon Sole in a dish.	UNITED KINGDOM	English-100		PG	a w	

2023-12-09	2135	<b>Anthony Bourdain: No Reservations</b>	Namibia	Anthony Bourdain heads to Namibia, a country whose name means desert.	USA	English-100		PG		
2023-12-09	2230	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 1 Ep 7	The local ladies have a big job for Paul and there might be a sweet reward in return. If he can help them paint their headquarters, they've offered to share some of their cake-making secrets with him.	UNITED KINGDOM	English-100	RPT	PG		Y
2023-12-09	2325	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 5	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2023-12-09	2330	<b>Mystery Diners</b>	Life's Not A Beach	Marty hears employee complaints about his new manager so he calls Charles Stiles to find the source of the problem.	USA	English-100		G		Y
2023-12-09	2400	<b>Mystery Diners</b>	Magic Hassle	Rosele's concerned about a conflict between her longtime pianist and recently hired magician.	USA	English-100		G		Y
2023-12-09	2430	<b>David Rocco's Dolce India</b>	Grand Bharat	David is in Delhi, taking in all the sights and sounds. After spending some time in the crazy crowds of Old Delhi, he decides to head for the greener pastures of ITC Grand Bharat.	CANADA	English-100		G		
2023-12-09	2500	<b>Taste The Nation With Padma Lakshmi</b>	Don't Mind If I Dosa	Padma asks family, friends, and those she admires how they hold onto Indian culture and pass it to the next generation. Later in New York she cooks the dishes that remind her of her original home.	USA	English-100		PG		Y
2023-12-09	2530	<b>Taste The Nation With Padma Lakshmi</b>	Gullah Way, The	The Gullah Geechee people of South Carolina are fighting to preserve the traditions passed down from their ancestors. Padma catches and cracks crab with new friends and old.	USA	English-100		PG	a l w	Y
2023-12-09	2605	<b>Gamer Snacks</b>	Big Vend-Off And Vegan Doner Kebabs, The	Arron and guest Ed Night go head to head to make the ultimate gaming food, using five random items from the Gamer Snack Vending machine.	USA	English-100		PG	l	
2023-12-09	2630	<b>Hairy Bikers' Asian Adventure</b>	Thailand - Beaches And Mountains	The bikers travel to the palm-lined beaches of the south and the jungle-clad mountains of the north to explore Thailand's multicultural history and its place at the heart of the spice trade.	UNITED KINGDOM	English-100	RPT	PG		Y Y
2023-12-09	2735	<b>Hairy Bikers' Asian Adventure</b>	Japan - Tokyo	Japanese is the Hairy Bikers' all-time favourite cuisine and now they're fulfilling a lifetime's ambition to visit this incredible country.	UNITED KINGDOM	English-100	RPT	PG		Y Y
2023-12-09	2835	<b>Mystery Diners</b>	Life's Not A Beach	Marty hears employee complaints about his new manager so he calls Charles Stiles to find the source of the problem.	USA	English-100		G		Y