



**WEEK 5: Sunday, 28 January- Saturday, 3 February 2024 - ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-01-28	0500	<b>Mystery Diners</b>	Lobster Looting	Brother-sister owners have noticed a discrepancy in their lobster supply at Langosta Lounge in Asbury Park, NJ. With the help of Charles and his team, they'll discover where the lobsters are going.	USA	English-100		PG	a		Y
2024-01-28	0530	<b>Remarkable Places To Eat</b>	New Forest	Fred Sirieix heads to The New Forest with former greengrocer Chris Bavin as his guide. Chris spent many a happy family holiday camping in the forest as a child and is a huge fan of the area.	UNITED KINGDOM	English-100		PG	a w		
2024-01-28	0635	<b>John Torode's Ireland</b>	Aran Islands, Galway And Return To Dublin	John goes to meet David and Jenny O'Halloran of Blath Na Mara at their seaweed factory. Jenny is a local and David is from New Zealand and together they forage and sell seaweed.	UNITED KINGDOM	English-100		G			
2024-01-28	0730	<b>Ainsley's Fantastic Flavours</b>	Cheesy	Ainsley Harriott explores the huge range of cheese flavours, both savoury and sweet. First up is his Manchego and chorizo stuffed chicken with roasted asparagus and cheesy potato gratin.	UNITED KINGDOM	English-100		G			
2024-01-28	0825	<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
2024-01-28	0830	<b>Homegrown Tastes South Africa</b>	West Coast Forage	Lorna travels to the beautiful town of Paternoster to sample some flavours. Foraging expert Loubie Rauch advises Lorna on ways to incorporate these unique ingredients in the meal she prepares.	UNITED KINGDOM	English-100		G			Y
2024-01-28	0930	<b>Mystery Diners</b>	Hot Meat	After receiving some truly unbelievable deals, Tony, the owner of Rivoli's in Tom's River, NJ, believes his new meat purveyor is selling him stolen goods. Charles sends in a Mystery Diner.	USA	English-100		PG	a		Y
2024-01-28	1000	<b>The Cook Up With Adam Liaw</b>	Beach Dinner	NAIDOC Week host Nornie Bero is joined by presenter Matty Mills and visual artist Gail Mabo to make memorable beach dinners.	AUSTRALIA	English-100	RPT	G			Y
2024-01-28	1030	<b>The Cook Up With Adam Liaw</b>	Luscious Leaves	We're celebrating NAIDOC Week with host Nornie Bero, actor Bjorn Stewart, Currie Country's Arabella Douglas and a whole lot of luscious leaves!	AUSTRALIA	English-100	RPT	G			Y
2024-01-28	1100	<b>The Cook Up With Adam Liaw</b>	Pepperberries	The NAIDOC Week celebrations continue with bushfood educator Jody Orcher, podcaster Rowdie Walden and host Nornie Bero's favourite native ingredient, pepperberry.	AUSTRALIA	English-100	RPT	PG			Y
2024-01-28	1130	<b>The Cook Up With Adam Liaw</b>	Family Pie	It's NAIDOC Week on The Cook Up, and Warndu's Damien Coulthard, Haus of Dizzy's Kristy Dickinson and host Nornie Bero are making family pie.	AUSTRALIA	English-100	RPT	PG			Y
2024-01-28	1200	<b>The Cook Up With Adam Liaw</b>	Native Twist	Astrophysicist Kirsten Banks and Yerrabingin's Christian Hampson join NAIDOC Week host Nornie Bero to cook food with a native twist.	AUSTRALIA	English-100	RPT	G			Y

2024-01-28	1230	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 5	Paul welcomes visitors to the farm. His dad arrives for the first time and they go on a camping trip to hunt feral deer.	UNITED KINGDOM	English-100	RPT	PG	a	Y
2024-01-28	1330	<b>Remarkable Places To Eat</b>	New Forest	Fred Sirieix heads to The New Forest with former greengrocer Chris Bavin as his guide. Chris spent many a happy family holiday camping in the forest as a child and is a huge fan of the area.	UNITED KINGDOM	English-100		PG	a w	
2024-01-28	1435	<b>John Torode's Ireland</b>	Aran Islands, Galway And Return To Dublin	John goes to meet David and Jenny O'Halloran of Blath Na Mara at their seaweed factory. Jenny is a local and David is from New Zealand and together they forage and sell seaweed.	UNITED KINGDOM	English-100		G		
2024-01-28	1530	<b>Homegrown Tastes South Africa</b>	West Coast Forage	Lorna travels to the beautiful town of Paternoster to sample some flavours. Foraging expert Loubie Rauch advises Lorna on ways to incorporate these unique ingredients in the meal she prepares.	UNITED KINGDOM	English-100		G		Y
2024-01-28	1630	<b>Adam Liaw's Road Trip For Good</b>	Tathra, Tallangatta & Kingscote	Adam heads Kangaroo Island in South Australia where he meets one of the first and biggest organic honey producers in Australia - Peter Davis - who lost 500 out of his 800 hives in one day.	AUSTRALIA	English-100		PG		Y
2024-01-28	1700	<b>Adam Liaw's Road Trip For Good</b>	Beechworth, Hay Valley & Batlow	Adam's journey continues to the Adelaide Hills in South Australia. Known for its avant-garde, cool climate wines, the region's winemakers are doing it tough.	AUSTRALIA	English-100		PG		Y
2024-01-28	1730	<b>The Curious Chef</b>	Joys Of Jamaican Cooking	Stephanie challenges herself to learn more about Caribbean food. Meeting with home cook, Kat Williams and restaurant owner, Chef Tony.	USA	English-100		G		Y
2024-01-28	1800	<b>The Curious Chef</b>	Middle East Street Food Eats	Stephanie highlights the diversity of Middle Eastern cuisine through the lens of street food. Pakistani kebabs with home chef, Izza Khan, and Israeli street food at Dr. Sandwich.	USA	English-100		G		Y
2024-01-28	1830	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 1 Ep 3	On this French food adventure, chef Michel Roux goes beach fishing before cooking one of his favourite fish dishes, Mackerel with Mustard sauce.	UNITED KINGDOM	English-100		PG	a w	Y
2024-01-28	1925	<b>Destination Flavour Fillers</b>	Episode 4	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
2024-01-28	1930	<b>James Martin's French Adventure</b>	Paris	James travels to the Poilane Bakery in Paris, which uses a starter dough that dates back to 1932. He's inspired to create a bavette steak baguette with a gin and cucumber savarin.	UNITED KINGDOM	English-100		PG		
2024-01-28	2030	<b>Secret World Of Snacks: Cereal</b>	Cereal	There's no more important meal of the day and this episode charts the rise and rivalries of our favourite cereals. Narrated by Jo Brand, we meet the key brains behind the most iconic breakfast brands.	UNITED KINGDOM	English-100	RPT	PG	a s	Y
2024-01-28	2130	<b>Anthony Bourdain: No Reservations</b>	Colombia	Colombia's emergence from its violent past has a special attraction for Anthony. It has gone from drug capital to food capital, and he is keen to try its cuisine.	USA	English-100	RPT	PG		
2024-01-28	2225	<b>Destination Flavour Singapore Bitesize</b>	Janice Wong	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		Y
2024-01-28	2230	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 6	Paul goes on a wild bee hunt and builds a hive for the farm. He faces the hard task of taking his first pigs born and raised on the farm to the abattoir.	UNITED KINGDOM	English-100	RPT	PG	a w	Y

2024-01-28	2330	<b>Mystery Diners</b>	Crooked Contest	After hearing rumors that their songwriting contest is rigged, Rose and Tom of Belcourt Taps in Nashville contact Charles Stiles for help. 1980s pop star Tiffany goes undercover to investigate.	USA	English-100		PG	a	Y
2024-01-28	2400	<b>Mystery Diners</b>	Rigged Rental	Steve, owner of Nashville Street Tacos in Nashville, believes somebody is using his apartment above his restaurant while he's out of town. Charles sends in James and Brooke to investigate.	USA	English-100		PG	a	Y
2024-01-28	2430	<b>Mystery Diners</b>	Tables Turned	Charles and his team risk it all to bust the boss. For the first time ever, the sting is conducted from inside the restaurant to see if the horrifying accusations against the boss are true.	USA	English-100		PG	a	Y
2024-01-28	2500	<b>Adam Liaw's Road Trip For Good</b>	Tathra, Tallangatta & Kingscote	Adam heads Kangaroo Island in South Australia where he meets one of the first and biggest organic honey producers in Australia - Peter Davis - who lost 500 out of his 800 hives in one day.	AUSTRALIA	English-100		PG		Y
2024-01-28	2530	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 1 Ep 3	On this French food adventure, chef Michel Roux goes beach fishing before cooking one of his favourite fish dishes, Mackerel with Mustard sauce.	UNITED KINGDOM	English-100		PG	a w	Y
2024-01-28	2625	<b>Destination Flavour Fillers</b>	Episode 4	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
2024-01-28	2630	<b>James Martin's French Adventure</b>	Paris	James travels to the Poilane Bakery in Paris, which uses a starter dough that dates back to 1932. He's inspired to create a bavette steak baguette with a gin and cucumber savarin.	UNITED KINGDOM	English-100		PG		
2024-01-28	2725	<b>Please Eat Slowly Bitesize</b>	Dumplings	Victor shares his tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right.	AUSTRALIA	English-100		G		
2024-01-28	2730	<b>Secret World Of Snacks: Cereal</b>	Cereal	There's no more important meal of the day and this episode charts the rise and rivalries of our favourite cereals. Narrated by Jo Brand, we meet the key brains behind the most iconic breakfast brands.	UNITED KINGDOM	English-100	RPT	PG	a s	Y
2024-01-28	2825	<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
2024-01-28	2830	<b>Adam Liaw's Road Trip For Good</b>	Beechworth, Hay Valley & Batlow	Adam's journey continues to the Adelaide Hills in South Australia. Known for its avant-garde, cool climate wines, the region's winemakers are doing it tough.	AUSTRALIA	English-100		PG		Y
2024-01-29	0500	<b>The Curious Chef</b>	Joys Of Jamaican Cooking	Stephanie challenges herself to learn more about Caribbean food. Meeting with home cook, Kat Williams and restaurant owner, Chef Tony.	USA	English-100		G		Y
2024-01-29	0530	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 6	Paul goes on a wild bee hunt and builds a hive for the farm. He faces the hard task of taking his first pigs born and raised on the farm to the abattoir.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-01-29	0630	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 1 Ep 3	On this French food adventure, chef Michel Roux goes beach fishing before cooking one of his favourite fish dishes, Mackerel with Mustard sauce.	UNITED KINGDOM	English-100		PG	a w	Y
2024-01-29	0725	<b>Destination Flavour Fillers</b>	Episode 4	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

2024-01-29	0730	<b>Secret World Of Snacks: Cereal</b>	Cereal	There's no more important meal of the day and this episode charts the rise and rivalries of our favourite cereals. Narrated by Jo Brand, we meet the key brains behind the most iconic breakfast brands.	UNITED KINGDOM	English-100	RPT	PG	a s	Y
2024-01-29	0825	<b>Please Eat Slowly Bitesize</b>	Dumplings	Victor shares his tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right.	AUSTRALIA	English-100		G		
2024-01-29	0830	<b>James Martin's French Adventure</b>	Paris	James travels to the Poilane Bakery in Paris, which uses a starter dough that dates back to 1932. He's inspired to create a bavette steak baguette with a gin and cucumber savarin.	UNITED KINGDOM	English-100		PG		
2024-01-29	0925	<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
2024-01-29	0930	<b>The Curious Chef</b>	Middle East Street Food Eats	Stephanie highlights the diversity of Middle Eastern cuisine through the lens of street food. Pakistani kebabs with home chef, Izza Khan, and Israeli street food at Dr. Sandwich.	USA	English-100		G		Y
2024-01-29	1000	<b>Adam Liaw's Road Trip For Good</b>	Tathra, Tallangatta & Kingscote	Adam heads Kangaroo Island in South Australia where he meets one of the first and biggest organic honey producers in Australia - Peter Davis - who lost 500 out of his 800 hives in one day.	AUSTRALIA	English-100		PG		Y
2024-01-29	1030	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 6	Paul goes on a wild bee hunt and builds a hive for the farm. He faces the hard task of taking his first pigs born and raised on the farm to the abattoir.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2024-01-29	1130	<b>Secret World Of Snacks: Cereal</b>	Cereal	There's no more important meal of the day and this episode charts the rise and rivalries of our favourite cereals. Narrated by Jo Brand, we meet the key brains behind the most iconic breakfast brands.	UNITED KINGDOM	English-100	RPT	PG	a s	Y
2024-01-29	1230	<b>Adam Liaw's Road Trip For Good</b>	Beechworth, Hay Valley & Batlow	Adam's journey continues to the Adelaide Hills in South Australia. Known for its avant-garde, cool climate wines, the region's winemakers are doing it tough.	AUSTRALIA	English-100		PG		Y
2024-01-29	1300	<b>Luke Nguyen's United Kingdom</b>	Cumbria	Luke travels through the breathtaking and spectacular Lake District in Cumbria. He goes fishing and cooks a sensational fish dish with the 'catch of the day'.	AUSTRALIA	English-100	RPT	G		Y Y
2024-01-29	1330	<b>David Rocco's Dolce South East Asia</b>	Singapore	David heads to Singapore. a truly diverse place where you can find just about any kind of food and the opportunity for a better life is available for all	CANADA	English-100		PG	a	
2024-01-29	1400	<b>The Italian Vegan Chef</b>	Land Of Treasures, The	Nadia continues her journey around Tuscany and visits Florence. She enters the old historical Synagogue and then heads to Ruth's Restaurant to enjoy a traditional Tuscan Jewish meal.	ISRAEL	English-50; Italian-50		G		Y
2024-01-29	1430	<b>United Plates Of America</b>	Beverly Hills	Today we discover Beverly Hills, a city known for its hill top mansions, excessive wealth and fine dining experiences.	USA	English-100		G		
2024-01-29	1500	<b>United Plates Of America</b>	San Diego	Today we try San Diego's seafood in three uniquely different ways. San Diego's food scene is constantly evolving, shaped by its uniquely geographical location.	USA	English-100		G		
2024-01-29	1530	<b>Top Chef</b>	Cooking High	In breathtaking Telluride, Colorado, the Chefs embark on the first leg of the finals. For the Quickfire challenge, they are tasked to make a dish incorporating the beverage, sarsaparilla.	USA	English-100		PG		Y

2024-01-29	1625	<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
2024-01-29	1630	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 41	Elena shows us to make a Red Curry Paste that can be used in her Red Duck Curry recipe later in the show. Khanh takes us to his restaurant The George to show us his Alcoholic Kombucha Poached Pears.	AUSTRALIA	English-100		G		
2024-01-29	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 11	Scott Pickett joins Justine to whip up his Rock Flathead 'En Papiollete'. Justine then makes a fantastic CWA sponge with homemade strawberry jam and a duck marbella.	AUSTRALIA	English-100		G		
2024-01-29	1730	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 2 Ep 11	Rick joins a team diving for Razor Clams, which he takes back to the kitchen to make a quick but tasty dish of grilled Shangurro Clams.	UNITED KINGDOM	English-100		PG	a w	
2024-01-29	1800	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 6	Maeve O'Meara explores Argentinian a la cruz style cooking, Brazilian churrasco, Sardinian suckling pig, Portuguese piri piri chicken and a crowd-pleasing Greek Easter lamb.	AUSTRALIA	English-100	RPT	G		Y
2024-01-29	1830	<b>Lidia's Kitchen</b>	Day At The Market, A	Lidia has always loved trips to the food market as they have always been an adventure since childhood. She makes shrimp roasted pepper and olive salad, then eggplant parmigiana stacks.	USA	English-100		G		
2024-01-29	1900	<b>The Cook Up With Adam Liaw</b>	One Pot Wonders	Actress Pia Miranda and hospitality consultant Justin North join Adam in the Cook Up kitchen to create some easy dishes that only require one pot.	AUSTRALIA	English-100	RPT	G		Y
2024-01-29	1930	<b>Malaysia Gourmet With Justine Schofield</b>	Ep 1	Step into the Malaysian cuisine as Justine kicks off her journey in Penang's bustling markets, guided by Pearly Kee. She also offers her creative spin on beloved Malaysian dishes.	AUSTRALIA	English-100		G		
2024-01-29	2000	<b>Long Weekend In... With Rory O'Connell</b>	Palma De Mallorca	Rory visits a beautiful art nouveau bakery where traditional ensaimada pastries are made. Back home in his Ballycotton kitchen, Rory bakes a delicious orange and almond cake.	IRELAND	English-100		G		
2024-01-29	2030	<b>Chronicles Of Nadiya</b>	Chronicles Of Nadiya Series 1 Ep 1	Food and cooking are at the heart of family gatherings and everyday life for British born and bred Nadiya Hussain. Now she is returning to her roots in Bangladesh.	UNITED KINGDOM	English-100		PG	a w	Y
2024-01-29	2135	<b>Come Dine With Me</b>	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.	UNITED KINGDOM	English-100		PG		
2024-01-29	2200	<b>Come Dine With Me</b>	Bristol 5	Serving up the last meal of the week is nanny Sarah, who hopes to scoop the grand with an evening of children's food done in a sophisticated manner.	UNITED KINGDOM	English-100		PG		
2024-01-29	2230	<b>The Cook Up With Adam Liaw</b>	Labneh	Host Adam Liaw is joined by food writer Tori Haschka and head chef at One and Only Wolgan Valley, James Viles, to whip up some dishes featuring a Middle Eastern favourite - labneh!	AUSTRALIA	English-100	RPT	G		Y
2024-01-29	2300	<b>Bizarre Foods: Delicious Destinations</b>	Cincinnati	Andrew highlights some of the dishes that continue to be local favourites in Cincinnati, including pork schnitzel, goetta, and Cincinnati chili and ice cream made using a French pot method.	USA	English-100		PG	a w	
2024-01-29	2330	<b>The Cook And The Chef</b>	Luscious Lunch, A	The season is on the change and Maggie and Simon prepare for an early autumn lunch. As Maggie lives in the Barossa, on Saturdays she shops at the Barossa Market.	AUSTRALIA	English-100		PG	a l w	

2024-01-29	2400	<b>Everyday Gourmet With Justine Schofield</b>	Ep 11	Scott Pickett joins Justine to whip up his Rock Flathead 'En Papiollete'. Justine then makes a fantastic CWA sponge with homemade strawberry jam and a duck marbella.	AUSTRALIA	English-100		G		
2024-01-29	2430	<b>Malaysia Gourmet With Justine Schofield</b>	Ep 1	Step into the Malaysian cuisine as Justine kicks off her journey in Penang's bustling markets, guided by Pearly Kee. She also offers her creative spin on beloved Malaysian dishes.	AUSTRALIA	English-100		G		
2024-01-29	2500	<b>Long Weekend In... With Rory O'Connell</b>	Palma De Mallorca	Rory visits a beautiful art nouveau bakery where traditional ensaimada pastries are made. Back home in his Ballycotton kitchen, Rory bakes a delicious orange and almond cake.	IRELAND	English-100		G		
2024-01-29	2530	<b>Chronicles Of Nadiya</b>	Chronicles Of Nadiya Series 1 Ep 1	Food and cooking are at the heart of family gatherings and everyday life for British born and bred Nadiya Hussain. Now she is returning to her roots in Bangladesh.	UNITED KINGDOM	English-100		PG	a w	Y
2024-01-29	2635	<b>Come Dine With Me</b>	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.	UNITED KINGDOM	English-100		PG		
2024-01-29	2700	<b>Come Dine With Me</b>	Bristol 5	Serving up the last meal of the week is nanny Sarah, who hopes to scoop the grand with an evening of children's food done in a sophisticated manner.	UNITED KINGDOM	English-100		PG		
2024-01-29	2730	<b>The Cook Up With Adam Liaw</b>	Labneh	Host Adam Liaw is joined by food writer Tori Haschka and head chef at One and Only Wolgan Valley, James Viles, to whip up some dishes featuring a Middle Eastern favourite - labneh!	AUSTRALIA	English-100	RPT	G		Y
2024-01-29	2800	<b>Bizarre Foods: Delicious Destinations</b>	Cincinnati	Andrew highlights some of the dishes that continue to be local favourites in Cincinnati, including pork schnitzel, goetta, and Cincinnati chili and ice cream made using a French pot method.	USA	English-100		PG	a w	
2024-01-29	2830	<b>The Cook And The Chef</b>	Luscious Lunch, A	The season is on the change and Maggie and Simon prepare for an early autumn lunch. As Maggie lives in the Barossa, on Saturdays she shops at the Barossa Market.	AUSTRALIA	English-100		PG	a l w	
2024-01-30	0500	<b>Luke Nguyen's United Kingdom</b>	Cumbria	Luke travels through the breathtaking and spectacular Lake District in Cumbria. He goes fishing and cooks a sensational fish dish with the 'catch of the day'.	AUSTRALIA	English-100	RPT	G		Y Y
2024-01-30	0530	<b>David Rocco's Dolce South East Asia</b>	Singapore	David heads to Singapore. a truly diverse place where you can find just about any kind of food and the opportunity for a better life is available for all	CANADA	English-100		PG	a	
2024-01-30	0600	<b>The Italian Vegan Chef</b>	Land Of Treasures, The	Nadia continues her journey around Tuscany and visits Florence. She enters the old historical Synagogue and then heads to Ruth's Restaurant to enjoy a traditional Tuscan Jewish meal.	ISRAEL	English-50; Italian-50		G		Y
2024-01-30	0630	<b>United Plates Of America</b>	Beverly Hills	Today we discover Beverly Hills, a city known for its hill top mansions, excessive wealth and fine dining experiences.	USA	English-100		G		
2024-01-30	0700	<b>United Plates Of America</b>	San Diego	Today we try San Diego's seafood in three uniquely different ways. San Diego's food scene is constantly evolving, shaped by its uniquely geographical location.	USA	English-100		G		
2024-01-30	0730	<b>Top Chef</b>	Cooking High	In breathtaking Telluride, Colorado, the Chefs embark on the first leg of the finals. For the Quickfire challenge, they are tasked to make a dish incorporating the beverage, sarsaparilla.	USA	English-100		PG		Y

2024-01-30	0825	<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
2024-01-30	0830	<b>Everyday Gourmet With Justine Schofield</b>	Ep 11	Scott Pickett joins Justine to whip up his Rock Flathead 'En Papiollete'. Justine then makes a fantastic CWA sponge with homemade strawberry jam and a duck marbella.	AUSTRALIA	English-100		G		
2024-01-30	0900	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 41	Elena shows us to make a Red Curry Paste that can be used in her Red Duck Curry recipe later in the show. Khanh takes us to his restaurant The George to show us his Alcoholic Kombucha Poached Pears.	AUSTRALIA	English-100		G		
2024-01-30	0930	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 2 Ep 11	Rick joins a team diving for Razor Clams, which he takes back to the kitchen to make a quick but tasty dish of grilled Shangurro Clams.	UNITED KINGDOM	English-100		PG	a w	
2024-01-30	1000	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 6	Maeve O'Meara explores Argentinian a la cruz style cooking, Brazilian churrasco, Sardinian suckling pig, Portuguese piri piri chicken and a crowd-pleasing Greek Easter lamb.	AUSTRALIA	English-100	RPT	G		Y
2024-01-30	1030	<b>Lidia's Kitchen</b>	Day At The Market, A	Lidia has always loved trips to the food market as they have always been an adventure since childhood. She makes shrimp roasted pepper and olive salad, then eggplant parmigiana stacks.	USA	English-100		G		
2024-01-30	1100	<b>The Cook Up With Adam Liaw</b>	One Pot Wonders	Actress Pia Miranda and hospitality consultant Justin North join Adam in the Cook Up kitchen to create some easy dishes that only require one pot.	AUSTRALIA	English-100	RPT	G		Y
2024-01-30	1130	<b>Malaysia Gourmet With Justine Schofield</b>	Ep 1	Step into the Malaysian cuisine as Justine kicks off her journey in Penang's bustling markets, guided by Pearly Kee. She also offers her creative spin on beloved Malaysian dishes.	AUSTRALIA	English-100		G		
2024-01-30	1200	<b>Long Weekend In... With Rory O'Connell</b>	Palma De Mallorca	Rory visits a beautiful art nouveau bakery where traditional ensaimada pastries are made. Back home in his Ballycotton kitchen, Rory bakes a delicious orange and almond cake.	IRELAND	English-100		G		
2024-01-30	1230	<b>Everyday Gourmet With Justine Schofield</b>	Ep 11	Scott Pickett joins Justine to whip up his Rock Flathead 'En Papiollete'. Justine then makes a fantastic CWA sponge with homemade strawberry jam and a duck marbella.	AUSTRALIA	English-100		G		
2024-01-30	1300	<b>Luke Nguyen's United Kingdom</b>	Isle Of Bute	Luke travels North to the delightful Isle of Bute off the West Coast of Scotland. Luke cooks beef and a fresh seaweed salad on the shoreline while being serenaded by a bagpiper.	AUSTRALIA	English-100	RPT	G		Y
2024-01-30	1330	<b>David Rocco's Dolce South East Asia</b>	War Is Over	Ho Chi Minh City welcomes over 8 million visitors per year and has become a city with great restaurants and a food scene second to none which helps to define its nickname as the Pearl of the Far East.	CANADA	English-100		PG	a	
2024-01-30	1400	<b>The Italian Vegan Chef</b>	Triumphant Baroque	Nadia gets to Puglia, then sees Lecce where she meets Executive Chef Simone De Siato. Together they prepare some gourmet dishes. In Masseria Le Stanzie, she learns some of the best plant-based meals.	ISRAEL	English-50; Italian-50		G		Y
2024-01-30	1430	<b>United Plates Of America</b>	Hartford, Ct.	Hartford Connecticut, a town with so many great restaurants to choose from. We try three distinctly different restaurants in the surging west Hartford food scene.	USA	English-100		PG		
2024-01-30	1500	<b>United Plates Of America</b>	O'hau, Hawaii	On today's episode we explore the best tourist food Hawaii has to offer. Tourist food fosters a sense of cultural exchange between foreigners and its citizens, and we want to know all the ins and outs	USA	English-100		G		

2024-01-30	1530	<b>Top Chef</b>	Sunday Supper	The Voltaggio Brothers reunite on Top Chef for the first time since competing against each other. Their first task is judging the Rocky Mountain Oyster Quickfire.	USA	English-100		PG		Y
2024-01-30	1625	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 6	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-01-30	1630	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 42	On this episode of My Market Kitchen Elena and Khanh are in the kitchen cooking a Braised Five Spice Pork Belly. Then a Salmon Coconut Ceviche from Khanh and Bel paired with some delicious wines.	AUSTRALIA	English-100		G		
2024-01-30	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 12	Pasta extraordinaire, Adam Swanson shares his spelt spaghetti with prawns. Natasha Ignatiadis makes her coffee caramel panna cotta and Justine shows us how to make perfect cafe style crispy bacon.	AUSTRALIA	English-100		G		
2024-01-30	1730	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 2 Ep 12	Following in the footsteps of Turner, one of Britain's most loved artists, Rick discovers how much the Cornish landscape influenced his work.	UNITED KINGDOM	English-100		PG	a w	
2024-01-30	1800	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 7	As the cuisines of the world developed different techniques to capture fire, they also produced a range of pots and pans. Maeve learns about different types of cookware.	AUSTRALIA	English-100	RPT	G		Y
2024-01-30	1830	<b>Lidia's Kitchen</b>	1980s Italian American Evolution"	The 1980s brought a lot of Northern Italian cuisine to New York City. Lidia shares her recipes for a pasta primavera 'new school', and the classic raspberry and walnut butter cookies.	USA	English-100		G		
2024-01-30	1900	<b>The Cook Up With Adam Liaw</b>	Modern Classics	Adam, food writer Kate Gibbs, and former MasterChef contestant Aaron Harvie are in the Cook Up kitchen taking classic dishes and giving them a modern take.	AUSTRALIA	English-100	RPT	G		Y
2024-01-30	1930	<b>Mary Berry Everyday</b>	Ep 5	Mary shares some inspirational ideas to make everyday family meals exciting. She tries her hand at milking a goat and shows her granddaughter how to make her own goat cheese for a family picnic.	UNITED KINGDOM	English-100		G		
2024-01-30	2000	<b>Nadiya's Spices Made Simple</b>	Easy Does It	Nadiya calls on her simple spices once again to create deliciously easy dishes - a classic breakfast muffin, a succulent crab bhuna, cottage pie, and a lavish fruity pud perfect for the laziest of days.	UNITED KINGDOM	English-100		G		
2024-01-30	2030	<b>Selena + Chef</b>	Selena + Jon + Vinny	Selena bows down to two iconic chefs who've been behind many, many dinners in her life: restaurateurs, authors, and BFFs Jon and Vinny.	USA	English-100		PG		Y
2024-01-30	2100	<b>Food Trail South Africa</b>	Kalahari, The	Warren's next stop on his food trail is Tswalu Nature Reserve - in the heart of the Kalahari Desert. He kicks off his stay with a safari - spotting animals and tasting bush tucker.	AUSTRALIA	English-100		G		Y
2024-01-30	2130	<b>Come Dine With Me UK</b>	North Surrey Day 1	In North Surrey the first host, 39-year-old planning enforcement officer Becky, is joined by Petrina, Rob, Shoba, and Giovanni. Do her crispy croutons and lamb shank stew impress?	UNITED KINGDOM	English-100		PG		
2024-01-30	2200	<b>Come Dine With Me UK</b>	North Surrey Day 2	It's the second night in north Surrey, and Shoba is serving an Indian menu. The guests are less than impressed with the frozen fish curry; can belly dancing, Bollywood-style, save the day?	UNITED KINGDOM	English-100		PG	s	
2024-01-30	2230	<b>The Cook Up With Adam Liaw</b>	Lebanese	Mother-daughter duo and owners of Sunday Kitchen, Karima Hazim and Sivine Tabbouch join host Adam Liaw in The Cook Up kitchen to cook some amazing Lebanese dishes.	AUSTRALIA	English-100	RPT	G		Y



2024-01-30	2300	<b>Bizarre Foods: Delicious Destinations</b>	Oklahoma City	Andrew shares the best of Oklahoma City: there's prime T-bone steaks, chicken fried steaks and burger patties mashed with a heaping helping of onions, and even the local chili is loaded with beef.	USA	English-100	G		
2024-01-30	2330	<b>The Cook And The Chef</b>	Pizzas	Not many of us are lucky enough to have a wood oven in the back yard. But all is not lost. If you want to make brilliant home cooked pizzas, all you need is a conventional oven.	AUSTRALIA	English-100	PG		
2024-01-30	2400	<b>Everyday Gourmet With Justine Schofield</b>	Ep 12	Pasta extraordinaire, Adam Swanson shares his spelt spaghetti with prawns. Natasha Ignatiadis makes her coffee caramel panna cotta and Justine shows us how to make perfect cafe style crispy bacon.	AUSTRALIA	English-100	G		
2024-01-30	2430	<b>Mary Berry Everyday</b>	Ep 5	Mary shares some inspirational ideas to make everyday family meals exciting. She tries her hand at milking a goat and shows her granddaughter how to make her own goat cheese for a family picnic.	UNITED KINGDOM	English-100	G		
2024-01-30	2500	<b>Nadiya's Spices Made Simple</b>	Easy Does It	Nadiya calls on her simple spices once again to create deliciously easy dishes - a classic breakfast muffin, a succulent crab bhuna, cottage pie, and a lavish fruity pud perfect for the laziest of days.	UNITED KINGDOM	English-100	G		
2024-01-30	2530	<b>Selena + Chef</b>	Selena + Jon + Vinny	Selena bows down to two iconic chefs who've been behind many, many dinners in her life: restaurateurs, authors, and BFFs Jon and Vinny.	USA	English-100	PG	Y	
2024-01-30	2600	<b>Food Trail South Africa</b>	Kalahari, The	Warren's next stop on his food trail is Tswalu Nature Reserve - in the heart of the Kalahari Desert. He kicks off his stay with a safari - spotting animals and tasting bush tucker.	AUSTRALIA	English-100	G	Y	
2024-01-30	2630	<b>Come Dine With Me UK</b>	North Surrey Day 1	In North Surrey the first host, 39-year-old planning enforcement officer Becky, is joined by Petrina, Rob, Shoba, and Giovanni. Do her crispy croutons and lamb shank stew impress?	UNITED KINGDOM	English-100	PG		
2024-01-30	2700	<b>Come Dine With Me UK</b>	North Surrey Day 2	It's the second night in north Surrey, and Shoba is serving an Indian menu. The guests are less than impressed with the frozen fish curry; can belly dancing, Bollywood-style, save the day?	UNITED KINGDOM	English-100	PG	s	
2024-01-30	2730	<b>The Cook Up With Adam Liaw</b>	Lebanese	Mother-daughter duo and owners of Sunday Kitchen, Karima Hazim and Sivine Tabbouch join host Adam Liaw in The Cook Up kitchen to cook some amazing Lebanese dishes.	AUSTRALIA	English-100	RPT	G	Y
2024-01-30	2800	<b>Bizarre Foods: Delicious Destinations</b>	Oklahoma City	Andrew shares the best of Oklahoma City: there's prime T-bone steaks, chicken fried steaks and burger patties mashed with a heaping helping of onions, and even the local chili is loaded with beef.	USA	English-100	G		
2024-01-30	2830	<b>The Cook And The Chef</b>	Pizzas	Not many of us are lucky enough to have a wood oven in the back yard. But all is not lost. If you want to make brilliant home cooked pizzas, all you need is a conventional oven.	AUSTRALIA	English-100	PG		
2024-01-31	0500	<b>Luke Nguyen's United Kingdom</b>	Isle Of Bute	Luke travels North to the delightful Isle of Bute off the West Coast of Scotland. Luke cooks beef and a fresh seaweed salad on the shoreline while being serenaded by a bagpiper.	AUSTRALIA	English-100	RPT	G	Y
2024-01-31	0530	<b>David Rocco's Dolce South East Asia</b>	War Is Over	Ho Chi Minh City welcomes over 8 million visitors per year and has become a city with great restaurants and a food scene second to none which helps to define its nickname as the Pearl of the Far East.	CANADA	English-100	PG	a	
2024-01-31	0600	<b>The Italian Vegan Chef</b>	Triumphant Baroque	Nadia gets to Puglia, then sees Lecce where she meets Executive Chef Simone De Siato. Together they prepare some gourmet dishes. In Masseria Le Stanzie, she learns some of the best plant-based meals.	ISRAEL	English-50; Italian-50	G	Y	

2024-01-31	0630	<b>United Plates Of America</b>	Hartford, Ct.	Hartford Connecticut, a town with so many great restaurants to choose from. We try three distinctly different restaurants in the surging west Hartford food scene.	USA	English-100		PG	
2024-01-31	0700	<b>United Plates Of America</b>	O'hau, Hawaii	On today's episode we explore the best tourist food Hawaii has to offer. Tourist food fosters a sense of cultural exchange between foreigners and its citizens, and we want to know all the ins and outs	USA	English-100		G	
2024-01-31	0730	<b>Top Chef</b>	Sunday Supper	The Voltaggio Brothers reunite on Top Chef for the first time since competing against each other. Their first task is judging the Rocky Mountain Oyster Quickfire.	USA	English-100		PG	Y
2024-01-31	0825	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 6	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2024-01-31	0830	<b>Everyday Gourmet With Justine Schofield</b>	Ep 12	Pasta extraordinaire, Adam Swanson shares his spelt spaghetti with prawns. Natasha Ignatiadis makes her coffee caramel panna cotta and Justine shows us how to make perfect cafe style crispy bacon.	AUSTRALIA	English-100		G	
2024-01-31	0900	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 42	On this episode of My Market Kitchen Elena and Khanh are in the kitchen cooking a Braised Five Spice Pork Belly. Then a Salmon Coconut Ceviche from Khanh and Bel paired with some delicious wines.	AUSTRALIA	English-100		G	
2024-01-31	0930	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 2 Ep 12	Following in the footsteps of Turner, one of Britain's most loved artists, Rick discovers how much the Cornish landscape influenced his work.	UNITED KINGDOM	English-100		PG	a w
2024-01-31	1000	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 7	As the cuisines of the world developed different techniques to capture fire, they also produced a range of pots and pans. Maeve learns about different types of cookware.	AUSTRALIA	English-100	RPT	G	Y
2024-01-31	1030	<b>Lidia's Kitchen</b>	1980s Italian American Evolution"	The 1980s brought a lot of Northern Italian cuisine to New York City. Lidia shares her recipes for a pasta primavera 'new school', and the classic raspberry and walnut butter cookies.	USA	English-100		G	
2024-01-31	1100	<b>The Cook Up With Adam Liaw</b>	Modern Classics	Adam, food writer Kate Gibbs, and former MasterChef contestant Aaron Harvie are in the Cook Up kitchen taking classic dishes and giving them a modern take.	AUSTRALIA	English-100	RPT	G	Y
2024-01-31	1130	<b>Mary Berry Everyday</b>	Ep 5	Mary shares some inspirational ideas to make everyday family meals exciting. She tries her hand at milking a goat and shows her granddaughter how to make her own goat cheese for a family picnic.	UNITED KINGDOM	English-100		G	
2024-01-31	1200	<b>Nadiya's Spices Made Simple</b>	Easy Does It	Nadiya calls on her simple spices once again to create deliciously easy dishes - a classic breakfast muffin, a succulent crab bhuna, cottage pie, and a lavish fruity pud perfect for the laziest of days.	UNITED KINGDOM	English-100		G	
2024-01-31	1230	<b>Everyday Gourmet With Justine Schofield</b>	Ep 12	Pasta extraordinaire, Adam Swanson shares his spelt spaghetti with prawns. Natasha Ignatiadis makes her coffee caramel panna cotta and Justine shows us how to make perfect cafe style crispy bacon.	AUSTRALIA	English-100		G	
2024-01-31	1300	<b>Luke Nguyen's United Kingdom</b>	Edinburgh	Luke travels to the Scottish capital, Edinburgh to uncover traditional Scottish cuisine and checks out the historic landmarks, Scots Monument and Edinburgh Castle.	AUSTRALIA	English-100	RPT	G	Y
2024-01-31	1330	<b>David Rocco's Dolce South East Asia</b>	New Saigon	David explores the incredible food scene of Saigon and meets a few Viet-Kieu who have now returned to their ancestral home, looking for new opportunities that are now available in this dynamic city.	CANADA	English-100		PG	a l w

2024-01-31	1400	<b>The Italian Vegan Chef</b>	Masserie	Nadia continues her journey around Puglia and visits various Masserie, typical renewed farmhouses of the region. Each of these Masserie is built in a unique style and offers its own cuisine.	ISRAEL	English-50; Italian-50	G		Y
2024-01-31	1430	<b>United Plates Of America</b>	Los Angeles (Vegan)	Today we are going vegan in LA! Our first step in our Vegan adventure begins with TV host Viviana Vigil who is a plant based diet aficionado and long time LA resident.	USA	English-100	G		
2024-01-31	1500	<b>United Plates Of America</b>	San Francisco	Today we visit San Francisco, an iconic city located on the Pacific West coast. It is both a cultural and a commercial epicentre of Californian life.	USA	English-100	PG		
2024-01-31	1530	<b>Top Chef</b>	Little Place Called Aspen, A	In the final Quickfire of the season, the Chefs get a crash course in fly fishing, when they not only have to prepare the catch of the day, but they have to actually catch it too.	USA	English-100	PG		Y
2024-01-31	1625	<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
2024-01-31	1630	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 43	On this episode of My Market Kitchen Elena and Lachy from Jalna are cooking a raspberry, lime and yoghurt Cake. Then Khanh shows us his easy honey chicken and witlof tray bake.	AUSTRALIA	English-100	G		
2024-01-31	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 13	Justine serves up her chicken and winter vegetable salad and some mouth-watering banana and salted caramel muffins. Colin Magee shows Justine his delicious prosciutto wrapped lamb loin.	AUSTRALIA	English-100	PG		
2024-01-31	1730	<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	
2024-01-31	1800	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 8	Celebrates Asian recipes all designed to cook over coals. Maeve explores Vietnamese bun cha, Korean beef ribs, Xinjiang lamb skewers, Japanese kushiyaki and Thai gai yang.	AUSTRALIA	English-100	RPT	G	Y
2024-01-31	1830	<b>Lidia's Kitchen</b>	Buonavia	When Lidia was in her 20's, she opened Buonavia, her first restaurant. With a menu that are favourites to her homeland; beef and potato goulash, crespelle with cherries, chocolate, and cream.	USA	English-100	G		
2024-01-31	1900	<b>The Cook Up With Adam Liaw</b>	Prunes	SBS News presenter Janice Petersen and actor Dane Simpson join Adam Liaw in the Cook Up kitchen to create some prune inspired dishes.	AUSTRALIA	English-100	RPT	G	Y
2024-01-31	1930	<b>Paradise Kitchen Bali</b>	Banana	Lauren's celebration of the humble banana is a tribute to its glorious versatility. She skillfully crafts a variety of recipes that revolve around this beloved fruit.	NETHERLANDS	English-90; Balinese-10	G		Y
2024-01-31	2000	<b>The Chocolate Queen</b>	Chocolate Queen Series 3 Ep, The 4	An episode to make kids happy, learn to make nutty chocolate pops, a luscious chocolate and meringue cake, ice cream with a lamington twist or caramel filled choc nut cups - the options are endless.	AUSTRALIA	English-100	G		
2024-01-31	2030	<b>James Martin's Spanish Adventure</b>	Cadiz	James is shown around Cadiz by Jose Pizarro. They visit the food market, sherry triangle and eat by the sea. James explores the salt flats, and they cook at Jose's villa.	UNITED KINGDOM	English-100	PG	a w	
2024-01-31	2130	<b>Come Dine With Me UK</b>	North Surrey Day 3	In north Surrey, 31-year-old drum tutor Rob is hoping his Thai-tastic menu will impress his guests and snare him the prize, as well as impressing the object of his affections, Petrina.	UNITED KINGDOM	English-100	PG		

2024-01-31	2200	<b>Come Dine With Me UK</b>	North Surrey Day 4	In north Surrey, 49-year-old Petrina hopes her experience entertaining on cruise ships gives her the edge. Or will it be her dessert: 'Petrina's Salted Caramel Chocolate Crunch Surprise'?	UNITED KINGDOM	English-100		PG	s
2024-01-31	2230	<b>The Cook Up With Adam Liaw</b>	Special Occasion Dinner	Host Adam Liaw is joined in The Cook Up kitchen with Juicy Banana duo Sam Young and Grace Chen to create their special occasion dinner ideas.	AUSTRALIA	English-100	RPT	PG	Y
2024-01-31	2300	<b>Bizarre Foods: Delicious Destinations</b>	Chicago Neighborhoods	Andrew explores the neighbourhoods that make Chicago a culinary treasure trove, from burgers in the West Loop to street-style tacos in Wicker Park and barbecue chicken served up in Bronzeville.	USA	English-100		PG	
2024-01-31	2330	<b>The Cook And The Chef</b>	Easter In Cooking	It's Easter and Simon surprises Maggie with a chilli Easter Egg whipped up at work under the expert eyes of his pastry chefs. Maggie's no fan of chilli but Simon's determined to win her over.	AUSTRALIA	English-100		G	
2024-01-31	2400	<b>Everyday Gourmet With Justine Schofield</b>	Ep 13	Justine serves up her chicken and winter vegetable salad and some mouth-watering banana and salted caramel muffins. Colin Magee shows Justine his delicious prosciutto wrapped lamb loin.	AUSTRALIA	English-100		PG	
2024-01-31	2430	<b>Paradise Kitchen Bali</b>	Banana	Lauren's celebration of the humble banana is a tribute to its glorious versatility. She skillfully crafts a variety of recipes that revolve around this beloved fruit.	NETHERLANDS	English-90; Balinese-10		G	Y
2024-01-31	2500	<b>The Chocolate Queen</b>	Chocolate Queen Series 3 Ep, The 4	An episode to make kids happy, learn to make nutty chocolate pops, a luscious chocolate and meringue cake, ice cream with a lamington twist or caramel filled choc nut cups - the options are endless.	AUSTRALIA	English-100		G	
2024-01-31	2530	<b>James Martin's Spanish Adventure</b>	Cadiz	James is shown around Cadiz by Jose Pizarro. They visit the food market, sherry triangle and eat by the sea. James explores the salt flats, and they cook at Jose's villa.	UNITED KINGDOM	English-100		PG	a w
2024-01-31	2630	<b>Come Dine With Me UK</b>	North Surrey Day 3	In north Surrey, 31-year-old drum tutor Rob is hoping his Thai-tastic menu will impress his guests and snare him the prize, as well as impressing the object of his affections, Petrina.	UNITED KINGDOM	English-100		PG	
2024-01-31	2700	<b>Come Dine With Me UK</b>	North Surrey Day 4	In north Surrey, 49-year-old Petrina hopes her experience entertaining on cruise ships gives her the edge. Or will it be her dessert: 'Petrina's Salted Caramel Chocolate Crunch Surprise'?	UNITED KINGDOM	English-100		PG	s
2024-01-31	2730	<b>The Cook Up With Adam Liaw</b>	Special Occasion Dinner	Host Adam Liaw is joined in The Cook Up kitchen with Juicy Banana duo Sam Young and Grace Chen to create their special occasion dinner ideas.	AUSTRALIA	English-100	RPT	PG	Y
2024-01-31	2800	<b>Bizarre Foods: Delicious Destinations</b>	Chicago Neighborhoods	Andrew explores the neighbourhoods that make Chicago a culinary treasure trove, from burgers in the West Loop to street-style tacos in Wicker Park and barbecue chicken served up in Bronzeville.	USA	English-100		PG	
2024-01-31	2830	<b>The Cook And The Chef</b>	Easter In Cooking	It's Easter and Simon surprises Maggie with a chilli Easter Egg whipped up at work under the expert eyes of his pastry chefs. Maggie's no fan of chilli but Simon's determined to win her over.	AUSTRALIA	English-100		G	
2024-02-01	0500	<b>Luke Nguyen's United Kingdom</b>	Edinburgh	Luke travels to the Scottish capital, Edinburgh to uncover traditional Scottish cuisine and checks out the historic landmarks, Scots Monument and Edinburgh Castle.	AUSTRALIA	English-100	RPT	G	Y
2024-02-01	0530	<b>David Rocco's Dolce South East Asia</b>	New Saigon	David explores the incredible food scene of Saigon and meets a few Viet-Kieu who have now returned to their ancestral home, looking for new opportunities that are now available in this dynamic city.	CANADA	English-100		PG	a l w

2024-02-01	0600	<b>The Italian Vegan Chef</b>	Masserie	Nadia continues her journey around Puglia and visits various Masserie, typical renewed farmhouses of the region. Each of these Masserie is built in a unique style and offers its own cuisine.	ISRAEL	English-50; Italian-50	G		Y
2024-02-01	0630	<b>United Plates Of America</b>	Los Angeles (Vegan)	Today we are going vegan in LA! Our first step in our Vegan adventure begins with TV host Viviana Vigil who is a plant based diet aficionado and long time LA resident.	USA	English-100	G		
2024-02-01	0700	<b>United Plates Of America</b>	San Francisco	Today we visit San Francisco, an iconic city located on the Pacific West coast. It is both a cultural and a commercial epicentre of Californian life.	USA	English-100	PG		
2024-02-01	0730	<b>Top Chef</b>	Little Place Called Aspen, A	In the final Quickfire of the season, the Chefs get a crash course in fly fishing, when they not only have to prepare the catch of the day, but they have to actually catch it too.	USA	English-100	PG		Y
2024-02-01	0825	<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
2024-02-01	0830	<b>Everyday Gourmet With Justine Schofield</b>	Ep 13	Justine serves up her chicken and winter vegetable salad and some mouth-watering banana and salted caramel muffins. Colin Magee shows Justine his delicious prosciutto wrapped lamb loin.	AUSTRALIA	English-100		PG	
2024-02-01	0900	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 43	On this episode of My Market Kitchen Elena and Lachy from Jalna are cooking a raspberry, lime and yoghurt cake. Then Khanh shows us his easy honey chicken and witlof tray bake.	AUSTRALIA	English-100		G	
2024-02-01	0930	<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
2024-02-01	1000	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 8	Celebrates Asian recipes all designed to cook over coals. Maeve explores Vietnamese bun cha, Korean beef ribs, Xinjiang lamb skewers, Japanese kushiyaki and Thai gai yang.	AUSTRALIA	English-100	RPT	G	Y
2024-02-01	1030	<b>Lidia's Kitchen</b>	Buonavia	When Lidia was in her 20's, she opened Buonavia, her first restaurant. With a menu that are favourites to her homeland; beef and potato goulash, crespelle with cherries, chocolate, and cream.	USA	English-100		G	
2024-02-01	1100	<b>The Cook Up With Adam Liaw</b>	Prunes	SBS News presenter Janice Petersen and actor Dane Simpson join Adam Liaw in the Cook Up kitchen to create some prune inspired dishes.	AUSTRALIA	English-100	RPT	G	Y
2024-02-01	1130	<b>Paradise Kitchen Bali</b>	Banana	Lauren's celebration of the humble banana is a tribute to its glorious versatility. She skilfully crafts a variety of recipes that revolve around this beloved fruit.	NETHERLANDS	English-90; Balinese-10		G	Y
2024-02-01	1200	<b>The Chocolate Queen</b>	Chocolate Queen Series 3 Ep, The 4	An episode to make kids happy, learn to make nutty chocolate pops, a luscious chocolate and meringue cake, ice cream with a lamington twist or caramel filled choc nut cups - the options are endless.	AUSTRALIA	English-100		G	
2024-02-01	1230	<b>Everyday Gourmet With Justine Schofield</b>	Ep 13	Justine serves up her chicken and winter vegetable salad and some mouth-watering banana and salted caramel muffins. Colin Magee shows Justine his delicious prosciutto wrapped lamb loin.	AUSTRALIA	English-100		PG	
2024-02-01	1300	<b>Luke Nguyen's United Kingdom</b>	Northumberland And Manchester	In Manchester, Luke stops into a celebrity dining hotspot, Australasia and meets head chef David Spanner, then explores one of Manchester's busiest restaurant strips; Curry Mile.	AUSTRALIA	English-100	RPT	G	Y

2024-02-01	1330	<b>David Rocco's Dolce South East Asia</b>	Phnom Penh, A New Start	In the 1970s Cambodia was a blossoming country until the Civil War. David meets a few locals who through music, dance, and the culinary arts are helping to heal a nation and reconnect with its past.	CANADA	English-100		PG	a	
2024-02-01	1400	<b>The Italian Vegan Chef</b>	Force Of Nature	Nadia continues around Puglia and goes to Antichi Sapori, one of the thirty Best Restaurants in the world (2019). She then travels to Murgia at a winery reserve and learns to make gourmet dishes.	ISRAEL	English-50; Italian-50		G		Y
2024-02-01	1430	<b>United Plates Of America</b>	Charleston	Today we visit Charleston, South Carolina to learn all about American food history. We meet a local resident who gives us an insight into the African-American influence on southern food and culture.	USA	English-100		G		
2024-02-01	1500	<b>United Plates Of America</b>	Hawaii	We find out what happens when you cross a distillery with an aquaponics farm. We travel to Honolulu where we show a local the ins and outs of Thai cuisine.	USA	English-100		G		
2024-02-01	1530	<b>Top Chef</b>	Finale	In an epic showdown in Aspen, the final two chefs cook the meal of their lives in an effort to take home the ultimate title and prize.	USA	English-100		PG		Y
2024-02-01	1625	<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
2024-02-01	1630	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 44	Today on My Market Kitchen Khanh shows Elena his healthy version of a Souvlaki. Then Khanh is on the road with David Mann cooking a Dill and Lemon Fish Parcel.	AUSTRALIA	English-100		G		
2024-02-01	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 14	Lola Berry shares a guilt-free vegan spud brownie and Daniel Wilson serves up his Vietnamese rare beef salad. Justine makes her seafood cannelloni and a rich cacao hot chocolate.	AUSTRALIA	English-100		G		
2024-02-01	1730	<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	
2024-02-01	1800	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 9	Maeve explores the ancient art of smoking in cuisines around the world, tasting hot smoked salmon, West African condiments, flavoursome smoked lamb, and Kansa City style ribs.	AUSTRALIA	English-100	RPT	G		Y
2024-02-01	1830	<b>Lidia's Kitchen</b>	Baking Bread	Lidia constantly cherishes the memory of baking bread with her Grandma Rosa. She makes onion tomato focaccia then talks about Taralli. She cooks pizza rolls with two unique Italian fillings.	USA	English-100		G		
2024-02-01	1900	<b>The Cook Up With Adam Liaw</b>	Wine	Zero Waste warrior Sarah Wilson and Three Blue Ducks owner Mark LaBrooy join Adam in the Cook Up kitchen to create dishes that make wine the hero.	AUSTRALIA	English-100	RPT	PG	l	Y
2024-02-01	1930	<b>My Greatest Dishes</b>	Michel Roux Jr	Michel has become the modern master. His four greatest dishes include griddled veal tongue, chicken liver mousse with hollandaise, tender squid stuffed with lobster rice, and soufflé suisse.	UNITED KINGDOM	English-100		G		
2024-02-01	2000	<b>My Greatest Dishes</b>	Nathan Outlaw	Nathan Outlaw's skill and palette has led to two Michelin stars. He shares the recipes for Toad in the Hole and sherry trifle, fish and chips, and lobster risotto that's been on his menu.	UNITED KINGDOM	English-100		PG		
2024-02-01	2030	<b>Rick Stein's Road To Mexico</b>	San Diego To Baja California	Rick Stein enjoys a San Diego steak and eggs diner special before crossing the border into Mexico for chicken burritos and fish tacos, the culinary delights of the Baja Peninsula.	UNITED KINGDOM	English-100		PG	a s w	

2024-02-01	2140	<b>Come Dine With Me UK</b>	North Surrey Day 5	It's the final night in north Surrey, hosted by Giovanni who wants to fly the flag for Sicily with family-inspired recipes. But a tagliatelle tragedy leaves him with Parmesan on his face.	UNITED KINGDOM	English-100		PG	
2024-02-01	2205	<b>Come Dine With Me UK</b>	Leeds Day 1	This week we're in Leeds, and up first is 40-year-old nursing manager Sarah, who's taken inspiration from her husband's Middle Eastern heritage to wow her guests with a Turkish fusion menu.	UNITED KINGDOM	English-100		PG	
2024-02-01	2230	<b>The Cook Up With Adam Liaw</b>	Brunch	The Old Fitz head chef Anna Urgate- Carral and Chiswick head chef Francois Poulard cook their ultimate brunch creations with The Cook Up host, Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2024-02-01	2300	<b>Bizarre Foods: Delicious Destinations</b>	Iowa State Fair	Andrew takes us on a gastronomic tour of the Iowa State Fair, with its fresh, locally grown sweet corn, baked sausage cavatelli, Dutch letter pastries and dizzying array of sandwiches.	USA	English-100		G	
2024-02-01	2330	<b>The Cook And The Chef</b>	Cooking With Kids	School Holidays mean finding things for the kids to do and Maggie and Simon get some kids busy looking for mushrooms and picking plums. Simon also visits a Mussel farm in Port Lincoln.	AUSTRALIA	English-100		G	
2024-02-01	2400	<b>Everyday Gourmet With Justine Schofield</b>	Ep 14	Lola Berry shares a guilt-free vegan spud brownie and Daniel Wilson serves up his Vietnamese rare beef salad. Justine makes her seafood cannelloni and a rich cacao hot chocolate.	AUSTRALIA	English-100		G	
2024-02-01	2430	<b>My Greatest Dishes</b>	Michel Roux Jr	Michel has become the modern master. His four greatest dishes include griddled veal tongue, chicken liver mousse with hollandaise, tender squid stuffed with lobster rice, and soufflé suisse.	UNITED KINGDOM	English-100		G	
2024-02-01	2500	<b>My Greatest Dishes</b>	Nathan Outlaw	Nathan Outlaw's skill and palette has led to two Michelin stars. He shares the recipes for Toad in the Hole and sherry trifle, fish and chips, and lobster risotto that's been on his menu.	UNITED KINGDOM	English-100		PG	
2024-02-01	2530	<b>Rick Stein's Road To Mexico</b>	San Diego To Baja California	Rick Stein enjoys a San Diego steak and eggs diner special before crossing the border into Mexico for chicken burritos and fish tacos, the culinary delights of the Baja Peninsula.	UNITED KINGDOM	English-100		PG	a s w
2024-02-01	2640	<b>Come Dine With Me UK</b>	North Surrey Day 5	It's the final night in north Surrey, hosted by Giovanni who wants to fly the flag for Sicily with family-inspired recipes. But a tagliatelle tragedy leaves him with Parmesan on his face.	UNITED KINGDOM	English-100		PG	
2024-02-01	2705	<b>Come Dine With Me UK</b>	Leeds Day 1	This week we're in Leeds, and up first is 40-year-old nursing manager Sarah, who's taken inspiration from her husband's Middle Eastern heritage to wow her guests with a Turkish fusion menu.	UNITED KINGDOM	English-100		PG	
2024-02-01	2730	<b>The Cook Up With Adam Liaw</b>	Brunch	The Old Fitz head chef Anna Urgate- Carral and Chiswick head chef Francois Poulard cook their ultimate brunch creations with The Cook Up host, Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2024-02-01	2800	<b>Bizarre Foods: Delicious Destinations</b>	Iowa State Fair	Andrew takes us on a gastronomic tour of the Iowa State Fair, with its fresh, locally grown sweet corn, baked sausage cavatelli, Dutch letter pastries and dizzying array of sandwiches.	USA	English-100		G	
2024-02-01	2830	<b>The Cook And The Chef</b>	Cooking With Kids	School Holidays mean finding things for the kids to do and Maggie and Simon get some kids busy looking for mushrooms and picking plums. Simon also visits a Mussel farm in Port Lincoln.	AUSTRALIA	English-100		G	
2024-02-02	0500	<b>Luke Nguyen's United Kingdom</b>	Northumberland And Manchester	In Manchester, Luke stops into a celebrity dining hotspot, Australasia and meets head chef David Spanner, then explores one of Manchester's busiest restaurant strips; Curry Mile.	AUSTRALIA	English-100	RPT	G	Y

2024-02-02	0530	<b>David Rocco's Dolce South East Asia</b>	Phnom Penh, A New Start	In the 1970s Cambodia was a blossoming country until the Civil War. David meets a few locals who through music, dance, and the culinary arts are helping to heal a nation and reconnect with its past.	CANADA	English-100	PG	a	
2024-02-02	0600	<b>The Italian Vegan Chef</b>	Force Of Nature	Nadia continues around Puglia and goes to Antichi Sapori, one of the thirty Best Restaurants in the world (2019). She then travels to Murgia at a winery reserve and learns to make gourmet dishes.	ISRAEL	English-50; Italian-50	G		Y
2024-02-02	0630	<b>United Plates Of America</b>	Charleston	Today we visit Charleston, South Carolina to learn all about American food history. We meet a local resident who gives us an insight into the African-American influence on southern food and culture.	USA	English-100	G		
2024-02-02	0700	<b>United Plates Of America</b>	Hawaii	We find out what happens when you cross a distillery with an aquaponics farm. We travel to Honolulu where we show a local the ins and outs of Thai cuisine.	USA	English-100	G		
2024-02-02	0730	<b>Top Chef</b>	Finale	In an epic showdown in Aspen, the final two chefs cook the meal of their lives in an effort to take home the ultimate title and prize.	USA	English-100	PG		Y
2024-02-02	0825	<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
2024-02-02	0830	<b>Everyday Gourmet With Justine Schofield</b>	Ep 14	Lola Berry shares a guilt-free vegan spud brownie and Daniel Wilson serves up his Vietnamese rare beef salad. Justine makes her seafood cannelloni and a rich cacao hot chocolate.	AUSTRALIA	English-100	G		
2024-02-02	0900	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 44	Today on My Market Kitchen Khanh shows Elena his healthy version of a Souvlaki. Then Khanh is on the road with David Mann cooking a Dill and Lemon Fish Parcel.	AUSTRALIA	English-100	G		
2024-02-02	0930	<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	
2024-02-02	1000	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 9	Maeve explores the ancient art of smoking in cuisines around the world, tasting hot smoked salmon, West African condiments, flavoursome smoked lamb, and Kansa City style ribs.	AUSTRALIA	English-100	RPT	G	Y
2024-02-02	1030	<b>Lidia's Kitchen</b>	Baking Bread	Lidia constantly cherishes the memory of baking bread with her Grandma Rosa. She makes onion tomato focaccia then talks about Taralli. She cooks pizza rolls with two unique Italian fillings.	USA	English-100	G		
2024-02-02	1100	<b>The Cook Up With Adam Liaw</b>	Wine	Zero Waste warrior Sarah Wilson and Three Blue Ducks owner Mark LaBrooy join Adam in the Cook Up kitchen to create dishes that make wine the hero.	AUSTRALIA	English-100	RPT	PG	I Y
2024-02-02	1130	<b>My Greatest Dishes</b>	Michel Roux Jr	Michel has become the modern master. His four greatest dishes include griddled veal tongue, chicken liver mousse with hollandaise, tender squid stuffed with lobster rice, and soufflé suisse.	UNITED KINGDOM	English-100	G		
2024-02-02	1200	<b>My Greatest Dishes</b>	Nathan Outlaw	Nathan Outlaw's skill and palette has led to two Michelin stars. He shares the recipes for Toad in the Hole and sherry trifle, fish and chips, and lobster risotto that's been on his menu.	UNITED KINGDOM	English-100	PG		
2024-02-02	1230	<b>Everyday Gourmet With Justine Schofield</b>	Ep 14	Lola Berry shares a guilt-free vegan spud brownie and Daniel Wilson serves up his Vietnamese rare beef salad. Justine makes her seafood cannelloni and a rich cacao hot chocolate.	AUSTRALIA	English-100	G		



2024-02-02	1300	<b>Luke Nguyen's United Kingdom</b>	Manchester And London	After exploring Manchester Luke completes his journey around the UK by returning to London, but first visits Manchester's iconic Mr Thomas's Chop House to try their famous Corned Beef Hash.	AUSTRALIA	English-100	RPT	G		Y
2024-02-02	1330	<b>David Rocco's Dolce South East Asia</b>	Siem Reap Art Will Save Cambodia	The famed temples of Angkor Wat withstood the civil war of the 1970s and today the town of Siem Reap and the temples have become a tourist destination and a bustling centre for arts, culture and food.	CANADA	English-100		PG	a	
2024-02-02	1400	<b>The Italian Vegan Chef</b>	Home Sweet Home	Nadia ends her journey back in Milan. She shows us her hometown through her very own eyes as she goes around town to meet family and old friends. And also meets one of her culinary heroes.	ISRAEL	English-50; Italian-50		G		Y
2024-02-02	1430	<b>United Plates Of America</b>	New York, Ny	In today's episode we visit one of the worlds largest megacities to trysome fusion food. New York is described as the cultural, financial and media capital of the world.	USA	English-100		PG		
2024-02-02	1500	<b>Red Chef Revival</b>	Osoyoos	Host Rich Francis travels to Osoyoos - an Indigenous Reservations British Columbia - to cook with an ingredient he's never used before - cougar.	CANADA	English-100	RPT	G		Y
2024-02-02	1530	<b>Nadiya's Party Feast</b>	Nadiya's Party Feast	Nadiya Hussain is throwing a party and we're all invited! She shares her secrets for the perfect celebration - whether it's dishes to put in the middle or delicious nibbles. Nobody will want to leave!	UNITED KINGDOM	English-100		G		
2024-02-02	1630	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 45	Elena and Karen from Asian Inspirations are in the kitchen today cooking a traditional Nasi Goreng Fried Rice. Then Khan whips up a quick and easy Rhubarb and Ginger Crumble for dessert.	AUSTRALIA	English-100		G		
2024-02-02	1700	<b>Everyday Gourmet With Justine Schofield</b>	Ep 15	Justine shows you a fun a breakfast couscous, her roasted tamarind chicken, green olive tapenade and fetta salad. Trish McKenzie drops in to make her fabulous cherry ripe slice.	AUSTRALIA	English-100		G		
2024-02-02	1730	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 2 Ep 15	In this his last programme of the series, Rick takes us to the Rame Peninsula. Far from the traditional tourist track this part of Cornwall is famed for its cliffs and beaches.	UNITED KINGDOM	English-100		PG	a w	
2024-02-02	1800	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 10	In the series finale, Maeve embraces the ingenuity of the home-made barbecue, exploring the remarkably adaptable 44 gallon drum used in the Kimberley as a smoker for barramundi.	AUSTRALIA	English-100	RPT	G		Y
2024-02-02	1830	<b>Lidia's Kitchen</b>	Italian Products Have Arrived!, The	The arrival of Italians into America demanded the need for Italian products as well. This resulted in more creativity and flavour in the kitchen like Belgian and red endive salads and cherry jam tarts.	USA	English-100		G		
2024-02-02	1900	<b>The Cook Up With Adam Liaw</b>	Chickpeas	SBS News presenter Janice Petersen and actor Dane Simpson are in the Cook Up kitchen with Adam to create some easy chickpea recipes.	AUSTRALIA	English-100	RPT	G		Y
2024-02-02	1930	<b>Rick Stein's Far Eastern Odyssey</b>	Cambodia And Vietnam	One of Britain's most revered chefs, Rick Stein sets off on an epic culinary journey to explore the Far East's most diverse food cultures.	UNITED KINGDOM	English-100	RPT	PG		Y
2024-02-02	2040	<b>Guillaume's Paris</b>	Guillaume's Paris Series 1 Ep 5	Chef Guillaume Brahimi searches for the best bread in Paris and visits Opera Garnier, a spectacular music venue which inspired a famous Paris dessert.	AUSTRALIA	English-70; French-30	RPT	PG	l	Y
2024-02-02	2110	<b>Guillaume's Paris</b>	Guillaume's Paris Series 1 Ep 6	Chef Guillaume Brahimi explores the 11th and 12th arrondissements of Paris to discover best food experiences in the city. Guillaume visits the chocolate factory of Alain Ducasse.	AUSTRALIA	English-70; French-30	RPT	G		Y Y

2024-02-02	2135	<b>Come Dine With Me UK</b>	Leeds Day 2	It's day two of the competition in Leeds, and wannabe clairvoyant Janet is hoping her ghoulish themed dinner party will bag her top spot. Will the fright night theme be enough?	UNITED KINGDOM	English-100		PG		
2024-02-02	2200	<b>Come Dine With Me UK</b>	Leeds Day 3	It's day three in Leeds and record label owner Phil is hoping to bat off the competition with his seventies rock-themed menu. Will gags and giggles be enough to bag him the prize?	UNITED KINGDOM	English-100		PG		
2024-02-02	2230	<b>The Cook Up With Adam Liaw</b>	Plums	The Cook Up kitchen is where it's at tonight. Host Adam Liaw, author and food critic Anthony Huckstep and owner of LP's Quality Meats Luke Powell cook up dishes using plums.	AUSTRALIA	English-100	RPT	G		Y
2024-02-02	2300	<b>Bizarre Foods: Delicious Destinations</b>	Salt Lake City	Minutes away from desert trails and mountain ranges, Andrew highlights the delicious and iconic foods of Salt Lake City. Classic dishes include a pastrami burger, steak tips with mole and Utah scones.	USA	English-100		G		
2024-02-02	2330	<b>The Cook And The Chef</b>	Cooking With Grapes	Raise a toast to the glorious grape as Simon and Maggie celebrate with the fruit of the vine. In Maggie's Barossa kitchen, they showcase a range of savoury and sweet dishes cooked with whole grapes.	AUSTRALIA	English-100		G		
2024-02-02	2400	<b>Everyday Gourmet With Justine Schofield</b>	Ep 15	Justine shows you a fun a breakfast couscous, her roasted tamarind chicken, green olive tapenade and fetta salad. Trish McKenzie drops in to make her fabulous cherry ripe slice.	AUSTRALIA	English-100		G		
2024-02-02	2430	<b>Rick Stein's Far Eastern Odyssey</b>	Cambodia And Vietnam	One of Britain's most revered chefs, Rick Stein sets off on an epic culinary journey to explore the Far East's most diverse food cultures.	UNITED KINGDOM	English-100	RPT	PG		Y
2024-02-02	2540	<b>Guillaume's Paris</b>	Guillaume's Paris Series 1 Ep 5	Chef Guillaume Brahimi searches for the best bread in Paris and visits Opera Garnier, a spectacular music venue which inspired a famous Paris dessert.	AUSTRALIA	English-70; French-30	RPT	PG	I	Y
2024-02-02	2610	<b>Guillaume's Paris</b>	Guillaume's Paris Series 1 Ep 6	Chef Guillaume Brahimi explores the 11th and 12th arrondissements of Paris to discover best food experiences in the city. Guillaume visits the chocolate factory of Alain Ducasse.	AUSTRALIA	English-70; French-30	RPT	G		Y Y
2024-02-02	2635	<b>Come Dine With Me UK</b>	Leeds Day 2	It's day two of the competition in Leeds, and wannabe clairvoyant Janet is hoping her ghoulish themed dinner party will bag her top spot. Will the fright night theme be enough?	UNITED KINGDOM	English-100		PG		
2024-02-02	2700	<b>Come Dine With Me UK</b>	Leeds Day 3	It's day three in Leeds and record label owner Phil is hoping to bat off the competition with his seventies rock-themed menu. Will gags and giggles be enough to bag him the prize?	UNITED KINGDOM	English-100		PG		
2024-02-02	2730	<b>The Cook Up With Adam Liaw</b>	Plums	The Cook Up kitchen is where it's at tonight. Host Adam Liaw, author and food critic Anthony Huckstep and owner of LP's Quality Meats Luke Powell cook up dishes using plums.	AUSTRALIA	English-100	RPT	G		Y
2024-02-02	2800	<b>Bizarre Foods: Delicious Destinations</b>	Salt Lake City	Minutes away from desert trails and mountain ranges, Andrew highlights the delicious and iconic foods of Salt Lake City. Classic dishes include a pastrami burger, steak tips with mole and Utah scones.	USA	English-100		G		
2024-02-02	2830	<b>The Cook And The Chef</b>	Cooking With Grapes	Raise a toast to the glorious grape as Simon and Maggie celebrate with the fruit of the vine. In Maggie's Barossa kitchen, they showcase a range of savoury and sweet dishes cooked with whole grapes.	AUSTRALIA	English-100		G		
2024-02-03	0500	<b>Luke Nguyen's United Kingdom</b>	Manchester And London	After exploring Manchester Luke completes his journey around the UK by returning to London, but first visits Manchester's iconic Mr Thomas's Chop House to try their famous Corned Beef Hash.	AUSTRALIA	English-100	RPT	G		Y

2024-02-03	0530	<b>David Rocco's Dolce South East Asia</b>	Siem Reap Art Will Save Cambodia	The famed temples of Angkor Wat withstood the civil war of the 1970s and today the town of Siem Reap and the temples have become a tourist destination and a bustling centre for arts, culture and food.	CANADA	English-100		PG	a	
2024-02-03	0600	<b>The Italian Vegan Chef</b>	Home Sweet Home	Nadia ends her journey back in Milan. She shows us her hometown through her very own eyes as she goes around town to meet family and old friends. And also meets one of her culinary heroes.	ISRAEL	English-50; Italian-50		G		Y
2024-02-03	0630	<b>United Plates Of America</b>	New York, Ny	In today's episode we visit one of the worlds largest megacities to trysome fusion food. New York is described as the cultural, financial and media capital of the world.	USA	English-100		PG		
2024-02-03	0700	<b>Red Chef Revival</b>	Osoyoos	Host Rich Francis travels to Osoyoos - an Indigenous Reservations British Columbia - to cook with an ingredient he's never used before - cougar.	CANADA	English-100	RPT	G		Y
2024-02-03	0730	<b>Nadiya's Party Feast</b>	Nadiya's Party Feast	Nadiya Hussain is throwing a party and we're all invited! She shares her secrets for the perfect celebration - whether it's dishes to put in the middle or delicious nibbles. Nobody will want to leave!	UNITED KINGDOM	English-100		G		
2024-02-03	0830	<b>Everyday Gourmet With Justine Schofield</b>	Ep 15	Justine shows you a fun a breakfast couscous, her roasted tamarind chicken, green olive tapenade and fetta salad. Trish McKenzie drops in to make her fabulous cherry ripe slice.	AUSTRALIA	English-100		G		
2024-02-03	0900	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 45	Elena and Karen from Asian Inspirations are in the kitchen today cooking a traditional Nasi Goreng Fried Rice. Then Khan whips up a quick and easy Rhubarb and Ginger Crumble for dessert.	AUSTRALIA	English-100		G		
2024-02-03	0930	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 2 Ep 15	In this his last programme of the series, Rick takes us to the Rame Peninsula. Far from the traditional tourist track this part of Cornwall is famed for its cliffs and beaches.	UNITED KINGDOM	English-100		PG	a w	
2024-02-03	1000	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 10	In the series finale, Maeve embraces the ingenuity of the home-made barbecue, exploring the remarkably adaptable 44 gallon drum used in the Kimberley as a smoker for barramundi.	AUSTRALIA	English-100	RPT	G		Y
2024-02-03	1030	<b>Lidia's Kitchen</b>	Italian Products Have Arrived!, The	The arrival of Italians into America demanded the need for Italian products as well. This resulted in more creativity and flavour in the kitchen like Belgian and red endive salads and cherry jam tarts.	USA	English-100		G		
2024-02-03	1100	<b>The Cook Up With Adam Liaw</b>	Chickpeas	SBS News presenter Janice Petersen and actor Dane Simpson are in the Cook Up kitchen with Adam to create some easy chickpea recipes.	AUSTRALIA	English-100	RPT	G		Y
2024-02-03	1130	<b>Rick Stein's Far Eastern Odyssey</b>	Cambodia And Vietnam	One of Britain's most revered chefs, Rick Stein sets off on an epic culinary journey to explore the Far East's most diverse food cultures.	UNITED KINGDOM	English-100	RPT	PG		Y
2024-02-03	1235	<b>Everyday Gourmet With Justine Schofield</b>	Ep 15	Justine shows you a fun a breakfast couscous, her roasted tamarind chicken, green olive tapenade and fetta salad. Trish McKenzie drops in to make her fabulous cherry ripe slice.	AUSTRALIA	English-100		G		
2024-02-03	1305	<b>Red Chef Revival</b>	Osoyoos	Host Rich Francis travels to Osoyoos - an Indigenous Reservations British Columbia - to cook with an ingredient he's never used before - cougar.	CANADA	English-100	RPT	G		Y
2024-02-03	1330	<b>Nadiya's Party Feast</b>	Nadiya's Party Feast	Nadiya Hussain is throwing a party and we're all invited! She shares her secrets for the perfect celebration - whether it's dishes to put in the middle or delicious nibbles. Nobody will want to leave!	UNITED KINGDOM	English-100		G		

2024-02-03	1430	<b>Lidia's Kitchen</b>	Italian Products Have Arrived!, The	The arrival of Italians into America demanded the need for Italian products as well. This resulted in more creativity and flavour in the kitchen like Belgian and red endive salads and cherry jam tarts.	USA	English-100		G		
2024-02-03	1500	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 45	Elena and Karen from Asian Inspirations are in the kitchen today cooking a traditional Nasi Goreng Fried Rice. Then Khan whips up a quick and easy Rhubarb and Ginger Crumble for dessert.	AUSTRALIA	English-100		G		
2024-02-03	1530	<b>The Cook And The Chef</b>	Cooking With Kids	School Holidays mean finding things for the kids to do and Maggie and Simon get some kids busy looking for mushrooms and picking plums. Simon also visits a Mussel farm in Port Lincoln.	AUSTRALIA	English-100		G		
2024-02-03	1600	<b>Food Safari Fire</b>	Food Safari Fire Series 1 Ep 10	In the series finale, Maeve embraces the ingenuity of the home-made barbecue, exploring the remarkably adaptable 44 gallon drum used in the Kimberley as a smoker for barramundi.	AUSTRALIA	English-100	RPT	G		Y
2024-02-03	1630	<b>Everyday Gourmet With Justine Schofield</b>	Ep 15	Justine shows you a fun a breakfast couscous, her roasted tamarind chicken, green olive tapenade and fetta salad. Trish McKenzie drops in to make her fabulous cherry ripe slice.	AUSTRALIA	English-100		G		
2024-02-03	1700	<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		
2024-02-03	1730	<b>Khanh Ong's Wild Food</b>	Khanh Ong's Wild Food Series 1 Ep 1	Chef Khanh Ong journeys to Far North Queensland to discover the culinary secrets of the Nywaigi people, and uses locally foraged ingredients to cook up a summer feast at a waterfall.	AUSTRALIA	English-100		PG	a w	Y
2024-02-03	1825	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-02-03	1830	<b>Homegrown Tastes South Africa</b>	Cheese And Wine	The arrival of Italians into America demanded the need for Italian products as well. This resulted in more creativity and flavour in the kitchen like Belgian and red endive salads and cherry jam tarts.	UNITED KINGDOM	English-100		G		Y
2024-02-03	1930	<b>Ainsley's Fantastic Flavours</b>	Sweet	Sweet flavours aren't just for desserts, Ainsley makes a butternut squash tarte tatin with urfa chili, walnuts, and feta. Samia Longchambon shares a family favourite, Moroccan chicken with cous cous.	UNITED KINGDOM	English-100		G		
2024-02-03	2030	<b>Rick Stein's Taste Of The Sea</b>	Rick Stein's Taste Of The Sea Series 1 Ep 4	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100		G		
2024-02-03	2100	<b>Rick Stein's Taste Of The Sea</b>	Rick Stein's Taste Of The Sea Series 1 Ep 5	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100		PG	a w	
2024-02-03	2130	<b>Anthony Bourdain: No Reservations</b>	Spain	According to Anthony, outside of Asia, Spain is the greatest place for culinary achievement. While there, he visits Quimet and Quimet, a Barcelona vermouth bar.	USA	English-100	RPT	PG		
2024-02-03	2225	<b>Please Eat Slowly Bitesize</b>	Yee Sang	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100		G		
2024-02-03	2230	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 3 Ep 7	Paul learns about catching eels from Indigenous local chef Noel Butler and sells his first eggs and veggie boxes into Tilba.	UNITED KINGDOM	English-100	RPT	PG	a w	Y

2024-02-03	2330	<b>The Cook And The Chef</b>	Bbq's	Maggie and Simon celebrate the BBQ and show viewers how to get the most from it - be it for starters, main courses and even desserts.	AUSTRALIA	English-100		PG		
2024-02-03	2400	<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		
2024-02-03	2430	<b>Khanh Ong's Wild Food</b>	Khanh Ong's Wild Food Series 1 Ep 1	Chef Khanh Ong journeys to Far North Queensland to discover the culinary secrets of the Nywaigi people, and uses locally foraged ingredients to cook up a summer feast at a waterfall.	AUSTRALIA	English-100		PG	a w	Y
2024-02-03	2525	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-02-03	2530	<b>Homegrown Tastes South Africa</b>	Cheese And Wine	The arrival of Italians into America demanded the need for Italian products as well. This resulted in more creativity and flavour in the kitchen like Belgian and red endive salads and cherry jam tarts.	UNITED KINGDOM	English-100		G		Y
2024-02-03	2630	<b>Ainsley's Fantastic Flavours</b>	Sweet	Sweet flavours aren't just for desserts, Ainsley makes a butternut squash tarte tatin with urfa chili, walnuts, and feta. Samia Longchambon shares a family favourite, Moroccan chicken with cous cous.	UNITED KINGDOM	English-100		G		
2024-02-03	2725	<b>Please Eat Slowly Bitesize</b>	Yee Sang	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100		G		
2024-02-03	2730	<b>Rick Stein's Taste Of The Sea</b>	Rick Stein's Taste Of The Sea Series 1 Ep 4	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100		G		
2024-02-03	2800	<b>Rick Stein's Taste Of The Sea</b>	Rick Stein's Taste Of The Sea Series 1 Ep 5	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100		PG	a w	
2024-02-03	2830	<b>The Cook And The Chef</b>	Bbq's	Maggie and Simon celebrate the BBQ and show viewers how to get the most from it - be it for starters, main courses and even desserts.	AUSTRALIA	English-100		PG		