



WEEK 50: Sunday, 10 December - Saturday, 16 December 2023 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2023-12-10	0500	Mystery Diners	Magic Hassle	Rosele's concerned about a conflict between her longtime pianist and recently hired magician.	USA	English-100		G			Y
2023-12-10	0530	Order Up!	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		
2023-12-10	0630	Tales From River Cottage	Getting Started	Hugh reminisces about the early days at River Cottage, and offers advice to would-be smallholders on how to find their own rural escape hatch, and get started on the good life.	UNITED KINGDOM	English-100		PG	a w		
2023-12-10	0700	Tales From River Cottage	Garden Of Eden, A	Hugh recalls the progress of his horticultural skills over his three years in Dorset, from putting in his first organic vegetable beds, running the gauntlet of pests, to harvesting bumper crops.	UNITED KINGDOM	English-100		PG	n		
2023-12-10	0730	Rick Stein's Cornwall	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		
2023-12-10	0800	Rick Stein's Cornwall	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		
2023-12-10	0830	River Cottage Australia	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
2023-12-10	0925	Destination Flavour Scandinavia Bitesize	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
2023-12-10	0930	Mystery Diners	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
2023-12-10	1000	Mystery Diners	Magic Hassle	Rosele's concerned about a conflict between her longtime pianist and recently hired magician.	USA	English-100		G			Y
2023-12-10	1030	Martha Bakes	Midwest	Martha makes four regional classics meant for sharing - cherry pie, gooey butter cake, kranskekake, and navy bean pie.	USA	English-100		G			
2023-12-10	1100	Martha Bakes	Northwest	Join Martha as she shares four regional favourites using blackberries, figs, potatoes, and hazelnuts.	USA	English-100		G			

2023-12-10	1130	Order Up!	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	
2023-12-10	1230	Tales From River Cottage	Getting Started	Hugh reminisces about the early days at River Cottage, and offers advice to would-be smallholders on how to find their own rural escape hatch, and get started on the good life.	UNITED KINGDOM	English-100	PG	a w	
2023-12-10	1300	Martha Bakes	Southern Classics	Martha shares three of her favourite Southern classics including hummingbird cake, sweet potato pie, and hot milk cake.	USA	English-100	G		
2023-12-10	1330	Martha Bakes	New England	Martha serves up dishes deeply rooted in tradition including apple pie, brown bread, a lemon-blueberry tart, and hermit bars.	USA	English-100	G		
2023-12-10	1400	Taste The Nation With Padma Lakshmi	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
2023-12-10	1430	Taste The Nation With Padma Lakshmi	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
2023-12-10	1505	Flour Power	Ledingham Chalmers	In this episode we're in Aberdeen at law firm Ledingham Chalmers. Private client solicitor Dara, senior solicitor Rachael and family solicitor Emma are joined by rookie cake-maker Jonny.	UNITED KINGDOM	English-100	PG		
2023-12-10	1535	Flour Power	Bruichladdich Distillery	In this episode, we're at the Bruichladdich distillery on the beautiful Hebridean island of Islay. Cask master Jay, housekeeper Katie and tour guide Dave are joined by client manager Mary.	UNITED KINGDOM	English-100	PG		
2023-12-10	1605	Gamer Snacks	Deep Fried Burger And Luxury Mug Cake	Arron and comedian Uncle Ed deep fry some really, really weird stuff as they break new boundaries in the world of deep fried food. Arron and guest Rose Ellen Dix prepare to enter mug cake heaven.	USA	English-100	G		
2023-12-10	1630	Food Chain: From Source To Table	Butter And Kailan	In his quest to uncover the reasons behind food price hikes, Chef Ming comes face to face with a butter crisis in France and a fussy leafy green nicknamed the "Princess Vegetable" in Malaysia.	SINGAPORE	English-100	G		Y
2023-12-10	1725	Destination Flavour Singapore Bitesize	Hainanese Chicken	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	
2023-12-10	1730	Paul Hollywood: A Baker's Life	Ginger Biscuits, Baps & Shortbread	Paul goes back to his roots in Merseyside to reminisce about where his love of baking began, visiting his mum to recreate the first thing he ever baked - her legendary ginger biscuits.	UNITED KINGDOM	English-100	G		
2023-12-10	1800	In The Spirit With Lindsay And Curtis	Christmas With Joel McHale	Jenna Fischer of The Office arrives for Christmas Eve to swap present wrapping traditions, while Curtis improvises on her family's meatball recipe. Lindsay has a tradition of her own - new pyjamas.	USA	English-100	PG		
2023-12-10	1830	Michel Roux's French Country Cooking	Sunday Lunch	In this masterclass Michel hosts a Sunday lunch of fish quenelles, chicken cooked in salt crust pastry and red-wine poached pears with galette serpentine.	UNITED KINGDOM	English-100	PG		
2023-12-10	1930	James Martin's French Adventure	St Tropez	James's journey though France leads him to the glamour of St. Tropez. He starts by exploring the fantastic seafood market, then cooks sole goujons with tartare sauce.	UNITED KINGDOM	English-100	PG	a w	Y

2023-12-10	2030	Hairy Bikers Mediterranean	Mainland France	The bikers are in southern France, heading from Marseille to Catalan country. It's a journey rich in culinary delights, historical landmarks and heart-warming people.	UNITED KINGDOM	English-100		PG		
2023-12-10	2130	Anthony Bourdain: No Reservations	Beirut	Within 24 hours of arrival, Anthony and his crew is suddenly thrown into the middle of an intense and uncertain conflict in Lebanon.	USA	English-100		PG	a	
2023-12-10	2225	Cook Up With Adam Liaw Bitesize	Lubia Polo	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
2023-12-10	2230	River Cottage Australia	River Cottage Australia One Hours Series 1 Ep 8	It's been nearly four months since Hugh returned to River Cottage in the UK to let Paul do it alone. Now he's back, and he's amazed at what he finds.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2023-12-10	2330	Mystery Diners	Heavy Lifting	After experiencing discrepancies with their supply of expensive protein supplements, owners of Protein House contact Charles Stiles to investigate.	USA	English-100		PG		Y
2023-12-10	2400	Mystery Diners	Italian Job, The	After a feud between his pizzeria and bakery threatens his business, John contacts Charles Stiles for help.	USA	English-100		PG		Y
2023-12-10	2430	Flour Power	Ledingham Chalmers	In this episode we're in Aberdeen at law firm Ledingham Chalmers. Private client solicitor Dara, senior solicitor Rachael and family solicitor Emma are joined by rookie cake-maker Jonny.	UNITED KINGDOM	English-100		PG		
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2023-12-10	2625	Destination Flavour Singapore Bitesize	Hainanese Chicken	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		
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2023-12-11	0500	Mystery Diners	Heavy Lifting	After experiencing discrepancies with their supply of expensive protein supplements, owners of Protein House contact Charles Stiles to investigate.	USA	English-100		PG		Y

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2023-12-11	1300	Martha Bakes	Gulf	Martha shares quintessentially Southern recipes including caramel cake, Mississippi mud tart, Lane cake, and cheese straws.	USA	English-100		G		
2023-12-11	1330	Martha Bakes	Pennsylvania Dutch	Martha shares recipes for Pennsylvania Dutch specialties including Montgomery pie, whoopie pies, and apple dumplings.	USA	English-100		G		
2023-12-11	1400	Barefoot Contessa: Back To Basics	Modern Comfort Food: Classics Made Over	Ina gets fresh with spring green spaghetti carbonara, and chocolate-dipped brown sugar shortbread livens up an old favourite sweet treat.	USA	English-100		G		

2023-12-11	1430	Masters Of Savours	Masters Of Tea	From the legendary Darjeeling valleys of India to the Japanese hills of Shizuoka, we join experts as they uncover the fascinating world of tea.	FRANCE	English-100		G		
2023-12-11	1530	Make This Tonight	Short Ribs-A-La-Royce	Chef Royce designed this meal specifically Tastemade watchers in mind! Just for you, he's cooking up mouthwatering, barely clinging-to-the bone short ribs.	USA	English-100		G		
2023-12-11	1600	David Rocco's Dolce Homemade	Memories Of Sicily	Keeping family and traditions together through food. David and guest Isabelle Loiacono re-create recipes passed down from Isabelle's family recipe book and using her Nonna's tools from the 1940s.	CANADA	English-100		G		
2023-12-11	1630	My Market Kitchen	My Market Kitchen Series 4 Ep 6	My Market Kitchen has a special episode today where Elena shows us her Thai Green Curry Paste, followed by using that paste in a Thai Green Curry.	AUSTRALIA			G		
2023-12-11	1700	Mary Makes It Easy	Scrap Cooking	Reducing food waste is great for the planet and your wallet; learn Mary's best recipes for transforming your kitchen waste into delicious dishes.	CANADA	English-100		G		
2023-12-11	1730	Freshly Picked	Episode 16	The amazing Nornie Bero is back with her famous damper with warrigal greens. Simon shows a weekend wonder wrap and takes tofu to the next level, then heads out to the Vegout Community Garden.	AUSTRALIA	English-100		PG		
2023-12-11	1800	Italian Food Safari	Italian Food Safari Series 1 Ep 6	Maeve finds prosciutto in Adelaide, and is cooked pasta and beans by Armando Percuoco. In Melbourne, cheesemaker Giorgio Linguanti takes Guy back to his childhood.	AUSTRALIA	English-100	RPT	G		Y
2023-12-11	1830	Lidia's Kitchen	Lidia's Kitchen Series 7 Ep 6	Lidia serves chicken and sausage bites with apple cider vinegar sauce, made with rosemary, vinegar, and honey. Fried food always hits the spot and next up is fried onion rings and stuffed potatoes.	USA	English-100		G		
2023-12-11	1900	The Cook Up With Adam Liaw	90's Dinner Party	Grab your hyper-colour t-shirt as host Adam Liaw, actress Virginia Gay and political satirist Mark Humphries are in the Cook Up kitchen creating their ultimate 90's dinner party dishes.	AUSTRALIA	English-100	RPT	PG		Y
2023-12-11	1930	Shane Delia's Spice Journey	Shane Delia's Spice Journey Series 1 Episode 4	Shane Delia's culinary journey into Middle Eastern cuisine continues as he travels to the Bekka Valley and visits the ancient temple of Bacchus, the god of fertility.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-12-11	2000	Luke Nguyen's India	Kochi	In Fort Kochi, Luke embarks on an adventure along the ancient Spice Trade Trail. He joins a Chinese fishing net crew, meets with a local historian, and whips up a dish that ruled the British palate!	AUSTRALIA	English-99; Malayalam-1		PG		
2023-12-11	2030	Stanley Tucci: Searching For Italy	Sicily	Sicily is the Mediterranean's largest island and is known as God's Kitchen because of its rich soil. Michelin-starred chef Tony Lo Coco shows Stanley his signature dish, spaghetti alla bottarga.	USA	English-80; Italian-20	RPT	PG	Y	Y
2023-12-11	2130	Come Dine With Me UK	Sheffield Day 2	Claire hopes her menu will impress her guests. Will it mean success or failure in her mission to nab the 1000 pound prize?	UNITED KINGDOM	English-100		PG		
2023-12-11	2200	Come Dine With Me UK	Sheffield Day 3	Monika hopes to win the 1000 pound prize by treating her guests to a traditional Bulgarian night, inspired by her homeland. Can she keep her guests under control so as not to ruin her chances?	UNITED KINGDOM	English-100		PG		
2023-12-11	2230	The Cook Up with Adam Liaw	Lamb Cutlets	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 lamb cutlet favourites in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y

2023-12-11	2300	Bizarre Foods: Delicious Destinations	Paris: A Second Bite	Andrew returns to the European epicenter of fashion, art and food. Paris is home to masterful cuisine, and Andrew finds places to get the best of everything.	USA	English-100	RPT	PG	s	
2023-12-11	2330	The Cook And The Chef	Vego's	Simon and Maggie go vegetarian, proving a meat free diet is far from bland and boring. While vegetarianism has always being part of Indian and Asian culture, it didn't really kick off until the 1800s.	AUSTRALIA	English-100		G		
2023-12-11	2400	Mystery Diners	Going To The Dogs	Shades Oceanfront contacts Charles Stiles for help uncovering discrepancies.	USA	English-100		PG		Y
2023-12-11	2430	Shane Delia's Spice Journey	Shane Delia's Spice Journey Series 1 Episode 4	Shane Delia's culinary journey into Middle Eastern cuisine continues as he travels to the Bekka Valley and visits the ancient temple of Bacchus, the god of fertility.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-12-11	2500	Luke Nguyen's India	Kochi	In Fort Kochi, Luke embarks on an adventure along the ancient Spice Trade Trail. He joins a Chinese fishing net crew, meets with a local historian, and whips up a dish that ruled the British palate!	AUSTRALIA	English-99; Malayalam-1		PG		
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2023-12-11	2625	Destination Flavour China Bitesize	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	
2023-12-11	2630	Come Dine With Me UK	Sheffield Day 2	Claire hopes her menu will impress her guests. Will it mean success or failure in her mission to nab the 1000 pound prize?	UNITED KINGDOM	English-100		PG		
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2023-12-11	2800	Bizarre Foods: Delicious Destinations	Paris: A Second Bite	Andrew returns to the European epicenter of fashion, art and food. Paris is home to masterful cuisine, and Andrew finds places to get the best of everything.	USA	English-100	RPT	PG	s	
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2023-12-12	0730	Masters Of Savours	Masters Of Tea	From the legendary Darjeeling valleys of India to the Japanese hills of Shizuoka, we join experts as they uncover the fascinating world of tea.	FRANCE	English-100		G		
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2023-12-12	0930	My Market Kitchen	My Market Kitchen Series 4 Ep 6	My Market Kitchen has a special episode today where Elena shows us her Thai Green Curry Paste, followed by using that paste in a Thai Green Curry.	AUSTRALIA	English-100		G		
2023-12-12	1000	Mary Makes It Easy	Scrap Cooking	Reducing food waste is great for the planet and your wallet; learn Mary's best recipes for transforming your kitchen waste into delicious dishes.	CANADA	English-100		G		
2023-12-12	1030	Freshly Picked	Episode 16	The amazing Nornie Bero is back with her famous damper with warrigal greens. Simon shows a weekend wonder wrap and takes tofu to the next level, then heads out to the Vegout Community Garden.	AUSTRALIA	English-100		PG		
2023-12-12	1100	The Cook Up With Adam Liaw	90's Dinner Party	Grab your hyper-colour t-shirt as host Adam Liaw, actress Virginia Gay and political satirist Mark Humphries are in the Cook Up kitchen creating their ultimate 90's dinner party dishes.	AUSTRALIA	English-100	RPT	PG		Y
2023-12-12	1130	Shane Delia's Spice Journey	Shane Delia's Spice Journey Series 1 Episode 4	Shane Delia's culinary journey into Middle Eastern cuisine continues as he travels to the Bekka Valley and visits the ancient temple of Bacchus, the god of fertility.	AUSTRALIA	English-100	RPT	G	Y	Y
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2023-12-12	1230	Lidia's Kitchen	Lidia's Kitchen Series 7 Ep 6	Lidia serves chicken and sausage bites with apple cider vinegar sauce, made with rosemary, vinegar, and honey. Fried food always hits the spot and next up is fried onion rings and stuffed potatoes.	USA	English-100		G		
2023-12-12	1300	Martha Bakes	South Atlantic	Entertaining wouldn't be complete without a delicious dessert, and these South Atlantic classics are sure to impress.	USA	English-100		G		
2023-12-12	1330	Martha Bakes	West	From layer cake to upside-down cake, Martha shares four favourite recipes to add to your repertoire.	USA	English-100		G		
2023-12-12	1400	Barefoot Contessa: Back To Basics	Modern Comfort Food: Good Cheese	Ina Garten indulges in incredible recipes starring some of her favorite cheeses, featuring a panko-crusted rack of lamb for a fast and fancy dinner.	USA	English-100		G		

2023-12-12	1430	Masters Of Savours	Masters Of Rice	Join us on a journey deeply rooted in Asia where we discover local customs around the common but spectacular grain: rice.	FRANCE	English-100		PG	
2023-12-12	1530	Make This Tonight	Konbi's Greatest Hits!	Chef Akira and Chef Nick bring a little bit of Konbi into your kitchen. First, they teach you the heart of all of the dishes, a basic yet versatile dashi.	USA	English-100		G	
2023-12-12	1600	David Rocco's Dolce Homemade	Vegan	It's not Vegan food it's just food. After a yoga retreat, guest Teri-Ann Carty decided to make the transition to go vegan and she has not looked back.	CANADA	English-100		PG	
2023-12-12	1630	My Market Kitchen	My Market Kitchen Series 4 Ep 7	Elena starts us off with a breakfast 'Better-for-you' Bircher Muesli. Followed by a traditional Coconut Mussels dish from Khanh, then finished with a decadent Skillet Hotcake.	AUSTRALIA			G	
2023-12-12	1700	Mary Makes It Easy	Side Show	Mary lets the sides take centre stage with recipes for crispy sweet potatoes, pear and shallot tarte tatin, and double tomato salad!	CANADA	English-100		G	
2023-12-12	1730	Freshly Picked	Episode 17	Today is about pure donut indulgence, and next it's pizza pocket perfection with a mushroom filling. Blayne is adding a bit of sizzle to the humble radish, and Simon heads to Sarafian Hummus HQ.	AUSTRALIA	English-100		G	
2023-12-12	1800	Italian Food Safari	Italian Food Safari Series 1 Ep 7	Tonight, we join professional rock fisherman at dawn to learn why so many Italians are drawn to the sea to fish for dinner. Chef Robert Castellani shows Guy an ingenious way of baking snapper.	AUSTRALIA	English-100	RPT	G	Y
2023-12-12	1830	Lidia's Kitchen	Lidia's Kitchen Series 7 Ep 7	Pasta is a staple in any Italian home and Lidia prepares three recipes. A quick ziti with kale pesto and bacon, fusilli with roasted tomato pesto, and campanelle with shrimp and fennel.	USA	English-100		G	
2023-12-12	1900	The Cook Up With Adam Liaw	Locally Sourced	SBS News presenter Janice Petersen and comedian Dane Simpson join Adam Liaw in the Cook Up kitchen to create some dishes using locally grown and sourced products.	AUSTRALIA	English-100	RPT	G	Y
2023-12-12	1930	Heston's Feasts	70s Feast	Heston goes 70s retro, plundering the technicolour wonderland of his boyhood culinary experiences for a feast featuring savoury ice lollies and a luxury dinner of spam fritters.	UNITED KINGDOM	English-100	RPT	G	Y
2023-12-12	2030	Fun'q With Spencer Watts	Fun'q With Spencer Watts Series 1 Ep 11	The best grilled treats sometime come in tiny portions, so Spencer is making appetizers! A feast of flavours such as smoked beef meatballs, grilled mixed seafood salad, stuffed dates with bacon.	CANADA	English-100		PG	
2023-12-12	2100	Gino's Italian Escape: Hidden Italy	Liguria	Liguria is famous for its seafood and pesto, but Gino is interested in the one ingredient that is the backbone to all Italian cookery - olive oil.	UNITED KINGDOM	English-100		G	
2023-12-12	2130	Come Dine With Me UK	Sheffield Day 4	Ivor Hillman is determined to put some fun into his night by giving his guests a true 80s extravaganza. Can his charm wow his guests to win the one thousand pounds at the end of the week?	UNITED KINGDOM	English-100		PG	
2023-12-12	2200	Come Dine With Me UK	Sheffield Day 5	Simon is confident that his meal will be head and shoulders above the competition. Will his experimental gastro cuisine be too much for this group or will it impress them and take the attention away?	UNITED KINGDOM	English-100		PG	
2023-12-12	2230	The Cook Up with Adam Liaw	Culture Clash	The Lebanese Plate's Lina Jebile and MasterChef alumni Kylie Millar join host Adam Liaw in The Cook Up kitchen as they create some traditional favourites with a difference.	AUSTRALIA	English-100	RPT	G	Y

2023-12-12	2300	Bizarre Foods: Delicious Destinations	Lyon	Andrew explores the legendary cuisine of Lyon, France The flavors of pike fish dumplings, breaded beef tripe and pink pralines have all helped Lyon earn the title World Capital of Gastronomy.	USA	English-100	RPT	G	
2023-12-12	2330	The Cook And The Chef	All The Tea And China	Simon and Maggie are holding a tea party to celebrate the days when afternoon teas, complete with cakes and cucumber sandwiches, were quite the done thing.	AUSTRALIA	English-100		G	
2023-12-12	2400	Mystery Diners	Cocktail Fail	Fearing that a rivalry between her bartenders is the cause of missing alcohol, Sarra, owner of The Compass in Carlsbad, CA, asks Charles Stiles to investigate.	USA	English-100		PG	Y
2023-12-12	2430	Heston's Feasts	70s Feast	Heston goes 70s retro, plundering the technicolour wonderland of his boyhood culinary experiences for a feast featuring savoury ice lollies and a luxury dinner of spam fritters.	UNITED KINGDOM	English-100	RPT	G	Y
2023-12-12	2530	Fun'q With Spencer Watts	Fun'q With Spencer Watts Series 1 Ep 11	The best grilled treats sometime come in tiny portions, so Spencer is making appetizers! A feast of flavours such as smoked beef meatballs, grilled mixed seafood salad, stuffed dates with bacon.	CANADA	English-100		PG	
2023-12-12	2600	Gino's Italian Escape: Hidden Italy	Liguria	Liguria is famous for its seafood and pesto, but Gino is interested in the one ingredient that is the backbone to all Italian cookery - olive oil.	UNITED KINGDOM	English-100		G	
2023-12-12	2630	Come Dine With Me UK	Sheffield Day 4	Ivor Hillman is determined to put some fun into his night by giving his guests a true 80s extravaganza. Can his charm wow his guests to win the one thousand pounds at the end of the week?	UNITED KINGDOM	English-100		PG	
2023-12-12	2700	Come Dine With Me UK	Sheffield Day 5	Simon is confident that his meal will be head and shoulders above the competition. Will his experimental gastro cuisine be too much for this group or will it impress them and take the attention away?	UNITED KINGDOM	English-100		PG	
2023-12-12	2730	The Cook Up with Adam Liaw	Culture Clash	The Lebanese Plate's Lina Jebelle and MasterChef alumni Kylie Millar join host Adam Liaw in The Cook Up kitchen as they create some traditional favourites with a difference.	AUSTRALIA	English-100	RPT	G	Y
2023-12-12	2800	Bizarre Foods: Delicious Destinations	Lyon	Andrew explores the legendary cuisine of Lyon, France The flavors of pike fish dumplings, breaded beef tripe and pink pralines have all helped Lyon earn the title World Capital of Gastronomy.	USA	English-100	RPT	G	
2023-12-12	2830	The Cook And The Chef	All The Tea And China	Simon and Maggie are holding a tea party to celebrate the days when afternoon teas, complete with cakes and cucumber sandwiches, were quite the done thing.	AUSTRALIA	English-100		G	
2023-12-13	0500	Mystery Diners	Cocktail Fail	Fearing that a rivalry between her bartenders is the cause of missing alcohol, Sarra, owner of The Compass in Carlsbad, CA, asks Charles Stiles to investigate.	USA	English-100		PG	Y
2023-12-13	0530	Martha Bakes	South Atlantic	Entertaining wouldn't be complete without a delicious dessert, and these South Atlantic classics are sure to impress.	USA	English-100		G	
2023-12-13	0600	Martha Bakes	West	From layer cake to upside-down cake, Martha shares four favourite recipes to add to your repertoire.	USA	English-100		G	
2023-12-13	0630	Barefoot Contessa: Back To Basics	Modern Comfort Food: Good Cheese	Ina Garten indulges in incredible recipes starring some of her favorite cheeses, featuring a pan-crusted rack of lamb for a fast and fancy dinner.	USA	English-100		G	

2023-12-13	0700	Make This Tonight	Konbi's Greatest Hits!	Chef Akira and Chef Nick bring a little bit of Konbi into your kitchen. First, they teach you the heart of all of the dishes, a basic yet versatile dashi.	USA	English-100		G	
2023-12-13	0730	Masters Of Savours	Masters Of Rice	Join us on a journey deeply rooted in Asia where we discover local customs around the common but spectacular grain: rice.	FRANCE	English-100		PG	
2023-12-13	0830	Make This Tonight	Konbi's Greatest Hits!	Chef Akira and Chef Nick bring a little bit of Konbi into your kitchen. First, they teach you the heart of all of the dishes, a basic yet versatile dashi.	USA	English-100		G	
2023-12-13	0900	David Rocco's Dolce Homemade	Vegan	It's not Vegan food it's just food. After a yoga retreat, guest Teri-Ann Carty decided to make the transition to go vegan and she has not looked back.	CANADA	English-100		PG	
2023-12-13	0930	My Market Kitchen	My Market Kitchen Series 4 Ep 7	Elena starts us off with a breakfast 'Better-for-you' Bircher Muesli. Followed by a traditional Coconut Mussels dish from Khanh, then finished with a decadent Skillet Hotcake.	AUSTRALIA	English-100		G	
2023-12-13	1000	Mary Makes It Easy	Side Show	Mary lets the sides take centre stage with recipes for crispy sweet potatoes, pear and shallot tarte tatin, and double tomato salad!	CANADA	English-100		G	
2023-12-13	1030	Freshly Picked	Episode 17	Today is about pure donut indulgence, and next it's pizza pocket perfection with a mushroom filling. Blayne is adding a bit of sizzle to the humble radish, and Simon heads to Sarafian Hummus HQ.	AUSTRALIA	English-100		G	
2023-12-13	1100	The Cook Up With Adam Liaw	Locally Sourced	SBS News presenter Janice Petersen and comedian Dane Simpson join Adam Liaw in the Cook Up kitchen to create some dishes using locally grown and sourced products.	AUSTRALIA	English-100	RPT	G	Y
2023-12-13	1130	Heston's Feasts	70s Feast	Heston goes 70s retro, plundering the technicolour wonderland of his boyhood culinary experiences for a feast featuring savoury ice lollies and a luxury dinner of spam fritters.	UNITED KINGDOM	English-100	RPT	G	Y
2023-12-13	1230	Lidia's Kitchen	Lidia's Kitchen Series 7 Ep 7	Pasta is a staple in any Italian home and Lidia prepares three recipes. A quick ziti with kale pesto and bacon, fusilli with roasted tomato pesto, and campanelle with shrimp and fennel.	USA	English-100		G	
2023-12-13	1300	Martha Bakes	Southwest	From flan to tres leches cake, Martha shares treasured recipes from one of the first and oldest cuisines in the U.S.	USA	English-100		G	
2023-12-13	1330	Martha Bakes	South	Martha dishes up showstoppers from the South - tangy buttermilk pie, bourbon bread pudding, and heavenly carrot cake.	USA	English-100		G	
2023-12-13	1400	Flour Power	Tron Theatre	In what is sure to be a dramatic affair, business development manager Lucy, front of house manager Khaliq, press and marketing officer Olivia and her manager Lindsay, do battle for the trophy.	UNITED KINGDOM	English-100		PG	
2023-12-13	1430	Masters Of Savours	Masters Of Wine	This episode takes us to the most prestigious wine "grands crus" to meet the men and women behind the nectar connoisseurs the world raves about.	FRANCE	English-100		G	
2023-12-13	1530	Make This Tonight	Stylish" Salmon Hump Day Supper	Chef Parisa's menu tonight? Roasted Salmon with savory, caramelized onions, Mushrooms, and Herbs, with an Arugula Salad with Lemon Sumac Dressing.	USA	English-100		G	

2023-12-13	1600	David Rocco's Dolce Homemade	Puglia	David and guest Mattia Pagliara prepare traditional dishes from Puglia, a small region in Southern Italy that just doesn't get the respect it deserves when it comes to food.	CANADA	English-100		PG	
2023-12-13	1630	My Market Kitchen	My Market Kitchen Series 4 Ep 8	Elena shows us a Chilli Arrabbiata dish perfect for a mid-week dinner. Khanh then shows us his Mexican Shaking Beef, followed by a healthy take on a Cheesecake.	AUSTRALIA	English-100		G	
2023-12-13	1700	Mary Makes It Easy	Comfort Food	Mary shares her best comfort food recipes: tuna noodle casserole, mini panzerotti, and herb chicken dumplings.	CANADA	English-100		G	
2023-12-13	1730	Freshly Picked	Episode 18	Simon has a twist on an old favourite that is sure to be a winner at family dinner and makes a spiced potato salad. Anushka shows her recipe for something delicious from her homeland.	AUSTRALIA	English-100		PG	
2023-12-13	1800	Italian Food Safari	Italian Food Safari Series 1 Ep 8	Tonight we visit Mildura where chef Stefano Di Pieri from Stefano's restaurant shows Guy how he uses blood oranges to make a kingfish carpaccio with shaved fennel.	AUSTRALIA	English-100	RPT	G	Y
2023-12-13	1830	Lidia's Kitchen	Lidia's Kitchen Series 7 Ep 8	Comfort food is loved in America, Lidia shares some Italian ones to make - beef and potato goulash, country salad, and a luscious hazelnut parfait to end on a sweet note.	USA	English-100		G	
2023-12-13	1900	The Cook Up With Adam Liaw	Tasmania	Author and lecturer Bruce Pascoe and chef Jared Ingersoll are creating all things Tasmanian in the Cook Up kitchen with host Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2023-12-13	1930	Rick Stein's Seafood Lovers' Guide	Episode 5	Rick visits Northern Ireland for potted herrings and goes on many fishing expeditions. He cooks prawns with an old French recipe, does a stir fry eel, cooks trout, and makes miso soup.	UNITED KINGDOM	English-100		PG	a w
2023-12-13	2000	Luca's Key Ingredient	Episode 4	Today's episode is an amazing cheese journey with Luca Ciana, focussing on the key ingredient of buffalo cheese. From snacks to mains and desserts, this cheesy episode has something for everyone.	AUSTRALIA	English-100		G	
2023-12-13	2030	James Martin's Spanish Adventures	Santiago De Compostella	James visits Santiago De Compostela, he explores the local market, visits a bakery to try Tarta de Santiago. He cooks a seafood stew, t-bone steak, empanadas and rice with mussels.	UNITED KINGDOM	English-100		PG	a w
2023-12-13	2130	Come Dine With Me UK	Peterborough Day 1	Moony is hoping to win over his guests with a night of 'Eastern Promise', based on Pakistani recipes. It all makes for an eventful evening, but will it be enough to land Moony the 1,000 pound prize?	UNITED KINGDOM	English-100		PG	
2023-12-13	2200	Come Dine With Me UK	Peterborough Day 2	This week we're in the Peterborough area where driving instructor Christine is hoping her vegetarian cuisine will grab her the 1000 pound prize.	UNITED KINGDOM	English-100		PG	a
2023-12-13	2230	The Cook Up with Adam Liaw	Malaysian	Tonight, host Adam Liaw is joined in the kitchen by owner and head chef of Ho Jiak, Junda Khoo, and style editor at Delicious magazine, Kristen Jenkins, as they tap into the south-east Asian cuisine.	AUSTRALIA	English-100	RPT	G	Y
2023-12-13	2300	Bizarre Foods: Delicious Destinations	Alsace	Andrew Zimmern discovers the French and German cuisine of Alsace, France and its rustic flavors made from farm-fresh local ingredients.	USA	English-100	RPT	G	
2023-12-13	2330	The Cook And The Chef	French Connection, The	If you fancy some fine French fare then join Maggie and Simon as they reveal the significant contribution the French have made to the kitchen while tempting us with classics such as Bouillabaisse.	AUSTRALIA	English-100		G	

2023-12-13	2400	Mystery Diners	Promotion Sabotage	Charles Stiles mediates as owners of Barrio Star differ on who to promote.	USA	English-100		PG		Y
2023-12-13	2430	Rick Stein's Seafood Lovers' Guide	Episode 5	Rick visits Northern Ireland for potted herrings and goes on many fishing expeditions. He cooks prawns with an old French recipe, does a stir fry eel, cooks trout, and makes miso soup.	UNITED KINGDOM	English-100		PG	a w	
2023-12-13	2500	Luca's Key Ingredient	Episode 4	Today's episode is an amazing cheese journey with Luca Ciana, focussing on the key ingredient of buffalo cheese. From snacks to mains and desserts, this cheesy episode has something for everyone.	AUSTRALIA	English-100		G		
2023-12-13	2530	James Martin's Spanish Adventures	Santiago De Compostella	James visits Santiago De Compostela, he explores the local market, visits a bakery to try Tarta de Santiago. He cooks a seafood stew, t-bone steak, empanadas and rice with mussels.	UNITED KINGDOM	English-100		PG	a w	
2023-12-13	2630	Come Dine With Me UK	Peterborough Day 1	Moony is hoping to win over his guests with a night of 'Eastern Promise', based on Pakistani recipes. It all makes for an eventful evening, but will it be enough to land Moony the 1,000 pound prize?	UNITED KINGDOM	English-100		PG		
2023-12-13	2700	Come Dine With Me UK	Peterborough Day 2	This week we're in the Peterborough area where driving instructor Christine is hoping her vegetarian cuisine will grab her the 1000 pound prize.	UNITED KINGDOM	English-100		PG	a	
2023-12-13	2730	The Cook Up with Adam Liaw	Malaysian	Tonight, host Adam Liaw is joined in the kitchen by owner and head chef of Ho Jiak, Junda Khoo, and style editor at Delicious magazine, Kristen Jenkins, as they tap into the south-east Asian cuisine.	AUSTRALIA	English-100	RPT	G		Y
2023-12-13	2800	Bizarre Foods: Delicious Destinations	Alsace	Andrew Zimmern discovers the French and German cuisine of Alsace, France and its rustic flavors made from farm-fresh local ingredients.	USA	English-100	RPT	G		
2023-12-13	2830	The Cook And The Chef	French Connection, The	If you fancy some fine French fare then join Maggie and Simon as they reveal the significant contribution the French have made to the kitchen while tempting us with classics such as Bouillabaisse.	AUSTRALIA	English-100		G		
2023-12-14	0500	Mystery Diners	Promotion Sabotage	Charles Stiles mediates as owners of Barrio Star differ on who to promote.	USA	English-100		PG		Y
2023-12-14	0530	Martha Bakes	Southwest	From flan to tres leches cake, Martha shares treasured recipes from one of the first and oldest cuisines in the U.S.	USA	English-100		G		
2023-12-14	0600	Martha Bakes	South	Martha dishes up showstoppers from the South - tangy buttermilk pie, bourbon bread pudding, and heavenly carrot cake.	USA	English-100		G		
2023-12-14	0630	Flour Power	Tron Theatre	In what is sure to be a dramatic affair, business development manager Lucy, front of house manager Khaliq, press and marketing officer Olivia and her manager Lindsay, do battle for the trophy.	UNITED KINGDOM	English-100		PG		
2023-12-14	0700	Make This Tonight	Stylish" Salmon Hump Day Supper	Chef Parisa's menu tonight? Roasted Salmon with savory, caramelized onions, Mushrooms, and Herbs, with an Arugula Salad with Lemon Sumac Dressing.	USA	English-100	3	G		
2023-12-14	0730	Masters Of Savours	Masters Of Wine	This episode takes us to the most prestigious wine "grands crus" to meet the men and women behind the nectar connoisseurs the world raves about.	FRANCE	English-100		G		

2023-12-14	0830	Make This Tonight	Stylish" Salmon Hump Day Supper	Chef Parisa's menu tonight? Roasted Salmon with savory, caramelized onions, Mushrooms, and Herbs, with an Arugula Salad with Lemon Sumac Dressing.	USA	English-100	3	G	
2023-12-14	0900	David Rocco's Dolce Homemade	Puglia	David and guest Mattia Pagliara prepare traditional dishes from Puglia, a small region in Southern Italy that just doesn't get the respect it deserves when it comes to food.	CANADA	English-100		PG	
2023-12-14	0930	My Market Kitchen	My Market Kitchen Series 4 Ep 8	Elena shows us a Chilli Arrabbiata dish perfect for a mid-week dinner. Khanh then shows us his Mexican Shaking Beef, followed by a healthy take on a Cheesecake.	AUSTRALIA	English-100		G	
2023-12-14	1000	Mary Makes It Easy	Comfort Food	Mary shares her best comfort food recipes: tuna noodle casserole, mini panzerotti, and herb chicken dumplings.	CANADA	English-100		G	
2023-12-14	1030	Freshly Picked	Episode 18	Simon has a twist on an old favourite that is sure to be a winner at family dinner and makes a spiced potato salad. Anushka shows her recipe for something delicious from her homeland.	AUSTRALIA	English-100		PG	
2023-12-14	1100	The Cook Up With Adam Liaw	Tasmania	Author and lecturer Bruce Pascoe and chef Jared Ingersoll are creating all things Tasmanian in the Cook Up kitchen with host Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2023-12-14	1130	Rick Stein's Seafood Lovers' Guide	Episode 5	Rick visits Northern Ireland for potted herrings and goes on many fishing expeditions. He cooks prawns with an old French recipe, does a stir fry eeel, cooks trout, and makes miso soup.	UNITED KINGDOM	English-100		PG	a w
2023-12-14	1200	Luca's Key Ingredient	Episode 4	Today's episode is an amazing cheese journey with Luca Ciana, focussing on the key ingredient of buffalo cheese. From snacks to mains and desserts, this cheesy episode has something for everyone.	AUSTRALIA	English-100		G	
2023-12-14	1230	Lidia's Kitchen	Lidia's Kitchen Series 7 Ep 8	Comfort food is loved in America, Lidia shares some Italian ones to make - beef and potato goulash, country salad, and a luscious hazelnut parfait to end on a sweet note.	USA	English-100		G	
2023-12-14	1300	Martha Bakes	Great Lakes	Martha prepares impressively simple regional favourites - Belgian rice pie, blitz torte, and sugar cream pie.	USA	English-100		G	
2023-12-14	1330	Martha Bakes	Updated Classics	Martha shows how to replace typical ingredients with wholesome substitutes in three updated classics - rhubarb and raspberry rye crisps, buttermilk barley biscuits, and a spelt layer cake.	USA	English-100		G	
2023-12-14	1400	Flour Power	Cyrenians	In this episode we're at the Cyrenians in Edinburgh. The Cyrenians is a charity who look after people at risk of homelessness, offering support to help them turn their lives around.	UNITED KINGDOM	English-100		PG	
2023-12-14	1430	Masters Of Savours	Masters Of Truffle	Learn the secrets of this precious tuber, and how the truffle has grown from scented mushrooms to the highly coveted "black diamond" in just a few years.	FRANCE	English-100		G	
2023-12-14	1530	Make This Tonight	And If Udon Know, Now You Do	Chef Jason throws down his recipe for plump, homemade Udon Noodles with a steamy pork broth, bruleed onions, wilted greens, fried egg, and finishes it all off with some sweet and sour crab.	USA	English-100		G	
2023-12-14	1600	David Rocco's Dolce Homemade	Burrata	Together with David and his daughters, Emma and Giorgia, they work together to make mozzarella and burrata from scratch.	CANADA	English-100		G	

2023-12-14	1630	My Market Kitchen	My Market Kitchen Series 4 Ep 9	On My Market Kitchen today Khanh shows Elena his mum's Crispy Fried Chicken Ribs. Then a healthy Protein Banana Bread and Super Salad from each host.	AUSTRALIA	English-100		G	
2023-12-14	1700	Mary Makes It Easy	Fast Flavor	Tonight Mary's recipes are all about getting maximum flavour in 30 minutes or less! To start, Mary swaps out traditional veal for a quick-cooking chicken saltimbocca, and fancy beans on toast.	CANADA	English-100		G	
2023-12-14	1730	Freshly Picked	Episode 19	A classic roast done pumpkin-style, and Monica returns to take us down a rocky road. A spicy specialty is on the table, and then Simon loads up a fruit toast in the best way.	AUSTRALIA	English-100		G	
2023-12-14	1800	Italian Food Safari	Italian Food Safari Series 1 Ep 9	This episode celebrates the tradition of preserving the best in season. Chef Riccardo Momesso explains why it's so important to keep the old traditions going.	AUSTRALIA	English-100	RPT	G	Y
2023-12-14	1830	Lidia's Kitchen	Lidia's Kitchen Series 7 Ep 9	Today is all about stress-free cooking for a holiday celebration. Lidia makes marinated mushrooms, vin brule, an Italian version of mulled wine, and turkey breast with apricots.	USA	English-100		G	
2023-12-14	1900	The Cook Up With Adam Liaw	Movie Night	Host Adam Liaw, food writer Kate Gibbs and former MasterChef contestant Aaron Harvie are creating some fun movie night meals in the Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
2023-12-14	1930	Rick Stein's Seafood Lovers' Guide	Episode 6	Rick Stein visits Cromer, famous for its crabs and stiffkey blue cockles. Near Kings Lynn, he gathers samphire and shrimps. Then cooks crabs with hollandaise sauce, shrimp risotto, and plaice goujons.	UNITED KINGDOM	English-100		PG	a w
2023-12-14	2000	Paula McIntyre's Hamely Kitchen Specials	Hamely Halloween	It's Halloween and Paula has some recipes with a spooky twist. She makes neep and cider soup, sausage cobbler, toffee apple pudding, and a Haleve Nicht feast!	UNITED KINGDOM	English-100		PG	
2023-12-14	2030	Rick Stein: From Venice to Istanbul	Albania	Rick continues his Byzantine odyssey through Croatia, and savours the famous native oysters of Ston. In his own kitchen on the Greek island of Symi, Rick cooks traditional Albanian dishes.	UNITED KINGDOM	English-100		PG	a w
2023-12-14	2140	Come Dine With Me UK	Peterborough Day 3	Loveable mobile hairdresser Ben is hoping his night of Gourmet Normay will win him the money. Hopes are high amongst the guests for some meat after Christine's vegetarian feast the night before.	UNITED KINGDOM	English-100		PG	
2023-12-14	2205	Come Dine With Me UK	Peterborough Day 4	Tonight, fridge salesman Gregory is hoping his Spanish themed menu will say 'Hola!' to the 1000 pound prize. Last night Ben was the very model of a Prince Charming as he entertained his guests.	UNITED KINGDOM	English-100		PG	
2023-12-14	2230	The Cook Up with Adam Liaw	Liqueur	Host Adam Liaw is joined in The Cook Up kitchen by Italian home cook Silvia Colloca and restaurateur and owner of Nel, Nelly Robinson, as they make dishes by adding alcohol!	AUSTRALIA	English-100	RPT	PG	Y
2023-12-14	2300	Bizarre Foods: Delicious Destinations	Montevideo	Andrew digs into the culinary treasures of Uruguay's capital city, Montevideo. He explores this meaty mecca by highlighting their slow-cooked Asado meats.	USA	English-100		G	
2023-12-14	2330	The Cook And The Chef	Australian Native Foods	In this new world of climate change, Australian Native Foods are being seen as foods of the future because they've evolved over thousands of years to suit Australian soils and climate.	AUSTRALIA	English-100		G	
2023-12-14	2400	Mystery Diners	Dueling Food Trucks	Competing food trucks want to know why they are both losing revenue.	USA	English-100		PG	Y

2023-12-14	2430	Come Dine With Me UK	Peterborough Day 5	It's the final night in Peterborough and fiery Brazilian Rosie is confident that her night will be the best of the weak, clinching her the 1000 pound prize.	UNITED KINGDOM	English-100		PG	a
2023-12-14	2500	Paula McIntyre's Hamely Kitchen Specials	Hamely Halloween	It's Halloween and Paula has some recipes with a spooky twist. She makes neep and cider soup, sausage cobbler, toffee apple pudding, and a Haleve Nicht feast!	UNITED KINGDOM	English-100		PG	
2023-12-14	2530	Rick Stein: From Venice to Istanbul	Albania	Rick continues his Byzantine odyssey through Croatia, and savours the famous native oysters of Ston. In his own kitchen on the Greek island of Symi, Rick cooks traditional Albanian dishes.	UNITED KINGDOM	English-100		PG	a w
2023-12-14	2640	Come Dine With Me UK	Peterborough Day 3	Loveable mobile hairdresser Ben is hoping his night of Gourmet Normay will win him the money. Hopes are high amongst the guests for some meat after Christine's vegetarian feast the night before.	UNITED KINGDOM	English-100		PG	
2023-12-14	2705	Come Dine With Me UK	Peterborough Day 4	Tonight, fridge salesman Gregory is hoping his Spanish themed menu will say 'Hola!' to the 1000 pound prize. Last night Ben was the very model of a Prince Charming as he entertained his guests.	UNITED KINGDOM	English-100		PG	
2023-12-14	2730	The Cook Up with Adam Liaw	Liqueur	Host Adam Liaw is joined in The Cook Up kitchen by Italian home cook Silvia Colloca and restaurateur and owner of Nel, Nelly Robinson, as they make dishes by adding alcohol!	AUSTRALIA	English-100	RPT	PG	Y
2023-12-14	2800	Bizarre Foods: Delicious Destinations	Montevideo	Andrew digs into the culinary treasures of Uruguay's capital city, Montevideo. He explores this meaty mecca by highlighting their slow-cooked Asado meats.	USA	English-100		G	
2023-12-14	2830	The Cook And The Chef	Australian Native Foods	In this new world of climate change, Australian Native Foods are being seen as foods of the future because they've evolved over thousands of years to suit Australian soils and climate.	AUSTRALIA	English-100		G	
2023-12-15	0500	Mystery Diners	Dueling Food Trucks	Competing food trucks want to know why they are both losing revenue.	USA	English-100		PG	Y
2023-12-15	0530	Martha Bakes	Great Lakes	Martha prepares impressively simple regional favourites - Belgian rice pie, blitz torte, and sugar cream pie.	USA	English-100		G	
2023-12-15	0600	Martha Bakes	Updated Classics	Martha shows how to replace typical ingredients with wholesome substitutes in three updated classics - rhubarb and raspberry rye crisps, buttermilk barley biscuits, and a spelt layer cake.	USA	English-100		G	
2023-12-15	0630	Flour Power	Cyrenians	In this episode we're at the Cyrenians in Edinburgh. The Cyrenians is a charity who look after people at risk of homelessness, offering support to help them turn their lives around.	UNITED KINGDOM	English-100		PG	
2023-12-15	0700	Make This Tonight	And If Udon Know, Now You Do	Chef Jason throws down his recipe for plump, homemade Udon Noodles with a steamy pork broth, bruleed onions, wilted greens, fried egg, and finishes it all off with some sweet and sour crab.	USA	English-100		G	
2023-12-15	0730	Masters Of Savours	Masters Of Truffle	Learn the secrets of this precious tuber, and how the truffle has grown from scented mushrooms to the highly coveted "black diamond" in just a few years.	FRANCE	English-100		G	
2023-12-15	0830	Make This Tonight	And If Udon Know, Now You Do	Chef Jason throws down his recipe for plump, homemade Udon Noodles with a steamy pork broth, bruleed onions, wilted greens, fried egg, and finishes it all off with some sweet and sour crab.	USA	English-100		G	

2023-12-15	0900	David Rocco's Dolce Homemade	Burrata	Together with David and his daughters, Emma and Giorgia, they work together to make mozzarella and burrata from scratch.	CANADA	English-100		G	
2023-12-15	0930	My Market Kitchen	My Market Kitchen Series 4 Ep 9	On My Market Kitchen today Khanh shows Elena his mum's Crispy Fried Chicken Ribs. Then a healthy Protein Banana Bread and Super Salad from each host.	AUSTRALIA	English-100		G	
2023-12-15	1000	Mary Makes It Easy	Fast Flavor	Tonight Mary's recipes are all about getting maximum flavour in 30 minutes or less! To start, Mary swaps out traditional veal for a quick-cooking chicken saltimbocca, and fancy beans on toast.	CANADA	English-100		G	
2023-12-15	1030	Freshly Picked	Episode 19	A classic roast done pumpkin-style, and Monica returns to take us down a rocky road. A spicy specialty is on the table, and then Simon loads up a fruit toast in the best way.	AUSTRALIA	English-100		G	
2023-12-15	1100	The Cook Up With Adam Liaw	Movie Night	Host Adam Liaw, food writer Kate Gibbs and former MasterChef contestant Aaron Harvie are creating some fun movie night meals in the Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
2023-12-15	1130	Rick Stein's Seafood Lovers' Guide	Episode 6	Rick Stein visits Cromer, famous for its crabs and stiffkey blue cockles. Near Kings Lynn, he gathers samphire and shrimps. Then cooks crabs with hollandaise sauce, shrimp risotto, and plaice goujons.	UNITED KINGDOM	English-100		PG	a w
2023-12-15	1200	Paula McIntyre's Hamely Kitchen Specials	Hamely Halloween	It's Halloween and Paula has some recipes with a spooky twist. She makes neep and cider soup, sausage cobbler, toffee apple pudding, and a Haleve Nicht feast!	UNITED KINGDOM	English-100		PG	
2023-12-15	1230	Lidia's Kitchen	Lidia's Kitchen Series 7 Ep 9	Today is all about stress-free cooking for a holiday celebration. Lidia makes marinated mushrooms, vin brule, an Italian version of mulled wine, and turkey breast with apricots.	USA	English-100		G	
2023-12-15	1300	Martha Bakes	Coffee Shop Favorites	Discover Martha's tips and techniques for recreating the delectable baked goods found in some of her favourite coffee shops.	USA	English-100		G	
2023-12-15	1330	Martha Bakes	Cookie Jar	Martha shares her recipes for cookies with some wholesome additions.	USA	English-100		G	
2023-12-15	1400	My Greek Table With Diane Kochilas	Food Secrets Of Mykonos	On a cruise ship to Mykonos, Diane discovers not the dazzling cosmopolitan side of Greece's most iconic party island, but the quiet life and food of its local farmers.	USA	English-50; Greek-50		G	Y
2023-12-15	1430	Masters Of Savours	Masters Of Cheese	From the Roquefort cellars to the Swiss mountain pastures, this episode introduces us to the passionate people devoting their time to protecting local traditions in cheese-making.	FRANCE	English-100		G	
2023-12-15	1530	Make This Tonight	Cinderella Shakshuka	Chef Einat puts her uniquely flavorful spin on the iconic, transformative North African egg dish - shakshuka. To go along with it, she shows us how to make her daddy's favourite green s'chug.	USA	English-100		G	
2023-12-15	1600	David Rocco's Dolce Homemade	Pizza	David and guest Rocco Agostino take pizza making to the next level. Who knew pizza dunked in cappuccino could make the perfect combination.	CANADA	English-100		G	
2023-12-15	1630	My Market Kitchen	My Market Kitchen Series 4 Ep 10	Today Khanh and Bel from Wine Selectors are back, showing us his Cheeseburger Spring rolls. Keep watching for a healthier twist with a Fruit, Beets and Radish salad and Haloumi and Figs salad recipe.	AUSTRALIA	English-100		G	

2023-12-15	1700	Mary Makes It Easy	Low And Slow	Take advantage of time with Mary's low effort recipes: slow-cooked pork, porchetta sandwiches and roasted squash.	CANADA	English-100		G	
2023-12-15	1730	Freshly Picked	Episode 20	Nadia Fragnito dips her veggies in a pot of deliciousness, then Simon tosses in a little spice for a big healthy dinner, then makes vegnog. Learn to use bush foods to boost a healthy breakfast.	AUSTRALIA	English-100		PG	
2023-12-15	1800	Italian Food Safari	Italian Food Safari Series 1 Ep 10	Guy shares his recipe for fresh pasta and Andrew Cibej from Sydney restaurant Vini makes a spinach, ricotta and potato-filled ravioli. Maeve is surrounded by almond blossom in SA.	AUSTRALIA	English-100	RPT	G	Y
2023-12-15	1830	Lidia's Kitchen	Lidia's Kitchen Series 7 Ep 10	Lidia shares some of her all-time favourites - tomato and onion salad alla calabrese, leftover meatball panini, and stuffs pizza rolls with broccoli rabe and sausage with ricotta and leeks.	USA	English-100		PG	
2023-12-15	1900	The Cook Up With Adam Liaw	Blast From The Past	Host Adam Liaw is joined by newsreader and Indigenous advocate Narelda Jacobs and chef Bridget Foliaki Davis to create dishes that remind them of the past.	AUSTRALIA	English-100	RPT	PG	Y
2023-12-15	1930	Jamie Cooks Christmas	Jamie Cooks Christmas	Jamie is determined to make this Christmas amazing. His place is full of decorations and he enthusiastically bounds through an hour of brilliant ideas and shows us the most sumptuous recipes.	UNITED KINGDOM	English-100		G	
2023-12-15	2030	Gordon Ramsay's Christmas Cookalong	Gordon Ramsay's Christmas Cookalong Specials 2012	Gordon invites families to cook along together. The three-course festive feast includes turkey with sage stuffing, the perfect goose fat roast potatoes, and a show-stopping ice cream snowball.	UNITED KINGDOM	English-100		PG	
2023-12-15	2205	The Cook Up With Adam Liaw	Take A Plate For Christmas	Samantha Harris and Karl Firla join Adam in The Cook Up Kitchen to give you some great ideas for dishes to make for a Festive Take a Plate.	AUSTRALIA	English-100	RPT	G	Y
2023-12-15	2235	The Cook Up with Adam Liaw	Rice	Filipino chef and owner of Sydney restaurant Cebu Lechon, Will Mahusay, and MasterChef alumni Hoda Hannaway catch up with host Adam Liaw in The Cook Up kitchen to create some easy rice dishes.	AUSTRALIA	English-100	RPT	G	Y
2023-12-15	2305	Bizarre Foods: Delicious Destinations	Guayaquil	Andrew introduces the tropical and frenetic coastal cuisine of Guayaquil, Ecuador. Bright flavors and local ingredients define Guayaquil's gastronomy.	USA	English-100		PG	Y
2023-12-15	2330	The Cook And The Chef	1970's, The	Dust off your flares and fondue set and get set to revive some classic dishes from the 70s as Maggie and Simon celebrate the dawning of Modern Australian food.	AUSTRALIA	English-100		G	
2023-12-15	2400	Mystery Diners	Trademark Trouble	Charles Stiles helps a shop owner find out who is trying to steal his creation.	USA	English-100		PG	Y
2023-12-15	2430	Jamie Cooks Christmas	Jamie Cooks Christmas	Jamie is determined to make this Christmas amazing. His place is full of decorations and he enthusiastically bounds through an hour of brilliant ideas and shows us the most sumptuous recipes.	UNITED KINGDOM	English-100		G	
2023-12-15	2530	Gordon Ramsay's Christmas Cookalong	Gordon Ramsay's Christmas Cookalong Specials 2012	Gordon invites families to cook along together. The three-course festive feast includes turkey with sage stuffing, the perfect goose fat roast potatoes, and a show-stopping ice cream snowball.	UNITED KINGDOM	English-100		PG	
2023-12-15	2705	The Cook Up With Adam Liaw	Take A Plate For Christmas	Samantha Harris and Karl Firla join Adam in The Cook Up Kitchen to give you some great ideas for dishes to make for a Festive Take a Plate.	AUSTRALIA	English-100	RPT	G	Y

2023-12-15	2735	The Cook Up with Adam Liaw	Rice	Filipino chef and owner of Sydney restaurant Cebu Lechon, Will Mahusay, and MasterChef alumni Hoda Hannaway catch up with host Adam Liaw in The Cook Up kitchen to create some easy rice dishes.	AUSTRALIA	English-100	RPT	G	Y
2023-12-15	2805	Bizarre Foods: Delicious Destinations	Guayaquil	Andrew introduces the tropical and frenetic coastal cuisine of Guayaquil, Ecuador. Bright flavors and local ingredients define Guayaquil's gastronomy.	USA	English-100		PG	Y
2023-12-15	2830	The Cook And The Chef	1970's, The	Dust off your flares and fondue set and get set to revive some classic dishes from the 70s as Maggie and Simon celebrate the dawning of Modern Australian food.	AUSTRALIA	English-100		G	
2023-12-16	0500	Mystery Diners	Trademark Trouble	Charles Stiles helps a shop owner find out who is trying to steal his creation.	USA	English-100		PG	Y
2023-12-16	0530	Martha Bakes	Coffee Shop Favorites	Discover Martha's tips and techniques for recreating the delectable baked goods found in some of her favourite coffee shops.	USA	English-100		G	
2023-12-16	0600	Martha Bakes	Cookie Jar	Martha shares her recipes for cookies with some wholesome additions.	USA	English-100		G	
2023-12-16	0630	My Greek Table With Diane Kochilas	Food Secrets Of Mykonos	On a cruise ship to Mykonos, Diane discovers not the dazzling cosmopolitan side of Greece's most iconic party island, but the quiet life and food of its local farmers.	USA	English-50; Greek-50		G	Y
2023-12-16	0700	Make This Tonight	Cinderella Shakshuka	Chef Einat puts her uniquely flavorful spin on the iconic, transformative North African egg dish - shakshuka. To go along with it, she shows us how to make her daddy's favourite green s'chug.	USA	English-100		G	
2023-12-16	0730	Masters Of Savours	Masters Of Cheese	From the Roquefort cellars to the Swiss mountain pastures, this episode introduces us to the passionate people devoting their time to protecting local traditions in cheese-making.	FRANCE	English-100		G	
2023-12-16	0830	Make This Tonight	Cinderella Shakshuka	Chef Einat puts her uniquely flavorful spin on the iconic, transformative North African egg dish - shakshuka. To go along with it, she shows us how to make her daddy's favourite green s'chug.	USA	English-100		G	
2023-12-16	0900	David Rocco's Dolce Homemade	Pizza	David and guest Rocco Agostino take pizza making to the next level. Who knew pizza dunked in cappuccino could make the perfect combination.	CANADA	English-100		G	
2023-12-16	0930	My Market Kitchen	My Market Kitchen Series 4 Ep 10	Today Khan and Bel from Wine Selectors are back, showing us his Cheeseburger Spring rolls. Keep watching for a healthier twist with a Fruit, Beets and Radish salad and Haloumi and Figs salad recipe.	AUSTRALIA	English-100		G	
2023-12-16	1000	Mary Makes It Easy	Low And Slow	Take advantage of time with Mary's low effort recipes: slow-cooked pork, porchetta sandwiches and roasted squash.	CANADA	English-100		G	
2023-12-16	1030	Freshly Picked	Episode 20	Nadia Fragnito dips her veggies in a pot of deliciousness, then Simon tosses in a little spice for a big healthy dinner, then makes vegnog. Learn to use bush foods to boost a healthy breakfast.	AUSTRALIA	English-100		PG	
2023-12-16	1100	The Cook Up With Adam Liaw	Blast From The Past	Host Adam Liaw is joined by newsreader and Indigenous advocate Narelda Jacobs and chef Bridget Foliaki Davis to create dishes that remind them of the past.	AUSTRALIA	English-100	RPT	PG	Y

2023-12-16	1130	Jamie Cooks Christmas	Jamie Cooks Christmas	Jamie is determined to make this Christmas amazing. His place is full of decorations and he enthusiastically bounds through an hour of brilliant ideas and shows us the most sumptuous recipes.	UNITED KINGDOM	English-100	G			
2023-12-16	1230	Lidia's Kitchen	Lidia's Kitchen Series 7 Ep 10	Lidia shares some of her all-time favourites - tomato and onion salad alla calabrese, leftover meatball panini, and stuffs pizza rolls with broccoli rabe and sausage with ricotta and leeks.	USA	English-100	PG			
2023-12-16	1300	Martha Bakes	Alternative Crusts	Martha shares some great ideas for switching up traditional crusts with wholesome substitute ingredients.	USA	English-100	G			
2023-12-16	1330	Martha Bakes	Flour Power	Martha shares her tips and tricks for cooking with a variety of different flours.	USA	English-100	G			
2023-12-16	1400	Make This Tonight	Cinderella Shakshuka	Chef Einat puts her uniquely flavorful spin on the iconic, transformative North African egg dish - shakshuka. To go along with it, she shows us how to make her daddy's favourite green s'chug.	USA	English-100	G			
2023-12-16	1430	David Rocco's Dolce Homemade	Pizza	David and guest Rocco Agostino take pizza making to the next level. Who knew pizza dunked in cappuccino could make the perfect combination.	CANADA	English-100	G			
2023-12-16	1500	Taste The Nation With Padma Lakshmi	What Is Chop Suey Anyway?	In San Francisco, Padma explores how Chinese immigrants and Chinese-Americans are broadening the understanding of the diversity and complexity of Chinese cuisine.	USA	English-100	PG	a l		Y
2023-12-16	1535	Taste The Nation With Padma Lakshmi	Where The Kabob Is Hot	Padma tastes her way through Los Angeles, sampling one of her favourite cuisines - Persian food, one kebab at a time.	USA	English-100	PG	a l		Y
2023-12-16	1610	Red Chef Revival	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
2023-12-16	1635	Hairy Bikers' Asian Adventure	Japan - South To Kyoto	The bikers head into the heart of traditional Japan to discover the historical roots of Japanese cuisine, and later take an awe-inspiring bike ride to see Mount Fuji.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2023-12-16	1740	Hairy Bikers' Asian Adventure	South Korea	Korean food is set to be the next big thing in the UK so the bikers want to find out more about this hot new trend on the horizon.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2023-12-16	1840	Homegrown Tastes South Africa	Homegrown Tastes South Africa Series 1 Ep 1	Lorna travels to downtown Joburg to explore some of South Africa's greatest street foods with renowned street artist, Karabo Poppy.	UNITED KINGDOM	English-100	G			
2023-12-16	1940	Tales From River Cottage	Joy Of Pigs, The	Hugh celebrates his growing affection for pigs and pork over his three years as a Dorset smallholder. From how to buy a pig, to how to make dry-cured bacon and hams, this is a guide to all things pig.	UNITED KINGDOM	English-100	PG	a w		
2023-12-16	2005	Tales From River Cottage	Friends And Neighbours	Good friends and helpful neighbours are an essential part of the rural idyll. Hugh recalls his initiation into the rural Dorset community around River Cottage.	UNITED KINGDOM	English-100	PG	n		
2023-12-16	2035	Rick Stein's Cornwall	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		

2023-12-16	2105	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 1	Rick forages for mussels in his favourite rock pools, tours Bodmin Moor's dark past with his son Jack, and cooks a fool-proof soufflé with artisan Cornish goat's cheese.	UNITED KINGDOM	English-100		PG			
2023-12-16	2135	Anthony Bourdain: No Reservations	Pacific Northwest	The Pacific Northwest is filled with everything - history, coffee, fresh produce, trees and obsession. Anthony sets off to visit the land introduced to us by Lewis and Clark.	USA	English-100		PG	a s		Y
2023-12-16	2230	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 1	Time has passed and the seasons have changed at River Cottage Australia. Paul West is about to experience his first summer on the land.	UNITED KINGDOM	English-100	RPT	PG	a w		Y
2023-12-16	2330	Mystery Diners	Customer Concerns	Entitled customers cause Charles Stiles to send in the Mystery Diners.	USA	English-100		G			Y
2023-12-16	2400	Mystery Diners	Heavy Metal Mess	Charles Stiles sends in Mystery Diners to investigate The Toad Tavern.	USA	English-100		PG			Y
2023-12-16	2430	Taste The Nation With Padma Lakshmi	What Is Chop Suey Anyway?	In San Francisco, Padma explores how Chinese immigrants and Chinese-Americans are broadening the understanding of the diversity and complexity of Chinese cuisine.	USA	English-100		PG	a l		Y
2023-12-16	2505	Taste The Nation With Padma Lakshmi	Where The Kabob Is Hot	Padma tastes her way through Los Angeles, sampling one of her favourite cuisines - Persian food, one kebab at a time.	USA	English-100		PG	a l		Y
2023-12-16	2535	Hairy Bikers' Asian Adventure	Japan - South To Kyoto	The bikers head into the heart of traditional Japan to discover the historical roots of Japanese cuisine, and later take an awe-inspiring bike ride to see Mount Fuji.	UNITED KINGDOM	English-100	RPT	PG		Y	Y
2023-12-16	2635	Hairy Bikers' Asian Adventure	South Korea	Korean food is set to be the next big thing in the UK so the bikers want to find out more about this hot new trend on the horizon.	UNITED KINGDOM	English-100	RPT	G		Y	Y
2023-12-16	2735	Homegrown Tastes South Africa	Homegrown Tastes South Africa Series 1 Ep 1	Lorna travels to downtown Joburg to explore some of South Africa's greatest street foods with renowned street artist, Karabo Poppy.	UNITED KINGDOM	English-100		G			
2023-12-16	2835	Red Chef Revival	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