



WEEK 50 **Sunday, 8 December 2024** **Saturday, 14 December 2024** **ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Egg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-12-08	0500	In The Spirit With Lindsay And Curtis	Christmas With Joel McHale	Funnyman, Joel McHale, arrives with his wife to a Christmas meal that's based their Pacific Northwest upbringing. Lindsay and Sarah assemble the Christmas crackers while the gents prep the crab.	USA	English-100	RPT	PG			
2024-12-08	0530	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 pork, porcini and sage stuffing, the perfect goose fat roast potatoes, and a show-stopping ice cream snowball for pudding.	UNITED KINGDOM	English-100	RPT	PG			
2024-12-08	0710	The Chocolate Queen	Chocolate Queen Series 2, The Ep 1	Passionate chocaholics can rejoice with four of Kirsten's best chocolate recipes in today's episode, with classic comfort Hot Chocolate Bombs and Chocolate Crackers on the menu.	AUSTRALIA	English-100	RPT	G			
2024-12-08	0740	Lorraine's Fast, Fresh And Easy Food	Everyday Easy	In the final episode, Lorraine makes easy, delicious dishes that you can rustle up everyday. There's pan fried pork chops with a watercress, peach & stilton salad and a lemon ginger dressing and a simple Malaysian net bread that's great served with dips or curries.	UNITED KINGDOM	English-100	RPT	G			
2024-12-08	0810	Patti's Mexican Table	Swinging Spirits	Pati explores Juarez's Prohibition-era legacy and two icons – the margarita and burritos.	USA	English-100	RPT	PG			Y
2024-12-08	0840	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 1	Rick's journey begins in Galicia - famous for pilgrims, rain, fog, fresh seafood, empanadas and more rain. He eats 'tortillas de patata' in the King of Spain's favourite restaurant and meets up with a couple of cool dudes who run a little restaurant in the old market of Santiago de Compostela.	UNITED KINGDOM	English-100	RPT	G			Y
2024-12-08	0950	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G			Y
2024-12-08	1000	In The Spirit With Lindsay And Curtis	Christmas With Joel McHale	Funnyman, Joel McHale, arrives with his wife to a Christmas meal that's based their Pacific Northwest upbringing. Lindsay and Sarah assemble the Christmas crackers while the gents prep the crab.	USA	English-100	RPT	PG			
2024-12-08	1030	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, with highlights of hospitality at home and away, from a posh dinner at the manor house to a riotous evening at the local Cider Shed. And there are plenty of helpful hints on entertaining River Cottage-style.	UNITED KINGDOM	English-100	RPT	PG	n		
2024-12-08	1100	The Chocolate Queen	Chocolate Queen Series 2, The Ep 1	Passionate chocaholics can rejoice with four of Kirsten's best chocolate recipes in today's episode, with classic comfort Hot Chocolate Bombs and Chocolate Crackers on the menu.	AUSTRALIA	English-100	RPT	G			
2024-12-08	1130	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 pork, porcini and sage stuffing, the perfect goose fat roast potatoes, and a show-stopping ice cream snowball for pudding.	UNITED KINGDOM	English-100	RPT	PG			

2024-12-08	1310	Lorraine's Fast, Fresh And Easy Food	Everyday Easy	In the final episode, Lorraine makes easy, delicious dishes that you can rustle up everyday. There's pan fried pork chops with a watercress, peach & stilton salad and a lemon ginger dressing and a simple Malaysian net bread that's great served with dips or curries.	UNITED KINGDOM	English-100	RPT	G		
2024-12-08	1340	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 piggy. Hugh also brings us up to date on his beloved breeding sow Delia, who he has even trained to hunt for truffles.	UNITED KINGDOM	English-100	RPT	PG	a w	
2024-12-08	1405	Patti's Mexican Table	Swinging Spirits	Pati explores Juarez's Prohibition-era legacy and two icons – the margarita and burritos.	USA	English-100	RPT	PG		Y
2024-12-08	1435	Gordon Ramsay Uncharted	Norway's Viking Country	Chef Ramsay channels his inner Viking to embrace the freezing temperatures of Norway in December and unlock the elusive flavors of its cuisine.	UNITED KINGDOM	English-100	RPT	PG	I	
2024-12-08	1530	Ainsley's Fantastic Flavours Christmas	Ainsley's Festive Flavours 1	Join Chef Ainsley Harriott in a new series filled with flavour packed dishes sure to liven up every meal! In the first episode Ainsley explores how spices can work wonders in our food. He kicks things off with a dish perfect for brunch with his Ras El Hanout Shakshuka.	UNITED KINGDOM	English-100	RPT	PG	I	
2024-12-08	1625	Destination Flavour China Bitesize	Bai-Style Grilled Pork	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G		Y Y
2024-12-08	1630	In The Spirit With Lindsay And Curtis	New Year's Eve With Tori Spelling & Jennie Garth	Lindsay invites her Beverly Hills 90210 co-stars Tori Spelling and Jennie Garth for the countdown. While Curtis prepares nibbles, Lindsay conducts a champagne tasting.	USA	English-100	RPT	PG		
2024-12-08	1700	The Chocolate Queen	Chocolate Queen Series 2, The Ep 2	Learn the tips and tricks to homemade chocolate garnishes that take presentation to a new level. Kirsten shows her best no-bake cheesecake tart, choc nut meringues and makes a delicious lemon tart.	AUSTRALIA	English-100	RPT	G		
2024-12-08	1730	Eating Inn	Cave: The Edge, Bali, The	This venue is never short of a surprise. The brilliantly designed resort teeters on the cliffs at Uluwatu with the terrifying swimming pool experience with its glass bottom hanging over a 200 foot drop into the sea. No less spectacular, the restaurant "Cave" is in a limestone cave some 15 metres underground.	SINGAPORE	English-100		PG		
2024-12-08	1830	James Martin's Spanish Adventure	Santiago De Compostella	James visits Santiago De Compostela, where he explores the local market and 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	RPT	PG	a w	Y
2024-12-08	1930	A Lake District Farmshop	Ep 6	Farm shop buyer Alex Evans travels to the vast coastline of Morecambe Bay, with its miles upon miles of mud and sand flats. Alex plans to visit Furness Fish, suppliers of potted brown shrimp.	UNITED KINGDOM	English-100		PG		
2024-12-08	2030	Rick Stein's Mediterranean Escapes	Corsica And Sardinia	Rick Stein journeys across the beautiful Mediterranean, visiting islands and places that radiate a vibrant sense of individuality through their spirit, history and food. His escape begins in Marseille, where he catches a ferry to Bastia, the ancient capital of Corsica, and is invited to a typical Corsican feast. Pulenda, a kind of polenta made with chestnut flour, takes pride of place along with figatellu, a strong-tasting local sausage made with offal and cheek from the Corsican black pig and grilled over chestnut wood. He also admires the rough peasant stews and the handmade local cheeses. At Bonifacio, Rick sails across the rough straits to Sardinia, where he visits a small factory that makes corks and samples an especially good spaghetti with cuttlefish ink and a rich tomato sauce.	UNITED KINGDOM	English-100	RPT	PG		Y
2024-12-08	2140	Anthony Bourdain: Parts Unknown	South Africa	Johannesburg was once considered the most dangerous city in the world, but the end of the apartheid has led to vast changes in the city. In this episode, Tony visits the Johannesburg suburb of Hillbrow, spends a day in the life of a taxi driver and discovers the culture and food that makes up modern day Johannesburg.	USA	English-100	RPT	PG	a l w	Y

2024-12-08	2230	Extreme Food Phobics	Ep 1	Jennifer is desperate to overcome her anxieties around food so she can start eating meals with her family. Meanwhile, a teacher whose 80 bag-a-week crisp addiction is putting him on course for all manner of health issues.	UNITED KINGDOM	English-100	RPT	PG	a	Y
2024-12-08	2325	Destination Flavour China Bitesize	Bai-Style Grilled Pork	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G		Y Y
2024-12-08	2330	In The Spirit With Lindsay And Curtis	New Year's Eve With Tori Spelling & Jennie Garth	Lindsay invites her Beverly Hills 90210 co-stars Tori Spelling and Jennie Garth for the countdown. While Curtis prepares nibbles, Lindsay conducts a champagne tasting.	USA	English-100	RPT	PG		
2024-12-08	2400	The Chocolate Queen	Chocolate Queen Series 2, The Ep 2	Learn the tips and tricks to homemade chocolate garnishes that take presentation to a new level. Kirsten shows her best no-bake cheesecake tart, choc nut meringues and makes a delicious lemon tart.	AUSTRALIA	English-100	RPT	G		
2024-12-08	2430	Ainsley's Fantastic Flavours Christmas	Ainsley's Festive Flavours 1	Join Chef Ainsley Harriott in a new series filled with flavour packed dishes sure to liven up every meal! In the first episode Ainsley explores how spices can work wonders in our food. He kicks things off with a dish perfect for brunch with his Ras El Hanout Shakshuka.	UNITED KINGDOM	English-100	RPT	PG	I	
2024-12-08	2525	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
2024-12-08	2530	Gordon Ramsay Uncharted	Norway's Viking Country	Chef Ramsay channels his inner Viking to embrace the freezing temperatures of Norway in December and unlock the elusive flavors of its cuisine.	UNITED KINGDOM	English-100	RPT	PG	I	
2024-12-08	2625	Please Eat Slowly Bitesize	Dumplings	There are a few tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right. Victor shares his secrets to create delicious, foolproof dumplings!	AUSTRALIA	English-100	RPT	G		
2024-12-08	2630	Eating Inn	Cave: The Edge, Bali, The	This venue is never short of a surprise. The brilliantly designed resort teeters on the cliffs at Uluwatu with the terrifying swimming pool experience with its glass bottom hanging over a 200 foot drop into the sea. No less spectacular, the restaurant "Cave" is in a limestone cave some 15 metres underground.	SINGAPORE	English-100	RPT	PG		
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2024-12-08	2825	Destination Flavour China Bitesize	Bai-Style Grilled Pork	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G		Y Y
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2024-12-09	0500	The Chocolate Queen	Chocolate Queen Series 2, The Ep 2	Learn the tips and tricks to homemade chocolate garnishes that take presentation to a new level. Kirsten shows her best no-bake cheesecake tart, choc nut meringues and makes a delicious lemon tart.	AUSTRALIA	English-100	RPT	G		
2024-12-09	0530	Gordon Ramsay Uncharted	Norway's Viking Country	Chef Ramsay channels his inner Viking to embrace the freezing temperatures of Norway in December and unlock the elusive flavors of its cuisine.	UNITED KINGDOM	English-100	RPT	PG	I	

2024-12-09	0625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 2	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
2024-12-09	0630	Ainsley's Fantastic Flavours Christmas	Ainsley's Festive Flavours 1	Join Chef Ainsley Harriott in a new series filled with flavour packed dishes sure to liven up every meal! In the first episode Ainsley explores how spices can work wonders in our food. He kicks things off with a dish perfect for brunch with his Ras El Hanout Shakshuka.	UNITED KINGDOM	English-100	RPT	PG	I	
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2024-12-09	0830	In The Spirit With Lindsay And Curtis	New Year's Eve With Tori Spelling & Jennie Garth	Lindsay invites her Beverly Hills 90210 co-stars Tori Spelling and Jennie Garth for the countdown. While Curtis prepares nibbles, Lindsay conducts a champagne tasting.	USA	English-100	RPT	PG		
2024-12-09	0900	The Chocolate Queen	Chocolate Queen Series 2, The Ep 2	Learn the tips and tricks to homemade chocolate garnishes that take presentation to a new level. Kirsten shows her best no-bake cheesecake tart, choc nut meringues and makes a delicious lemon tart.	AUSTRALIA	English-100	RPT	G		
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2024-12-09	1025	Destination Flavour China Bitesize	Bai-Style Grilled Pork	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G		Y Y
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2024-12-09	1240	Come Dine With Me	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	RPT	PG		
2024-12-09	1305	David Rocco's Dolce Napoli	Town Of Pozzuolii	Did you know it was possible to cook with the steam from a volcano? David returns to his roots and visits Pozzuoli, a small town just outside Naples where his father was born.	CANADA	English-100	RPT	PG	a w	
2024-12-09	1330	My Market Kitchen	My Market Kitchen Series 4 Ep 2	Elena makes a green pesto Buddha bowl. Khanh fries up some crispy fish tortillas before Elena has a quick dinner recipe with less dishes - a one-pan chilaquiles.	AUSTRALIA	English-100	RPT	G		

2024-12-09	1400	Food Safari	Greek	Maeve O'Meara joins her friend chef Peter Conistis in a Greek emporium to find out which olive oil is best to use, how to pick a good feta cheese, and which herbs and spices to make use of. Next up, she enjoys a yeeros break and then sees how filo was made traditionally as well as finding out how a busy young mum makes a fast delicious spanakopita (spinach pie).	AUSTRALIA	English-100	RPT	G	Y	
2024-12-09	1430	All The Things	All The Things Series 1 Ep 1	In this episode Cherie introduces the farm, forages for olives, cooks delicious plant-based recipes smoked almond gnocchi and a spectacular carrot cake for her friends at a long lunch and plans the renovation of the old stable.	AUSTRALIA	English-100	RPT	G		
2024-12-09	1500	Selena + Chef	Selena + Jordan Andino	New York City-based TV chef, Jordan Andino, lights up Selena's kitchen with a meal that embodies the unique flavour profile of Filipino cooking-chicken adobo and plantain turon.	USA	English-100	RPT	PG	Y	
2024-12-09	1530	Food Markets: In The Belly Of The City	Torino - Porta Palazzo	At Europe's biggest open air market there is a world to discover! With its 1000 stalls, Torino's Porta Palazzo is a reverberating hub full of colours and people. Our journey takes us from the region's finest cherry trees that become the city's tastiest gelato to the region's most friendly geese and their eggs. We'll explore the winter's best artichokes, the region's most renowned homemade ricotta and meet a local chef who's made whipping up seasonal delights his speciality. If you start to lick the screen don't panic.	FRANCE	English-65; Italian-35	RPT	G	Y	Y
2024-12-09	1630	Oliver's Twist	Pasta And The Masta	Jamie and Italian cooking legend Gennaro Contaldo create some delicious Italian dishes like fish linguine, ricotta, pecorino, and parmesan ravioli.	UNITED KINGDOM	English-100	RPT	G		
2024-12-09	1700	Freshly Picked	Ep 11	Simon makes a delicious Indian frittata and a fresh farro salad with pickled red onions. After that, he visits the local restaurant Transformer in Fitzroy to learn how to make an exquisite braised red cabbage. Zacchard Bird returns to the kitchen to show us how to make his delicious mushroom steak tacos.	AUSTRALIA	English-100		G		
2024-12-09	1730	My Market Kitchen	Ep 71	Laura assembles English muffins from scratch and Mike cooks a decadent dish of banana crepes with a banana caramel. To wrap the show, Laura prepares a dish to prove you can make friends with salad before cooking a warming pork belly noodle soup.	AUSTRALIA			PG		
2024-12-09	1800	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 8	Rick is in Australia, which he first visited in the 1960s. Thirty years ago, the country's cuisine was nothing to write home about. But over the years, he has seen an enormous change.	UNITED KINGDOM	English-100	RPT	PG	I n	
2024-12-09	1900	The Cook Up With Adam Liaw	Soup To Nuts	It's Easy Entertaining with The Cook Up, and Adam has enlisted stylist Lucy Tweed and comedian Adam Spencer to help cover everything from soup to nuts.	AUSTRALIA	English-100	RPT	G	Y	
2024-12-09	1930	Mark Moriarty: Off Duty Chef Christmas	Episode 1	This episode features a classic Christmas menu, packed with Mark's much-loved techniques and tips for a traditional spread, including cheesy mushroom vol au vents with salsa verde for starters and a classic roast turkey crown with roasted carrots and stuffing for mains.	UNITED KINGDOM	English-100	RPT	PG		
2024-12-09	2000	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 2 Episode 8	The small town of Bac Ha comes alive on weekends as tourists flock to its renowned weekend market. Here Luke prepares some ginger chicken in the 'food court' with a bunch of keen observers. Venturing away from the market, Luke finds out how to make a local favourite, purple noodles and tea.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-12-09	2030	Stanley Tucci: Searching For Italy	Naples And The Amalfi Coast	Naples is the third largest and most populous city in Italy. But its history has been tainted with underdog status from close association with Vesuvius, the Camorra - a notorious branch of the local mafia, and poverty. In the historic Spanish Quarter, Stanley meets Professor Elisabetta Moro who takes him to the last authentic fried pizza maker, Fernanda's. Later, Stanley meets Enzo Coccia, the proud King of Neapolitan Pizza to learn the secret art of arguably the world's best pizza.	USA	English-90; Italian-10	RPT	G	Y	Y

2024-12-09	2125	A Taste Of Island Dreams	Island Dreams Satay Skewers	For the perfect skewers, Alimah was taught to imagine she was sewing a running stitch when threading the skewer through the meat. She shares an Island Dreams satay favourite.	AUSTRALIA	English-100	RPT	G		
2024-12-09	2130	Come Dine With Me UK	Exeter Day 2	It's day two of the competition in Exeter and funeral director and BMX fanatic Simon is hoping an evening of big portions and 'man' food will bag him the top spot.	UNITED KINGDOM	English-100	RPT	PG	a s	
2024-12-09	2200	Come Dine With Me UK	Exeter Day 3	It's the third day of the competition and ladybird loving Pascale prepares a Vietnamese menu for her guests, full of flavour and colour. But her cooking attire for the starter leaves little to the imagination, after she strips down to the bare minimum.	UNITED KINGDOM	English-100	RPT	PG	a s	
2024-12-09	2230	The Cook Up With Adam Liaw	Family Dinner	Winner of MasterChef Season One, Julie Goodwin, and comedian, Aaron Chen join Adam in the Cook Up kitchen creating their ultimate family dinner recipes.	AUSTRALIA	English-100	RPT	G		Y
2024-12-09	2300	The Cook And The Chef	Christmas	Christmas is fast approaching, but for some of us that brings the annual stress of working out how to feed a big group. Maggie and Simon demonstrate that cooking a Christmas lunch or dinner doesn't have to be stressful, as they share some great tips on presenting simple but delicious Christmas fare, using turkey as the centre dish.	AUSTRALIA	English-100	RPT	PG		
2024-12-09	2330	Lidia's Kitchen	Bright Summer Feast, A	Lidia shares two recipes that are wonderful for a buffet-style meal, her favourite way of entertaining guests. She starts with a lemony shrimp over zucchini with a tasty sauce and her favourite soups.	USA	English-100	RPT	G		
2024-12-09	2400	David Rocco's Dolce Napoli	Town Of Pozzuoli	Did you know it was possible to cook with the steam from a volcano? David returns to his roots and visits Pozzuoli, a small town just outside Naples where his father was born.	CANADA	English-100	RPT	PG	a w	
2024-12-09	2425	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		Y
2024-12-09	2430	Mark Moriarty: Off Duty Chef Christmas	Episode 1	This episode features a classic Christmas menu, packed with Mark's much-loved techniques and tips for a traditional spread, including cheesy mushroom vol au vents with salsa verde for starters and a classic roast turkey crown with roasted carrots and stuffing for mains.	UNITED KINGDOM	English-100	RPT	PG		
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2024-12-09	2730	The Cook Up With Adam Liaw	Family Dinner	Winner of MasterChef Season One, Julie Goodwin, and comedian, Aaron Chen join Adam in the Cook Up kitchen creating their ultimate family dinner recipes.	AUSTRALIA	English-100	RPT	G		Y	
2024-12-09	2800	The Cook And The Chef	Christmas	Christmas is fast approaching, but for some of us that brings the annual stress of working out how to feed a big group. Maggie and Simon demonstrate that cooking a Christmas lunch or dinner doesn't have to be stressful, as they share some great tips on presenting simple but delicious Christmas fare, using turkey as the centre dish.	AUSTRALIA	English-100	RPT	PG			
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2024-12-10	0530	My Market Kitchen	My Market Kitchen Series 4 Ep 2	Elena makes a green pesto Buddha bowl. Khanh fries up some crispy fish tortillas before Elena has a quick dinner recipe with less dishes - a one-pan chilaquiles.	AUSTRALIA	English-100	RPT	G			
2024-12-10	0600	Food Safari	Greek	Maeve O'Meara joins her friend chef Peter Conlitis in a Greek emporium to find out which olive oil is best to use, how to pick a good fetta cheese, and which herbs and spices to make use of. Next up, she enjoys a yeeros break and then sees how filo was made traditionally as well as finding out how a busy young mum makes a fast delicious spanakopita (spinach pie).	AUSTRALIA	English-100	RPT	G		Y	
2024-12-10	0630	All The Things	All The Things Series 1 Ep 1	In this episode Cherie introduces the farm, forages for olives, cooks delicious plant-based recipes smoked almond gnocchi and a spectacular carrot cake for her friends at a long lunch and plans the renovation of the old stable.	AUSTRALIA	English-100	RPT	G			
2024-12-10	0700	Selena + Chef	Selena + Jordan Andino	New York City-based TV chef, Jordan Andino, lights up Selena's kitchen with a meal that embodies the unique flavour profile of Filipino cooking-chicken adobo and plantain turon.	USA	English-100	RPT	PG		Y	
2024-12-10	0730	Food Markets: In The Belly Of The City	Torino - Porta Palazzo	At Europe's biggest open air market there is a world to discover! With its 1000 stalls, Torino's Porta Palazzo is a reverberating hub full of colours and people. Our journey takes us from the region's finest cherry trees that become the city's tastiest gelato to the region's most friendly geese and their eggs. We'll explore the winter's best artichokes, the region's most renowned homemade ricotta and meet a local chef who's made whipping up seasonal delights his speciality. If you start to lick the screen don't panic.	FRANCE	English-65; Italian-35	RPT	G		Y	Y

2024-12-10	0830	Oliver's Twist	Pasta And The Masta	Jamie and Italian cooking legend Gennaro Contaldo create some delicious Italian dishes like fish linguine, ricotta, pecorino, and parmesan ravioli.	UNITED KINGDOM	English-100	RPT	G		
2024-12-10	0900	Freshly Picked	Ep 11	Simon makes a delicious Indian frittata and a fresh farro salad with pickled red onions. After that, he visits the local restaurant Transformer in Fitzroy to learn how to make an exquisite braised red cabbage. Zacchard Bird returns to the kitchen to show us how to make his delicious mushroom steak tacos.	AUSTRALIA	English-100	RPT	G		
2024-12-10	0930	My Market Kitchen	Ep 71	Laura assembles English muffins from scratch and Mike cooks a decadent dish of banana crepes with a banana caramel. To wrap the show, Laura prepares a dish to prove you can make friends with salad before cooking a warming pork belly noodle soup.	AUSTRALIA		RPT	PG		
2024-12-10	1000	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 8	Rick is in Australia, which he first visited in the 1960s. Thirty years ago, the country's cuisine was nothing to write home about. But over the years, he has seen an enormous change.	UNITED KINGDOM	English-100	RPT	PG	I n	
2024-12-10	1100	The Cook Up With Adam Liaw	Soup To Nuts	It's Easy Entertaining with The Cook Up, and Adam has enlisted stylist Lucy Tweed and comedian Adam Spencer to help cover everything from soup to nuts.	AUSTRALIA	English-100	RPT	G		Y
2024-12-10	1130	Mark Moriarty: Off Duty Chef Christmas	Episode 1	This episode features a classic Christmas menu, packed with Mark's much-loved techniques and tips for a traditional spread, including cheesy mushroom vol au vents with salsa verde for starters and a classic roast turkey crown with roasted carrots and stuffing for mains.	UNITED KINGDOM	English-100	RPT	PG		
2024-12-10	1200	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 2 Episode 8	The small town of Bac Ha comes alive on weekends as tourists flock to its renowned weekend market. Here Luke prepares some ginger chicken in the 'food court' with a bunch of keen observers. Venturing away from the market, Luke finds out how to make a local favourite, purple noodles and tea.	AUSTRALIA	English-100	RPT	G		Y Y
2024-12-10	1230	Come Dine With Me	Exeter-Devon Day 1	First to host is well-travelled IT Manager Bea, who's using inspiration from her global gallivanting for an international menu.	UNITED KINGDOM	English-100	RPT	PG	a s	
2024-12-10	1300	David Rocco's Dolce Napoli	Mozarella Love	The town of Casserta, just outside Naples, is home to some of the best Buffalo Mozzarella in the world. David takes a tour of the dairy with Rosanna, whose passion for the soft, creamy cheese borders on the obsessive.	CANADA	English-100	RPT	PG	a w	Y
2024-12-10	1330	My Market Kitchen	My Market Kitchen Series 4 Ep 3	Khanh cooks a beautiful duck with fennel and orange salad in the Yarra Valley with Bel from Wine Selectors. The kitchen finishes off with a tasty red berry bliss slice from Elena.	AUSTRALIA	English-100	RPT	G		
2024-12-10	1400	Food Safari	Chinese	In this episode, Maeve O'Meara explores the world of Chinese food, one of the most ancient and developed cuisines on earth. Maeve learns from Shanghai expatriate chef Chris Yan who makes a simple melting eggplant and chilli dish, as well as Frank Shek, a Scottish-Chinese chef who is winning accolades for his incredibly simple but utterly delicious steamed snapper with black beans, chilli and lemon.	AUSTRALIA	English-100	RPT	G		Y
2024-12-10	1430	All The Things	All The Things Series 1 Ep 2	In Cherie's quest for rebuilding and decorating the stable, she brings fellow renovator and collector Rachel in to style the new space with old and newly found treasures. As a thank you Cherie bakes Rachel a batch of spelt flour scones with homemade cream and whips up a batch of kitchari to take home with her.	AUSTRALIA	English-100	RPT	G		

2024-12-10	1500	Selena + Chef	Selena + Marcela Valladolid	Chef and author Marcela Valladolid joins Selena for an extra special lesson in Mexican cooking. On a mission to demystify a traditional recipe, she helps her with a shredded chicken mole enchiladas.	USA	English-100	RPT	G		Y
2024-12-10	1530	Food Markets: In The Belly Of The City	Vienna - Naschmarkt	Lying in the culinary heart of Vienna like an island, a little world of treats rises in the midst - the Naschmarkt food market. Here you can find a colorful crowd blended in with the fresh produce.	FRANCE	English-54; German-46	RPT	G	Y	Y
2024-12-10	1630	Oliver's Twist	World On A Plate	Jamie and New Zealand chef Peter Gordon cook the fusion style - blending flavours and ingredients from many countries.	UNITED KINGDOM	English-100	RPT	G		
2024-12-10	1700	Freshly Picked	Ep 12	It's all about quick and simple in today's Freshly Picked kitchen. Simon prepares his spicy 2-minute noodles, then makes a delicious plant-based version of bhaji buns. Rebecca Veale returns for a British classic, jammy dodgers, and Simon ventures to Mildura to learn a warm and hearty pasta soup.	AUSTRALIA	English-100		G		
2024-12-10	1730	My Market Kitchen	Ep 72	Laura starts the show with a showstopper: creme brulee donuts. Mike sources the best lamb in the market for his lamb shanks, and guest chef Adam D'Sylva cooks one of his favourite dishes ever.	AUSTRALIA			G		
2024-12-10	1800	Rick Stein's Seafood Odyssey	Suffolk And Naples	Contemplating life over a bottle of wine against the backdrop of the bay of Naples, Rick has found the perfect place, and person, to start his Seafood Odyssey.	UNITED KINGDOM	English-100	RPT	PG	a s w	
2024-12-10	1830	Cook Like An Italian With Silvia Colloca	Salami Making Day	Once a year Silvia's friend Michael and his whole family come together for one of their most cherished family food rituals, Salami Day. In this episode Silvia has been invited to the family gathering to lend a hand and learn how true homemade Italian sausages and salamis are crafted, and about how important the tradition is to Michael's whole family. Wait until you see the pasta they make.	AUSTRALIA	English-100	RPT	G		Y
2024-12-10	1900	The Cook Up With Adam Liaw	Eat With Your Hands	It's Easy Entertaining, and tonight we're ditching the cutlery! La Popular Taqueria's Daniella Guevara Munoz and KJ.LA's creator, Kylie Javier Ashton, are here to lend Adam a hand.	AUSTRALIA	English-100	RPT	G		Y
2024-12-10	1930	Lorraine Pascale: Baking Made Easy	Modern Classics	It's time to bring baking up to date as Lorraine Pascale takes on the classics. An old favourite gets a make over: strawberry and mascarpone Swiss roll is more delicious than ever before.	UNITED KINGDOM	English-100	RPT	G		
2024-12-10	2000	Mark Moriarty: Off Duty Chef	Coastal Cooking	Mark cooks dishes inspired by County Kerry's stunning coastal backdrop. With Mark's Dad, Tom as captain, the pair explore Dingle Harbour in a bid to catch their supper. Failing that, Mark whips up three delicious dishes and has lots of tips on how to cook fish perfectly every time, whether crumbing, baking, frying or roasting!	UNITED KINGDOM	English-100		G		
2024-12-10	2030	Jamie's Comfort Food	Jerk Ham With Egg And Chips, Chocolate Nougat Cake And Chicken Kebab	This episode sees Jamie take a British cafe favourite (ham, egg and chips) and give it a wonderful Jamaican twist with a hit of fiery jerk marinade. Next, Jamie cooks up a simple, but incredibly elegant pasta dish, loaded with beautiful crab meat, wafer-thin fennel and a hit of chilli to bring everything together.	UNITED KINGDOM	English-100		G		
2024-12-10	2130	Come Dine With Me UK	Exeter Day 4	It's the fourth day of the competition in and around Exeter and the turn of larger than life Nick to host. Nick prepares a menu that represents his personality - big, bold and brash. But after last night's bust up with South African Ajay, he's planning to tone down the banter on his night.	UNITED KINGDOM	English-100	RPT	PG	a	
2024-12-10	2200	Come Dine With Me UK	Exeter Day 5	It's the final day of the competition and estate agent Ajay is hoping her nautical themed evening will see her sail to victory. Along with a gigantic seafood spread, Ajay's also laid on a boat trip around Torquay harbour.	UNITED KINGDOM	English-100	RPT	PG	a l	
2024-12-10	2230	The Cook Up With Adam Liaw	80's Dinner Party	Get the boombox and Fluro legwarmers out, we're going back to the 80's baby! Looking for Alibrandi actress Pia Miranda and chef Justin North join Adam in the Cook Up kitchen to create their ultimate 80's inspired dishes.	AUSTRALIA	English-100	RPT	G		Y

2024-12-10	2300	The Cook And The Chef	Christmas Holidays	At Christmas time, Maggie loves to get as much food preparation as possible out of the way before Christmas day. This year she's managed to enlist the help of her five grandchildren to make a favourite mince tart.	AUSTRALIA	English-100	RPT	G		
2024-12-10	2330	Lidia's Kitchen	What's Baking	Lidia creates dishes her viewers can easily make at home. Gratins are delicious, and she starts with a leek and prosciutto gratin. Then, roasted chicken with pomegranate before baking some cookies.	USA	English-100	RPT	G		
2024-12-10	2400	David Rocco's Dolce Napoli	Mozarella Love	The town of Casserta, just outside Naples, is home to some of the best Buffalo Mozzarella in the world. David takes a tour of the dairy with Rosanna, whose passion for the soft, creamy cheese borders on the obsessive.	CANADA	English-100	RPT	PG	a w	Y
2024-12-10	2430	Lorraine Pascale: Baking Made Easy	Modern Classics	It's time to bring baking up to date as Lorraine Pascale takes on the classics. An old favourite gets a make over: strawberry and mascarpone Swiss roll is more delicious than ever before.	UNITED KINGDOM	English-100	RPT	G		
2024-12-10	2500	Mark Moriarty: Off Duty Chef	Coastal Cooking	Mark cooks dishes inspired by County Kerry's stunning coastal backdrop. With Mark's Dad, Tom as captain, the pair explore Dingle Harbour in a bid to catch their supper. Failing that, Mark whips up three delicious dishes and has lots of tips on how to cook fish perfectly every time, whether crumbing, baking, frying or roasting!	UNITED KINGDOM	English-100	RPT	G		
2024-12-10	2530	Jamie's Comfort Food	Jerk Ham With Egg And Chips, Chocolate Nougat Cake And Chicken Kebab	This episode sees Jamie take a British cafe favourite (ham, egg and chips) and give it a wonderful Jamaican twist with a hit of fiery jerk marinade. Next, Jamie cooks up a simple, but incredibly elegant pasta dish, loaded with beautiful crab meat, wafer-thin fennel and a hit of chilli to bring everything together.	UNITED KINGDOM	English-100	RPT	G		
2024-12-10	2630	Come Dine With Me UK	Exeter Day 4	It's the fourth day of the competition in and around Exeter and the turn of larger than life Nick to host. Nick prepares a menu that represents his personality - big, bold and brash. But after last night's bust up with South African Ajay, he's planning to tone down the banter on his night.	UNITED KINGDOM	English-100	RPT	PG	a	
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2024-12-10	2800	The Cook And The Chef	Christmas Holidays	At Christmas time, Maggie loves to get as much food preparation as possible out of the way before Christmas day. This year she's managed to enlist the help of her five grandchildren to make a favourite mince tart.	AUSTRALIA	English-100	RPT	G		
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2024-12-11	0530	My Market Kitchen	My Market Kitchen Series 4 Ep 3	Khanh cooks a beautiful duck with fennel and orange salad in the Yarra Valley with Bel from Wine Selectors. The kitchen finishes off with a tasty red berry bliss slice from Elena.	AUSTRALIA	English-100	RPT	G		

2024-12-11	0600	Food Safari	Chinese	In this episode, Maeve O'Meara explores the world of Chinese food, one of the most ancient and developed cuisines on earth. Maeve learns from Shanghai expatriate chef Chris Yan who makes a simple melting eggplant and chilli dish, as well as Frank Shek, a Scottish-Chinese chef who is winning accolades for his incredibly simple but utterly delicious steamed snapper with black beans, chilli and lemon.	AUSTRALIA	English-100	RPT	G		Y
2024-12-11	0630	All The Things	All The Things Series 1 Ep 2	In Cherie's quest for rebuilding and decorating the stable, she brings fellow renovator and collector Rachel in to style the new space with old and newly found treasures. As a thank you Cherie bakes Rachel a batch of spelt flour scones with homemade cream and whips up a batch of kitchari to take home with her.	AUSTRALIA	English-100	RPT	G		
2024-12-11	0700	Selena + Chef	Selena + Marcela Valladolid	Chef and author Marcela Valladolid joins Selena for an extra special lesson in Mexican cooking. On a mission to demystify a traditional recipe, she helps her with a shredded chicken mole enchiladas.	USA	English-100	RPT	G		Y
2024-12-11	0730	Food Markets: In The Belly Of The City	Vienna - Naschmarkt	Lying in the culinary heart of Vienna like an island, a little world of treats rises in the midst - the Naschmarkt food market. Here you can find a colorful crowd blended in with the fresh produce.	FRANCE	English-54; German-46	RPT	G		Y Y
2024-12-11	0830	Oliver's Twist	World On A Plate	Jamie and New Zealand chef Peter Gordon cook the fusion style - blending flavours and ingredients from many countries.	UNITED KINGDOM	English-100	RPT	G		
2024-12-11	0900	Freshly Picked	Ep 12	It's all about quick and simple in today's Freshly Picked kitchen. Simon prepares his spicy 2-minute noodles, then makes a delicious plant-based version of bhaji buns. Rebecca Veale returns for a British classic, jammy dodgers, and Simon ventures to Mildura to learn a warm and hearty pasta soup.	AUSTRALIA	English-100	RPT	G		
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2024-12-11	1000	Rick Stein's Seafood Odyssey	Suffolk And Naples	Contemplating life over a bottle of wine against the backdrop of the bay of Naples, Rick has found the perfect place, and person, to start his Seafood Odyssey.	UNITED KINGDOM	English-100	RPT	PG	a s w	
2024-12-11	1030	Cook Like An Italian With Silvia Colloca	Salami Making Day	Once a year Silvia's friend Michael and his whole family come together for one of their most cherished family food rituals, Salami Day. In this episode Silvia has been invited to the family gathering to lend a hand and learn how true homemade Italian sausages and salamis are crafted, and about how important the tradition is to Michael's whole family. Wait until you see the pasta they make.	AUSTRALIA	English-100	RPT	G		Y
2024-12-11	1100	The Cook Up With Adam Liaw	Eat With Your Hands	It's Easy Entertaining, and tonight we're ditching the cutlery! La Popular Taqueria's Daniella Guevara Munoz and KJ.LA's creator, Kylie Javier Ashton, are here to lend Adam a hand.	AUSTRALIA	English-100	RPT	G		Y
2024-12-11	1130	Lorraine Pascale: Baking Made Easy	Modern Classics	It's time to bring baking up to date as Lorraine Pascale takes on the classics. An old favourite gets a make over: strawberry and mascarpone Swiss roll is more delicious than ever before.	UNITED KINGDOM	English-100	RPT	G		
2024-12-11	1200	Mark Moriarty: Off Duty Chef	Coastal Cooking	Mark cooks dishes inspired by County Kerry's stunning coastal backdrop. With Mark's Dad, Tom as captain, the pair explore Dingle Harbour in a bid to catch their supper. Failing that, Mark whips up three delicious dishes and has lots of tips on how to cook fish perfectly every time, whether crumbing, baking, frying or roasting!	UNITED KINGDOM	English-100	RPT	G		
2024-12-11	1230	Come Dine With Me	Exeter-Devon Day 2	A custard catastrophe means Adam is forced to pull out a party trick in order to impress his guests and get his evening back on track.	UNITED KINGDOM	English-100	RPT	PG		Y
2024-12-11	1300	David Rocco's Dolce Napoli	By The Seaside	David spends time with the Mattiucci Brothers who are known in Naples for their independent fishing operation. From trolling the gulf of Naples for the freshest catch to serving up their famous crudo from the Mattiucci fish shop in Napoli's trendiest neighbourhood.	CANADA	English-100	RPT	PG	a w	

2024-12-11	1330	My Market Kitchen	My Market Kitchen Series 4 Ep 4	Khanh cooks up a drool-worthy peanut caramel chocolate tart first up, followed by a staple Vietnamese dressing nuoc cham. The episode wraps with Elena's warming pea and ham soup.	AUSTRALIA	English-100	RPT	G		
2024-12-11	1400	Food Safari	Italian	Maeve takes us into the world of the people who taught us how to drink coffee and appreciate good olive oil, and those who showed us the simple deliciousness of pizza and pasta, scaloppine and saltimbocca - the fabulous Italians. Learn how to choose the top ten ingredients to begin an Italian pantry as Maeve joins her old friend, hospitality consultant Sam Cosentino.	AUSTRALIA	English-100	RPT	G		Y
2024-12-11	1430	All The Things	All The Things Series 1 Ep 3	Cherie forages for wild asparagus with her friend Richard, invites some Barossa friends to teach her traditional fruit preserving methods and plans her glasshouse with master innovator Ian using old and re-claimed materials. The Barossa girls style the table for Cherie's impromptu lunch of a wild asparagus salad and a lemon and almond cake with a plant based meringue icing.	AUSTRALIA	English-100	RPT	G		
2024-12-11	1500	Selena + Chef	Selena + Evan Funke	Two-time James Beard Award-nominated chef and cookbook author Evan Funke shares a 200-year-old ragu Bolognese recipe before coaching Selena through her first-ever handmade pasta.	USA	English-100	RPT	PG	I	Y
2024-12-11	1530	Food Markets: In The Belly Of The City	Firenze - Mercato Central	The Renaissance capitol is where the city food market as a concept was born. More than 1000 years ago farmers from the countryside came to the main square of Florence and gave their goods to the craftsmen, merchants, and bankers for money.	FRANCE	English-55; Italian-45	RPT	G		Y Y
2024-12-11	1630	Oliver's Twist	Carnival Brazil	Jamie's friend Santo shows him how to cook a Brazilian dish, and they prepare a drink called Caipirinha.	UNITED KINGDOM	English-100	RPT	G		
2024-12-11	1700	Freshly Picked	Ep 13	For more delicious plant-based Italian food, Nadia Fragnito brings a Southern Italian classic to today's kitchen. Following up, Simon makes an easy pasta bake in one pan, along with yummy couscous clusters loaded with spices.	AUSTRALIA	English-100		PG		
2024-12-11	1730	My Market Kitchen	Ep 73	Laura cooks Mike her easy and affordable zucchini fritters. Third generation farmer Catherine Velisha teaches Laura all about growing kale as they cook up a garlic bread crumb to pair with some sauteed kale. Mike cooks a chicken kiev that impresses local market celebrity John Pino.	AUSTRALIA			G		
2024-12-11	1800	Rick Stein's Seafood Odyssey	India And Cornwall	Rick flees the restaurant to seek comfort from the sea. Thirty miles out of Padstow, he begins to calm down. Veteran fisherman Ivan Bates introduces Rick to the joys of fishing for the 'best fish in the world' - turbot.	UNITED KINGDOM	English-100	RPT	PG	a w	
2024-12-11	1830	Cook Like An Italian With Silvia Colloca	Sunday Lunch	The Sunday lunch in Italy is a truly special family food ritual, respected and celebrated across the whole country. Today her friend Alfia show Silvia some of her favourite Sunday lunch recipes.	AUSTRALIA	English-100	RPT	G		Y
2024-12-11	1900	The Cook Up With Adam Liaw	Good Vibes	It's Easy Entertaining, and Hotluck Snack Club's Gaspar Tse and host Brihony Dawson join Adam to share their tricks for bringing good vibes to any gathering.	AUSTRALIA	English-100	RPT	G		Y
2024-12-11	1930	Marcus Wareing At Christmas	Christmas Eve	In this episode, Marcus shows us four of his favourite festive recipes for a stress-free and delicious Christmas Eve, starting with pollock with a comforting creamy mushroom veloute sauce.	UNITED KINGDOM	English-100		G		
2024-12-11	2000	Marcus Wareing At Christmas	Perfect Christmas Breakfast	Marcus Wareing shows us his best recipes for the perfect Christmas morning breakfast. First up, his oaty pancakes with delicious mixed berry and cardamom compote and bacon drizzled with maple syrup.	UNITED KINGDOM	English-100		G		

2024-12-11	2030	Adam Richman Eats Britain	Sandwich	Global food explorer Adam is touring Britain, one incredible, edible place at a time, using the map as his menu to visit places in Britain that have given their name to world famous dishes. He travels to Kent, where he pays homage to the Earl of Sandwich, eating his namesake sandwich in Sandwich.	UNITED KINGDOM	English-100		PG	
2024-12-11	2100	Masters Of Taste With Gary Mehigan	Hyderabad - Andhra Food	When in Andhra, eat like the locals do, but will Gary Mehigan cook like the locals too?	USA	English-100		G	
2024-12-11	2130	Come Dine With Me UK	Sheffield Day 1	This week our guests are in Sheffield for a performing arts themed dinner. But will this whirlwind evening entertain, or leave the guests deflated?	UNITED KINGDOM	English-100	RPT	PG	
2024-12-11	2200	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 prize?	UNITED KINGDOM	English-100	RPT	PG	
2024-12-11	2230	The Cook Up With Adam Liaw	Fresh	Head chef and author, Jason Roberts, and Mark Jensen from Sydney restaurant Red Lantern join Adam in the Cook Up kitchen to create some easy and simple fresh inspired dishes.	AUSTRALIA	English-100	RPT	G	Y
2024-12-11	2300	The Cook And The Chef	Quince And Pork	Maggie tells the story of how and why she developed her love for this unusual fruit and takes us back to the planting of her Quince Orchard. She goes on to prepare a Quince dessert that emerges from the oven as a burnished orange masterpiece.	AUSTRALIA	English-100	RPT	G	
2024-12-11	2330	Lidia's Kitchen	Summertime Fun	Summer is when some of Lidia's favourite produce are at their best. She shares recipes that are perfect for entertaining, including corn and zucchini minestrone, and shrimp and mixed bean salad.	USA	English-100	RPT	G	
2024-12-11	2400	David Rocco's Dolce Napoli	By The Seaside	David spends time with the Mattiucci Brothers who are known in Naples for their independent fishing operation. From trolling the gulf of Naples for the freshest catch to serving up their famous crudo from the Mattiucci fish shop in Napoli's trendiest neighbourhood.	CANADA	English-100	RPT	PG	a w
2024-12-11	2430	Marcus Wareing At Christmas	Christmas Eve	In this episode, Marcus shows us four of his favourite festive recipes for a stress-free and delicious Christmas Eve, starting with pollock with a comforting creamy mushroom veloute sauce.	UNITED KINGDOM	English-100	RPT	G	
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2024-12-11	2730	The Cook Up With Adam Liaw	Fresh	Head chef and author, Jason Roberts, and Mark Jensen from Sydney restaurant Red Lantern join Adam in the Cook Up kitchen to create some easy and simple fresh inspired dishes.	AUSTRALIA	English-100	RPT	G		Y
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2024-12-11	2830	Lidia's Kitchen	Summertime Fun	Summer is when some of Lidia's favourite produce are at their best. She shares recipes that are perfect for entertaining, including corn and zucchini minestra, and shrimp and mixed bean salad.	USA	English-100	RPT	G		
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2024-12-12	0530	My Market Kitchen	My Market Kitchen Series 4 Ep 4	Khanh cooks up a drool-worthy peanut caramel chocolate tart first up, followed by a staple Vietnamese dressing nuoc cham. The episode wraps with Elena's warming pea and ham soup.	AUSTRALIA	English-100	RPT	G		
2024-12-12	0600	Food Safari	Italian	Maeve takes us into the world of the people who taught us how to drink coffee and appreciate good olive oil, and those who showed us the simple deliciousness of pizza and pasta, scaloppine and saltimbocca - the fabulous Italians. Learn how to choose the top ten ingredients to begin an Italian pantry as Maeve joins her old friend, hospitality consultant Sam Cosentino.	AUSTRALIA	English-100	RPT	G		Y
2024-12-12	0630	All The Things	All The Things Series 1 Ep 3	Cherie forages for wild asparagus with her friend Richard, invites some Barossa friends to teach her traditional fruit preserving methods and plans her glasshouse with master innovator Ian using old and re-claimed materials. The Barossa girls style the table for Cherie's impromptu lunch of a wild asparagus salad and a lemon and almond cake with a plant based meringue icing.	AUSTRALIA	English-100	RPT	G		
2024-12-12	0700	Selena + Chef	Selena + Evan Funke	Two-time James Beard Award-nominated chef and cookbook author Evan Funke shares a 200-year-old ragu Bolognese recipe before coaching Selena through her first-ever handmade pasta.	USA	English-100	RPT	PG	I	Y
2024-12-12	0730	Food Markets: In The Belly Of The City	Firenze - Mercato Central	The Renaissance capitol is where the city food market as a concept was born. More than 1000 years ago farmers from the countryside came to the main square of Florence and gave their goods to the craftsmen, merchants, and bankers for money.	FRANCE	English-55; Italian-45	RPT	G		Y Y
2024-12-12	0830	Oliver's Twist	Carnival Brazil	Jamie's friend Santo shows him how to cook a Brazilian dish, and they prepare a drink called Caipirinha.	UNITED KINGDOM	English-100	RPT	G		
2024-12-12	0900	Freshly Picked	Ep 13	For more delicious plant-based Italian food, Nadia Fragnito brings a Southern Italian classic to today's kitchen. Following up, Simon makes an easy pasta bake in one pan, along with yummy couscous clusters loaded with spices.	AUSTRALIA	English-100	RPT	PG		
2024-12-12	0930	My Market Kitchen	Ep 73	Laura cooks Mike her easy and affordable zucchini fritters. Third generation farmer Catherine Velisha teaches Laura all about growing kale as they cook up a garlic bread crumb to pair with some sauteed kale. Mike cooks a chicken Kiev that impresses local market celebrity John Pino.	AUSTRALIA		RPT	G		
2024-12-12	1000	Rick Stein's Seafood Odyssey	India And Cornwall	Rick flees the restaurant to seek comfort from the sea. Thirty miles out of Padstow, he begins to calm down. Veteran fisherman Ivan Bates introduces Rick to the joys of fishing for the 'best fish in the world' - turbot.	UNITED KINGDOM	English-100	RPT	PG	a w	
2024-12-12	1030	Cook Like An Italian With Silvia Colloca	Sunday Lunch	The Sunday lunch in Italy is a truly special family food ritual, respected and celebrated across the whole country. Today her friend Alfia show Silvia some of her favourite Sunday lunch recipes.	AUSTRALIA	English-100	RPT	G		Y

2024-12-12	1100	The Cook Up With Adam Liaw	Good Vibes	It's Easy Entertaining, and Hotluck Snack Club's Gaspar Tse and host Brihony Dawson join Adam to share their tricks for bringing good vibes to any gathering.	AUSTRALIA	English-100	RPT	G		Y	
2024-12-12	1130	Marcus Wareing At Christmas	Christmas Eve	In this episode, Marcus shows us four of his favourite festive recipes for a stress-free and delicious Christmas Eve, starting with pollock with a comforting creamy mushroom veloute sauce.	UNITED KINGDOM	English-100	RPT	G			
2024-12-12	1200	Marcus Wareing At Christmas	Perfect Christmas Breakfast	Marcus Wareing shows us his best recipes for the perfect Christmas morning breakfast. First up, his oaty pancakes with delicious mixed berry and cardamom compote and bacon drizzled with maple syrup.	UNITED KINGDOM	English-100	RPT	G			
2024-12-12	1230	Come Dine With Me	Exeter-Devon Day 3	Steve's guests are in for a surprise when he serves up a one million scoville hot sauce!	UNITED KINGDOM	English-100	RPT	PG	a l		
2024-12-12	1300	David Rocco's Dolce Napoli	Procidia Time	David travels just off the coast of Naples to the island of Procida, a place untouched by time, where he takes a walking tour from a local named Mr. Time. On the island David does exactly what the locals do: takes a donkey ride to port and dives for sea urchins for his afternoon lunch.	CANADA	English-100	RPT	PG	a w		
2024-12-12	1330	My Market Kitchen	My Market Kitchen Series 4 Ep 5	Elena shows us a Spanish favourite, albondigas! Then, Khanh whips up a healthy chicken fajita bowl dish that is great for meal prep, followed by an olive dish perfect for your weekend parties.	AUSTRALIA	English-100	RPT	G			
2024-12-12	1400	Food Safari	Thai	This week's program enters the fresh, clean world of Thai food. While many ingredients are available in supermarkets, Maeve visits Thainatown in Sydney with her chef friend Sujet Saengkham to learn about fish sauce and noodles, seasoning sauce and dried prawns. Also, shop owner Ari Walpole gives a rundown of the many types of eggplant, chillies and herbs needed for simple dishes.	AUSTRALIA	English-100	RPT	G		Y	
2024-12-12	1430	All The Things	All The Things Series 1 Ep 5	It's all happening on All The Things this week, from disguising a plastic water tank with an old galvanised iron one, to collecting pine cones to make a Christmas wreath.	AUSTRALIA	English-100	RPT	G			
2024-12-12	1500	Selena + Chef	Selena + Graham Elliott	Two-time Michelin-starred chef, TV host, and author Graham Elliott walks Selena through his unique spin on two familiar, delicious dishes. His 'Graham Burger' and a deconstructed Caesar salad.	USA	English-100	RPT	G		Y	
2024-12-12	1530	Food Markets: In The Belly Of The City	Freiburg - Munstermarkt	Freiburg is the 'green' city of Germany and surrounding its imposing gothic cathedral is the Munstermarkt, its food market.	FRANCE	English-50; German-50	RPT	PG	a w	Y	Y
2024-12-12	1630	Oliver's Twist	Jamie's Soup Kitchen	Two students from Jamie's restaurant, Fifteen, sample the new soup dishes that he's preparing.	UNITED KINGDOM	English-100	RPT	G			
2024-12-12	1700	Freshly Picked	Ep 14	Today Simon makes a mouthwatering salad and home-style Chiko rolls. He then heads to Murray River to create three stunning dishes topped with good quality salt. Monica Mignone returns to the kitchen and makes an Aussie classic - ANZAC biscuits.	AUSTRALIA	English-100		PG			
2024-12-12	1730	My Market Kitchen	Ep 74	Laura takes us on a trip to Japan with her okonomiyaki before wine expert Adam Walls pairs Aussie-made wine with Mike's flounder with beurre blanc. Guest chef Adam D'Sylva cooks orecchiette with farmer Catherine Velisha's perfect broccolini.	AUSTRALIA			G			
2024-12-12	1800	Rick Stein's Seafood Odyssey	Spain And Britain	On a chilly winter afternoon Rick welcomes the warmth of the nearby pub where the locals are sharing the local speciality - Stargazy Pie - cooked once a year to celebrate the saving of the village from starvation.	UNITED KINGDOM	English-100	RPT	PG	a w		

2024-12-12	1830	Cook Like An Italian With Silvia Colloca	For The Love Of Eggs	In Italy, the culinary tradition of the egg is inextricably linked to pasta and pastries. In this episode Silvia explores 3 very different kinds of dishes, all born of Italy's love of eggs.	AUSTRALIA	English-100	RPT	G	Y
2024-12-12	1900	The Cook Up With Adam Liaw	Crack!	It's a spectacular night of Easy Entertaining as Adam, cook and presenter Khanh Ong and 2023 Good Food Chef of the Year Annita Potter have a crack at cracking recipes that go crack!	AUSTRALIA	English-100	RPT	G	Y
2024-12-12	1930	Paul Goes To Hollywood	New York	Paul Hollywood combines food, film and fast bikes as he embarks on a 4,500 kms road trip from New York to Los Angeles. In New York, Paul follows in the culinary footsteps of Frank Sinatra to enjoy traditional bagels and twice baked pizza. Back at home, he bakes the ultimate Big Apple tarte tatin.	UNITED KINGDOM	English-100	RPT	G	
2024-12-12	2025	A Taste Of Island Dreams	Amalul's Pandan Bubble Tea	Amalul, Alimah's granddaughter, is a self-proclaimed bubble tea connoisseur. She shares her bright bubble tea brew and pays tribute to the vibrant and flavourful pandanus leaf.	AUSTRALIA	English-100	RPT	G	
2024-12-12	2030	Nico Reynolds: Cook In, Cook Out	Episode 5	Nico has three easy and delicious dishes for the ideal meal for two. To begin, a light and tasty starter of chicken & bacon skewers with a lime and coriander slaw, an impressive flame cooked main course of grilled rack of lamb with a butterbean salad.	IRELAND	English-100		G	
2024-12-12	2100	Symon's Dinners Cooking Out	Grilling All Grown Up	Everyone loves a classic. In this episode, Michael Symon gets nostalgic and with a few extra ingredients and some simple steps, he makes some of your childhood favorites worthy of any dinner party.	USA	English-100		G	
2024-12-12	2130	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. Can she keep her guests under control so as not to ruin her chances of winning?	UNITED KINGDOM	English-100	RPT	PG	
2024-12-12	2200	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	RPT	PG	
2024-12-12	2230	The Cook Up With Adam Liaw	Sustainability	King of Sustainability Tim Flannery and chef Tom Walton join Adam in the Cook Up kitchen to create some delicious dishes that use the whole ingredient not just part of it.	AUSTRALIA	English-100	RPT	G	Y
2024-12-12	2300	The Cook And The Chef	100th Special	The Cook and the Chef is 100 episodes old and to celebrate, Simon's organised a visit from Peter Cundall of Gardening Australia. Peter has a look at Simon's garden and suggests a few potatoes he could grow and Simon takes up the challenge and cooks a potato and chickpea curry.	AUSTRALIA	English-100	RPT	G	
2024-12-12	2330	Lidia's Kitchen	Quick And Delicious	Lidia shares recipes that are quick to whip up and ideal for busy. She makes green beans with mint pesto, a fresh alternative to the well-known green beans with butter, then cherry bread pudding.	USA	English-100	RPT	G	
2024-12-12	2400	David Rocco's Dolce Napoli	Procidia Time	David travels just off the coast of Naples to the island of Procida, a place untouched by time, where he takes a walking tour from a local named Mr. Time. On the Island David does exactly what the locals do: takes a donkey ride to port and dives for sea urchins for his afternoon lunch.	CANADA	English-100	RPT	PG	a w
2024-12-12	2430	Paul Goes To Hollywood	New York	Paul Hollywood combines food, film and fast bikes as he embarks on a 4,500 kms road trip from New York to Los Angeles. In New York, Paul follows in the culinary footsteps of Frank Sinatra to enjoy traditional bagels and twice baked pizza. Back at home, he bakes the ultimate Big Apple tarte tatin.	UNITED KINGDOM	English-100	RPT	G	
2024-12-12	2525	A Taste Of Island Dreams	Amalul's Pandan Bubble Tea	Amalul, Alimah's granddaughter, is a self-proclaimed bubble tea connoisseur. She shares her bright bubble tea brew and pays tribute to the vibrant and flavourful pandanus leaf.	AUSTRALIA	English-100	RPT	G	

2024-12-12	2530	Nico Reynolds: Cook In, Cook Out	Episode 5	Nico has three easy and delicious dishes for the ideal meal for two. To begin, a light and tasty starter of chicken & bacon skewers with a lime and coriander slaw, an impressive flame cooked main course of grilled rack of lamb with a butterbean salad.	IRELAND	English-100	RPT	G		
2024-12-12	2600	Symon's Dinners Cooking Out	Grilling All Grown Up	Everyone loves a classic. In this episode, Michael Symon gets nostalgic and with a few extra ingredients and some simple steps, he makes some of your childhood favorites worthy of any dinner party.	USA	English-100	RPT	G		
2024-12-12	2630	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. Can she keep her guests under control so as not to ruin her chances of winning?	UNITED KINGDOM	English-100	RPT	PG		
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2024-12-12	2830	Lidia's Kitchen	Quick And Delicious	Lidia shares recipes that are quick to whip up and ideal for busy. She makes green beans with mint pesto, a fresh alternative to the well-known green beans with butter, then cherry bread pudding.	USA	English-100	RPT	G		
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2024-12-13	0600	Food Safari	Thai	This week's program enters the fresh, clean world of Thai food. While many ingredients are available in supermarkets, Maeve visits Thainatown in Sydney with her chef friend Sujet Saengkham to learn about fish sauce and noodles, seasoning sauce and dried prawns. Also, shop owner Ari Walpole gives a rundown of the many types of eggplant, chillies and herbs needed for simple dishes.	AUSTRALIA	English-100	RPT	G		Y
2024-12-13	0630	All The Things	All The Things Series 1 Ep 5	It's all happening on All The Things this week, from disguising a plastic water tank with an old galvanised iron one, to collecting pine cones to make a Christmas wreath.	AUSTRALIA	English-100	RPT	G		
2024-12-13	0700	Selena + Chef	Selena + Graham Elliott	Two-time Michelin-starred chef, TV host, and author Graham Elliott walks Selena through his unique spin on two familiar, delicious dishes. His 'Graham Burger' and a deconstructed Caesar salad.	USA	English-100	RPT	G		Y
2024-12-13	0730	Food Markets: In The Belly Of The City	Freiburg - Munstermarkt	Freiburg is the 'green' city of Germany and surrounding its imposing gothic cathedral is the Munstermarkt, its food market.	FRANCE	English-50; German-50	RPT	PG		a w Y Y

2024-12-13	0830	Oliver's Twist	Jamie's Soup Kitchen	Two students from Jamie's restaurant, Fifteen, sample the new soup dishes that he's preparing.	UNITED KINGDOM	English-100	RPT	G	
2024-12-13	0900	Freshly Picked	Ep 14	Today Simon makes a mouthwatering salad and home-style Chiko rolls. He then heads to Murray River to create three stunning dishes topped with good quality salt. Monica Mignone returns to the kitchen and makes an Aussie classic - ANZAC biscuits.	AUSTRALIA	English-100	RPT	PG	
2024-12-13	0930	My Market Kitchen	Ep 74	Laura takes us on a trip to Japan with her okonomiyaki before wine expert Adam Walls pairs Aussie-made wine with Mike's flounder with beurre blanc. Guest chef Adam D'Sylva cooks orecchiette with farmer Catherine Velisha's perfect broccolini.	AUSTRALIA		RPT	G	
2024-12-13	1000	Rick Stein's Seafood Odyssey	Spain And Britain	On a chilly winter afternoon Rick welcomes the warmth of the nearby pub where the locals are sharing the local speciality - Stargazy Pie - cooked once a year to celebrate the saving of the village from starvation.	UNITED KINGDOM	English-100	RPT	PG	a w
2024-12-13	1030	Cook Like An Italian With Silvia Colloca	For The Love Of Eggs	In Italy, the culinary tradition of the egg is inextricably linked to pasta and pastries. In this episode Silvia explores 3 very different kinds of dishes, all born of Italy's love of eggs.	AUSTRALIA	English-100	RPT	G	Y
2024-12-13	1100	The Cook Up With Adam Liaw	Crack!	It's a spectacular night of Easy Entertaining as Adam, cook and presenter Khanh Ong and 2023 Good Food Chef of the Year Annita Potter have a crack at cracking recipes that go crack!	AUSTRALIA	English-100	RPT	G	Y
2024-12-13	1130	Paul Goes To Hollywood	New York	Paul Hollywood combines food, film and fast bikes as he embarks on a 4,500 kms road trip from New York to Los Angeles. In New York, Paul follows in the culinary footsteps of Frank Sinatra to enjoy traditional bagels and twice baked pizza. Back at home, he bakes the ultimate Big Apple tarte tatin.	UNITED KINGDOM	English-100	RPT	G	
2024-12-13	1225	A Taste Of Island Dreams	Amalul's Pandan Bubble Tea	Amalul, Alimah's granddaughter, is a self-proclaimed bubble tea connoisseur. She shares her bright bubble tea brew and pays tribute to the vibrant and flavourful pandanus leaf.	AUSTRALIA	English-100	RPT	G	
2024-12-13	1230	Come Dine With Me	Exeter-Devon Day 4	Lisa hits a dessert disaster when her ice cream roll is more frozen than it should be. Will a spin in the microwave do the trick or cost her a thousand pounds?	UNITED KINGDOM	English-100	RPT	PG	a
2024-12-13	1300	David Rocco's Dolce Napoli	Espresso Espresso	In Naples, coffee is a world onto itself, both culturally and socially. Dark, bittersweet shots of espresso drunk quickly and with purpose is part the Neapolitan's daily routine.	CANADA	English-100	RPT	PG	Y
2024-12-13	1330	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. Followed by a quick tip on Pomegranate deseeding by Khanh.	AUSTRALIA	English-100	RPT	G	
2024-12-13	1400	Food Safari	Lebanese	This week Maeve O'Meara goes in search of the fresh green flavours of Lebanese food when she visits one of her favourite Middle Eastern emporiums with master chef Greg Malouf. There, she discovers how to choose the best tahini, yoghurt, burgul, chick peas and spice mixes for use in the Lebanese kitchen. Later, Maeve visits Samira Saab whose tabouli is legendary and who has some simple tips on making it taste amazing.	AUSTRALIA	English-100	RPT	G	Y
2024-12-13	1430	All The Things	All The Things Series 1 Ep 6	What is a celebration without cake so Cherie whips up a bit of chocolate lusciousness with some unexpected ingredients. The stage is set, the drinks are made, the food is prepared.	AUSTRALIA	English-100	RPT	G	

2024-12-13	1500	Selena + Chef	Selena + Aarti Sequeira: Friendsgiving	Known for elevating classic American dishes with Indian flavours, TV chef, cookbook author, and journalist, Aarti Sequeira, whips up a tandoori butter turkey breast and colourful side dishes.	USA	English-100	RPT	PG			
2024-12-13	1535	Food Markets: In The Belly Of The City	Riga - Centralrigus	Latvia is a small country yet Riga Centralrigus is the biggest city food market in Europe. It's located by the Old Town of the city, famous for its Art-Nouveau architecture.	FRANCE	English-67; Latvian-32; Russian-1	RPT	PG	a d w	Y	Y
2024-12-13	1635	Oliver's Twist	Jamie And The King	The dinner guest is Jamie's mate John, an Elvis impersonator. Jamie cooks up a Presley favourite - oven baked fat chips with rosemary salt, Elvis' burger and American chopped salad.	UNITED KINGDOM	English-100	RPT	G			
2024-12-13	1700	Freshly Picked	Ep 15	In today's episode, Luke Hine is cooking delicious zucchini hash browns. Simon makes a warming soup and delicious flatbread, then visits Lauds in Tasmania and finds a simple way to elevate rice.	AUSTRALIA	English-100					
2024-12-13	1730	My Market Kitchen	Ep 75	Laura cooks up a perfect weeknight dinner with spaghetti & meatballs with kale while local market celebrity John Pino antagonises Mike as he assembles a cauliflower cheese with beetroot relish.	AUSTRALIA			PG			
2024-12-13	1800	Rick Stein's Seafood Odyssey	Goa And America	It's six o'clock in the morning, and Rick is on a tropical beach in Goa, where the rising sun is shadowing the fishermen as they haul in the first of the day's catch.	UNITED KINGDOM	English-100	RPT	PG	a w		
2024-12-13	1830	Cook Like An Italian With Silvia Colloca	Arrivederci, Gluten!	Let's face it - when it comes to Italian food, carbs are king. Pizza, pasta, panini - it can feel impossible to enjoy Italian cuisine with a gluten-free lifestyle. But modern Italian home cooks have embraced gluten free culture and in this episode Silvia explores 3 very different ways of cooking Italian 'Senza Gluten'.	AUSTRALIA	English-100	RPT	G		Y	
2024-12-13	1900	The Cook Up With Adam Liaw	Diet Starts Tomorrow	Adam throws an easy entertaining afternoon tea that declares 'the diet starts tomorrow', with cookbook author and chef Tom Walton and Australia's favourite host Osher Gunsberg.	AUSTRALIA	English-100	RPT	G		Y	
2024-12-13	1930	The Chocolate Queen Christmas Special	Chocolate Queen Christmas Special, The	Whether you've been naughty or nice, Christmas is the best time to indulge in the sweeter things in life....And that means plenty of chocolate! Kirsten Tibballs, The Chocolate Queen, returns for a one-hour special packed with festive chocolate creations for the holiday season.	AUSTRALIA	English-100		G			
2024-12-13	2030	Rick Stein's Cornish Christmas	Rick Stein's Cornish Christmas, Series 1 Ep 1	The people of Cornwall are proud of the fact that they do things differently, and the Christmas celebrations in this beautiful part of England have their own unique flavours and sounds. Home for a while from his world-wide travel adventures, Rick Stein has a chance to enjoy Christmas in his beloved adopted county, where he joins in the ancient festival of Wassailing and cooks his own goose.	UNITED KINGDOM	English-100	RPT	G		Y	
2024-12-13	2100	Rick Stein's Cornish Christmas	Rick Stein's Cornish Christmas, Series 1 Ep 2	In the second part of his Christmas special in Cornwall, Rick Stein and his chefs use local ingredients to create a Christmas banquet for all his Cornish friends, including the famous comedian Jethro - an old friend who, when they were younger, was a serious adversary on the rugby pitch. With Cornish Christmas music and the occasional glass of Cornish beers and ciders, this is a festive feast guaranteed to get viewers in the best seasonal spirits.	UNITED KINGDOM	English-100	RPT	G		Y	
2024-12-13	2130	Secret World Of Snacks: Xmas Chocolate	Christmas Chocolate	Jo Brand narrates the nostalgic battles between our favourite Christmas chocolate brands. Industry heavyweights reveal how they fight for the unforgiving sales window that lasts for just three months every year.	UNITED KINGDOM	English-100	RPT	G		Y	
2024-12-13	2230	The Cook Up With Adam Liaw	Tomatoes	Adam, chef at The Old Fitz Anna Ugarte-Carral and comedian Gen Fricker are in the Cook Up Kitchen whipping up some delicious meals based around our saucy theme, tomatoes!	AUSTRALIA	English-100	RPT	PG	l	Y	

2024-12-13	2300	The Cook And The Chef	Land Of The Long White Cloud	The Cook and the Chef cross the Tasman to explore New Zealand, a land with rugged mountains, pristine waters and great produce. Maggie and Simon kick off their journey in Rotorua, where they find out how the local Maori people have cleverly harnessed the famous geothermal properties of the area for cooking purposes.	AUSTRALIA	English-100	RPT	G		
2024-12-13	2330	Lidia's Kitchen	Colourful Party, A	When hosting an Italian-style cocktail party, you will need some drinks and appetisers. Lidia creates mussels with zucchini salsa verde, a bloody mary, and grilled corn, apricots, and portobellos.	USA	English-100	RPT	G		
2024-12-13	2400	David Rocco's Dolce Napoli	Espresso Espresso	In Naples, coffee is a world onto itself, both culturally and socially. Dark, bittersweet shots of espresso drunk quickly and with purpose is part the Neapolitan's daily routine.	CANADA	English-100	RPT	PG		Y
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2024-12-13	2725	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
2024-12-13	2730	The Cook Up With Adam Liaw	Tomatoes	Adam, chef at The Old Fitz Anna Ugarte-Carral and comedian Gen Fricker are in the Cook Up Kitchen whipping up some delicious meals based around our saucy theme, tomatoes!	AUSTRALIA	English-100	RPT	PG	I	Y
2024-12-13	2800	The Cook And The Chef	Land Of The Long White Cloud	The Cook and the Chef cross the Tasman to explore New Zealand, a land with rugged mountains, pristine waters and great produce. Maggie and Simon kick off their journey in Rotorua, where they find out how the local Maori people have cleverly harnessed the famous geothermal properties of the area for cooking purposes.	AUSTRALIA	English-100	RPT	G		
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2024-12-14	0500	David Rocco's Dolce Napoli	Espresso Espresso	In Naples, coffee is a world onto itself, both culturally and socially. Dark, bittersweet shots of espresso drunk quickly and with purpose is part the Neapolitan's daily routine.	CANADA	English-100	RPT	PG		Y
2024-12-14	0530	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. Followed by a quick tip on Pomegranate deseeding by Khanh.	AUSTRALIA	English-100	RPT	G		

2024-12-14	0600	Food Safari	Lebanese	This week Maeve O'Meara goes in search of the fresh green flavours of Lebanese food when she visits one of her favourite Middle Eastern emporiums with master chef Greg Malouf. There, she discovers how to choose the best tahini, yoghurt, burgul, chick peas and spice mixes for use in the Lebanese kitchen. Later, Maeve visits Samira Saab whose tabouli is legendary and who has some simple tips on making it taste amazing.	AUSTRALIA	English-100	RPT	G				Y
2024-12-14	0630	All The Things	All The Things Series 1 Ep 6	What is a celebration without cake so Cherie whips up a bit of chocolate lusciousness with some unexpected ingredients. The stage is set, the drinks are made, the food is prepared.	AUSTRALIA	English-100	RPT	G				
2024-12-14	0700	Selena + Chef	Selena + Aarti Sequeira: Friendsgiving	Known for elevating classic American dishes with Indian flavours, TV chef, cookbook author, and journalist, Aarti Sequeira, whips up a tandoori butter turkey breast and colourful side dishes.	USA	English-100	RPT	PG				
2024-12-14	0735	Food Markets: In The Belly Of The City	Riga - Centralrigus	Latvia is a small country yet Riga Centralrigus is the biggest city food market in Europe. It's located by the Old Town of the city, famous for its Art-Nouveau architecture.	FRANCE	English-67; Latvian-32; Russian-1	RPT	PG	a d w		Y	Y
2024-12-14	0835	Oliver's Twist	Jamie And The King	The dinner guest is Jamie's mate John, an Elvis impersonator. Jamie cooks up a Presley favourite - oven baked fat chips with rosemary salt, Elvis' burger and American chopped salad.	UNITED KINGDOM	English-100	RPT	G				
2024-12-14	0900	Freshly Picked	Ep 15	In today's episode, Luke Hine is cooking delicious zucchini hash browns. Simon makes a warming soup and delicious flatbread, then visits Lauds in Tasmania and finds a simple way to elevate rice.	AUSTRALIA	English-100	RPT					
2024-12-14	0930	My Market Kitchen	Ep 75	Laura cooks up a perfect weeknight dinner with spaghetti & meatballs with kale while local market celebrity John Pino antagonises Mike as he assembles a cauliflower cheese with beetroot relish.	AUSTRALIA		RPT	PG				
2024-12-14	1000	Rick Stein's Seafood Odyssey	Goa And America	It's six o'clock in the morning, and Rick is on a tropical beach in Goa, where the rising sun is shadowing the fishermen as they haul in the first of the day's catch.	UNITED KINGDOM	English-100	RPT	PG	a w			
2024-12-14	1030	Cook Like An Italian With Silvia Colloca	Arrivederci, Gluten!	Let's face it - when it comes to Italian food, carbs are king. Pizza, pasta, panini - it can feel impossible to enjoy Italian cuisine with a gluten-free lifestyle. But modern Italian home cooks have embraced gluten free culture and in this episode Silvia explores 3 very different ways of cooking Italian 'Senza Gluten'.	AUSTRALIA	English-100	RPT	G				Y
2024-12-14	1100	The Cook Up With Adam Liaw	Diet Starts Tomorrow	Adam throws an easy entertaining afternoon tea that declares 'the diet starts tomorrow', with cookbook author and chef Tom Walton and Australia's favourite host Osher Gunsberg.	AUSTRALIA	English-100	RPT	G				Y
2024-12-14	1130	The Chocolate Queen Christmas Special	Chocolate Queen Christmas Special, The	Whether you've been naughty or nice, Christmas is the best time to indulge in the sweeter things in life...And that means plenty of chocolate! Kirsten Tibballs, The Chocolate Queen, returns for a one-hour special packed with festive chocolate creations for the holiday season.	AUSTRALIA	English-100	RPT	G				
2024-12-14	1230	Rick Stein's Cornish Christmas	Rick Stein's Cornish Christmas, Series 1 Ep 1	The people of Cornwall are proud of the fact that they do things differently, and the Christmas celebrations in this beautiful part of England have their own unique flavours and sounds. Home for a while from his world-wide travel adventures, Rick Stein has a chance to enjoy Christmas in his beloved adopted county, where he joins in the ancient festival of Wassailing and cooks his own goose.	UNITED KINGDOM	English-100	RPT	G				Y

2024-12-14	1300	Rick Stein's Cornish Christmas	Rick Stein's Cornish Christmas, Series 1 Ep 2	In the second part of his Christmas special in Cornwall, Rick Stein and his chefs use local ingredients to create a Christmas banquet for all his Cornish friends, including the famous comedian Jethro - an old friend who, when they were younger, was a serious adversary on the rugby pitch. With Cornish Christmas music and the occasional glass of Cornish beers and ciders, this is a festive feast guaranteed to get viewers in the best seasonal spirits.	UNITED KINGDOM	English-100	RPT	G		Y
2024-12-14	1330	Secret World Of Snacks: Xmas Chocolate	Christmas Chocolate	Jo Brand narrates the nostalgic battles between our favourite Christmas chocolate brands. Industry heavyweights reveal how they fight for the unforgiving sales window that lasts for just three months every year.	UNITED KINGDOM	English-100	RPT	G		Y
2024-12-14	1425	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 4	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
2024-12-14	1430	Dishing It Up Christmas Special	Dishing It Up Christmas Special 2022	This Christmas Dishing it Up takes viewers into the homes of Australian households as they watch the latest Christmas cooking shows on TV and attempt to cook festive dishes in their own kitchen.	AUSTRALIA	English-100	RPT	PG	I	Y
2024-12-14	1530	Destination Flavour Christmas	Destination Flavour Christmas	Destination Flavour Christmas brings together the extraordinary talents of the SBS Food chefs to create a rich celebration feast that truly reflects Australia's cultural diversity. In this one-hour special television event, Destination Flavour presenter Adam Liaw draws on Asian traditions and childhood Christmas memories to create a mouth-watering spread for family and friends. As he prepares for the celebrations, the SBS Food stars share their Christmas stories and recipes from kitchens around Australia and the world. Luke Nguyen, Matthew Evans, Shane Delia, Peter Kuruvita and Gabriel Gaté also create their delicious Christmas favourites.	AUSTRALIA	English-100	RPT	G		Y
2024-12-14	1630	In The Spirit With Lindsay And Curtis	New Year's Day With Kelly Hu	Curtis and Lindsay surprise actress Kelly Hu with a noodle pulling lesson from a master. Lindsay shares her Korean mom's recipe for a good luck New Year's soup.	USA	English-100	RPT	G		
2024-12-14	1700	The Chocolate Queen	Chocolate Queen Series 2, The Ep 3	Get tangled in today's episode with Kirsten's delicious babka knots. The Chocolate Queen also gives her best recipes for entertaining with chocolate truffle cups and a hazelnut tart.	AUSTRALIA	English-100	RPT	G		
2024-12-14	1730	Lorraine Pascale: Be A Better Cook	Tony Sartori	With plenty of deceptively easy recipes and fantastic tips, Lorraine Pascale shows people with no kitchen confidence how to pull off an impressive meal for friends and family.	UNITED KINGDOM	English-100		G		
2024-12-14	1800	Patti's Mexican Table	Canyon Cruise	Pati learns running is a way of life for the Raramuri and tries foods that fuel them.	USA	English-100		G		
2024-12-14	1830	Tales From River Cottage	Barter And Business	Hugh's argument is that the life of a small holder should not be one of ascetic self denial, but thoroughly good living. To achieve this, you need to be a bit of a wiley entrepreneur, always ready to barter and heckle, and go to market with the excess of your harvest, so you can still have your share of the good things in life. Hugh charts the rise of his own little enterprise, the River Cottage Glutton, from the local farmers market, to the streets of London, where he comes a bit unstuck with a traffic warden.	UNITED KINGDOM	English-100	RPT	PG		a w
2024-12-14	1900	Tales From River Cottage	Chicken And Egg	The difference between a veg garden and a smallholding is simple - livestock. And the first item of livestock every downshifter needs is a chicken or two. Hugh recalls the highs and lows of his poultry learning curve, from acquiring his first hens, and teaching them to climb his fox-proof, high-rise chicken hut, to his experiment to try and breed the tastiest roasting chicken of all time.	UNITED KINGDOM	English-100	RPT	PG		a n w

2024-12-14	1930	Hugh's Fish Fight	Hugh's Fish Fight Series 1 Ep 4	Hugh journeys to discover the truth behind fisheries -- and what's going so incredibly wrong.	UNITED KINGDOM	English-100	RPT	G			
2024-12-14	2030	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 2	One of the great delights of Basque food are 'pinxos'; huge tapas portions. In this two-part episode, Rick learns all about them in a crowded bar in San Sebastian. In Ordizia, he marvels at how the toddlers from local schools all come to the market to see the various wares on display, while the teacher explains what things are. Battling through the rain he arrives at La Rioja, one of the richest regions of the country, stuffed with fabulous vineyards. Then it's on to Navarra and its most famous town, Pamplona - known for its bull running and Ernest Hemingway - and the Catalan town of Lleida - which is crazy about snails.	UNITED KINGDOM	English-100	RPT	G		Y	
2024-12-14	2140	Anthony Bourdain: Parts Unknown	Las Vegas	Tony travels to Las Vegas, a city known for over-indulgence, with food author Michael Ruhlman, and visits locales that include Huntridge Tavern (in the shadow of the strip), and famed restaurant é by chef José Andrés.	USA	English-100	RPT	PG	a		
2024-12-14	2235	Extreme Food Phobics	Ep 2	This episode features a mum of two whose restrictive diet of chips has resulted in a type 2 diabetes diagnosis, and an air stewardess, whose fear of onions and garlic is stopping her living life to the full.	UNITED KINGDOM	English-100	RPT	G		Y	
2024-12-14	2330	Dishing It Up Christmas Special	Dishing It Up Christmas Special 2022	This Christmas Dishing it Up takes viewers into the homes of Australian households as they watch the latest Christmas cooking shows on TV and attempt to cook festive dishes in their own kitchen.	AUSTRALIA	English-100	RPT	PG	I	Y	
2024-12-14	2430	Destination Flavour Christmas	Destination Flavour Christmas	Destination Flavour Christmas brings together the extraordinary talents of the SBS Food chefs to create a rich celebration feast that truly reflects Australia's cultural diversity. In this one-hour special television event, Destination Flavour presenter Adam Liaw draws on Asian traditions and childhood Christmas memories to create a mouth-watering spread for family and friends. As he prepares for the celebrations, the SBS Food stars share their Christmas stories and recipes from kitchens around Australia and the world. Luke Nguyen, Matthew Evans, Shane Delia, Peter Kuruvita and Gabriel Gaté also create their delicious Christmas favourites.	AUSTRALIA	English-100	RPT	G		Y	
2024-12-14	2530	In The Spirit With Lindsay And Curtis	New Year's Day With Kelly Hu	Curtis and Lindsay surprise actress Kelly Hu with a noodle pulling lesson from a master. Lindsay shares her Korean mom's recipe for a good luck New Year's soup.	USA	English-100	RPT	G			
2024-12-14	2600	The Chocolate Queen	Chocolate Queen Series 2, The Ep 3	Get tangled in today's episode with Kirsten's delicious babka knots. The Chocolate Queen also gives her best recipes for entertaining with chocolate truffle cups and a hazelnut tart.	AUSTRALIA	English-100	RPT	G			
2024-12-14	2630	Lorraine Pascale: Be A Better Cook	Tony Sartori	With plenty of deceptively easy recipes and fantastic tips, Lorraine Pascale shows people with no kitchen confidence how to pull off an impressive meal for friends and family.	UNITED KINGDOM	English-100	RPT	G			
2024-12-14	2700	Patti's Mexican Table	Canyon Cruise	Pati learns running is a way of life for the Raramuri and tries foods that fuel them.	USA	English-100	RPT	G			
2024-12-14	2730	Anthony Bourdain: Parts Unknown	Las Vegas	Tony travels to Las Vegas, a city known for over-indulgence, with food author Michael Ruhlman, and visits locales that include Huntridge Tavern (in the shadow of the strip), and famed restaurant é by chef José Andrés.	USA	English-100	RPT	PG	a		
2024-12-14	2825	Destination Flavour China Bitesize	Tibetan Yak Belly Stew	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G		Y	Y

2024-12-14

2830

Tales From River Cottage

Barter And Business

Hugh's argument is that the life of a small holder should not be one of ascetic self denial, but thoroughly good living. To achieve this, you need to be a bit of a wiley entrepreneur, always ready to barter and heckle, and go to market with the excess of your harvest, so you can still have your share of the good things in life. Hugh charts the rise of his own little enterprise, the River Cottage Glutton, from the local farmers market, to the streets of London, where he comes a bit unstuck with a traffic warden.

UNITED KINGDOM

English-100

RPT

PG

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