



**WEEK 51**                      **Sunday, 15 December 2024** **Saturday, 21 December 2024**                      **ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Egg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-12-15	0500	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.	UNITED KINGDOM	English-100	RPT	PG	a n w		
2024-12-15	0530	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	
2024-12-15	0625	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 1	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
2024-12-15	0630	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			
2024-12-15	0730	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.	UNITED KINGDOM	English-100	RPT	G			Y
2024-12-15	0835	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			
2024-12-15	0905	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			
2024-12-15	0930	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.	UNITED KINGDOM	English-100	RPT	PG	a w		
2024-12-15	1000	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.	UNITED KINGDOM	English-100	RPT	PG	a n w		
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2024-12-15	1125	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
2024-12-15	1130	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			
2024-12-15	1200	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			Y
2024-12-15	1230	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	
2024-12-15	1330	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	
2024-12-15	1430	Michel Roux's French Country Cooking	Christmas In Provence	Michel Roux is hosting family and friends for an unforgettable Christmas in Provence. The house is decorated, the champagne is on ice and Michel is using his Michelin starred magic to create his menu.	UNITED KINGDOM	English-100	RPT	PG			Y
2024-12-15	1525	Taste The Philippines With Yasmin Newman	Kinilaw With Yasmin Newman	Rejoice Thomson, pastry chef and owner of Brisbane's Dovetail on Overend makes a classic Australian dessert with a Filipino twist: mini ube pavlovas with passion fruit curd.	AUSTRALIA	English-100	RPT	G			
2024-12-15	1530	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	RPT	G			Y
2024-12-15	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
2024-12-15	1630	Jack Stein: Inside The Box	Zagreb	Jack self-proclaims he makes the best fish and chips in the country, but can he make his adapted recipe the best fish and chips in Croatia too?	AUSTRALIA	English-100	RPT	PG			
2024-12-15	1700	The Chocolate Queen	Chocolate Queen Series 2, The Ep 4	Today's episode showcases how chocolate can elevate our favourite desserts: as a filling to fluffy donuts, folded through a decadent creme brulee or as a coating to a crunchy peanut brittle... the options are endless!	AUSTRALIA	English-100	RPT	G			
2024-12-15	1730	Eating Inn	Nobu: Crown, Sydney	An episode of surprises. From Chef Nobu's Japanese/Peruvian fusion technique, to his long-time successful partnership with actor Robert De Niro, to his Exec Chef in Sydney, Filipino Harold Hurtada.	SINGAPORE	English-100		G			
2024-12-15	1830	James Martin's Spanish Adventure	Vigo	James visits Vigo, and the biggest European fish market. He tries Galician octopus and we see how a traditional loaf is made. Then he cooks fish in mojo sauce, fish soup, flatbread with seafood and pork.	UNITED KINGDOM	English-100	RPT	PG	a w		Y

2024-12-15	1930	<b>A Lake District Farmshop</b>	Ep 7	We return to the beloved service station for a one-off special during Tebay's busiest and most joyful time of year. Tebay's team and its army of local producers will go above and beyond to make a magical Christmas happen for its customers.	UNITED KINGDOM	English-100		PG		
2024-12-15	2030	<b>Rick Stein's Mediterranean Escapes</b>	Sardinia And Sicily	In Sardinia, Rick watches as the local fishermen catch mullet using methods that date back to the Ancient Romans. He then boards a ferry for Sicily. In Palermo, he finds one of the best pasta dishes he has ever tasted. Rick rustles up a simple vegetarian pasta with tomatoes, capers and mint using capers from the island of Pantelleria.	UNITED KINGDOM	English-100	RPT	G		Y
2024-12-15	2140	<b>Anthony Bourdain: Parts Unknown</b>	Punjab	Tony explores the ever-changing state of Punjab - one of the most beautiful and relatively unknown areas of India. Punjab is the Sikh Holy Land and is also India's agricultural breadbasket.	USA	English-100	RPT	PG	a	Y
2024-12-15	2230	<b>Extreme Food Phobics</b>	Ep 3	34-year-old Christian is desperate for help to try and overcome his extreme aversion to healthy food, while single mum Rebekah spends her days snacking on chocolate, crisps and energy drinks rather than eating proper meals.	UNITED KINGDOM	English-100	RPT	PG	a	Y
2024-12-15	2325	<b>Taste The Philippines With Yasmin Newman</b>	Kinamatisang Manok With Kim Cudia-Prieto	Chef and owner of Canberra's Lolo and Lola's, Kim Cudia-Prieto cooks a specialty dish called Kinamatisan Manok using classic ingredients that are local to her hometown.	AUSTRALIA	English-100	RPT	G		
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2024-12-15	2625	<b>Please Eat Slowly Bitesize</b>	Claypot Rice	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all-in-one. Victor talks through which claypot is best to use, and how you can achieve fluffy rice plus a crispy bottom layer without burning.	AUSTRALIA	English-100	RPT	G		
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2024-12-16	1235	Come Dine With Me	Exeter-Devon Day 5	Despite her hit and miss food, can Lorna's hosting skills and sense of fun make her a serious contender for the prize?	UNITED KINGDOM	English-100	RPT	PG	a l	

2024-12-16	1300	David Rocco's Dolce Napoli	Capri Way, The	The island of Capri is known for its natural beauty, gorgeous hotels and luxury shopping. David visits his friends at the hotel San Felice and gets the true Capri treatment - a boat tour around the island - all the while finding local culinary hotspots along the way.	CANADA	English-100	RPT	PG	a w		
2024-12-16	1330	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	RPT	G			
2024-12-16	1400	Food Safari	Mexican Safari	Mexican cuisine is one of the most ancient and developed on earth. In tonight's episode, Mexican expatriates in Australia welcome Maeve O'Meara into their kitchens to explain some of the recipes and tips.	AUSTRALIA	English-100	RPT	G		Y	
2024-12-16	1430	The Italian Vegan Chef	Temple Of An Ancient Poem: Discovering The Stone Town, The	Nadia's first stop is Sardinia. She discovers traditional dishes and teach the locals to re-interpret them with plant-based ingredients. She then arrives in Gallura, and meets a local teacher.	ISRAEL	English-50; Italian-50	RPT	G			Y
2024-12-16	1500	Selena + Chef	Selena + Kwame Onwuachi	Award-winning chef, author, restaurateur, and culinary judge Kwame Onwuachi introduces Selena Gomez to traditional Nigerian fare.	USA	English-100	RPT	PG	a l		Y
2024-12-16	1530	Food Markets: In The Belly Of The City	Toulouse - Victor Hugo	In the deep south of France the so called pink city of Toulouse hosts a coffe full of world wide famous food treasures - the Victor Hugo Market. The black truffles of Quercy, the Rocamadour cheese, the foie gras and the white beans of the most traditional Cassoulet allows us to discover the French Pyrenees.	FRANCE	English-50; French-50	RPT	G		Y	Y
2024-12-16	1630	Oliver's Twist	Birthday Boy	It's Jamie's birthday and he goes to his house which is being renovated in Essex to prepare a barbecue for his family and friends.	UNITED KINGDOM	English-100	RPT	G			
2024-12-16	1700	Freshly Picked	Ep 16	Kicking off today's Freshly Picked, Simon makes tasty green goddess fried rice, then transforms left-over bread into a delicious snack. Renee Buckingham gets creative with her spicy cauliflower nuggets, and Simon explores flavourful almonds in Minter Magic.	AUSTRALIA	English-100		PG			
2024-12-16	1730	Everyday Gourmet With Justine Schofield	Episode 1	Justine is back with a brand new season of Everyday Gourmet. She is joined by an array of world renowned chefs bringing you bigger and better recipes than ever before.	AUSTRALIA	English-100					
2024-12-16	1800	Rick Stein's Seafood Odyssey	Australia And Italy	Rick takes in the white sands and turquoise seas of Noosa, in Queensland, where he meets Sally Jenyns, a TV chef who shares Rick's passion for the sea, boats and fishing. She also shows Rick a thing or two about seafood cooking Australian-style.	UNITED KINGDOM	English-100	RPT	PG	a w		
2024-12-16	1830	Cook Like An Italian With Silvia Colloca	Meal Planning	For Italians, if the pantry is stocked with classic and versatile ingredients,they will never go hungry again or spend a fortune ordering in.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-12-16	1900	The Cook Up With Adam Liaw	Weeknight Potluck Solved	It's easy entertaining, and Adam, Indigenous Culinary Consultant Sam May and comedian Frida Deguisse help put a stop to weeknight potluck panic.	AUSTRALIA	English-100	RPT	G		Y	
2024-12-16	1930	Mark Moriarty: Off Duty Chef Christmas	Episode 2	This episode focuses on a contemporary festive menu and Mark will be sharing some tips on how to create delicious and quick snacks for guests, including salmon gravadlax served on toasted brioche with fennel slaw and a spiced beef short-rib served with roast potatoes with feta and coriander.	UNITED KINGDOM	English-100	RPT	PG			
2024-12-16	2000	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 2 Episode 9	Seafood is the main ingredient as we float around one of the world's natural wonders, Ha Long Bay. Blue swimmer crab and mussels are caught and cooked in and amongst the stunning floating villages and fisheries.	AUSTRALIA	English-100	RPT	G		Y	Y

2024-12-16	2030	<b>Stanley Tucci: Searching For Italy</b>	Rome	Situated in Lazio, the ancient city of Rome is often overlooked in the gastronomic department. Stanley Tucci meets up with an old friend, Claudia della Frattina, and they head out to explore.	USA	English-90; Italian-10	RPT	PG		Y	Y
2024-12-16	2125	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 4	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y	
2024-12-16	2130	<b>Come Dine With Me UK</b>	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 from the tension?	UNITED KINGDOM	English-100	RPT	PG			
2024-12-16	2200	<b>Come Dine With Me UK</b>	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	RPT	PG			
2024-12-16	2230	<b>The Cook Up With Adam Liaw</b>	Vice	NITV presenter Rae Johnston and Paralympian Ellie Cole are in the Cook Up kitchen with Adam Liaw creating their favourite vice-inspired dishes.	AUSTRALIA	English-100	RPT	PG	I	Y	
2024-12-16	2300	<b>The Cook And The Chef</b>	Kumara And Venison	Maggie and Simon show us more beautiful produce from the Land of the Long White Cloud. Maggie finds some delicious Kumara, a Maori word for sweet potato while Simon discovers New Zealand Venison.	AUSTRALIA	English-100	RPT	G			
2024-12-16	2330	<b>Andrew Zimmern's Wild Game Kitchen</b>	Grilled Venison & Duck Gumbo	Andrew Zimmern butchers and trims his favourite tender cuts from the venison leg, grills the meat over an open fire and serves it with coal-roasted sweet potatoes and a sweet and spicy pepper relish.	USA	English-100	RPT	G			
2024-12-16	2400	<b>David Rocco's Dolce Napoli</b>	Capri Way, The	The island of Capri is known for its natural beauty, gorgeous hotels and luxury shopping. David visits his friends at the hotel San Felice and gets the true Capri treatment - a boat tour around the island - all the while finding local culinary hotspots along the way.	CANADA	English-100	RPT	PG	a w		
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2024-12-16	2800	<b>The Cook And The Chef</b>	Kumara And Venison	Maggie and Simon show us more beautiful produce from the Land of the Long White Cloud. Maggie finds some delicious Kumara, a Maori word for sweet potato while Simon discovers New Zealand Venison.	AUSTRALIA	English-100	RPT	G			
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2024-12-17	0500	<b>David Rocco's Dolce Napoli</b>	Capri Way, The	The island of Capri is known for its natural beauty, gorgeous hotels and luxury shopping. David visits his friends at the hotel San Felice and gets the true Capri treatment - a boat tour around the island - all the while finding local culinary hotspots along the way.	CANADA	English-100	RPT	PG	a	w	
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2024-12-17	0830	<b>Oliver's Twist</b>	Birthday Boy	It's Jamie's birthday and he goes to his house which is being renovated in Essex to prepare a barbecue for his family and friends.	UNITED KINGDOM	English-100	RPT	G			
2024-12-17	0900	<b>Freshly Picked</b>	Ep 16	Kicking off today's Freshly Picked, Simon makes tasty green goddess fried rice, then transforms left-over bread into a delicious snack. Renee Buckingham gets creative with her spicy cauliflower nuggets, and Simon explores flavourful almonds in Minter Magic.	AUSTRALIA	English-100	RPT	PG			
2024-12-17	0930	<b>Everyday Gourmet With Justine Schofield</b>	Episode 1	Justine is back with a brand new season of Everyday Gourmet. She is joined by an array of world renowned chefs bringing you bigger and better recipes than ever before.	AUSTRALIA	English-100	RPT				

2024-12-17	1000	<b>Rick Stein's Seafood Odyssey</b>	Australia And Italy	Rick takes in the white sands and turquoise seas of Noosa, in Queensland, where he meets Sally Jenyns, a TV chef who shares Rick's passion for the sea, boats and fishing. She also shows Rick a thing or two about seafood cooking Australian-style.	UNITED KINGDOM	English-100	RPT	PG	a w		
2024-12-17	1030	<b>Cook Like An Italian With Silvia Colloca</b>	Meal Planning	For Italians, if the pantry is stocked with classic and versatile ingredients, they will never go hungry again or spend a fortune ordering in.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-12-17	1100	<b>The Cook Up With Adam Liaw</b>	Weeknight Potluck Solved	It's easy entertaining, and Adam, Indigenous Culinary Consultant Sam May and comedian Frida Deguisse help put a stop to weeknight potluck panic.	AUSTRALIA	English-100	RPT	G		Y	
2024-12-17	1130	<b>Mark Moriarty: Off Duty Chef Christmas</b>	Episode 2	This episode focuses on a contemporary festive menu and Mark will be sharing some tips on how to create delicious and quick snacks for guests, including salmon gravadlax served on toasted brioche with fennel slaw and a spiced beef short-rib served with roast potatoes with feta and coriander.	UNITED KINGDOM	English-100	RPT	PG			
2024-12-17	1200	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 9	Seafood is the main ingredient as we float around one of the world's natural wonders, Ha Long Bay. Blue swimmer crab and mussels are caught and cooked in and amongst the stunning floating villages and fisheries.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-12-17	1230	<b>Come Dine With Me</b>	Newcastle Day 6	This dinner party shapes up to be an unusual evening with strange food, shocking name reveals and an unexpected dessert. But will it be enough to secure Delphinium a thousand pound prize?	UNITED KINGDOM	English-100	RPT	PG	a s		
2024-12-17	1300	<b>David Rocco's Dolce Napoli</b>	Music In Napoli	Naples is a city thriving with culture - and not just food culture. Music is all around the city, so it's no surprise that David meets one of Italy's top folk singers, Pietra Montecorvino.	CANADA	English-100	RPT	G			Y
2024-12-17	1330	<b>My Market Kitchen</b>	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	RPT	G			
2024-12-17	1400	<b>Food Safari</b>	Turkish Safari	Host Maeve O'Meara visits an emporium filled with ingredients for Turkish cooking with her friend chef Serif Kaya. Esma Koroglu discusses the Turkish love of colourful dips and whips up two beauties - a beetroot dip and a carrot dip. Ishil Ihtiyar then makes a salad of golden roasted eggplant and a bulgar pilaf with cracked wheat and capsicum paste.	AUSTRALIA	English-100	RPT	G		Y	
2024-12-17	1430	<b>The Italian Vegan Chef</b>	Happy Town - From The Sea To The Mountains, The	Nadia arrives to Olbia and visits chef Stefano Azara, the owner of Lo Squalo restaurant. She helps make two dishes: a vegan parmigiana and 'fishless' patties with flavours similar to wakame seaweed.	ISRAEL	English-50; Italian-50	RPT	G			Y
2024-12-17	1500	<b>Selena + Chef</b>	Selena + Ayesha Curry	Bestselling cookbook author, restaurant owner, and TV host Ayesha Curry teaches Selena Gomez how to make the ultimate party spread of hot honey chicken sandwiches.	USA	English-100	RPT	G			Y
2024-12-17	1530	<b>Food Markets: In The Belly Of The City</b>	Zagreb - Dolac	Looking at the 'Kumice' selling their baskets full of vegetables and cheese on the Dolac market stalls in Zagreb is like going back in time. These ladies come to town bringing only what they grow in their gardens. Croatia is the last country that joined the EU, and visiting its food market is the best way to embrace Eastern and Western Europe in one look, and to taste it in one bite.	FRANCE	English-58; Croatian-42	RPT	PG	a w	Y	Y
2024-12-17	1630	<b>Oliver's Twist</b>	Boat Trip	Jamie Oliver rustles up more tasty meals. Here, he joins a friend on a river boat in Windsor where they prepare a lobster club sandwich and a dessert called Eton Mess.	UNITED KINGDOM	English-100	RPT	G			
2024-12-17	1700	<b>Freshly Picked</b>	Ep 17	Simon visits Mildura in search of good quality dry grapes for his Sweet Sri Lankan coconut pancakes. Vegan dad Jack Rock is back for another delicious family-friendly tofu recipe. There's a hearty pea stew on the menu today along with smashed zucchini and smoked almonds on sourdough.	AUSTRALIA	English-100		G			



2024-12-17	1730	Everyday Gourmet With Justine Schofield	Episode 2	Justine cooks an amazing Caribbean Pork Roast followed by an easy vegetarian Agadashi Tofu. Robert Coco joins us in the kitchen to share his recipe for Baked Apricot Tart.	AUSTRALIA	English-100						
2024-12-17	1800	Rick Stein's Seafood Odyssey	America And Cornwall	Rick begins the next leg of his Seafood Odyssey in Chesapeake Bay, Maryland, in America. The area is famous for striped bass and Rick makes a mouth-watering visit to an oyster shack.	UNITED KINGDOM	English-100	RPT	PG	a	w		
2024-12-17	1830	Cook Like An Italian With Silvia Colloca	Signature Dishes	Italian home cooks always have a signature dish that families just can't get enough of and in this episode, Silvia's friend Silvana shows her how to make a special Arancini family recipe.	AUSTRALIA	English-100	RPT	G			Y	Y
2024-12-17	1900	The Cook Up With Adam Liaw	Brilliant Brunch	It's easy entertaining, and Adam hosts a brilliant brunch with his special guests, comedian Nina Oyama and chef Matt Stone.	AUSTRALIA	English-100	RPT	PG			Y	
2024-12-17	1930	Lorraine Pascale: Home Cooking Made Easy	Simple	Lorraine brings the taste of Spain to the table with her Rioja braised lamb shanks with chorizo and garlic, served with her buttery fast-baked mashed potato.	UNITED KINGDOM	English-100	RPT	G				
2024-12-17	2000	Mark Moriarty: Off Duty Chef	From The Ground Up	As well as its stunning coastline, County Kerry is surrounded by rich soil in its vast mountain ranges. With this backdrop as inspiration Mark champions the best of fruit and vegetables and puts them in the spotlight.	UNITED KINGDOM	English-100		G				
2024-12-17	2030	Jamie's Ultimate Veg	Ep 1	Jamie kicks things off by celebrating vegetables in a game-changing cottage pie. He gets inspired by amazing Indian street food, and prepares a mighty mac 'n' cheese full of greens.	UNITED KINGDOM	English-100	RPT	G				
2024-12-17	2125	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	
2024-12-17	2130	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. But after Muneer's food was last night criticised by fiery Brazilian Rosie, she's concerned about being in the firing line.	UNITED KINGDOM	English-100	RPT	PG	a			
2024-12-17	2200	Come Dine With Me UK	Peterborough Day 3	This week we're in the Peterborough area where 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	RPT	PG				
2024-12-17	2230	The Cook Up With Adam Liaw	Ten-Minute Dinner	Need dinner quick for the family? Adam, Nilgiri's chef Ajoy Joshi and bushfood educator Jody Orcher create their ultimate dinners in just 10 minutes in the Cook Up kitchen.	AUSTRALIA	English-100	RPT	G			Y	
2024-12-17	2300	The Cook And The Chef	Salmon And Wasabi	Maggie and Simon's culinary adventure in New Zealand continues this week as we find Simon on the South Island checking out the amazing Wasabi plant and visiting a salmon farm near Mount Cook where the fish are so good they've caught the attention of the Emperor of Japan.	AUSTRALIA	English-100	RPT	G				
2024-12-17	2330	Andrew Zimmern's Wild Game Kitchen	Bison Bites & Prosciutto-Wrapped Trout	Andrew Zimmern prepares an appetiser of bison tenderloin bites, fried until crisp, tossed in a spicy seasoning blend and served with two dipping sauces - an Indian-inspired tamarind sauce and a classic Hunan peanut sauce.	USA	English-100	RPT	G				
2024-12-17	2400	David Rocco's Dolce Napoli	Music In Napoli	Naples is a city thriving with culture - and not just food culture. Music is all around the city, so it's no surprise that David meets one of Italy's top folk singers, Pietra Montecorvino.	CANADA	English-100	RPT	G				Y

2024-12-17	2430	Lorraine Pascale: Home Cooking Made Easy	Simple	Lorraine brings the taste of Spain to the table with her Rioja braised lamb shanks with chorizo and garlic, served with her buttery fast-baked mashed potato.	UNITED KINGDOM	English-100	RPT	G	
2024-12-17	2500	Mark Moriarty: Off Duty Chef	From The Ground Up	As well as its stunning coastline, County Kerry is surrounded by rich soil in its vast mountain ranges. With this backdrop as inspiration Mark champions the best of fruit and vegetables and puts them in the spotlight.	UNITED KINGDOM	English-100	RPT	G	
2024-12-17	2530	Jamie's Ultimate Veg	Ep 1	Jamie kicks things off by celebrating vegetables in a game-changing cottage pie. He gets inspired by amazing Indian street food, and prepares a mighty mac 'n' cheese full of greens.	UNITED KINGDOM	English-100	RPT	G	
2024-12-17	2625	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
2024-12-17	2630	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. But after Muneer's food was last night criticised by fiery Brazilian Rosie, she's concerned about being in the firing line.	UNITED KINGDOM	English-100	RPT	PG	a
2024-12-17	2700	Come Dine With Me UK	Peterborough Day 3	This week we're in the Peterborough area where 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	RPT	PG	
2024-12-17	2730	The Cook Up With Adam Liaw	Ten-Minute Dinner	Need dinner quick for the family? Adam, Nilgiri's chef Ajoy Joshi and bushfood educator Jody Orcher create their ultimate dinners in just 10 minutes in the Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
2024-12-17	2800	The Cook And The Chef	Salmon And Wasabi	Maggie and Simon's culinary adventure in New Zealand continues this week as we find Simon on the South Island checking out the amazing Wasabi plant and visiting a salmon farm near Mount Cook where the fish are so good they've caught the attention of the Emperor of Japan.	AUSTRALIA	English-100	RPT	G	
2024-12-17	2830	Andrew Zimmern's Wild Game Kitchen	Bison Bites & Prosciutto-Wrapped Trout	Andrew Zimmern prepares an appetiser of bison tenderloin bites, fried until crisp, tossed in a spicy seasoning blend and served with two dipping sauces - an Indian-inspired tamarind sauce and a classic Hunan peanut sauce.	USA	English-100	RPT	G	
2024-12-18	0500	David Rocco's Dolce Napoli	Music In Napoli	Naples is a city thriving with culture - and not just food culture. Music is all around the city, so it's no surprise that David meets one of Italy's top folk singers, Pietra Montecorvino.	CANADA	English-100	RPT	G	Y
2024-12-18	0530	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	RPT	G	
2024-12-18	0600	Food Safari	Turkish Safari	Host Maeve O'Meara visits an emporium filled with ingredients for Turkish cooking with her friend chef Serif Kaya. Esma Koroglu discusses the Turkish love of colourful dips and whips up two beauties - a beetroot dip and a carrot dip. Ishil Ihtiyar then makes a salad of golden roasted eggplant and a bulgar pilaf with cracked wheat and capsicum paste.	AUSTRALIA	English-100	RPT	G	Y
2024-12-18	0630	The Italian Vegan Chef	Happy Town - From The Sea To The Mountains, The	Nadia arrives to Olbia and visits chef Stefano Azara, the owner of Lo Squalo restaurant. She helps make two dishes: a vegan parmigiana and 'fishless' patties with flavours similar to wakame seaweed.	ISRAEL	English-50; Italian-50	RPT	G	Y
2024-12-18	0700	Selena + Chef	Selena + Ayesha Curry	Bestselling cookbook author, restaurant owner, and TV host Ayesha Curry teaches Selena Gomez how to make the ultimate party spread of hot honey chicken sandwiches.	USA	English-100	RPT	G	Y

2024-12-18	0730	<b>Food Markets: In The Belly Of The City</b>	Zagreb - Dolac	Looking at the 'Kumice' selling their baskets full of vegetables and cheese on the Dolac market stalls in Zagreb is like going back in time. These ladies come to town bringing only what they grow in their gardens. Croatia is the last country that joined the EU, and visiting its food market is the best way to embrace Eastern and Western Europe in one look, and to taste it in one bite.	FRANCE	English-58; Croatian-42	RPT	PG	a w	Y	Y
2024-12-18	0830	<b>Oliver's Twist</b>	Boat Trip	Jamie Oliver rustles up more tasty meals. Here, he joins a friend on a river boat in Windsor where they prepare a lobster club sandwich and a dessert called Eton Mess.	UNITED KINGDOM	English-100	RPT	G			
2024-12-18	0900	<b>Freshly Picked</b>	Ep 17	Simon visits Mildura in search of good quality dry grapes for his Sweet Sri Lankan coconut pancakes. Vegan dad Jack Rock is back for another delicious family-friendly tofu recipe. There's a hearty pea stew on the menu today along with smashed zucchini and smoked almonds on sourdough.	AUSTRALIA	English-100	RPT	G			
2024-12-18	0930	<b>Everyday Gourmet With Justine Schofield</b>	Episode 2	Justine cooks an amazing Caribbean Pork Roast followed by an easy vegetarian Agadashi Tofu. Robert Coco joins us in the kitchen to share his recipe for Baked Apricot Tart.	AUSTRALIA	English-100	RPT				
2024-12-18	1000	<b>Rick Stein's Seafood Odyssey</b>	America And Cornwall	Rick begins the next leg of his Seafood Odyssey in Chesapeake Bay, Maryland, in America. The area is famous for striped bass and Rick makes a mouth-watering visit to an oyster shack.	UNITED KINGDOM	English-100	RPT	PG	a w		
2024-12-18	1030	<b>Cook Like An Italian With Silvia Colloca</b>	Signature Dishes	Italian home cooks always have a signature dish that families just can't get enough of and in this episode, Silvia's friend Sylvania shows her how to make a special Arancini family recipe.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-12-18	1100	<b>The Cook Up With Adam Liaw</b>	Brilliant Brunch	It's easy entertaining, and Adam hosts a brilliant brunch with his special guests, comedian Nina Oyama and chef Matt Stone.	AUSTRALIA	English-100	RPT	PG		Y	
2024-12-18	1130	<b>Lorraine Pascale: Home Cooking Made Easy</b>	Simple	Lorraine brings the taste of Spain to the table with her Rioja braised lamb shanks with chorizo and garlic, served with her buttery fast-baked mashed potato.	UNITED KINGDOM	English-100	RPT	G			
2024-12-18	1200	<b>Mark Moriarty: Off Duty Chef</b>	From The Ground Up	As well as its stunning coastline, County Kerry is surrounded by rich soil in its vast mountain ranges. With this backdrop as inspiration Mark champions the best of fruit and vegetables and puts them in the spotlight.	UNITED KINGDOM	English-100	RPT	G			
2024-12-18	1230	<b>Come Dine With Me</b>	Newcastle Day 7	It's art teacher Karen's turn to host and she's looking to impress her guests with a ginger themed menu. Each course will include her favourite spice!	UNITED KINGDOM	English-100	RPT	PG	a		
2024-12-18	1300	<b>David Rocco's Dolce Napoli</b>	Donkey Way, The	The Palio del Casale, or Donkey Race, brings thousands of spectators and partiers to the town of Camposano. It's a weekend long party based around old Italian tradition and light competition between neighboring towns, regions, and even countries.	CANADA	English-100	RPT	PG	a w		Y
2024-12-18	1330	<b>My Market Kitchen</b>	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	RPT	G			
2024-12-18	1400	<b>Food Safari</b>	Spanish Safari	You can smell the heady scents of saffron, paprika and garlic as host Maeve O'Meara investigates the key ingredients needed to create a Spanish pantry and visits chefs and home-cooks to gather some easy recipes. Learn about the art of Spanish tapas and join Carlos Lopez, a master of the no-fuss paella which he makes on the small balcony of his apartment.	AUSTRALIA	English-100	RPT	G		Y	
2024-12-18	1430	<b>The Italian Vegan Chef</b>	Painting Vegan	In Golfo Aranci, Nadia starts her day at the Abi D'oru Hotel and Spa, where she enjoys the luxurious facilities of the location before meeting Chef Filippo Fondatori to create three wonderful dishes.	ISRAEL	English-50; Italian-50	RPT	G			Y

2024-12-18	1500	Selena + Chef	Selena + Aaron Sanchez	It's time for a full-blown seafood soiree as fellow Texan Aaron Sanchez guides Selena through assembling a tower of sheer deliciousness, from crab ravigote to mango lobster ceviche.	USA	English-100	RPT	PG	a w	Y
2024-12-18	1530	Food Markets: In The Belly Of The City	Amsterdam	Food markets have a strong tradition in the Netherlands and many citizens count on their long street markets for their fresh food supplies. One of the oldest and most famous market of the Netherlands is the Albert Cuyp Markt, a street market stretching along the upcoming (and "hip") neighborhood of de Pijp.	FRANCE	English-63; Dutch-37	RPT	G		Y Y
2024-12-18	1630	Oliver's Twist	Jamie And The Soccer Girls	Jamie makes Spanish style tapas dishes for a neighbour who plays in a ladies' football team.	UNITED KINGDOM	English-100	RPT	G		
2024-12-18	1700	Freshly Picked	Ep 18	Jet Tranter is in the Freshly Picked kitchen today with her sensational salt and pepper mushroom calamari. Simon makes a delicious fried onion jam, shares his dessert taco recipe filled with delicious tropical flavours, and visits Robinvale Estate to make tasty herby olive oil pasta.	AUSTRALIA	English-100		G		
2024-12-18	1730	Everyday Gourmet With Justine Schofield	Episode 3	Realistic Nutritionist Rosie Mansfield is in to cook up a beautiful Zoodle Caprese.	AUSTRALIA	English-100				
2024-12-18	1800	Rick Stein's Seafood Odyssey	Thailand And Cornwall	In the local hot and bustling market, Rick collects ingredients for the dishes ranging from chargrilled prawns with simple Thai dipping sauce to horseshoe crab roes with green mango salad. Inspired by his jaunt to Thailand, Rick returns to Cornwall and prepares hard-fried fish in red curry with steamed jasmine rice.	UNITED KINGDOM	English-100	RPT	PG	a w	
2024-12-18	1830	Cook Like An Italian With Silvia Colloca	Italy, Top To Bottom	If renting a red Vespa, and embarking on a road trip from the top of Italy all the way down to the bottom of the 'boot,' isn't fitting your schedule anytime soon, Silvia has 3 recipes for you.	AUSTRALIA	English-100	RPT	G		Y Y
2024-12-18	1900	The Cook Up With Adam Liaw	Be My Guest	Adam's guests, chef Massimo Mele and athlete Isis Holt, lend a hand for easy entertaining, where the message is simple: be my guest!	AUSTRALIA	English-100	RPT	G		Y
2024-12-18	1930	Marcus Wareing At Christmas	Christmas Baking	In this episode Marcus Wareing prepares four of his favourite festive baking recipes, showcasing top tips from his restaurant kitchen. To begin, his delicious St Clements treacle tart, which combines traditional tart flavours with a St Clements pudding, creating a scrumptious citrus enhanced dessert.	UNITED KINGDOM	English-100		G		
2024-12-18	2000	Marcus Wareing At Christmas	Open House Party Food	In this party episode, Marcus shares his cheffy secrets to ensure your seasonal shindig really stands out. First up, bite-sized sour cream donuts dusted with cinnamon sugar and served with a rosemary infused chocolate sauce are the perfect morsel for guests to munch while mingling.	UNITED KINGDOM	English-100		PG		
2024-12-18	2030	Adam Richman Eats Britain	Aberdeen Angus	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's in Aberdeen to try the best of its world-famous beef, Aberdeen Angus, at one of the city's finest steak restaurants.	UNITED KINGDOM	English-100		G		
2024-12-18	2100	Masters Of Taste With Gary Mehigan	Hyderabad - Biryani Trail	Gary Mehigan unearths different biryanis in Hyderabad and creates his own without rice!	USA	English-100		G		
2024-12-18	2130	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 with his amazing body art, amazing cooking skills and even more amazing pet crabs!	UNITED KINGDOM	English-100	RPT	PG		
2024-12-18	2200	Come Dine With Me UK	Peterborough Day 5	It's the final night in Peterborough and Rosie is confident that her night will be the best of the week, clinching her the 1000 pound prize. Will Rosie pull it off and grab the cash, or will she make a complete pig's ear of it all?	UNITED KINGDOM	English-100	RPT	PG	a	

2024-12-18	2230	<b>The Cook Up With Adam Liaw</b>	Canada	Happyfield owners Chris Theodosi and Jesse Orleans join Adam in the Cook Up Kitchen to whip up some Canadian inspired meals.	AUSTRALIA	English-100	RPT	PG	I	Y
2024-12-18	2300	<b>The Cook And The Chef</b>	Olives And Mussels	Maggie and Simon continue their food Odyssey in the Land of the Long White Cloud. On New Zealand's North Island, Maggie discovers a microclimate responsible for some wonderful produce while Simon travels across the beautiful, pristine waters of Marlborough Sound in search of the Green Lipped Mussel.	AUSTRALIA	English-100	RPT	G		
2024-12-18	2330	<b>Andrew Zimmern's Wild Game Kitchen</b>	Turkey Tenders & Salmon With Lemon & Dill	Andrew shares his favourite way to prepare wild turkey breast - brined in pickle juice, dredged and pan-fried over an open fire, served with an indulgent cheese sauce and jalapeno-bacon wild rice.	USA	English-100	RPT	PG		
2024-12-18	2400	<b>David Rocco's Dolce Napoli</b>	Donkey Way, The	The Palio del Casale, or Donkey Race, brings thousands of spectators and partiers to the town of Camposano. It's a weekend long party based around old Italian tradition and light competition between neighboring towns, regions, and even countries.	CANADA	English-100	RPT	PG	a w	Y
2024-12-18	2430	<b>Marcus Wareing At Christmas</b>	Christmas Baking	In this episode Marcus Wareing prepares four of his favourite festive baking recipes, showcasing top tips from his restaurant kitchen. To begin, his delicious St Clements treacle tart, which combines traditional tart flavours with a St Clements pudding, creating a scrumptious citrus enhanced dessert.	UNITED KINGDOM	English-100	RPT	G		
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2024-12-18	2600	<b>Masters Of Taste With Gary Mehigan</b>	Hyderabad - Biryani Trail	Gary Mehigan unearths different biryanis in Hyderabad and creates his own without rice!	USA	English-100	RPT	G		
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2024-12-18	2730	<b>The Cook Up With Adam Liaw</b>	Canada	Happyfield owners Chris Theodosi and Jesse Orleans join Adam in the Cook Up Kitchen to whip up some Canadian inspired meals.	AUSTRALIA	English-100	RPT	PG	I	Y
2024-12-18	2800	<b>The Cook And The Chef</b>	Olives And Mussels	Maggie and Simon continue their food Odyssey in the Land of the Long White Cloud. On New Zealand's North Island, Maggie discovers a microclimate responsible for some wonderful produce while Simon travels across the beautiful, pristine waters of Marlborough Sound in search of the Green Lipped Mussel.	AUSTRALIA	English-100	RPT	G		
2024-12-18	2830	<b>Andrew Zimmern's Wild Game Kitchen</b>	Turkey Tenders & Salmon With Lemon & Dill	Andrew shares his favourite way to prepare wild turkey breast - brined in pickle juice, dredged and pan-fried over an open fire, served with an indulgent cheese sauce and jalapeno-bacon wild rice.	USA	English-100	RPT	PG		

2024-12-19	0500	David Rocco's Dolce Napoli	Donkey Way, The	The Palio del Casale, or Donkey Race, brings thousands of spectators and partiers to the town of Camposano. It's a weekend long party based around old Italian tradition and light competition between neighboring towns, regions, and even countries.	CANADA	English-100	RPT	PG	a w	Y	
2024-12-19	0530	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	RPT	G			
2024-12-19	0600	Food Safari	Spanish Safari	You can smell the heady scents of saffron, paprika and garlic as host Maeve O'Meara investigates the key ingredients needed to create a Spanish pantry and visits chefs and home-cooks to gather some easy recipes. Learn about the art of Spanish tapas and join Carlos Lopez, a master of the no-fuss paella which he makes on the small balcony of his apartment.	AUSTRALIA	English-100	RPT	G		Y	
2024-12-19	0630	The Italian Vegan Chef	Painting Vegan	In Golfo Aranci, Nadia starts her day at the Abi D'oru Hotel and Spa, where she enjoys the luxurious facilities of the location before meeting Chef Filippo Fondatori to create three wonderful dishes.	ISRAEL	English-50; Italian-50	RPT	G		Y	
2024-12-19	0700	Selena + Chef	Selena + Aaron Sanchez	It's time for a full-blown seafood soiree as fellow Texan Aaron Sanchez guides Selena through assembling a tower of sheer deliciousness, from crab ravigote to mango lobster ceviche.	USA	English-100	RPT	PG	a w	Y	
2024-12-19	0730	Food Markets: In The Belly Of The City	Amsterdam	Food markets have a strong tradition in the Netherlands and many citizens count on their long street markets for their fresh food supplies. One of the oldest and most famous market of the Netherlands is the Albert Cuyp Markt, a street market stretching along the upcoming (and "hip") neighborhood of de Pijp.	FRANCE	English-63; Dutch-37	RPT	G		Y	Y
2024-12-19	0830	Oliver's Twist	Jamie And The Soccer Girls	Jamie makes Spanish style tapas dishes for a neighbour who plays in a ladies' football team.	UNITED KINGDOM	English-100	RPT	G			
2024-12-19	0900	Freshly Picked	Ep 18	Jet Tranter is in the Freshly Picked kitchen today with her sensational salt and pepper mushroom calamari. Simon makes a delicious fried onion jam, shares his dessert taco recipe filled with delicious tropical flavours, and visits Robinvale Estate to make tasty herby olive oil pasta.	AUSTRALIA	English-100	RPT	G			
2024-12-19	0930	Everyday Gourmet With Justine Schofield	Episode 3	Realistic Nutritionist Rosie Mansfield is in to cook up a beautiful Zoodle Caprese.	AUSTRALIA	English-100	RPT				
2024-12-19	1000	Rick Stein's Seafood Odyssey	Thailand And Cornwall	In the local hot and bustling market, Rick collects ingredients for the dishes ranging from chargrilled prawns with simple Thai dipping sauce to horseshoe crab roes with green mango salad. Inspired by his jaunt to Thailand, Rick returns to Cornwall and prepares hard-fried fish in red curry with steamed jasmine rice.	UNITED KINGDOM	English-100	RPT	PG	a w		
2024-12-19	1030	Cook Like An Italian With Silvia Colloca	Italy, Top To Bottom	If renting a red Vespa, and embarking on a road trip from the top of Italy all the way down to the bottom of the 'boot,' isn't fitting your schedule anytime soon, Silvia has 3 recipes for you.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-12-19	1100	The Cook Up With Adam Liaw	Be My Guest	Adam's guests, chef Massimo Mele and athlete Isis Holt, lend a hand for easy entertaining, where the message is simple: be my guest!	AUSTRALIA	English-100	RPT	G		Y	
2024-12-19	1130	Marcus Wareing At Christmas	Christmas Baking	In this episode Marcus Wareing prepares four of his favourite festive baking recipes, showcasing top tips from his restaurant kitchen. To begin, his delicious St Clements treacle tart, which combines traditional tart flavours with a St Clements pudding, creating a scrumptious citrus enhanced dessert.	UNITED KINGDOM	English-100	RPT	G			
2024-12-19	1200	Marcus Wareing At Christmas	Open House Party Food	In this party episode, Marcus shares his cheffy secrets to ensure your seasonal shindig really stands out. First up, bite-sized sour cream donuts dusted with cinnamon sugar and served with a rosemary infused chocolate sauce are the perfect morsel for guests to munch while mingling.	UNITED KINGDOM	English-100	RPT	PG			

2024-12-19	1230	<b>Come Dine With Me</b>	Newcastle Day 8	Tonight will be one for the guests to remember; there's a shock in store for Karen, lots of humble pie for Mark and some very unusual dumplings for Delph and David.	UNITED KINGDOM	English-100	RPT	PG		
2024-12-19	1300	<b>David Rocco's Dolce Napoli</b>	Forza Napoli	In Naples, soccer isn't just a sport, it's a religion, and their fans are world renowned for their dedication, enthusiasm and creativity.	CANADA	English-100	RPT	PG	I	Y
2024-12-19	1330	<b>My Market Kitchen</b>	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 a Haloumi and Figs salad recipe.	AUSTRALIA	English-100	RPT	G		
2024-12-19	1400	<b>Food Safari</b>	Japanese Safari	Maeve joins legendary restaurateur Tetsuya Wakuda, who gives tips on Japanese cooking and makes a simple marinade using just five ingredients, including his favourite miso paste. Top restaurateur Kimitata Azuma makes a fast and easy fresh tuna salad, and home-cook Yuki Totsuka shows how to make miso soup. Sushi master Shinji Tani reveals some of the secrets of his art. While knife expert Hideo Dekura slices sashimi.	AUSTRALIA	English-100	RPT	G		Y
2024-12-19	1430	<b>The Italian Vegan Chef</b>	Romagna Mia	Nadia walks around Ravenna explaining the history of the town and then visiting the local market. There, she makes fresh pasta, and then takes a break with a piadina, a traditional street-food.	ISRAEL	English-50; Italian-50	RPT	G		Y
2024-12-19	1500	<b>Selena + Chef</b>	Selena + Fabio Viviani	Ambassador of Italian cuisine Fabio Viviani joins Selena for a carb-fest filled with his signature pan pizza, focaccia, and tomato jam on toast – the perfect spread for game night!	USA	English-100	RPT	PG	I	Y
2024-12-19	1530	<b>Food Markets: In The Belly Of The City</b>	Helsinki	Arriving by boat to the Baltic Sea Harbor of Helsinki, the first sight to greet you is the square, the great dome of the city hall, and The Old Market Hall.	FRANCE	English-60; Finnish-40	RPT	PG	a w	Y Y
2024-12-19	1630	<b>Oliver's Twist</b>	Session, The	Jamie prepares some pineapple curry, chutney, and onion bhajis for his band mates.	UNITED KINGDOM	English-100	RPT	G		
2024-12-19	1700	<b>Freshly Picked</b>	Ep 19	On today's episode of Freshly Picked, Judith Lucy is back in the kitchen to make a delicious meatball sub. Simon makes Korean flavour oyster mushroom steak and sweetens things up with yummy balls loaded with banana, chocolate and macadamia, then visits Girls & Boys in Fitzroy for the ultimate ice cream sundae.	AUSTRALIA	English-100		G		
2024-12-19	1730	<b>Everyday Gourmet With Justine Schofield</b>	Episode 4	World renowned pastry chef, Darren Purchase from Burch and Purchase Sweet Studio, joins Justine in the kitchen to whip up some mouthwatering Cherry Cheesecake Pots.	AUSTRALIA	English-100				
2024-12-19	1800	<b>Rick Stein's Seafood Odyssey</b>	America And Yorkshire	Rick Stein has enjoyed his Seafood Odyssey, but as it draws to a close it's time for reflection. He is in America for the final leg, sharing barbecued seafood such as fried soft shell crab with an old friend, Johnny Apple, who shares Rick's enthusiasm for good eating.	UNITED KINGDOM	English-100	RPT	PG	a w	
2024-12-19	1830	<b>Hugh's Three Good Things</b>	Beetroot	The star ingredient is beetroot. Watch out for the following recipes: an egg anchovy salad, marinated beetroot, blue cheese and poppy seeds, and yoghurt soup. Which one will be the winner?	UNITED KINGDOM	English-100	RPT	PG		
2024-12-19	1900	<b>The Cook Up With Adam Liaw</b>	Christmas Crackers	It's Christmas week on The Cook Up, so two of Australia's greatest performers, Courtney Act and Mitch Tambo join Adam to celebrate the festive period with the perfect snacks.	AUSTRALIA	English-100	RPT	G		Y
2024-12-19	1930	<b>Paul Goes To Hollywood</b>	Deep South	Paul Hollywood heads towards the warmer shores of America's Deep South, enjoying shrimps and southern grit in Savannah and an unforgettable gumbo in the city of jazz, New Orleans. Back home he bakes a Deep South breakfast favourite, monkey bread.	UNITED KINGDOM	English-100	RPT	PG		

2024-12-19	2025	<b>Destination Flavour China Bitesize</b>	Shandong Roast Chicken	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
2024-12-19	2030	<b>Nico's Cook In, Cook Out</b>	Episode 6	Whether cooking in his kitchen or outside on the grill, Nico loves dishes that use inexpensive ingredients but still let you feel a bit creative in the kitchen.	IRELAND	English-100		G			
2024-12-19	2100	<b>Symon's Dinners Cooking Out</b>	Memories To Grill For	Food is often the center of good times and for Michael Symons, it's the beholder of some of the best times. On the Grill, Michael sears some meaty swordfish.	USA	English-100		G			
2024-12-19	2130	<b>Heston's Feasts</b>	Victorian	In this first episode, Heston cooks up extreme edibles inspired by the Victorians for his celebrity guests Jemma Redgrave, Dawn Porter, Rageh Omaar, Richard Bacon, Toby Young, and Kathy Lette. On the menu are insects, a hallucinogenic jelly, and a crazy concoction straight from the pages of Alice in Wonderland.	UNITED KINGDOM	English-100	RPT	PG	a s w	Y	Y
2024-12-19	2230	<b>The Cook Up With Adam Liaw</b>	Farm To Table	Chef and host Colin Fassnidge and TV hosting extraordinaire Marc Fennell are creating their ultimate farm to table dishes in The Cook Up kitchen with Adam.	AUSTRALIA	English-100	RPT	PG	I	Y	
2024-12-19	2300	<b>The Cook And The Chef</b>	Feijoa And Kiwi Fruit	Maggie and Simon discover how New Zealanders adopted and realised the commercial potential of two beautiful fruits - feijoa and kiwifruit.	AUSTRALIA	English-100	RPT	G			
2024-12-19	2330	<b>Andrew Zimmern's Wild Game Kitchen</b>	Rabbit Tacos & Pheasant With Apple Gravy	Andrew butchers a whole rabbit, then braises the meat in a rich and flavourful red chili sauce to serve in taco shells. He tops it all off with a simple blended tomatillo salsa and fresh cilantro.	USA	English-100	RPT	G			
2024-12-19	2400	<b>David Rocco's Dolce Napoli</b>	Forza Napoli	In Naples, soccer isn't just a sport, it's a religion, and their fans are world renowned for their dedication, enthusiasm and creativity.	CANADA	English-100	RPT	PG	I		Y
2024-12-19	2430	<b>Paul Goes To Hollywood</b>	Deep South	Paul Hollywood heads towards the warmer shores of America's Deep South, enjoying shrimps and southern grit in Savannah and an unforgettable gumbo in the city of jazz, New Orleans. Back home he bakes a Deep South breakfast favourite, monkey bread.	UNITED KINGDOM	English-100	RPT	PG			
2024-12-19	2525	<b>Destination Flavour China Bitesize</b>	Shandong Roast Chicken	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
2024-12-19	2530	<b>Nico's Cook In, Cook Out</b>	Episode 6	Whether cooking in his kitchen or outside on the grill, Nico loves dishes that use inexpensive ingredients but still let you feel a bit creative in the kitchen.	IRELAND	English-100	RPT	G			
2024-12-19	2600	<b>Symon's Dinners Cooking Out</b>	Memories To Grill For	Food is often the center of good times and for Michael Symons, it's the beholder of some of the best times. On the Grill, Michael sears some meaty swordfish.	USA	English-100	RPT	G			
2024-12-19	2630	<b>Heston's Feasts</b>	Victorian	In this first episode, Heston cooks up extreme edibles inspired by the Victorians for his celebrity guests Jemma Redgrave, Dawn Porter, Rageh Omaar, Richard Bacon, Toby Young, and Kathy Lette. On the menu are insects, a hallucinogenic jelly, and a crazy concoction straight from the pages of Alice in Wonderland.	UNITED KINGDOM	English-100	RPT	PG	a s w	Y	Y



2024-12-19	2725	<b>Destination Flavour Singapore Bitesize</b>	Hari Kaya	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		Y	
2024-12-19	2730	<b>The Cook Up With Adam Liaw</b>	Farm To Table	Chef and host Colin Fassnidge and TV hosting extraordinaire Marc Fennell are creating their ultimate farm to table dishes in The Cook Up kitchen with Adam.	AUSTRALIA	English-100	RPT	PG	I	Y	
2024-12-19	2800	<b>The Cook And The Chef</b>	Feijoa And Kiwi Fruit	Maggie and Simon discover how New Zealanders adopted and realised the commercial potential of two beautiful fruits - feijoa and kiwifruit.	AUSTRALIA	English-100	RPT	G			
2024-12-19	2830	<b>Andrew Zimmern's Wild Game Kitchen</b>	Rabbit Tacos & Pheasant With Apple Gravy	Andrew butchers a whole rabbit, then braises the meat in a rich and flavourful red chili sauce to serve in taco shells. He tops it all off with a simple blended tomatillo salsa and fresh cilantro.	USA	English-100	RPT	G			
2024-12-20	0500	<b>David Rocco's Dolce Napoli</b>	Forza Napoli	In Naples, soccer isn't just a sport, it's a religion, and their fans are world renowned for their dedication, enthusiasm and creativity.	CANADA	English-100	RPT	PG	I	Y	
2024-12-20	0530	<b>My Market Kitchen</b>	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 a Haloumi and Figs salad recipe.	AUSTRALIA	English-100	RPT	G			
2024-12-20	0600	<b>Food Safari</b>	Japanese Safari	Maeve joins legendary restaurateur Tetsuya Wakuda, who gives tips on Japanese cooking and makes a simple marinade using just five ingredients, including his favourite miso paste. Top restaurateur Kimitata Azuma makes a fast and easy fresh tuna salad, and home-cook Yuki Totsuka shows how to make miso soup. Sushi master Shinji Tani reveals some of the secrets of his art. While knife expert Hideo Dekura slices sashimi.	AUSTRALIA	English-100	RPT	G		Y	
2024-12-20	0630	<b>The Italian Vegan Chef</b>	Romagna Mia	Nadia walks around Ravenna explaining the history of the town and then visiting the local market. There, she makes fresh pasta, and then takes a break with a piadina, a traditional street-food.	ISRAEL	English-50; Italian-50	RPT	G		Y	
2024-12-20	0700	<b>Selena + Chef</b>	Selena + Fabio Viviani	Ambassador of Italian cuisine Fabio Viviani joins Selena for a carb-fest filled with his signature pan pizza, focaccia, and tomato jam on toast – the perfect spread for game night!	USA	English-100	RPT	PG	I	Y	
2024-12-20	0730	<b>Food Markets: In The Belly Of The City</b>	Helsinki	Arriving by boat to the Baltic Sea Harbor of Helsinki, the first sight to greet you is the square, the great dome of the city hall, and The Old Market Hall.	FRANCE	English-60; Finnish-40	RPT	PG	a w	Y	Y
2024-12-20	0830	<b>Oliver's Twist</b>	Session, The	Jamie prepares some pineapple curry, chutney, and onion bhajis for his band mates.	UNITED KINGDOM	English-100	RPT	G			
2024-12-20	0900	<b>Freshly Picked</b>	Ep 19	On today's episode of Freshly Picked, Judith Lucy is back in the kitchen to make a delicious meatball sub. Simon makes Korean flavour oyster mushroom steak and sweetens things up with yummy balls loaded with banana, chocolate and macadamia, then visits Girls & Boys in Fitzroy for the ultimate ice cream sundae.	AUSTRALIA	English-100	RPT	G			
2024-12-20	0930	<b>Everyday Gourmet With Justine Schofield</b>	Episode 4	World renowned pastry chef, Darren Purchase from Burch and Purchase Sweet Studio, joins Justine in the kitchen to whip up some mouthwatering Cherry Cheesecake Pots.	AUSTRALIA	English-100	RPT				

2024-12-20	1000	<b>Rick Stein's Seafood Odyssey</b>	America And Yorkshire	Rick Stein has enjoyed his Seafood Odyssey, but as it draws to a close it's time for reflection. He is in America for the final leg, sharing barbecued seafood such as fried soft shell crab with an old friend, Johnny Apple, who shares Rick's enthusiasm for good eating.	UNITED KINGDOM	English-100	RPT	PG	a w		
2024-12-20	1030	<b>Hugh's Three Good Things</b>	Beetroot	The star ingredient is beetroot. Watch out for the following recipes: an egg anchovy salad, marinated beetroot, blue cheese and poppy seeds, and yoghurt soup. Which one will be the winner?	UNITED KINGDOM	English-100	RPT	PG			
2024-12-20	1100	<b>The Cook Up With Adam Liaw</b>	Christmas Crackers	It's Christmas week on The Cook Up, so two of Australia's greatest performers, Courtney Act and Mitch Tambo join Adam to celebrate the festive period with the perfect snacks.	AUSTRALIA	English-100	RPT	G		Y	
2024-12-20	1130	<b>Paul Goes To Hollywood</b>	Deep South	Paul Hollywood heads towards the warmer shores of America's Deep South, enjoying shrimps and southern grit in Savannah and an unforgettable gumbo in the city of jazz, New Orleans. Back home he bakes a Deep South breakfast favourite, monkey bread.	UNITED KINGDOM	English-100	RPT	PG			
2024-12-20	1225	<b>Destination Flavour China Bitesize</b>	Shandong Roast Chicken	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
2024-12-20	1230	<b>Come Dine With Me</b>	Newcastle Day 9	David's grand plan to throw the best dinner party is to serve an elaborate Ibizan style menu of tapas and paella, but has he bitten off more than he can chew?	UNITED KINGDOM	English-100	RPT	PG	a		
2024-12-20	1300	<b>David Rocco's Dolce Napoli</b>	Red Red Wine	David meets his buddy Gianluca, who invites him to his families hometown of San Gregorio Armeno, a small town 90 minutes outside Naples.	CANADA	English-100	RPT	PG			Y
2024-12-20	1330	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 11	On My Market Kitchen today we start off with Elena's BLAT Bowl, followed by a summer treat from Khanh, a Raspberry and coconut nice cream popsicles recipe. Finished by a simple No fuss lamb stew that is a favourite from Elena.	AUSTRALIA	English-100	RPT	G			
2024-12-20	1400	<b>Food Safari</b>	French Safari Part 1	Maeve meets up with top chef Guillaume Brahimi. He gives the rundown on the essential French ingredients - great butter and salt, bread, fresh herbs, mustard and cheeses. He cooks up a beef bourguignon, and shares the secrets of the perfect potato mash. Former chef France Vidal makes a French Onion soup in half an hour, while TV chef Gabriel Gate gives the rundown on essential cooking equipment.	AUSTRALIA	English-100	RPT	G		Y	
2024-12-20	1430	<b>The Italian Vegan Chef</b>	Game Of Drones - The Baron's Wines	Incredible landscapes, vineyards, wine, an ancient castle and a true Baron. Nadia discovers the unbelievable history and nature of Tuscany at the Castello di Brolio, in the area of Chianti Classico.	ISRAEL	English-50; Italian-50	RPT	G			Y
2024-12-20	1500	<b>Selena + Chef</b>	Selena + Richard Blais	Selena welcomes her little sister Gracie to the kitchen for a very special birthday treat. Richard Blais teaches all the tasty fixings needed to make Gracie's big day a smashing success!	USA	English-100	RPT	PG			Y
2024-12-20	1530	<b>Food Markets: In The Belly Of The City</b>	Lisboa - Mercado De Ribeira	Mercado da Ribeira in Lisbon has been open since 1800 and is the city's oldest marketplace. Here you can find all sorts of dairy products, fresh fish, vegetables and fruits.	FRANCE	English-54; Portuguese-46	RPT	PG	a w	Y	Y
2024-12-20	1630	<b>Oliver's Twist</b>	George's Day Off	Jamie is preparing a meal for George Ngyutin, one of the best fishmongers in London.	UNITED KINGDOM	English-100	RPT	G			
2024-12-20	1700	<b>Freshly Picked</b>	Ep 20	It's Christmas time and Simon has the perfect recipes. First on the menu is stuffed pumpkin that will delight any table, and for something sweet, there is Dutch spiced gingerbread. Simon gets creative with his mom in the kitchen and makes delicate mini pavlova cups.	AUSTRALIA	English-100		G			

2024-12-20	1730	<b>Everyday Gourmet With Justine Schofield</b>	Episode 5	Justine creates a taste-tingling Grilled Chicken dish packed full of flavour. Food Designer Trish McKenzie drops by to share her Crispy Date and Choc Chip Slice and watch Justine whip up a quick and tasty Grape Salsa and Charred Onion Bruschetta.	AUSTRALIA	English-100					
2024-12-20	1800	<b>Rick Stein's Seafood Lovers' Guide</b>	Episode 1	Rick Stein travels along the South Coast, starting at Chesil Beach, where he goes seine netting for mackerel. At Portland he meets Ken Lyneham who fishes for squid or quiddles.	UNITED KINGDOM	English-100	RPT	PG	a w		
2024-12-20	1830	<b>Hugh's Three Good Things</b>	Tomatoes	The same cast of characters return - they all cook across five days, to find a 'winner of the week'. Today's focus is tomatoes with recipes such as roasted lamb shoulder and tomatoes with grey mullet.	UNITED KINGDOM	English-100	RPT	G			
2024-12-20	1900	<b>The Cook Up With Adam Liaw</b>	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	
2024-12-20	1930	<b>Paula McIntyre's Hamely Christmas</b>	Paula McIntyre's Hamely Christmas	Paula McIntyre cooks up some delicious festive favourites with an Ulster-Scots twist. Dishes include turkey with a soda bread stuffing and spiced yuletide biscuits.	UNITED KINGDOM	English-100		G			
2024-12-20	2000	<b>Off Duty Chef Christmas Special</b>	Mark Moriarty: Off Duty Chef Christmas Special	Mark has created a special collection of recipes to keep you inspired during the festive season. He'll be keeping things traditional for breakfast in his Ultimate Irish Breakfast and will be showing us a delicious alternative to the traditional Christmas spread with a Spiced Honey Monkfish tail with trimmings-a perfect dish to celebrate the festivities with.	UNITED KINGDOM	English-100					
2024-12-20	2030	<b>Rick Stein's Food Heroes Xmas</b>	Rick Stein's Food Heroes Xmas 2005	Over the past few years, popular TV chef Rick Stein has embarked on a voyage of discovery, taking him the length and breadth of Britain as he searches out the very best of all British produce. For this special he is scouring the country in search of mouthwatering items to put into a Christmas hamper.	UNITED KINGDOM		RPT	PG	a w		
2024-12-20	2140	<b>Heston's Feasts</b>	Christmas	Cooking maestro Heston Blumenthal creates his ultimate feast for Christmas using majestic dishes from history to create his menu. Heston is bored with the usual Christmas fare, so he's going to completely reinvent it to include edible dormouse, venison and tasty snow. His celebrity guests include actor Charlie Higson, broadcaster Mariella Frostrup, comedian Arabella Weir, former rugby player Matt Dawson, actor James Purefoy, and journalist Kate Spicer.	UNITED KINGDOM	English-100	RPT	PG	a w	Y	Y
2024-12-20	2235	<b>The Cook Up With Adam Liaw</b>	Five-Ingredient Dinner	Adam, Studio 10's roving reporter Daniel Doody and chef Jessie Singh are in the Cook Up Kitchen creating their ultimate five-ingredient dinner.	AUSTRALIA	English-100	RPT	PG		Y	
2024-12-20	2305	<b>The Cook And The Chef</b>	Lamb And Saffron	Maggie and Simon conclude their six week New Zealand odyssey. Simon checks out New Zealand lamb, one of the most iconic of all that countries products and Maggie returns to Hawkes Bay to find out why Saffron is the most expensive spice in the world.	AUSTRALIA	English-100	RPT	PG			
2024-12-20	2335	<b>Andrew Zimmern's Wild Game Kitchen</b>	Walley Shore Lunch & Grilled Elk Chops	Andrew prepares the ultimate shore lunch of fried walleye filets, served with a tangy homemade tartar sauce, coleslaw and crispy fried potatoes.	USA	English-100	RPT	G			
2024-12-20	2400	<b>David Rocco's Dolce Napoli</b>	Red Red Wine	David meets his buddy Gianluca, who invites him to his families hometown of San Gregorio Armeno, a small town 90 minutes outside Naples.	CANADA	English-100	RPT	PG		Y	
2024-12-20	2430	<b>Paula McIntyre's Hamely Christmas</b>	Paula McIntyre's Hamely Christmas	Paula McIntyre cooks up some delicious festive favourites with an Ulster-Scots twist. Dishes include turkey with a soda bread stuffing and spiced yuletide biscuits.	UNITED KINGDOM	English-100	RPT	G			
2024-12-20	2500	<b>Off Duty Chef Christmas Special</b>	Mark Moriarty: Off Duty Chef Christmas Special	Mark has created a special collection of recipes to keep you inspired during the festive season. He'll be keeping things traditional for breakfast in his Ultimate Irish Breakfast and will be showing us a delicious alternative to the traditional Christmas spread with a Spiced Honey Monkfish tail with trimmings-a perfect dish to celebrate the festivities with.	UNITED KINGDOM	English-100	RPT				

2024-12-20	2530	<b>Rick Stein's Food Heroes Xmas</b>	Rick Stein's Food Heroes Xmas 2005	Over the past few years, popular TV chef Rick Stein has embarked on a voyage of discovery, taking him the length and breadth of Britain as he searches out the very best of all British produce. For this special he is scouring the country in search of mouthwatering items to put into a Christmas hamper.	UNITED KINGDOM		RPT	PG	a w		
2024-12-20	2640	<b>Heston's Feasts</b>	Christmas	Cooking maestro Heston Blumenthal creates his ultimate feast for Christmas using majestic dishes from history to create his menu. Heston is bored with the usual Christmas fare, so he's going to completely reinvent it to include edible dormouse, venison and tasty snow. His celebrity guests include actor Charlie Higson, broadcaster Mariella Frostrup, comedian Arabella Weir, former rugby player Matt Dawson, actor James Purefoy, and journalist Kate Spicer.	UNITED KINGDOM	English-100	RPT	PG	a w	Y	Y
2024-12-20	2735	<b>The Cook Up With Adam Liaw</b>	Five-Ingredient Dinner	Adam, Studio 10's roving reporter Daniel Doody and chef Jessie Singh are in the Cook Up Kitchen creating their ultimate five-ingredient dinner.	AUSTRALIA	English-100	RPT	PG		Y	
2024-12-20	2805	<b>The Cook And The Chef</b>	Lamb And Saffron	Maggie and Simon conclude their six week New Zealand odyssey. Simon checks out New Zealand lamb, one of the most iconic of all that countries products and Maggie returns to Hawkes Bay to find out why Saffron is the most expensive spice in the world.	AUSTRALIA	English-100	RPT	PG			
2024-12-20	2835	<b>Andrew Zimmern's Wild Game Kitchen</b>	Walley Shore Lunch & Grilled Elk Chops	Andrew prepares the ultimate shore lunch of fried walleye filets, served with a tangy homemade tartar sauce, coleslaw and crispy fried potatoes.	USA	English-100	RPT	G			
2024-12-21	0500	<b>David Rocco's Dolce Napoli</b>	Red Red Wine	David meets his buddy Gianluca, who invites him to his families hometown of San Gregorio Armeno, a small town 90 minutes outside Naples.	CANADA	English-100	RPT	PG			Y
2024-12-21	0530	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 11	On My Market Kitchen today we start off with Elena's BLAT Bowl, followed by a summer treat from Khanh, a Raspberry and coconut nice cream popsicles recipe. Finished by a simple No fuss lamb stew that is a favourite from Elena.	AUSTRALIA	English-100	RPT	G			
2024-12-21	0600	<b>Food Safari</b>	French Safari Part 1	Maeve meets up with top chef Guillaume Brahimi. He gives the rundown on the essential French ingredients - great butter and salt, bread, fresh herbs, mustard and cheeses. He cooks up a beef bourguignon, and shares the secrets of the perfect potato mash. Former chef France Vidal makes a French Onion soup in half an hour, while TV chef Gabriel Gate gives the rundown on essential cooking equipment.	AUSTRALIA	English-100	RPT	G		Y	
2024-12-21	0630	<b>The Italian Vegan Chef</b>	Game Of Drones - The Baron's Wines	Incredible landscapes, vineyards, wine, an ancient castle and a true Baron. Nadia discovers the unbelievable history and nature of Tuscany at the Castello di Brolio, in the area of Chianti Classico.	ISRAEL	English-50; Italian-50	RPT	G			Y
2024-12-21	0700	<b>Selena + Chef</b>	Selena + Richard Blais	Selena welcomes her little sister Gracie to the kitchen for a very special birthday treat. Richard Blais teaches all the tasty fixings needed to make Gracie's big day a smashing success!	USA	English-100	RPT	PG			Y
2024-12-21	0730	<b>Food Markets: In The Belly Of The City</b>	Lisboa - Mercado De Ribeira	Mercado da Ribeira in Lisbon has been open since 1800 and is the city's oldest marketplace. Here you can find all sorts of dairy products, fresh fish, vegetables and fruits.	FRANCE	English-54; Portuguese-46	RPT	PG	a w	Y	Y
2024-12-21	0830	<b>Oliver's Twist</b>	George's Day Off	Jamie is preparing a meal for George Ngyutin, one of the best fishmongers in London.	UNITED KINGDOM	English-100	RPT	G			
2024-12-21	0900	<b>Freshly Picked</b>	Ep 20	It's Christmas time and Simon has the perfect recipes. First on the menu is stuffed pumpkin that will delight any table, and for something sweet, there is Dutch spiced gingerbread. Simon gets creative with his mom in the kitchen and makes delicate mini pavlova cups.	AUSTRALIA	English-100	RPT	G			
2024-12-21	0930	<b>Everyday Gourmet With Justine Schofield</b>	Episode 5	Justine creates a taste-tingling Grilled Chicken dish packed full of flavour. Food Designer Trish McKenzie drops by to share her Crispy Date and Choc Chip Slice and watch Justine whip up a quick and tasty Grape Salsa and Charred Onion Bruschetta.	AUSTRALIA	English-100	RPT				

2024-12-21	1000	<b>Rick Stein's Seafood Lovers' Guide</b>	Episode 1	Rick Stein travels along the South Coast, starting at Chesil Beach, where he goes seine netting for mackerel. At Portland he meets Ken Lyneham who fishes for squid or quiddles.	UNITED KINGDOM	English-100	RPT	PG	a w		
2024-12-21	1030	<b>Hugh's Three Good Things</b>	Tomatoes	The same cast of characters return - they all cook across five days, to find a 'winner of the week'. Today's focus is tomatoes with recipes such as roasted lamb shoulder and tomatoes with grey mullet.	UNITED KINGDOM	English-100	RPT	G			
2024-12-21	1100	<b>The Cook Up With Adam Liaw</b>	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		
2024-12-21	1130	<b>Paula McIntyre's Hamely Christmas</b>	Paula McIntyre's Hamely Christmas	Paula McIntyre cooks up some delicious festive favourites with an Ulster-Scots twist. Dishes include turkey with a soda bread stuffing and spiced yuletide biscuits.	UNITED KINGDOM	English-100	RPT	G			
2024-12-21	1200	<b>Off Duty Chef Christmas Special</b>	Mark Moriarty: Off Duty Chef Christmas Special	Mark has created a special collection of recipes to keep you inspired during the festive season. He'll be keeping things traditional for breakfast in his Ultimate Irish Breakfast and will be showing us a delicious alternative to the traditional Christmas spread with a Spiced Honey Monkfish tail with trimmings-a perfect dish to celebrate the festivities with.	UNITED KINGDOM	English-100	RPT				
2024-12-21	1230	<b>Rick Stein's Food Heroes Xmas</b>	Rick Stein's Food Heroes Xmas 2005	Over the past few years, popular TV chef Rick Stein has embarked on a voyage of discovery, taking him the length and breadth of Britain as he searches out the very best of all British produce. For this special he is scouring the country in search of mouthwatering items to put into a Christmas hamper.	UNITED KINGDOM		RPT	PG	a w		
2024-12-21	1340	<b>Heston's Feasts</b>	Christmas	Cooking maestro Heston Blumenthal creates his ultimate feast for Christmas using majestic dishes from history to create his menu. Heston is bored with the usual Christmas fare, so he's going to completely reinvent it to include edible dormouse, venison and tasty snow. His celebrity guests include actor Charlie Higson, broadcaster Mariella Frostrup, comedian Arabella Weir, former rugby player Matt Dawson, actor James Purefoy, and journalist Kate Spicer.	UNITED KINGDOM	English-100	RPT	PG	a w	Y	Y
2024-12-21	1435	<b>Hairy Bikers Go North</b>	Lancashire	This week, the bikers are exploring Lancashire, the red rose county. From Pendle in the East, to Blackpool in the west, Lancashire has a regional cuisine to match anywhere in the country, some of the best Gastro pubs in the land, award winning producers of fine food, and enough top quality alcohol the bikers might even have to temper their consumption!	UNITED KINGDOM	English-100	RPT	G			
2024-12-21	1535	<b>Hairy Bikers Go North</b>	Yorkshire Coast	The plan is simple: riding through this beautiful location and visiting top food producers who not only have amazing products but equally amazing stories to tell.	UNITED KINGDOM	English-100	RPT	PG			
2024-12-21	1630	<b>Jack Stein: Inside The Box</b>	Darwin	Embarrassingly rocking up in Darwin a month too early for prawn season, Jack's twist on the traditional potted shrimp takes him into very unfamiliar territory (figuratively and literally!) as he is forced to get creative with crab and crocodile meat instead.	AUSTRALIA	English-100	RPT	PG			
2024-12-21	1700	<b>The Chocolate Queen</b>	Chocolate Queen Series 2, The Ep 5	All hail The Chocolate Queen, as Kirsten dishes up more sensational desserts, like chocolate spaghetti with caramel ice cream, nutty florentines and indulgent chocolate coconut bars.	AUSTRALIA	English-100	RPT	G			
2024-12-21	1730	<b>Lorraine Pascale: Be A Better Cook</b>	Bryony Crutcher	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			
2024-12-21	1800	<b>Patti's Mexican Table</b>	Symphony Of Flavours	Pati meets the first world-famous Raramuri pianist and learns ancient Chihuahuan cooking.	USA	English-100		G			

2024-12-21	1830	Tales From River Cottage	Customs And Rituals	When it comes to acquainting yourself with the curious local customs of your newfound rural home, Hugh's basic message is - get stuck in, and no half measures. Hugh recalls how he learned new rural skills such as hedge-laying, charcoal-making, and mouse charming, and immersed himself in bizarre local antics, such as the annual nettle eating competition.	UNITED KINGDOM	English-100	RPT	G		
2024-12-21	1900	Tales From River Cottage	River And The Sea, The	Hugh explains how the river and sea offer the smallholder a combination of escape and adventure, as well as free food - from crabs and cuttlefish to eels and pike - for fantastic fishy feasts. The beach is also a great place for a party, and can even make a practical contribution to the smallholding - with seaweed fertiliser.	UNITED KINGDOM	English-100	RPT	PG	a w	
2024-12-21	1930	River Cottage: Three Go Mad	At Christmas	It's Christmas at River Cottage and Hugh is throwing open his doors to some celebrity friends. Joining him, star of hit series Gimme, Gimme, Gimme and Harry Enfield and Chums, Kathy Burke, as well as comedy actors Stephen Mangan and Mark Heap.	UNITED KINGDOM	English-100	RPT	G		Y
2024-12-21	2030	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 3	Rick is invited to a beautiful beach party at La Pelosa, where everyone gets stuck into preparing lunch. Continuing his journey through the spectacular countryside, far removed from the high-rise holiday destinations of the Costa Brava, he seeks out an old mill, El Moli, a restaurant and a magical place his boyhood friend Mark told him about years ago.	UNITED KINGDOM	English-100	RPT	G		Y
2024-12-21	2140	Anthony Bourdain: Parts Unknown	Lyon	Tony accompanies world-renowned chef and restaurateur Daniel Boulud as they travel back to Daniel's hometown of Lyon, France for a once-in-a-lifetime pilgrimage of the city's rich food culture and its legendary chefs. The journey begins at Charcuterie Reynon - the city's oldest and most respected purveyor of fine cured meats and other specialties. Led by Monsieur Reynon, Tony and Daniel are taken into the icy back kitchen and thrown head first into the making of their renowned saucisson.	USA	English-100	RPT	PG		Y
2024-12-21	2230	Extreme Food Phobics	Ep 4	This episode follows an electrician, whose diet of tinned food is leaving him sluggish after a 12 hour shift at work, and a chip-addicted student who eats up to 100 bags a day, and is suffering huge mood crashes as a result.	UNITED KINGDOM	English-100	RPT	PG	a	Y
2024-12-21	2325	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
2024-12-21	2330	Hairy Bikers Go North	Lancashire	This week, the bikers are exploring Lancashire, the red rose county. From Pendle in the East, to Blackpool in the west, Lancashire has a regional cuisine to match anywhere in the country, some of the best Gastro pubs in the land, award winning producers of fine food, and enough top quality alcohol the bikers might even have to temper their consumption!	UNITED KINGDOM	English-100	RPT	G		
2024-12-21	2430	Hairy Bikers Go North	Yorkshire Coast	The plan is simple: riding through this beautiful location and visiting top food producers who not only have amazing products but equally amazing stories to tell.	UNITED KINGDOM	English-100	RPT	PG		
2024-12-21	2525	Please Eat Slowly Bitesize	Hand-Pulled Noodles	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100	RPT	G		
2024-12-21	2530	Jack Stein: Inside The Box	Darwin	Embarrassingly rocking up in Darwin a month too early for prawn season, Jack's twist on the traditional potted shrimp takes him into very unfamiliar territory (figuratively and literally!) as he is forced to get creative with crab and crocodile meat instead.	AUSTRALIA	English-100	RPT	PG		
2024-12-21	2600	The Chocolate Queen	Chocolate Queen Series 2, The Ep 5	All hail The Chocolate Queen, as Kirsten dishes up more sensational desserts, like chocolate spaghetti with caramel ice cream, nutty florentines and indulgent chocolate coconut bars.	AUSTRALIA	English-100	RPT	G		
2024-12-21	2630	Lorraine Pascale: Be A Better Cook	Bryony Crutcher	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		

2024-12-21	2700	<b>Patti's Mexican Table</b>	Symphony Of Flavours	Pati meets the first world-famous Raramuri pianist and learns ancient Chihuahuan cooking.	USA	English-100	RPT	G	
2024-12-21	2730	<b>Anthony Bourdain: Parts Unknown</b>	Lyon	Tony accompanies world-renowned chef and restaurateur Daniel Boulud as they travel back to Daniel's hometown of Lyon, France for a once-in-a-lifetime pilgrimage of the city's rich food culture and its legendary chefs. The journey begins at Charcuterie Reynon - the city's oldest and most respected purveyor of fine cured meats and other specialties. Led by Monsieur Reynon, Tony and Daniel are taken into the icy back kitchen and thrown head first into the making of their renowned saucisson.	USA	English-100	RPT	PG	Y
2024-12-21	2825	<b>Destination Flavour Down Under Bitesize</b>	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
2024-12-21	2830	<b>Tales From River Cottage</b>	Customs And Rituals	When it comes to acquainting yourself with the curious local customs of your newfound rural home, Hugh's basic message is - get stuck in, and no half measures. Hugh recalls how he learned new rural skills such as hedge-laying, charcoal-making, and mouse charming, and immersed himself in bizarre local antics, such as the annual nettle eating competition.	UNITED KINGDOM	English-100	RPT	G	