



WEEK 51: Sunday, 17 December - Saturday, 23 December 2023 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2023-12-17	0500	Tales From River Cottage	Joy Of Pigs, The	Hugh celebrates his growing affection for pigs and pork over his three years as a Dorset smallholder. From how to buy a pig, to how to make dry-cured bacon and hams, this is a guide to all things pig.	UNITED KINGDOM	English-100		PG	a w		
2023-12-17	0530	Tales From River Cottage	Friends And Neighbours	Good friends and helpful neighbours are an essential part of the rural idyll. Hugh recalls his initiation into the rural Dorset community around River Cottage.	UNITED KINGDOM	English-100		PG	n		
2023-12-17	0600	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 15	In this his last programme of the series, Rick takes us to the Rame Peninsula. Far from the traditional tourist track this part of Cornwall is famed for its cliffs and beaches.	UNITED KINGDOM	English-100		PG	a w		
2023-12-17	0630	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 1	Rick forages for mussels in his favourite rock pools, tours Bodmin Moor's dark past with his son Jack, and cooks a fool-proof soufflé with artisan Cornish goat's cheese.	UNITED KINGDOM	English-100		PG			
2023-12-17	0700	Taste The Nation With Padma Lakshmi	What Is Chop Suey Anyway?	In San Francisco, Padma explores how Chinese immigrants and Chinese-Americans are broadening the understanding of the diversity and complexity of Chinese cuisine.	USA	English-100		PG	a l		Y
2023-12-17	0735	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 1	Time has passed and the seasons have changed at River Cottage Australia. Paul West is about to experience his first summer on the land.	UNITED KINGDOM	English-100	RPT	PG	a w	Y	
2023-12-17	0830	Mystery Diners	Customer Concerns	Entitled customers cause Charles Stiles to send in the Mystery Diners.	USA	English-100		G			Y
2023-12-17	0900	Mystery Diners	Heavy Metal Mess	Charles Stiles sends in Mystery Diners to investigate The Toad Tavern.	USA	English-100		PG			Y
2023-12-17	0930	Hairy Bikers' Asian Adventure	Japan - South To Kyoto	The bikers head into the heart of traditional Japan to discover the historical roots of Japanese cuisine, and later take an awe-inspiring bike ride to see Mount Fuji.	UNITED KINGDOM	English-100	RPT	PG		Y	Y
2023-12-17	1035	Hairy Bikers' Asian Adventure	South Korea	Korean food is set to be the next big thing in the UK so the bikers want to find out more about this hot new trend on the horizon.	UNITED KINGDOM	English-100	RPT	G		Y	Y
2023-12-17	1135	Homegrown Tastes South Africa	Episode 1	Lorna travels to downtown Joburg to explore some of South Africa's greatest street foods with renowned street artist, Karabo Poppy.	UNITED KINGDOM	English-100		G			
2023-12-17	1235	Taste The Nation With Padma Lakshmi	Where The Kabob Is Hot	Padma tastes her way through Los Angeles, sampling one of her favourite cuisines - Persian food, one kebab at a time.	USA	English-100		PG	a l		Y

2023-12-17	1310	Martha Bakes	Seeded	Martha highlights the virtues of seeds by incorporating them in three recipes - seeded wholewheat English muffins, a Saratoga torte, and crispy whole-grain wafer crackers.	USA	English-100		G		
2023-12-17	1340	Martha Bakes	Yeasted Breakfast Favorites	Martha shares three breakfast favourites where yeast is the magic ingredient - hazelnut and dried cherry hot-crossed buns, honey wholewheat bread, and gooey pull-apart monkey bread.	USA	English-100		G		
2023-12-17	1410	Tales From River Cottage	Joy Of Pigs, The	Hugh celebrates his growing affection for pigs and pork over his three years as a Dorset smallholder. From how to buy a pig, to how to make dry-cured bacon and hams, this is a guide to all things pig.	UNITED KINGDOM	English-100		PG	a w	
2023-12-17	1435	Tales From River Cottage	Friends And Neighbours	Good friends and helpful neighbours are an essential part of the rural idyll. Hugh recalls his initiation into the rural Dorset community around River Cottage.	UNITED KINGDOM	English-100		PG	n	
2023-12-17	1500	Flour Power	Cairn O'mohr Winery	Keen forager Ron makes scones using his own homemade culture, while Kay's reputation as a contest dark horse is on the line when she produces her own take on empire biscuits.	UNITED KINGDOM	English-100		G		
2023-12-17	1530	Flour Power	Blue2 Digital	Located just outside Dundee, a converted open-plan church houses graphic and brand consultancy Avian and web design and development agency Blue2.	UNITED KINGDOM	English-100		G		
2023-12-17	1600	Red Chef Revival	Maskwacis	Following an epidemic of suicides and gun violence, the youth of Maskwacis are re-writing their future. Host Rich Francis finds new meaning to reconciliation by cooking moose nose ragu for the communi	CANADA	English-100	RPT	PG	a	Y
2023-12-17	1630	Food Chain: From Source To Table	Pork And Corn	Chef Ming uncovers a strange trend in the prices of various cuts of pork and comes face to face with a menace that's threatening our food supply.	SINGAPORE	English-100		PG	a l w	Y
2023-12-17	1725	Destination Flavour Japan Bitesize	Ishikawa	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y Y
2023-12-17	1730	Paul Hollywood: A Baker's Life	Pork Pie, Donuts & Danish Pastries	Paul Hollywood looks back at his days as an apprentice baker in his dad's bakeries and takes us back to the exclusive hotels that gave him his big breaks.	UNITED KINGDOM	English-100		G		
2023-12-17	1800	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		PG		
2023-12-17	1830	Michel Roux's French Country Cooking	Relaxed Supper	In this masterclass Michel Roux hosts a relaxed supper for friends, serving snails with hazelnuts, bourride setoise and chocolate mousse with pineapple and rum.	UNITED KINGDOM	English-100		PG		
2023-12-17	1930	James Martin's French Adventure	Marseille	James visits Marseille's oldest bakery, famous for the Navette biscuit. Then James cooks scallops the St Jacques way, as well as wreck fish with buckwheat.	UNITED KINGDOM	English-100		PG	a w	Y
2023-12-17	2030	Hairy Bikers Mediterranean	Balearics	The bikers visit Minorca and Majorca to discover evidence of British influence, great fresh fish and local produce. And to ride one of the most extraordinary roads in the world.	UNITED KINGDOM	English-100		G		
2023-12-17	2130	Anthony Bourdain: No Reservations	Vancouver	Anthony heads to Vancouver, British Columbia, home to a thriving film industry, gorgeous scenery, a great night life and unrivalled cuisine.	USA	English-100	RPT	PG	a	Y

2023-12-17	2225	Destination Flavour Japan Bitesize	Ishikawa	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y	Y
2023-12-17	2230	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 2	Paul has learnt how to be a dairy farmer the hard way. It's time for Paul to make another tough lesson. How will he cope saying goodbye to another farm favourite?	UNITED KINGDOM	English-100	RPT	PG		Y	
2023-12-17	2330	Mystery Diners	Vicious Cycle	Mystery Diners discover a delivery guy is dividing his time on deliveries.	USA	English-100		PG			Y
2023-12-17	2400	Mystery Diners	Secret Pairings	Charles Stiles looks into food discrepancies at Indulge Bistro and Wine Bar.	USA	English-100		PG			Y
2023-12-17	2430	Flour Power	Cairn O'mohr Winery	Keen forager Ron makes scones using his own homemade culture, while Kay's reputation as a contest dark horse is on the line when she produces her own take on empire biscuits.	UNITED KINGDOM	English-100		G			
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2023-12-17	2625	Destination Flavour Japan Bitesize	Ishikawa	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y	Y
2023-12-17	2630	Paul Hollywood: A Baker's Life	Pork Pie, Donuts & Danish Pastries	Paul Hollywood looks back at his days as an apprentice baker in his dad's bakeries and takes us back to the exclusive hotels that gave him his big breaks.	UNITED KINGDOM	English-100		G			
2023-12-17	2700	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		PG			
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2023-12-18	1300	Martha Bakes	Better (For You) Bake Sale	Martha shares recipes packed with wholesome ingredients perfect for a bake sale - lemon yoghurt cupcakes with raspberry icing, wholewheat sticky buns, and a zesty orange barley pound cake.	USA	English-100		G		
2023-12-18	1330	Martha Bakes	Bakery-Style Cookies	Martha shares four recipes for cookies with a wholesome update - farro chocolate-chunk cookies, spelt-nut crescents, wholewheat almond butter sandwich cookies, and granola cookies.	USA	English-100		G		
2023-12-18	1400	My Greek Table With Diane Kochilas	Athenian Riviera, The	Diane creates three delicious, contemporary Greek recipes inspired by the cosmopolitan bustle and fun-loving spirit of the Athenian coast.	USA	English-50; Greek-50		G		
2023-12-18	1430	Masters Of Savours	Masters Of Chocolate	The Mayas and the Aztecs were the first to treasure the cocoa bean, which they believed had divine powers. Since then, chocolate has become a universal product and a source of gustative pleasure.	FRANCE	English-100		G		
2023-12-18	1530	Make This Tonight	Recipes From A Tasty Traveler	Chef Parisa fell in love with the flavors of Mexico City on a recent trip - so tonight she is fusing the flavors of Mexico with her beloved Persian cuisine, creating new and exciting recipes.	USA	English-100		G		

2023-12-18	1600	David Rocco's Dolce Homemade	Punjab	David and guest Rup Magon, a musician, actor and food lover from Montreal, spend the day recreating traditional Indian dishes filling the air with aroma and spices.	CANADA	English-100		G			
2023-12-18	1630	My Market Kitchen	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.	AUSTRALIA	English-100		G			
2023-12-18	1700	Mary Makes It Easy	Picnic And Choose	Jazz up your outdoor parties with Mary's recipes that are simple to make and easy to take: chicken pot pies, salmon rillette, and vanilla panna cotta.	CANADA	English-100		G			
2023-12-18	1730	Freshly Picked	Episode 21	Simon heads to tropical Queensland, tasting unique fruit and turning it into an easy breakfast and makes rainbow slaw. We zero in on Blayne Bertonecello's zero waste roast pumpkin recipe.	AUSTRALIA	English-100		PG			
2023-12-18	1800	Italian Food Safari	Italian Food Safari Series 1 Ep 11	Guy hunts game with chef Daniel Airo-Farula, then cooks rabbit in a Sicilian style, while Maeve visits Stefano Manfredi on the Central Coast for a classic minestrone.	AUSTRALIA	English-100	RPT	G		Y	
2023-12-18	1830	Lidia's Kitchen	Lidia's Kitchen Series 7 Ep 11	Lidia grew up along the Adriatic Sea so picnics at the beach were a common occurrence. Some recipes include orecchiette with peas and asparagus, mussels with farro, and a chocolate fig dessert.	USA	English-100		G			
2023-12-18	1900	The Cook Up With Adam Liaw	An Apple A Day	Host Adam Liaw is joined by Zero Waste Warrior Sarah Wilson and Three Blue Ducks owner Mark LaBrooy, who whip up their favourite apple dishes.	AUSTRALIA	English-100	RPT	PG		Y	
2023-12-18	1930	Shane Delia's Spice Journey	Shane Delia's Spice Journey Series 1 Episode 5	Shane Delia's culinary journey into Middle Eastern cuisine continues as he visits the twin port cities of Sidon, where the beautiful people play and pop-up restaurants cover the beach.	AUSTRALIA	English-100	RPT	G		Y	Y
2023-12-18	2000	Luke Nguyen's India	Kerala Backwaters	Luke is navigating the enchanting Kerala Backwaters, a historical hub of the spice trade. Amidst the waterways, he searches for exquisite ingredients to craft an exceptional Backwaters culinary dish.	AUSTRALIA	English-99; Malayalam-1		G			
2023-12-18	2030	Eva Longoria: Searching For Mexico	Mexico City	Eva Longoria shows us around her adopted second hometown, Mexico City. This is where she met her husband, Pepe, and where they love to spend time with their son, Santi.	USA	English-50; Spanish-50	RPT	G		Y	Y
2023-12-18	2125	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y	
2023-12-18	2130	Come Dine With Me	Sussex 1	This week's competition is in sunny Sussex, where the first to host is travel manager and part-time comedian Rod and he's putting his extensive dinner party experience to the test.	UNITED KINGDOM	English-100		PG		s	
2023-12-18	2200	Come Dine With Me	Sussex 2	Hoping to finish the week a grand better off is mystic and animal communicator Josie, who is aided by her best friend and confidante, Mimi the cat.	UNITED KINGDOM	English-100		PG		I	
2023-12-18	2230	The Cook Up with Adam Liaw	Bacon	Recipe developer Breda Fenn and Maitre d' of Momofuku Seibo, Kylie Javier Ashton, come by The Cook Up kitchen to whip up their favourite bacon dishes with host Adam Liaw.	AUSTRALIA	English-100	RPT	G		Y	
2023-12-18	2300	Bizarre Foods: Delicious Destinations	Bermuda	Andrew Zimmern explores the landscape and cuisine of the island of Bermuda. He finds native dishes ranging from fish chowder and jerk chicken to spiny lobster.	USA	English-100		PG			

2023-12-18	2330	The Cook And The Chef	Vietnamese Food	Maggie ventures bravely into Simon's world of South East Asian cuisine. The Vietnamese dishes Maggie and Simon produce, from soups to crispy fried quail, are clean and fresh.	AUSTRALIA	English-100		G		Y
2023-12-18	2400	Mystery Diners	Vintage Scams	Jimmy calls in Charles to find out why his sales have dipped at Rockabillys.	USA	English-100		PG		Y
2023-12-18	2430	Shane Delia's Spice Journey	Shane Delia's Spice Journey Series 1 Episode 5	Shane Delia's culinary journey into Middle Eastern cuisine continues as he visits the twin port cities of Sidon, where the beautiful people play and pop-up restaurants cover the beach.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-12-18	2500	Luke Nguyen's India	Kerala Backwaters	Luke is navigating the enchanting Kerala Backwaters, a historical hub of the spice trade. Amidst the waterways, he searches for exquisite ingredients to craft an exceptional Backwaters culinary dish.	AUSTRALIA	English-99; Malayalam-1		G		
2023-12-18	2530	Eva Longoria: Searching For Mexico	Mexico City	Eva Longoria shows us around her adopted second hometown, Mexico City. This is where she met her husband, Pepe, and where they love to spend time with their son, Santi.	USA	English-50; Spanish-50	RPT	G	Y	Y
2023-12-18	2625	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
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2023-12-18	2800	Bizarre Foods: Delicious Destinations	Bermuda	Andrew Zimmern explores the landscape and cuisine of the island of Bermuda. He finds native dishes ranging from fish chowder and jerk chicken to spiny lobster.	USA	English-100		PG		
2023-12-18	2830	The Cook And The Chef	Vietnamese Food	Maggie ventures bravely into Simon's world of South East Asian cuisine. The Vietnamese dishes Maggie and Simon produce, from soups to crispy fried quail, are clean and fresh.	AUSTRALIA	English-100		G		Y
2023-12-19	0500	Mystery Diners	Vintage Scams	Jimmy calls in Charles to find out why his sales have dipped at Rockabillys.	USA	English-100		PG		Y
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2023-12-19	0630	Masters Of Savours	Masters Of Chocolate	The Mayas and the Aztecs were the first to treasure the cocoa bean, which they believed had divine powers. Since then, chocolate has become a universal product and a source of gustative pleasure.	FRANCE	English-100		G		

2023-12-19	0730	Make This Tonight	Recipes From A Tasty Traveler	Chef Parisa fell in love with the flavors of Mexico City on a recent trip - so tonight she is fusing the flavors of Mexico with her beloved Persian cuisine, creating new and exciting recipes.	USA	English-100		G	
2023-12-19	0800	David Rocco's Dolce Homemade	Punjab	David and guest Rup Magon, a musician, actor and food lover from Montreal, spend the day recreating traditional Indian dishes filling the air with aroma and spices.	CANADA	English-100		G	
2023-12-19	0830	My Market Kitchen	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.	AUSTRALIA	English-100		G	
2023-12-19	0900	Mary Makes It Easy	Picnic And Choose	Jazz up your outdoor parties with Mary's recipes that are simple to make and easy to take: chicken pot pies, salmon rillette, and vanilla panna cotta.	CANADA	English-100		G	
2023-12-19	0930	Freshly Picked	Episode 21	Simon heads to tropical Queensland, tasting unique fruit and turning it into an easy breakfast and makes rainbow slaw. We zero in on Blayne Bertoncello's zero waste roast pumpkin recipe.	AUSTRALIA	English-100		PG	
2023-12-19	1000	Italian Food Safari	Italian Food Safari Series 1 Ep 11	Guy hunts game with chef Daniel Airo-Farula, then cooks rabbit in a Sicilian style, while Maeve visits Stefano Manfredi on the Central Coast for a classic minestrone.	AUSTRALIA	English-100	RPT	G	Y
2023-12-19	1030	Lidia's Kitchen	Lidia's Kitchen Series 7 Ep 11	Lidia grew up along the Adriatic Sea so picnics at the beach were a common occurrence. Some recipes include orecchiette with peas and asparagus, mussels with farro, and a chocolate fig dessert.	USA	English-100		G	
2023-12-19	1100	The Cook Up With Adam Liaw	An Apple A Day	Host Adam Liaw is joined by Zero Waste Warrior Sarah Wilson and Three Blue Ducks owner Mark LaBrooy, who whip up their favourite apple dishes.	AUSTRALIA	English-100	RPT	PG	Y
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2023-12-19	1230	Bizarre Foods: Delicious Destinations	Bermuda	Andrew Zimmern explores the landscape and cuisine of the island of Bermuda. He finds native dishes ranging from fish chowder and jerk chicken to spiny lobster.	USA	English-100		PG	
2023-12-19	1300	Martha Bakes	Naturally Gluten-Free	Join Martha as she creates three enticing desserts that happen to be naturally gluten-free - lemon-cornmeal cake, spiced pumpkin pie with a crisp rice crust, and a flourless chocolate-walnut torte.	USA	English-100		G	
2023-12-19	1330	Martha Bakes	Breads And Rolls	Martha demonstrates how to bake her favourite styles of bread with alternative flours, including honey-wheat Parker House rolls, wholewheat pita bread, and molasses-oat bread.	USA	English-100		G	
2023-12-19	1400	My Greek Table With Diane Kochilas	Tinos: Ancient Marble, Timeless Flavors	Diane creates a luscious Tinos-style artichoke bread pudding, and red mullet in caper sauce, both Tinos traditional specialties.	USA	English-50; Greek-50		G	Y
2023-12-19	1430	Masters Of Savours	Masters Of Vanilla	From Madagascar's primary forests to the islands of Polynesia, learn how growers have one obsession: to magnify this green vanilla vine for the pleasure of our taste buds.	FRANCE	English-100		G	

2023-12-19	1530	Make This Tonight	Chicken Casserole For The Soul	Chef Royce shares his love of casserole by making us a Honey Curried Chicken Casserole with Cheese Chili Rice and a healthy serving of greens to round it out.	USA	English-100	PG	I	
2023-12-19	1600	David Rocco's Dolce Homemade	Stars And Stables	From Michelin star restaurants to the farm and stables of la cucina povera, guest Leandro Baldassarre shares his passion for food and brings an artisanal craftsmanship to pasta making.	CANADA	English-100	PG		
2023-12-19	1630	My Market Kitchen	My Market Kitchen Series 4 Ep 12	On My Market Kitchen today, Elena shows us her family favourite Pumpkin Persian Love Cake recipe. Khanh whips up a Indian inspired Onion Bhaji, then a tasty Fish Pattie recipe to finish off.	AUSTRALIA	English-100	G		
2023-12-19	1700	Mary Makes It Easy	Back To The Bbq	Follow Mary's recipes to level up your grilling go-tos and you'll be calling yourself a grill master in no time.	CANADA	English-100	G		
2023-12-19	1730	Freshly Picked	Episode 22	Simon whips up a muhammara that has him dancing in the kitchen and makes a cacao e pepe that's better than an Italian holiday. Jerry Mai is back with a smoky eggplant dish that packs a punch.	AUSTRALIA	English-100	G		
2023-12-19	1800	Italian Food Safari	Italian Food Safari Series 1 Ep 12	Maeve joins Claude Basile for black ink pasta. Beppi Polese shows Maeve his famous baccala mantecato, and butcher Roger Ongarato explains what makes pork and fennel sausages a favourite.	AUSTRALIA	English-100	RPT	G	Y
2023-12-19	1830	Lidia's Kitchen	Lidia's Kitchen Series 7 Ep 12	The stove can do a lot of work, and many recipes can be created simultaneously. Lidia shares recipes for: cannellini and pancetta bruschetta, ziti with kale and bacon, and monkfish meatballs.	USA	English-100	G		
2023-12-19	1900	The Cook Up With Adam Liaw	Noodles	Host Adam Liaw, comedian Matt Okine, and video game critic Steph Bendixen are in the Cook Up kitchen whipping up their ultimate noodle dishes.	AUSTRALIA	English-100	RPT	PG	Y
2023-12-19	1930	Heston's Feasts	80s Feast	Heston returns to the 1980s, cooking up sake champagne in a giant mobile phone with edible sushi money, the ultimate toasted sandwich and a power lobster in the microwave.	UNITED KINGDOM	English-100	RPT	G	Y
2023-12-19	2030	Fun'q With Spencer Watts	Fun'q With Spencer Watts Series 1 Ep 12	Spencer embraces the bounty of herbs and makes lavender salted spatchcock chicken with a balsamic truffle glaze, salmon steaks, pork tenderloins, and grilled fingerling and yam potato salad.	CANADA	English-100	PG		
2023-12-19	2100	Gino's Italian Escape: Hidden Italy	Tuscany	Gino is going to unearth the secrets of the Chianti Classico wine in the beautiful region of Tuscany by making his own in the Baroli vineyard, the place where Chianti was invented.	UNITED KINGDOM	English-100	PG		
2023-12-19	2130	Come Dine With Me	Sussex 3	It's the third night of the competition in Sussex and the turn of Food hub charity director Paula to host and she's taking inspiration for her menu from her job by using ingredients passed their useby	UNITED KINGDOM	English-100	PG		
2023-12-19	2200	Come Dine With Me	Sussex 4	It's the fourth night of the competition in Sussex and the turn of vegan solicitor Hassan to host and he's incorporating his love of Asian food into his menu.	UNITED KINGDOM	English-100	PG	s	
2023-12-19	2230	The Cook Up with Adam Liaw	Off The Grill	The Cook Up Kitchen plays host to Adam Liaw, Indigenous chef and TV presenter Mark Olive and New Zealand native chef Marcus Poa as they create some amazing dishes coming off the grill!	AUSTRALIA	English-100	RPT	G	Y
2023-12-19	2300	Bizarre Foods: Delicious Destinations	North Carolina's Triangle	Andrew digs into Raleigh, Durham and Chapel Hill - three tasty cities that make up North Carolina's Triangle and are home to blossoming food scenes.	USA	English-100	G	Y	

2023-12-19	2330	The Cook And The Chef	Aussie Classics	Maggie cooks Neenish Tarts and explains how this quirky tart that originated in New South Wales got its name. Simon continues the theme and cooks a flourless cake using almond meal and wattleseed.	AUSTRALIA	English-100		G	
2023-12-19	2400	Mystery Diners	Partner In Crime	Charles Stiles heads to LA to discover who's skimming the Black Rose Tavern.	USA	English-100		PG	Y
2023-12-19	2430	Heston's Feasts	80s Feast	Heston returns to the 1980s, cooking up sake champagne in a giant mobile phone with edible sushi money, the ultimate toasted sandwich and a power lobster in the microwave.	UNITED KINGDOM	English-100	RPT	G	Y
2023-12-19	2530	Fun'q With Spencer Watts	Fun'q With Spencer Watts Series 1 Ep 12	Spencer embraces the bounty of herbs and makes lavender salted spatchcock chicken with a balsamic truffle glaze, salmon steaks, pork tenderloins, and grilled fingerling and yam potato salad.	CANADA	English-100		PG	
2023-12-19	2600	Gino's Italian Escape: Hidden Italy	Tuscany	Gino is going to unearth the secrets of the Chianti Classico wine in the beautiful region of Tuscany by making his own in the Baroli vineyard, the place where Chianti was invented.	UNITED KINGDOM	English-100		PG	
2023-12-19	2630	Come Dine With Me	Sussex 3	It's the third night of the competition in Sussex and the turn of Food hub charity director Paula to host and she's taking inspiration for her menu from her job by using ingredients passed their useby	UNITED KINGDOM	English-100		PG	
2023-12-19	2700	Come Dine With Me	Sussex 4	It's the fourth night of the competition in Sussex and the turn of vegan solicitor Hassan to host and he's incorporating his love of Asian food into his menu.	UNITED KINGDOM	English-100		PG	s
2023-12-19	2730	The Cook Up with Adam Liaw	Off The Grill	The Cook Up Kitchen plays host to Adam Liaw, Indigenous chef and TV presenter Mark Olive and New Zealand native chef Marcus Poa as they create some amazing dishes coming off the grill!	AUSTRALIA	English-100	RPT	G	Y
2023-12-19	2800	Bizarre Foods: Delicious Destinations	North Carolina's Triangle	Andrew digs into Raleigh, Durham and Chapel Hill - three tasty cities that make up North Carolina's Triangle and are home to blossoming food scenes.	USA	English-100		G	Y
2023-12-19	2830	The Cook And The Chef	Aussie Classics	Maggie cooks Neenish Tarts and explains how this quirky tart that originated in New South Wales got its name. Simon continues the theme and cooks a flourless cake using almond meal and wattleseed.	AUSTRALIA	English-100		G	
2023-12-20	0500	Mystery Diners	Partner In Crime	Charles Stiles heads to LA to discover who's skimming the Black Rose Tavern.	USA	English-100		PG	Y
2023-12-20	0530	Martha Bakes	Naturally Gluten-Free	Join Martha as she creates three enticing desserts that happen to be naturally gluten-free - lemon-cornmeal cake, spiced pumpkin pie with a crisp rice crust, and a flourless chocolate-walnut torte.	USA	English-100		G	
2023-12-20	0600	Martha Bakes	Breads And Rolls	Martha demonstrates how to bake her favourite styles of bread with alternative flours, including honey-wheat Parker House rolls, wholewheat pita bread, and molasses-oat bread.	USA	English-100		G	
2023-12-20	0630	Masters Of Savours	Masters Of Vanilla	From Madagascar's primary forests to the islands of Polynesia, learn how growers have one obsession: to magnify this green vanilla vine for the pleasure of our taste buds.	FRANCE	English-100		G	
2023-12-20	0730	Make This Tonight	Chicken Casserole For The Soul	Chef Royce shares his love of casserole by making us a Honey Curried Chicken Casserole with Cheese Chili Rice and a healthy serving of greens to round it out.	USA	English-100		PG	I

2023-12-20	0800	David Rocco's Dolce Homemade	Stars And Stables	From Michelin star restaurants to the farm and stables of la cucina povera, guest Leandro Baldassarre shares his passion for food and brings an artisanal craftsmanship to pasta making.	CANADA	English-100		PG	
2023-12-20	0830	My Market Kitchen	My Market Kitchen Series 4 Ep 12	On My Market Kitchen today, Elena shows us her family favourite Pumpkin Persian Love Cake recipe. Khanh whips up a Indian inspired Onion Bhaji, then a tasty Fish Pattie recipe to finish off.	AUSTRALIA	English-100		G	
2023-12-20	0900	Mary Makes It Easy	Back To The Bbq	Follow Mary's recipes to level up your grilling go-tos and you'll be calling yourself a grill master in no time.	CANADA	English-100		G	
2023-12-20	0930	Freshly Picked	Episode 22	Simon whips up a muhammara that has him dancing in the kitchen and makes a cacio e pepe that's better than an Italian holiday. Jerry Mai is back with a smoky eggplant dish that packs a punch.	AUSTRALIA	English-100		G	
2023-12-20	1000	Italian Food Safari	Italian Food Safari Series 1 Ep 12	Maeve joins Claude Basile for black ink pasta. Beppi Polese shows Maeve his famous baccala mantecato, and butcher Roger Ongarato explains what makes pork and fennel sausages a favourite.	AUSTRALIA	English-100	RPT	G	Y
2023-12-20	1030	Lidia's Kitchen	Lidia's Kitchen Series 7 Ep 12	The stove can do a lot of work, and many recipes can be created simultaneously. Lidia shares recipes for: cannellini and pancetta bruschetta, ziti with kale and bacon, and monkfish meatballs.	USA	English-100		G	
2023-12-20	1100	The Cook Up With Adam Liaw	Noodles	Host Adam Liaw, comedian Matt Okine, and video game critic Steph Bendixen are in the Cook Up kitchen whipping up their ultimate noodle dishes.	AUSTRALIA	English-100	RPT	PG	Y
2023-12-20	1130	Come Dine With Me	Sussex 3	It's the third night of the competition in Sussex and the turn of Food hub charity director Paula to host and she's taking inspiration for her menu from her job by using ingredients passed their useby	UNITED KINGDOM	English-100		PG	
2023-12-20	1200	Come Dine With Me	Sussex 4	It's the fourth night of the competition in Sussex and the turn of vegan solicitor Hassan to host and he's incorporating his love of Asian food into his menu.	UNITED KINGDOM	English-100		PG	s
2023-12-20	1230	Bizarre Foods: Delicious Destinations	North Carolina's Triangle	Andrew digs into Raleigh, Durham and Chapel Hill - three tasty cities that make up North Carolina's Triangle and are home to blossoming food scenes.	USA	English-100		G	Y
2023-12-20	1300	Martha Bakes	Rethinking Cake	Martha gives three traditional cakes a healthy twist - a roulade made with oat flour and fresh berry cream, a chocolate and buckwheat torte, and a zucchini and almond cake.	USA	English-100		G	
2023-12-20	1330	Martha Bakes	Wholesome Breakfast	Martha shares three healthy breakfast recipes designed to get people eating breakfast every day - Irish-style rye bread, wholewheat popovers, and a speedy date and nut loaf.	USA	English-100		G	
2023-12-20	1400	My Greek Table With Diane Kochilas	Navarino Challenge, The	Diane makes a simple Greek salad with local ingredients and cooks up a plant-forward Messinian meal, with lots of olive oil, beans and greens.	USA	English-50; Greek-50		G	
2023-12-20	1430	Masters Of Savours	Masters Of Honey	Learn how honey is one of the few ingredients to be truly universal. From Corsica to the Greek island of Icaria, we meet passionate beekeepers extracting exceptional honey to make unique dishes.	FRANCE	English-100		G	
2023-12-20	1530	Make This Tonight	Sicilian-Style Pesto Pasta, Eggplant Parm And Fennel Salad	Chef Akira and Chef Nick turn classic pesto on it's head with a tomato and almond flecked Sicilian twist. To go with their southern masterpiece - Eggplant Parmesan and fresh fennel salad.	USA	English-100		G	

2023-12-20	1600	David Rocco's Dolce Homemade	Sunday Pranzo	Starting off the morning with the smell of tomato sauce simmering on the stove and espresso brewing in a moka pot, David takes us back to his roots and the magic of the family Sunday meal.	CANADA	English-100		G	
2023-12-20	1630	My Market Kitchen	My Market Kitchen Series 4 Ep 13	On My Market Kitchen today we are out of the studio and joined by Adam from Wine Selectors, where Elena teaches us to make a beautiful Parmesan Soup paired with the perfect wines.	AUSTRALIA	English-100		G	
2023-12-20	1700	Mary Makes It Easy	Taco Tuesday	Mary celebrates the perfect fiesta with pork carnitas, homemade pico de gallo, tacos dorados de papa with cotija cheese, and a bubbly bevvy of pineapple spritz.	CANADA	English-100		G	
2023-12-20	1730	Freshly Picked	Episode 23	Simon spills the beans on how to make ful and makes an easy sweet potato gnocchi perfect for the whole family, then a tropical salad. Afik Gal is making his delicate strawberry perfume.	AUSTRALIA	English-100		PG	
2023-12-20	1800	Italian Food Safari	Italian Food Safari Series 1 Ep 13	Guy learns how buffalo mozzarella is made and the secret of its taste and texture. He then shares his recipe for Caprese salad with mozzarella, tomatoes and basil.	AUSTRALIA	English-100	RPT	G	Y
2023-12-20	1830	Lidia's Kitchen	Lidia's Kitchen Series 7 Ep 13	These recipes are dedicated to the family. Recipes for oven braised pork chops with red onion and pears, cherry jam tart. Lidia also enjoys a special cherry bellini.	USA	English-100		PG	
2023-12-20	1900	The Cook Up With Adam Liaw	Midnight Feast	To give you some more options for that late-night feast, host Adam Liaw and guests, Studio 10 roving reporter Daniel Doody and chef Jessi Singh, create theirs in the Cook Up Kitchen.	AUSTRALIA	English-100	RPT	PG	Y
2023-12-20	1930	Rick Stein's Seafood Lovers' Guide	Episode 7	Rick visits Bear Island in Co. Cork where he meets Mike Sullivan, restaurant owner, and cooks monk fish with scallops and seaweed. He makes Cornish pasties, carrageen pudding, and trout along the way.	UNITED KINGDOM	English-100		PG	a w
2023-12-20	2000	Luca's Key Ingredient	Episode 5	Salumi is quintessential to Italian cooking, and Luca highlights three of his favourites today with recipes including pancetta, prosciutto cotto and guanciale in three epic Italian dishes.	AUSTRALIA	English-100		PG	
2023-12-20	2030	James Martin's Spanish Adventure	Vigo	James visits Vigo, and the biggest European fish market. He tries Galician octopus, we see how a traditional loaf is made. He cooks fish in mojo sauce, fish soup, flatbread with seafood and pork.	UNITED KINGDOM	English-100		PG	a w
2023-12-20	2130	Come Dine With Me	Sussex 5	Serving up the last meal of the week is Jewellery Entrepreneur Sarah who hopes to scoop the grand with an evening of simple and healthy food - but will it tickle taste buds or leave a nasty taste.	UNITED KINGDOM	English-100		PG	
2023-12-20	2200	Come Dine With Me	Gloucestershire 1	This week's competition comes from in and around charming Cheltenham and glorious Gloucester, where the first to host is self-proclaimed princess and vegetarian, Sheree.	UNITED KINGDOM	English-100		G	
2023-12-20	2230	The Cook Up with Adam Liaw	Go To Dish	The Cook Up host Adam Liaw invites Chuuka restaurant's Chase Kojima and owner of Monish Cakes, Monica Cavallaro, into the kitchen to replicate their go-to dishes.	AUSTRALIA	English-100	RPT	G	Y
2023-12-20	2300	Bizarre Foods: Delicious Destinations	Hollywood	Andrew highlights classic steak and martinis, Thai steamed whole fish, Armenian flatbread topped with minced beef and Persian ice cream in Hollywood, California.	USA	English-100		G	
2023-12-20	2330	The Cook And The Chef	Art Of Presentation, The	Maggie gives us a snapshot on the world of food photography, one which is often veiled in trickery, sprays, glues and gels, all used to artificially enhance the look of a dish.	AUSTRALIA	English-100		G	

2023-12-20	2400	Mystery Diners	Cafe Coup	Charles Stiles investigates the staff of Cafe Aldente in Studio City, CA.	USA	English-100		G		Y
2023-12-20	2430	Rick Stein's Seafood Lovers' Guide	Episode 7	Rick visits Bear Island in Co. Cork where he meets Mike Sullivan, restaurant owner, and cooks monk fish with scallops and seaweed. He makes Cornish pasties, carrageen pudding, and trout along the way.	UNITED KINGDOM	English-100		PG	a w	
2023-12-20	2500	Luca's Key Ingredient	Episode 5	Salumi is quintessential to Italian cooking, and Luca highlights three of his favourites today with recipes including pancetta, prosciutto cotto and guanciale in three epic Italian dishes.	AUSTRALIA	English-100		PG		
2023-12-20	2530	James Martin's Spanish Adventure	Vigo	James visits Vigo, and the biggest European fish market. He tries Galician octopus, we see how a traditional loaf is made. He cooks fish in mojo sauce, fish soup, flatbread with seafood and pork.	UNITED KINGDOM	English-100		PG	a w	
2023-12-20	2625	Destination Flavour Singapore Bitesize	Fruit Stall	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		
2023-12-20	2630	Come Dine With Me	Sussex 5	Serving up the last meal of the week is Jewellery Entrepreneur Sarah who hopes to scoop the grand with an evening of simple and healthy food - but will it tickle taste buds or leave a nasty taste.	UNITED KINGDOM	English-100		PG		
2023-12-20	2700	Come Dine With Me	Gloucestershire 1	This week's competition comes from in and around charming Cheltenham and glorious Gloucester, where the first to host is self-proclaimed princess and vegetarian, Sheree.	UNITED KINGDOM	English-100		G		
2023-12-20	2730	The Cook Up with Adam Liaw	Go To Dish	The Cook Up host Adam Liaw invites Chuuka restaurant's Chase Kojima and owner of Monish Cakes, Monica Cavallaro, into the kitchen to replicate their go-to dishes.	AUSTRALIA	English-100	RPT	G		Y
2023-12-20	2800	Bizarre Foods: Delicious Destinations	Hollywood	Andrew highlights classic steak and martinis, Thai steamed whole fish, Armenian flatbread topped with minced beef and Persian ice cream in Hollywood, California.	USA	English-100		G		
2023-12-20	2830	The Cook And The Chef	Art Of Presentation, The	Maggie gives us a snapshot on the world of food photography, one which is often veiled in trickery, sprays, glues and gels, all used to artificially enhance the look of a dish.	AUSTRALIA	English-100		G		
2023-12-21	0500	Mystery Diners	Cafe Coup	Charles Stiles investigates the staff of Cafe Aldente in Studio City, CA.	USA	English-100		G		Y
2023-12-21	0530	Martha Bakes	Rethinking Cake	Martha gives three traditional cakes a healthy twist - a roulade made with oat flour and fresh berry cream, a chocolate and buckwheat torte, and a zucchini and almond cake.	USA	English-100		G		
2023-12-21	0600	Martha Bakes	Wholesome Breakfast	Martha shares three healthy breakfast recipes designed to get people eating breakfast every day - Irish-style rye bread, wholewheat popovers, and a speedy date and nut loaf.	USA	English-100		G		
2023-12-21	0630	Masters Of Savours	Masters Of Honey	Learn how honey is one of the few ingredients to be truly universal. From Corsica to the Greek island of Icaria, we meet passionate beekeepers extracting exceptional honey to make unique dishes.	FRANCE	English-100		G		
2023-12-21	0730	Make This Tonight	Sicilian-Style Pesto Pasta, Eggplant Parm And Fennel Salad	Chef Akira and Chef Nick turn classic pesto on it's head with a tomato and almond flecked Sicilian twist. To go with their southern masterpiece - Eggplant Parmesan and fresh fennel salad.	USA	English-100		G		

2023-12-21	0800	David Rocco's Dolce Homemade	Sunday Pranzo	Starting off the morning with the smell of tomato sauce simmering on the stove and espresso brewing in a moka pot, David takes us back to his roots and the magic of the family Sunday meal.	CANADA	English-100		G		
2023-12-21	0830	My Market Kitchen	My Market Kitchen Series 4 Ep 13	On My Market Kitchen today we are out of the studio and joined by Adam from Wine Selectors, where Elena teaches us to make a beautiful Parmesan Soup paired with the perfect wines.	AUSTRALIA	English-100		G		
2023-12-21	0900	Mary Makes It Easy	Taco Tuesday	Mary celebrates the perfect fiesta with pork carnitas, homemade pico de gallo, tacos dorados de papa with cotija cheese, and a bubbly bevy of pineapple spritz.	CANADA	English-100		G		
2023-12-21	0930	Freshly Picked	Episode 23	Simon spills the beans on how to make ful and makes an easy sweet potato gnocchi perfect for the whole family, then a tropical salad. Afik Gal is making his delicate strawberry perfume.	AUSTRALIA	English-100		PG		
2023-12-21	1000	Italian Food Safari	Italian Food Safari Series 1 Ep 13	Guy learns how buffalo mozzarella is made and the secret of its taste and texture. He then shares his recipe for Caprese salad with mozzarella, tomatoes and basil.	AUSTRALIA	English-100	RPT	G		Y
2023-12-21	1030	Lidia's Kitchen	Lidia's Kitchen Series 7 Ep 13	These recipes are dedicated to the family. Recipes for oven braised pork chops with red onion and pears, cherry jam tart. Lidia also enjoys a special cherry bellini.	USA	English-100		PG		
2023-12-21	1100	The Cook Up With Adam Liaw	Midnight Feast	To give you some more options for that late-night feast, host Adam Liaw and guests, Studio 10 roving reporter Daniel Doody and chef Jessi Singh, create theirs in the Cook Up Kitchen.	AUSTRALIA	English-100	RPT	PG		Y
2023-12-21	1130	Come Dine With Me	Sussex 5	Serving up the last meal of the week is Jewellery Entrepreneur Sarah who hopes to scoop the grand with an evening of simple and healthy food - but will it tickle taste buds or leave a nasty taste.	UNITED KINGDOM	English-100		PG		
2023-12-21	1200	Come Dine With Me	Gloucestershire 1	This week's competition comes from in and around charming Cheltenham and glorious Gloucester, where the first to host is self-proclaimed princess and vegetarian, Sheree.	UNITED KINGDOM	English-100		G		
2023-12-21	1230	Flour Power	Old Mart Resource Centre	In this episode we're visiting The Old Mart Resource Centre in Maud, Aberdeenshire. On the former site of one of the UK's biggest cattle markets.	UNITED KINGDOM	English-100		PG		
2023-12-21	1300	Taste The Nation With Padma Lakshmi	Original Americans, The	What is the original American cuisine? Padma travels to Arizona to eat food that is indigenous to this land.	USA	English-100		PG		a d l
2023-12-21	1330	Taste The Nation With Padma Lakshmi	Dancing In Little Lima	Padma knows the power of a great bowl of ceviche. She visits Paterson, New Jersey - a Peruvian enclave, for a deeper look at the vibrant culture and food scene of Peru.	USA	English-100		PG		a v Y
2023-12-21	1400	My Greek Table With Diane Kochilas	Tasty Teardrops And Tomatoes: Chios	Diane learns to make pasta and the island's special tomato sauce from local cooks, along with a chicken and quince dish and a traditional black eyed pea salad.	USA	English-50; Greek-50		G		Y
2023-12-21	1430	Masters Of Savours	Masters Of Bread	Meet the passionate people who have made bread their profession. Whether in France, Greece, or Italy, bread is a symbol coated with traditions and a source of social bonds.	FRANCE	English-100		G		
2023-12-21	1530	Make This Tonight	Shabbat, Shalom!	Chef Einat dishes out her tasty recipe for Spicy Fish in Harissa Sauce, Classic Tahini Sauce and Israeli Salad and serves it with some fresh Challah bread to soak up all that tasty goodness.	USA	English-100		G		

2023-12-21	1600	David Rocco's Dolce Homemade	Snacks	Called sfizi or antipasti in Italian, these little bites can be had as snacks or part of an entire meal. David spends the day making some of his favourite snacks that are fun to make and easy to eat.	CANADA	English-100		G		
2023-12-21	1630	My Market Kitchen	My Market Kitchen Series 4 Ep 14	On today's show Elena and Khanh cook a Charred Octopus dish together, showing us how easy it is to prepare the unique seafood. Followed by Elena's go-to Gluten Free Bread recipe.	AUSTRALIA	English-100		G		
2023-12-21	1700	Plat Du Tour	Plat Du Tour Series 4 (30 Min Version)	Guillaume Brahimi cooks dishes inspired by the Auvergne Rhone Alps region of eastern France. Guillaume shows us how to make a classic Coq au Vin, and La Truffade in this special compilation.				PG	Y	Y
2023-12-21	1730	Freshly Picked	Episode 24	Simon makes a simple soup with some roasty and crunchy bits, and a berry pull apart that you'll want to be a part of. There's puffed rice and plenty of laughs when Kishwar Chowdhury is in the kitchen.	AUSTRALIA	English-100		PG		
2023-12-21	1800	French Food Safari	French Food Safari Series 1	This series is a celebration of exquisite French cuisine in all its delicious complexity. Presented by Maeve O'Meara and renowned chef Guillaume Brahimi.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-12-21	1830	Lidia's Kitchen	Lidia's Kitchen Series 7 Ep 14	With a little bit of prep time and a hot oven, enjoy appetisers with friends and family while the rest is baking. Some recipes including, spicy stuffed clams, roasted chicken, and stuffed potatoes.	USA	English-100		PG		
2023-12-21	1900	The Cook Up With Adam Liaw	Bring A Plate	Ever get asked to bring a plate to the family BBQ and never know what to bring? Adam and NITV presenters Rae Johnston and Natalie Ahmat have you sorted as they create their favourite bring-a-plate.	AUSTRALIA	English-100	RPT	PG	Y	
2023-12-21	1930	Rick Stein's Seafood Lovers' Guide	Episode 8	Rick visits Whitby where he tries kippers smoked by brothers Barry and Derek Brown, a family recipe for years. He visits Flamborough Head where he goes longlining for cod with Richard Emerson.	UNITED KINGDOM	English-100		PG	a	w
2023-12-21	2000	Paula McIntyre's Hamely Kitchen Specials	Paula McIntyre's Burns Night Banquet	Paula usually celebrates Burns Night by cooking neeps and tatties alongside some haggis. This year is a little different. She challenges herself with re-creating some of traditional recipes.	UNITED KINGDOM	English-100		PG		
2023-12-21	2030	Rick Stein: From Venice to Istanbul	Northern Greece	Rick arrives in Northern Greece and the historic city of Ioannina where he tastes a traditional veal stifado and kotopita - the best chicken pie he's ever tasted.	UNITED KINGDOM	English-100		PG	a	w
2023-12-21	2140	Come Dine With Me	Gloucestershire 2	It's the second night of the competition in Cheltenham and Gloucester and the turn of professional storyteller Chloe to host.	UNITED KINGDOM	English-100		G		
2023-12-21	2205	Come Dine With Me	Gloucestershire 3	This week's competition comes from in and around Cheltenham and Gloucester, and third to host this week is estate agent Mike, who plans to win over his guests by hosting a relaxed evening.	UNITED KINGDOM	English-100		PG		
2023-12-21	2230	The Cook Up with Adam Liaw	Pub Favourite	Comedian Mikey Robins and Marque restaurant owner Mark Best join host Adam Liaw in The Cook Up kitchen to share their take on some favourite Aussie pub favourites.	AUSTRALIA	English-100	RPT	PG	I	Y
2023-12-21	2300	Bizarre Foods: Delicious Destinations	Santa Monica	Andrew dives in to the laid-back eats of Santa Monica, California. Boasting miles of coastline, Santa Monica is home to spicy seafood soup, Chinese chicken salad and Tsukemen.	USA	English-100		G		
2023-12-21	2330	The Cook And The Chef	1980's, The	The 1980s are making a comeback as Simon and Maggie celebrate the time when Aussie food came of age and the work of three very special cooks - Gay Bilson, Tony Bilson, and Janni Kyritsis.	AUSTRALIA	English-100		G		

2023-12-21	2400	Mystery Diners	Daddy's Girl	Charles Stiles pegs a thief at Geppino's Sicilian Kitchen in Moorpark, CA.	USA	English-100	G			Y
2023-12-21	2430	Rick Stein's Seafood Lovers' Guide	Episode 8	Rick visits Whitby where he tries kippers smoked by brothers Barry and Derek Brown, a family recipe for years. He visits Flamborough Head where he goes longlining for cod with Richard Emerson.	UNITED KINGDOM	English-100	PG	a w		
2023-12-21	2500	Paula McIntyre's Hamely Kitchen Specials	Paula McIntyre's Burns Night Banquet	Paula usually celebrates Burns Night by cooking neeps and tatties alongside some haggis. This year is a little different. She challenges herself with re-creating some of traditional recipes.	UNITED KINGDOM	English-100	PG			
2023-12-21	2530	Rick Stein: From Venice to Istanbul	Northern Greece	Rick arrives in Northern Greece and the historic city of Ioannina where he tastes a traditional veal stifado and kotopita - the best chicken pie he's ever tasted.	UNITED KINGDOM	English-100	PG	a w		
2023-12-21	2640	Come Dine With Me	Gloucestershire 2	It's the second night of the competition in Cheltenham and Gloucester and the turn of professional storyteller Chloe to host.	UNITED KINGDOM	English-100	G			
2023-12-21	2705	Come Dine With Me	Gloucestershire 3	This week's competition comes from in and around Cheltenham and Gloucester, and third to host this week is estate agent Mike, who plans to win over his guests by hosting a relaxed evening.	UNITED KINGDOM	English-100	PG			
2023-12-21	2730	The Cook Up with Adam Liaw	Pub Favourite	Comedian Mikey Robins and Marque restaurant owner Mark Best join host Adam Liaw in The Cook Up kitchen to share their take on some favourite Aussie pub favourites.	AUSTRALIA	English-100	RPT	PG	I	Y
2023-12-21	2800	Bizarre Foods: Delicious Destinations	Santa Monica	Andrew dives in to the laid-back eats of Santa Monica, California. Boasting miles of coastline, Santa Monica is home to spicy seafood soup, Chinese chicken salad and Tsukemen.	USA	English-100	G			
2023-12-21	2830	The Cook And The Chef	1980's, The	The 1980s are making a comeback as Simon and Maggie celebrate the time when Aussie food came of age and the work of three very special cooks - Gay Bilson, Tony Bilson, and Janni Kyritsis.	AUSTRALIA	English-100	G			
2023-12-22	0500	Mystery Diners	Daddy's Girl	Charles Stiles pegs a thief at Geppino's Sicilian Kitchen in Moorpark, CA.	USA	English-100	G			Y
2023-12-22	0530	Taste The Nation With Padma Lakshmi	Original Americans, The	What is the original American cuisine? Padma travels to Arizona to eat food that is indigenous to this land.	USA	English-100	PG	a d I		
2023-12-22	0600	Taste The Nation With Padma Lakshmi	Dancing In Little Lima	Padma knows the power of a great bowl of ceviche. She visits Paterson, New Jersey - a Peruvian enclave, for a deeper look at the vibrant culture and food scene of Peru.	USA	English-100	PG	a v		Y
2023-12-22	0630	Masters Of Savours	Masters Of Bread	Meet the passionate people who have made bread their profession. Whether in France, Greece, or Italy, bread is a symbol coated with traditions and a source of social bonds.	FRANCE	English-100	G			
2023-12-22	0730	Make This Tonight	Shabbat, Shalom!	Chef Einat dishes out her tasty recipe for Spicy Fish in Harissa Sauce, Classic Tahini Sauce and Israeli Salad and serves it with some fresh Challah bread to soak up all that tasty goodness.	USA	English-100	G			
2023-12-22	0800	David Rocco's Dolce Homemade	Snacks	Called sfizi or antipasti in Italian, these little bites can be had as snacks or part of an entire meal. David spends the day making some of his favourite snacks that are fun to make and easy to eat.	CANADA	English-100	G			

2023-12-22	0830	My Market Kitchen	My Market Kitchen Series 4 Ep 14	On today's show Elena and Khanh cook a Charred Octopus dish together, showing us how easy it is to prepare the unique seafood. Followed by Elena's go-to Gluten Free Bread recipe.	AUSTRALIA	English-100		G		
2023-12-22	0900	Plat Du Tour	Plat Du Tour Series 4 (30 Min Version)	Guillaume Brahimi cooks dishes inspired by the Auvergne Rhone Alps region of eastern France. Guillaume shows us how to make a classic Coq au Vin, and La Truffade in this special compilation.				PG	Y	Y
2023-12-22	0930	Freshly Picked	Episode 24	Simon makes a simple soup with some roasty and crunchy bits, and a berry pull apart that you'll want to be a part of. There's puffed rice and plenty of laughs when Kishwar Chowdhury is in the kitchen.	AUSTRALIA	English-100		PG		
2023-12-22	1000	French Food Safari	French Food Safari Series 1	This series is a celebration of exquisite French cuisine in all its delicious complexity. Presented by Maeve O'Meara and renowned chef Guillaume Brahimi.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-12-22	1030	Lidia's Kitchen	Lidia's Kitchen Series 7 Ep 14	With a little bit of prep time and a hot oven, enjoy appetisers with friends and family while the rest is baking. Some recipes including, spicy stuffed clams, roasted chicken, and stuffed potatoes.	USA	English-100		PG		
2023-12-22	1100	The Cook Up With Adam Liaw	Bring A Plate	Ever get asked to bring a plate to the family BBQ and never know what to bring? Adam and NITV presenters Rae Johnston and Natalie Ahmat have you sorted as they create their favourite bring-a-plate.	AUSTRALIA	English-100	RPT	PG	Y	
2023-12-22	1130	Come Dine With Me	Gloucestershire 2	It's the second night of the competition in Cheltenham and Gloucester and the turn of professional storyteller Chloe to host.	UNITED KINGDOM	English-100		G		
2023-12-22	1200	Come Dine With Me	Gloucestershire 3	This week's competition comes from in and around Cheltenham and Gloucester, and third to host this week is estate agent Mike, who plans to win over his guests by hosting a relaxed evening.	UNITED KINGDOM	English-100		PG		
2023-12-22	1230	Flour Power	Live Language	Judging alongside series stalwart Nichola Reith is local baker and cafe owner Calum Bryce. Once all the workmates' creations are revealed, tasted, judged and scored, just who will win.	UNITED KINGDOM	English-100		G		
2023-12-22	1300	Taste The Nation With Padma Lakshmi	Pad Thai Gamble, The	Las Vegas is home to one of the largest groups of Thai immigrants in America. Padma shares stories with the community over delicious food - Pad Thai is just the start.	USA	English-100		G		Y
2023-12-22	1335	Taste The Nation With Padma Lakshmi	Zen And The Art Of Poke	Padma dives into Japanese culture, ubiquitous in Honolulu, to understand just how far their cultural footprint reaches.	USA	English-100		PG	a l w	Y
2023-12-22	1405	My Greek Table With Diane Kochilas	Naxos: Meat & Potatoes Like You Never Had'em	Diane takes off for this tasty Cycladic island from the shores of neighboring Paros, with her good friend Alexis, to learn more about the local cuisine.	USA	English-50; Greek-50		G		Y
2023-12-22	1430	Masters Of Savours	Masters Of Olive Oil	We journey to where the best olive oils are produced, often nestled in magnificent landscapes: the plains of Tuscany in Italy, the fields of Drome in France, the Peloponnese in Greece, and Spain.	FRANCE	English-100		G		
2023-12-22	1530	Make This Tonight	Real Salad 101	Chef Jason schools us in the art of making a "real salad" with seared heirloom tomatoes, avocado vinaigrette, house-made croutons and tops it off with the perfect egg. Class is in session.	USA	English-100		G		
2023-12-22	1600	David Rocco's Dolce Homemade	Olive Oil	Ever heard of a certified olive oil taster? Meet guest Fil Bucchino, a former musician, who became an importer of olive oil after visiting an olive harvest in Tuscany and instantly fell in love.	CANADA	English-100		PG		

2023-12-22	1630	My Market Kitchen	My Market Kitchen Series 4 Ep 15	Start your morning off right with Elena's Fancy Baked Beans recipe, then stay tuned for Khanh's take on a classic Salmon sushi inside out roll. Finishing the show with an Elvis Inspired Quesadillas.	AUSTRALIA	English-100		G		
2023-12-22	1700	Plat Du Tour	Plat Du Tour Series 4 (30 Min Version)	In this special collection, Guillaume Brahimi explores the southwest of France and shares delicious recipes such as Pintxos, and small, sweet cakes known as Caneles.				G	Y	Y
2023-12-22	1730	Freshly Picked	Episode 25	Simon gets a little bananas in Queensland and then heads back to the kitchen for a tagine recipe, while also spicing up leftover rice. Tobie Puttock returns for the perfect weeknight dinner.	AUSTRALIA	English-100		PG		
2023-12-22	1800	French Food Safari	French Food Safari Series 1	Maeve and Guillaume travel to the underground bakery of one of the great Parisian bakers, Jean-Luc Poujaran, who supplies all the top restaurants in the city.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-12-22	1830	Lidia's Kitchen	Lidia's Kitchen Series 7 Ep 15	Italian cuisine is known for seasonal ingredients and easy techniques. Lidia shares recipes that master simplicity; sausages with fennel and olives, orange and red salad, then 'Almost a Tiramisu'.	USA	English-100		PG		
2023-12-22	1900	The Cook Up With Adam Liaw	Land Of Milk And Honey, The	Adam and guests, pastry chef Lauren Eldridge and TAFE student Kirsty Lea, are in the Cook Up kitchen to create dishes inspired by The Land of Milk and Honey.	AUSTRALIA	English-100	RPT	PG	Y	
2023-12-22	1930	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.	UNITED KINGDOM	English-100	RPT	G	Y	
2023-12-22	2000	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.	UNITED KINGDOM	English-100	RPT	G	Y	
2023-12-22	2030	Ainsley's Christmas Good Mood Food	Ainsley's Christmas Good Mood Food	Join Ainsley and friends for some festive fun in this special episode of Ainsley's Christmas Good Mood Food. Ainsley and pal Oly Smith get the fun started with canapes and cocktails.	UNITED KINGDOM	English-100		PG		
2023-12-22	2130	The Cook Up With Adam Liaw	Christmas Savoury	Adam, food icon Maggie Beer and Baker Natalie Paull are in The Cook Up Kitchen making savoury dishes that can be the centre of your Christmas buffet.	AUSTRALIA	English-100	RPT	G	Y	
2023-12-22	2200	The Cook Up With Adam Liaw	Christmas Dessert	Culinary queen Stephanie Alexander and paralympian gold medalist Kurt Fearnley join Adam in The Cook Up Kitchen to make Christmas desserts.	AUSTRALIA	English-100	RPT	G	Y	
2023-12-22	2230	The Cook Up with Adam Liaw	Herbs From The Garden	Nomad head chef Jacqui Challinor and cook instructor and Iranian refugee Mahshid Babzartabi join host Adam Liaw in The Cook Up kitchen to make their favourite dishes containing herbs from the garden.	AUSTRALIA	English-100	RPT	G	Y	
2023-12-22	2300	Bizarre Foods: Delicious Destinations	Bangkok: A Second Sound Bite	Bangkok, Thailand, has so many culinary treasures, it deserves a second trip! From steamed bass to massaman curry, Andrew highlights the city's exotic flavours.	USA	English-100		PG	a w	Y
2023-12-22	2330	The Cook And The Chef	Greek Experience, The	Maggie and Simon entice us outdoors into the late autumn sun to enjoy Greek inspired Barbequed goat, souvlaki, and baby octopus. Greek desserts are also on the menu.	AUSTRALIA	English-100		G		
2023-12-22	2400	Mystery Diners	Thanksgiving Thievery	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100		PG		Y

2023-12-22	2430	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.	UNITED KINGDOM	English-100	RPT	G		Y
2023-12-22	2500	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.	UNITED KINGDOM	English-100	RPT	G		Y
2023-12-22	2530	Ainsley's Christmas Good Mood Food	Ainsley's Christmas Good Mood Food	Join Ainsley and friends for some festive fun in this special episode of Ainsley's Christmas Good Mood Food. Ainsley and pal Olly Smith get the fun started with canapes and cocktails.	UNITED KINGDOM	English-100		PG		
2023-12-22	2625	Cook Up With Adam Liaw Bitesize	Chicken Sausage Poule Au Pot	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2023-12-22	2630	The Cook Up With Adam Liaw	Christmas Savoury	Adam, food icon Maggie Beer and Baker Natalie Paull are in The Cook Up Kitchen making savoury dishes that can be the centre of your Christmas buffet.	AUSTRALIA	English-100	RPT	G		Y
2023-12-22	2700	The Cook Up With Adam Liaw	Christmas Dessert	Culinary queen Stephanie Alexander and paralympian gold medallist Kurt Fearnley join Adam in The Cook Up Kitchen to make Christmas desserts.	AUSTRALIA	English-100	RPT	G		Y
2023-12-22	2730	The Cook Up with Adam Liaw	Herbs From The Garden	Nomad head chef Jacqui Challinor and cook instructor and Iranian refugee Mahshid Babzartabi join host Adam Liaw in The Cook Up kitchen to make their favourite dishes containing herbs from the garden.	AUSTRALIA	English-100	RPT	G		Y
2023-12-22	2800	Bizarre Foods: Delicious Destinations	Bangkok: A Second Sound Bite	Bangkok, Thailand, has so many culinary treasures, it deserves a second trip! From steamed bass to massaman curry, Andrew highlights the city's exotic flavours.	USA	English-100		PG	a w	Y
2023-12-22	2830	The Cook And The Chef	Greek Experience, The	Maggie and Simon entice us outdoors into the late autumn sun to enjoy Greek inspired Barbequed goat, souvlaki, and baby octopus. Greek desserts are also on the menu.	AUSTRALIA	English-100		G		
2023-12-23	0500	Mystery Diners	Thanksgiving Thievery	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100		PG		Y
2023-12-23	0530	Taste The Nation With Padma Lakshmi	Pad Thai Gamble, The	Las Vegas is home to one of the largest groups of Thai immigrants in America. Padma shares stories with the community over delicious food - Pad Thai is just the start.	USA	English-100		G		Y
2023-12-23	0605	Taste The Nation With Padma Lakshmi	Zen And The Art Of Poke	Padma dives into Japanese culture, ubiquitous in Honolulu, to understand just how far their cultural footprint reaches.	USA	English-100		PG	a l w	Y
2023-12-23	0635	Masters Of Savours	Masters Of Olive Oil	We journey to where the best olive oils are produced, often nestled in magnificent landscapes: the plains of Tuscany in Italy, the fields of Drome in France, the Peloponnese in Greece, and Spain.	FRANCE	English-100		G		
2023-12-23	0735	Make This Tonight	Real Salad 101	Chef Jason schools us in the art of making a "real salad" with seared heirloom tomatoes, avocado vinaigrette, house-made croutons and tops it off with the perfect egg. Class is in session.	USA	English-100		G		
2023-12-23	0800	David Rocco's Dolce Homemade	Olive Oil	Ever heard of a certified olive oil taster? Meet guest Fil Bucchino, a former musician, who became an importer of olive oil after visiting an olive harvest in Tuscany and instantly fell in love.	CANADA	English-100		PG		

2023-12-23	0830	My Market Kitchen	My Market Kitchen Series 4 Ep 15	Start your morning off right with Elena's Fancy Baked Beans recipe, then stay tuned for Khanh's take on a classic Salmon sushi inside out roll. Finishing the show with an Elvis Inspired Quesadillas.	AUSTRALIA	English-100		G		
2023-12-23	0900	Plat Du Tour	Plat Du Tour Series 4 (30 Min Version)	In this special collection, Guillaume Brahimi explores the southwest of France and shares delicious recipes such as Pintxos, and small, sweet cakes known as Caneles.				G	Y	Y
2023-12-23	0930	The Cook Up With Adam Liaw	Land Of Milk And Honey, The	Adam and guests, pastry chef Lauren Eldridge and TAFE student Kirsty Lea, are in the Cook Up kitchen to create dishes inspired by The Land of Milk and Honey.	AUSTRALIA	English-100	RPT	PG	Y	
2023-12-23	1000	Mystery Diners	Thanksgiving Thievery	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100		PG		Y
2023-12-23	1030	Spencer's Holiday Bbq	Spencer's Holiday Bbq	Join chef Spencer Watts at his glorious rooftop patio for a one-hour special featuring a full holiday spread, all made on the BBQ.	CANADA	English-100		PG		
2023-12-23	1125	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y	
2023-12-23	1130	Gok Wan's Easy Asian	Christmas	Gok Wan's eight stunning Asian influenced Christmas dishes will leave you salivating for more!	UNITED KINGDOM	English-100		G		
2023-12-23	1225	Cook Up With Adam Liaw Bitesize	Periyaki Chicken	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG	Y	
2023-12-23	1230	Hairy Bikers Go Local Christmas Special	Hairy Bikers Christmas Special	The Hairy Bikers are back, travelling the North of England in search of great food producers and ingredients to create a delicious Christmas family feast!	UNITED KINGDOM	English-100		PG		
2023-12-23	1335	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 - and culinary - diversity.	AUSTRALIA	English-100	RPT	G	Y	
2023-12-23	1435	Gordon's Ultimate Christmas	Gordon's Ultimate Christmas Ep 1	Gordon prepares a spectacular set of Christmas dishes that include his recipe for the ultimate turkey, superb stuffing, perfectly cooked vegetables and a stunning Christmas dessert.	UNITED KINGDOM	English-100		G		
2023-12-23	1535	Flour Power Christmas: Edible Gifts	Flour Power Christmas: Edible Gifts	Christmas is near and host Jessica McGovern shows us how to bake something for everyone including crispy brittle bark covered in chocolate, and rich coal cookies that are sweet with a bit of heat.	CANADA	English-100		G		
2023-12-23	1605	Red Chef Revival	Prince Rupert	Host Shane Chartrand explores the iconic North Pacific Cannery on Canada's West Coast - a place where Chinese, Indigenous, and Japanese communities converged.	CANADA	English-100	RPT	PG		Y
2023-12-23	1635	Paul Hollywood Eats Mexico	Mexico City	Paul's spending his first week in the country's eponymous capital, Mexico City, where he eats the best taco he's ever had!	UNITED KINGDOM	English-100		PG	a s v	Y
2023-12-23	1730	John Torode's Ireland	Dublin To The Wicklow Mountain	John meets proprietor and chef Ciaran at this classic Dublin pub. He learns about the role of the pub in Dublin and Irish life, the colourful history of this pub.	UNITED KINGDOM	English-100		G		

2023-12-23	1825	Cook Up With Adam Liaw Bitesize	Periyaki Chicken	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG		Y
2023-12-23	1830	Homegrown Tastes South Africa	Episode 2	Lorna goes on safari with Katlego Malatji to learn all about the flavours that come from one of South Africa's greatest gifts; the bushveld.	UNITED KINGDOM	English-100		G		
2023-12-23	1930	Tales From River Cottage	Barter And Business	Hughs 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.	UNITED KINGDOM	English-100		PG	a w	
2023-12-23	2000	Tales From River Cottage	Chicken And Egg	Hugh recalls the highs and lows of his poultry learning curve, from acquiring his first hens, to his experiment to try and breed the tastiest roasting chicken of all time.	UNITED KINGDOM	English-100		PG	a n w	
2023-12-23	2030	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 2	Rick visits an ancient apple orchard to learn the traditional way of making cider, cooks a chicken, leek and cider gratin, and delves into the rich history of the Cornish sea shanty.	UNITED KINGDOM	English-100		G		
2023-12-23	2100	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 3	Rick visits Europe's largest tea plantation beside the Fal River in Cornwall, where he indulges in an afternoon tea of tea loaf and plum compote.	UNITED KINGDOM	English-100		G		
2023-12-23	2130	Anthony Bourdain: No Reservations	Holiday in New York	Anthony Bourdain joins his brother's family at their home in the Hudson River Valley, where he prepares a delicious Christmas meal.	USA	English-100	RPT	PG	a	Y
2023-12-23	2225	Cook Up With Adam Liaw Bitesize	Periyaki Chicken	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG		Y
2023-12-23	2230	River Cottage Australia	River Cottage Australia One Hours Series 2 Ep 3	Paul gets some goats but the going gets gruff when he tries to milk them for the first time. His cheese making skills get challenged by local friend Erica when they enter the cheesemaking world.	UNITED KINGDOM	English-100	RPT	PG		Y
2023-12-23	2330	Mystery Diners	Employee Discount	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG		Y
2023-12-23	2400	Mystery Diners	Poaching Profits	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG		Y
2023-12-23	2430	Paul Hollywood Eats Mexico	Mexico City	Paul's spending his first week in the country's eponymous capital, Mexico City, where he eats the best taco he's ever had!	UNITED KINGDOM	English-100		PG	a s v	Y
2023-12-23	2525	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2023-12-23	2530	John Torode's Ireland	Dublin To The Wicklow Mountain	John meets proprietor and chef Ciaran at this classic Dublin pub. He learns about the role of the pub in Dublin and Irish life, the colourful history of this pub.	UNITED KINGDOM	English-100		G		
2023-12-23	2625	Cook Up With Adam Liaw Bitesize	Periyaki Chicken	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG		Y

2023-12-23	2630	Homegrown Tastes South Africa	Episode 2	Lorna goes on safari with Katlego Malatji to learn all about the flavours that come from one of South Africa's greatest gifts; the bushveld.	UNITED KINGDOM	English-100	G	
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