



**WEEK 52: Sunday, 24 December- Saturday, 30 December 2023 - ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2023-12-24	0500	<b>Rick Stein's Cornwall</b>	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			
2023-12-24	0530	<b>River Cottage Australia</b>	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	
2023-12-24	0630	<b>Mystery Diners</b>	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
2023-12-24	0700	<b>Mystery Diners</b>	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
2023-12-24	0730	<b>Homegrown Tastes South Africa</b>	Wild Flavours	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			
2023-12-24	0830	<b>Tales From River Cottage</b>	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		
2023-12-24	0900	<b>Tales From River Cottage</b>	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		
2023-12-24	0930	<b>Red Chef Revival</b>	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
2023-12-24	1000	<b>Rick Stein's Cornwall</b>	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			
2023-12-24	1030	<b>Flour Power Christmas:Twisted Classics</b>	Flour Power Christmas: Twists On The Classics	Host Jessica McGovern plays of some classic desserts, from sweet and fluffy gumdrop cakes drizzled with a light lemony glaze to a delectable eggnog ski slope cake decorated with rosemary trees.	CANADA	English-100		G			
2023-12-24	1100	<b>The Cook Up With Adam Liaw</b>	Christmas At Mine	It's a big night with Adam, chef George Calombaris, and singer Christine Anu in The Cook Up Kitchen creating festive food unique to their homes.	AUSTRALIA	English-100	RPT	PG		Y	
2023-12-24	1130	<b>Gok Wan's Easy Asian</b>	Gok Wan's Easy Asian Christmas	Gok cooks his favourite festive menu: mini bagels with scrambled egg and smoked salmon, mushroom Gyozas, a lobster stir-fry and a traditional Chinese roasted duck.	UNITED KINGDOM	English-100		PG			

2023-12-24	1225	<b>Destination Flavour China Bitesize</b>	Cattail Milk Soup	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.		English-100	RPT	PG		Y	Y
2023-12-24	1230	<b>Dishing It Up Christmas Special</b>	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	
2023-12-24	1330	<b>Spencer's Big Holiday</b>	Spencer's Big Holiday	In this festive one-hour holiday special, celebrity chef Spencer Watts is serving up some of his favourite holiday meals, treats, and drinks.	CANADA	English-100		PG			
2023-12-24	1425	<b>Cook Up With Adam Liaw Bitesize</b>	Chicken Paprika	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	
2023-12-24	1430	<b>Gordon's Ultimate Christmas</b>	Gordon's Ultimate Christmas Ep 2	Gordon proves that there's so much more to Christmas food than turkey - he goes through a wonderful array of alternative dishes from roast ham to a festive twist on his classic beef Wellington.	UNITED KINGDOM	English-100		G			
2023-12-24	1530	<b>Flour Power Christmas: Big Wow Desserts</b>	Flour Power Christmas: Big Wow Desserts	The holidays are here and Jessica McGovern introduces two desserts that could impress any Scrooge. First, Jessica bakes a decadent chocolate yule log stuffed with a creamy salted caramel frosting.	CANADA	English-100		G			
2023-12-24	1600	<b>Red Chef Revival</b>	Fort McMurry	In the aftermath of a massive wildfire in 2016, host Cezin Nottaway finds a deep connection between food and healing. She combines her signature bush cooking style with a beaver tail recipe.	CANADA	English-100	RPT	PG	a d I		
2023-12-24	1630	<b>Food Chain: From Source To Table</b>	Wake Up Call Restaurants	COVID-19 has forced more than a thousand restaurants to close in Singapore. Fighting to save his own business, Chef Ming Tan embarks on a mission to find out how to make restaurants more resilient.	SINGAPORE	English-100		PG	a w		Y
2023-12-24	1725	<b>Destination Flavour China Bitesize</b>	Cattail Milk Soup	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.		English-100	RPT	PG		Y	Y
2023-12-24	1730	<b>Paul Hollywood: A Baker's Life</b>	Cyprus, Baklava & Village Bread	Paul Hollywood returns Cyprus and shares his favourite Mediterranean recipes from the island where he spent several years working and met and married his wife Alex.	UNITED KINGDOM	English-100		G			Y
2023-12-24	1800	<b>In The Spirit With Lindsay And Curtis</b>	New Year's Eve With Tori Spelling & Jennie Garth	Lindsay invites her Beverly Hills 90210 co-stars Tori Spelling and Jennie Garth for the countdown. While Curtis prepares nibbles, Lindsay conducts a champagne tasting.	USA	English-100		PG			
2023-12-24	1830	<b>Michel Roux's French Country Cooking</b>	Sharing Feast	Michel serves up a sharing feast. A visit to a restaurant on the Mediterranean coast inspires a smoked fish platter starter. A main course of rich beef cheek stew with a salted caramel and walnut tart.	UNITED KINGDOM	English-100		PG	a w		
2023-12-24	1930	<b>James Martin's French Adventure</b>	Camargue	James uses the fabulous Fleur de sel in his own kitchen to make Pissaladiere (a salted anchovy and onion tart) and - inspired by his visit to the paddy fields - makes squid ink risotto.	UNITED KINGDOM	English-100		PG	a w		Y
2023-12-24	2030	<b>Hairy Bikers Mediterranean</b>	Mainland Spain	The bikers are in Southern Spain, travelling from Valencia to Torremolinos in the footsteps of the Moors - eating their way through the spicy delights of southern Spanish cuisine.	UNITED KINGDOM	English-100		G			
2023-12-24	2130	<b>Anthony Bourdain: No Reservations</b>	New Orleans	In this episode, Anthony heads to Antoine's with food critic Tom Fitzmorris and experiences the tradition and resilience of New Orleans.	USA	English-100	RPT	PG	a		

2023-12-24	2225	<b>Cook Up With Adam Liaw Bitesize</b>	Chicken Paprika	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
2023-12-24	2230	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 4	Paul has always known that farm life isn't easy, but when he's faced with a tough task his experiences from last season prove to be useful.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2023-12-24	2330	<b>Mystery Diners</b>	Missing Memorabilia	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
2023-12-24	2400	<b>Mystery Diners</b>	Robbed Kabobs	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
2023-12-24	2430	<b>Michel Roux's French Country Cooking</b>	Sharing Feast	Michel serves up a sharing feast. A visit to a restaurant on the Mediterranean coast inspires a smoked fish platter starter. A main course of rich beef cheek stew with a salted caramel and walnut tart.	UNITED KINGDOM	English-100		PG	a w	
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2023-12-24	2625	<b>Destination Flavour China Bitesize</b>	Cattail Milk Soup	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.			RPT	PG		Y Y
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2023-12-25	0500	<b>Mystery Diners</b>	Robbed Kabobs	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
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2023-12-25	1300	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 1	Chef Luke Nguyen takes a culinary journey across the Greater Mekong region of Southeast Asia. Luke explores the cultures and centuries-old traditions of Yunnan Province.	AUSTRALIA	English-100	RPT	G		Y	Y
2023-12-25	1330	<b>Taste The Nation With Padma Lakshmi</b>	Burritos At The Border	Padma Lakshmi eats her way through the border city of El Paso while discovering the origins of one of America's most beloved cuisines.	USA	English-100		PG	a		Y
2023-12-25	1400	<b>My Greek Table With Diane Kochilas</b>	Meal In Messinia, A	Diane cooks with two village ladies, learning to make a luscious local pork dish.	USA	English-50; Greek-50		G			Y
2023-12-25	1430	<b>Masters Of Savours</b>	Masters Of Coffee	The world of roasting has been in the midst of a revolution with the so-called 'specialty' coffee. We look at the complexity of this plant through the men and women who watch over it with passion.	FRANCE	English-100		G			
2023-12-25	1530	<b>Make This Tonight</b>	Not Your Average Lasagna, Meatball And Side Salad Night	Chef Nick and Chef Akira switch it up tonight with a creamy Breakfast Lasagna, packed with swiss chard, pancetta and cheese, followed by a fully loaded meatball sub.	USA	English-100		PG			
2023-12-25	1600	<b>David Rocco's Dolce Homemade</b>	Childhood Memories	David and his mom, Josie, make dishes that bring back his childhood memories, some good and some not so good.	CANADA	English-100		PG			



2023-12-25	2400	<b>Mystery Diners</b>	Behind The Eight Ball	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
2023-12-25	2430	<b>Eva Longoria: Searching For Mexico</b>	Yucatan	Eva travels to the edge of Mexico, to the jungles of Yucatan State, home of the ancient Maya. One of the great civilisations of Central America, the Maya thrived here until the arrival of the Spanish.	USA	English-50; Spanish-50	RPT	G		Y	Y
2023-12-25	2525	<b>Destination Flavour Singapore Bitesize</b>	Janice Wong	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		Y	
2023-12-25	2530	<b>Come Dine With Me</b>	Gloucestershire 4	This week's competition is in and around charming Cheltenham and glorious Gloucester, where fourth host is 'King of Critique' Dan, who's set the bar high - for himself!	UNITED KINGDOM	English-100		PG			
2023-12-25	2600	<b>Come Dine With Me</b>	Gloucestershire 5	Serving up the final food of the week from Cheltenham and Gloucester is equine events organiser Holly.	UNITED KINGDOM	English-100		PG			
2023-12-25	2630	<b>The Cook Up with Adam Liaw</b>	Duck	It's Hong Kong week on The Cook Up and it's starting off with a Cantonese classic - duck. Host Adam Liaw, Mastermind host Marc Fennel, and Hartsyard's Dorothy Lee create their ultimate duck dishes.	AUSTRALIA	English-100	RPT	PG	I	Y	
2023-12-25	2700	<b>Bizarre Foods: Delicious Destinations</b>	Phuket	Andrew explores the alluring eats of Phuket, Thailand, an island paradise with bountiful natural gifts, aromatic flavors and multicultural cuisine. From spicy crab curry to crispy street snacks.	USA	English-100		G			
2023-12-25	2730	<b>The Cook And The Chef</b>	Early Settlement	Maggie and Simon are given the challenge of using 'rations' - 10lbs meat, 10lbs flour, 2lbs sugar and a quarter lb each of tea and salt, plus a little rum - the allowance for a 19th century worker.	AUSTRALIA	English-100		G			
2023-12-25	2800	<b>Mystery Diners</b>	Behind The Eight Ball	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
2023-12-25	2830	<b>My Greek Table With Diane Kochilas</b>	Meal In Messinia, A	Diane cooks with two village ladies, learning to make a luscious local pork dish.	USA	English-50; Greek-50		G			Y
2023-12-26	0500	<b>Make This Tonight</b>	Not Your Average Lasagna, Meatball And Side Salad Night	Chef Nick and Chef Akira switch it up tonight with a creamy Breakfast Lasagna, packed with swiss chard, pancetta and cheese, followed by a fully loaded meatball sub.	USA	English-100		PG			
2023-12-26	0530	<b>David Rocco's Dolce Homemade</b>	Childhood Memories	David and his mom, Josie, make dishes that bring back his childhood memories, some good and some not so good.	CANADA	English-100		PG			
2023-12-26	0600	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 16	Today on My Market Kitchen Elena shows us her Buckwheat bowl and her Game-Changing Granola recipes. Khanh whips up an easy, one tray Sticky Lemongrass Chicken Wing dish.	AUSTRALIA			G			
2023-12-26	0630	<b>Mark Moriarty: Off Duty Chef</b>	Meat	Cook-in with Mark is back and he will be dishing up four comfort classics all based around meat - bolognese and garlic bread, bacon and cabbage with parsley sauce, chicken kiev, and spicy pork tacos.	UNITED KINGDOM	English-100					
2023-12-26	0700	<b>Freshly Picked</b>	Episode 26	Simon makes a simple tofu masala that packs a punch, a frangipane roll, and a braised eggplant for the biggest of tea lovers. Tom Sarafian is in the kitchen taking lentils and lemon to the next level.	AUSTRALIA	English-100		PG			

2023-12-26	0730	<b>French Food Safari</b>	French Food Safari Series 1	Maeve and Guillaume explore the delicious relaxed style of bistro eating - the inexpensive way of eating that has been popular for hundreds of years.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-12-26	0800	<b>Lidia's Kitchen</b>	Welcome To My Home	Today's recipes are perfect for entertaining and include a savory onion-tomato focaccia, restaurant inspired spreads for fresh bread and skillet or grilled calamari.	USA	English-100		PG		
2023-12-26	0830	<b>Shane Delia's Spice Journey</b>	Shane Delia's Spice Journey Series 1 Episode 6	Shane Delia's culinary journey into Middle Eastern cuisine continues as he travels to Beirut where, despite the visible scars of the recent civil war, a vibrant food scene is thriving.	AUSTRALIA	English-100	RPT	PG	Y	Y
2023-12-26	0900	<b>Luke Nguyen's India</b>	Thekkady	Luke takes the Spice Trail to Thekkady perched high in the Western Ghats mountain range. He delves into the aromatic world of spice plantations, savouring flavours straight from the source.	AUSTRALIA	English-100		G	Y	Y
2023-12-26	0930	<b>Eva Longoria: Searching For Mexico</b>	Yucatan	Eva travels to the edge of Mexico, to the jungles of Yucatan State, home of the ancient Maya. One of the great civilisations of Central America, the Maya thrived here until the arrival of the Spanish.	USA	English-50; Spanish-50	RPT	G	Y	Y
2023-12-26	1025	<b>Destination Flavour Singapore Bitesize</b>	Janice Wong	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	Y	
2023-12-26	1030	<b>Bizarre Foods: Delicious Destinations</b>	Phuket	Andrew explores the alluring eats of Phuket, Thailand, an island paradise with bountiful natural gifts, aromatic flavors and multicultural cuisine. From spicy crab curry to crispy street snacks.	USA	English-100		G		
2023-12-26	1100	<b>The Cook Up With Adam Liaw</b>	Breakfast Of Champions	Nilgiris chef Ajoy Joshi and bushfood educator Jody Orcher join host Adam Liaw to create the ultimate Breakfast of Champion dishes in the Cook Up Kitchen.	AUSTRALIA	English-100	RPT	PG	Y	
2023-12-26	1130	<b>Come Dine With Me</b>	Gloucestershire 4	This week's competition is in and around charming Cheltenham and glorious Gloucester, where fourth host is 'King of Critique' Dan, who's set the bar high - for himself!	UNITED KINGDOM	English-100		PG		
2023-12-26	1200	<b>Come Dine With Me</b>	Gloucestershire 5	Serving up the final food of the week from Cheltenham and Gloucester is equine events organiser Holly.	UNITED KINGDOM	English-100		PG		
2023-12-26	1230	<b>Mystery Diners</b>	Behind The Eight Ball	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
2023-12-26	1300	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 2	Luke discovers the unique flavours and culinary traditions of the Bai and Yai people in the historic Chinese towns of Dali and Shaxi. There, Luke experiences the best fishing of his life.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-12-26	1330	<b>Taste The Nation With Padma Lakshmi</b>	All American Wiener, The	Hot dogs, hamburgers, pretzels. Many think these foods are quintessentially American, but their origins are actually German. Padma travels to Milwaukee to explore their German origins.	USA	English-100		PG		Y
2023-12-26	1405	<b>My Greek Table With Diane Kochilas</b>	Evia - An Island Hiding In Plain Sight	Back in her own kitchen, mushrooms, wine and a few other local specialties play out in three delectable dishes Diane creates, inspired by the flavors of a "secret" land.	USA	English-50; Greek-50		G		
2023-12-26	1430	<b>Masters Of Savours</b>	Masters Of Luxury Teas	Tea is likely to become exceptional when it grows on miraculous soil and is handled by experts who respect the land and the plant. Some unexpected countries stand out, like Malawi and Vietnam.	FRANCE	English-100		G		

2023-12-26	1530	<b>Make This Tonight</b>	Seared Salmon Hodgepodge Dinner	Join Chef Burke as he cooks a hodgepodge of dishes that together, strangely make a magical meal. On the menu, Seared Wild Caught Salmon, White Bean Salad and a Salt Roasted Sweet Onion.	USA	English-100	G			
2023-12-26	1600	<b>David Rocco's Dolce Homemade</b>	Ethiopia	Meet guest Banchi Kinde, she was born and raised in Ethiopia. When traveling to Canada, she realized that not many people were familiar with Ethiopian cuisine she decided to start her restaurant.	CANADA	English-100	G			
2023-12-26	1630	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 17	On this episode of My Market Kitchen, Elena is in the kitchen with Khanh showing her Spiced Butter-Roasted Cauliflower recipe. Then Khanh makes a quick 15 Min Udon Noodle, perfect for midweek dinners.	AUSTRALIA		G			
2023-12-26	1700	<b>Mark Moriarty: Off Duty Chef</b>	Fish	This week Mark is going beneath the waves and dishing up some delicious delights from the deep blue sea - fish fingers with tartar sauce, fish paella, monkfish, and herb crusted cod with green veg.	UNITED KINGDOM	English-100				
2023-12-26	1730	<b>Freshly Picked</b>	Episode 27	Simon brings a tantalising taste of tropical North Queensland, and shows his recipe for chilli that's smokin'. Monica returns with berry bars, and learn how to take mushrooms to the next level.	AUSTRALIA	English-100	PG			
2023-12-26	1800	<b>French Food Safari</b>	French Food Safari Series 1	Maeve and Guillaume travel to the mountainous region of the Ardeche in France to meet artisan goat cheese maker Jerome Herphelin. Later Maeve learns the art of the cheese plate.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-12-26	1830	<b>Lidia's Kitchen</b>	Brunch Brilliance	Although Italians aren't known for brunch, many of their recipes work well with it - polenta with honey and berries, crostata with kale, butternut squash ricotta, and rice balls with sausage ragu.	USA	English-100	PG			
2023-12-26	1900	<b>The Cook Up With Adam Liaw</b>	Use It Up Spag Bol	Do you ever have leftover spag bol sauce and just don't know what to do with it? Well never fear, Adam and guests, author and lecturer Bruce Pascoe and chef Jared Ingersoll, have some easy ideas.	AUSTRALIA	English-100	RPT	PG	Y	
2023-12-26	1930	<b>Heston's Feasts</b>	Ultimate Feast	Heston picks his favourite dishes from his first series, including meat fruit, a mock turtle soup, an ejaculating cake and an edible monster known as cockentrice.	UNITED KINGDOM	English-100	RPT	PG	s	Y
2023-12-26	2030	<b>Fun'q With Spencer Watts</b>	Fiesta Bbq	A fiesta is a celebration and Spencer makes some delicious grilled food! Starting with spiced cola pork ribs, shredded chicken mole and masa tortillas, a light ceviche with spicy habanero sauce.	CANADA	English-100	G			
2023-12-26	2100	<b>Gino's Italian Escape: Hidden Italy</b>	Piedmont	Gino is in Piemonte - one of the three regions that the Po Valley straddles, which is at the heart of the Italian rice production. He tries his hand at rice harvesting.	UNITED KINGDOM	English-100	PG			
2023-12-26	2130	<b>Come Dine With Me</b>	Oxford 1	This week's feuding foodies come from in and around the dreaming spires of Oxford, and kicking off the week is retired teacher Lyn.	UNITED KINGDOM	English-100	PG			
2023-12-26	2200	<b>Come Dine With Me</b>	Oxford 2	It's the second night of the competition from Oxford and is the turn of PHD student Kin to host.	UNITED KINGDOM	English-100	PG	a		
2023-12-26	2230	<b>The Cook Up with Adam Liaw</b>	Cantonese	Juicy Banana chef duo Sam Young and Grace Chen join host Adam Liaw in The Cook Up kitchen to create their ultimate Cantonese dishes.	AUSTRALIA	English-100	RPT	G	Y	
2023-12-26	2300	<b>Bizarre Foods: Delicious Destinations</b>	Kyoto	From the artistic multi-course dining experience known as Kaiseki, to the everyday humble comfort foods called Obanzai, Andrew explores some of Japan's oldest culinary traditions.	USA	English-100	G			



2023-12-26	2330	<b>The Cook And The Chef</b>	Modern Chef	Our duo pay homage to the one of the young chefs making a name for himself in Australia today - Melbourne based chef Shannon Bennett.	AUSTRALIA	English-100		G	
2023-12-26	2400	<b>Mystery Diners</b>	Food Cart Catastrophe	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
2023-12-26	2430	<b>Fun'q With Spencer Watts</b>	Fiesta Bbq	A fiesta is a celebration and Spencer makes some delicious grilled food! Starting with spiced cola pork ribs, shredded chicken mole and masa tortillas, a light ceviche with spicy habanero sauce.	CANADA	English-100		G	
2023-12-26	2500	<b>Gino's Italian Escape: Hidden Italy</b>	Piedmont	Gino is in Piemonte - one of the three regions that the Po Valley straddles, which is at the heart of the Italian rice production. He tries his hand at rice harvesting.	UNITED KINGDOM	English-100		PG	
2023-12-26	2530	<b>Come Dine With Me</b>	Oxford 1	This week's feuding foodies come from in and around the dreaming spires of Oxford, and kicking off the week is retired teacher Lyn.	UNITED KINGDOM	English-100		PG	
2023-12-26	2600	<b>Come Dine With Me</b>	Oxford 2	It's the second night of the competition from Oxford and is the turn of PHD student Kin to host.	UNITED KINGDOM	English-100		PG	a
2023-12-26	2630	<b>The Cook Up with Adam Liaw</b>	Cantonese	Juicy Banana chef duo Sam Young and Grace Chen join host Adam Liaw in The Cook Up kitchen to create their ultimate Cantonese dishes.	AUSTRALIA	English-100	RPT	G	Y
2023-12-26	2700	<b>Bizarre Foods: Delicious Destinations</b>	Kyoto	From the artistic multi-course dining experience known as Kaiseki, to the everyday humble comfort foods called Obanzai, Andrew explores some of Japan's oldest culinary traditions.	USA	English-100		G	
2023-12-26	2730	<b>The Cook And The Chef</b>	Modern Chef	Our duo pay homage to the one of the young chefs making a name for himself in Australia today - Melbourne based chef Shannon Bennett.	AUSTRALIA	English-100		G	
2023-12-26	2800	<b>Mystery Diners</b>	Food Cart Catastrophe	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
2023-12-26	2830	<b>My Greek Table With Diane Kochilas</b>	Evia - An Island Hiding In Plain Sight	Back in her own kitchen, mushrooms, wine and a few other local specialties play out in three delectable dishes Diane creates, inspired by the flavors of a "secret" land.	USA	English-50; Greek-50		G	
2023-12-27	0500	<b>Make This Tonight</b>	Seared Salmon Hodgepodge Dinner	Join Chef Burke as he cooks a hodgepodge of dishes that together, strangely make a magical meal. On the menu, Seared Wild Caught Salmon, White Bean Salad and a Salt Roasted Sweet Onion.	USA	English-100		G	
2023-12-27	0530	<b>David Rocco's Dolce Homemade</b>	Ethiopia	Meet guest Banchi Kinde, she was born and raised in Ethiopia. When travelling to Canada, she realized that not many people were familiar with Ethiopian cuisine she decided to start her restaurant.	CANADA	English-100		G	
2023-12-27	0600	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 17	On this episode of My Market Kitchen, Elena is in the kitchen with Khanh showing her Spiced Butter-Roasted Cauliflower recipe. Then Khanh makes a quick 15 Min Udon Noodle, perfect for midweek dinners.	AUSTRALIA			G	
2023-12-27	0630	<b>Mark Moriarty: Off Duty Chef</b>	Fish	This week Mark is going beneath the waves and dishing up some delicious delights from the deep blue sea - fish fingers with tartar sauce, fish paella, monkfish, and herb crusted cod with green veg.	UNITED KINGDOM	English-100			

2023-12-27	0700	<b>Freshly Picked</b>	Episode 27	Simon brings a tantalising taste of tropical North Queensland, and shows his recipe for chilli that's smokin'. Monica returns with berry bars, and learn how to take mushrooms to the next level.	AUSTRALIA	English-100		PG		
2023-12-27	0730	<b>French Food Safari</b>	French Food Safari Series 1	Maeve and Guillaume travel to the mountainous region of the Ardeche in France to meet artisan goat cheese maker Jerome Herphelin. Later Maeve learns the art of the cheese plate.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-12-27	0800	<b>Lidia's Kitchen</b>	Brunch Brilliance	Although Italians aren't known for brunch, many of their recipes work well with it - polenta with honey and berries, crostata with kale, butternut squash ricotta, and rice balls with sausage ragu.	USA	English-100		PG		
2023-12-27	0830	<b>Heston's Feasts</b>	Ultimate Feast	Heston picks his favourite dishes from his first series, including meat fruit, a mock turtle soup, an ejaculating cake and an edible monster known as cockentrice.	UNITED KINGDOM	English-100	RPT	PG	s	Y
2023-12-27	0930	<b>Fun'q With Spencer Watts</b>	Fiesta Bbq	A fiesta is a celebration and Spencer makes some delicious grilled food! Starting with spiced cola pork ribs, shredded chicken mole and masa tortillas, a light ceviche with spicy habanero sauce.	CANADA	English-100		G		
2023-12-27	1000	<b>Gino's Italian Escape: Hidden Italy</b>	Piedmont	Gino is in Piemonte - one of the three regions that the Po Valley straddles, which is at the heart of the Italian rice production. He tries his hand at rice harvesting.	UNITED KINGDOM	English-100		PG		
2023-12-27	1030	<b>Bizarre Foods: Delicious Destinations</b>	Kyoto	From the artistic multi-course dining experience known as Kaiseki, to the everyday humble comfort foods called Obanzai, Andrew explores some of Japan's oldest culinary traditions.	USA	English-100		G		
2023-12-27	1100	<b>The Cook Up With Adam Liaw</b>	Use It Up Spag Bol	Do you ever have leftover spag bol sauce and just don't know what to do with it? Well never fear, Adam and guests, author and lecturer Bruce Pascoe and chef Jared Ingersoll, have some easy ideas.	AUSTRALIA	English-100	RPT	PG		Y
2023-12-27	1130	<b>Come Dine With Me</b>	Oxford 1	This week's feuding foodies come from in and around the dreaming spires of Oxford, and kicking off the week is retired teacher Lyn.	UNITED KINGDOM	English-100		PG		
2023-12-27	1200	<b>Come Dine With Me</b>	Oxford 2	It's the second night of the competition from Oxford and is the turn of PHD student Kin to host.	UNITED KINGDOM	English-100		PG	a	
2023-12-27	1230	<b>Mystery Diners</b>	Food Cart Catastrophe	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
2023-12-27	1300	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 3	Travelling in China's Yunnan Province, chef Luke Nguyen reaches the fabled town of Lijiang where the nightlife reigns and a Naxi 'aunty' teaches Luke how to cook a local speciality.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-12-27	1330	<b>Taste The Nation With Padma Lakshmi</b>	Don't Mind If I Dosa	Padma asks family, friends, and those she admires how they hold onto Indian culture and pass it to the next generation. Later in New York she cooks the dishes that remind her of her original home.	USA	English-100		PG		Y
2023-12-27	1400	<b>My Greek Table With Diane Kochilas</b>	Culinary Tapestry Of Corfu, The	Diane cooks up a Corfiot storm of mixed braised greens with feta, and a famed island fish stew called bourtheto.	USA	English-50; Greek-50		G		
2023-12-27	1430	<b>In Search Of Umami</b>	Seoul	Host Robert Allison heads to Seoul to explore its diverse street food scene, where he samples dishes comprised of blood, kimchi, doenjang, gochujang, nuruk, and spam.	UNITED KINGDOM	English-100		PG	a l w	Y

2023-12-27	1500	<b>In Search Of Umami</b>	Busan	Rob travels to South Korea to meet fine-dining chefs in Seoul who twist the traditions of Hansik to produce a deep taste. He then journeys to Busan to meet his mum, and try his hand at kimchi making.	UNITED KINGDOM	English-100		PG	a s w	Y
2023-12-27	1530	<b>Make This Tonight</b>	Food From An Iraqi Childhood	Chef Einat takes us back in time and recreates some of her favorite Iraqi recipes. She starts with Aruk, a crispy flavorful Iraqi-style potato pancake that she serves with fermented mango Aioli,	USA	English-100		G		
2023-12-27	1600	<b>David Rocco's Dolce Homemade</b>	Cocktails	David and guest Nick Masci, David Rocco Bar Aperitivo's cocktail manager, take us on a journey of his unique cocktails. From smoked rosemary to fat-washed liquor, Nick transforms traditional cocktails	CANADA	English-100		PG		
2023-12-27	1630	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 18	Elena loves healthy takes on classic dishes and today's Caramelised Onion Sausage Rolls is no exception. Then Khanh joins Bel from Wine Selectors for a Roast Chook with figs dish.	AUSTRALIA			G		
2023-12-27	1700	<b>Mark Moriarty: Off Duty Chef</b>	Potato	Mark puts Ireland's national treasure, the potato, front and centre in four delicious recipes - potato and beef hotpot, crispy potatoes, mashed potatoes, potato gratin with a butcher's cut.	UNITED KINGDOM	English-100				
2023-12-27	1730	<b>Freshly Picked</b>	Episode 28	A sure-fire way to shake up dinner is pastries. Michael Craig returns with a brilliant dessert pizza, and Simon makes a heirloom tomato and peach salad that will be a regular summer salad year.	AUSTRALIA	English-100		G		
2023-12-27	1800	<b>French Food Safari</b>	French Food Safari Series 1	Maeve and Guillaume travel to Lyon and get swept up in the fun of dining at local eat-houses. There they explore the many great food stalls at the Le Halles de Lyon Market.	AUSTRALIA	English-100	RPT	G		Y Y
2023-12-27	1830	<b>Lidia's Kitchen</b>	Feeding The Family	Family favourites are the topic today! Lidia starts with a penne 'al brucio' with tomato sauce, rosemary, and a dollop of ricotta. She shares her chicken cacciatore recipe and fresh prosecco punch.	USA	English-100		G		
2023-12-27	1900	<b>The Cook Up With Adam Liaw</b>	After-Show	Host Adam Liaw is joined in the Cook Up Kitchen by comedians Suren Jayemanne and Jennifer Wong to create their ultimate after-show eats.	AUSTRALIA	English-100	RPT	G		Y
2023-12-27	1930	<b>Paradise Kitchen Bali</b>	Jackfruit	Amidst the lush landscapes of Bali, Lauren Camilleri embarks on an culinary journey featuring the fascinating jackfruit. She explores techniques for incorporating jackfruit into traditional dishes.	NETHERLANDS	English-90; Balinese-10		G		Y Y
2023-12-27	2000	<b>Luca's Key Ingredient</b>	Episode 6	Olive lovers rejoice. Luca has sourced a selection of some of the best olives to showcase in his recipes. On the menu, a sublime pasta, a fluffy home-made focaccia and stuffed olives.	AUSTRALIA			PG		
2023-12-27	2030	<b>James Martin's Spanish Adventure</b>	Castille & Leon	In Castille and Leon, James is introduced to Torrijas, he is shown how to cook traditional Maragoto, we meet an asparagus producer and he visits a cattle farm producing amazing steak.	UNITED KINGDOM	English-100		PG	a w	
2023-12-27	2130	<b>Come Dine With Me</b>	Oxford 3	It's the third night of the competition from Oxford and it's the turn of kitchen designer, Jess, to host.	UNITED KINGDOM	English-100		G		
2023-12-27	2200	<b>Come Dine With Me</b>	Oxford 4	It's night four from Oxford and fundraiser Monica is taking her guests on a culinary world tour adventure.	UNITED KINGDOM	English-100		PG		
2023-12-27	2230	<b>The Cook Up with Adam Liaw</b>	From The Bay	Canton Kitchen's Jason Chan and owner of Sydney restaurant Nel, Nelly Robinson, are in The Cook Up kitchen with host Adam Liaw to cook up a seafood inspired storm.	AUSTRALIA	English-100	RPT	G		Y

2023-12-27	2300	<b>Bizarre Foods: Delicious Destinations</b>	Kanazawa	Andrew introduces Kanazawa, Japan, a modern city filled with deep traditions. From regionally fished Kano crab to sushi built using aged rice.	USA	English-100	G		Y
2023-12-27	2330	<b>The Cook And The Chef</b>	Recipe Books And Charmaine Solomon	Maggie and Simon both love cookbooks, so the show kicks off this week with Maggie showing off her impressive collection.	AUSTRALIA	English-100	G		
2023-12-27	2400	<b>Mystery Diners</b>	Local Celebrities	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
2023-12-27	2430	<b>James Martin's Spanish Adventure</b>	Castille & Leon	In Castille and Leon, James is introduced to Torrijas, he is shown how to cook traditional Maragoto, we meet an asparagus producer and he visits a cattle farm producing amazing steak.	UNITED KINGDOM	English-100	PG	a w	
2023-12-27	2530	<b>Come Dine With Me</b>	Oxford 3	It's the third night of the competition from Oxford and it's the turn of kitchen designer, Jess, to host.	UNITED KINGDOM	English-100	G		
2023-12-27	2600	<b>Come Dine With Me</b>	Oxford 4	It's night four from Oxford and fundraiser Monica is taking her guests on a culinary world tour adventure.	UNITED KINGDOM	English-100	PG		
2023-12-27	2630	<b>The Cook Up with Adam Liaw</b>	From The Bay	Canton Kitchen's Jason Chan and owner of Sydney restaurant Nel, Nelly Robinson, are in The Cook Up kitchen with host Adam Liaw to cook up a seafood inspired storm.	AUSTRALIA	English-100	RPT	G	Y
2023-12-27	2700	<b>Bizarre Foods: Delicious Destinations</b>	Kanazawa	Andrew introduces Kanazawa, Japan, a modern city filled with deep traditions. From regionally fished Kano crab to sushi built using aged rice.	USA	English-100	G		Y
2023-12-27	2730	<b>The Cook And The Chef</b>	Recipe Books And Charmaine Solomon	Maggie and Simon both love cookbooks, so the show kicks off this week with Maggie showing off her impressive collection.	AUSTRALIA	English-100	G		
2023-12-27	2800	<b>Mystery Diners</b>	Local Celebrities	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
2023-12-27	2830	<b>My Greek Table With Diane Kochilas</b>	Culinary Tapestry Of Corfu, The	Diane cooks up a Corfiot storm of mixed braised greens with feta, and a famed island fish stew called bourtheto.	USA	English-50; Greek-50	G		
2023-12-28	0500	<b>Make This Tonight</b>	Food From An Iraqi Childhood	Chef Einat takes us back in time and recreates some of her favorite Iraqi recipes. She starts with Aruk, a crispy flavorful Iraqi-style potato pancake that she serves with fermented mango Aioli,	USA	English-100	G		
2023-12-28	0530	<b>David Rocco's Dolce Homemade</b>	Cocktails	David and guest Nick Masci, David Rocco Bar Aperitivo's cocktail manager, take us on a journey of his unique cocktails. From smoked rosemary to fat-washed liquor, Nick transforms traditional cocktails	CANADA	English-100	PG		
2023-12-28	0600	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 18	Elena loves healthy takes on classic dishes and today's Caramelised Onion Sausage Rolls is no exception. Then Khanh joins Bel from Wine Selectors for a Roast Chook with figs dish.	AUSTRALIA		G		
2023-12-28	0630	<b>Mark Moriarty: Off Duty Chef</b>	Potato	Mark puts Ireland's national treasure, the potato, front and centre in four delicious recipes – potato and beef hotpot, crispy potatoes, mashed potatoes, potato gratin with a butcher's cut.	UNITED KINGDOM	English-100			

2023-12-28	0700	<b>Freshly Picked</b>	Episode 28	A sure-fire way to shake up dinner is pastries. Michael Craig returns with a brilliant dessert pizza, and Simon makes a heirloom tomato and peach salad that will be a regular summer salad year.	AUSTRALIA	English-100		G		
2023-12-28	0730	<b>French Food Safari</b>	French Food Safari Series 1	Maeve and Guillaume travel to Lyon and get swept up in the fun of dining at local eat-houses. There they explore the many great food stalls at the Le Halles de Lyon Market.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-12-28	0800	<b>Lidia's Kitchen</b>	Feeding The Family	Family favourites are the topic today! Lidia starts with a penne 'al brucio' with tomato sauce, rosemary, and a dollop of ricotta. She shares her chicken cacciatore recipe and fresh prosecco punch.	USA	English-100		G		
2023-12-28	0830	<b>Paradise Kitchen Bali</b>	Jackfruit	Amidst the lush landscapes of Bali, Lauren Camilleri embarks on an culinary journey featuring the fascinating jackfruit. She explores techniques for incorporating jackfruit into traditional dishes.	NETHERLANDS	English-90; Balinese-10		G	Y	Y
2023-12-28	0900	<b>Luca's Key Ingredient</b>	Episode 6	Olive lovers rejoice. Luca has sourced a selection of some of the best olives to showcase in his recipes. On the menu, a sublime pasta, a fluffy home-made focaccia and stuffed olives.	AUSTRALIA			PG		
2023-12-28	0930	<b>James Martin's Spanish Adventure</b>	Castille & Leon	In Castille and Leon, James is introduced to Torrijas, he is shown how to cook traditional Maragoto, we meet an asparagus producer and he visits a cattle farm producing amazing steak.	UNITED KINGDOM	English-100		PG	a w	
2023-12-28	1030	<b>Bizarre Foods: Delicious Destinations</b>	Kanazawa	Andrew introduces Kanazawa, Japan, a modern city filled with deep traditions. From regionally fished Kano crab to sushi built using aged rice.	USA	English-100		G		Y
2023-12-28	1100	<b>The Cook Up With Adam Liaw</b>	After-Show	Host Adam Liaw is joined in the Cook Up Kitchen by comedians Suren Jayemanne and Jennifer Wong to create their ultimate after-show eats.	AUSTRALIA	English-100	RPT	G	Y	
2023-12-28	1130	<b>Come Dine With Me</b>	Oxford 3	It's the third night of the competition from Oxford and it's the turn of kitchen designer, Jess, to host.	UNITED KINGDOM	English-100		G		
2023-12-28	1200	<b>Come Dine With Me</b>	Oxford 4	It's night four from Oxford and fundraiser Monica is taking her guests on a culinary world tour adventure.	UNITED KINGDOM	English-100		PG		
2023-12-28	1230	<b>Mystery Diners</b>	Local Celebrities	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
2023-12-28	1300	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 4	Continuing through China, Luke journeys to Xishuangbana, where China meets Southeast Asia, to experience Dai culture and cuisines and try the acquired tastes of the tea horse trail.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-12-28	1330	<b>Taste The Nation With Padma Lakshmi</b>	Gullah Way, The	The Gullah Geechee people of South Carolina are fighting to preserve the traditions passed down from their ancestors. Padma catches and cracks crab with new friends and old.	USA	English-100		PG	a l w	Y
2023-12-28	1405	<b>My Greek Table With Diane Kochilas</b>	Saving The Earth On Paros	Diane learns the sustainable food ways of Paros, and cooks up a few local specialities.	USA	English-50; Greek-50		G		
2023-12-28	1430	<b>In Search Of Umami</b>	Hanoi	Rob travels to Hanoi - home to pho, cha ca, egg coffee, bun cha, and many dipping sauces. He learns how cooks pull tasty flavours from natural ingredients such as fermented prawns.	UNITED KINGDOM	English-100		G		Y

2023-12-28	1500	<b>In Search Of Umami</b>	Singapore	Which ingredients have been discreetly working to give us satisfying taste sensations? Robert examines the roles of soy beans, egg yolk, and bone marrow in Singapore.	UNITED KINGDOM	English-100	G			Y
2023-12-28	1530	<b>Make This Tonight</b>	Salon Style Potato Tahdig	Chef Parisa is the master of group dinners and now, you can be too! Tonight, she teaches us her show-stopping, crusty potato tahdig recipe filled with savory meat and herbs.	USA	English-100	G			
2023-12-28	1600	<b>David Rocco's Dolce Homemade</b>	Cooking Together	David's children, Emma, Giorgia and Dante take the lead in the kitchen today. Seems like the students have become the teachers and as it turns out, David even learns a thing or two.	CANADA	English-100	PG	I		
2023-12-28	1630	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 19	On this episode of My Market Kitchen, Khanh serves up his delicious Melon and Prosciutto Salad for Elena. He then cooks his take on a childhood classic with a Coconut Rough Tart.	AUSTRALIA		G			
2023-12-28	1700	<b>Mark Moriarty: Off Duty Chef</b>	Brunch	Brunch is the perfect way to start your weekend and Mark is sharing his all-time favourites. First up is shakshuka with chorizo, pancakes with bacon and syrup, an omelette, and sausage and egg muffin.	UNITED KINGDOM	English-100				
2023-12-28	1730	<b>Freshly Picked</b>	Episode 29	A super simple stuffed potato gnocchi is on the menu, and Normie Bero is in the kitchen with her amazing 4-veg sop. Simon makes a chunky barbeque sauce and a double lemon slice.	AUSTRALIA	English-100	PG			
2023-12-28	1800	<b>French Food Safari</b>	French Food Safari Series 1	Maeve and Guillaume spend a day in a small French village with top-selling cookbook author Stephane Reynaud and then join passionate Parisienne baker Fabrice le Bourdat in his busy bakery.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-12-28	1830	<b>Lidia's Kitchen</b>	Home Cooked Restaurant Classics	There are some restaurant favourites that can be cooked at home! Lidia prepares delicious butternut squash gnocchi and a pan seared halibut with balsamic reduction. Delizioso!	USA	English-100	PG			
2023-12-28	1900	<b>The Cook Up With Adam Liaw</b>	Mum's Kitchen	Happyfield owners Chris Theodosi and Jesse Orleans join host Adam Liaw in the Cook Up kitchen to create recipes they have learnt and perfected from their mums.	AUSTRALIA	English-100	RPT	G		Y
2023-12-28	1930	<b>Rick Stein's German Bite</b>	Rick Stein's German Bite	Chef Rick Stein sets out on a German voyage in search of tantalising culinary gems. His journey is timed perfectly with the arrival of the new season's herring on the north German coast.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2023-12-28	2035	<b>Rick Stein: From Venice to Istanbul</b>	Peloponnese	Continuing his journey from Venice to Istanbul, Rick arrives in the Greek Peloponnese and samples memorable dishes like rooster stew, hilopites with mizithra cheese, and home-made moussaka.	UNITED KINGDOM	English-100	PG	a w		
2023-12-28	2145	<b>Come Dine With Me</b>	Oxford 5	It's the final night from Oxford, and it's the turn of recruitment consultant and radio show host Ben to try and grab the grand.	UNITED KINGDOM	English-100	PG			
2023-12-28	2210	<b>Come Dine With Me</b>	North West 1	This week's competition is in and around the North West, where the first to host is recruitment manager, Julia.	UNITED KINGDOM	English-100	G			
2023-12-28	2235	<b>The Cook Up with Adam Liaw</b>	Hong Kong Street Food	Host Adam Liaw, Canton Kitchen's Jason Chan and executive chef at Lilly Mu, Brendan Fong, are in The Cook Up kitchen tonight to create some classic Hong Kong street food.	AUSTRALIA	English-100	RPT	G		Y
2023-12-28	2305	<b>Bizarre Foods: Delicious Destinations</b>	Phoenix	Andrew Zimmern explores the multicultural cuisine of Phoenix. A heavy Mexican influence is present throughout the restaurant scene in dishes like chilaquiles and pazole.	USA	English-100	G			

2023-12-28	2330	<b>The Cook And The Chef</b>	Stephanie Alexander	Stephanie Alexander features as a cook who has influenced not only the way we dine but the way we think about food. Maggie and Simon celebrate Stephanie's contribution to the culinary world.	AUSTRALIA	English-100		G	
2023-12-28	2400	<b>Mystery Diners</b>	Memorabilia Mayhem	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
2023-12-28	2430	<b>Rick Stein: From Venice to Istanbul</b>	Peloponnese	Continuing his journey from Venice to Istanbul, Rick arrives in the Greek Peloponnese and samples memorable dishes like rooster stew, hilopites with mizithra cheese, and home-made moussaka.	UNITED KINGDOM	English-100		PG	a w
2023-12-28	2540	<b>Come Dine With Me</b>	Oxford 5	It's the final night from Oxford, and it's the turn of recruitment consultant and radio show host Ben to try and grab the grand.	UNITED KINGDOM	English-100		PG	
2023-12-28	2605	<b>Come Dine With Me</b>	North West 1	This week's competition is in and around the North West, where the first to host is recruitment manager, Julia.	UNITED KINGDOM	English-100		G	
2023-12-28	2630	<b>The Cook Up with Adam Liaw</b>	Hong Kong Street Food	Host Adam Liaw, Canton Kitchen's Jason Chan and executive chef at Lilly Mu, Brendan Fong, are in The Cook Up kitchen tonight to create some classic Hong Kong street food.	AUSTRALIA	English-100	RPT	G	Y
2023-12-28	2700	<b>Bizarre Foods: Delicious Destinations</b>	Phoenix	Andrew Zimmern explores the multicultural cuisine of Phoenix. A heavy Mexican influence is present throughout the restaurant scene in dishes like chilaquiles and pazole.	USA	English-100		G	
2023-12-28	2730	<b>The Cook And The Chef</b>	Stephanie Alexander	Stephanie Alexander features as a cook who has influenced not only the way we dine but the way we think about food. Maggie and Simon celebrate Stephanie's contribution to the culinary world.	AUSTRALIA	English-100		G	
2023-12-28	2800	<b>Mystery Diners</b>	Memorabilia Mayhem	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
2023-12-28	2830	<b>My Greek Table With Diane Kochilas</b>	Saving The Earth On Paros	Diane learns the sustainable food ways of Paros, and cooks up a few local specialties.	USA	English-50; Greek-50		G	
2023-12-29	0500	<b>Make This Tonight</b>	Salon Style Potato Tahdig	Chef Parisa is the master of group dinners and now, you can be too! Tonight, she teaches us her show-stopping, crusty potato tahdig recipe filled with savory meat and herbs.	USA	English-100		G	
2023-12-29	0530	<b>David Rocco's Dolce Homemade</b>	Cooking Together	David's children, Emma, Giorgia and Dante take the lead in the kitchen today. Seems like the students have become the teachers and as it turns out, David even learns a thing or two.	CANADA	English-100		PG	I
2023-12-29	0600	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 19	On this episode of My Market Kitchen, Khanh serves up his delicious Melon and Prosciutto Salad for Elena. He then cooks his take on a childhood classic with a Coconut Rough Tart.	AUSTRALIA			G	
2023-12-29	0630	<b>Mark Moriarty: Off Duty Chef</b>	Brunch	Brunch is the perfect way to start your weekend and Mark is sharing his all-time favourites. First up is shakshuka with chorizo, pancakes with bacon and syrup, an omelette, and sausage and egg muffin.	UNITED KINGDOM	English-100			
2023-12-29	0700	<b>Freshly Picked</b>	Episode 29	A super simple stuffed potato gnocchi is on the menu, and Normie Bero is in the kitchen with her amazing 4-veg sop. Simon makes a chunky barbeque sauce and a double lemon slice.	AUSTRALIA	English-100		PG	

2023-12-29	0730	<b>French Food Safari</b>	French Food Safari Series 1	Maeve and Guillaume spend a day in a small French village with top-selling cookbook author Stephane Reynaud and then join passionate Parisienne baker Fabrice le Bourdat in his busy bakery.	AUSTRALIA	English-100	RPT	G		Y	Y
2023-12-29	0800	<b>Lidia's Kitchen</b>	Home Cooked Restaurant Classics	There are some restaurant favourites that can be cooked at home! Lidia prepares delicious butternut squash gnocchi and a pan seared halibut with balsamic reduction. Delizioso!	USA	English-100		PG			
2023-12-29	0830	<b>Rick Stein's German Bite</b>	Rick Stein's German Bite	Chef Rick Stein sets out on a German voyage in search of tantalising culinary gems. His journey is timed perfectly with the arrival of the new season's herring on the north German coast.	UNITED KINGDOM	English-100	RPT	G		Y	Y
2023-12-29	0935	<b>Rick Stein: From Venice to Istanbul</b>	Peloponnese	Continuing his journey from Venice to Istanbul, Rick arrives in the Greek Peloponnese and samples memorable dishes like rooster stew, hilopites with mizithra cheese, and home-made moussaka.	UNITED KINGDOM	English-100		PG	a w		
2023-12-29	1040	<b>Bizarre Foods: Delicious Destinations</b>	Phoenix	Andrew Zimmern explores the multicultural cuisine of Phoenix. A heavy Mexican influence is present throughout the restaurant scene in dishes like chilaquiles and pazole.	USA	English-100		G			
2023-12-29	1105	<b>The Cook Up With Adam Liaw</b>	Mum's Kitchen	Happyfield owners Chris Theodosi and Jesse Orleans join host Adam Liaw in the Cook Up kitchen to create recipes they have learnt and perfected from their mums.	AUSTRALIA	English-100	RPT	G		Y	
2023-12-29	1135	<b>Come Dine With Me</b>	Oxford 5	It's the final night from Oxford, and it's the turn of recruitment consultant and radio show host Ben to try and grab the grand.	UNITED KINGDOM	English-100		PG			
2023-12-29	1205	<b>Come Dine With Me</b>	North West 1	This week's competition is in and around the North West, where the first to host is recruitment manager, Julia.	UNITED KINGDOM	English-100		G			
2023-12-29	1230	<b>Mystery Diners</b>	Memorabilia Mayhem	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
2023-12-29	1300	<b>Luke Nguyen's Greater Mekong</b>	Luke Nguyen's Greater Mekong Series 1 Ep 5	Journeying south to Myanmar, Luke uncovers the little known foods and flavours of the former capital, Yangon. Here he begins his culinary education by learning the art of making Mohinga.	AUSTRALIA	English-100	RPT	G		Y	
2023-12-29	1330	<b>Taste The Nation With Padma Lakshmi</b>	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
2023-12-29	1405	<b>My Greek Table With Diane Kochilas</b>	Figs In A Glass	Diane is back in Chios, invited by a friend to participate in a local ritual: the making of Chian firewater, which is distilled from fermented figs.	USA	English-50; Greek-50		G			
2023-12-29	1430	<b>In Search Of Umami</b>	Kelantan	Robert explores Kelantan cuisine where villagers turn anchovies into a fermented sauce called budu, and sardines into sausage called keropok lekor.	UNITED KINGDOM	English-100		G			Y
2023-12-29	1500	<b>In Search Of Umami</b>	Kuala Lumpur	The Maillard reaction is the science describing the heat that forces interplay between proteins and sugars translating into colour, aroma, and flavour in Kuala Lumpur's claypot rice and char siu.	UNITED KINGDOM	English-100		PG			Y
2023-12-29	1530	<b>Make This Tonight</b>	I Did It All For Gnocchi	Join Chef Jason in the kitchen as he whips up a fun take on classic Italian gnocchi. First, he teaches us how to make perfect, cloud-like gnocchi, then he tosses it in an unexpectedly delicious combo.	USA	English-100		G			



2023-12-29	1600	<b>David Rocco's Dolce Homemade</b>	Winstons	An ex-soldier, guest Chef Hans Vogels is all about discipline and order when it comes to running his kitchen, while David is a Quanto Basta chef and enjoys creativity and improvisation.	CANADA	English-100		PG		
2023-12-29	1630	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 20	You can now make your own Beetroot Relish at home with Elena's recipe! After that Khanh shows us his Sweet and Sticky Roast Pork followed by Tuna Nicoise Salad from Elena.	AUSTRALIA			G		
2023-12-29	1700	<b>Mark Moriarty: Off Duty Chef</b>	Pasta	Mark dishes up some quick and tasty meals based around a reliable staple, pasta - chicken and mushroom lasagna, spaghetti with shellfish, mac and cheese, and finally a spring green fusilli.	UNITED KINGDOM	English-100				
2023-12-29	1730	<b>Freshly Picked</b>	Episode 30	Simon shows how easy it is to spice up the spud and makes some easy churros to create at home. Nadia Fragnito is in with her ricotta filled ravioli, and a little gem from tropical north Queensland.	AUSTRALIA	English-100		PG		
2023-12-29	1800	<b>French Food Safari</b>	French Food Safari Series 1	Maeve and Guillaume experience join France's truffle king Pierre-Jean Pebeyre and his dog Alfonso as they try to find the edible fungus known as the black diamond.	AUSTRALIA	English-100	RPT	PG	Y	Y
2023-12-29	1830	<b>Lidia's Kitchen</b>	Sweetest Hits, The	Italian sweets are today's focus and include: blueberry and ricotta Parfait, chocolate zabaglione and raspberry and walnut butter cookies.	USA	English-100		PG		
2023-12-29	1900	<b>The Cook Up With Adam Liaw</b>	Five-Ingredient Lunch	Chef and author Bridget Foliaki Davis and apprentice chef Kyah Lulman are in the Cook Up Kitchen with Adam Liaw to create their ultimate five-ingredient lunches.	AUSTRALIA	English-100	RPT	G	Y	
2023-12-29	1930	<b>Rick Stein's Long Weekends</b>	Lisbon	Rick visits Lisbon on the banks of the River Tagus, a city in love with its seafood and possibly the best custard tarts in the world.	UNITED KINGDOM	English-100		PG	a w	
2023-12-29	2040	<b>Nadiya's Party Feast</b>	Nadiya's Party Feast	Nadiya Hussain is throwing a party and we're all invited! She shares her secrets for the perfect celebration - whether it's dishes to put in the middle or delicious nibbles. Nobody will want to leave!	UNITED KINGDOM	English-100		G		
2023-12-29	2140	<b>Come Dine With Me</b>	North West 2	This week's competition is in and around the North West and the second host hoping to win the 1,000 cash prize is vocal coach, King.	UNITED KINGDOM	English-100		G		
2023-12-29	2205	<b>Come Dine With Me</b>	North West 3	This week's competition is in the North West, where our third host, rapper Zee, is looking to woo his guests with an evening of culture and musical marvel, along with Far Eastern eats.	UNITED KINGDOM	English-100		PG		
2023-12-29	2230	<b>The Cook Up with Adam Liaw</b>	Dumplings	Tonight, host Adam Liaw is joined by Bodhi's Heaven Leigh and Sun Ming's David Chan in The Cook Up kitchen to create a Cantonese favourite - dumplings!	AUSTRALIA	English-100	RPT	G	Y	
2023-12-29	2300	<b>Bizarre Foods: Delicious Destinations</b>	Las Vegas	Andrew Zimmern goes on a gastronomic tour of Las Vegas. From quail breast stuffed with foie gras and mouthwatering Waygu steaks to classic veal Parmigiana and tantalizing Thai, Sin City has it all!	USA	English-100		PG	a	Y
2023-12-29	2330	<b>The Cook And The Chef</b>	Margaret Fulton	Simon and Maggie recreate several Margaet Fulton recipes - the cookery writer of half a century who brought the world to Australian dinner tables.	AUSTRALIA	English-100		G		
2023-12-29	2400	<b>Mystery Diners</b>	Deep Sea Delivery	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

2023-12-29	2430	<b>Nadiya's Party Feast</b>	Nadiya's Party Feast	Nadiya Hussain is throwing a party and we're all invited! She shares her secrets for the perfect celebration - whether it's dishes to put in the middle or delicious nibbles. Nobody will want to leave!	UNITED KINGDOM	English-100		G		
2023-12-29	2530	<b>Come Dine With Me</b>	North West 2	This week's competition is in and around the North West and the second host hoping to win the 1,000 cash prize is vocal coach, King.	UNITED KINGDOM	English-100		G		
2023-12-29	2600	<b>Come Dine With Me</b>	North West 3	This week's competition is in the North West, where our third host, rapper Zee, is looking to woo his guests with an evening of culture and musical marvel, along with Far Eastern eats.	UNITED KINGDOM	English-100		PG		
2023-12-29	2630	<b>The Cook Up with Adam Liaw</b>	Dumplings	Tonight, host Adam Liaw is joined by Bodhi's Heaven Leigh and Sun Ming's David Chan in The Cook Up kitchen to create a Cantonese favourite - dumplings!	AUSTRALIA	English-100	RPT	G		Y
2023-12-29	2700	<b>Bizarre Foods: Delicious Destinations</b>	Las Vegas	Andrew Zimmern goes on a gastronomic tour of Las Vegas. From quail breast stuffed with foie gras and mouthwatering Waygu steaks to classic veal Parmigiana and tantalizing Thai, Sin City has it all!	USA	English-100		PG	a	Y
2023-12-29	2730	<b>The Cook And The Chef</b>	Margaret Fulton	Simon and Maggie recreate several Margaet Fulton recipes - the cookery writer of half a century who brought the world to Australian dinner tables.	AUSTRALIA	English-100		G		
2023-12-29	2800	<b>Mystery Diners</b>	Deep Sea Delivery	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
2023-12-29	2830	<b>My Greek Table With Diane Kochilas</b>	Figs In A Glass	Diane is back in Chios, invited by a friend to participate in a local ritual: the making of Chian firewater, which is distilled from fermented figs.	USA	English-50; Greek-50		G		
2023-12-30	0500	<b>Make This Tonight</b>	I Did It All For Gnocchi	Join Chef Jason in the kitchen as he whips up a fun take on classic Italian gnocchi. First, he teaches us how to make perfect, cloud-like gnocchi, then he tosses it in an unexpectedly delicious combo.	USA	English-100		G		
2023-12-30	0530	<b>David Rocco's Dolce Homemade</b>	Winstons	An ex-soldier, guest Chef Hans Vogels is all about discipline and order when it comes to running his kitchen, while David is a Quanto Basta chef and enjoys creativity and improvisation.	CANADA	English-100		PG		
2023-12-30	0600	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 20	You can now make your own Beetroot Relish at home with Elena's recipe! After that Khanh shows us his Sweet and Sticky Roast Pork followed by Tuna Nicoise Salad from Elena.	AUSTRALIA			G		
2023-12-30	0630	<b>Mark Moriarty: Off Duty Chef</b>	Pasta	Mark dishes up some quick and tasty meals based around a reliable staple, pasta - chicken and mushroom lasagna, spaghetti with shellfish, mac and cheese, and finally a spring green fusilli.	UNITED KINGDOM	English-100				
2023-12-30	0700	<b>Freshly Picked</b>	Episode 30	Simon shows how easy it is to spice up the spud and makes some easy churros to create at home. Nadia Fragnito is in with her ricotta filled ravioli, and a little gem from tropical north Queensland.	AUSTRALIA	English-100		PG		
2023-12-30	0730	<b>French Food Safari</b>	French Food Safari Series 1	Maeve and Guillaume experience join France's truffle king Pierre-Jean Pebeyre and his dog Alfonse as they try to find the edible fungus known as the black diamond.	AUSTRALIA	English-100	RPT	PG		Y Y
2023-12-30	0800	<b>Lidia's Kitchen</b>	Sweetest Hits, The	Italian sweets are today's focus and include: blueberry and ricotta Parfait, chocolate zabaglione and raspberry and walnut butter cookies.	USA	English-100		PG		

2023-12-30	0830	<b>Rick Stein's Long Weekends</b>	Lisbon	Rick visits Lisbon on the banks of the River Tagus, a city in love with its seafood and possibly the best custard tarts in the world.	UNITED KINGDOM	English-100		PG	a w		
2023-12-30	0940	<b>Nadiya's Party Feast</b>	Nadiya's Party Feast	Nadiya Hussain is throwing a party and we're all invited! She shares her secrets for the perfect celebration - whether it's dishes to put in the middle or delicious nibbles. Nobody will want to leave!	UNITED KINGDOM	English-100		G			
2023-12-30	1035	<b>Bizarre Foods: Delicious Destinations</b>	Las Vegas	Andrew Zimmern goes on a gastronomic tour of Las Vegas. From quail breast stuffed with foie gras and mouthwatering Waygu steaks to classic veal Parmigiana and tantalizing Thai, Sin City has it all!	USA	English-100		PG	a		Y
2023-12-30	1100	<b>The Cook Up With Adam Liaw</b>	Five-Ingredient Lunch	Chef and author Bridget Foliaki Davis and apprentice chef Kyah Lulman are in the Cook Up Kitchen with Adam Liaw to create their ultimate five-ingredient lunches.	AUSTRALIA	English-100	RPT	G			Y
2023-12-30	1130	<b>Come Dine With Me</b>	North West 2	This week's competition is in and around the North West and the second host hoping to win the 1,000 cash prize is vocal coach, King.	UNITED KINGDOM	English-100		G			
2023-12-30	1200	<b>Come Dine With Me</b>	North West 3	This week's competition is in the North West, where our third host, rapper Zee, is looking to woo his guests with an evening of culture and musical marvel, along with Far Eastern eats.	UNITED KINGDOM	English-100		PG			
2023-12-30	1225	<b>Cook Up With Adam Liaw Bitesize</b>	Gobi Manchurian	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
2023-12-30	1230	<b>Mystery Diners</b>	Deep Sea Delivery	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
2023-12-30	1300	<b>Lidia's Kitchen</b>	Sweetest Hits, The	Italian sweets are today's focus and include: blueberry and ricotta Parfait, chocolate zabaglione and raspberry and walnut butter cookies.	USA	English-100		PG			
2023-12-30	1330	<b>David Rocco's Dolce Homemade</b>	Winstons	An ex-soldier, guest Chef Hans Vogels is all about discipline and order when it comes to running his kitchen, while David is a Quanto Basta chef and enjoys creativity and improvisation.	CANADA	English-100		PG			
2023-12-30	1400	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 20	You can now make your own Beetroot Relish at home with Elena's recipe! After that Khanh shows us his Sweet and Sticky Roast Pork followed by Tuna Nicoise Salad from Elena.	AUSTRALIA			G			
2023-12-30	1430	<b>Mark Moriarty: Off Duty Chef</b>	Pasta	Mark dishes up some quick and tasty meals based around a reliable staple, pasta - chicken and mushroom lasagna, spaghetti with shellfish, mac and cheese, and finally a spring green fusilli.	UNITED KINGDOM	English-100					
2023-12-30	1500	<b>Freshly Picked</b>	Episode 30	Simon shows how easy it is to spice up the spud and makes some easy churros to create at home. Nadia Fragnito is in with her ricotta filled ravioli, and a little gem from tropical north Queensland.	AUSTRALIA	English-100		PG			
2023-12-30	1530	<b>French Food Safari</b>	French Food Safari Series 1	Maeve and Guillaume experience join France's truffle king Pierre-Jean Pebeyre and his dog Alfonse as they try to find the edible fungus known as the black diamond.	AUSTRALIA	English-100	RPT	PG		Y	Y
2023-12-30	1600	<b>Red Chef Revival</b>	Blood Tribe	Braving a recent breakup, host Shane Chartrand visits the Blood Tribe, a First Nations band government in southern Alberta, Canada, to cook a bison heart over an open fire.	CANADA	English-100	RPT	PG	a d l		Y

2023-12-30	1630	<b>Paul Hollywood Eats Mexico</b>	Baja California, Milpa Alta, Oaxaca, Yucatan Peninsula	Paul visits Baja California and tastes fresh cactus in Milpa Alta and insects in Oaxaca, then judges a pasty baking competition in a small mining town.	UNITED KINGDOM	English-100		PG	a l	Y
2023-12-30	1725	<b>Cook Up With Adam Liaw Bitesize</b>	Gobi Manchurian	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
2023-12-30	1730	<b>John Torode's Ireland</b>	Wicklow To Wexford	John visits this beautiful 800-year-old country estate with its own organic farm and restored 17th century gardens. He meets the restaurant chef, Niall, who shows him round the gardens.	UNITED KINGDOM	English-100		G		
2023-12-30	1825	<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
2023-12-30	1830	<b>Homegrown Tastes South Africa</b>	Fine Dining	Lorna and good friend Pearl Modiadie indulge in a tour of Joburg's fine dining scene, with world class cocktails. Lorna creates her own fine dining experience using some very unusual ingredients.	UNITED KINGDOM	English-100		PG		
2023-12-30	1930	<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.	UNITED KINGDOM	English-100		G		
2023-12-30	2000	<b>Tales From River Cottage</b>	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.	UNITED KINGDOM	English-100		PG	a w	
2023-12-30	2030	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 4	After soaking up the ambiance at one of the UK's last live cattle markets in Truro, Rick's in the mood for steak and kidney pud, before setting sail out of Falmouth in a hand-built boat.	UNITED KINGDOM	English-100		G		
2023-12-30	2100	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 5	Rick goes fishing for his favourite oysters, makes a delicious fish soup and discovers the all-but-forgotten story of Cornwall's ancient capital, Lostwithiel.	UNITED KINGDOM	English-100		G		
2023-12-30	2130	<b>Anthony Bourdain: No Reservations</b>	London / Edinburgh	There is something alluring in the air in the UK when it comes to the people, the scenery and the food, and Anthony is off to discover what it is.	USA	English-100	RPT	PG	a	Y
2023-12-30	2225	<b>Cook Up With Adam Liaw Bitesize</b>	Gobi Manchurian	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
2023-12-30	2230	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 2 Ep 5	Paul's pasture poultry have all grown up and it's processing time. Chris Franks is back to share his knowledge and wisdom.	UNITED KINGDOM	English-100	RPT	PG	a w	Y
2023-12-30	2330	<b>Mystery Diners</b>	Hawaiian Club Crashers	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
2023-12-30	2400	<b>Mystery Diners</b>	Fyre On The Beach	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
2023-12-30	2430	<b>Paul Hollywood Eats Mexico</b>	Baja California, Milpa Alta, Oaxaca, Yucatan Peninsula	Paul visits Baja California and tastes fresh cactus in Milpa Alta and insects in Oaxaca, then judges a pasty baking competition in a small mining town.	UNITED KINGDOM	English-100		PG	a l	Y

2023-12-30	2525	<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
2023-12-30	2530	<b>John Torode's Ireland</b>	Wicklow To Wexford	John visits this beautiful 800-year-old country estate with its own organic farm and restored 17th century gardens. He meets the restaurant chef, Niall, who shows him round the gardens.	UNITED KINGDOM	English-100		G	
2023-12-30	2625	<b>Cook Up With Adam Liaw Bitesize</b>	Gobi Manchurian	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
2023-12-30	2630	<b>Homegrown Tastes South Africa</b>	Fine Dining	Lorna and good friend Pearl Modiadie indulge in a tour of Joburg's fine dining scene, with world class cocktails. Lorna creates her own fine dining experience using some very unusual ingredients.	UNITED KINGDOM	English-100		PG	
2023-12-30	2730	<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.	UNITED KINGDOM	English-100		G	
2023-12-30	2800	<b>Tales From River Cottage</b>	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.	UNITED KINGDOM	English-100		PG	a w
2023-12-30	2830	<b>Mystery Diners</b>	Hawaiian Club Crashers	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