



WEEK 6: Sunday, 4 February- Saturday, 10 February 2024 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-02-04	0500	Paul Hollywood: A Baker's Life	Pizza, Roulade & Madeira Cake	Paul Hollywood reflects on his time on The Great British Bake Off, watching footage of his original audition tapes, and providing a never before seen behind the scenes look at the famous tent.	UNITED KINGDOM	English-100		G			
2024-02-04	0530	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 7	Paul learns about catching eels from Indigenous local chef Noel Butler and sells his first eggs and veggie boxes into Tilba.	UNITED KINGDOM	English-100	RPT	PG	a w	Y	
2024-02-04	0630	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 1	Chef Khanh Ong journeys to Far North Queensland to discover the culinary secrets of the Nywaigi people, and uses locally foraged ingredients to cook up a summer feast at a waterfall.	AUSTRALIA	English-100		PG	a w	Y	
2024-02-04	0725	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G			Y
2024-02-04	0730	Homegrown Tastes South Africa	Cheese And Wine	The winelands of the Cape play host to Lorna and her guest, singer and comedian Tracy-Lee Oliver. Lorna learns about how to make unique buffalo mozzarella cheese and wine.	UNITED KINGDOM	English-100		G			Y
2024-02-04	0830	Ainsley's Fantastic Flavours	Sweet	Sweet flavours aren't just for desserts, Ainsley makes a butternut squash tarte tatin with urfa chili, walnuts, and feta. Samia Longchambon shares a family favourite, Moroccan chicken with cous cous.	UNITED KINGDOM	English-100		G			
2024-02-04	0925	Please Eat Slowly Bitesize	Yee Sang	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100		G			
2024-02-04	0930	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 4	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100		G			
2024-02-04	1000	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 5	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100		PG	a w		
2024-02-04	1030	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 7	Paul learns about catching eels from Indigenous local chef Noel Butler and sells his first eggs and veggie boxes into Tilba.	UNITED KINGDOM	English-100	RPT	PG	a w	Y	
2024-02-04	1130	Paul Hollywood: A Baker's Life	Pizza, Roulade & Madeira Cake	Paul Hollywood reflects on his time on The Great British Bake Off, watching footage of his original audition tapes, and providing a never before seen behind the scenes look at the famous tent.	UNITED KINGDOM	English-100		G			
2024-02-04	1200	The Cook And The Chef	Bbq's	Maggie and Simon celebrate the BBQ and show viewers how to get the most from it - be it for starters, main courses and even desserts.	AUSTRALIA	English-100		PG			

2024-02-04	1230	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 1	Chef Khanh Ong journeys to Far North Queensland to discover the culinary secrets of the Nywaigi people, and uses locally foraged ingredients to cook up a summer feast at a waterfall.	AUSTRALIA	English-100		PG	a w	Y
2024-02-04	1325	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-02-04	1330	Homegrown Tastes South Africa	Cheese And Wine	The winelands of the Cape play host to Lorna and her guest, singer and comedian Tracy-Lee Oliver. Lorna learns about how to make unique buffalo mozzarella cheese and wine.	UNITED KINGDOM	English-100		G		Y
2024-02-04	1430	Ainsley's Fantastic Flavours	Sweet	Sweet flavours aren't just for desserts, Ainsley makes a butternut squash tarte tatin with urfa chili, walnuts, and feta. Samia Longchambon shares a family favourite, Moroccan chicken with cous cous.	UNITED KINGDOM	English-100		G		
2024-02-04	1525	Please Eat Slowly Bitesize	Yee Sang	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100		G		
2024-02-04	1530	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 4	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100		G		
2024-02-04	1600	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 5	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100		PG	a w	
2024-02-04	1630	Paul Hollywood: A Baker's Life	Pizza, Roulade & Madeira Cake	Paul Hollywood reflects on his time on The Great British Bake Off, watching footage of his original audition tapes, and providing a never before seen behind the scenes look at the famous tent.	UNITED KINGDOM	English-100		G		
2024-02-04	1700	Paul Hollywood: A Baker's Life	Ginger Biscuits, Baps & Shortbread	Paul goes back to his roots in Merseyside to reminisce about where his love of baking began, visiting his mum to recreate the first thing he ever baked - her legendary ginger biscuits.	UNITED KINGDOM	English-100		G		
2024-02-04	1730	The Curious Chef	Stephanie And The Pitmaster	Stephanie joins UPS driver and home chef, Fernando Carrillo, for a backyard BBQ and a trip to LA institution Carnitas El Momo to learn the subtle art of slow cooking and the techniques of flavour.	USA	English-100		G		Y
2024-02-04	1800	The Curious Chef	Legacies And Thai Cuisine	Stephanie cooks Thai and Peruvian dishes with home chef Brittaney Bunjong and swaps stories about growing up in the kitchen with their moms. Rediscovering the joys and influence of those flavours.	USA	English-100		PG		Y
2024-02-04	1830	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 1 Ep 4	Chef Michel Roux goes foraging in France on the cliffs of Donzerre above the Rhone river, finding wild herbs to flavour a local delicacy, a dish of roast rabbit.	UNITED KINGDOM	English-100		PG		Y
2024-02-04	1925	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-02-04	1930	James Martin's French Adventure	Versailles	James visits the palace of Versailles and a master chocolatier who makes enormous chocolate sculptures, then creates a fail-safe chocolate mousse and French fish supper.	UNITED KINGDOM	English-100		PG		Y
2024-02-04	2025	Please Eat Slowly Bitesize	Mango Pancakes	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100		G		

2024-02-04	2030	Nigel Slater's Middle East	Nigel Slater's Middle East Series 1 Ep 1	Nigel Slater begins a Middle Eastern food adventure in Lebanon, a cuisine that has travelled the globe, but whose heart remains at home.	UNITED KINGDOM	English-100		G		Y
2024-02-04	2130	Anthony Bourdain: No Reservations	Egypt	(S.4.Ep.15) Egypt - Anthony visits with the locals to get a taste for what it means to be Egyptian. He samples koshary, a dish of rice, noodles, spices and fried onions. #FoodNetworkKAU	USA	English-100	RPT	PG		Y
2024-02-04	2225	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-02-04	2230	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 8	After months of training it's time for Digger to shine at a local dog competition. To welcome the start of summer, Paul hosts a cricket match at RCA to celebrate the start of summer.	UNITED KINGDOM	English-100	RPT	PG		Y
2024-02-04	2330	The Cook And The Chef	An Autumn Party	Maggie introduces Simon to her outdoor wood-fired oven, and he uses it to make some pottery with a very special meal inside. Autumn is Maggie's favourite season.	AUSTRALIA	English-100		G		
2024-02-04	2400	Paul Hollywood: A Baker's Life	Ginger Biscuits, Baps & Shortbread	Paul goes back to his roots in Merseyside to reminisce about where his love of baking began, visiting his mum to recreate the first thing he ever baked - her legendary ginger biscuits.	UNITED KINGDOM	English-100		G		
2024-02-04	2430	The Curious Chef	Stephanie And The Pitmaster	Stephanie joins UPS driver and home chef, Fernando Carrillo, for a backyard BBQ and a trip to LA institution Carnitas El Momo to learn the subtle art of slow cooking and the techniques of flavour.	USA	English-100		G		Y
2024-02-04	2500	The Curious Chef	Legacies And Thai Cuisine	Stephanie cooks Thai and Peruvian dishes with home chef Brittaney Bunjong and swaps stories about growing up in the kitchen with their moms. Rediscovering the joys and influence of those flavours.	USA	English-100		PG		Y
2024-02-04	2530	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 1 Ep 4	Chef Michel Roux goes foraging in France on the cliffs of Donzerte above the Rhone river, finding wild herbs to flavour a local delicacy, a dish of roast rabbit.	UNITED KINGDOM	English-100		PG		Y
2024-02-04	2625	Please Eat Slowly Bitesize	Mango Pancakes	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100		G		
2024-02-04	2630	James Martin's French Adventure	Versailles	James visits the palace of Versailles and a master chocolatier who makes enormous chocolate sculptures, then creates a fail-safe chocolate mousse and French fish supper.	UNITED KINGDOM	English-100		PG		Y
2024-02-04	2725	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-02-04	2730	Nigel Slater's Middle East	Nigel Slater's Middle East Series 1 Ep 1	Nigel Slater begins a Middle Eastern food adventure in Lebanon, a cuisine that has travelled the globe, but whose heart remains at home.	UNITED KINGDOM	English-100		G		Y
2024-02-04	2830	The Cook And The Chef	An Autumn Party	Maggie introduces Simon to her outdoor wood-fired oven, and he uses it to make some pottery with a very special meal inside. Autumn is Maggie's favourite season.	AUSTRALIA	English-100		G		
2024-02-05	0500	Paul Hollywood: A Baker's Life	Ginger Biscuits, Baps & Shortbread	Paul goes back to his roots in Merseyside to reminisce about where his love of baking began, visiting his mum to recreate the first thing he ever baked - her legendary ginger biscuits.	UNITED KINGDOM	English-100		G		

2024-02-05	0530	The Curious Chef	Stephanie And The Pitmaster	Stephanie joins UPS driver and home chef, Fernando Carrillo, for a backyard BBQ and a trip to LA institution Carnitas El Momo to learn the subtle art of slow cooking and the techniques of flavour.	USA	English-100		G	Y
2024-02-05	0600	The Curious Chef	Legacies And Thai Cuisine	Stephanie cooks Thai and Peruvian dishes with home chef Brittaney Bunjong and swaps stories about growing up in the kitchen with their moms. Rediscovering the joys and influence of those flavours.	USA	English-100		PG	Y
2024-02-05	0630	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 1 Ep 4	Chef Michel Roux goes foraging in France on the cliffs of Donzerre above the Rhone river, finding wild herbs to flavour a local delicacy, a dish of roast rabbit.	UNITED KINGDOM	English-100		PG	Y
2024-02-05	0725	Please Eat Slowly Bitesize	Mango Pancakes	Learn how to create sumptuous mango pancakes. Victor's French training comes in handy as he shares some simple steps to ensure your crepes come out round and flat every time.	AUSTRALIA	English-100		G	
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2024-02-05	0930	River Cottage Australia	River Cottage Australia One Hours Series 3 Ep 8	After months of training it's time for Digger to shine at a local dog competition. To welcome the start of summer, Paul hosts a cricket match at RCA to celebrate the start of summer.	UNITED KINGDOM	English-100	RPT	PG	Y
2024-02-05	1030	The Cook And The Chef	Bbq's	Maggie and Simon celebrate the BBQ and show viewers how to get the most from it - be it for starters, main courses and even desserts.	AUSTRALIA	English-100		PG	
2024-02-05	1100	Paul Hollywood: A Baker's Life	Ginger Biscuits, Baps & Shortbread	Paul goes back to his roots in Merseyside to reminisce about where his love of baking began, visiting his mum to recreate the first thing he ever baked - her legendary ginger biscuits.	UNITED KINGDOM	English-100		G	
2024-02-05	1130	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 1 Ep 4	Chef Michel Roux goes foraging in France on the cliffs of Donzerre above the Rhone river, finding wild herbs to flavour a local delicacy, a dish of roast rabbit.	UNITED KINGDOM	English-100		PG	Y
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2024-02-05	1300	My Market Kitchen	My Market Kitchen Series 4 Ep 46	Today on My Market Kitchen, Elena show us how to use produce from your local market with her Chinese style chilli crab and indigenous greens.	AUSTRALIA	English-100		G	
2024-02-05	1330	David Rocco's Dolce South East Asia	Simple Life, The	In the busy city of Bangkok, David meets a few locals who through food and architecture are champions and activists for a simpler and perhaps a better way of living.	CANADA	English-100		PG	

2024-02-05	1400	My Greek Table With Diane Kochilas	Food Secrets Of Mykonos	On a cruise ship to Mykonos, Diane discovers not the dazzling cosmopolitan side of Greece's most iconic party island, but the quiet life and food of its local farmers.	USA	English-50; Greek-50		G			Y
2024-02-05	1430	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, chef Shum Chun Kong demonstrates the art of Yum Cha preparation.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-02-05	1500	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
2024-02-05	1530	Top Chef	Fastest 2 Minutes In Cooking, The	Top Chef Kentucky begins as fifteen of the finest chefs are off to the races at Churchill Downs for the ride of their lives. After a lightning fast two-minute mise-en-place focused Quickfire.	USA	English-100		PG	I		Y
2024-02-05	1625	Cook Up With Adam Liaw Bitesize	Almond Pudding With Ginger And Palm Sugar Syrup	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	
2024-02-05	1630	Everyday Gourmet With Justine Schofield	Ep 16	Justine shares her coconut poached prawns and then Lola Berry whips up her quinoa superfood salad and Emma Dean shares her delicious almond honey thyme cake.	AUSTRALIA	English-100		G			
2024-02-05	1700	Seoul At Home	Jeon	Chef Alvin explores Seoul with chef Matt, visiting restaurants and eating establishments as well as people's homes to taste real home cooking of 'jeon' - Korean pancakes.	HONG KONG	English-95; Korean-5		G			
2024-02-05	1730	Seoul At Home	Gimbab	Chef Alvin and chef Matt visit homes in Seoul to find the authentic taste of kimbap, the Korean rice rolls. They explore the markets of Seoul, hunting down ingredients for their extreme take on kimbap.	HONG KONG	English-95; Korean-5		PG			
2024-02-05	1800	Food Safari Water	From The Water	Maeve O'Meara journeys into the Top End of Australia to seek out wild barramundi with local fisherman Billy Boustead and his chef friend, legendary Darwin and Alice Springs restaurateur Jimmy Shu.	AUSTRALIA	English-100	RPT	PG		Y	
2024-02-05	1830	Lidia's Kitchen	My Goats & Ricotta	Lidia grew up around goats, and their delicious milk which were used to make ricotta. She makes spinach ricotta dumplings, an open cookie cannoli, and then ricotta meatloaf with tomato sauce.	USA	English-100		G			
2024-02-05	1900	The Cook Up With Adam Liaw	Naidoc: Warrigal Greens	This week we're celebrating NAIDOC Week. Starting it off, Adam and the Cook Up kitchen hosts Gumbaynggirr man Kyah Lulman and proud Whadjuk Noongar woman Nareida Jacobs.	AUSTRALIA	English-100	RPT	G		Y	
2024-02-05	1930	Malaysia Gourmet With Justine Schofield	Ep 2	Wildlife takes centre stage as Justine encounters parrots in Kuala Lumpur and orangutans in Semengoh. After a taste of a Penang classic she whips up Mee Kolo and scrumptious curry puffs.	AUSTRALIA	English-100		G			
2024-02-05	2000	Long Weekend In... With Rory O'Connell	Vienna	Rory takes a long weekend in Vienna to explore the city's celebrated cuisine and cultural attractions. Rory tries Sachertorte, a type of chocolate cake which is one of Vienna's culinary specialties.	IRELAND	English-100		G			
2024-02-05	2030	Chronicles Of Nadiya	Chronicles Of Nadiya Series 1 Ep 2	Nadiya has just spent a week with her family in Sylhet, and in this episode she is setting off on her own to cook her way around Bangladesh and learn more about the country, its people and its food.	UNITED KINGDOM	English-100		PG	a w		Y
2024-02-05	2140	Come Dine With Me UK	Leeds Day 4	It's night four of the competition in Leeds and painter/decorator - and Michael Buble impersonator Alex is hoping to top the leader board with a cruise-themed menu from around the world.	UNITED KINGDOM	English-100		PG			

2024-02-05	2205	Come Dine With Me UK	Leeds Day 5	It's the final day of the competition in Leeds and bridal shop owner Abbi is hoping to woo her guests with a wedding themed party. Can the amorous atmosphere help Abbi win the grand?	UNITED KINGDOM	English-100		PG		
2024-02-05	2230	The Cook Up With Adam Liaw	Lime Leaves	Universal Paramount chef Christine Manfield and Bird Cow Fish chef Alex Herbert show their dishes, using lime leaves, in The Cook Up kitchen with host Adam Liaw.	AUSTRALIA	English-100	RPT	PG		Y
2024-02-05	2300	Bizarre Foods: Delicious Destinations	San Francisco: Second Bite	San Francisco's food scene is so impressive it deserves a second visit! From Japanese hot pots and hand-crafted lasagna to locally made ice cream, Andrew highlights the culinary diversity of the city.	USA	English-100		G		
2024-02-05	2330	The Cook And The Chef	Autumn Fruit And Nuts	Its Autumn and the new seasons array of Fruit and Nuts sees Maggie and Simon whip up a collection of captivating flavours. For Maggie, Autumn means Vintage in the Barossa.	AUSTRALIA	English-100		G		
2024-02-05	2400	Food Safari Water	From The Water	Maeve O'Meara journeys into the Top End of Australia to seek out wild barramundi with local fisherman Billy Boustead and his chef friend, legendary Darwin and Alice Springs restaurateur Jimmy Shu.	AUSTRALIA	English-100	RPT	PG		Y
2024-02-05	2430	Seoul At Home	Jeon	Chef Alvin explores Seoul with chef Matt, visiting restaurants and eating establishments as well as people's homes to taste real home cooking of 'jeon' - Korean pancakes.	HONG KONG	English-95; Korean-5		G		
2024-02-05	2500	Seoul At Home	Gimbab	Chef Alvin and chef Matt visit homes in Seoul to find the authentic taste of kimbap, the Korean rice rolls. They explore the markets of Seoul, hunting down ingredients for their extreme take on kimbap.	HONG KONG	English-95; Korean-5		PG		
2024-02-05	2530	Malaysia Gourmet With Justine Schofield	Ep 2	Wildlife takes centre stage as Justine encounters parrots in Kuala Lumpur and orangutans in Semenggoh. After a taste of a Penang classic she whips up Mee Kolo and scrumptious curry puffs.	AUSTRALIA	English-100		G		
2024-02-05	2600	Long Weekend In... With Rory O'Connell	Vienna	Rory takes a long weekend in Vienna to explore the city's celebrated cuisine and cultural attractions. Rory tries Sachertorte, a type of chocolate cake which is one of Vienna's culinary specialities.	IRELAND	English-100		G		
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2024-02-05	2805	Come Dine With Me UK	Leeds Day 5	It's the final day of the competition in Leeds and bridal shop owner Abbi is hoping to woo her guests with a wedding themed party. Can the amorous atmosphere help Abbi win the grand?	UNITED KINGDOM	English-100		PG		
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2024-02-06	0530	The Cook And The Chef	Autumn Fruit And Nuts	Its Autumn and the new seasons array of Fruit and Nuts sees Maggie and Simon whip up a collection of captivating flavours. For Maggie, Autumn means Vintage in the Barossa.	AUSTRALIA	English-100		G		

2024-02-06	0600	My Market Kitchen	My Market Kitchen Series 4 Ep 46	Today on My Market Kitchen, Elena show us how to use produce from your local market with her Chinese style chilli crab and Indigenous greens.	AUSTRALIA	English-100	G				
2024-02-06	0630	David Rocco's Dolce South East Asia	Simple Life, The	In the busy city of Bangkok, David meets a few locals who through food and architecture are champions and activists for a simpler and perhaps a better way of living.	CANADA	English-100	PG				
2024-02-06	0700	My Greek Table With Diane Kochilas	Food Secrets Of Mykonos	On a cruise ship to Mykonos, Diane discovers not the dazzling cosmopolitan side of Greece's most iconic party island, but the quiet life and food of its local farmers.	USA	English-50; Greek-50	G			Y	
2024-02-06	0730	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, chef Shum Chun Kong demonstrates the art of Yum Cha preparation.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-02-06	0800	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
2024-02-06	0830	Top Chef	Fastest 2 Minutes In Cooking, The	Top Chef Kentucky begins as fifteen of the finest chefs are off to the races at Churchill Downs for the ride of their lives. After a lightning fast two-minute mise-en-place focused Quickfire.	USA	English-100	PG		I		Y
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2024-02-06	1200	Long Weekend In... With Rory O'Connell	Vienna	Rory takes a long weekend in Vienna to explore the city's celebrated cuisine and cultural attractions. Rory tries Sachertorte, a type of chocolate cake which is one of Vienna's culinary specialities.	IRELAND	English-100	G				
2024-02-06	1230	Lidia's Kitchen	My Goats & Ricotta	Lidia grew up around goats, and their delicious milk which were used to make ricotta. She makes spinach ricotta dumplings, an open cookie cannoli, and then ricotta meatloaf with tomato sauce.	USA	English-100	G				
2024-02-06	1300	My Market Kitchen	My Market Kitchen Series 4 Ep 47	Khanh and Elena are in the kitchen together today cooking a mouthwatering Chilli Soy Ribs dish. Followed by Khanh's go to snack, a Honey Cranberry Nut Bar.	AUSTRALIA	English-100	G				

2024-02-06	1330	David Rocco's Dolce South East Asia	Women Of Bangkok	David heads to Bangkok, the capital and cultural hub of Thailand, where he meets three generations of women who are contributing to its success, including a young climate change activist.	CANADA	English-100		PG		
2024-02-06	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		
2024-02-06	1430	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, chef Danni Murray cooks with crocodile meat, and a beach BBQ of Qld mud crabs.	AUSTRALIA	English-100	RPT	G		Y
2024-02-06	1500	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
2024-02-06	1530	Top Chef	Bourbon, Barrels And Burgoo	It's time to celebrate two iconic Kentucky mainstays, local cuisine and bourbon.The Chefs head to Makers Mark, the oldest distillery in America to put their spins on a meal full of Kentucky classics.	USA	English-100		PG	I	Y
2024-02-06	1625	Cook Up With Adam Liaw Bitesize	Lubia Polo	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2024-02-06	1630	Everyday Gourmet With Justine Schofield	Ep 17	Adam Swanson shows Justine a zucchini, pea, bacon spirals soup and then makes Peking duck and broccoli stir-fry, a salad with blue cheese dressing and her beef and quince North African stew.	AUSTRALIA	English-100		G		
2024-02-06	1700	Seoul At Home	Jook	Chef Alvin gets a surprise invite by chef Matt to his home in Seoul, meeting his family and tasting the home recipe of jook. Roaming the city for recipe variations, they attempt to make their own.	HONG KONG	English-95; Korean-5		PG	a w	
2024-02-06	1730	Seoul At Home	Bibimguksu	Chef Alvin and chef Matt look for the best bibimguksu, Korean cold noodles. In search of variety and authenticity, the two chefs bring their new tastes of bibimguksu to their friends in Seoul.	HONG KONG	English-95; Korean-5		G		
2024-02-06	1800	Food Safari Water	Sea Treasures	Maeve explores some of the more unusual treasures of the water including the adored gastropod mollusc abalone, which fetches up to \$1300 a kilo and is a status present in the Chinese world.	AUSTRALIA	English-100	RPT	G		Y
2024-02-06	1830	Lidia's Kitchen	Foraging Adventures	As a child, Lidia would forage for ingredients that were not produced in the courtyard, garden, or field. Now she makes chestnut mushroom ragu, asparagus gratin with fried egg, and clam soup.	USA	English-100		G		
2024-02-06	1900	The Cook Up With Adam Liaw	Naidoc: Design Your Own National Dish	Rockpool chef and proud Palawa man Luke Bourke, BrothaBlack of the Yiman nation and Indigenous mentor Shannon Williams and Adam are in the Cook Up kitchen as they design their own national dishes.	AUSTRALIA	English-100	RPT	G		Y
2024-02-06	1930	Mary Berry Everyday	Ep 6	As Mary and her husband reach their 50th wedding anniversary it's time to push the boat out. She shares her secrets to showstoppers, recreates 1960s canapes, and finishes the series with sparkle.	UNITED KINGDOM	English-100		PG		
2024-02-06	2000	Nadiya's Spices Made Simple	Moreish Moneysavers	Nadiya proves that frugal cooking doesn't mean scrimping on fabulous flavour - crispy fried pakoras, a spectacular biryani, a banging burger, and then a cheeky twist on classic shortbread.	UNITED KINGDOM	English-100		G		
2024-02-06	2030	Selena + Chef	Selena + Nancy Silverton	Nancy Silverton helps Selena craft an ambitious vegetable buffet - but, a series of hilarious technical difficulties brings her kitchen to its knees.	USA	English-100		PG		Y

2024-02-06	2100	Food Trail South Africa	Durban	Warren heads to the coastal city of Durban - where he's staying at the iconic Oyster Box hotel. He visits the legendary Spice Emporium, and tastes some unusual local specialties, including Bunny Chow.	AUSTRALIA	English-100		G		Y
2024-02-06	2130	Come Dine With Me UK	Kent Day 1	This week's competition is in Kent. First to host is 51-year-old construction site manager and part-time bouncer, Mark, who hopes his night is as much about the party as it is the dinner.	UNITED KINGDOM	English-100		PG		
2024-02-06	2200	Come Dine With Me UK	Kent Day 2	On the second night in Kent, competitive sales assistant Verush is going all out to win by hosting a Czech-themed evening, but one guest compares her pasta to MDF and pastry to leather.	UNITED KINGDOM	English-100		PG	a	
2024-02-06	2230	The Cook Up With Adam Liaw	Staff Meals	The Cook Up kitchen plays host to Nomad head chef Jacqui Challinor and former head chef at Claude's Chui Lee Luk, and they share the dishes they cook their staff with host Adam Liaw.	AUSTRALIA	English-100	RPT	G		Y
2024-02-06	2300	Bizarre Foods: Delicious Destinations	Charlotte	Andrew explores Charlotte, North Carolina, a city where big banking meets blue-collar traditions and is buzzing with amazing food. He zeroes in on barbecue, livermush, and fried green tomatoes.	USA	English-100		G		
2024-02-06	2330	The Cook And The Chef	Autumn Fruit And Veg	Simon takes some new seasons vegetables and shows us how to pickle ginger and daikon, while Maggie uses ginger to make an eggplant salad.	AUSTRALIA	English-100		PG		
2024-02-06	2400	Food Safari Water	Sea Treasures	Maeve explores some of the more unusual treasures of the water including the adored gastropod mollusc abalone, which fetches up to \$1300 a kilo and is a status present in the Chinese world.	AUSTRALIA	English-100	RPT	G		Y
2024-02-06	2430	Seoul At Home	Jook	Chef Alvin gets a surprise invite by chef Matt to his home in Seoul, meeting his family and tasting the home recipe of jook. Roaming the city for recipe variations, they attempt to make their own.	HONG KONG	English-95; Korean-5		PG	a w	
2024-02-06	2500	Seoul At Home	Bibimguksu	Chef Alvin and chef Matt look for the best bibimguksu, Korean cold noodles. In search of variety and authenticity, the two chefs bring their new tastes of bibimguksu to their friends in Seoul.	HONG KONG	English-95; Korean-5		G		
2024-02-06	2530	Mary Berry Everyday	Ep 6	As Mary and her husband reach their 50th wedding anniversary it's time to push the boat out. She shares her secrets to showstoppers, recreates 1960s canapes, and finishes the series with sparkle.	UNITED KINGDOM	English-100		PG		
2024-02-06	2600	Nadiya's Spices Made Simple	Moreish Moneysavers	Nadiya proves that frugal cooking doesn't mean scrimping on fabulous flavour - crispy fried pakoras, a spectacular biryani, a banging burger, and then a cheeky twist on classic shortbread.	UNITED KINGDOM	English-100		G		
2024-02-06	2630	Selena + Chef	Selena + Nancy Silverton	Nancy Silverton helps Selena craft an ambitious vegetable buffet - but, a series of hilarious technical difficulties brings her kitchen to its knees.	USA	English-100		PG		Y
2024-02-06	2700	Food Trail South Africa	Durban	Warren heads to the coastal city of Durban - where he's staying at the iconic Oyster Box hotel. He visits the legendary Spice Emporium, and tastes some unusual local specialties, including Bunny Chow.	AUSTRALIA	English-100		G		Y
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2024-02-06	2830	The Cook Up With Adam Liaw	Staff Meals	The Cook Up kitchen plays host to Nomad head chef Jacqui Challinor and former head chef at Claude's Chui Lee Luk, and they share the dishes they cook their staff with host Adam Liaw.	AUSTRALIA	English-100	RPT	G		Y
2024-02-07	0500	Bizarre Foods: Delicious Destinations	Charlotte	Andrew explores Charlotte, North Carolina, a city where big banking meets blue-collar traditions and is buzzing with amazing food. He zeroes in on barbecue, livermush, and fried green tomatoes.	USA	English-100		G		
2024-02-07	0530	The Cook And The Chef	Autumn Fruit And Veg	Simon takes some new seasons vegetables and shows us how to pickle ginger and daikon, while Maggie uses ginger to make an eggplant salad.	AUSTRALIA	English-100		PG		
2024-02-07	0600	My Market Kitchen	My Market Kitchen Series 4 Ep 47	Khanh and Elena are in the kitchen together today cooking a mouthwatering Chilli Soy Ribs dish. Followed by Khanh's go to snack, a Honey Cranberry Nut Bar.	AUSTRALIA	English-100		G		
2024-02-07	0630	David Rocco's Dolce South East Asia	Women Of Bangkok	David heads to Bangkok, the capital and cultural hub of Thailand, where he meets three generations of women who are contributing to its success, including a young climate change activist.	CANADA	English-100		PG		
2024-02-07	0700	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		
2024-02-07	0730	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, chef Danni Murray cooks with crocodile meat, and a beach BBQ of Qld mud crabs.	AUSTRALIA	English-100	RPT	G		Y
2024-02-07	0800	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
2024-02-07	0830	Top Chef	Bourbon, Barrels And Burgoo	It's time to celebrate two iconic Kentucky mainstays, local cuisine and bourbon.The Chefs head to Makers Mark, the oldest distillery in America to put their spins on a meal full of Kentucky classics.	USA	English-100		PG	I	Y
2024-02-07	0925	Cook Up With Adam Liaw Bitesize	Lubia Polo	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2024-02-07	0930	Everyday Gourmet With Justine Schofield	Ep 17	Adam Swanson shows Justine a zucchini, pea, bacon spirals soup and then makes Peking duck and broccoli stir-fry, a salad with blue cheese dressing and her beef and quince North African stew.	AUSTRALIA	English-100		G		
2024-02-07	1000	Seoul At Home	Jook	Chef Alvin gets a surprise invite by chef Matt to his home in Seoul, meeting his family and tasting the home recipe of jook. Roaming the city for recipe variations, they attempt to make their own.	HONG KONG	English-95; Korean-5		PG	a w	
2024-02-07	1030	Seoul At Home	Bibimguksu	Chef Alvin and chef Matt look for the best bibimguksu, Korean cold noodles. In search of variety and authenticity, the two chefs bring their new tastes of bibimguksu to their friends in Seoul.	HONG KONG	English-95; Korean-5		G		
2024-02-07	1100	The Cook Up With Adam Liaw	Naidoc: Design Your Own National Dish	Rockpool chef and proud Palawa man Luke Bourke, BrothaBlack of the Yiman nation and Indigenous mentor Shannon Williams and Adam are in the Cook Up kitchen as they design their own national dishes.	AUSTRALIA	English-100	RPT	G		Y
2024-02-07	1130	Mary Berry Everyday	Ep 6	As Mary and her husband reach their 50th wedding anniversary it's time to push the boat out. She shares her secrets to showstoppers, recreates 1960s canapes, and finishes the series with sparkle.	UNITED KINGDOM	English-100		PG		

2024-02-07	1200	Nadiya's Spices Made Simple	Moreish Moneysavers	Nadiya proves that frugal cooking doesn't mean scrimping on fabulous flavour - crispy fried pakoras, a spectacular biryani, a banging burger, and then a cheeky twist on classic shortbread.	UNITED KINGDOM	English-100		G		
2024-02-07	1230	Lidia's Kitchen	Foraging Adventures	As a child, Lidia would forage for ingredients that were not produced in the courtyard, garden, or field. Now she makes chestnut mushroom ragu, asparagus gratin with fried egg, and clam soup.	USA	English-100		G		
2024-02-07	1300	My Market Kitchen	My Market Kitchen Series 4 Ep 4B	Today on My Market Kitchen Elena is joined by Kinsan from Asian Inspirations, cooking a traditional Tamagoyaki. Then Khanh makes a super simple, restaurant quality Cumin and Coriander Crusted Lamb.	AUSTRALIA	English-100		G		
2024-02-07	1330	David Rocco's Dolce South East Asia	Art In The Gallery	In Thailand, art and food offers a sense of hope and plays an important role in revitalising towns and villages, inspiring a new connection with the locals, who may have left for the city in the past.	CANADA	English-100		G		
2024-02-07	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
2024-02-07	1430	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a look at Chinese cooking with Kylie Kwong, and an authentic Thai green curry.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-02-07	1500	Red Chef Revival	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 l	
2024-02-07	1530	Top Chef	Naughty And Nice	It's holiday time for Top Chef, and Richard Blais and Brooke Williamson help spread the festive cheer by presenting a white elephant Quickfire challenge.	USA	English-100		PG	l	Y
2024-02-07	1625	Cook Up With Adam Liaw Bitesize	Lamb Skewers With Tomato Bush Tahini	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
2024-02-07	1630	Everyday Gourmet With Justine Schofield	Ep 18	Justine serves up her skirt steak sandwich with chimichurri, Daniel Wilson drops by to make his seared ocean trout and finishes up with a rice pudding with pineapple compote.	AUSTRALIA	English-100		PG		
2024-02-07	1700	Taiwan Bites	Braised Pork Rice	A staple on the tables of Taiwanese restaurants worldwide, the braised pork rice has been a favourite of the working classes for decades. Eric uncovers the origins of this humble dish.	TAIWAN	English-100		PG		Y
2024-02-07	1755	Destination Flavour Japan Bitesize	Tokyo Part 1	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
2024-02-07	1800	Food Safari Water	Whole Fish	Eating whole fish has been a way of life in Australia for over 40,000 years, and for many other cultures around the planet, it's simply the best and most sustainable way to eat.	AUSTRALIA	English-100	RPT	PG		Y
2024-02-07	1830	Lidia's Kitchen	Vegetable Patch, The	Lidia works in her garden; she reminisces the lessons that her grandma taught her about her vegetable patch. She makes a country salad as well as green beans with new potatoes.	USA	English-100		G		
2024-02-07	1900	The Cook Up With Adam Liaw	Naidoc: National Dish From Your Country	Anaiwan man Dean Widders and Nornie Bero from the Meriam people in the Torres Strait join Adam in the Cook Up kitchen to create dishes that are inspired by the Indigenous Country they come from.	AUSTRALIA	English-100	RPT	G		Y

2024-02-07	1930	Paradise Kitchen Bali	Mushrooms	Lauren dives into the fascinating world of mushrooms, exploring their flavours, textures, and health benefits. She shows how to make savoury mushroom sausage rolls and mouth-watering mushroom steaks.	NETHERLANDS	English-90; Balinese-10	G		Y	Y
2024-02-07	2000	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 5	Get festive today with Kirsten's impressive chocolate berry layer cake, then dive into chocolatey heaven with a gorgeous chocolate flan.	AUSTRALIA	English-100	G			
2024-02-07	2030	James Martin's Spanish Adventure	Costa Del Sol	In The Costa Del Sol, James is shown how paella is made and visits the lost village El Acebuchal. He goes to a citrus farm and learns how muscatel ice cream is made, then cooks Andalusian rice.	UNITED KINGDOM	English-100	PG	a w		Y
2024-02-07	2130	Come Dine With Me UK	Kent Day 3	It's night three in Kent, and doggy lover Karen hopes to scoop the 1000 pound prize with a British bulldog bonanza, with food inspired by her dogs, but has she cut it too close to the bone?	UNITED KINGDOM	English-100	PG			
2024-02-07	2200	Come Dine With Me UK	Kent Day 4	It's the fourth day in Kent, and musician Amrick, who's been keeping his musical talents a secret, reveals all. He's also hoping to wow his guests with his traditional Indian cuisine.	UNITED KINGDOM	English-100	PG			
2024-02-07	2230	The Cook Up With Adam Liaw	Afternoon Tea	Monday Morning Cooking Club's Merelyn Chalmers and chef and author Analiese Gregory whip up afternoon tea in The Cook Up Kitchen with host Adam Liaw.	AUSTRALIA	English-100	RPT	G		Y
2024-02-07	2300	Bizarre Foods: Delicious Destinations	Outer Banks	Andrew highlights the seafood of North Carolina's Outer Banks region. The unique location serves up dishes like blue crab, hatteras clam chowder, baked oysters and other feasts born of the ocean.	USA	English-100	PG	a w		
2024-02-07	2330	The Cook And The Chef	Favourite Things	Maggie takes us crabbing with her grandchildren and shows us from sea to pot why these blue crabs are a favourite. Simon's favourite is chilli which he sources with the help of two Malaysian chefs.	AUSTRALIA	English-100	G			
2024-02-07	2400	Food Safari Water	Whole Fish	Eating whole fish has been a way of life in Australia for over 40,000 years, and for many other cultures around the planet, it's simply the best and most sustainable way to eat.	AUSTRALIA	English-100	RPT	PG		Y
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2024-02-07	2525	Destination Flavour Japan Bitesize	Tokyo Part 1	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
2024-02-07	2530	Paradise Kitchen Bali	Mushrooms	Lauren dives into the fascinating world of mushrooms, exploring their flavours, textures, and health benefits. She shows how to make savoury mushroom sausage rolls and mouth-watering mushroom steaks.	NETHERLANDS	English-90; Balinese-10	G		Y	Y
2024-02-07	2600	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 5	Get festive today with Kirsten's impressive chocolate berry layer cake, then dive into chocolatey heaven with a gorgeous chocolate flan.	AUSTRALIA	English-100	G			
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2024-02-08	0530	The Cook And The Chef	Favourite Things	Maggie takes us crabbing with her grandchildren and shows us from sea to pot why these blue crabs are a favourite. Simon's favourite is chilli which he sources with the help of two Malaysian chefs.	AUSTRALIA	English-100		G		
2024-02-08	0600	My Market Kitchen	My Market Kitchen Series 4 Ep 48	Today on My Market Kitchen Elena is joined by Kinsan from Asian Inspirations, cooking a traditional Tamagoyaki. Then Khanh makes a super simple, restaurant quality Cumin and Coriander Crusted Lamb.	AUSTRALIA	English-100		G		
2024-02-08	0630	David Rocco's Dolce South East Asia	Art In The Gallery	In Thailand, art and food offers a sense of hope and plays an important role in revitalising towns and villages, inspiring a new connection with the locals, who may have left for the city in the past.	CANADA	English-100		G		
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2024-02-08	0730	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a look at Chinese cooking with Kylie Kwong, and an authentic Thai green curry.	AUSTRALIA	English-100	RPT	G		Y Y
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2024-02-08	0925	Cook Up With Adam Liaw Bitesize	Lamb Skewers With Tomato Bush Tahini	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
2024-02-08	0930	Everyday Gourmet With Justine Schofield	Ep 18	Justine serves up her skirt steak sandwich with chimichurri, Daniel Wilson drops by to make his seared ocean trout and finishes up with a rice pudding with pineapple compote.	AUSTRALIA	English-100		PG		
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2024-02-08	1055	Destination Flavour Japan Bitesize	Tokyo Part 1	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
2024-02-08	1100	The Cook Up With Adam Liaw	Naidoc: National Dish From Your Country	Anaiwan man Dean Widders and Nornie Bero from the Meriam people in the Torres Strait join Adam in the Cook Up kitchen to create dishes that are inspired by the Indigenous Country they come from.	AUSTRALIA	English-100	RPT	G		Y

2024-02-08	1130	Paradise Kitchen Bali	Mushrooms	Lauren dives into the fascinating world of mushrooms, exploring their flavours, textures, and health benefits. She shows how to make savoury mushroom sausage rolls and mouth-watering mushroom steaks.	NETHERLANDS	English-90; Balinese-10	G		Y	Y
2024-02-08	1200	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 5	Get festive today with Kirsten's impressive chocolate berry layer cake, then dive into chocolatey heaven with a gorgeous chocolate flan.	AUSTRALIA	English-100	G			
2024-02-08	1230	Lidia's Kitchen	Vegetable Patch, The	Lidia works in her garden; she reminisces the lessons that her grandma taught her about her vegetable patch. She makes a country salad as well as green beans with new potatoes.	USA	English-100	G			
2024-02-08	1300	My Market Kitchen	My Market Kitchen Series 4 Ep 49	On My Market Kitchen Khanh is combining two favourite desserts with a Tiramisu self saucing pudding. He then shows us his Charred Prawns with Compound Butter recipe from his restaurant.	AUSTRALIA	English-100	G			
2024-02-08	1330	David Rocco's Dolce India	Indian Vino	David takes the road less travelled and finds a tranquil vineyard outside busy Mumbai that produces fine Italian wine. The discovery inspires an Italian-Indian culinary adventure.	CANADA	English-100	PG			
2024-02-08	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			
2024-02-08	1430	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, award-winning chef Tetsuya Wakuda, and on the African tucker trail with Dorinda Hafner.	AUSTRALIA	English-100	RPT	G		Y
2024-02-08	1500	Red Chef Revival	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
2024-02-08	1530	Top Chef	Surprise... It's Restaurant Wars	In a massive twist, Padma's favorite challenge Restaurant Wars comes early this year, but before the chefs gear up for battle.	USA	English-100		PG	a l	Y
2024-02-08	1625	Cook Up With Adam Liaw Bitesize	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
2024-02-08	1630	Everyday Gourmet With Justine Schofield	Ep 19	Daniela Fra shows you her acai berry, almond and chia muffins. Nathasha Ignatiadis makes her salted macadamia chocolate cookies. Justine grills up pork cutlets and a Vietnamese duck soup.	AUSTRALIA	English-100		G		
2024-02-08	1700	Taiwan Bites	Beef Noodle Soup	Beef noodles are iconic in a Taiwanese menu, and yet beef wasn't widely eaten on the island almost 70 years ago. From New York to Taiwan, Eric uncovers how cows changed the Taiwanese diet.	TAIWAN	English-100		PG	l	
2024-02-08	1755	Destination Flavour Japan Bitesize	Tokyo Part 2	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
2024-02-08	1800	Food Safari Water	Raw	Maeve celebrates the pure clean taste of the ocean as she explores the natural briny flavour of the three main types of oysters - Pacific, Angazi, and Sydney Rock varieties.	AUSTRALIA	English-100	RPT	PG		Y
2024-02-08	1830	Lidia's Kitchen	Fruits And Sweets	In the summer, it was time to wait for the fruits in Lidia's trees to ripen. She prepares a fig and prosciutto bruschetta, wafer cookies into truffles, and make almond tarts from Andria.	USA	English-100		G		

2024-02-08	1900	The Cook Up With Adam Liaw	Naidoc: Native Herbs	Kamilaroi woman Jayde Harris and Gamilaroi woman Nakkiah Lui are in the Cook Up kitchen with Adam to create dishes that showcase native Indigenous herbs.	AUSTRALIA	English-100	RPT	G	Y	
2024-02-08	1930	My Greatest Dishes	Angela Hartnett	Angela Hartnett's Italian roots have shaped her culinary career for the last three decades. She makes fresh anolini, lemon meringue pie, a crispy sweetbread dish, and roasted pigeon with beetroot.	UNITED KINGDOM	English-100		PG		
2024-02-08	2000	My Greatest Dishes	David Thompson	David's celebration of authentic Thai cuisine is represented in his four greatest dishes; orange curry and yam pak, fruit and vegetable salad, his mother's hard sauce, reveals his death row dinner.	UNITED KINGDOM	English-100		PG		
2024-02-08	2030	Rick Stein's Road To Mexico	Guadalajara To Puerto Vallarta	Leaving the Baja Peninsula, Rick explores the western mainland. He lands in the town that placed tequila on the world map and the metropolis that produced mariachis and dishes like chilli con carne.	UNITED KINGDOM	English-100		PG		
2024-02-08	2140	Come Dine With Me UK	Kent Day 5	It's the final night of the competition in Kent where host, photographer Anthony, is confident he can wow his guests with an evening of fine food and culinary excellence.	UNITED KINGDOM	English-100		G		
2024-02-08	2205	Come Dine With Me UK	County Durham Day 1	In County Durham, the first host is hairdresser and lad's lass, Julie. Julie is hoping to win over her guests with a no-nonsense menu she can prepare in advance.	UNITED KINGDOM	English-100		PG		
2024-02-08	2230	The Cook Up With Adam Liaw	Haloumi	The Lebanese Plate's Lina Jebile and Bondi Harvest chef Guy Turland are in The Cook Up kitchen with host Adam Liaw to show the many different ways to hero haloumi in your dishes.	AUSTRALIA	English-100	RPT	PG	Y	
2024-02-08	2300	Bizarre Foods: Delicious Destinations	Glasgow	Andrew highlights the culinary scene of Glasgow, Scotland. From macaroni pies and fish and chips to venison haggis and chicken tikka masala, it's a feast of delicious and iconic foods.	USA	English-100		G	Y	
2024-02-08	2330	The Cook And The Chef	Rubbish Fish	Cape Jervis fisherman, Alan Robertson supplies our Cook and Chef with Gummy shark and Eagle Ray, the catch you might have once thrown back.	AUSTRALIA	English-100		PG	a w	
2024-02-08	2400	Food Safari Water	Raw	Maeve celebrates the pure clean taste of the ocean as she explores the natural briny flavour of the three main types of oysters - Pacific, Angazi, and Sydney Rock varieties.	AUSTRALIA	English-100	RPT	PG	Y	
2024-02-08	2430	Taiwan Bites	Beef Noodle Soup	Beef noodles are iconic in a Taiwanese menu, and yet beef wasn't widely eaten on the island almost 70 years ago. From New York to Taiwan, Eric uncovers how cows changed the Taiwanese diet.	TAIWAN	English-100		PG	I	
2024-02-08	2525	Destination Flavour Japan Bitesize	Tokyo Part 2	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
2024-02-08	2530	My Greatest Dishes	Angela Hartnett	Angela Hartnett's Italian roots have shaped her culinary career for the last three decades. She makes fresh anolini, lemon meringue pie, a crispy sweetbread dish, and roasted pigeon with beetroot.	UNITED KINGDOM	English-100		PG		
2024-02-08	2600	My Greatest Dishes	David Thompson	David's celebration of authentic Thai cuisine is represented in his four greatest dishes; orange curry and yam pak, fruit and vegetable salad, his mother's hard sauce, reveals his death row dinner.	UNITED KINGDOM	English-100		PG		
2024-02-08	2630	Rick Stein's Road To Mexico	Guadalajara To Puerto Vallarta	Leaving the Baja Peninsula, Rick explores the western mainland. He lands in the town that placed tequila on the world map and the metropolis that produced mariachis and dishes like chilli con carne.	UNITED KINGDOM	English-100		PG		

2024-02-08	2740	Come Dine With Me UK	Kent Day 5	It's the final night of the competition in Kent where host, photographer Anthony, is confident he can wow his guests with an evening of fine food and culinary excellence.	UNITED KINGDOM	English-100		G		
2024-02-08	2805	Come Dine With Me UK	County Durham Day 1	In County Durham, the first host is hairdresser and lad's lass, Julie. Julie is hoping to win over her guests with a no-nonsense menu she can prepare in advance.	UNITED KINGDOM	English-100		PG		
2024-02-08	2830	The Cook Up With Adam Liaw	Haloumi	The Lebanese Plate's Lina Jebelle and Bondi Harvest chef Guy Turland are in The Cook Up kitchen with host Adam Liaw to show the many different ways to hero haloumi in your dishes.	AUSTRALIA	English-100	RPT	PG		Y
2024-02-09	0500	Bizarre Foods: Delicious Destinations	Glasgow	Andrew highlights the culinary scene of Glasgow, Scotland. From macaroni pies and fish and chips to venison haggis and chicken tikka masala, it's a feast of delicious and iconic foods.	USA	English-100		G		Y
2024-02-09	0530	The Cook And The Chef	Rubbish Fish	Cape Jervis fisherman, Alan Robertson supplies our Cook and Chef with Gummy shark and Eagle Ray, the catch you might have once thrown back.	AUSTRALIA	English-100		PG	a w	
2024-02-09	0600	My Market Kitchen	My Market Kitchen Series 4 Ep 49	On My Market Kitchen Khanh is combining two favourite desserts with a Tiramisu self saucing pudding. He then shows us his Charred Prawns with Compound Butter recipe from his restaurant.	AUSTRALIA	English-100		G		
2024-02-09	0630	David Rocco's Dolce India	Indian Vino	David takes the road less travelled and finds a tranquil vineyard outside busy Mumbai that produces fine Italian wine. The discovery inspires an Italian-Indian culinary adventure.	CANADA	English-100		PG		
2024-02-09	0700	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		
2024-02-09	0730	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, award-winning chef Tetsuya Wakuda, and on the African tucker trail with Dorinda Hafner.	AUSTRALIA	English-100	RPT	G		Y
2024-02-09	0800	Red Chef Revival	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
2024-02-09	0830	Top Chef	Surprise... It's Restaurant Wars	In a massive twist, Padma's favorite challenge Restaurant Wars comes early this year, but before the chefs gear up for battle.	USA	English-100		PG	a l	Y
2024-02-09	0925	Cook Up With Adam Liaw Bitesize	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
2024-02-09	0930	Everyday Gourmet With Justine Schofield	Ep 19	Daniela Fra shows you her acai berry, almond and chia muffins. Nathasha Ignatiadis makes her salted macadamia chocolate cookies. Justine grills up pork cutlets and a Vietnamese duck soup.	AUSTRALIA	English-100		G		
2024-02-09	1000	Taiwan Bites	Beef Noodle Soup	Beef noodles are iconic in a Taiwanese menu, and yet beef wasn't widely eaten on the island almost 70 years ago. From New York to Taiwan, Eric uncovers how cows changed the Taiwanese diet.	TAIWAN	English-100		PG	l	
2024-02-09	1055	Destination Flavour Japan Bitesize	Tokyo Part 2	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

2024-02-09	1100	The Cook Up With Adam Liaw	Naidoc: Native Herbs	Kamilaroi woman Jayde Harris and Gamilaroi woman Nakkiah Lui are in the Cook Up kitchen with Adam to create dishes that showcase native Indigenous herbs.	AUSTRALIA	English-100	RPT	G		Y
2024-02-09	1130	My Greatest Dishes	Angela Hartnett	Angela Hartnett's Italian roots have shaped her culinary career for the last three decades. She makes fresh anolini, lemon meringue pie, a crispy sweetbread dish, and roasted pigeon with beetroot.	UNITED KINGDOM	English-100		PG		
2024-02-09	1200	My Greatest Dishes	David Thompson	David's celebration of authentic Thai cuisine is represented in his four greatest dishes; orange curry and yam pak, fruit and vegetable salad, his mother's hard sauce, reveals his death row dinner.	UNITED KINGDOM	English-100		PG		
2024-02-09	1230	Lidia's Kitchen	Fruits And Sweets	In the summer, it was time to wait for the fruits in Lidia's trees to ripen. She prepares a fig and prosciutto bruschetta, wafer cookies into truffles, and make almond tarts from Andria.	USA	English-100		G		
2024-02-09	1300	My Market Kitchen	My Market Kitchen Series 4 Ep 50	On this episode of My Market Kitchen Elena is showing us how to cook an impressive Baby Snapper meal. Then Khanh and David Mann are on the road again cooking a Chili Tuna Pasta Bake.	AUSTRALIA	English-100		G		
2024-02-09	1330	David Rocco's Dolce India	Weekend In Mumbai	With a weekend to spend in Mumbai, David explores the city's vast and extraordinary food scene - from small traditional cafes to hip new restaurants.	CANADA	English-100		G		
2024-02-09	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
2024-02-09	1430	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, an oyster harvest off the Tasmanian coast, and a look at Pesach - Jewish Passover.	AUSTRALIA	English-100	RPT	G		Y
2024-02-09	1500	Red Chef Revival	Nemaiah Valley	An annual deadly horse race brings host Cezin Nottaway to Nemaiah Valley, a First Nations reserve and ranching community in the interior of British Columbia.	CANADA	English-100	RPT	PG		Y
2024-02-09	1530	Top Chef	Resturant Wars Part 2	The mayhem and drama continues of the biggest Restaurant Wars in the history of Top Chef.Tom's announcement of a double elimination piles on even more pressure.	USA	English-100		PG	I	Y
2024-02-09	1625	Cook Up With Adam Liaw Bitesize	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
2024-02-09	1630	Everyday Gourmet With Justine Schofield	Ep 20	Justine shows you her Mum's recipe for scallops with cream. Scott Pickett shares his roasted duck shitake and coriander recipe. Trish McKenzie makes her delicious chocolate nut spread tartlets.	AUSTRALIA	English-100		G		
2024-02-09	1700	Taiwan Bites	Breakfast	Breakfast can be a feast in the Taiwanese style of getting tanked up for the day. With dishes of diverse origins, Eric explores the complex weave of recipes and uncovers memories.	TAIWAN	English-100		PG		Y
2024-02-09	1755	Destination Flavour Japan Bitesize	Kyoto	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
2024-02-09	1800	Food Safari Water	Fish Bites	Exquisite snacks based on seafood star in many cuisines around the world - all beautiful mouthfuls that take taste and texture to a whole new level.	AUSTRALIA	English-100	RPT	G		Y

2024-02-09	1830	Lidia's Kitchen	Corn: From The Kernel To The Husk	Today is all about corn. Recipes include a refreshing corn zucchini minestra, a polenta cacio e pere, and a mix of vegetables that can be served as a side dish - grilled corn, apricots, and portobellos.	USA	English-100		G		
2024-02-09	1900	The Cook Up With Adam Liaw	Naidoc: Cheese	To round out NAIDOC Week, Adam and the Cook Up kitchen host Darug countrymen Sam and Luke Bourke, who create their ultimate cheesy dishes.	AUSTRALIA	English-100	RPT	G		Y
2024-02-09	1930	Rick Stein's Far Eastern Odyssey	Vietnam And Thailand	Rick Stein's culinary journey continues as he travels down the Mekong River to Vietnam where the food is light and fresh, and prepared using lots of herbs.	UNITED KINGDOM	English-100	RPT	G		Y
2024-02-09	2040	Guillaume's Paris	Guillaume's Paris Series 1 Ep 7	Chef Guillaume Brahimi explores the 13th and 14th arrondissements of Paris which have both had a huge impact on the cuisine of the city. Guillaume visits the artistic neighbourhood of Montparnasse.	AUSTRALIA	English-70; French-30	RPT	G	Y	Y
2024-02-09	2105	Guillaume's Paris	Guillaume's Paris Series 1 Ep 8	Guillaume visits Nature Urbaine, the largest rooftop garden in Europe, and uses some of their produce to make a healthy spring salad. Later he joins Australian rugby player Kurtley Beale for a meal.	AUSTRALIA	English-70; French-30	RPT	G	Y	Y
2024-02-09	2135	Come Dine With Me UK	County Durham Day 2	In County Durham beauty teacher Ashleigh is hoping she can land the prize by serving up sophisticated grub with a side order of hearts and love.	UNITED KINGDOM	English-100		PG		
2024-02-09	2200	Come Dine With Me UK	County Durham Day 3	This week in County Durham, host Stephen hopes to impress his guests with an evening on his farm complete with a drinks reception in the stables and rustic home cooked cuisine.	UNITED KINGDOM	English-100		PG		
2024-02-09	2230	The Cook Up With Adam Liaw	Cheat's Dessert	Host Adam Liaw, Ethiopian cook Tinsae Elsdon and head chef at The Old Fitz, Anna Ugarte-Carral, drop in to The Cook Up kitchen to share the favourite cheat's desserts.	AUSTRALIA	English-100	RPT	PG		Y
2024-02-09	2300	Bizarre Foods: Delicious Destinations	Cork	Andrew explores the city of Cork, Ireland, where locals line up for traditional delicacies like Irish stew, smoked salmon and blood sausage.	USA	English-100		G		
2024-02-09	2330	The Cook And The Chef	Oils Aint Oils	As an oil producer Maggie has control over her favourite product from the farm to the table and you won't be able to resist her infectious delight as she samples the first of her new season's oil.	AUSTRALIA	English-100		G		
2024-02-09	2400	Food Safari Water	Fish Bites	Exquisite snacks based on seafood star in many cuisines around the world - all beautiful mouthfuls that take taste and texture to a whole new level.	AUSTRALIA	English-100	RPT	G		Y
2024-02-09	2430	Taiwan Bites	Breakfast	Breakfast can be a feast in the Taiwanese style of getting tanked up for the day. With dishes of diverse origins, Eric explores the complex weave of recipes and uncovers memories.	TAIWAN	English-100		PG		Y
2024-02-09	2525	Destination Flavour Japan Bitesize	Kyoto	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
2024-02-09	2530	Rick Stein's Far Eastern Odyssey	Vietnam And Thailand	Rick Stein's culinary journey continues as he travels down the Mekong River to Vietnam where the food is light and fresh, and prepared using lots of herbs.	UNITED KINGDOM	English-100	RPT	G		Y
2024-02-09	2640	Guillaume's Paris	Guillaume's Paris Series 1 Ep 7	Chef Guillaume Brahimi explores the 13th and 14th arrondissements of Paris which have both had a huge impact on the cuisine of the city. Guillaume visits the artistic neighbourhood of Montparnasse.	AUSTRALIA	English-70; French-30	RPT	G	Y	Y

2024-02-09	2705	Guillaume's Paris	Guillaume's Paris Series 1 Ep 8	Guillaume visits Nature Urbaine, the largest rooftop garden in Europe, and uses some of their produce to make a healthy spring salad. Later he joins Australian rugby player Kurtley Beale for a meal.	AUSTRALIA	English-70; French-30	RPT	G		Y	Y
2024-02-09	2735	Come Dine With Me UK	County Durham Day 3	This week in County Durham, host Stephen hopes to impress his guests with an evening on his farm complete with a drinks reception in the stables and rustic home cooked cuisine.	UNITED KINGDOM	English-100		PG			
2024-02-09	2805	Come Dine With Me UK	County Durham Day 2	In County Durham beauty teacher Ashleigh is hoping she can land the prize by serving up sophisticated grub with a side order of hearts and love.	UNITED KINGDOM	English-100		PG			
2024-02-09	2830	The Cook Up With Adam Liaw	Cheat's Dessert	Host Adam Liaw, Ethiopian cook Tinsae Eldson and head chef at The Old Fitz, Anna Ugarte-Carral, drop in to The Cook Up kitchen to share the favourite cheat's desserts.	AUSTRALIA	English-100	RPT	PG		Y	
2024-02-10	0500	Bizarre Foods: Delicious Destinations	Cork	Andrew explores the city of Cork, Ireland, where locals line up for traditional delicacies like Irish stew, smoked salmon and blood sausage.	USA	English-100		G			
2024-02-10	0530	The Cook And The Chef	Oils Aint Oils	As an oil producer Maggie has control over her favourite product from the farm to the table and you won't be able to resist her infectious delight as she samples the first of her new season's oil.	AUSTRALIA	English-100		G			
2024-02-10	0600	My Market Kitchen	My Market Kitchen Series 4 Ep 50	On this episode of My Market Kitchen Elena is showing us how to cook an impressive Baby Snapper meal. Then Khanh and David Mann are on the road again cooking a Chili Tuna Pasta Bake.	AUSTRALIA	English-100		G			
2024-02-10	0630	David Rocco's Dolce India	Weekend In Mumbai	With a weekend to spend in Mumbai, David explores the city's vast and extraordinary food scene - from small traditional cafes to hip new restaurants.	CANADA	English-100		G			
2024-02-10	0700	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
2024-02-10	0730	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, an oyster harvest off the Tasmanian coast, and a look at Pesach - Jewish Passover.	AUSTRALIA	English-100	RPT	G		Y	
2024-02-10	0800	Red Chef Revival	Nemaiah Valley	An annual deadly horse race brings host Cezin Nottaway to Nemaiah Valley, a First Nations reserve and ranching community in the interior of British Columbia.	CANADA	English-100	RPT	PG			Y
2024-02-10	0830	Top Chef	Resturant Wars Part 2	The mayhem and drama continues of the biggest Restaurant Wars in the history of Top Chef.Tom's announcement of a double elimination piles on even more pressure.	USA	English-100		PG	I		Y
2024-02-10	0925	Cook Up With Adam Liaw Bitesize	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	
2024-02-10	0930	Everyday Gourmet With Justine Schofield	Ep 20	Justine shows you her Mum's recipe for scallops with cream. Scott Pickett shares his roasted duck shitake and coriander recipe. Trish McKenzie makes her delicious chocolate nut spread tartlets.	AUSTRALIA	English-100		G			
2024-02-10	1000	Taiwan Bites	Breakfast	Breakfast can be a feast in the Taiwanese style of getting tanked up for the day. With dishes of diverse origins, Eric explores the complex weave of recipes and uncovers memories.	TAIWAN	English-100		PG			Y

2024-02-10	1055	Destination Flavour Japan Bitesize	Kyoto	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
2024-02-10	1100	The Cook Up With Adam Liaw	Naidoc: Cheese	To round out NAIDOC Week, Adam and the Cook Up kitchen host Darug countrymen Sam and Luke Bourke, who create their ultimate cheesy dishes.	AUSTRALIA	English-100	RPT	G	Y	
2024-02-10	1130	Rick Stein's Far Eastern Odyssey	Vietnam And Thailand	Rick Stein's culinary journey continues as he travels down the Mekong River to Vietnam where the food is light and fresh, and prepared using lots of herbs.	UNITED KINGDOM	English-100	RPT	G	Y	
2024-02-10	1235	Lidia's Kitchen	Corn: From The Kernel To The Husk	Today is all about corn. Recipes include a refreshing corn zucchini minestra, a polenta cacio e pere, and a mix of vegetables that can be served as a side dish - grilled corn, apricots, and portobellos.	USA	English-100		G		
2024-02-10	1305	Bizarre Foods: Delicious Destinations	Cork	Andrew explores the city of Cork, Ireland, where locals line up for traditional delicacies like Irish stew, smoked salmon and blood sausage.	USA	English-100		G		
2024-02-10	1330	The Cook And The Chef	Oils Aint Oils	As an oil producer Maggie has control over her favourite product from the farm to the table and you won't be able to resist her infectious delight as she samples the first of her new season's oil.	AUSTRALIA	English-100		G		
2024-02-10	1400	Taiwan Bites	Breakfast	Breakfast can be a feast in the Taiwanese style of getting tanked up for the day. With dishes of diverse origins, Eric explores the complex weave of recipes and uncovers memories.	TAIWAN	English-100		PG		Y
2024-02-10	1455	Guillaume's Paris	Guillaume's Paris Series 1 Ep 7	Chef Guillaume Brahimi explores the 13th and 14th arrondissements of Paris which have both had a huge impact on the cuisine of the city. Guillaume visits the artistic neighbourhood of Montparnasse.	AUSTRALIA	English-70; French-30	RPT	G	Y	Y
2024-02-10	1525	Destination Flavour Japan Bitesize	Kyoto	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
2024-02-10	1530	Guillaume's Paris	Guillaume's Paris Series 1 Ep 8	Guillaume visits Nature Urbaine, the largest rooftop garden in Europe, and uses some of their produce to make a healthy spring salad. Later he joins Australian rugby player Kurtley Beale for a meal.	AUSTRALIA	English-70; French-30	RPT	G	Y	Y
2024-02-10	1600	Everyday Gourmet With Justine Schofield	Ep 20	Justine shows you her Mum's recipe for scallops with cream. Scott Pickett shares his roasted duck shitake and coriander recipe. Trish McKenzie makes her delicious chocolate nut spread tartlets.	AUSTRALIA	English-100		G		
2024-02-10	1630	Food Safari Water	Fish Bites	Exquisite snacks based on seafood star in many cuisines around the world - all beautiful mouthfuls that take taste and texture to a whole new level.	AUSTRALIA	English-100	RPT	G	Y	
2024-02-10	1700	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		
2024-02-10	1730	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 2	Khanh journeys to Port Lincoln in South Australia to unlock the secrets of its local seafood. From locals he learns how to trawl for wild prawns, harvest oysters, and forage for unique ingredients.	AUSTRALIA	English-100		PG	a w	Y
2024-02-10	1825	Destination Flavour China Bitesize	Bamboo Shoots And Cured Ham Stir Fry	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA		RPT	G	Y	Y

2024-02-10	1830	Homegrown Tastes South Africa	Kzn	Lorna is in KwaZulu natal to meet up with singer-songwriter Khaya Mthethwa to explore Durban's food scene.	UNITED KINGDOM	English-100	G			Y
2024-02-10	1930	Ainsley's Fantastic Flavours	Fresh	Ainsley Harriott celebrates the freshest flavours, getting the show going with a pea and mint soup served with crispy pancetta and fresh herb and feta toasts.	UNITED KINGDOM	English-100	G			
2024-02-10	2025	Please Eat Slowly Bitesize	Steamed Whole Fish	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100	G			
2024-02-10	2030	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 6	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100	PG	a w		
2024-02-10	2100	Rick Stein's Seafood Lovers' Guide	Episode 1	Rick Stein travels along the South Coast starting at Chesil Beach where he goes seine netting for mackerel. At Portland he meets Ken Lyneham who fishes for squid or 'quiddles'.	UNITED KINGDOM	English-100	PG	a w		
2024-02-10	2130	Anthony Bourdain: No Reservations	Saudi Arabia	(S.4,Ep.16) Saudi Arabia - Danya shows Anthony around her town of Jeddah in Saudi Arabia. They explore the cuisine, culture and heritage of Saudi Arabia that few Westerners have seen. #FoodNetworkAU	USA	English-100	RPT	PG		
2024-02-10	2225	Destination Flavour China Bitesize	Bamboo Shoots And Cured Ham Stir Fry	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA		RPT	G	Y	Y
2024-02-10	2230	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 1	In the last year Paul's family has grown, so he employs a local, Harrison, as his part-time farm hand. With the fencing an on-going issue, he finds a way to change the face and shape of the farm.	UNITED KINGDOM	English-100	RPT	PG	Y	
2024-02-10	2330	The Cook And The Chef	Catering For Different Tastes	Maggie goes to extraordinary lengths to find the perfect gluten free pastry for pies, while Simon makes his own mung bean noodles with a vegetarian stock that makes his meal not just gluten free.	AUSTRALIA	English-100	G			
2024-02-10	2400	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			
2024-02-10	2430	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 2	Khanh journeys to Port Lincoln in South Australia to unlock the secrets of its local seafood. From locals he learns how to trawl for wild prawns, harvest oysters, and forage for unique ingredients.	AUSTRALIA	English-100	PG	a w	Y	
2024-02-10	2525	Please Eat Slowly Bitesize	Steamed Whole Fish	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100	G			
2024-02-10	2530	Homegrown Tastes South Africa	Kzn	Lorna is in KwaZulu natal to meet up with singer-songwriter Khaya Mthethwa to explore Durban's food scene.	UNITED KINGDOM	English-100	G			Y
2024-02-10	2630	Ainsley's Fantastic Flavours	Fresh	Ainsley Harriott celebrates the freshest flavours, getting the show going with a pea and mint soup served with crispy pancetta and fresh herb and feta toasts.	UNITED KINGDOM	English-100	G			
2024-02-10	2725	Destination Flavour China Bitesize	Bamboo Shoots And Cured Ham Stir Fry	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA		RPT	G	Y	Y

2024-02-10	2730	Rick Stein's Taste Of The Sea	Rick Stein's Taste Of The Sea Series 1 Ep 6	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100	PG	a w
2024-02-10	2800	Rick Stein's Seafood Lovers' Guide	Episode 1	Rick Stein travels along the South Coast starting at Chesil Beach where he goes seine netting for mackerel. At Portland he meets Ken Lyneham who fishes for squid or 'quiddles'.	UNITED KINGDOM	English-100	PG	a w
2024-02-10	2830	The Cook And The Chef	Catering For Different Tastes	Maggie goes to extraordinary lengths to find the perfect gluten free pastry for pies, while Simon makes his own mung bean noodles with a vegetarian stock that makes his meal not just gluten free.	AUSTRALIA	English-100	G	