



WEEK 8: Sunday, 18 February- Saturday, 24 February 2024 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-02-18	0500	The Cook And The Chef	Citrus	Citrus is often considered a basic ingredient, but Simon and Maggie are convinced that it deserves more of a starring role in our kitchens so this week they give it its place in the sun.	AUSTRALIA	English-100		PG			
2024-02-18	0530	Luke Nguyen's Memories Of The Mekong	Luke Nguyen's Memories Of The Mekong Series 1 Ep 1	This two-part series features celebrated chef Luke Nguyen as he recalls the most memorable moments and the best culinary discoveries from his journey through the Greater Mekong.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-02-18	0630	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 3	Chef Khanh Ong travels to Cairns, Australia where he learns how to hunt mud crabs on the traditional fishing grounds of the Kuku Yalanji people, and cooks a whole wild pig over a fire.	AUSTRALIA	English-100		PG	a l w	Y	
2024-02-18	0725	Destination Flavour Japan Bitesize	Hokkaido	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
2024-02-18	0730	Homegrown Tastes South Africa	Bounty Of The Sea	Lorna and former miss South Africa Jo-Ann Straus dive into fresh seafood, and the arts scene around Hout Bay.	UNITED KINGDOM	English-100		G			
2024-02-18	0830	Ainsley's Fantastic Flavours	Herby	This week all the dishes focus on the power of herbs. Ainsley Harriott cooks up a brilliant breakfast dish of fresh and herby huevos rancheros with Pico de Gallo.	UNITED KINGDOM	English-100		PG			
2024-02-18	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			
2024-02-18	0930	Rick Stein's Seafood Lovers' Guide	Episode 2	Rick starts his journey at Fraserburgh on the East coast of Scotland where he goes out on a huge trawler fishing for herring. In Sandend and Peterhead, he visits the fish market and find a wolf fish.	UNITED KINGDOM	English-100		PG	a w		
2024-02-18	1000	Rick Stein's Seafood Lovers' Guide	Episode 3	Rick travels along England's south coast and cooks up a variety of dishes along the way, such as monk fish with potatoes, pilchards on a bruchetta, oysters and salad.	UNITED KINGDOM	English-100		PG	a w		
2024-02-18	1030	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 3	After ironing out some of the food van fumbles, Paul decides to drive it over the mountains and into the 'big smoke'. Not before stopping off for a spot of trout fishing though.	UNITED KINGDOM	English-100	RPT	PG		Y	
2024-02-18	1130	Luke Nguyen's Memories Of The Mekong	Luke Nguyen's Memories Of The Mekong Series 1 Ep 1	This two-part series features celebrated chef Luke Nguyen as he recalls the most memorable moments and the best culinary discoveries from his journey through the Greater Mekong.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-02-18	1230	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 3	Chef Khanh Ong travels to Cairns, Australia where he learns how to hunt mud crabs on the traditional fishing grounds of the Kuku Yalanji people, and cooks a whole wild pig over a fire.	AUSTRALIA	English-100		PG	a l w	Y	

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2024-02-18	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		
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2024-02-18	1600	Rick Stein's Seafood Lovers' Guide	Episode 3	Rick travels along England's south coast and cooks up a variety of dishes along the way, such as monk fish with potatoes, pilchards on a bruchetta, ormers and salad.	UNITED KINGDOM	English-100		PG	a w	
2024-02-18	1630	Luke Nguyen's Memories Of The Mekong	Luke Nguyen's Memories Of The Mekong Series 1 Ep 2	In part two of Memories of the Mekong, Luke ventures deeper into the region exploring the culinary wonders and ancient cultures of Laos, Cambodia and Vietnam.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-02-18	1730	Bizarre Foods: Delicious Destinations	Santa Fe	Andrew explores Santa Fe, a town intent on preserving its storied culture. Native American, Spanish and Mexican traditions converge to form mouthwatering dishes like slow-roasted carne adovada.	USA	English-100		G		
2024-02-18	1800	Luca's Key Ingredient	Luca's Key Ingredient Series 1 Ep 2	Tonight we learn all about how to cook with the king of Italian cheeses, Parmigiano-Reggiano. Luca makes a special gnocchetti pasta, parmigiano bites with veal buttuta and ends with a cheesy soufflé.	AUSTRALIA	English-100		PG		
2024-02-18	1830	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 1 Ep 6	Michel Roux is in search of the perfect honey to create a delicious sauce for a dish of new season duck. He'll show us how to make an elegant ratatouille with a twist to eat either hot or cold.	UNITED KINGDOM	English-100		G		Y
2024-02-18	1925	Destination Flavour Japan Bitesize	Tohoku	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	
2024-02-18	1930	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 1	Jamie kicks things off by celebrating vegetables in a game-changing cottage pie. He gets inspired by amazing Indian street food, and prepares a mighty mac 'n' cheese full of greens.	UNITED KINGDOM	English-100		G		
2024-02-18	2030	Remarkable Places To Eat	Bristol	Fred Sirieix is heading to Bristol for a winter treat in the company of old friend and former boss Michel Roux Junior. Bristol is home to one of the UK's most vibrant and creative food scenes.	UNITED KINGDOM	English-100		G		
2024-02-18	2135	Anthony Bourdain: No Reservations	So Long Summer	(S.4,Ep.19) So Long Summer - In honour of US Labor Day, Anthony takes viewers backstage for a highlights show that includes goofs, silliness and some of the baddest food on the planet. #FoodNetworkAU	USA	English-100	RPT	PG		
2024-02-18	2230	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 4	While Paul is away, Harrison is left to manage the farm and it's not all plain sailing. There's a sweet surprise ready for harvest that's been brewing for over a year, and Paul rises to the challenge.	UNITED KINGDOM	English-100	RPT	G	Y	

2024-02-18	2330	The Cook And The Chef	English Theme	Simon's on a mission to get back to his English 'Food Roots' with classic ingredients like Stilton cheese and pork sausages.	AUSTRALIA	English-100		G		
2024-02-18	2400	Bizarre Foods: Delicious Destinations	Santa Fe	Andrew explores Santa Fe, a town intent on preserving its storied culture. Native American, Spanish and Mexican traditions converge to form mouthwatering dishes like slow-roasted carne adovada.	USA	English-100		G		
2024-02-18	2430	Luke Nguyen's Memories Of The Mekong	Luke Nguyen's Memories Of The Mekong Series 1 Ep 2	In part two of Memories of the Mekong, Luke ventures deeper into the region exploring the culinary wonders and ancient cultures of Laos, Cambodia and Vietnam.	AUSTRALIA	English-100	RPT	G	Y	Y
2024-02-18	2530	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 1 Ep 6	Michel Roux is in search of the perfect honey to create a delicious sauce for a dish of new season duck. He'll show us how to make an elegant ratatouille with a twist to eat either hot or cold.	UNITED KINGDOM	English-100		G		Y
2024-02-18	2625	Destination Flavour Japan Bitesize	Tohoku	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	
2024-02-18	2630	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 1	Jamie kicks things off by celebrating vegetables in a game-changing cottage pie. He gets inspired by amazing Indian street food, and prepares a mighty mac 'n' cheese full of greens.	UNITED KINGDOM	English-100		G		
2024-02-18	2725	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	
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2024-02-18	2835	Luca's Key Ingredient	Luca's Key Ingredient Series 1 Ep 2	Tonight we learn all about how to cook with the king of Italian cheeses, Parmigiano-Reggiano. Luca makes a special gnocchetti pasta, parmigiano bites with veal buttuta and ends with a cheesy soufflé.	AUSTRALIA	English-100		PG		
2024-02-19	0500	The Cook And The Chef	English Theme	Simon's on a mission to get back to his English 'Food Roots' with classic ingredients like Stilton cheese and pork sausages.	AUSTRALIA	English-100		G		
2024-02-19	0530	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 4	While Paul is away, Harrison is left to manage the farm and it's not all plain sailing. There's a sweet surprise ready for harvest that's been brewing for over a year, and Paul rises to the challenge.	UNITED KINGDOM	English-100	RPT	G	Y	
2024-02-19	0630	Luke Nguyen's Memories Of The Mekong	Luke Nguyen's Memories Of The Mekong Series 1 Ep 2	In part two of Memories of the Mekong, Luke ventures deeper into the region exploring the culinary wonders and ancient cultures of Laos, Cambodia and Vietnam.	AUSTRALIA	English-100	RPT	G	Y	Y
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2024-02-19	0825	Destination Flavour Japan Bitesize	Tohoku	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	
2024-02-19	0830	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 1	Jamie kicks things off by celebrating vegetables in a game-changing cottage pie. He gets inspired by amazing Indian street food, and prepares a mighty mac 'n' cheese full of greens.	UNITED KINGDOM	English-100		G		

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2024-02-19	1130	Luke Nguyen's Memories Of The Mekong	Luke Nguyen's Memories Of The Mekong Series 1 Ep 2	In part two of Memories of the Mekong, Luke ventures deeper into the region exploring the culinary wonders and ancient cultures of Laos, Cambodia and Vietnam.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-02-19	1230	The Cook And The Chef	English Theme	Simon's on a mission to get back to his English 'Food Roots' with classic ingredients like Stilton cheese and pork sausages.	AUSTRALIA	English-100		G			
2024-02-19	1300	My Market Kitchen	My Market Kitchen Series 4 Ep 56	Today on My Market Kitchen Elena is cooking a Chicken Biryani by fan request. The Khanh takes us back to our childhood with his Fairy Bread Slice. Finishing up with a traditional Oyakodon recipe.	AUSTRALIA	English-100		G			
2024-02-19	1330	David Rocco's Dolce India	Eat, Pray...	David takes a trip to the remote village of Mundota to visit his friends, Vikram and Alka, who will teach him about the spiritual nature of Indian cooking.	CANADA	English-100		G			
2024-02-19	1400	My Greek Table With Diane Kochilas	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			
2024-02-19	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, fishing for sardines and anchovies, and a look at an electric samovar.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-02-19	1500	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 6	Silvia shares a wonderful cooking experience with her children in the kitchen. She prepares pizza fritta, risi e bisi soup, and yoghurt and olive oil cake with mascarpone and roasted berries.	AUSTRALIA	English-90; Italian-10		G		Y	Y
2024-02-19	1530	Top Chef	Greatest, The	Top Chef can't go to Kentucky without taking a turn at fried chicken. Chef Art Smith guests judges a secret herbs and spices blind taste test ahead of the Quickfire fry-off.	USA	English-100		PG	I		Y
2024-02-19	1625	Poh & Co. Bitesize	Garden, The	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G		Y	
2024-02-19	1630	Everyday Gourmet With Justine Schofield	Ep 26	Justine makes her bacon and pumpkin fritters, Lola Berry shares her recipe for Charlie's salad with crispy salad and Emma Dean whips up her fruit loaf.	AUSTRALIA	English-100		G			
2024-02-19	1700	Hidden Gems	Jok One Table	Jok's talent for cooking emerged from his personal struggles and led him to a successful restaurant with just one table. Jok wants to leave a legacy, burdening his son to continue the tradition.	THAILAND	Thai-100					
2024-02-19	1755	Destination Flavour Fillers	Episode 1	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y	

2024-02-19	1800	Food Safari Water	Freshwater	Food Safari Water celebrates freshwater fish with recipes for the legendary Murray cod plus eels, mountain trout, and yabbies.	AUSTRALIA	English-100	RPT	G		Y
2024-02-19	1830	Mary Makes It Easy	Plot Chickens, The	The humble chicken is here to stay! Mary keeps it fresh with new recipes for her most-asked-for protein, and simplifies its daunting carve.	CANADA	English-100		G		
2024-02-19	1900	The Cook Up With Adam Liaw	Dirt - From The Garden	Adam, Gardening Australia host Costa Georgiadis, and chef Tom Walton are in the Cook Up kitchen whipping up some garden inspired recipes.	AUSTRALIA	English-100	RPT	G		Y
2024-02-19	1930	Malaysia Gourmet With Justine Schofield	Ep 4	Delve deeper into Malaysia's cultural heritage with Justine as she visits the Terengganu cultural village. She uncovers intriguing culinary and musical traditions then meets Chef Afiq Matkhir.	AUSTRALIA	English-100		G		
2024-02-19	2000	Long Weekend In... With Rory O'Connell	Madrid	Rory creates Octopus salad with red and green peppers inspired by his long weekend in Madrid.	IRELAND	English-100		G		
2024-02-19	2030	Nadiya's Asian Odyssey	Nadiya's Asian Odyssey Series 1 Ep 2	In the last leg of her travels she takes a trip to the remote Himalayan country of Nepal to learn more about it's people, places and food as part of her adventure to further explore her identity.	UNITED KINGDOM	English-100		PG		Y
2024-02-19	2135	Come Dine With Me UK	Exeter Day 4	It's the fourth day of the competition in and around Exeter and the turn of larger than life Nick to host. Nick prepares a menu that represents his personality - big, bold and brash.	UNITED KINGDOM	English-100		PG	a	
2024-02-19	2200	Come Dine With Me UK	Exeter Day 5	It's the final day and estate agent Ajay is hoping her nautical themed evening will see her sail to victory. Along with a gigantic seafood spread, Ajay's laid on a boat trip around Torquay harbour.	UNITED KINGDOM	English-100		PG	a l	
2024-02-19	2230	The Cook Up With Adam Liaw	Prawns	Owner of Sydney restaurant Marque, Mark Best, and caterer to the stars, Jaimee Foley, join host Adam Liaw in The Cook Up kitchen to cook and eat their ultimate prawn dishes.			RPT	PG	l	Y
2024-02-19	2300	Counter Space	Wtf Is Breakfast?	We get up extra early for the unique flavours of Trang, Thailand, as Sophia creates a bacon egg and cheese pop tart. Japanese Breakfast's Michelle Zauner tells us what makes her breakfast personal.	USA	English-100	RPT	PG		Y
2024-02-19	2330	The Cook And The Chef	Kangaroo Island	Around fourteen kilometres off the coast of South Australia lies a beautiful and unspoilt piece of land. Kangaroo Island is five hundred and nine kilometres of stunning and dramatic coastline.	AUSTRALIA	English-100		PG	a	
2024-02-19	2400	Food Safari Water	Freshwater	Food Safari Water celebrates freshwater fish with recipes for the legendary Murray cod plus eels, mountain trout, and yabbies.	AUSTRALIA	English-100	RPT	G		Y
2024-02-19	2430	Hidden Gems	Jok One Table	Jok's talent for cooking emerged from his personal struggles and led him to a successful restaurant with just one table. Jok wants to leave a legacy, burdening his son to continue the tradition.	THAILAND	Thai-100				
2024-02-19	2525	Destination Flavour Fillers	Episode 1	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y
2024-02-19	2530	Malaysia Gourmet With Justine Schofield	Ep 4	Delve deeper into Malaysia's cultural heritage with Justine as she visits the Terengganu cultural village. She uncovers intriguing culinary and musical traditions then meets Chef Afiq Matkhir.	AUSTRALIA	English-100		G		

2024-02-19	2600	Long Weekend In... With Rory O'Connell	Madrid	Rory creates Octopus salad with red and green peppers inspired by his long weekend in Madrid.	IRELAND	English-100	G			
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2024-02-19	2735	Come Dine With Me UK	Exeter Day 4	It's the fourth day of the competition in and around Exeter and the turn of larger than life Nick to host. Nick prepares a menu that represents his personality - big, bold and brash.	UNITED KINGDOM	English-100	PG	a		
2024-02-19	2800	Come Dine With Me UK	Exeter Day 5	It's the final day and estate agent Ajay is hoping her nautical themed evening will see her sail to victory. Along with a gigantic seafood spread, Ajay's laid on a boat trip around Torquay harbour.	UNITED KINGDOM	English-100	PG	a l		
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2024-02-20	0630	Hidden Gems	Jok One Table	Jok's talent for cooking emerged from his personal struggles and led him to a successful restaurant with just one table. Jok wants to leave a legacy, burdening his son to continue the tradition.	THAILAND	Thai-100				
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2024-02-20	0730	Food Safari Water	Freshwater	Food Safari Water celebrates freshwater fish with recipes for the legendary Murray cod plus eels, mountain trout, and yabbies.	AUSTRALIA	English-100	RPT	G	Y	
2024-02-20	0800	Mary Makes It Easy	Plot Chickens, The	The humble chicken is here to stay! Mary keeps it fresh with new recipes for her most-asked-for protein, and simplifies its daunting carve.	CANADA	English-100	G			
2024-02-20	0830	Malaysia Gourmet With Justine Schofield	Ep 4	Delve deeper into Malaysia's cultural heritage with Justine as she visits the Terengganu cultural village. She uncovers intriguing culinary and musical traditions then meets Chef Afiq Matkhir.	AUSTRALIA	English-100	G			
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2024-02-20	0930	Nadiya's Asian Odyssey	Nadiya's Asian Odyssey Series 1 Ep 2	In the last leg of her travels she takes a trip to the remote Himalayan country of Nepal to learn more about it's people, places and food as part of her adventure to further explore her identity.	UNITED KINGDOM	English-100	PG		Y	

2024-02-20	1035	The Cook And The Chef	Kangaroo Island	Around fourteen kilometres off the coast of South Australia lies a beautiful and unspoilt piece of land. Kangaroo Island is five hundred and nine kilometres of stunning and dramatic coastline.	AUSTRALIA	English-100		PG	a	
2024-02-20	1105	The Cook Up With Adam Liaw	Dirt - From The Garden	Adam, Gardening Australia host Costa Georgiadis, and chef Tom Walton are in the Cook Up kitchen whipping up some garden inspired recipes.	AUSTRALIA	English-100	RPT	G		Y
2024-02-20	1135	Come Dine With Me UK	Exeter Day 4	It's the fourth day of the competition in and around Exeter and the turn of larger than life Nick to host. Nick prepares a menu that represents his personality - big, bold and brash.	UNITED KINGDOM	English-100		PG	a	
2024-02-20	1200	Come Dine With Me UK	Exeter Day 5	It's the final day and estate agent Ajay is hoping her nautical themed evening will see her sail to victory. Along with a gigantic seafood spread, Ajay's laid on a boat trip around Torquay harbour.	UNITED KINGDOM	English-100		PG	a l	
2024-02-20	1230	Everyday Gourmet With Justine Schofield	Ep 26	Justine makes her bacon and pumpkin fritters, Lola Berry shares her recipe for Charlie's salad with crispy salad and Emma Dean whips up her fruit loaf.	AUSTRALIA	English-100		G		
2024-02-20	1300	My Market Kitchen	My Market Kitchen Series 4 Ep 57	On this episode of My Market Kitchen Elena and Khanh are cooking a Pomegranate and Lamb Skewers dish. Then at Khanh's restaurant, The George on Collins, he shows us a Vegan Pomelo Salad.	AUSTRALIA	English-100		G		
2024-02-20	1330	David Rocco's Dolce India	Green Bharat, The	When David discovers a dairy farm making Italian cheeses in India, he takes it upon himself to investigate. Inspired by Indians embracing the fundamentals of Italian food, David returns the favour.	CANADA	English-100		G		Y
2024-02-20	1400	My Greek Table With Diane Kochilas	An Ionian Odyssey	Diane visits a local cook at home to learn the secrets of the local lemony cod stew, then in her own kitchen prepares dishes from these lush lands off of Greece's western coast.	USA	English-50; Greek-50		G		Y
2024-02-20	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, bush tomatoes - from picking to chutney, and coffee machines through the centuries.	AUSTRALIA	English-100	RPT	G		Y
2024-02-20	1500	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 7	Silvia dishes up two special seafood dishes for a close friend's 60th birthday - zuppa di pesce and baked snapper.	AUSTRALIA	English-90; Italian-10		G		Y Y
2024-02-20	1530	Top Chef	Kentucky Farewell	All season the chefs have been growing gardens at their Kentucky estate. Tom ambushes the sleeping chefs and challenges them to reap what they sowed and make a dish focused on their garden harvest.	USA	English-100		PG	l	Y
2024-02-20	1625	Poh & Co. Bitesize	Small Business	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G		Y
2024-02-20	1630	Everyday Gourmet With Justine Schofield	Ep 27	Justine shows you her lunchbox bites, surf and turf salad and a delicious green smoothie. Adam Swanson also drops in to make his cannelloni filled with chicken, pancetta and sage.	AUSTRALIA	English-100		G		
2024-02-20	1700	Hidden Gems	Tales Of Trang's Roasted Pork	Follow Ko Kae and Ko Tin, two man with a passion for pork roasting that has a history more than 60 years. Together, they strive to make their city's roasted pork to become an iconic dish.	THAILAND	Thai-100				
2024-02-20	1755	Destination Flavour Fillers	Episode 2	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y

2024-02-20	1800	Food Safari Water	Feel Good Fish	Food Safari Water celebrates the hearty deliciousness of seafood with touch-your-heart dishes and stories from northern England, Lebanon, Portugal, and Sri Lanka.	AUSTRALIA	English-100	RPT	G	Y
2024-02-20	1830	Mary Makes It Easy	Curd's The Word	Bean curd, that is! AKA tofu. AKA the most common meat-sub for the veg-heads out there. There's nothing common about Mary's new takes on tofu.	CANADA	English-100		G	
2024-02-20	1900	The Cook Up With Adam Liaw	Tofu	Actress and performer Virginia Gay and political satirist Mark Humphries are in the Cook Up kitchen with Adam to dish up their ultimate tofu dishes.	AUSTRALIA	English-100	RPT	PG	Y
2024-02-20	1930	Mary Berry's Love To Cook	New Tastes	Mary Berry loves to explore new ideas that inspire her to make stand out dishes that really tantalise the tastebuds - especially for plant-based foods.	UNITED KINGDOM	English-100		G	
2024-02-20	2000	Paula McIntyre's Hamely Kitchen	Episode 1	Paula shows us her version of cullen skink soup with a hunk of cheese and scallion soda bread on the side. She heads to Cushendun beach, to share tips on how to barbecue the perfect pork shoulder.	UNITED KINGDOM	English-100			
2024-02-20	2030	Selena + Chef	Selena + Tanya Holland	Tanya Holland connects Selena to her Southern roots with a mouth-watering soul food feast. On the menu, crispy buttermilk fried chicken and fresh-baked cheddar scallion biscuits!	USA	English-100		G	Y
2024-02-20	2100	Food Trail South Africa	Kruger Park	Warren's next stop is Kruger National Park, one of South Africa's largest game reserves, where he's staying at the renowned Sabi Sabi lodge. He heads out on safari to taste native bush foods.	AUSTRALIA	English-100		G	
2024-02-20	2130	Come Dine With Me UK	Sheffield Day 1	This week our guests are in Sheffield for a performing arts themed dinner. But will this whirlwind evening entertain, or leave the guests deflated?	UNITED KINGDOM	English-100		PG	
2024-02-20	2200	Come Dine With Me UK	Sheffield Day 2	Claire hopes her menu will impress her guests. Will it mean success or failure in her mission to nab the 1000 pound prize?	UNITED KINGDOM	English-100		PG	
2024-02-20	2230	The Cook Up With Adam Liaw	Five Minute Snack	Host Adam Liaw is joined in the Cook Up kitchen by meteorologist and food writer Magdalena Roze and television presenter/chef Hayden Quinn to create their ultimate, easy five-minute snacks.			RPT	G	Y
2024-02-20	2300	Counter Space	Chinatowns	China's recent wealth re-makes Chinatowns around the world in its image as Sophia pays tribute to Buwei Yang with a classic recipe. Comedian Jenny Yang explains diaspora foodways over shaved ice.	USA	English-100	RPT	G	Y
2024-02-20	2330	The Cook And The Chef	Sunday Roast, A	Packed full of tradition and memories, Sunday lunch is a very special part of Maggie's life, whether it be with friends or family, everyone is encouraged to get involved.	AUSTRALIA	English-100		PG	
2024-02-20	2400	Food Safari Water	Feel Good Fish	Food Safari Water celebrates the hearty deliciousness of seafood with touch-your-heart dishes and stories from northern England, Lebanon, Portugal, and Sri Lanka.	AUSTRALIA	English-100	RPT	G	Y
2024-02-20	2430	Hidden Gems	Tales Of Trang's Roasted Pork	Follow Ko Kae and Ko Tin, two man with a passion for pork roasting that has a history more than 60 years. Together, they strive to make their city's roasted pork to become an iconic dish.	THAILAND	Thai-100			
2024-02-20	2525	Destination Flavour Fillers	Episode 2	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y

2024-02-20	2530	Mary Berry's Love To Cook	New Tastes	Mary Berry loves to explore new ideas that inspire her to make stand out dishes that really tantalise the tastebuds - especially for plant-based foods.	UNITED KINGDOM	English-100	G		
2024-02-20	2600	Paula McIntyre's Hamely Kitchen	Episode 1	Paula shows us her version of cullen skink soup with a hunk of cheese and scallion soda bread on the side. She heads to Cushendun beach, to share tips on how to barbecue the perfect pork shoulder.	UNITED KINGDOM	English-100			
2024-02-20	2630	Selena + Chef	Selena + Tanya Holland	Tanya Holland connects Selena to her Southern roots with a mouth-watering soul food feast. On the menu, crispy buttermilk fried chicken and fresh-baked cheddar scallion biscuits!	USA	English-100	G		Y
2024-02-20	2700	Food Trail South Africa	Kruger Park	Warren's next stop is Kruger National Park, one of South Africa's largest game reserves, where he's staying at the renowned Sabi Sabi lodge. He heads out on safari to taste native bush foods.	AUSTRALIA	English-100	G		
2024-02-20	2730	Come Dine With Me UK	Sheffield Day 1	This week our guests are in Sheffield for a performing arts themed dinner. But will this whirlwind evening entertain, or leave the guests deflated?	UNITED KINGDOM	English-100	PG		
2024-02-20	2800	Come Dine With Me UK	Sheffield Day 2	Claire hopes her menu will impress her guests. Will it mean success or failure in her mission to nab the 1000 pound prize?	UNITED KINGDOM	English-100	PG		
2024-02-20	2830	The Cook Up With Adam Liaw	Five Minute Snack	Host Adam Liaw is joined in the Cook Up kitchen by meteorologist and food writer Magdalena Roze and television presenter/chef Hayden Quinn to create their ultimate, easy five-minute snacks.			RPT	G	Y
2024-02-21	0500	My Market Kitchen	My Market Kitchen Series 4 Ep 57	On this episode of My Market Kitchen Elena and Khanh are cooking a Pomegranate and Lamb Skewers dish. Then at Khanh's restaurant, The George on Collins, he shows us a Vegan Pomelo Salad.	AUSTRALIA	English-100	G		
2024-02-21	0530	David Rocco's Dolce India	Green Bharat, The	When David discovers a dairy farm making Italian cheeses in India, he takes it upon himself to investigate. Inspired by Indians embracing the fundamentals of Italian food, David returns the favour.	CANADA	English-100	G		Y
2024-02-21	0600	My Greek Table With Diane Kochilas	An Ionian Odyssey	Diane visits a local cook at home to learn the secrets of the local lemony cod stew, then in her own kitchen prepares dishes from these lush lands off of Greece's western coast.	USA	English-50; Greek-50	G		Y
2024-02-21	0630	Hidden Gems	Tales Of Trang's Roasted Pork	Follow Ko Kae and Ko Tin, two man with a passion for pork roasting that has a history more than 60 years. Together, they strive to make their city's roasted pork to become an iconic dish.	THAILAND	Thai-100			
2024-02-21	0725	Destination Flavour Fillers	Episode 2	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y
2024-02-21	0730	Food Safari Water	Feel Good Fish	Food Safari Water celebrates the hearty deliciousness of seafood with touch-your-heart dishes and stories from northern England, Lebanon, Portugal, and Sri Lanka.	AUSTRALIA	English-100	RPT	G	Y
2024-02-21	0800	Mary Makes It Easy	Curd's The Word	Bean curd, that is! AKA tofu. AKA the most common meat-sub for the veg-heads out there. There's nothing common about Mary's new takes on tofu.	CANADA	English-100	G		
2024-02-21	0830	Mary Berry's Love To Cook	New Tastes	Mary Berry loves to explore new ideas that inspire her to make stand out dishes that really tantalise the tastebuds - especially for plant-based foods.	UNITED KINGDOM	English-100	G		

2024-02-21	0900	Paula McIntyre's Hamely Kitchen	Episode 1	Paula shows us her version of cullen skink soup with a hunk of cheese and scallion soda bread on the side. She heads to Cushendun beach, to share tips on how to barbecue the perfect pork shoulder.	UNITED KINGDOM	English-100					
2024-02-21	0930	Selena + Chef	Selena + Tanya Holland	Tanya Holland connects Selena to her Southern roots with a mouth-watering soul food feast. On the menu, crispy buttermilk fried chicken and fresh-baked cheddar scallion biscuits!	USA	English-100	G			Y	
2024-02-21	1000	Food Trail South Africa	Kruger Park	Warren's next stop is Kruger National Park, one of South Africa's largest game reserves, where he's staying at the renowned Sabi Sabi lodge. He heads out on safari to taste native bush foods.	AUSTRALIA	English-100	G				
2024-02-21	1030	The Cook And The Chef	Sunday Roast, A	Packed full of tradition and memories, Sunday lunch is a very special part of Maggie's life, whether it be with friends or family, everyone is encouraged to get involved.	AUSTRALIA	English-100	PG				
2024-02-21	1100	The Cook Up With Adam Liaw	Tofu	Actress and performer Virginia Gay and political satirist Mark Humphries are in the Cook Up kitchen with Adam to dish up their ultimate tofu dishes.	AUSTRALIA	English-100	RPT	PG		Y	
2024-02-21	1130	Come Dine With Me UK	Sheffield Day 1	This week our guests are in Sheffield for a performing arts themed dinner. But will this whirlwind evening entertain, or leave the guests deflated?	UNITED KINGDOM	English-100	PG				
2024-02-21	1200	Come Dine With Me UK	Sheffield Day 2	Claire hopes her menu will impress her guests. Will it mean success or failure in her mission to nab the 1000 pound prize?	UNITED KINGDOM	English-100	PG				
2024-02-21	1230	Everyday Gourmet With Justine Schofield	Ep 27	Justine shows you her lunchbox bites, surf and turf salad and a delicious green smoothie. Adam Swanson also drops in to make his cannelloni filled with chicken, pancetta and sage.	AUSTRALIA	English-100	G				
2024-02-21	1300	My Market Kitchen	My Market Kitchen Series 4 Ep 58	In the kitchen today Elena is joined by Kinsan from Asian Inspirations making a Salmon Flake Onigiri, perfect for a lunch box snack.	AUSTRALIA	English-100	G				
2024-02-21	1330	David Rocco's Dolce India	Spice Guru	Bukhara is one of India's most famous restaurants, known for it's highly guarded dal recipe. David is determined to learn the recipe from ITC Bukhara's head Chef Manisha Bhasin.	CANADA	English-100	G				
2024-02-21	1400	My Greek Table With Diane Kochilas	Dodecanese For Dinner, The	On the Dodecanese islands, Diane delves into some of the one-of-a-kind ingredients that characterize the local cuisine: wine-soaked cheeses, cumin-scented rusks and more!	USA	English-50; Greek-50	G				
2024-02-21	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, Sheraton Mirage chef Christian Heidenreich, and South American caramel.	AUSTRALIA	English-100	RPT	G		Y	Y
2024-02-21	1500	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 8	Silvia shares authentic Italian recipes that are also vegetarian including gnocchi alla sorrentina, minestrone with risoni, and baked zucchini flowers with ricotta and mint.	AUSTRALIA	English-90; Italian-10	G			Y	Y
2024-02-21	1530	Top Chef	Holly Macau!	The final five chefs travel to the Chinese territory of Macau for the remaining battles. Judge Graham Elliot, who has a restaurant in Macau, introduces the chefs to the local market	USA	English-100	PG		I		Y
2024-02-21	1625	Poh & Co. Bitesize	Family	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G			Y

2024-02-21	1630	Everyday Gourmet With Justine Schofield	Ep 28	Shaun Presland joins Justine to make his kingfish sashimi, and then Daniela Fra drops in to share her acai berry bliss balls. Justine also makes her roasted chicken drumsticks with pesto beans!	AUSTRALIA	English-100		PG		
2024-02-21	1700	Hidden Gems	Michelin Cotton Candy	Meet Mae Pom, the owner of 'Mae Pom Roti Sai Mai,' a renowned dessert shop in Ayutthaya, Thailand. Follow her fascinating story from humble beginnings and her contagious positivity.	THAILAND	Thai-100				
2024-02-21	1755	Destination Flavour Fillers	Episode 3	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y
2024-02-21	1800	Food Safari Water	Festive Fish	Food Safari Water celebrates the sheer deliciousness of seafood on a big scale - the opulence of fish and seafood served as part of a feast in Malaysia and Singapore, China, Senegal, and Brazil.	AUSTRALIA	English-100	RPT	PG	a w	Y
2024-02-21	1830	Mary Makes It Easy	Throwback Desserts	Mary pays tribute to desserts that stand the test of time and have a nod to nostalgia in every bite, from banoffee pie to icebox cake.	CANADA	English-100		G		
2024-02-21	1900	The Cook Up With Adam Liaw	Fave Family Recipe	Host Adam Liaw, food writer Kate Gibbs and former MasterChef contestant Aaron Harvie create their family favourite recipes in the Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2024-02-21	1930	Paradise Kitchen Bali	Tofu	Lauren delves into the world of tofu, discovering its potential to create delicious and nutritious dishes. She experiments with different tofu textures and flavours, pushing the soybean to its limits.	NETHERLANDS	English-90; Balinese-10		G		Y Y
2024-02-21	2000	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 7	From elegant swans to delicate chocolate tubes, it's time for homemade desserts that are just as good as any fine dining establishment.	AUSTRALIA	English-100		G		
2024-02-21	2030	James Martin's Spanish Adventure	Granada	In Granada, James samples giant tapas, tries pan de alfacar and he goes to an organic caviar farm. He cooks steak, Moroccan chicken, fish with dressed broccoli and carpaccio with caviar.	UNITED KINGDOM	English-100		PG	a w	
2024-02-21	2130	Come Dine With Me UK	Sheffield Day 3	Monika hopes to win the 1000 pound prize by treating her guests to a traditional Bulgarian night, inspired by her homeland. Can she keep her guests under control so as not to ruin her chances?	UNITED KINGDOM	English-100		PG		
2024-02-21	2200	Come Dine With Me UK	Sheffield Day 4	Ivor Hillman is determined to put some fun into his night by giving his guests a true 80s extravaganza. Can his charm wow his guests to win the one thousand pounds at the end of the week?	UNITED KINGDOM	English-100		PG		
2024-02-21	2230	The Cook Up With Adam Liaw	Capsicum	MasterChef alumni Amina Elshafei and home cook and wife of Manu Feildel, Clarissa Feidel, are in The Cook Up kitchen showcasing the vegetable capsicum with host Adam Liaw.			RPT	G		Y
2024-02-21	2300	Counter Space	Wild Pantry	Hunters in Appalachia are turning to wild game to address food access as Sophia Roe cooks duck gumbo at the New York's Soul Fire farm; and we meet a man who turns to roadkill for his dinner.	USA	English-100	RPT	PG	a w	
2024-02-21	2330	The Cook And The Chef	Spring Has Sprung	Maggie gets her hand on the first of the new season's asparagus to make asparagus with soft Boiled egg. She proves you don't need fancy implements to prepare asparagus.	AUSTRALIA	English-100		G		
2024-02-21	2400	Food Safari Water	Festive Fish	Food Safari Water celebrates the sheer deliciousness of seafood on a big scale - the opulence of fish and seafood served as part of a feast in Malaysia and Singapore, China, Senegal, and Brazil.	AUSTRALIA	English-100	RPT	PG	a w	Y

2024-02-21	2430	Hidden Gems	Michelin Cotton Candy	Meet Mae Pom, the owner of 'Mae Pom Roti Sai Mai,' a renowned dessert shop in Ayutthaya, Thailand. Follow her fascinating story from humble beginnings and her contagious positivity.	THAILAND	Thai-100						
2024-02-21	2525	Destination Flavour Fillers	Episode 3	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G			Y	
2024-02-21	2530	Paradise Kitchen Bali	Tofu	Lauren delves into the world of tofu, discovering its potential to create delicious and nutritious dishes. She experiments with different tofu textures and flavours, pushing the soybean to its limits.	NETHERLANDS	English-90; Balinese-10		G			Y	Y
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2024-02-22	0500	My Market Kitchen	My Market Kitchen Series 4 Ep 58	In the kitchen today Elena is joined by Kinsan from Asian Inspirations making a Salmon Flake Onigiri, perfect for a lunch box snack.	AUSTRALIA	English-100		G				
2024-02-22	0530	David Rocco's Dolce India	Spice Guru	Bukhara is one of India's most famous restaurants, known for it's highly guarded dal recipe. David is determined to learn the recipe from ITC Bukhara's head Chef Manisha Bhasin.	CANADA	English-100		G				
2024-02-22	0600	My Greek Table With Diane Kochilas	Dodecanese For Dinner, The	On the Dodecanese islands, Diane delves into some of the one-of-a-kind ingredients that characterize the local cuisine: wine-soaked cheeses, cumin-scented rusks and more!	USA	English-50; Greek-50		G				
2024-02-22	0630	Hidden Gems	Michelin Cotton Candy	Meet Mae Pom, the owner of 'Mae Pom Roti Sai Mai,' a renowned dessert shop in Ayutthaya, Thailand. Follow her fascinating story from humble beginnings and her contagious positivity.	THAILAND	Thai-100						
2024-02-22	0725	Destination Flavour Fillers	Episode 3	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G			Y	
2024-02-22	0730	Food Safari Water	Festive Fish	Food Safari Water celebrates the sheer deliciousness of seafood on a big scale - the opulence of fish and seafood served as part of a feast in Malaysia and Singapore, China, Senegal, and Brazil.	AUSTRALIA	English-100	RPT	PG		a w		Y
2024-02-22	0800	Mary Makes It Easy	Throwback Desserts	Mary pays tribute to desserts that stand the test of time and have a nod to nostalgia in every bite, from banoffee pie to icebox cake.	CANADA	English-100		G				

2024-02-22	0830	Paradise Kitchen Bali	Tofu	Lauren delves into the world of tofu, discovering its potential to create delicious and nutritious dishes. She experiments with different tofu textures and flavours, pushing the soybean to its limits.	NETHERLANDS	English-90; Balinese-10		G		Y	Y
2024-02-22	0900	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 7	From elegant swans to delicate chocolate tubes, it's time for homemade desserts that are just as good as any fine dining establishment.	AUSTRALIA	English-100		G			
2024-02-22	0930	James Martin's Spanish Adventure	Granada	In Granada, James samples giant tapas, tries pan de alfacar and he goes to an organic caviar farm. He cooks steak, Moroccan chicken, fish with dressed broccoli and carpaccio with caviar.	UNITED KINGDOM	English-100		PG		a w	
2024-02-22	1030	The Cook And The Chef	Spring Has Sprung	Maggie gets her hand on the first of the new season's asparagus to make asparagus with soft Boiled egg. She proves you don't need fancy implements to prepare asparagus.	AUSTRALIA	English-100		G			
2024-02-22	1100	The Cook Up With Adam Liaw	Fave Family Recipe	Host Adam Liaw, food writer Kate Gibbs and former MasterChef contestant Aaron Harvie create their family favourite recipes in the Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y	
2024-02-22	1130	Come Dine With Me UK	Sheffield Day 3	Monika hopes to win the 1000 pound prize by treating her guests to a traditional Bulgarian night, inspired by her homeland. Can she keep her guests under control so as not to ruin her chances?	UNITED KINGDOM	English-100		PG			
2024-02-22	1200	Come Dine With Me UK	Sheffield Day 4	Ivor Hillman is determined to put some fun into his night by giving his guests a true 80s extravaganza. Can his charm wow his guests to win the one thousand pounds at the end of the week?	UNITED KINGDOM	English-100		PG			
2024-02-22	1230	Everyday Gourmet With Justine Schofield	Ep 28	Shaun Presland joins Justine to make his kingfish sashimi, and then Daniela Fra drops in to share her acai berry bliss balls. Justine also makes her roasted chicken drumsticks with pesto beans!	AUSTRALIA	English-100		PG			
2024-02-22	1300	My Market Kitchen	My Market Kitchen Series 4 Ep 59	Elena kicks off the show today with a Vegan San Choy Bow recipe that will please the whole family. Then Khanh and Bel from Wine Selectors are making a Controversial Pizza, paired with the perfect wine	AUSTRALIA	English-100		G			
2024-02-22	1330	David Rocco's Dolce India	Chennai Express	David's comedian friends Mohan and Vidyu take him on a culinary tour of Chennai's Tamil Nadu vegetarian culture, from a typical breakfast to a tour of a factory where they teach him to make chutney.	CANADA	English-100		PG		I	
2024-02-22	1400	My Greek Table With Diane Kochilas	Diane Discovers Athens	Diane discovers the history of her neighborhood in the heart of central Athens with the city's most renowned urban chronicler, and cooks up a Spiced Roasted Chicken with Toasted Orzo Pilaf and more.	USA	English-50; Greek-50		G			
2024-02-22	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, potato gnocchi lamingtons, mushrooms from Tassie, and sea urchin cooked Japanese-style.	AUSTRALIA	English-100	RPT	G		Y	
2024-02-22	1500	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 9	Silvia shares some of Italy's most classic meals to share with friends and family including broken lasagne with lamb ragu, zucchini and prawn fritto, and ricotta ciambella.	AUSTRALIA	English-90; Italian-10		G		Y	Y
2024-02-22	1530	Top Chef	Tao Of Macau, The	The day has come when the final four chefs must cook with the world's smelliest fruit durian. This infamous fruit is a delicacy in Macau.	USA	English-100		PG		a l w	Y
2024-02-22	1625	Poh & Co. Bitesize	Community	Welcome to the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G		Y	

2024-02-22	1630	Everyday Gourmet With Justine Schofield	Ep 29	Justine makes her rack of lamb with mint vinaigrette and then Kirsten Tibballs comes in to make one of her favourite desserts, her berry creme fraiche tart.	AUSTRALIA	English-100		G		
2024-02-22	1700	Hidden Gems	King Of The Wanton Noodle	Uncover the hidden love between Jaii and his daughter, who were brought back together by their family's noodle shop. We also follow Uncle Tue, who owns a restaurant that comes alive only at night.	THAILAND	Thai-100				
2024-02-22	1755	Destination Flavour Fillers	Episode 4	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y
2024-02-22	1800	Plat du Tour	Plat Du Tour Series 1 (30min Version) Ep 1	Guillaume shares the secrets to a great ratatouille, a delicious roasted shoulder of lamb, a twice baked Roquefort souffie, as well as a traditional bouillabaisse, and finishes with an ile flottante.		English-100		PG		
2024-02-22	1830	Mary Makes It Easy	Relay Smart Cooking	A kitchen relay is Mary's antidote to monotonous meal prep. Mary's double-duty prep tips save future-you on oodles of cooking time.	CANADA	English-100		G		
2024-02-22	1900	The Cook Up With Adam Liaw	Rice	As rice is a staple for many families, Adam and guests Studio 10 roving reporter Daniel Doody and restaurant owner Jessi Singh give their takes on the world's most consumed grain.	AUSTRALIA	English-100	RPT	G		Y
2024-02-22	1930	My Greatest Dishes	Tom Kitchin	Tom Kitchin is one of Britain's most esteemed and respected chefs. He showcases his four greatest dishes - steak and kidney pie, rolled pigs head, razor clams, and finally smoked salmon lasagne.	UNITED KINGDOM	English-100		G		
2024-02-22	2000	My Greatest Dishes	Tetsuya Wakuda	Tetsuya Wakuda is one of Australia's most globally recognised chefs. He shares recipes for his mother's Japanese fried chicken, slow roasted rouget, roasted scampi, and confit of ocean trout.	UNITED KINGDOM	English-100		PG		
2024-02-22	2030	Rick Stein's Road To Mexico	Oaxaca To Chinantlan Mountains	Rick Stein reaches Oaxaca. Home to Mexico's national cheese, queso oxaca and a land where vanilla grows wild. Rick delights in exploring, where you can smell the tropical fruit from roadside stalls.	UNITED KINGDOM	English-100		PG	a w	Y
2024-02-22	2140	Come Dine With Me UK	Sheffield Day 5	Simon is confident that his meal will be head and shoulders above the competition. Will his experimental gastro cuisine be too much for this group or will it impress them and take the attention away?	UNITED KINGDOM	English-100		PG		
2024-02-22	2205	Come Dine With Me UK	Peterborough Day 1	Moony is hoping to win over his guests with a night of 'Eastern Promise', based on Pakistani recipes. It all makes for an eventful evening, but will it be enough to land Moony the 1,000 pound prize?	UNITED KINGDOM	English-100		PG		
2024-02-22	2230	The Cook Up With Adam Liaw	Fresh Beans	Join host Adam Liaw, television presenter Linda Marigliano and Yellow chef Nina Huynh in The Cook Up kitchen as they make their favourite green bean dishes.			RPT	G		Y
2024-02-22	2300	Counter Space	Food Guards	Researchers in the Netherlands are creating a better banana as Sophia Roe makes chow chow on a bunless burger. Also, we meet the task force charged with intercepting smuggled food at JFK Airport.	USA	English-100	RPT	PG	I	Y
2024-02-22	2330	The Cook And The Chef	Just Vegetables	Longer days and a more generous serving of sun - spring has arrived, and it's the perfect time to get into fresh veggies. Maggie and Simon love spring veggies.	AUSTRALIA	English-100		G		
2024-02-22	2400	Plat du Tour	Plat Du Tour Series 1 (30min Version) Ep 1	Guillaume shares the secrets to a great ratatouille, a delicious roasted shoulder of lamb, a twice baked Roquefort souffie, as well as a traditional bouillabaisse, and finishes with an ile flottante.		English-100		PG		

2024-02-22	2430	Hidden Gems	King Of The Wanton Noodle	Uncover the hidden love between Jaii and his daughter, who were brought back together by their family's noodle shop. We also follow Uncle Tue, who owns a restaurant that comes alive only at night.	THAILAND	Thai-100				
2024-02-22	2525	Destination Flavour Fillers	Episode 4	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y
2024-02-22	2530	My Greatest Dishes	Tom Kitchin	Tom Kitchin is one of Britain's most esteemed and respected chefs. He showcases his four greatest dishes - steak and kidney pie, rolled pigs head, razor clams, and finally smoked salmon lasagne.	UNITED KINGDOM	English-100		G		
2024-02-22	2600	My Greatest Dishes	Tetsuya Wakuda	Tetsuya Wakuda is one of Australia's most globally recognised chefs. He shares recipes for his mother's Japanese fried chicken, slow roasted rouget, roasted scampi, and confit of ocean trout.	UNITED KINGDOM	English-100		PG		
2024-02-22	2630	Rick Stein's Road To Mexico	Oaxaca To Chinantlan Mountains	Rick Stein reaches Oaxaca. Home to Mexico's national cheese, queso oxaca and a land where vanilla grows wild. Rick delights in exploring, where you can smell the tropical fruit from roadside stalls.	UNITED KINGDOM	English-100		PG	a w	Y
2024-02-22	2740	Come Dine With Me UK	Sheffield Day 5	Simon is confident that his meal will be head and shoulders above the competition. Will his experimental gastro cuisine be too much for this group or will it impress them and take the attention away?	UNITED KINGDOM	English-100		PG		
2024-02-22	2805	Come Dine With Me UK	Peterborough Day 1	Moony is hoping to win over his guests with a night of 'Eastern Promise', based on Pakistani recipes. It all makes for an eventful evening, but will it be enough to land Moony the 1,000 pound prize?	UNITED KINGDOM	English-100		PG		
2024-02-22	2830	The Cook Up With Adam Liaw	Fresh Beans	Join host Adam Liaw, television presenter Linda Marigliano and Yellow chef Nina Huynh in The Cook Up kitchen as they make their favourite green bean dishes.			RPT	G		Y
2024-02-23	0500	My Market Kitchen	My Market Kitchen Series 4 Ep 59	Elena kicks off the show today with a Vegan San Choy Bow recipe that will please the whole family. Then Khanh and Bel from Wine Selectors are making a Controversial Pizza, paired with the perfect wine	AUSTRALIA	English-100		G		
2024-02-23	0530	David Rocco's Dolce India	Chennai Express	David's comedian friends Mohan and Vidyu take him on a culinary tour of Chennai's Tamil Nadu vegetarian culture, from a typical breakfast to a tour of a factory where they teach him to make chutney.	CANADA	English-100		PG	I	
2024-02-23	0600	My Greek Table With Diane Kochilas	Diane Discovers Athens	Diane discovers the history of her neighborhood in the heart of central Athens with the city's most renowned urban chronicler, and cooks up a Spiced Roasted Chicken with Toasted Orzo Pilaf and more.	USA	English-50; Greek-50		G		
2024-02-23	0630	Hidden Gems	King Of The Wanton Noodle	Uncover the hidden love between Jaii and his daughter, who were brought back together by their family's noodle shop. We also follow Uncle Tue, who owns a restaurant that comes alive only at night.	THAILAND	Thai-100				
2024-02-23	0725	Destination Flavour Fillers	Episode 4	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y
2024-02-23	0730	Plat du Tour	Plat Du Tour Series 1 (30min Version) Ep 1	Guillaume shares the secrets to a great ratatouille, a delicious roasted shoulder of lamb, a twice baked Roquefort soufflé, as well as a traditional bouillabaisse, and finishes with an ile flottante.		English-100		PG		
2024-02-23	0800	Mary Makes It Easy	Relay Smart Cooking	A kitchen relay is Mary's antidote to monotonous meal prep. Mary's double-duty prep tips save future-you on oodles of cooking time.	CANADA	English-100		G		

2024-02-23	0830	My Greatest Dishes	Tom Kitchin	Tom Kitchin is one of Britain's most esteemed and respected chefs. He showcases his four greatest dishes - steak and kidney pie, rolled pigs head, razor clams, and finally smoked salmon lasagne.	UNITED KINGDOM	English-100		G		
2024-02-23	0900	My Greatest Dishes	Tetsuya Wakuda	Tetsuya Wakuda is one of Australia's most globally recognised chefs. He shares recipes for his mother's Japanese fried chicken, slow roasted rouget, roasted scampi, and confit of ocean trout.	UNITED KINGDOM	English-100		PG		
2024-02-23	0930	Rick Stein's Road To Mexico	Oaxaca To Chinantlan Mountains	Rick Stein reaches Oaxaca. Home to Mexico's national cheese, queso oxaca and a land where vanilla grows wild. Rick delights in exploring, where you can smell the tropical fruit from roadside stalls.	UNITED KINGDOM	English-100		PG	a w	Y
2024-02-23	1040	The Cook And The Chef	Just Vegetables	Longer days and a more generous serving of sun - spring has arrived, and it's the perfect time to get into fresh veggies. Maggie and Simon love spring veggies.	AUSTRALIA	English-100		G		
2024-02-23	1110	The Cook Up With Adam Liaw	Rice	As rice is a staple for many families, Adam and guests Studio 10 roving reporter Daniel Doody and restaurant owner Jessi Singh give their takes on the world's most consumed grain.	AUSTRALIA	English-100	RPT	G		Y
2024-02-23	1140	Come Dine With Me UK	Sheffield Day 5	Simon is confident that his meal will be head and shoulders above the competition. Will his experimental gastro cuisine be too much for this group or will it impress them and take the attention away?	UNITED KINGDOM	English-100		PG		
2024-02-23	1205	Come Dine With Me UK	Peterborough Day 1	Moony is hoping to win over his guests with a night of 'Eastern Promise', based on Pakistani recipes. It all makes for an eventful evening, but will it be enough to land Moony the 1,000 pound prize?	UNITED KINGDOM	English-100		PG		
2024-02-23	1230	Everyday Gourmet With Justine Schofield	Ep 29	Justine makes her rack of lamb with mint vinaigrette and then Kirsten Tibballs comes in to make one of her favourite desserts, her berry creme fraiche tart.	AUSTRALIA	English-100		G		
2024-02-23	1300	My Market Kitchen	My Market Kitchen Series 4 Ep 60	On this episode of My Market Kitchen with a Beef, Broccoli and Beans dish by Elena. Then Khanh and David Mann are on the road cooking a traditional Vietnamese Rice Paper Pizza.	AUSTRALIA	English-100		G		
2024-02-23	1330	David Rocco's Dolce India	Hauz Khas Village	David meets Ravi and Robbie, half-brothers who own the Flipside Cafe in Hauz Khas, Delhi. They ask David to help revamp their menu with some Italian classics like eggplant parmigiana and potato salad.	CANADA	English-100		PG		
2024-02-23	1400	My Greek Table With Diane Kochilas	Accidental Vegan, The	So much Greek food is naturally vegan. Diane explores the fast-growing vegan trends in Athens, honing in on the transformation of meat-based Greek classics to plant-based alternatives.	USA	English-50; Greek-50		G		
2024-02-23	1430	Top Chef	Finale	It's the final showdown and the top three chefs must create the best four course meal of their lives. And if the pressure isn't already high enough, Tom reveals in a twisted turn of events.	USA	English-100		PG	a l w	Y
2024-02-23	1545	Destination Flavour China Bitesize	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
2024-02-23	1555	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		
2024-02-23	1600	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 10	Silvia shares her tried and tested family favourites, made from simple ingredients and full of flavour including chicken diavola with Mediterranean potatoes and Roman-style rigatoni alla gricia.	AUSTRALIA	English-90; Italian-10		G		Y Y

2024-02-23	1630	Everyday Gourmet With Justine Schofield	Ep 30	Trish McKenzie shows Justine a mouth-watering chocolate marshmallow pie and then Justine cooks her Peking duck with coconut relish and a delicious John Dory with sauce meuniere.	AUSTRALIA	English-100		PG		
2024-02-23	1700	Hidden Gems	Midnight Street Chef	As Uncle Tue ages, he decides to open a street food spot in front of his house. He works tirelessly to make a special menu, not just for himself but to leave a unique legacy for his beloved daughter.	THAILAND	Thai-100				
2024-02-23	1755	Destination Flavour Fillers	Episode 5	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y
2024-02-23	1800	Plat du Tour	Plat Du Tour Series 1 (30min Version) Ep 2	Guillaume shares a delicious mussel recipe, traditional steak frites, a flavourful swordfish dish, and celebrates the Australian Granny Smith apple with his tarte tatin.		English-100		PG		
2024-02-23	1830	Mary Makes It Easy	Braising The Stakes	Mary's tender braising recipes feel like kitchen magic, like braised blade steak and butter beans, or braised cabbage with crispy topping.	CANADA	English-100		G		
2024-02-23	1900	The Cook Up With Adam Liaw	Sweet Tooth	Adam, Mexican Deli owner Rosa Cienfuegos, and Chica Bonita chef Alejandro Huerta are in the Cook Up kitchen to serve up their ultimate sweet dishes.	AUSTRALIA	English-100	RPT	G		Y
2024-02-23	1930	Rick Stein's Far Eastern Odyssey	Malaysia And Sri Lanka	Rick is spoilt for choice as he explores the multi-faceted food of Penang, an appealing mix of indigenous Malay, Indian and Chinese with a bit of British charm thrown in for good measure.	UNITED KINGDOM	English-100	RPT	PG		Y
2024-02-23	2040	Jamie's Great Britain	East End, The	Jamie kicks off his roadtrip close to home in the East End of London - uncovering his family's history and links to the area.	UNITED KINGDOM	English-100		PG		
2024-02-23	2140	Come Dine With Me UK	Peterborough Day 2	This week we're in the Peterborough area where driving instructor Christine is hoping her vegetarian cuisine will grab her the 1000 pound prize.	UNITED KINGDOM	English-100		PG	a	
2024-02-23	2205	Come Dine With Me UK	Peterborough Day 3	Loveable mobile hairdresser Ben is hoping his night of Gourmet Normay will win him the money. Hopes are high amongst the guests for some meat after Christine's vegetarian feast the night before.	UNITED KINGDOM	English-100		PG		
2024-02-23	2230	The Cook Up With Adam Liaw	Breakfast	Host of MasterChef Turkey, Somer Sivrioglu, and political satirist Mark Humphries join host Adam Liaw in The Cook Up kitchen to make their ultimate breakfast must-have dishes.			RPT	G		Y
2024-02-23	2300	Counter Space	Agave Forever	The mezcal boom has made sustainability a crucial part of Mexico's recipe, and actor/entrepreneur Eva Longoria explains why business is a key ingredient, while Sophia Roe makes ceviche with tequila.	USA	English-100	RPT	PG		Y
2024-02-23	2330	The Cook And The Chef	Fresh Or Frozen	Maggie and Simon set out to prove that some frozen produce not only has its merits but in some cases, has its advantages. It's a seafood fiesta with Simon's fish wontons and garlic prawns.	AUSTRALIA	English-100		G		
2024-02-23	2400	Plat du Tour	Plat Du Tour Series 1 (30min Version) Ep 2	Guillaume shares a delicious mussel recipe, traditional steak frites, a flavourful swordfish dish, and celebrates the Australian Granny Smith apple with his tarte tatin.		English-100		PG		
2024-02-23	2430	Hidden Gems	Midnight Street Chef	As Uncle Tue ages, he decides to open a street food spot in front of his house. He works tirelessly to make a special menu, not just for himself but to leave a unique legacy for his beloved daughter.	THAILAND	Thai-100				

2024-02-23	2525	Destination Flavour Fillers	Episode 5	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y
2024-02-23	2530	Rick Stein's Far Eastern Odyssey	Malaysia And Sri Lanka	Rick is spoilt for choice as he explores the multi-faceted food of Penang, an appealing mix of indigenous Malay, Indian and Chinese with a bit of British charm thrown in for good measure.	UNITED KINGDOM	English-100	RPT	PG		Y
2024-02-23	2640	Jamie's Great Britain	East End, The	Jamie kicks off his roadtrip close to home in the East End of London - uncovering his family's history and links to the area.	UNITED KINGDOM	English-100		PG		
2024-02-23	2735	Come Dine With Me UK	Peterborough Day 2	This week we're in the Peterborough area where driving instructor Christine is hoping her vegetarian cuisine will grab her the 1000 pound prize.	UNITED KINGDOM	English-100		PG	a	
2024-02-23	2805	Come Dine With Me UK	Peterborough Day 3	Loveable mobile hairdresser Ben is hoping his night of Gourmet Normay will win him the money. Hopes are high amongst the guests for some meat after Christine's vegetarian feast the night before.	UNITED KINGDOM	English-100		PG		
2024-02-23	2830	The Cook Up With Adam Liaw	Breakfast	Host of MasterChef Turkey, Somer Sivrioglu, and political satirist Mark Humphries join host Adam Liaw in The Cook Up kitchen to make their ultimate breakfast must-have dishes.			RPT	G		Y
2024-02-24	0500	My Market Kitchen	My Market Kitchen Series 4 Ep 60	On this episode of My Market Kitchen with a Beef, Broccoli and Beans dish by Elena. Then Khanh and David Mann are on the road cooking a traditional Vietnamese Rice Paper Pizza.	AUSTRALIA	English-100		G		
2024-02-24	0530	David Rocco's Dolce India	Hauz Khas Village	David meets Ravi and Robbie, half-brothers who own the Flipside Cafe in Hauz Khas, Delhi. They ask David to help revamp their menu with some Italian classics like eggplant parmigiana and potato salad.	CANADA	English-100		PG		
2024-02-24	0600	My Greek Table With Diane Kochilas	Accidental Vegan, The	So much Greek food is naturally vegan. Diane explores the fast-growing vegan trends in Athens, honing in on the transformation of meat-based Greek classics to plant-based alternatives.	USA	English-50; Greek-50		G		
2024-02-24	0630	Hidden Gems	Midnight Street Chef	As Uncle Tue ages, he decides to open a street food spot in front of his house. He works tirelessly to make a special menu, not just for himself but to leave a unique legacy for his beloved daughter.	THAILAND	Thai-100				
2024-02-24	0725	Destination Flavour Fillers	Episode 5	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y
2024-02-24	0730	Plat du Tour	Plat Du Tour Series 1 (30min Version) Ep 2	Guillaume shares a delicious mussel recipe, traditional steak frites, a flavourful swordfish dish, and celebrates the Australian Granny Smith apple with his tarte tatin.		English-100		PG		
2024-02-24	0800	Mary Makes It Easy	Braising The Stakes	Mary's tender braising recipes feel like kitchen magic, like braised blade steak and butter beans, or braised cabbage with crispy topping.	CANADA	English-100		G		
2024-02-24	0830	Rick Stein's Far Eastern Odyssey	Malaysia And Sri Lanka	Rick is spoilt for choice as he explores the multi-faceted food of Penang, an appealing mix of indigenous Malay, Indian and Chinese with a bit of British charm thrown in for good measure.	UNITED KINGDOM	English-100	RPT	PG		Y
2024-02-24	0940	Jamie's Great Britain	East End, The	Jamie kicks off his roadtrip close to home in the East End of London - uncovering his family's history and links to the area.	UNITED KINGDOM	English-100		PG		

2024-02-24	1035	The Cook And The Chef	Fresh Or Frozen	Maggie and Simon set out to prove that some frozen produce not only has its merits but in some cases, has its advantages. It's a seafood fiesta with Simon's fish wontons and garlic prawns.	AUSTRALIA	English-100		G	
2024-02-24	1105	The Cook Up With Adam Liaw	Sweet Tooth	Adam, Mexican Deli owner Rosa Cienfuegos, and Chica Bonita chef Alejandro Huerta are in the Cook Up kitchen to serve up their ultimate sweet dishes.	AUSTRALIA	English-100	RPT	G	Y
2024-02-24	1135	Come Dine With Me UK	Peterborough Day 2	This week we're in the Peterborough area where driving instructor Christine is hoping her vegetarian cuisine will grab her the 1000 pound prize.	UNITED KINGDOM	English-100		PG	a
2024-02-24	1200	Come Dine With Me UK	Peterborough Day 3	Loveable mobile hairdresser Ben is hoping his night of Gourmet Normay will win him the money. Hopes are high amongst the guests for some meat after Christine's vegetarian feast the night before.	UNITED KINGDOM	English-100		PG	
2024-02-24	1230	Everyday Gourmet With Justine Schofield	Ep 30	Trish McKenzie shows Justine a mouth-watering chocolate marshmallow pie and then Justine cooks her Peking duck with coconut relish and a delicious John Dory with sauce meuniere.	AUSTRALIA	English-100		PG	
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2024-02-24	1440	Jamie's Great Britain	East End, The	Jamie kicks off his roadtrip close to home in the East End of London - uncovering his family's history and links to the area.	UNITED KINGDOM	English-100		PG	
2024-02-24	1535	Come Dine With Me UK	Peterborough Day 2	This week we're in the Peterborough area where driving instructor Christine is hoping her vegetarian cuisine will grab her the 1000 pound prize.	UNITED KINGDOM	English-100		PG	a
2024-02-24	1600	Come Dine With Me UK	Peterborough Day 3	Loveable mobile hairdresser Ben is hoping his night of Gourmet Normay will win him the money. Hopes are high amongst the guests for some meat after Christine's vegetarian feast the night before.	UNITED KINGDOM	English-100		PG	
2024-02-24	1630	Giada Entertains	Giada Entertains Series 4 Ep 1	Pasta is an inexpensive way to feed a crowd and a blank canvas to dress up with great ingredients, so Giada De Laurentiis is hosting a pasta party buffet with leftovers that are hard to beat.	USA	English-100		G	
2024-02-24	1700	Barefoot Contessa: Back To Basics	Farmstand	It is all about farm-to-table cooking for Ina Garten's spring feast, inspired by the farmstand, including a rosemary rack of lamb with easy tzatziki and a Tuscan-style tomato and bread salad.	USA	English-100		G	
2024-02-24	1730	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 4	Chef Khanh Ong travels to the spectacular Eyre Peninsula, cooks some fresh southern rock lobster on the beach and battles the elements to cook up a feast with our good friend Ben.	AUSTRALIA	English-100		PG	a w Y
2024-02-24	1825	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	
2024-02-24	1830	Evolving Vegan	Los Angeles	Mena restaurant-hops with friends Lilly Singh and Laura Marano, indulging in elevated plant-based French pastries, 'pastrami' sammies, Thai 'chicken' wings, and unbelievable 'carne' asada.	CANADA	English-100		G	

2024-02-24	1930	Ainsley's Fantastic Flavours	Floral	Ainsley Harriott gets creative with floral flavours - fragrant chicken kebabs with saffron, cardamon, and rosewater rice.	UNITED KINGDOM	English-100		PG	
2024-02-24	2030	Rick Stein's Seafood Lovers' Guide	Episode 4	Rick visits Morecambe and meets Ray who goes shrimping and makes potted shrimps. In Solway Firth, he discovers the wonder of fresh salmon, oysters, and scallops.	UNITED KINGDOM	English-100		PG	a w
2024-02-24	2100	Rick Stein's Seafood Lovers' Guide	Episode 5	Rick visits Northern Ireland for potted herrings and goes on many fishing expeditions. He cooks prawns with an old French recipe, does a stir fry eel, cooks trout, and makes miso soup.	UNITED KINGDOM	English-100		PG	a w
2024-02-24	2130	Anthony Bourdain: No Reservations	At The Table With Anthony Bourdain	Opinions fly and no topic is off limits as Tony hosts a no-holds-barred dinner with four guests.	USA	English-100	RPT	PG	s
2024-02-24	2225	Cook Up With Adam Liaw Bitesize	Chicken Sausage Poule Au Pot	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
2024-02-24	2230	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 5	Using his experience in Canberra, Paul goes back on the road. His first stop is a tiny town of 20 called Morundah who have turned a local pest into a palatable bar snack.	UNITED KINGDOM	English-100	RPT	PG	a w Y
2024-02-24	2330	The Cook And The Chef	Blondes Have More Fun	Chefs love working with colour and contrast, but Maggie and Simon love a challenge so this week they're going blonde. White asparagus, light coloured meats, garlic, white chocolate, and coconut.	AUSTRALIA	English-100		G	
2024-02-24	2400	Barefoot Contessa: Back To Basics	Farmstand	It is all about farm-to-table cooking for Ina Garten's spring feast, inspired by the farmstand, including a rosemary rack of lamb with easy tzatziki and a Tuscan-style tomato and bread salad.	USA	English-100		G	
2024-02-24	2430	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 4	Chef Khanh Ong travels to the spectacular Eyre Peninsula, cooks some fresh southern rock lobster on the beach and battles the elements to cook up a feast with our good friend Ben.	AUSTRALIA	English-100		PG	a w Y
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2024-02-24	2725	Cook Up With Adam Liaw Bitesize	Chicken Sausage Poule Au Pot	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
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2024-02-24	2800	Rick Stein's Seafood Lovers' Guide	Episode 5	Rick visits Northern Ireland for potted herrings and goes on many fishing expeditions. He cooks prawns with an old French recipe, does a stir fry eel, cooks trout, and makes miso soup.	UNITED KINGDOM	English-100		PG	a w

2024-02-24 2830

The Cook And The Chef

Fresh Or Frozen

Maggie and Simon set out to prove that some frozen produce not only has its merits but in some cases, has its advantages. It's a seafood fiesta with Simon's fish wontons and garlic prawns.

AUSTRALIA

English-100

G