



WEEK 9: Sunday, 25 February - Saturday, 2 March 2024 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles
2024-02-25	0500	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			
2024-02-25	0530	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
2024-02-25	0630	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
2024-02-25	0725	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			
2024-02-25	0730	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			
2024-02-25	0830	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			
2024-02-25	0925	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
2024-02-25	0930	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		
2024-02-25	1000	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		
2024-02-25	1030	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
2024-02-25	1130	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			
2024-02-25	1200	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			

2024-02-25	1230	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
2024-02-25	1325	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		
2024-02-25	1330	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		
2024-02-25	1430	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		
2024-02-25	1525	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
2024-02-25	1530	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
2024-02-25	1630	Giada Entertains	Giada Entertains Series 4 Ep 2	In Giada's family, Sundays are set aside for family dinners. For a stress-free, traditional family dinner at home, Giada's menu includes casual but hearty dishes like back ribs with spicy peach sauce.	USA	English-100		G		
2024-02-25	1700	Barefoot Contessa: Back To Basics	Seafood	Ina Garten is sharing all her seafood secrets and pro tips, starting with her recipe for Cioppino - a satisfying one-pot stew with cod, prawns, scallops, and mussels.	USA	English-100		G		
2024-02-25	1730	Taste Of France	Moulin De Lere	At the feet of the Jura mountains, chef Fredric Molina built an ideal family restaurant and earned his first Michelin star. Let's explore the secrets to his delicious food.	SWEDEN	English-50; French-50		G		Y
2024-02-25	1800	Luca's Key Ingredient	Luca's Key Ingredient Series 1 Ep 3	Today's key ingredient features the benefits of cooking with quality extra virgin olive oil. Luca uses olive oil to toss through an elegant spaghetti dish, poaches tuna and makes a saffron gelato.	AUSTRALIA	English-100		G		
2024-02-25	1830	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 1 Ep 7	Chef Michel Roux heads out to the wetlands of the Camargue to meet the famous black bulls and the Gardiene horsemen who look after them.	UNITED KINGDOM	English-100		G		Y
2024-02-25	1925	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 7	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-02-25	1930	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 2	Jamie makes a smashing chilli that packs a mighty punch! He travels to India and learns new tricks to make your veggies sing, before creating a spiced-up parsnip soup and his veggie take on a pasty.	UNITED KINGDOM	English-100		G		
2024-02-25	2030	Remarkable Places To Eat	Yorkshire	Fred Sirieix is heading to Yorkshire in the company of Britain's queen of baking Nadiya Hussain. Nadiya loves Yorkshire and believes the food scene is one of the most varied in the United Kingdom.	UNITED KINGDOM	English-100		G		
2024-02-25	2135	Anthony Bourdain: No Reservations	Chicago	Tony visits Chicago and samples local favorites like sausages, Chicago-style hot dog, and deep-dish pizza, as well as upscale dining. He also enjoys a giant 'Three Little Piggies' sandwich.	USA	English-100	RPT	PG		

2024-02-25	2230	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 6	Still in the Riverina, Paul visits a wheat-farming mate who has changed the future of his town with Beer.	UNITED KINGDOM	English-100	RPT	PG	Y
2024-02-25	2330	The Cook And The Chef	Offal	When 'offal' is mentioned most of us think of the internal organs of animals, but the word also refers to anything that is considered worthless or thrown away.	AUSTRALIA	English-100		G	
2024-02-25	2400	Giada Entertains	Giada Entertains Series 4 Ep 2	In Giada's family, Sundays are set aside for family dinners. For a stress-free, traditional family dinner at home, Giada's menu includes casual but hearty dishes like back ribs with spicy peach sauce.	USA	English-100		G	
2024-02-25	2430	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 1 Ep 7	Chef Michel Roux heads out to the wetlands of the Camargue to meet the famous black bulls and the Gardiene horsemen who look after them.	UNITED KINGDOM	English-100		G	Y
2024-02-25	2525	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 7	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2024-02-25	2530	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 2	Jamie makes a smashing chilli that packs a mighty punch! He travels to India and learns new tricks to make your veggies sing, before creating a spiced-up parsnip soup and his veggie take on a pasty.	UNITED KINGDOM	English-100		G	
2024-02-25	2625	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	
2024-02-25	2630	Remarkable Places To Eat	Yorkshire	Fred Sirieix is heading to Yorkshire in the company of Britain's queen of baking Nadiya Hussain. Nadiya loves Yorkshire and believes the food scene is one of the most varied in the United Kingdom.	UNITED KINGDOM	English-100		G	
2024-02-25	2735	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 6	Still in the Riverina, Paul visits a wheat-farming mate who has changed the future of his town with Beer.	UNITED KINGDOM	English-100	RPT	PG	Y
2024-02-25	2835	Barefoot Contessa: Back To Basics	Seafood	Ina Garten is sharing all her seafood secrets and pro tips, starting with her recipe for Cioppino - a satisfying one-pot stew with cod, prawns, scallops, and mussels.	USA	English-100		G	
2024-02-26	0500	Taste Of France	Moulin De Lere	At the feet of the Jura mountains, chef Fredric Molina built an ideal family restaurant and earned his first Michelin star. Let's explore the secrets to his delicious food.	SWEDEN	English-50; French-50		G	Y
2024-02-26	0530	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 1 Ep 7	Chef Michel Roux heads out to the wetlands of the Camargue to meet the famous black bulls and the Gardiene horsemen who look after them.	UNITED KINGDOM	English-100		G	Y
2024-02-26	0625	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 7	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2024-02-26	0630	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 2	Jamie makes a smashing chilli that packs a mighty punch! He travels to India and learns new tricks to make your veggies sing, before creating a spiced-up parsnip soup and his veggie take on a pasty.	UNITED KINGDOM	English-100		G	
2024-02-26	0725	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	

2024-02-26	0730	Remarkable Places To Eat	Yorkshire	Fred Sirieix is heading to Yorkshire in the company of Britain's queen of baking Nadiya Hussain. Nadiya loves Yorkshire and believes the food scene is one of the most varied in the United Kingdom.	UNITED KINGDOM	English-100		G		
2024-02-26	0835	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 6	Still in the Riverina, Paul visits a wheat-farming mate who has changed the future of his town with Beer.	UNITED KINGDOM	English-100	RPT	PG		Y
2024-02-26	0935	Luca's Key Ingredient	Luca's Key Ingredient Series 1 Ep 3	Today's key ingredient features the benefits of cooking with quality extra virgin olive oil. Luca uses olive oil to toss through an elegant spaghetti dish, poaches tuna and makes a saffron gelato.	AUSTRALIA	English-100		G		
2024-02-26	1000	The Cook And The Chef	Offal	When 'offal' is mentioned most of us think of the internal organs of animals, but the word also refers to anything that is considered worthless or thrown away.	AUSTRALIA	English-100		G		
2024-02-26	1030	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 1 Ep 7	Chef Michel Roux heads out to the wetlands of the Camargue to meet the famous black bulls and the Gardiene horsemen who look after them.	UNITED KINGDOM	English-100		G		Y
2024-02-26	1125	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 7	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G		Y
2024-02-26	1130	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 2	Jamie makes a smashing chilli that packs a mighty punch! He travels to India and learns new tricks to make your veggies sing, before creating a spiced-up parsnip soup and his veggie take on a pasty.	UNITED KINGDOM	English-100		G		
2024-02-26	1225	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		
2024-02-26	1230	Taste Of France	Moulin De Lere	At the feet of the Jura mountains, chef Fredric Molina built an ideal family restaurant and earned his first Michelin star. Let's explore the secrets to his delicious food.	SWEDEN	English-50; French-50		G		Y
2024-02-26	1300	My Market Kitchen	My Market Kitchen Series 4 Ep 61	Elena is in the My Market Kitchen today cooking up a delicious Crispy Eggplant dish. Khanh shows us his Thai Style Pumpkin Soup, followed by a Gluten Free Focaccia.	AUSTRALIA	English-100		G		
2024-02-26	1330	David Rocco's Dolce India	Homesick Blues	On a long trip to India, David is bound to feel homesick. He and chef Massimo Gullotta spend the day indulging in Italian foods and customs, including a turbulent trip to sea to catch their own fish.	CANADA	English-100		PG		a w
2024-02-26	1400	My Greek Table With Diane Kochilas	Street Food In Athens	Diane explores the street food scene of Athens and is inspired to create some of her own: gyro-stuffed baked bread, and a green bean salad with hazelnuts.	USA	English-50; Greek-50		G		
2024-02-26	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, Icelandic salmon, Rusty's Markets in Cairns, and Portuguese Piri Piri chicken.	AUSTRALIA	English-100	RPT	G		Y
2024-02-26	1500	Australia's Food Bowl	Innovating In Farming	Many factors affect the limited water supply to farmers of Australia's Food Bowl. Stefano visits some local producers who are developing ways to overcome these challenges.	AUSTRALIA	English-100		PG		a w
2024-02-26	1530	Amy Schumer Learns To Cook	Breakfast Time	Comedian Amy Schumer begins her culinary education where most people begin the day - breakfast. While Amy mixes up an Old-Fashioned cocktail, Chris shows her how to make perfectly poached eggs.	USA	English-100		PG		a l s

2024-02-26	1600	Amy Schumer Learns To Cook	Late-Night Eats	Amy's husband Chris is determined to teach her how to make some of her favourite late-night treats. While Amy makes the perfect Moscow Mule, she learns to cook fried rice with pork and scallops.	USA	English-100		PG	a l s	Y
2024-02-26	1630	Everyday Gourmet With Justine Schofield	Ep 31	Justine serves up her mushroom bacon muffins and delicious vanilla jellies with rhubarb and raspberry compote. Chef Jake Kellie visits the kitchen to make his crispy pork belly and spinach puree.	AUSTRALIA	English-100		G		
2024-02-26	1700	Hidden Gems	Last Flame Of Bamboo Sticky Rice, The	Aunt Tid inherited the art of cooking bamboo sticky rice over a traditional fire. For her, it isn't just about earning a living, but a skill that's a connection to her roots and a culinary tradition.	THAILAND	English-100				
2024-02-26	1755	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
2024-02-26	1800	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 1	Luke explores and reminisces about his childhood growing up in Cabramatta. He meets with his high school friend Thai to cook a traditional Vietnamese Curry.	AUSTRALIA	English-100	RPT	PG		Y
2024-02-26	1830	Mary Makes It Easy	Good Ba(King) Wenceslas	The holiday season is the best time for baking, so Mary's sharing her fam's fave bakes for a festive feast.	CANADA	English-100		G		
2024-02-26	1900	The Cook Up With Adam Liaw	Fruity Bakes	The Salopian Inn's Karena Armstrong and award-winning entertainer Eddie Perfect are in the kitchen with Adam, making their favourite fruity bakes.		English-100		G		
2024-02-26	1930	Malaysia Gourmet With Justine Schofield	Ep 5	Discover the flora of Penang at the serene Tropical Spice Garden before indulging in the oyster omelette. Along the Salak River and Tegudon Tourism Village, Justine immerses herself in local culture.	AUSTRALIA	English-100		G		
2024-02-26	2000	Long Weekend In... With Rory O'Connell	Copenhagen	Rory creates a recipe inspired by his trip to gorgeous Copenhagen: Fish Cakes with wild garlic, tartare sauce and foraged wild greens, a seafood variation on traditional Danish Frikadeller meatballs.	IRELAND	English-100		G		
2024-02-26	2030	Nigellissima	Nigellissima Series 1 Ep 1	Nigella introduces us to her love of Italian food through Sicilian pasta with tomatoes, garlic, and almonds. There's also a mid-week family feast of tagliata - a juicy steak cut into thin slices.	UNITED KINGDOM	English-100	RPT	G		Y
2024-02-26	2100	Our Food, Our Family	Algieri Family, The	It's love, war, and meatballs as Michela samples dishes with the Allgieri family in Snowdonia. At a food-filled family reunion in their old Snowdonia farmhouse, Michela unravels a family mystery.	UNITED KINGDOM	English-100		PG		
2024-02-26	2130	Come Dine With Me UK	Peterborough Day 4	Tonight, fridge salesman Gregory is hoping his Spanish themed menu will say 'Hola!' to the 1000 pound prize. Last night Ben was the very model of a Prince Charming as he entertained his guests.	UNITED KINGDOM	English-100		PG		
2024-02-26	2200	Come Dine With Me UK	Peterborough Day 5	It's the final night in Peterborough and fiery Brazilian Rosie is confident that her night will be the best of the weak, clinching her the 1000 pound prize.	UNITED KINGDOM	English-100		PG	a	
2024-02-26	2230	The Cook Up With Adam Liaw	Fruity Bakes	The Salopian Inn's Karena Armstrong and award-winning entertainer Eddie Perfect are in the kitchen with Adam, making their favourite fruity bakes.		English-100		G		
2024-02-26	2300	Counter Space	Thanks, Honey	Climate change threatens a way of life for Turkish honey producers as Sophia Roe elevates popcorn shrimp with something extra sweet. We meet a beekeeper who explains the link between bees and food.	USA	English-100	RPT	PG		Y

2024-02-26	2330	The Cook And The Chef	Moveable Feast, A	It's the middle of spring and the sunshine and longer days are a great excuse for people to get together and enjoy good company and good food.	AUSTRALIA	English-100		PG	
2024-02-26	2400	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 1	Luke explores and reminisces about his childhood growing up in Cabramatta. He meets with his high school friend Thai to cook a traditional Vietnamese Curry.	AUSTRALIA	English-100	RPT	PG	Y
2024-02-26	2430	Hidden Gems	Last Flame Of Bamboo Sticky Rice, The	Aunt Tid inherited the art of cooking bamboo sticky rice over a traditional fire. For her, it isn't just about earning a living, but a skill that's a connection to her roots and a culinary tradition.	THAILAND	English-100			
2024-02-26	2525	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2024-02-26	2530	Malaysia Gourmet With Justine Schofield	Ep 5	Discover the flora of Penang at the serene Tropical Spice Garden before indulging in the oyster omelette. Along the Salak River and Tegudon Tourism Village, Justine immerses herself in local culture.	AUSTRALIA	English-100		G	
2024-02-26	2600	Long Weekend In... With Rory O'Connell	Copenhagen	Rory creates a recipe inspired by his trip to gorgeous Copenhagen: Fish Cakes with wild garlic, tartare sauce and foraged wild greens, a seafood variation on traditional Danish Frikadeller meatballs.	IRELAND	English-100		G	
2024-02-26	2630	Nigellissima	Nigellissima Series 1 Ep 1	Nigella introduces us to her love of Italian food through Sicilian pasta with tomatoes, garlic, and almonds. There's also a mid-week family feast of tagliata - a juicy steak cut into thin slices.	UNITED KINGDOM	English-100	RPT	G	Y
2024-02-26	2700	Our Food, Our Family	Algieri Family, The	It's love, war, and meatballs as Michela samples dishes with the Allgieri family in Snowdonia. At a food-filled family reunion in their old Snowdonia farmhouse, Michela unravels a family mystery.	UNITED KINGDOM	English-100		PG	
2024-02-26	2730	Come Dine With Me UK	Peterborough Day 4	Tonight, fridge salesman Gregory is hoping his Spanish themed menu will say 'Hola!' to the 1000 pound prize. Last night Ben was the very model of a Prince Charming as he entertained his guests.	UNITED KINGDOM	English-100		PG	
2024-02-26	2800	Come Dine With Me UK	Peterborough Day 5	It's the final night in Peterborough and fiery Brazilian Rosie is confident that her night will be the best of the weak, clinching her the 1000 pound prize.	UNITED KINGDOM	English-100		PG	a
2024-02-26	2830	My Market Kitchen	My Market Kitchen Series 4 Ep 61	Elena is in the My Market Kitchen today cooking up a delicious Crispy Eggplant dish. Khanh shows us his Thai Style Pumpkin Soup, followed by a Gluten Free Focaccia.	AUSTRALIA	English-100		G	
2024-02-27	0500	David Rocco's Dolce India	Homesick Blues	On a long trip to India, David is bound to feel homesick. He and chef Massimo Gullotta spend the day indulging in Italian foods and customs, including a turbulent trip to sea to catch their own fish.	CANADA	English-100		PG	a w
2024-02-27	0530	My Greek Table With Diane Kochilas	Street Food In Athens	Diane explores the street food scene of Athens and is inspired to create some of her own: gyro-stuffed baked bread, and a green bean salad with hazelnuts.	USA	English-50; Greek-50		G	
2024-02-27	0600	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, Icelandic salmon, Rusty's Markets in Cairns, and Portuguese Piri Piri chicken.	AUSTRALIA	English-100	RPT	G	Y
2024-02-27	0630	Amy Schumer Learns To Cook	Breakfast Time	Comedian Amy Schumer begins her culinary education where most people begin the day - breakfast. While Amy mixes up an Old-Fashioned cocktail, Chris shows her how to make perfectly poached eggs.	USA	English-100		PG	a l s

2024-02-27	0700	Amy Schumer Learns To Cook	Late-Night Eats	Amy's husband Chris is determined to teach her how to make some of her favourite late-night treats. While Amy makes the perfect Moscow Mule, she learns to cook fried rice with pork and scallops.	USA	English-100		PG	a l s	Y
2024-02-27	0730	Australia's Food Bowl	Innovating In Farming	Many factors affect the limited water supply to farmers of Australia's Food Bowl. Stefano visits some local producers who are developing ways to overcome these challenges.	AUSTRALIA	English-100		PG	a w	
2024-02-27	0800	Everyday Gourmet With Justine Schofield	Ep 31	Justine serves up her mushroom bacon muffins and delicious vanilla jellies with rhubarb and raspberry compote. Chef Jake Kellie visits the kitchen to make his crispy pork belly and spinach puree.	AUSTRALIA	English-100		G		
2024-02-27	0830	Hidden Gems	Last Flame Of Bamboo Sticky Rice, The	Aunt Tid inherited the art of cooking bamboo sticky rice over a traditional fire. For her, it isn't just about earning a living, but a skill that's a connection to her roots and a culinary tradition.	THAILAND	English-100				
2024-02-27	0925	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G		Y
2024-02-27	0930	Malaysia Gourmet With Justine Schofield	Ep 5	Discover the flora of Penang at the serene Tropical Spice Garden before indulging in the oyster omelette. Along the Salak River and Tegudon Tourism Village, Justine immerses herself in local culture.	AUSTRALIA	English-100		G		
2024-02-27	1000	Long Weekend In... With Rory O'Connell	Copenhagen	Rory creates a recipe inspired by his trip to gorgeous Copenhagen: Fish Cakes with wild garlic, tartare sauce and foraged wild greens, a seafood variation on traditional Danish Frikadeller meatballs.	IRELAND	English-100		G		
2024-02-27	1030	Mary Makes It Easy	Good Ba(King) Wenceslas	The holiday season is the best time for baking, so Mary's sharing her fam's fave bakes for a festive feast.	CANADA	English-100		G		
2024-02-27	1100	The Cook Up With Adam Liaw	Fruity Bakes	The Salopian Inn's Karena Armstrong and award-winning entertainer Eddie Perfect are in the kitchen with Adam, making their favourite fruity bakes.		English-100		G		
2024-02-27	1130	Nigellissima	Nigellissima Series 1 Ep 1	Nigella introduces us to her love of Italian food through Sicilian pasta with tomatoes, garlic, and almonds. There's also a mid-week family feast of tagliata - a juicy steak cut into thin slices.	UNITED KINGDOM	English-100	RPT	G		Y
2024-02-27	1200	Our Food, Our Family	Algieri Family, The	It's love, war, and meatballs as Michela samples dishes with the Allgieri family in Snowdonia. At a food-filled family reunion in their old Snowdonia farmhouse, Michela unravels a family mystery.	UNITED KINGDOM	English-100		PG		
2024-02-27	1230	Everyday Gourmet With Justine Schofield	Ep 31	Justine serves up her mushroom bacon muffins and delicious vanilla jellies with rhubarb and raspberry compote. Chef Jake Kellie visits the kitchen to make his crispy pork belly and spinach puree.	AUSTRALIA	English-100		G		
2024-02-27	1300	My Market Kitchen	My Market Kitchen Series 4 Ep 62	Churrasco Beef is on the menu today. Followed by Cauliflower and Brussel Sprouts with Hoda Kobeissi. Elena then shows us an easy way to cook a Whole Roast Trout with Green Mash.	AUSTRALIA	English-100		G		
2024-02-27	1330	David Rocco's Dolce India	Carnival In Goa	David takes part in the Carnival of Goa, which marks the day before Lent and is an all-out celebration: three full days of eating, drinking, and partying.	CANADA	English-100		G		
2024-02-27	1400	My Greek Table With Diane Kochilas	Thessaloniki: Greece's De Facto Food City	In Thessaloniki, Diane explores the many influences that have shaped its unique cuisine. Along the way she learns the secrets of bougatsa, an airy, creamy phyllo pastry, with a master baker.	USA	English-50; Greek-50		G		

2024-02-27	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 visit to Pantacchini's, burek pasties, and meeting an Irish butcher.	AUSTRALIA	English-100	RPT	G		Y
2024-02-27	1500	Australia's Food Bowl	Olive Oil	The Mediterranean-like climate of Australia's Food Bowl makes it the perfect place to grow olives and to produce olive oil. Stefano visits Australia's largest olive oil producer.	AUSTRALIA	English-100		G		
2024-02-27	1530	Amy Schumer Learns To Cook	Pasta Night	Amy and her chef husband Chris Fischer decide the only way to handle being quarantined is a good carb-load. Chris starts the feast with two kinds of pasta - broccoli and mushroom.	USA	English-100		PG	a l s	Y
2024-02-27	1600	Amy Schumer Learns To Cook	Lunch Break	Amy and her chef husband Chris dig into a comfort food staple - sandwiches. Chris teaches Amy the art of making sandwiches, and whips up a panzanella salad.	USA	English-100		PG	a l s	Y
2024-02-27	1630	Everyday Gourmet With Justine Schofield	Ep 32	Justine makes pickled pork with smoked speck and cabbage, Anjum whips up glazed pineapple with peanuts and coconut ice cream. Adam cooks his chicken mushroom ravioli with fungi sauce.	AUSTRALIA	English-100		G		
2024-02-27	1700	What Chefs Want	Feast For The Senses	Immerse yourself in the delights of Singapore's food festivals with the Marina Bay Sands Food and Wine festival. Sally and Renae explore its culinary scene, interviewing a Michelin-star chef.	AUSTRALIA	English-100		G		
2024-02-27	1730	What Chefs Want	Multicultural Melting Pot	Renae and Sally embark on an adventure through the vibrant cultural mosaic of Singapore. Local expert Chef Damian D'Silva introduces Renae to a world of flavour at the Geylang Serai Markets.	AUSTRALIA	English-100		G		
2024-02-27	1800	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 2	Luke takes us behind the scenes of his latest venture in Sydney. He explores his innovate machinery and high tech kitchen before meeting Head Chef Kenji to cook popular recipes from their menu.	AUSTRALIA	English-100	RPT	PG		Y
2024-02-27	1830	Mary Makes It Easy	An Unexpected Party	Last minute guests equals no time to freak out and cancel, and Mary's minimal effort menu will impress in a flash.	CANADA	English-100		G		
2024-02-27	1900	The Cook Up With Adam Liaw	Not Your Normal Salad	Tennis player Priscilla Hon and YouTuber Ann Reardon join Adam to make the case for salad. But not your normal salad. These are cool salads.		English-100		G		
2024-02-27	1930	Mary Berry's Love To Cook	For A Crowd	The more the merrier' is a motto Mary Berry lives by. What is better than cooking crowd-pleasing delights, and meeting others who also adore feeding the masses.	UNITED KINGDOM	English-100		G		
2024-02-27	2000	Paula McIntyre's Hamely Kitchen	Episode 2	Paula demonstrates her fail-safe method for cooking the perfect pork chop with a side of creamy parsnips and smoked potatoes. She pays a visit to Glenarm Castle, where she enlists help.	UNITED KINGDOM	English-100				
2024-02-27	2030	Selena + Chef	Selena + Daniel Holzman	Daniel Holzman, the mastermind behind The Meatball Shop, puts Selena to work with one of the most ambitious meals she's cooked to date: mini chicken meatballs paired with gnocchi made from scratch.	USA	English-100		PG		Y
2024-02-27	2100	Food Trail South Africa	Pilanesberg Reserve	In the Kalahari Desert, Warren spots a myriad of African animals. Later he goes on a quad biking adventure and cooks a variety of local dishes - including spicy lamb skewers and corn on the cob.	AUSTRALIA	English-100		G		
2024-02-27	2130	Come Dine With Me UK	Bristol: Ellie	Solicitor Ellie is hoping her plant-based menu will win her the wonga! But will her guest embrace her adventurous menu or is serving stinging nettle soup and fake raw eggs a step too far?	UNITED KINGDOM	English-100		PG	a	

2024-02-27	2200	Come Dine With Me UK	Bristol: George	Music lover George is hoping a night of fun filled festivities can bag him the bucks. His festival vibes and culinary creations will certainly be a night to remember.	UNITED KINGDOM	English-100		PG	a d
2024-02-27	2230	The Cook Up With Adam Liaw	Not Your Normal Salad	Tennis player Priscilla Hon and YouTuber Ann Reardon join Adam to make the case for salad. But not your normal salad. These are cool salads.		English-100		G	
2024-02-27	2300	Counter Space	Vitamin Sea	Nomadic sea tribes in Malaysia unlock the power of seaweed as Sophia Roe uses the ingredient to make a Semifredo with Furikake crumble; and Bren Smith explains how ocean farming could save the planet.	USA	English-100	RPT	PG	Y
2024-02-27	2330	The Cook And The Chef	Shellfish	What do you do with sea urchin? How do you prepare abalone? Maggie and Simon answer all the questions and show us some tricks of the trade.	AUSTRALIA	English-100		G	
2024-02-27	2400	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 2	Luke takes us behind the scenes of his latest venture in Sydney. He explores his innovate machinery and high tech kitchen before meeting Head Chef Kenji to cook popular recipes from their menu.	AUSTRALIA	English-100	RPT	PG	Y
2024-02-27	2430	What Chefs Want	Feast For The Senses	Immerse yourself in the delights of Singapore's food festivals with the Marina Bay Sands Food and Wine festival. Sally and Renae explore its culinary scene, interviewing a Michelin-star chef.	AUSTRALIA	English-100		G	
2024-02-27	2500	What Chefs Want	Multicultural Melting Pot	Renae and Sally embark on an adventure through the vibrant cultural mosaic of Singapore. Local expert Chef Damian D'Silva introduces Renae to a world of flavour at the Geylang Serai Markets.	AUSTRALIA	English-100		G	
2024-02-27	2530	Mary Berry's Love To Cook	For A Crowd	The more the merrier' is a motto Mary Berry lives by. What is better than cooking crowd-pleasing delights, and meeting others who also adore feeding the masses.	UNITED KINGDOM	English-100		G	
2024-02-27	2600	Paula McIntyre's Hamely Kitchen	Episode 2	Paula demonstrates her fail-safe method for cooking the perfect pork chop with a side of creamy parsnips and smoked potatoes. She pays a visit to Glenarm Castle, where she enlists help.	UNITED KINGDOM	English-100			
2024-02-27	2630	Selena + Chef	Selena + Daniel Holzman	Daniel Holzman, the mastermind behind The Meatball Shop, puts Selena to work with one of the most ambitious meals she's cooked to date: mini chicken meatballs paired with gnocchi made from scratch.	USA	English-100		PG	Y
2024-02-27	2700	Food Trail South Africa	Pilanesberg Reserve	In the Kalahari Desert, Warren spots a myriad of African animals. Later he goes on a quad biking adventure and cooks a variety of local dishes - including spicy lamb skewers and corn on the cob.	AUSTRALIA	English-100		G	
2024-02-27	2730	Come Dine With Me UK	Bristol: Ellie	Solicitor Ellie is hoping her plant-based menu will win her the wonga! But will her guest embrace her adventurous menu or is serving stinging nettle soup and fake raw eggs a step too far?	UNITED KINGDOM	English-100		PG	a
2024-02-27	2800	Come Dine With Me UK	Bristol: George	Music lover George is hoping a night of fun filled festivities can bag him the bucks. His festival vibes and culinary creations will certainly be a night to remember.	UNITED KINGDOM	English-100		PG	a d
2024-02-27	2830	My Market Kitchen	My Market Kitchen Series 4 Ep 62	Churrasco Beef is on the menu today. Followed by Cauliflower and Brussel Sprouts with Hoda Kobeissi. Elena then shows us an easy way to cook a Whole Roast Trout with Green Mash.	AUSTRALIA	English-100		G	
2024-02-28	0500	David Rocco's Dolce India	Carnival In Goa	David takes part in the Carnival of Goa, which marks the day before Lent and is an all-out celebration: three full days of eating, drinking, and partying.	CANADA	English-100		G	

2024-02-28	0530	My Greek Table With Diane Kochilas	Thessaloniki: Greece's De Facto Food City	In Thessaloniki, Diane explores the many influences that have shaped its unique cuisine. Along the way she learns the secrets of bougatsa, an airy, creamy phyllo pastry, with a master baker.	USA	English-50; Greek-50	G			
2024-02-28	0600	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 visit to Pantacchini's, burek pasties, and meeting an Irish butcher.	AUSTRALIA	English-100	RPT	G	Y	
2024-02-28	0630	Amy Schumer Learns To Cook	Pasta Night	Amy and her chef husband Chris Fischer decide the only way to handle being quarantined is a good carb-load. Chris starts the feast with two kinds of pasta - broccoli and mushroom.	USA	English-100		PG	a l s	Y
2024-02-28	0700	Amy Schumer Learns To Cook	Lunch Break	Amy and her chef husband Chris dig into a comfort food staple - sandwiches. Chris teaches Amy the art of making sandwiches, and whips up a panzanella salad.	USA	English-100		PG	a l s	Y
2024-02-28	0730	Australia's Food Bowl	Olive Oil	The Mediterranean-like climate of Australia's Food Bowl makes it the perfect place to grow olives and to produce olive oil. Stefano visits Australia's largest olive oil producer.	AUSTRALIA	English-100		G		
2024-02-28	0800	Everyday Gourmet With Justine Schofield	Ep 32	Justine makes pickled pork with smoked speck and cabbage, Anjum whips up glazed pineapple with peanuts and coconut ice cream. Adam cooks his chicken mushroom ravioli with fungi sauce.	AUSTRALIA	English-100		G		
2024-02-28	0830	What Chefs Want	Feast For The Senses	Immerse yourself in the delights of Singapore's food festivals with the Marina Bay Sands Food and Wine festival. Sally and Renae explore its culinary scene, interviewing a Michelin-star chef.	AUSTRALIA	English-100		G		
2024-02-28	0900	What Chefs Want	Multicultural Melting Pot	Renae and Sally embark on an adventure through the vibrant cultural mosaic of Singapore. Local expert Chef Damian D'Silva introduces Renae to a world of flavour at the Geylang Serai Markets.	AUSTRALIA	English-100		G		
2024-02-28	0930	Mary Berry's Love To Cook	For A Crowd	The more the merrier' is a motto Mary Berry lives by. What is better than cooking crowd-pleasing delights, and meeting others who also adore feeding the masses.	UNITED KINGDOM	English-100		G		
2024-02-28	1000	Paula McIntyre's Hamely Kitchen	Episode 2	Paula demonstrates her fail-safe method for cooking the perfect pork chop with a side of creamy parsnips and smoked potatoes. She pays a visit to Glenarm Castle, where she enlists help.	UNITED KINGDOM	English-100				
2024-02-28	1030	Mary Makes It Easy	An Unexpected Party	Last minute guests equals no time to freak out and cancel, and Mary's minimal effort menu will impress in a flash.	CANADA	English-100		G		
2024-02-28	1100	The Cook Up With Adam Liaw	Not Your Normal Salad	Tennis player Priscilla Hon and YouTuber Ann Reardon join Adam to make the case for salad. But not your normal salad. These are cool salads.		English-100		G		
2024-02-28	1130	Selena + Chef	Selena + Daniel Holzman	Daniel Holzman, the mastermind behind The Meatball Shop, puts Selena to work with one of the most ambitious meals she's cooked to date: mini chicken meatballs paired with gnocchi made from scratch.	USA	English-100		PG		Y
2024-02-28	1200	Food Trail South Africa	Pilanesberg Reserve	In the Kalahari Desert, Warren spots a myriad of African animals. Later he goes on a quad biking adventure and cooks a variety of local dishes - including spicy lamb skewers and corn on the cob.	AUSTRALIA	English-100		G		
2024-02-28	1230	Everyday Gourmet With Justine Schofield	Ep 32	Justine makes pickled pork with smoked speck and cabbage, Anjum whips up glazed pineapple with peanuts and coconut ice cream. Adam cooks his chicken mushroom ravioli with fungi sauce.	AUSTRALIA	English-100		G		

2024-02-28	1300	My Market Kitchen	My Market Kitchen Series 4 Ep 63	Today on My Market Kitchen, Elena cooks up a quick Balsamic and oregano roasted onion which is a perfect side to complement your next dinner. Then Khanh shows us his Yoghurt Panna Cotta.	AUSTRALIA	English-100	G			
2024-02-28	1330	David Rocco's Dolce India	Talkin' Toddy	David is on a mission to discover Goa's unique blend of Portuguese and Indian cultures one dish at a time, including the oh so delectable Goan sausage. He also learns all about the toddy vinegar.	CANADA	English-100	G			
2024-02-28	1400	My Greek Table With Diane Kochilas	Old World Charms Of The Athenian Table	Diane visits the kitchen of 90-year-old Eirini Pournara, who makes an Athenian classic of poached fish and vegetables with homemade mayonnaise, and a special meatloaf.	USA	English-50; Greek-50	G			Y
2024-02-28	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, a visit to the Adelaide Central Markets, and traditional Lebanese homestyle cooking.	AUSTRALIA	English-100	RPT	G		Y
2024-02-28	1500	Australia's Food Bowl	Fiesta	Stefano and his friends celebrate the annual grape harvest with a feast under the vines. Stefano is in charge of the menu and visits local farms to source produce and fresh ingredients.	AUSTRALIA	English-100	G			Y
2024-02-28	1530	Amy Schumer Learns To Cook	Picnic, Soup And Salad	Amy and Chris pack a picnic lunch to take advantage of the summer weather. Amy starts things off with a margarita, while Chris makes pesto pasta salad, a chicken cutlet BLT, and brownies for dessert.	USA	English-100	PG	a l s		Y
2024-02-28	1625	Please Eat Slowly Bitesize	Claypot Rice	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor shares his best tips to create your own!	AUSTRALIA	English-100	G			
2024-02-28	1630	Everyday Gourmet With Justine Schofield	Ep 33	Today on the show, Justine makes her sweet potato and ginger gratin, gives you some great tips for steaming eggs and Adam Liaw makes his leche flan.	AUSTRALIA	English-100	PG	l		
2024-02-28	1700	What Chefs Want	Beauty Of Modern Singapore, The	Get ready to feast your eyes on the innovative stunning dishes that define modern Singaporean cuisine. Like exploring TV personality Ben Yeo's restaurant and some of Singapore's most unique places.	AUSTRALIA	English-100	PG	a		
2024-02-28	1730	What Chefs Want	Heritage Cuisine And Medicinal Food	Chef Damian D'Silva uncovers the fascinating history and medicinal properties of Singapore's traditional cuisine. From the healing power of ginger to the time-honoured recipes of Peranakan cuisine.	AUSTRALIA	English-100				
2024-02-28	1800	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 3	Escaping the hustle and bustle of Sydney, Luke visits the Blue Mountains in New South Wales.	AUSTRALIA	English-100	RPT	PG		Y
2024-02-28	1830	Mary Makes It Easy	Life Is A Fryway	Mary is road trip ready with recipes that are snackable, packable, and won't make a mess of your car or clothing.	CANADA	English-100	G			
2024-02-28	1900	The Cook Up With Adam Liaw	Made With Mangoes	It's like staring directly at the sun - and then eating it - as host and cook Justine Schofield and chef Paul Farag join Adam to make culinary gold with the sun-shiniest of ingredients: mangoes.		English-100	PG			
2024-02-28	1930	Paradise Kitchen Bali	Chocolate	In this indulgent episode, Lauren explores the world of chocolate. She learns about the different types of chocolate and their characteristics, while creating a mix of savoury and sweet recipes.	NETHERLANDS	English-90; Balinese-10	G			Y
2024-02-28	2000	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 8	Kirsten reveals the secret to making her spicy iced chocolate drink and the perfect garnish. Followed by a sticky white chocolate nougat with pineapple and a chocolate caramelised pastry stack.	AUSTRALIA	English-100	G			

2024-02-28	2030	James Martin's Spanish Adventure	Murcia	In Murcia James shops at the local market and eats exceptional tapas. He learns how to make Caldero and goes to an apricot farm. We are also introduced to Paparajotes.	UNITED KINGDOM	English-100		PG	a w	Y
2024-02-28	2130	Come Dine With Me UK	Bristol: Carla	Sales manager Carla is treating everyone to a vegan foraging feast. The guests are impressed, until a few unexpected guests crawl in - adding a bit more extra protein to her starter!	UNITED KINGDOM	English-100		PG	a	
2024-02-28	2200	Come Dine With Me UK	Bristol: Shumin	Shumin to creates her authentic vegan Bangladeshi banquet with an added splash of Bollywood. Will Shumin's spicy extravaganza heat up the leaderboard or will it leave her chances going up in smoke?	UNITED KINGDOM	English-100		PG	a	
2024-02-28	2230	The Cook Up With Adam Liaw	Made With Mangoes	It's like staring directly at the sun - and then eating it - as host and cook Justine Schofield and chef Paul Farag join Adam to make culinary gold with the sun-shiniest of ingredients: mangoes.		English-100		PG		
2024-02-28	2300	Counter Space	Faux Real	An old taste for plant-based meats is back on the menu in China and Sophia gets outside to grill up a convincing new take on shawarma. Dirt Candy's Amanda Cohen sings praises for the humble vegetable.	USA	English-100	RPT	MA	v	Y
2024-02-28	2330	The Cook And The Chef	Cooking With Friends	Maggie and Simon visit a couple of cooking mates and mentors, who have played a part in their professional and personal lives. Simon catches up with internationally acclaimed Chef Cheong Liew.	AUSTRALIA	English-100		PG		
2024-02-28	2400	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 3	Escaping the hustle and bustle of Sydney, Luke visits the Blue Mountains in New South Wales.	AUSTRALIA	English-100	RPT	PG		Y
2024-02-28	2430	What Chefs Want	Beauty Of Modern Singapore, The	Get ready to feast your eyes on the innovative stunning dishes that define modern Singaporean cuisine. Like exploring TV personality Ben Yeo's restaurant and some of Singapore's most unique places.	AUSTRALIA	English-100		PG	a	
2024-02-28	2500	What Chefs Want	Heritage Cuisine And Medicinal Food	Chef Damian D'Silva uncovers the fascinating history and medicinal properties of Singapore's traditional cuisine. From the healing power of ginger to the time-honoured recipes of Peranakan cuisine.	AUSTRALIA	English-100				
2024-02-28	2530	Paradise Kitchen Bali	Chocolate	In this indulgent episode, Lauren explores the world of chocolate. She learns about the different types of chocolate and their characteristics, while creating a mix of savoury and sweet recipes.	NETHERLANDS	English-90; Balinese-10		G		Y
2024-02-28	2600	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 8	Kirsten reveals the secret to making her spicy iced chocolate drink and the perfect garnish. Followed by a sticky white chocolate nougat with pineapple and a chocolate caramelised pastry stack.	AUSTRALIA	English-100		G		
2024-02-28	2630	James Martin's Spanish Adventure	Murcia	In Murcia James shops at the local market and eats exceptional tapas. He learns how to make Caldero and goes to an apricot farm. We are also introduced to Paparajotes.	UNITED KINGDOM	English-100		PG	a w	Y
2024-02-28	2730	Come Dine With Me UK	Bristol: Carla	Sales manager Carla is treating everyone to a vegan foraging feast. The guests are impressed, until a few unexpected guests crawl in - adding a bit more extra protein to her starter!	UNITED KINGDOM	English-100		PG	a	
2024-02-28	2800	Come Dine With Me UK	Bristol: Shumin	Shumin to creates her authentic vegan Bangladeshi banquet with an added splash of Bollywood. Will Shumin's spicy extravaganza heat up the leaderboard or will it leave her chances going up in smoke?	UNITED KINGDOM	English-100		PG	a	
2024-02-28	2830	My Market Kitchen	My Market Kitchen Series 4 Ep 63	Today on My Market Kitchen, Elena cooks up a quick Balsamic and oregano roasted onion which is a perfect side to complement your next dinner. Then Khanh shows us his Yoghurt Panna Cotta.	AUSTRALIA	English-100		G		

2024-02-29	0500	David Rocco's Dolce India	Talkin' Toddy	David is on a mission to discover Goa's unique blend of Portuguese and Indian cultures one dish at a time, including the oh so delectable Goan sausage. He also learns all about the toddy vinegar.	CANADA	English-100		G		
2024-02-29	0530	My Greek Table With Diane Kochilas	Old World Charms Of The Athenian Table	Diane visits the kitchen of 90-year-old Eirini Pournara, who makes an Athenian classic of poached fish and vegetables with homemade mayonnaise, and a special meatloaf.	USA	English-50; Greek-50		G		Y
2024-02-29	0600	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, a visit to the Adelaide Central Markets, and traditional Lebanese homestyle cooking.	AUSTRALIA	English-100	RPT	G		Y
2024-02-29	0630	Amy Schumer Learns To Cook	Picnic, Soup And Salad	Amy and Chris pack a picnic lunch to take advantage of the summer weather. Amy starts things off with a margarita, while Chris makes pesto pasta salad, a chicken cutlet BLT, and brownies for dessert.	USA	English-100		PG	a l s	Y
2024-02-29	0725	Please Eat Slowly Bitesize	Claypot Rice	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor shares his best tips to create your own!	AUSTRALIA	English-100		G		
2024-02-29	0730	Australia's Food Bowl	Fiesta	Stefano and his friends celebrate the annual grape harvest with a feast under the vines. Stefano is in charge of the menu and visits local farms to source produce and fresh ingredients.	AUSTRALIA	English-100		G		Y
2024-02-29	0800	Everyday Gourmet With Justine Schofield	Ep 33	Today on the show, Justine makes her sweet potato and ginger gratin, gives you some great tips for steaming eggs and Adam Liaw makes his leche flan.	AUSTRALIA	English-100		PG	l	
2024-02-29	0830	What Chefs Want	Beauty Of Modern Singapore, The	Get ready to feast your eyes on the innovative stunning dishes that define modern Singaporean cuisine. Like exploring TV personality Ben Yeo's restaurant and some of Singapore's most unique places.	AUSTRALIA	English-100		PG	a	
2024-02-29	0900	What Chefs Want	Heritage Cuisine And Medicinal Food	Chef Damian D'Silva uncovers the fascinating history and medicinal properties of Singapore's traditional cuisine. From the healing power of ginger to the time-honoured recipes of Peranakan cuisine.	AUSTRALIA	English-100				
2024-02-29	0930	Paradise Kitchen Bali	Chocolate	In this indulgent episode, Lauren explores the world of chocolate. She learns about the different types of chocolate and their characteristics, while creating a mix of savoury and sweet recipes.	NETHERLANDS	English-90; Balinese-10		G		Y
2024-02-29	1000	The Chocolate Queen	Chocolate Queen Series 3 Ep, The 8	Kirsten reveals the secret to making her spicy iced chocolate drink and the perfect garnish. Followed by a sticky white chocolate nougat with pineapple and a chocolate caramelised pastry stack.	AUSTRALIA	English-100		G		
2024-02-29	1030	Mary Makes It Easy	Life Is A Fryway	Mary is road trip ready with recipes that are snackable, packable, and won't make a mess of your car or clothing.	CANADA	English-100		G		
2024-02-29	1100	The Cook Up With Adam Liaw	Made With Mangoes	It's like staring directly at the sun - and then eating it - as host and cook Justine Schofield and chef Paul Farag join Adam to make culinary gold with the sun-shiniest of ingredients: mangoes.		English-100		PG		
2024-02-29	1130	James Martin's Spanish Adventure	Murcia	In Murcia James shops at the local market and eats exceptional tapas. He learns how to make Caldero and goes to an apricot farm. We are also introduced to Paparajotes.	UNITED KINGDOM	English-100		PG	a w	Y
2024-02-29	1230	Everyday Gourmet With Justine Schofield	Ep 33	Today on the show, Justine makes her sweet potato and ginger gratin, gives you some great tips for steaming eggs and Adam Liaw makes his leche flan.	AUSTRALIA	English-100		PG	l	

2024-02-29	1300	My Market Kitchen	My Market Kitchen Series 4 Ep 64	Elena and Khanh are in the My Market Kitchen today cooking up a Thai Green Papaya Salad. Khanh takes us to his restaurant, The George on Collins for a Smokey Sriracha Noodles recipe.	AUSTRALIA	English-100	G		
2024-02-29	1330	David Rocco's Dolce India	Goan Fishing	In Goa, David heads out on a crab fishing expedition with some local fisherman in a nearby river. Afterwards, he meets up with internationally renowned chef Cyrus Todiwala at the local fish market.	CANADA	English-100	PG	a l w	
2024-02-29	1400	My Greek Table With Diane Kochilas	Northern Delights - Ioannina	Diane visits the daughter of Holocaust survivors for a tour of Thessaloniki's Jewish past. Hella cooks up some of her Sephardic recipes, including Huevos Haminados (slowly boiled spiced eggs).	USA	English-50; Greek-50	G		
2024-02-29	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, the Overlander Steak House in Alice Springs, and handmade Indian sweets.	AUSTRALIA	English-100	RPT	G	Y
2024-02-29	1500	Australia's Food Bowl	Diverse Fruits	Australia's Food Bowl is home to some of the biggest food producers in Australia. Stefano explores the region's traditional crops such as citrus and grapes, as well as the lesser-known exotic fruits.	AUSTRALIA	English-100	G		
2024-02-29	1530	Amy Schumer Learns To Cook	Not Frozen And Kids' Menu	Chris decides to teach Amy how to make some of her favourite frozen foods from scratch. While Amy gets things going with a pina colada, Chris shows Amy how to make crowd-pleasing pigs in a blanket.	USA	English-100	PG	a l s	Y
2024-02-29	1625	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		
2024-02-29	1630	Everyday Gourmet With Justine Schofield	Ep 34	Justine makes her grilled sirlion with chilli, lime and coriander butter, shows you her acai yoghurt mix and Johnny Di Francesco cooks his classic pizza margherita.	AUSTRALIA	English-100	G		
2024-02-29	1700	What Chefs Want	Art And Storytelling Of Food, The	Enter the mesmerizing world of food art, where masterpieces are created with equal parts skill and creativity. Chef Janice Wong takes Sally on a chocolate-making journey that culinary art.	AUSTRALIA	English-100			
2024-02-29	1730	What Chefs Want	Sustainability	Sustainability meets gastronomy, where Chef Matteo Ponti shares his passion for eco-friendly cooking. Sally discovers city farming at the Arden Food Forest, and explores the sustainable fish farming.	AUSTRALIA	English-100			
2024-02-29	1800	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 4	On the sunshine coast of Australia, Luke meets with a local fisherman to learn about where his produce comes from and they go out netting for Spanner Crabs.	AUSTRALIA	English-100	RPT	G	Y
2024-02-29	1830	Mary Makes It Easy	Casserole With It	Nothing says comfort food like casserole, and Mary's got a variation for any time of the day, even breakfast and dessert!	CANADA	English-100	G		
2024-02-29	1900	The Cook Up With Adam Liaw	Fast, Fab & Fruity	It's a guaranteed flavour sensation as drag legend Art Simone, chef Jerry Mai and Adam cook food that's fast, fab and fruity.		English-100			
2024-02-29	1930	My Greatest Dishes	Rosemary Shrager	Rosemary Shrager is one of Britain's beloved chefs. She cooks her four greatest dishes - tuille biscuit with mango ice cream, quail breasts with chicken mousse, cod with banana, chicken potato pie.	UNITED KINGDOM	English-100	PG		
2024-02-29	2000	My Greatest Dishes	Atul Kochhar	Traiblazing chef Atul Kochhar has revolutionised Indian cuisine. His four greatest dishes are: his mother's daal, stuffed aubergine steaks pay, Indian British lamb gosht, and traditional bhapa doi.	UNITED KINGDOM	English-100	PG		

2024-02-29	2030	Rick Stein's Road To Mexico	Yucatan Peninsula	Rick Stein heads from Oaxaca to the Yucatan Peninsula, a place once frequented by real Caribbean pirates, including Sir Francis Drake. They feast on habaneros, and give slow food a new meaning.	UNITED KINGDOM	English-100		PG	a w	Y
2024-02-29	2140	Come Dine With Me UK	Bristol: Chris	Meat Alternative Research Consultant Chris is hoping his 'meaty' meat free meals will delight his guests. Will his surprises be enough to bagsie the 1,000 pound prize?	UNITED KINGDOM	English-100		PG	a	
2024-02-29	2205	Come Dine With Me UK	Leeds: Jill	The first to host is proud dog mum, Jill, who's hoping her simple vegan fare will fair well with her guests, and what's more, she's throwing in some rather naughty entertainment.	UNITED KINGDOM	English-100		PG	s	
2024-02-29	2230	The Cook Up With Adam Liaw	Fast, Fab & Fruity	It's a guaranteed flavour sensation as drag legend Art Simone, chef Jerry Mai and Adam cook food that's fast, fab and fruity.		English-100				
2024-02-29	2300	Counter Space	Chocolate Reign	A new generation reclaims Ghanian chocolate, and Sophia Roe makes a hand-cut chocolate pasta with a bacon cream sauce. Sophia then catches a cacao ceremony.	USA	English-100	RPT	PG	a	
2024-02-29	2330	The Cook And The Chef	Bush Tucker	Simon kicks the show off by sharing his thoughts about the experience of moving out to Australia from England as a youngster, looking out at the harsh Australian landscape.	AUSTRALIA	English-100		G		
2024-02-29	2400	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 4	On the sunshine coast of Australia, Luke meets with a local fisherman to learn about where his produce comes from and they go out netting for Spanner Crabs.	AUSTRALIA	English-100	RPT	G		Y
2024-02-29	2430	What Chefs Want	Art And Storytelling Of Food, The	Enter the mesmerizing world of food art, where masterpieces are created with equal parts skill and creativity. Chef Janice Wong takes Sally on a chocolate-making journey that culinary art.	AUSTRALIA	English-100				
2024-02-29	2500	What Chefs Want	Sustainability	Sustainability meets gastronomy, where Chef Matteo Ponti shares his passion for eco-friendly cooking. Sally discovers city farming at the Arden Food Forest, and explores the sustainable fish farming.	AUSTRALIA	English-100				
2024-02-29	2530	My Greatest Dishes	Rosemary Shrager	Rosemary Shrager is one of Britain's beloved chefs. She cooks her four greatest dishes - tulle biscuit with mango ice cream, quail breasts with chicken mousse, cod with banana, chicken potato pie.	UNITED KINGDOM	English-100		PG		
2024-02-29	2600	My Greatest Dishes	Atul Kochhar	Trailblazing chef Atul Kochhar has revolutionised Indian cuisine. His four greatest dishes are: his mother's daal, stuffed aubergine steaks pay, Indian British lamb gosht, and traditional bhapa doi.	UNITED KINGDOM	English-100		PG		
2024-02-29	2630	Rick Stein's Road To Mexico	Yucatan Peninsula	Rick Stein heads from Oaxaca to the Yucatan Peninsula, a place once frequented by real Caribbean pirates, including Sir Francis Drake. They feast on habaneros, and give slow food a new meaning.	UNITED KINGDOM	English-100		PG	a w	Y
2024-02-29	2740	Come Dine With Me UK	Bristol: Chris	Meat Alternative Research Consultant Chris is hoping his 'meaty' meat free meals will delight his guests. Will his surprises be enough to bagsie the 1,000 pound prize?	UNITED KINGDOM	English-100		PG	a	
2024-02-29	2805	Come Dine With Me UK	Leeds: Jill	The first to host is proud dog mum, Jill, who's hoping her simple vegan fare will fair well with her guests, and what's more, she's throwing in some rather naughty entertainment.	UNITED KINGDOM	English-100		PG	s	
2024-02-29	2830	My Market Kitchen	My Market Kitchen Series 4 Ep 64	Elena and Khanh are in the My Market Kitchen today cooking up a Thai Green Papaya Salad. Khanh takes us to his restaurant, The George on Collins for a Smokey Sriracha Noodles recipe.	AUSTRALIA	English-100		G		

2024-03-01	0500	David Rocco's Dolce India	Goan Fishing	In Goa, David heads out on a crab fishing expedition with some local fisherman in a nearby river. Afterwards, he meets up with internationally renowned chef Cyrus Todiwala at the local fish market.	CANADA	English-100		PG	a l w	
2024-03-01	0530	My Greek Table With Diane Kochilas	Northern Delights - Ioannina	Diane visits the daughter of Holocaust survivors for a tour of Thessaloniki's Jewish past. Hella cooks up some of her Sephardic recipes, including Huevos Haminados (slowly boiled spiced eggs).	USA	English-50; Greek-50		G		
2024-03-01	0600	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, the Overlander Steak House in Alice Springs, and handmade Indian sweets.	AUSTRALIA	English-100	RPT	G		Y
2024-03-01	0630	Amy Schumer Learns To Cook	Not Frozen And Kids' Menu	Chris decides to teach Amy how to make some of her favourite frozen foods from scratch. While Amy gets things going with a pina colada, Chris shows Amy how to make crowd-pleasing pigs in a blanket.	USA	English-100		PG	a l s	Y
2024-03-01	0725	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		
2024-03-01	0730	Australia's Food Bowl	Diverse Fruits	Australia's Food Bowl is home to some of the biggest food producers in Australia. Stefano explores the region's traditional crops such as citrus and grapes, as well as the lesser-known exotic fruits.	AUSTRALIA	English-100		G		
2024-03-01	0800	Everyday Gourmet With Justine Schofield	Ep 34	Justine makes her grilled sirloin with chilli, lime and coriander butter, shows you her acai yoghurt mix and Johnny Di Francesco cooks his classic pizza margherita.	AUSTRALIA	English-100		G		
2024-03-01	0830	What Chefs Want	Art And Storytelling Of Food, The	Enter the mesmerizing world of food art, where masterpieces are created with equal parts skill and creativity. Chef Janice Wong takes Sally on a chocolate-making journey that culinary art.	AUSTRALIA	English-100				
2024-03-01	0900	What Chefs Want	Sustainability	Sustainability meets gastronomy, where Chef Matteo Ponti shares his passion for eco-friendly cooking. Sally discovers city farming at the Arden Food Forest, and explores the sustainable fish farming.	AUSTRALIA	English-100				
2024-03-01	0930	My Greatest Dishes	Rosemary Shrager	Rosemary Shrager is one of Britain's beloved chefs. She cooks her four greatest dishes - tulle biscuit with mango ice cream, quail breasts with chicken mousse, cod with banana, chicken potato pie.	UNITED KINGDOM	English-100		PG		
2024-03-01	1000	My Greatest Dishes	Atul Kochhar	Trailblazing chef Atul Kochhar has revolutionised Indian cuisine. His four greatest dishes are: his mother's daal, stuffed aubergine steaks pay, Indian British lamb gosht, and traditional bhapa doi.	UNITED KINGDOM	English-100		PG		
2024-03-01	1030	Mary Makes It Easy	Casserole With It	Nothing says comfort food like casserole, and Mary's got a variation for any time of the day, even breakfast and dessert!	CANADA	English-100		G		
2024-03-01	1100	The Cook Up With Adam Liaw	Fast, Fab & Fruity	It's a guaranteed flavour sensation as drag legend Art Simone, chef Jerry Mai and Adam cook food that's fast, fab and fruity.		English-100				
2024-03-01	1130	Rick Stein's Road To Mexico	Yucatan Peninsula	Rick Stein heads from Oaxaca to the Yucatan Peninsula, a place once frequented by real Caribbean pirates, including Sir Francis Drake. They feast on habaneros, and give slow food a new meaning.	UNITED KINGDOM	English-100		PG	a w	Y
2024-03-01	1235	Everyday Gourmet With Justine Schofield	Ep 34	Justine makes her grilled sirloin with chilli, lime and coriander butter, shows you her acai yoghurt mix and Johnny Di Francesco cooks his classic pizza margherita.	AUSTRALIA	English-100		G		

2024-03-01	1305	My Market Kitchen	My Market Kitchen Series 4 Ep 65	On My Market Kitchen today Elena is joined by Kinsan from Asian Inspirations for a traditional pork and vegetable ramen dish. Then Khanh bakes his classic chocolate brownies.	AUSTRALIA	English-100	G		
2024-03-01	1330	David Rocco's Dolce India	Beach And Jungle	David heads deep into the rainforest of Goa to visit the Savoi Plantations. Here, they grow all manners of Indian fruits including coconut and mango, as well as almost every spice under the sun!	CANADA	English-100	G		
2024-03-01	1400	My Greek Table With Diane Kochilas	Sephardic Cooking Of Thessaloniki, The	Diane focuses on the culinary and cultural lore of Ioannina, and the outcome is a delicious confluence of earth and water: from a unique local version of baklava to hearty Clay-Baked Lamb.	USA	English-50; Greek-50	PG		
2024-03-01	1430	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Ep 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce Australia has to offer. In this episode, yabby farming, and a French Patisserie in Kings Cross.	AUSTRALIA	English-100	RPT	G	Y
2024-03-01	1500	Australia's Food Bowl	Murray Cod	Chef Tony Tan pays Stefano a visit and prepares a Murray cod with Asian flavours in a stunning riverside location. Ginger, galangal and coconut with banana leaf are delicious additions to enjoy.	AUSTRALIA	English-100	G		
2024-03-01	1530	Amy Schumer Learns To Cook	Takeout Faves And Finger Foods	Amy and Chris recreate their favourite NYC takeout meals. Chris teaches Amy how to make Scarpetta's famous spaghetti and tomato sauce, along with Amy's favourite - prawns in lobster sauce with rice.	USA	English-100	PG	a l s	
2024-03-01	1625	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
2024-03-01	1630	Everyday Gourmet With Justine Schofield	Ep 35	Chocolate enthusiast, Trish McKenzie joins Justine to make her cherry ripe muffins and then Justine makes a roasted duck and tomato tarte fine and whips up and egg brekky tortilla.	AUSTRALIA	English-100	G		
2024-03-01	1700	Eat China	Southern Chinese Food	We head to the south of China and Hong Kong, to the home of Cantonese food, where bao is mastered and rice-based dishes are legendary.	CHINA	English-80; Cantonese-10; Mandarin-10	G		Y
2024-03-01	1730	Eat China	Spicy Sichuan	Sichuan is the land of spice, and in the western region of China you can enjoy dazzling flavours of heat, peppercorns, and century eggs. Plus, learn why pickles are a permanent part of their diet.	CHINA	English-80; Cantonese-10; Mandarin-10	PG		Y
2024-03-01	1800	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 5	Luke completes his visit to Brisbane and heads to Saigon where he spends time with his family. He visits his Mum and Aunty 8 in Hoc Mon before cooking a traditional feast.	AUSTRALIA	English-100	RPT	PG	Y Y
2024-03-01	1830	Mary Makes It Easy	Soup's On!	Mary. Loves. Soup. Join the soup obsession with recipes that vary from cozy to chill, smooth or chunky, plus an ample dose of cheese, duh.	CANADA	English-100	G		
2024-03-01	1900	The Cook Up With Adam Liaw	Provincial French Picnic, The	It's Easy Entertaining, and designer Jamie Durie and chef Annie Smithers join Adam for The Provincial French Picnic.		English-100			
2024-03-01	1930	Rick Stein's Far Eastern Odyssey	Sri Lanka And Bali	In Sri Lanka, Rick Stein discovers a wealth of spicy vegetable curries. In Colombo, he meets one the country's most respected chefs and tastes an unforgettable chilli crab.	UNITED KINGDOM	English-100	RPT	G	Y
2024-03-01	2040	Jamie's Great Britain	Yorkshire	Jamie travels to Yorkshire where he uncovers the impact the Industrial Revolution had here on everything from the people on the streets to the food on plates.	UNITED KINGDOM	English-100	G		Y

2024-03-01	2135	Come Dine With Me UK	Leeds: Sophia	Acting lecturer, Sophia is hoping her homage to her Mediterranean heritage will win over her guests. Will her skills in the kitchen be enough for her to claim her this week's cash?	UNITED KINGDOM	English-100		PG		
2024-03-01	2200	Come Dine With Me UK	Leeds: Will	Entrepreneur Will, who is hoping his Malaysian menu and his homemade sauces will impress his guests. It's a musical night, with dodgy dancing and unusual instruments, but will this be enough?	UNITED KINGDOM	English-100		PG		
2024-03-01	2230	The Cook Up With Adam Liaw	Provincial French Picnic, The	It's Easy Entertaining, and designer Jamie Durie and chef Annie Smithers join Adam for The Provincial French Picnic.		English-100				
2024-03-01	2300	Counter Space	Meals Served	A prison in Maine has a solution to the age-old problem of unhealthy food in prisons as Sophia Roe pays homage to instant ramen innovators. And we discuss ice-cream and inspiration with Mikey Cole.	USA	English-100	RPT	PG		Y
2024-03-01	2330	The Cook And The Chef	Bbq Party	The warm spring days in the Barossa Valley are perfect for a barbecue and this week Maggie and Simon make the most of the weather to turn on the gas and start sizzling some of their favourites.	AUSTRALIA	English-100		G		
2024-03-01	2400	Luke Nguyen's Food Trail	Luke Nguyen's Food Trail Series 1 Ep 5	Luke completes his visit to Brisbane and heads to Saigon where he spends time with his family. He visits his Mum and Aunty 8 in Hoc Mon before cooking a traditional feast.	AUSTRALIA	English-100	RPT	PG	Y	Y
2024-03-01	2430	Eat China	Southern Chinese Food	We head to the south of China and Hong Kong, to the home of Cantonese food, where bao is mastered and rice-based dishes are legendary.	CHINA	English-80; Cantonese-10; Mandarin-10		G		Y
2024-03-01	2500	Eat China	Spicy Sichuan	Sichuan is the land of spice, and in the western region of China you can enjoy dazzling flavours of heat, peppercorns, and century eggs. Plus, learn why pickles are a permanent part of their diet.	CHINA	English-80; Cantonese-10; Mandarin-10		PG		Y
2024-03-01	2530	Rick Stein's Far Eastern Odyssey	Sri Lanka And Bali	In Sri Lanka, Rick Stein discovers a wealth of spicy vegetable curries. In Colombo, he meets one the country's most respected chefs and tastes an unforgettable chilli crab.	UNITED KINGDOM	English-100	RPT	G		Y
2024-03-01	2640	Jamie's Great Britain	Yorkshire	Jamie travels to Yorkshire where he uncovers the impact the Industrial Revolution had here on everything from the people on the streets to the food on plates.	UNITED KINGDOM	English-100		G		Y
2024-03-01	2735	Come Dine With Me UK	Leeds: Sophia	Acting lecturer, Sophia is hoping her homage to her Mediterranean heritage will win over her guests. Will her skills in the kitchen be enough for her to claim her this week's cash?	UNITED KINGDOM	English-100		PG		
2024-03-01	2800	Come Dine With Me UK	Leeds: Will	Entrepreneur Will, who is hoping his Malaysian menu and his homemade sauces will impress his guests. It's a musical night, with dodgy dancing and unusual instruments, but will this be enough?	UNITED KINGDOM	English-100		PG		
2024-03-01	2830	My Market Kitchen	My Market Kitchen Series 4 Ep 65	On My Market Kitchen today Elena is joined by Kinsan from Asian Inspirations for a traditional pork and vegetable ramen dish. Then Khanh bakes his classic chocolate brownies.	AUSTRALIA	English-100		G		
2024-03-02	0500	David Rocco's Dolce India	Beach And Jungle	David heads deep into the rainforest of Goa to visit the Savoi Plantations. Here, they grow all manners of Indian fruits including coconut and mango, as well as almost every spice under the sun!	CANADA	English-100		G		
2024-03-02	0530	My Greek Table With Diane Kochilas	Sephardic Cooking Of Thessaloniki, The	Diane focuses on the culinary and cultural lore of Ioannina, and the outcome is a delicious confluence of earth and water: from a unique local version of baklava to hearty Clay-Baked Lamb.	USA	English-50; Greek-50		PG		

2024-03-02	0600	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Ep 1	Maeve O'Meara and Joanna Savill continue to explore the best food and produce Australia has to offer. In this episode, yabby farming, and a French Patisserie in Kings Cross.	AUSTRALIA	English-100	RPT	G		Y
2024-03-02	0630	Amy Schumer Learns To Cook	Takeout Faves And Finger Foods	Amy and Chris recreate their favourite NYC takeout meals. Chris teaches Amy how to make Scarpetta's famous spaghetti and tomato sauce, along with Amy's favourite - prawns in lobster sauce with rice.	USA	English-100		PG	a l s	
2024-03-02	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
2024-03-02	0730	Australia's Food Bowl	Murray Cod	Chef Tony Tan pays Stefano a visit and prepares a Murray cod with Asian flavours in a stunning riverside location. Ginger, galangal and coconut with banana leaf are delicious additions to enjoy.	AUSTRALIA	English-100		G		
2024-03-02	0800	Everyday Gourmet With Justine Schofield	Ep 35	Chocolate enthusiast, Trish McKenzie joins Justine to make her cherry ripe muffins and then Justine makes a roasted duck and tomato tarte fine and whips up and egg brekky tortilla.	AUSTRALIA	English-100		G		
2024-03-02	0830	Eat China	Southern Chinese Food	We head to the south of China and Hong Kong, to the home of Cantonese food, where bao is mastered and rice-based dishes are legendary.	CHINA	English-80; Cantonese-10; Mandarin-10		G		Y
2024-03-02	0900	Eat China	Spicy Sichuan	Sichuan is the land of spice, and in the western region of China you can enjoy dazzling flavours of heat, peppercorns, and century eggs. Plus, learn why pickles are a permanent part of their diet.	CHINA	English-80; Cantonese-10; Mandarin-10		PG		Y
2024-03-02	0930	Rick Stein's Far Eastern Odyssey	Sri Lanka And Bali	In Sri Lanka, Rick Stein discovers a wealth of spicy vegetable curries. In Colombo, he meets one the country's most respected chefs and tastes an unforgettable chilli crab.	UNITED KINGDOM	English-100	RPT	G		Y
2024-03-02	1035	Mary Makes It Easy	Soup's On!	Mary. Loves. Soup. Join the soup obsession with recipes that vary from cozy to chill, smooth or chunky, plus an ample dose of cheese, duh.	CANADA	English-100		G		
2024-03-02	1105	The Cook Up With Adam Liaw	Provincial French Picnic, The	It's Easy Entertaining, and designer Jamie Durie and chef Annie Smithers join Adam for The Provincial French Picnic.		English-100				
2024-03-02	1135	Jamie's Great Britain	Yorkshire	Jamie travels to Yorkshire where he uncovers the impact the Industrial Revolution had here on everything from the people on the streets to the food on plates.	UNITED KINGDOM	English-100		G		Y
2024-03-02	1230	Everyday Gourmet With Justine Schofield	Ep 35	Chocolate enthusiast, Trish McKenzie joins Justine to make her cherry ripe muffins and then Justine makes a roasted duck and tomato tarte fine and whips up and egg brekky tortilla.	AUSTRALIA	English-100		G		
2024-03-02	1300	Australia's Food Bowl	Murray Cod	Chef Tony Tan pays Stefano a visit and prepares a Murray cod with Asian flavours in a stunning riverside location. Ginger, galangal and coconut with banana leaf are delicious additions to enjoy.	AUSTRALIA	English-100		G		
2024-03-02	1330	Amy Schumer Learns To Cook	Takeout Faves And Finger Foods	Amy and Chris recreate their favourite NYC takeout meals. Chris teaches Amy how to make Scarpetta's famous spaghetti and tomato sauce, along with Amy's favourite - prawns in lobster sauce with rice.	USA	English-100		PG	a l s	
2024-03-02	1425	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

2024-03-02	1430	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
2024-03-02	1530	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
2024-03-02	1630	Giada Entertains	Giada Entertains Series 4 Ep 3	Giada gets in the game day spirit and keeps folks entertained before kickoff by hosting a pre-game burger bash. The party features family fun activities and a buffet of mortadella meatball sliders.	USA	English-100		G			
2024-03-02	1700	Barefoot Contessa: Back To Basics	Tex Mex Entertaining	Ina Garten has all the bases covered when it comes to Tex-Mex entertaining. She makes a light and airy tres leches cake with berries, and her crowd-pleasing pork posole is a spicy main course.	USA	English-100		G			
2024-03-02	1730	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 5	Khanh embarks on an epic road trip through Central Gippsland, and learns how to forage for ingredients for a wild salad from locals.	AUSTRALIA	English-100		PG	a w	Y	
2024-03-02	1825	Please Eat Slowly Bitesize	Claypot Rice	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor shares his best tips to create your own!	AUSTRALIA	English-100		G			
2024-03-02	1830	Evolving Vegan	Portland	A diverse group of chefs create mouth-watering plant-based dumplings, fried 'chik'n' sandwiches, and Vietnamese 'catfish'. Mena forages for lobster mushrooms and visits the oldest tofu factory.	CANADA	English-100		G			
2024-03-02	1930	Ainsley's Fantastic Flavours	Meaty	Ainsley Harriott and friends make the most of meaty flavours. While Ainsley is on breakfast duty, he cooks up potato rosti with black pudding, poached egg and crispy maple-sriracha bacon.	UNITED KINGDOM	English-100		PG			
2024-03-02	2030	Rick Stein's Seafood Lovers' Guide	Episode 6	Rick Stein visits Cromer, famous for its crabs and stiffkey blue cockles. Near Kings Lynn, he gathers samphire and shrimps. Then cooks crabs with hollandaise sauce, shrimp risotto, and plaice goujons.	UNITED KINGDOM	English-100		PG	a w		
2024-03-02	2100	Rick Stein's Seafood Lovers' Guide	Episode 7	Rick visits Bear Island in Co. Cork where he meets Mike Sullivan, restaurant owner, and cooks monk fish with scallops and seaweed. He makes Cornish pasties, carrageen pudding, and trout along the way.	UNITED KINGDOM	English-100		PG	a w		
2024-03-02	2130	Anthony Bourdain: No Reservations	Mexico	Best-selling author and chef Anthony Bourdain heads to Mexico with his good friend Carlos for a tour of Carlos' hometown of Puebla and nearby Mexico City.	USA	English-100	RPT	M	s		Y
2024-03-02	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	
2024-03-02	2230	River Cottage Australia	River Cottage Australia One Hours Series 4 Ep 7	Back on the farm, it's time to make some much needed changes. Jean teaches Paul the forgotten skill of stone masonry. Meanwhile, Digger brings joy to some people in need.	UNITED KINGDOM	English-100	RPT	G		Y	
2024-03-02	2330	The Cook And The Chef	Just Cheese	If you buy your cheese processed and packaged from the supermarket shelf, then be prepared for a steep learning curve.	AUSTRALIA	English-100		G			
2024-03-02	2400	Barefoot Contessa: Back To Basics	Tex Mex Entertaining	Ina Garten has all the bases covered when it comes to Tex-Mex entertaining. She makes a light and airy tres leches cake with berries, and her crowd-pleasing pork posole is a spicy main course.	USA	English-100		G			

2024-03-02	2430	Khanh Ong's Wild Food	Khanh Ong's Wild Food Series 1 Ep 5	Khanh embarks on an epic road trip through Central Gippsland, and learns how to forage for ingredients for a wild salad from locals.	AUSTRALIA	English-100		PG	a w	Y
2024-03-02	2525	Please Eat Slowly Bitesize	Claypot Rice	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all at once. Victor shares his best tips to create your own!	AUSTRALIA	English-100		G		
2024-03-02	2530	Evolving Vegan	Portland	A diverse group of chefs create mouth-watering plant-based dumplings, fried 'chik'n' sandwiches, and Vietnamese 'catfish'. Mena forages for lobster mushrooms and visits the oldest tofu factory.	CANADA	English-100		G		
2024-03-02	2630	Ainsley's Fantastic Flavours	Meaty	Ainsley Harriott and friends make the most of meaty flavours. While Ainsley is on breakfast duty, he cooks up potato rosti with black pudding, poached egg and crispy maple-sriracha bacon.	UNITED KINGDOM	English-100		PG		
2024-03-02	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
2024-03-02	2730	Rick Stein's Seafood Lovers' Guide	Episode 6	Rick Stein visits Cromer, famous for its crabs and stiffkey blue cockles. Near Kings Lynn, he gathers samphire and shrimps. Then cooks crabs with hollandaise sauce, shrimp risotto, and plaice goujons.	UNITED KINGDOM	English-100		PG	a w	
2024-03-02	2800	Rick Stein's Seafood Lovers' Guide	Episode 7	Rick visits Bear Island in Co. Cork where he meets Mike Sullivan, restaurant owner, and cooks monk fish with scallops and seaweed. He makes Cornish pasties, carrageen pudding, and trout along the way.	UNITED KINGDOM	English-100		PG	a w	
2024-03-02	2830	Giada Entertains	Giada Entertains Series 4 Ep 3	Giada gets in the game day spirit and keeps folks entertained before kickoff by hosting a pre-game burger bash. The party features family fun activities and a buffet of mortadella meatball sliders.	USA	English-100		G		