



**WEEK 20: Sunday, 8 May - Saturday, 14 May 2022 - ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Caption	Subtitles
8/05/2022	500	<b>Cheese Slices</b>	Spain	Will travels to the land of Don Quixote to look at Manchego cheese before heading for the annual cheese fair at the medieval city of Trujillo and looking at cheese made from Merino ewes milk.	AUSTRALIA	English-100		G		
8/05/2022	530	<b>Destination Flavour Eurovision</b>	Destination Flavour Eurovision	If you can't be at the Eurovision Song Contest in person, Adam Liaw will show you the best of Europe without using his passport - it's all here in Australia.	AUSTRALIA	English-100	RPT	PG	Y	Y
8/05/2022	630	<b>Made In Britain</b>	Made In Britain Series 1 Ep 4	John Prescott hits the road again to find out how his favourite meal is made - fish supper, followed by rice pudding. He travels to the Ambrosia factory in Devon, and the Young's factory in Grimsby.	UNITED KINGDOM	English-100		G		
8/05/2022	725	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 7	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
8/05/2022	730	<b>Simply Raymond Blanc</b>	Spices	Raymond Blanc cooks up a feast for the eyes with a roast butternut squash with chorizo, chickpeas and tahini dressing. Then he turns up the heat in the kitchen with a sumptuous red lentil dahl.	UNITED KINGDOM	English-100		PG		
8/05/2022	830	<b>The Big Family Cooking Showdown</b>	Big Family Cooking Showdown Series 1, The Ep 1	The Marks and the Charles families face a series of challenges, based on the realities of everyday meals as they cook up their favourite dishes, both in the studio and in their own homes.	UNITED KINGDOM	English-100		G		
8/05/2022	940	<b>No Passport Required</b>	Boston	Marcus Samuelsson goes to the greater Boston area to learn more about Portuguese, Brazilian, and Cape Verdean food traditions.	USA	English-100		PG		
8/05/2022	1040	<b>No Passport Required</b>	Las Vegas	Marcus Samuelsson visits Las Vegas to learn more about the city's long-standing Chinese community and their food traditions.	USA	English-100		PG		
8/05/2022	1140	<b>No Passport Required</b>	Houston	Marcus Samuelsson visits Houston to learn more about food and community in the Nigerian and greater West African diaspora.	USA	English-100		PG		
8/05/2022	1240	<b>Simply Raymond Blanc</b>	Spices	Raymond Blanc cooks up a feast for the eyes with a roast butternut squash with chorizo, chickpeas and tahini dressing. Then he turns up the heat in the kitchen with a sumptuous red lentil dahl.	UNITED KINGDOM	English-100		PG		
8/05/2022	1335	<b>Cheese Slices</b>	Roquefort	With a fascinating history that dates back to Roman times, the importance of Roquefort cheese cannot be underestimated. Will visits a typical dairy to look at a unique breed of milking ewes.	AUSTRALIA	English-100		G		
8/05/2022	1405	<b>The Cook Up With Adam Liaw</b>	Keep A Lid On It	Host Adam Liaw, ABC Radio Sydney host Simon Marnie and fashion designer and TV presenter Claudia Chan Shaw create dishes that are easy to store and keep a lid on.	AUSTRALIA	English-100	RPT	PG		
8/05/2022	1435	<b>The Cook Up With Adam Liaw</b>	Waste Not Want Not	Zero Waste warrior Sarah Wilson and Three Blue Ducks owner Mark LaBrooy join Adam in the Cook Up kitchen to create some dishes that use the whole ingredient.	AUSTRALIA	English-100	RPT	PG		
8/05/2022	1505	<b>The Cook Up With Adam Liaw</b>	Sweet Comfort Food	Adam, comedian Gen Fricker and The Old Fitz chef Anna Urgate create some delicious comfort foods of the sweet kind in the Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG		
8/05/2022	1535	<b>The Cook Up With Adam Liaw</b>	Breakfast For Dinner	TV personality and chef Jason Roberts and head chef at Sydney restaurant Red Lantern Mark Jensen are in the Cook Up kitchen with Adam creating breakfast dishes for dinner.	AUSTRALIA	English-100	RPT	PG		
8/05/2022	1600	<b>The Cook Up With Adam Liaw</b>	Mexican	Adam hosts Mexican Deli owner Rosa Cienfuegos and Chica Bonita chef Alejandro Huerta to create dishes from our guests' home country of Mexico.	AUSTRALIA	English-100		PG		
8/05/2022	1630	<b>All The Things</b>	All The Things Series 1 Ep 3	Cherie forages for wild asparagus with her friend Richard, invites some Barossa friends to teach her traditional fruit preserving methods and plans her glasshouse with master innovator Ian.	AUSTRALIA	English-100		PG		





9/05/2022	500	<b>The Cook Up With Adam Liaw</b>	Waste Not Want Not	Zero Waste warrior Sarah Wilson and Three Blue Ducks owner Mark LaBrooy join Adam in the Cook Up kitchen to create some dishes that use the whole ingredient.	AUSTRALIA	English-100	RPT	PG			
9/05/2022	530	<b>The Cook Up With Adam Liaw</b>	Sweet Comfort Food	Adam, comedian Gen Fricker and The Old Fitz chef Anna Urgate create some delicious comfort foods of the sweet kind in the Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG			
9/05/2022	600	<b>The Cook Up With Adam Liaw</b>	Breakfast For Dinner	TV personality and chef Jason Roberts and head chef at Sydney restaurant Red Lantern Mark Jensen are in the Cook Up kitchen with Adam creating breakfast dishes for dinner.	AUSTRALIA	English-100	RPT	PG			
9/05/2022	630	<b>The Cook Up With Adam Liaw</b>	Mexican	Adam hosts Mexican Deli owner Rosa Cienfuegos and Chica Bonita chef Alejandro Huerta to create dishes from our guests' home country of Mexico.	AUSTRALIA	English-100		PG			
9/05/2022	700	<b>Minjiba Entertains</b>	Fresh Water Farm	At Lake Naivasha, in Kenya's Rift Valley Minjiba sets a date with nature at Chui Lodge and rose farm to create a themed meal that includes roses from the farm and fresh caught crayfish.	USA	English-100		PG			
9/05/2022	730	<b>Rick Stein's Far Eastern Odyssey</b>	Bangladesh	Rick ends his culinary tour in Bangladesh, the country that spawned thousands of 'Indian' restaurants in Britain years ago. Not surprisingly, curry is at the top of his list.	UNITED KINGDOM	English-100	RPT	G	Y	Y	
9/05/2022	840	<b>The Big Family Cooking Showdown</b>	Big Family Cooking Showdown Series 1, The Ep 2	The Karim and the Daws families face a series of challenges, based on the realities of everyday meals as they cook up their favourite dishes, both in the studio and in their own homes.	UNITED KINGDOM	English-100		PG			
9/05/2022	945	<b>All The Things</b>	All The Things Series 1 Ep 3	Cherie forages for wild asparagus with her friend Richard, invites some Barossa friends to teach her traditional fruit preserving methods and plans her glasshouse with master innovator Ian.	AUSTRALIA	English-100		PG			
9/05/2022	1010	<b>All The Things</b>	All The Things Series 1 Ep 4	Cherie ventures once more into the kitchen to knock up a plant-based ravioli with spinach lunch for Michael Keelan who is helping her plan and build a kitchen garden.	AUSTRALIA	English-100		PG			
9/05/2022	1035	<b>John Torode's Asia</b>	Hong Kong Modern	Inspired by a breathtaking view of the skyline, John Torode begins his exploration of Hong Kong's modern cuisine with an introduction to Cha Chaa Teng for breakfast.	UNITED KINGDOM	English-100		PG			
9/05/2022	1100	<b>John Torode's Asia</b>	Macau Home Cooking	John Torode finds himself in the world's most densely populated region this week, the so called Las Vegas of Asia - Macao - where finds a unique mix of culinary influences.	UNITED KINGDOM	English-100		PG			
9/05/2022	1130	<b>Flour Power</b>	Tron Theatre	In what is sure to be a dramatic affair, business development manager Lucy, front of house manager Khaliq, press and marketing officer Olivia and her manager Lindsay, do battle for the trophy.	UNITED KINGDOM	English-100		PG			
9/05/2022	1200	<b>The Cook Up With Adam Liaw</b>	Mexican	Adam hosts Mexican Deli owner Rosa Cienfuegos and Chica Bonita chef Alejandro Huerta to create dishes from our guests' home country of Mexico.	AUSTRALIA	English-100		PG			
9/05/2022	1230	<b>Minjiba Entertains</b>	Fresh Water Farm	At Lake Naivasha, in Kenya's Rift Valley Minjiba sets a date with nature at Chui Lodge and rose farm to create a themed meal that includes roses from the farm and fresh caught crayfish.	USA	English-100		PG			
9/05/2022	1300	<b>Lidia's Kitchen</b>	All About Eggs	Lidia shares her favourite egg recipes - a simple chicken stock with ribbons of egg and spinach, frittata with ricotta, tomatoes, onions, and basil, and baked eggplant with eggs.	USA	English-100		G			
9/05/2022	1330	<b>Lidia's Kitchen</b>	Italian Garden, The	Italy is one big garden with a year round growing season. Vegetables are often the stars of the meal, and Lidia highlights the versatility of delicious bitter vegetables including broccoli rabe.	USA	English-100		G			
9/05/2022	1400	<b>Africa On A Plate</b>	Imlil, Morocco	Chef Zama Memela treks up into Morocco's Atlas Mountains where she travels local-style by mule learning about the Berber culture and the use of fresh nuts and dates combined in food.	USA	English-100	RPT	G			
9/05/2022	1430	<b>Bake With Anna Olson</b>	Sponge Cakes	Light and airy, sponge cakes embody that great balance of technique and creativity and this lesson shows how limitless the options are.	CANADA	English-100		G			
9/05/2022	1500	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 25	Matt cooks a dish with a Middle Eastern twist - grilled eggplant and zucchini. Michael is on location at Drumshang Farm at Spring Hill where Michael cooks up an Indian classic - Rogan Josh.	AUSTRALIA	English-100		PG			
9/05/2022	1530	<b>Asia Unplated With Diana Chan</b>	Chinese	Diana shows how easy it is to make a yum cha favourite at home as she prepares sesame balls with red bean filling, while chef Jacob Leung prepares soy, orange and Chinese five-spice braised duck.	AUSTRALIA	English-100		G			
9/05/2022	1600	<b>Mystery Diners</b>	Unhappy Hour	Charles sends in Patrick and Tina to see how uninvited guests are gaining access to a free happy hour at Moreno's Cuba Cafe in Miami Beach, Florida.	USA	English-100		PG			

9/05/2022	1630	<b>Tastes Like Home</b>	Osijek/clondalkin	Chef Catherine Fulvio gets a guided tour of Old Town of Tvrdra and the Old City Walls, she visits a regional wine cellar in the Old Town and tastes wine from the Danube region.	IRELAND	English-100		PG		
9/05/2022	1700	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 26	Today on the show we are joined by Karen from Asian Inspirations, cooking a delicious Indonesian BBQ Beef Ribs. Then a Naughty Crispy Potatoes dish that will have your mouth watering.	AUSTRALIA			PG		
9/05/2022	1730	<b>Mary's Kitchen Crush</b>	Mary Loves Myra	Mary gives her mum a giant food hug with a fresh and flavourful take on lamb tenderloin, and a strawberry-rhubarb galette for dessert.	CANADA	English-100		G		
9/05/2022	1800	<b>The Cook And The Chef</b>	Sugar	This episode is all about sweetness and light, in the form of sugar and glorious North Queensland sunshine. Maggie and Simon begin with a couple of racks.	AUSTRALIA	English-100		G		
9/05/2022	1830	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 1 Ep 3	Rick tries out a new recipe - pork chops with a sloe berry sauce, before heading to the village of Rock where his son, Jack, holds a clam bake on the shore of the Camel Estuary.	UNITED KINGDOM	English-100		PG		
9/05/2022	1900	<b>The Cook Up With Adam Liaw</b>	90's Dinner Party	Grab your hyper-colour t-shirt as host Adam Liaw, actress Virginia Gay and political satirist Mark Humphries are in the Cook Up kitchen creating their ultimate 90's dinner party dishes.	AUSTRALIA	English-100		PG		
9/05/2022	1930	<b>Food Safari Water</b>	Fish On Fire	Cooking fish over fire is an instant call to the tastebuds, a combination of two of the most pure elements on earth that together take seafood to the next level.	AUSTRALIA	English-100	RPT	PG	Y	Y
9/05/2022	2000	<b>Taste Of France</b>	L'auberge Sur-Les-Bois	Daniel Barratier has worked with some of the best chefs traveling the world, now he's back in his hometown, Annecy, the 'Venice of the French Alps', where he invested in a true fine dining restaurant.	SWEDEN	English-50; French-50		G		
9/05/2022	2030	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Patrick Stewart	Jamie and Jimmy are joined by Sir Patrick Stewart, as he swaps the Starship Enterprise for the little cafe on the end of Southend Pier. The boys bring back fond food memories for Patrick.	UNITED KINGDOM	English-100		PG		
9/05/2022	2130	<b>Come Dine With Me UK Couples</b>	Essex B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		G		
9/05/2022	2225	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 4	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA		RPT	G	Y	Y
9/05/2022	2230	<b>The Cook Up With Adam Liaw</b>	90's Dinner Party	Grab your hyper-colour t-shirt as host Adam Liaw, actress Virginia Gay and political satirist Mark Humphries are in the Cook Up kitchen creating their ultimate 90's dinner party dishes.	AUSTRALIA	English-100		PG		
9/05/2022	2300	<b>Destination Flavour Japan</b>	Destination Flavour - Japan Series 1 Ep 7	In Kyoto, Adam Liaw takes us on a journey of discovery we meet a Tea Master, a Maiko and Michelin Star chef who makes risotto into sushi.	AUSTRALIA	English-85; Japanese-15	RPT	G	Y	Y
9/05/2022	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 20 Ep 21	Join cookery legends Marguerite Patten and Prue Leith, who together have 120 years of kitchen experience between them, as they don the famous red and green aprons.	UNITED KINGDOM	English-100		G		
9/05/2022	2425	<b>Destination Flavour Fillers</b>	Destination Flavour Bitesize Series 1 Ep 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	Y
9/05/2022	2430	<b>The Cook And The Chef</b>	Sugar	This episode is all about sweetness and light, in the form of sugar and glorious North Queensland sunshine. Maggie and Simon begin with a couple of racks.	AUSTRALIA	English-100		G		
9/05/2022	2500	<b>Cooking Up A Fortune</b>	Cooking Up A Fortune Series 1 Ep 6	Three new pairs of cooks compete for a place in the final - Old Dhaka Kitchen, Dad's Canteen, and The Tiny Italian Kitchen. Who will make the most profit when the 50 diners arrive?	UNITED KINGDOM	English-100		G		
9/05/2022	2530	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Patrick Stewart	Jamie and Jimmy are joined by Sir Patrick Stewart, as he swaps the Starship Enterprise for the little cafe on the end of Southend Pier. The boys bring back fond food memories for Patrick.	UNITED KINGDOM	English-100		PG		
9/05/2022	2630	<b>Come Dine With Me UK Couples</b>	Essex B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		G		
9/05/2022	2725	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 4	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA		RPT	G	Y	Y
9/05/2022	2730	<b>Lidia's Kitchen</b>	All About Eggs	Lidia shares her favourite egg recipes - a simple chicken stock with ribbons of egg and spinach, frittata with ricotta, tomatoes, onions, and basil, and baked eggplant with eggs.	USA	English-100		G		
9/05/2022	2800	<b>Lidia's Kitchen</b>	Italian Garden, The	Italy is one big garden with a year round growing season. Vegetables are often the stars of the meal, and Lidia highlights the versatility of delicious bitter vegetables including broccoli rabe.	USA	English-100		G		



9/05/2022	2830	<b>Africa On A Plate</b>	Imlil, Morocco	Chef Zama Memela treks up into Morocco's Atlas Mountains where she travels local-style by mule learning about the Berber culture and the use of fresh nuts and dates combined in food.	USA	English-100	RPT	G		
10/05/2022	500	<b>Bake With Anna Olson</b>	Sponge Cakes	Light and airy, sponge cakes embody that great balance of technique and creativity and this lesson shows how limitless the options are.	CANADA	English-100		G		
10/05/2022	530	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 25	Matt cooks a dish with a Middle Eastern twist - grilled eggplant and zucchini. Michael is on location at Drumshang Farm at Spring Hill where Michael cooks up an Indian classic - Rogan Josh.	AUSTRALIA	English-100		PG		
10/05/2022	600	<b>Asia Unplated With Diana Chan</b>	Chinese	Diana shows how easy it is to make a yum cha favourite at home as she prepares sesame balls with red bean filling, while chef Jacob Leung prepares soy, orange and Chinese five-spice braised duck.	AUSTRALIA	English-100		G		
10/05/2022	630	<b>Mystery Diners</b>	Unhappy Hour	Charles sends in Patrick and Tina to see how uninvited guests are gaining access to a free happy hour at Moreno's Cuba Cafe in Miami Beach, Florida.	USA	English-100		PG		
10/05/2022	700	<b>Tastes Like Home</b>	Osijek/clondalkin	Chef Catherine Fulvio gets a guided tour of Old Town of Tvrda and the Old City Walls, she visits a regional wine cellar in the Old Town and tastes wine from the Danube region.	IRELAND	English-100		PG		
10/05/2022	730	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 26	Today on the show we are joined by Karen from Asian Inspirations, cooking a delicious Indonesian BBQ Beef Ribs. Then a Naughty Crispy Potatoes dish that will have your mouth watering.	AUSTRALIA			PG		
10/05/2022	800	<b>Mary's Kitchen Crush</b>	Mary Loves Myra	Mary gives her mum a giant food hug with a fresh and flavourful take on lamb tenderloin, and a strawberry-rhubarb galette for dessert.	CANADA	English-100		G		
10/05/2022	830	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 1 Ep 3	Rick tries out a new recipe - pork chops with a sloe berry sauce, before heading to the village of Rock where his son, Jack, holds a clam bake on the shore of the Camel Estuary.	UNITED KINGDOM	English-100		PG		
10/05/2022	900	<b>The Cook And The Chef</b>	Sugar	This episode is all about sweetness and light, in the form of sugar and glorious North Queensland sunshine. Maggie and Simon begin with a couple of racks.	AUSTRALIA	English-100		G		
10/05/2022	930	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Patrick Stewart	Jamie and Jimmy are joined by Sir Patrick Stewart, as he swaps the Starship Enterprise for the little cafe on the end of Southend Pier. The boys bring back fond food memories for Patrick.	UNITED KINGDOM	English-100		PG		
10/05/2022	1030	<b>Food Safari Water</b>	Fish On Fire	Cooking fish over fire is an instant call to the tastebuds, a combination of two of the most pure elements on earth that together take seafood to the next level.	AUSTRALIA	English-100	RPT	PG	Y	Y
10/05/2022	1100	<b>The Cook Up With Adam Liaw</b>	90's Dinner Party	Grab your hyper-colour t-shirt as host Adam Liaw, actress Virginia Gay and political satirist Mark Humphries are in the Cook Up kitchen creating their ultimate 90's dinner party dishes.	AUSTRALIA	English-100		PG		
10/05/2022	1130	<b>Come Dine With Me UK Couples</b>	Essex B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		G		
10/05/2022	1225	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 4	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA		RPT	G	Y	Y
10/05/2022	1230	<b>Taste Of France</b>	L'auberge Sur-Les-Bois	Daniel Barratier has worked with some of the best chefs traveling the world, now he's back in his hometown, Annecy, the 'Venice of the French Alps', where he invested in a true fine dining restaurant.	SWEDEN	English-50; French-50		G		
10/05/2022	1300	<b>Lidia's Kitchen</b>	Ragu	Lidia prepares two types of ragu - lamb and pepper, and chestnut and mushroom.	USA	English-100		G		
10/05/2022	1330	<b>Lidia's Kitchen</b>	Italian American Favorites	Lidia prepares Italian-American favourites including Caesar salad, baked eggplant stuffed with meat and vegetables, and stuffed mushrooms.	USA	English-100		G		
10/05/2022	1400	<b>Africa On A Plate</b>	Essaouira	The historic seaside town of Essaouira is the breathtaking setting for chef Zama Memela's next adventure. Taking part in a spice tour educates her on the local spices.	USA	English-100	RPT	G		
10/05/2022	1430	<b>Bake With Anna Olson</b>	Bagels And Pretzels	Bagels and pretzels can be categorized under the same umbrella, since they share the common technique of being boiled before they are baked. Anna expands on the basic techniques.	CANADA	English-100		G		
10/05/2022	1500	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 26	Matt kicks things off with a simple yoghurt cake with homemade anglaise, while Michael shares a versatile miso glaze that can be used on just about anything.	AUSTRALIA	English-100		G		
10/05/2022	1530	<b>Asia Unplated With Diana Chan</b>	Laos	Diana explores popular flavours in Laotian cuisine including a spicy pork sausage - sai oua - packed with vibrant herbs and spices.	AUSTRALIA	English-100		PG		

10/05/2022	1600	<b>Mystery Diners</b>	Missing Links	Charles discovers a bigger problem inside the dining room while investigating complaints about non-members playing for free at Emerald Hills Golf Course in Hollywood, Florida.	USA	English-100		PG		
10/05/2022	1630	<b>Tastes Like Home</b>	Lifford/maine & New Hampshire	Chef Catherine Fulvio travels to Donegal to meet Ann to find out who is living away from home. Later Ann rustles up the dishes that remind James and Monica of home in Donegal, snowballs and apple pie.	IRELAND	English-100		PG		
10/05/2022	1700	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 27	Today Khanh and Elena take on a classic winter warmer, Lamb Shanks. Then Khanh whips up a delicious Cherry & Coconut Slice, followed by Elena's Smashed Peas on toast for the budget friendly.	AUSTRALIA			PG		
10/05/2022	1730	<b>Mary's Kitchen Crush</b>	Sarah Loves Steak	Mary's friend Sarah is killing it in her career, so Mary is showing pride for her friend's success with the perfect steak-and-potatoes meal.	CANADA	English-100		G		
10/05/2022	1800	<b>The Cook And The Chef</b>	Alice, The	Maggie takes us to the heart of Australia for the Alice Springs Desert Festival. Maggie was invited to the Festival to help judge one of its major events, the Wild food competition.	AUSTRALIA	English-100		G		
10/05/2022	1830	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 1 Ep 4	In the far west of Cornwall, Rick meets with musicians Graham Fitkin and Ruth Wall, and prepares an alfresco dish of Cornish mussels with cider.	UNITED KINGDOM	English-100		PG		
10/05/2022	1900	<b>The Cook Up With Adam Liaw</b>	Locally Sourced	SBS News presenter Janice Petersen and comedian Dane Simpson join Adam Liaw in the Cook Up kitchen to create some dishes using locally grown and sourced products.	AUSTRALIA	English-100		PG		
10/05/2022	1930	<b>Food Safari Water</b>	Shellfish	Shark-defying scallop diver Paulie Polacco braves cold water and strong currents to harvest some of the worlds most prized queen scallops off Kangaroo Island, adored for their purple roe.	AUSTRALIA	English-100	RPT	PG	Y	Y
10/05/2022	2000	<b>Cook Like An Italian With Silvia Colloca</b>	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
10/05/2022	2030	<b>Cook Like An Italian With Silvia Colloca</b>	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
10/05/2022	2100	<b>Lightened Up</b>	Going Vegan	Erwan creates vegan alternatives to a classic American food and an unexpected dessert: Burger and Cheesecake.	USA	English-100		PG		
10/05/2022	2130	<b>Come Dine With Me UK Couples</b>	Manchester B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		G		
10/05/2022	2225	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 5	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA		RPT	G	Y	Y
10/05/2022	2230	<b>The Cook Up With Adam Liaw</b>	Locally Sourced	SBS News presenter Janice Petersen and comedian Dane Simpson join Adam Liaw in the Cook Up kitchen to create some dishes using locally grown and sourced products.	AUSTRALIA	English-100		PG		
10/05/2022	2300	<b>Destination Flavour Japan</b>	Destination Flavour - Japan Series 1 Ep 8	Adam hits the streets to show us Osaka's incredibly delicious array of cheap eats. He spends the day with a retired sumo wrestler, then indulges in some delicious baseball stadium food.	AUSTRALIA	English-70; Japanese-30	RPT	G	Y	Y
10/05/2022	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 20 Ep 22	Join Ainsley Harriott for another high octane, 20-minute cooking challenge in the red and green kitchens.	UNITED KINGDOM	English-100		G		
10/05/2022	2425	<b>Destination Flavour Fillers</b>	Destination Flavour Bitesize Series 1 Ep 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	Y
10/05/2022	2430	<b>The Cook And The Chef</b>	Alice, The	Maggie takes us to the heart of Australia for the Alice Springs Desert Festival. Maggie was invited to the Festival to help judge one of its major events, the Wild food competition.	AUSTRALIA	English-100		G		
10/05/2022	2500	<b>Cooking Up A Fortune</b>	Cooking Up A Fortune Series 1 Ep 7	It's the last round of the heats and one kitchen will win a place in the weekly final. Cooking today are Old Dhaka Kitchen, The Tiny Italian Kitchen, and Dad's Canteen. Who will nail it?	UNITED KINGDOM	English-100		G		
10/05/2022	2530	<b>Cook Like An Italian With Silvia Colloca</b>	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
10/05/2022	2600	<b>Lightened Up</b>	Going Vegan	Erwan creates vegan alternatives to a classic American food and an unexpected dessert: Burger and Cheesecake.	USA	English-100		PG		
10/05/2022	2630	<b>Come Dine With Me UK Couples</b>	Manchester B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		G		

10/05/2022	2725	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 5	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA		RPT	G	Y	Y
10/05/2022	2730	<b>Lidia's Kitchen</b>	Ragu	Lidia prepares two types of ragu - lamb and pepper, and chestnut and mushroom.	USA	English-100		G		
10/05/2022	2800	<b>Lidia's Kitchen</b>	Italian American Favorites	Lidia prepares Italian-American favourites including Caesar salad, baked eggplant stuffed with meat and vegetables, and stuffed mushrooms.	USA	English-100		G		
10/05/2022	2830	<b>Africa On A Plate</b>	Essaouira	The historic seaside town of Essaouira is the breathtaking setting for chef Zama Memela's next adventure. Taking part in a spice tour educates her on the local spices.	USA	English-100	RPT	G		
11/05/2022	500	<b>Bake With Anna Olson</b>	Bagels And Pretzels	Bagels and pretzels can be categorized under the same umbrella, since they share the common technique of being boiled before they are baked. Anna expands on the basic techniques.	CANADA	English-100		G		
11/05/2022	530	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 26	Matt kicks things off with a simple yoghurt cake with homemade anglaise, while Michael shares a versatile miso glaze that can be used on just about anything.	AUSTRALIA	English-100		G		
11/05/2022	600	<b>Asia Unplated With Diana Chan</b>	Laos	Diana explores popular flavours in Laotian cuisine including a spicy pork sausage - sai oua - packed with vibrant herbs and spices.	AUSTRALIA	English-100		PG		
11/05/2022	630	<b>Mystery Diners</b>	Missing Links	Charles discovers a bigger problem inside the dining room while investigating complaints about non-members playing for free at Emerald Hills Golf Course in Hollywood, Florida.	USA	English-100		PG		
11/05/2022	700	<b>Tastes Like Home</b>	Lifford/maine & New Hampshire	Chef Catherine Fulvio travels to Donegal to meet Ann to find out who is living away from home. Later Ann rustles up the dishes that remind James and Monica of home in Donegal, snowballs and apple pie.	IRELAND	English-100		PG		
11/05/2022	730	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 27	Today Khanh and Elena take on a classic winter warmer, Lamb Shanks. Then Khanh whips up a delicious Cherry & Coconut Slice, followed by Elena's Smashed Peas on toast for the budget friendly.	AUSTRALIA			PG		
11/05/2022	800	<b>Mary's Kitchen Crush</b>	Sarah Loves Steak	Mary's friend Sarah is killing it in her career, so Mary is showing pride for her friend's success with the perfect steak-and-potatoes meal.	CANADA	English-100		G		
11/05/2022	830	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 1 Ep 4	In the far west of Cornwall, Rick meets with musicians Graham Fitkin and Ruth Wall, and prepares an alfresco dish of Cornish mussels with cider.	UNITED KINGDOM	English-100		PG		
11/05/2022	900	<b>The Cook And The Chef</b>	Alice, The	Maggie takes us to the heart of Australia for the Alice Springs Desert Festival. Maggie was invited to the Festival to help judge one of its major events, the Wild food competition.	AUSTRALIA	English-100		G		
11/05/2022	930	<b>Cook Like An Italian With Silvia Colloca</b>	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
11/05/2022	1000	<b>Lightened Up</b>	Going Vegan	Erwan creates vegan alternatives to a classic American food and an unexpected dessert: Burger and Cheesecake.	USA	English-100		PG		
11/05/2022	1030	<b>Food Safari Water</b>	Shellfish	Shark-defying scallop diver Paulie Polacco braves cold water and strong currents to harvest some of the worlds most prized queen scallops off Kangaroo Island, adored for their purple roe.	AUSTRALIA	English-100	RPT	PG	Y	Y
11/05/2022	1100	<b>The Cook Up With Adam Liaw</b>	Locally Sourced	SBS News presenter Janice Petersen and comedian Dane Simpson join Adam Liaw in the Cook Up kitchen to create some dishes using locally grown and sourced products.	AUSTRALIA	English-100		PG		
11/05/2022	1130	<b>Come Dine With Me UK Couples</b>	Manchester B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		G		
11/05/2022	1225	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 5	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA		RPT	G	Y	Y
11/05/2022	1230	<b>Cook Like An Italian With Silvia Colloca</b>	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
11/05/2022	1300	<b>Lidia's Kitchen</b>	Fruits And Desserts	Lidia focuses on fruits and desserts as she prepares strawberries with balsamic vinegar, panna cotta with seasonal fruit, nectarines and blueberries in prosecco, and plum crostata.	USA	English-100		G		
11/05/2022	1330	<b>Lidia's Kitchen</b>	Crespelle	Lidia shares her favourite crespelle - an Italian-style crepe - dishes, including crespelle manicotti, and chocolate and walnut crespelle.	USA	English-100		G		



11/05/2022	1400	<b>Africa On A Plate</b>	Morocco Fusion	Morocco has so much to offer among its cuisine. Chef Zama Memela tries marinated salmon and is finally introduced to the famed pigeon pie.	USA	English-100	RPT	G		
11/05/2022	1430	<b>Bake With Anna Olson</b>	Batter Cookies	Batter cookies start with a soft batter that is shaped, piped or formed before baking, and are a classic part of a pastry chef's repertoire. Anna shares her favourite batter cookie recipes.	CANADA	English-100		G		
11/05/2022	1500	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 27	Matt soaks some oats to make one of his breakfast favourites - bircher muesli, while Michael shares a perfect date night dish - crispy skin barramundi.	AUSTRALIA	English-100		G		
11/05/2022	1530	<b>Asia Unplated With Diana Chan</b>	South Indian	Diana focuses on the foods of Southern India. Chef Jacob Leung prepares red onion bhajis with yoghurt dipping sauce and chef Sarah Todd shares her recipe for Kerala-style crispy prawns.	AUSTRALIA	English-100		G		
11/05/2022	1600	<b>Mystery Diners</b>	History Mystery	When Lee, owner of Old Vinings Inn in Atlanta, hears rumors of unauthorised Civil War tours taking place inside his historical restaurant, he contacts Charles to investigate.	USA	English-100		PG		
11/05/2022	1630	<b>Tastes Like Home</b>	Cape Town And Johannesburg	Catherine will teach viewers some new recipes including Biltong Bru-schetta with Irish Farmhouse Cheese, Nectarines and Balsamic Glaze and a Boerewors, Parmesan polenta with a charred onion and mustard gravy. All of these dishes are inspired by local dishes and flavours Catherine experienced whilst visiting South Africa.	IRELAND	English-100		PG		
11/05/2022	1700	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 28	This episode of My Market Kitchen is full of delicious and nutritious dishes meals for you to try at home. First up Elena cooks her Chop Salad, then Khanh whips up a Whisky Fennel Pork meal.	AUSTRALIA			PG		
11/05/2022	1730	<b>Mary's Kitchen Crush</b>	Myra The Entertainer	It's a girl's night in as Mary hosts her mum and her friends for some beer braised short ribs and a crowd-pleasing carrot cake.	CANADA	English-100		G		
11/05/2022	1800	<b>The Cook And The Chef</b>	Prawns	We follow Simon as he travels to sunny North Queensland in search of Black Tiger Prawns. Passing through Townsville, he ends up at an ultra-modern prawn farm.	AUSTRALIA	English-100		G		
11/05/2022	1830	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 1 Ep 5	Rick Stein meets his good friend Barry Humphries, who fell in love with Cornwall in the 1960s when he escaped London to develop his now famous character, Dame Edna Everage.	UNITED KINGDOM	English-100		PG		
11/05/2022	1900	<b>The Cook Up With Adam Liaw</b>	Tasmania	Author and lecturer Bruce Pascoe and chef Jared Ingersoll are creating all things Tasmanian in the Cook Up kitchen with host Adam Liaw.	AUSTRALIA	English-100		PG		
11/05/2022	1930	<b>Food Safari Water</b>	One Pot	The simplicity of cooking and serving seafood in one pot is a hallmark of cuisines around the world. Chef Angie Hong shares the secrets of Vietnamese clay pot cooking.	AUSTRALIA	English-100	RPT	PG	Y	Y
11/05/2022	2000	<b>Field Trip With Curtis Stone</b>	Rome	Curtis journeys to the heart of Rome to experience the cuisine of the city. He starts his travels visiting a local butcher who specialises in organ meats and meets a former chef turned pizza maker.	USA	English-100		G		
11/05/2022	2030	<b>Jamie's Ultimate Veg</b>	Jamie's Ultimate Veg Series 1 Ep 4	Jamie showcases vegetables in his scruffy eggplant lasagne. He explores Asia's biggest fruit and vegetable market, then shows how to pack a punch with an incredible bean salad.	UNITED KINGDOM	English-100		G		
11/05/2022	2125	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 8	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	Y
11/05/2022	2130	<b>Come Dine With Me UK Couples</b>	Leeds / York B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG		
11/05/2022	2225	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 6	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.			RPT	G	Y	Y
11/05/2022	2230	<b>The Cook Up With Adam Liaw</b>	Tasmania	Author and lecturer Bruce Pascoe and chef Jared Ingersoll are creating all things Tasmanian in the Cook Up kitchen with host Adam Liaw.	AUSTRALIA	English-100		PG		
11/05/2022	2300	<b>Destination Flavour Japan</b>	Destination Flavour - Japan Series 1 Ep 9	In Japan's southern Islands Kyushu and Shikoku, Adam Liaw finds a vibrant, warm culture where old ladies use iPads to harvest the forests, and the cuisine is as fascinating as its people.	AUSTRALIA	English-80; Japanese-20	RPT	G	Y	Y
11/05/2022	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 20 Ep 23	Actors and friends Jason Donovan and Mark Little are in the kitchen, swapping tales of shared Aussie roots and very different tastes in food.	UNITED KINGDOM	English-100		G		
11/05/2022	2425	<b>Destination Flavour Fillers</b>	Destination Flavour Bitesize Series 1 Ep 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	Y



11/05/2022	2430	<b>The Cook And The Chef</b>	Prawns	We follow Simon as he travels to sunny North Queensland in search of Black Tiger Prawns. Passing through Townsville, he ends up at an ultra-modern prawn farm.	AUSTRALIA	English-100		G		
11/05/2022	2500	<b>Cooking Up A Fortune</b>	Cooking Up A Fortune Series 1 Ep 8	Three new pairs of cooks compete for a place in the final - The Geordie Grub Hub, Sassy and Ginger, and In Wonderland. Who will make the most profit when today's 50 diners arrive?	UNITED KINGDOM	English-100		G		
11/05/2022	2530	<b>Jamie's Ultimate Veg</b>	Jamie's Ultimate Veg Series 1 Ep 4	Jamie showcases vegetables in his scruffy eggplant lasagne. He explores Asia's biggest fruit and vegetable market, then shows how to pack a punch with an incredible bean salad.	UNITED KINGDOM	English-100		G		
11/05/2022	2625	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 8	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	Y
11/05/2022	2630	<b>Come Dine With Me UK Couples</b>	Leeds / York B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG		
11/05/2022	2725	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 6	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.			RPT	G	Y	Y
11/05/2022	2730	<b>Lidia's Kitchen</b>	Fruits And Desserts	Lidia focuses on fruits and desserts as she prepares strawberries with balsamic vinegar, panna cotta with seasonal fruit, nectarines and blueberries in prosecco, and plum crostata.	USA	English-100		G		
11/05/2022	2800	<b>Lidia's Kitchen</b>	Crespelle	Lidia shares her favourite crespelle - an Italian-style crepe - dishes, including crespelle manicotti, and chocolate and walnut crespelle.	USA	English-100		G		
11/05/2022	2830	<b>Africa On A Plate</b>	Morocco Fusion	Morocco has so much to offer among its cuisine. Chef Zama Memela tries marinated salmon and is finally introduced to the famed pigeon pie.	USA	English-100	RPT	G		
12/05/2022	500	<b>Bake With Anna Olson</b>	Batter Cookies	Batter cookies start with a soft batter that is shaped, piped or formed before baking, and are a classic part of a pastry chef's repertoire. Annna shares her favourite batter cookie recipes.	CANADA	English-100		G		
12/05/2022	530	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 27	Matt soaks some oats to make one of his breakfast favourites - bircher muesli, while Michael shares a perfect date night dish - crispy skin barramundi.	AUSTRALIA	English-100		G		
12/05/2022	600	<b>Asia Unplated With Diana Chan</b>	South Indian	Diana focuses on the foods of Southern India. Chef Jacob Leung prepares red onion bhajis with yoghurt dipping sauce and chef Sarah Todd shares her recipe for Kerala-style crispy prawns.	AUSTRALIA	English-100		G		
12/05/2022	630	<b>Mystery Diners</b>	History Mystery	When Lee, owner of Old Vinings Inn in Atlanta, hears rumors of unauthorised Civil War tours taking place inside his historical restaurant, he contacts Charles to investigate.	USA	English-100		PG		
12/05/2022	700	<b>Tastes Like Home</b>	Cape Town And Johannesburg	Catherine will teach viewers some new recipes including Biltong Bru-schetta with Irish Farmhouse Cheese, Nectarines and Balsamic Glaze and a Boerewors, Parmesan polenta with a charred onion and mustard gravy. All of these dishes are inspired by local dishes and flavours Catherine experienced whilst visiting South Africa.	IRELAND	English-100		PG		
12/05/2022	730	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 28	This episode of My Market Kitchen is full of delicious and nutritious dishes meals for you to try at home. First up Elena cooks her Chop Salad, then Khanh whips up a Whisky Fennel Pork meal.	AUSTRALIA			PG		
12/05/2022	800	<b>Mary's Kitchen Crush</b>	Myra The Entertainer	It's a girl's night in as Mary hosts her mum and her friends for some beer braised short ribs and a crowd-pleasing carrot cake.	CANADA	English-100		G		
12/05/2022	830	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 1 Ep 5	Rick Stein meets his good friend Barry Humphries, who fell in love with Cornwall in the 1960s when he escaped London to develop his now famous character, Dame Edna Everage.	UNITED KINGDOM	English-100		PG		
12/05/2022	900	<b>The Cook And The Chef</b>	Prawns	We follow Simon as he travels to sunny North Queensland in search of Black Tiger Prawns. Passing through Townsville, he ends up at an ultra-modern prawn farm.	AUSTRALIA	English-100		G		
12/05/2022	930	<b>Jamie's Ultimate Veg</b>	Jamie's Ultimate Veg Series 1 Ep 4	Jamie showcases vegetables in his scruffy eggplant lasagne. He explores Asia's biggest fruit and vegetable market, then shows how to pack a punch with an incredible bean salad.	UNITED KINGDOM	English-100		G		
12/05/2022	1025	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 8	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	Y
12/05/2022	1030	<b>Food Safari Water</b>	One Pot	The simplicity of cooking and serving seafood in one pot is a hallmark of cuisines around the world. Chef Angie Hong shares the secrets of Vietnamese clay pot cooking.	AUSTRALIA	English-100	RPT	PG	Y	Y

12/05/2022	1100	<b>The Cook Up With Adam Liaw</b>	Tasmania	Author and lecturer Bruce Pascoe and chef Jared Ingersoll are creating all things Tasmanian in the Cook Up kitchen with host Adam Liaw.	AUSTRALIA	English-100		PG		
12/05/2022	1130	<b>Come Dine With Me UK Couples</b>	Leeds / York B	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG		
12/05/2022	1225	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 6	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.			RPT	G	Y	Y
12/05/2022	1230	<b>Field Trip With Curtis Stone</b>	Rome	Curtis journeys to the heart of Rome to experience the cuisine of the city. He starts his travels visiting a local butcher who specialises in organ meats and meets a former chef turned pizza maker.	USA	English-100		G		
12/05/2022	1300	<b>Lidia's Kitchen</b>	Agrodolce	Lidia shares her recipe for agrodolce - an Italian-style sweet-and-sour sauce - which she uses to flavour swordfish.	USA	English-100		G		
12/05/2022	1330	<b>Lidia's Kitchen</b>	Herbs And Spices	Lidia shares some of her favourite recipes made with herbs and spices, including pickled carrots, and skillet cauliflower with lemon and mint.	USA	English-100		G		
12/05/2022	1400	<b>Africa On A Plate</b>	Cooking With Zama: Morocco	This episode provides detailed recipe information from Chef Zama Memela's journey through Morocco for easy duplication at home.	USA	English-100	RPT	PG		
12/05/2022	1430	<b>Bake With Anna Olson</b>	Bread Pudding	Bread pudding falls into the category of custard, since the bread is baked in an eggcream mixture to achieve its delicate richness. Anna demonstrates the principles behind this famous dessert.	CANADA	English-100		G		
12/05/2022	1500	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 28	Matt prepares a lamb and hummus wrap, Courtney makes almond butter and blueberry jam, and Michael makes one of America's favourite bar snacks - the jalapeno popper.	AUSTRALIA	English-100		G		
12/05/2022	1530	<b>Asia Unplated With Diana Chan</b>	Thai	Diana explores the balance of salty, sweet, and sour flavours that is fundamental in Thai cuisine. Chef Adam D'Sylva perfects this harmony of flavours with his seared tuna with nahm jim.	AUSTRALIA	English-100		G		
12/05/2022	1600	<b>Mystery Diners</b>	Red Ink	Uche, owner of The Anchor Bar and Tattoo in Atlanta, contacts Charles after noticing a drop in food and tattoo sales. Meagen and Justin go undercover to see if the two problems are related.	USA	English-100		PG		
12/05/2022	1630	<b>Tastes Like Home</b>	Tiny Township, Canada	This week Catherine will teach us how to cook sweet lovers delight, Maple Taffy, and for the cheese lovers, Irish Cheddar Cheese Curd Poutine with smoked bacon and whiskey gravy followed by a Spiced Bramley Apple Cake with Maple Whiskey Glaze – mouth watering.	IRELAND	English-100		PG		
12/05/2022	1700	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 29	On this episode of My Market Kitchen Elena cooks a set and forget Chicken Tagine meal for Khanh. Then Khanh shows us his mothers quick Pipis dish, finishing the show with some classic Guacamole and Lime Chilli Chips	AUSTRALIA			PG		
12/05/2022	1730	<b>Mary's Kitchen Crush</b>	Breakfast For Dinner	Mary wakes up the taste buds with a kid-friendly breakfast for dinner featuring peanut butter and banana stuffed French toast.	CANADA	English-100		G		
12/05/2022	1800	<b>The Cook And The Chef</b>	Favourite Dishes	Maggie and Simon cook up a few favourites. Simon masters a salty-sweet-sour balance with a vegetarian Pad Thai, while Maggie combines tender squid with capers and leek in a delicious spring salad.	AUSTRALIA	English-100		G		
12/05/2022	1830	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 1 Ep 6	Rick journeys inland from the majestic Camel Estuary to one of Britain's finest vineyards, and later fires up the BBQ cook his latest fish catch using a recipe inspired from a trip to Goa.	UNITED KINGDOM	English-100		PG		
12/05/2022	1900	<b>The Cook Up With Adam Liaw</b>	Movie Night	Host Adam Liaw, food writer Kate Gibbs and former MasterChef contestant Aaron Harvie are creating some fun movie night meals in the Cook Up kitchen.	AUSTRALIA	English-100		PG	Y	Y
12/05/2022	1930	<b>Food Safari Water</b>	Preserved	Maeve explores how preserving fish creates whole new worlds of flavour - in smoked salmon, bottarga, and XO sauce.	AUSTRALIA	English-100	RPT	PG	Y	Y
12/05/2022	2000	<b>Nigellissima</b>	Nigellissima Series 1 Ep 6	Nigella Lawson treats her supper guests to a sumptuous feast of lamb chops with mint, chilli and golden potatoes, served alongside roasted red onions with fennel and basil.	UNITED KINGDOM	English-100	RPT	G	Y	Y
12/05/2022	2030	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 1 Ep 1	Top chef Michel Roux cooks four of his favourite dishes while holidaying in the South of France. He'll be sourcing ingredients from local producers.	UNITED KINGDOM	English-100		PG		
12/05/2022	2125	<b>Destination Flavour Singapore Bitesize</b>	Hainanese Chicken	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		
12/05/2022	2130	<b>Come Dine With Me UK Couples</b>	Belfast A	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		G		



12/05/2022	2225	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 7	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	PG	Y	Y
12/05/2022	2230	<b>The Cook Up With Adam Liaw</b>	Movie Night	Host Adam Liaw, food writer Kate Gibbs and former MasterChef contestant Aaron Harvie are creating some fun movie night meals in the Cook Up kitchen.	AUSTRALIA	English-100		PG	Y	Y
12/05/2022	2300	<b>Destination Flavour Japan</b>	Destination Flavour - Japan Series 1 Ep 10	Adam Liaw travels to Okinawa, the island home of his favourite Japanese cuisine, is made up of an eclectic assortment of unique dishes, and where the locals love to sing and dance.	AUSTRALIA	English-85; Japanese-15	RPT	G	Y	Y
12/05/2022	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 20 Ep 24	Will it be sunshine or storm clouds in the kitchen? The guests should know the answer - they're two of Britains top TV weather reporters - Bill Giles and Michael Fish.	UNITED KINGDOM	English-100		G		
12/05/2022	2425	<b>Destination Flavour Fillers</b>	Destination Flavour Bitesize Series 1 Ep 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	Y
12/05/2022	2430	<b>The Cook And The Chef</b>	Favourite Dishes	Maggie and Simon cook up a few favourites. Simon masters a salty-sweet-sour balance with a vegetarian Pad Thai, while Maggie combines tender squid with capers and leek in a delicious spring salad.	AUSTRALIA	English-100		G		
12/05/2022	2500	<b>Cooking Up A Fortune</b>	Cooking Up A Fortune Series 1 Ep 9	It's the last day of the heats and one kitchen will win a place in the weekly final. Cooking today are Sassy and Ginger, The Geordie Grub Hub, and In Wonderland.	UNITED KINGDOM	English-100		G		
12/05/2022	2530	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 1 Ep 1	Top chef Michel Roux cooks four of his favourite dishes while holidaying in the South of France. He'll be sourcing ingredients from local producers.	UNITED KINGDOM	English-100		PG		
12/05/2022	2625	<b>Destination Flavour Singapore Bitesize</b>	Hainanese Chicken	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		
12/05/2022	2630	<b>Come Dine With Me UK Couples</b>	Belfast A	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		G		
12/05/2022	2725	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 7	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	PG	Y	Y
12/05/2022	2730	<b>Lidia's Kitchen</b>	Agrodolce	Lidia shares her recipe for agrodolce - an Italian-style sweet-and-sour sauce - which she uses to flavour swordfish.	USA	English-100		G		
12/05/2022	2800	<b>Lidia's Kitchen</b>	Herbs And Spices	Lidia shares some of her favourite recipes made with herbs and spices, including pickled carrots, and skillet cauliflower with lemon and mint.	USA	English-100		G		
12/05/2022	2830	<b>Africa On A Plate</b>	Cooking With Zama: Morocco	This episode provides detailed recipe information from Chef Zama Memela's journey through Morocco for easy duplication at home.	USA	English-100	RPT	PG		
13/05/2022	500	<b>Bake With Anna Olson</b>	Bread Pudding	Bread pudding falls into the category of custard, since the bread is baked in an eggcream mixture to achieve its delicate richness. Anna demonstrates the principles behind this famous dessert.	CANADA	English-100		G		
13/05/2022	530	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 28	Matt prepares a lamb and hummus wrap, Courtney makes almond butter and blueberry jam, and Michael makes one of America's favourite bar snacks - the jalapeno popper.	AUSTRALIA	English-100		G		
13/05/2022	600	<b>Asia Unplated With Diana Chan</b>	Thai	Diana explores the balance of salty, sweet, and sour flavours that is fundamental in Thai cuisine. Chef Adam D'Sylva perfects this harmony of flavours with his seared tuna with nahm jim.	AUSTRALIA	English-100		G		
13/05/2022	630	<b>Mystery Diners</b>	Red Ink	Uche, owner of The Anchor Bar and Tattoo in Atlanta, contacts Charles after noticing a drop in food and tattoo sales. Meagen and Justin go undercover to see if the two problems are related.	USA	English-100		PG		
13/05/2022	700	<b>Tastes Like Home</b>	Tiny Township, Canada	This week Catherine will teach us how to cook sweet lovers delight, Maple Taffy, and for the cheese lovers, Irish Cheddar Cheese Curd Poutine with smoked bacon and whiskey gravy followed by a Spiced Bramley Apple Cake with Maple Whiskey Glaze – mouth watering.	IRELAND	English-100		PG		
13/05/2022	730	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 29	On this episode of My Market Kitchen Elena cooks a set and forget Chicken Tagine meal for Khanh. Then Khanh shows us his mothers quick Pipis dish, finishing the show with some classic Guacamole and Lime Chilli Chips	AUSTRALIA			PG		
13/05/2022	800	<b>Mary's Kitchen Crush</b>	Breakfast For Dinner	Mary wakes up the taste buds with a kid-friendly breakfast for dinner featuring peanut butter and banana stuffed French toast.	CANADA	English-100		G		
13/05/2022	830	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 1 Ep 6	Rick journeys inland from the majestic Camel Estuary to one of Britain's finest vineyards, and later fires up the BBQ cook his latest fish catch using a recipe inspired from a trip to Goa.	UNITED KINGDOM	English-100		PG		

13/05/2022	900	<b>The Cook And The Chef</b>	Favourite Dishes	Maggie and Simon cook up a few favourites. Simon masters a salty-sweet-sour balance with a vegetarian Pad Thai, while Maggie combines tender squid with capers and leek in a delicious spring salad.	AUSTRALIA	English-100		G		
13/05/2022	930	<b>Michel Roux's French Country Cooking</b>	Michel Roux's French Country Cooking Series 1 Ep 1	Top chef Michel Roux cooks four of his favourite dishes while holidaying in the South of France. He'll be sourcing ingredients from local producers.	UNITED KINGDOM	English-100		PG		
13/05/2022	1025	<b>Destination Flavour Singapore Bitesize</b>	Hainanese Chicken	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		
13/05/2022	1030	<b>Food Safari Water</b>	Preserved	Maeve explores how preserving fish creates whole new worlds of flavour - in smoked salmon, bottarga, and XO sauce.	AUSTRALIA	English-100	RPT	PG	Y	Y
13/05/2022	1100	<b>The Cook Up With Adam Liaw</b>	Movie Night	Host Adam Liaw, food writer Kate Gibbs and former MasterChef contestant Aaron Harvie are creating some fun movie night meals in the Cook Up kitchen.	AUSTRALIA	English-100		PG	Y	Y
13/05/2022	1130	<b>Come Dine With Me UK Couples</b>	Belfast A	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		G		
13/05/2022	1225	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 7	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	PG	Y	Y
13/05/2022	1230	<b>Nigellissima</b>	Nigellissima Series 1 Ep 6	Nigella Lawson treats her supper guests to a sumptuous feast of lamb chops with mint, chilli and golden potatoes, served alongside roasted red onions with fennel and basil.	UNITED KINGDOM	English-100	RPT	G	Y	Y
13/05/2022	1300	<b>Lidia's Kitchen</b>	Steak House Favorites	Lidia pays tribute to steakhouse favourites. She prepares steak with mushroom sauce and braised escarole, to be served alongside crispy baked potatoes.	USA	English-100		G		
13/05/2022	1330	<b>Lidia's Kitchen</b>	Sweet And Savoury	Lidia prepares prosciutto and fig bruschetta, spaghetti tossed with fennel, balsamic endives, and chocolate anise biscotti.	USA	English-100		G		
13/05/2022	1400	<b>Africa On A Plate</b>	Lesotho	Chef Zama Memela is in Lesotho, where the snow shines as does the mountainous country's cuisine featuring fresh river trout and local vegetables.	USA	English-100	RPT	PG		
13/05/2022	1430	<b>Bake With Anna Olson</b>	Trifle	There's nothing trifling about a good trifle! To call a dessert a trifle it must have layers of cake, cream, and fruit. This leaves a lot of room to experiment with both classic and creative recipes.	CANADA	English-100		G		
13/05/2022	1500	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 29	Matt prepares a humble carrot cake - a recipe from his friend's mother, while Michael cooks up a winter warmer - Thai-style pumpkin and carrot soup.	AUSTRALIA	English-100		G		
13/05/2022	1530	<b>Asia Unplated With Diana Chan</b>	Vietnamese	Diana delves into the vibrant and healthy flavours of Vietnamese cooking. She's joined in the kitchen by Khanh Ong and together they create cha gio re.	AUSTRALIA	English-100		G		
13/05/2022	1600	<b>Mystery Diners</b>	Tour Bust	Danny and his son Danny Jr. own the Star Cafe and Star Coaches in Atlanta. They are concerned about missing food in their kitchen and a rise in fuel expenses on their tour buses.	USA	English-100		PG		
13/05/2022	1630	<b>Tastes Like Home</b>	Blanchardstown And Mexico	We meet Alexandra Ikkert and her family in Blanchardstown who are originally from Russia where she shows Catherine how to make her Seafood Chowder and later we see Catherine visit Alexandra's eldest sister Anna in Playa del Carmen, Mexico along with now husband Gabriel Morales.	IRELAND	English-100		PG		
13/05/2022	1700	<b>My Market Kitchen</b>	My Market Kitchen Series 4 Ep 30	On My Market Kitchen today Elena rolls up some Matcha Pistachio Bliss Balls, then Khanh shows us a tradition savoury pancake called Banh Xeo. Then we are joined by Adam from Wine Selectors with Elena cooking a Lamb dish, paired with gorgeous selection of wines.	AUSTRALIA			PG		
13/05/2022	1730	<b>Mary's Kitchen Crush</b>	When Mary Met Aaron	Mary celebrates her anniversary with a re-do of the first meal she ever made for her husband, Aaron, including an elevated Italian classic.	CANADA	English-100		G		
13/05/2022	1800	<b>The Cook And The Chef</b>	Party Time	Maggie and Simon show how to prepare excellent cocktail food for a stress-free party. The Cook and the Chef share their secrets about what to make ahead of time.	AUSTRALIA	English-100		G		
13/05/2022	1830	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 1 Ep 7	Rick explores one of Cornwall's hidden secrets, the stunning Fowey Estuary, joining his friend on a boat trip to learn about the history of the area and getting a view of the beautiful riverbank.	UNITED KINGDOM	English-100		PG		
13/05/2022	1900	<b>The Cook Up With Adam Liaw</b>	Blast From The Past	Adam is joined by newsreader and Indigenous advocate Narelda Jacobs and chef Bridget Foliaki Davis to create dishes that remind them of the past.	AUSTRALIA	English-100		PG	Y	Y
13/05/2022	1930	<b>Food Safari Water</b>	Surf And Turf	Maeve explores famous seafood and meat combinations from around the world. Pairing the proteins of ocean and earth leads to intriguing and inspired flavours.	AUSTRALIA	English-100	RPT	G	Y	Y



13/05/2022	2000	<b>Heston's In Search Of Perfection</b>	Black Forest Gateaux	Continuing his quest for culinary perfection, Heston travels to Germany's Black Forest in an attempt to revitalise and transform the region's famous gateau.	UNITED KINGDOM	English-100	RPT	G	Y	Y
13/05/2022	2030	<b>From Scratch</b>	From Scratch Series 1 Ep 2	Broken Spanish chef, Ray Garcia and David hit the ground running trying reproduce Ray's famous chicharron taco. At the same time David visits the iconic tequila brand Jose Cuervo.	UNITED KINGDOM	English-100		PG		
13/05/2022	2125	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 7	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	Y
13/05/2022	2130	<b>Come Dine With Me UK Couples</b>	Birmingham A	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG		
13/05/2022	2225	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 8	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.			RPT	G	Y	Y
13/05/2022	2230	<b>The Cook Up With Adam Liaw</b>	Blast From The Past	Adam is joined by newsreader and Indigenous advocate Narelda Jacobs and chef Bridget Foliaki Davis to create dishes that remind them of the past.	AUSTRALIA	English-100		PG	Y	Y
13/05/2022	2300	<b>Destination Flavour Scandinavia</b>	Destination Flavour Scandinavia Series 1 Ep 1	A food revolution has hit Scandinavia! Adam Liaw heads far north to investigate the cleanest, healthiest, and happiest part of the world.	AUSTRALIA	English-100	RPT	G	Y	Y
13/05/2022	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 20 Ep 25	Ainsley Harriott hosts another 20-minutes of highly competitive cookery.	UNITED KINGDOM	English-100		G		
13/05/2022	2425	<b>Destination Flavour Fillers</b>	Destination Flavour Bitesize Series 1 Ep 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	Y
13/05/2022	2430	<b>The Cook And The Chef</b>	Party Time	Maggie and Simon show how to prepare excellent cocktail food for a stress-free party. The Cook and the Chef share their secrets about what to make ahead of time.	AUSTRALIA	English-100		G		
13/05/2022	2500	<b>Cooking Up A Fortune</b>	Cooking Up A Fortune Series 1 Ep 10	It's the finals and tensions are high. Two winners from the heats are back to compete for the chance to try running their own business at one of the UK's busiest food arenas.	UNITED KINGDOM	English-100		G		
13/05/2022	2530	<b>From Scratch</b>	From Scratch Series 1 Ep 2	Broken Spanish chef, Ray Garcia and David hit the ground running trying reproduce Ray's famous chicharron taco. At the same time David visits the iconic tequila brand Jose Cuervo.	UNITED KINGDOM	English-100		PG		
13/05/2022	2625	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 7	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	Y
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13/05/2022	2730	<b>Lidia's Kitchen</b>	Steak House Favorites	Lidia pays tribute to steakhouse favourites. She prepares steak with mushroom sauce and braised escarole, to be served alongside crispy baked potatoes.	USA	English-100		G		
13/05/2022	2800	<b>Lidia's Kitchen</b>	Sweet And Savoury	Lidia prepares prosciutto and fig bruschetta, spaghetti tossed with fennel, balsamic endives, and chocolate anise biscotti.	USA	English-100		G		
13/05/2022	2830	<b>Africa On A Plate</b>	Lesotho	Chef Zama Memela is in Lesotho, where the snow shines as does the mountainous country's cuisine featuring fresh river trout and local vegetables.	USA	English-100	RPT	PG		
14/05/2022	500	<b>Bake With Anna Olson</b>	Trifle	There's nothing trifling about a good trifle! To call a dessert a trifle it must have layers of cake, cream, and fruit. This leaves a lot of room to experiment with both classic and creative recipes.	CANADA	English-100		G		
14/05/2022	530	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 29	Matt prepares a humble carrot cake - a recipe from his friend's mother, while Michael cooks up a winter warmer - Thai-style pumpkin and carrot soup.	AUSTRALIA	English-100		G		
14/05/2022	600	<b>Asia Unplated With Diana Chan</b>	Vietnamese	Diana delves into the vibrant and healthy flavours of Vietnamese cooking. She's joined in the kitchen by Khanh Ong and together they create cha gio re.	AUSTRALIA	English-100		G		
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14/05/2022	800	<b>Mary's Kitchen Crush</b>	When Mary Met Aaron	Mary celebrates her anniversary with a re-do of the first meal she ever made for her husband, Aaron, including an elevated Italian classic.	CANADA	English-100		G		
14/05/2022	830	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 1 Ep 7	Rick explores one of Cornwall's hidden secrets, the stunning Fowey Estuary, joining his friend on a boat trip to learn about the history of the area and getting a view of the beautiful riverbank.	UNITED KINGDOM	English-100		PG		
14/05/2022	900	<b>The Cook And The Chef</b>	Party Time	Maggie and Simon show how to prepare excellent cocktail food for a stress-free party. The Cook and the Chef share their secrets about what to make ahead of time.	AUSTRALIA	English-100		G		
14/05/2022	930	<b>From Scratch</b>	From Scratch Series 1 Ep 2	Broken Spanish chef, Ray Garcia and David hit the ground running trying reproduce Ray's famous chicharron taco. At the same time David visits the iconic tequila brand Jose Cuervo.	UNITED KINGDOM	English-100		PG		
14/05/2022	1025	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 7	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	Y
14/05/2022	1030	<b>Food Safari Water</b>	Surf And Turf	Maeve explores famous seafood and meat combinations from around the world. Pairing the proteins of ocean and earth leads to intriguing and inspired flavours.	AUSTRALIA	English-100	RPT	G	Y	Y
14/05/2022	1100	<b>The Cook Up With Adam Liaw</b>	Blast From The Past	Adam is joined by newsreader and Indigenous advocate Narelda Jacobs and chef Bridget Foliaki Davis to create dishes that remind them of the past.	AUSTRALIA	English-100		PG	Y	Y
14/05/2022	1130	<b>Come Dine With Me UK Couples</b>	Birmingham A	Join couples from across the United Kingdom as they attempt to host a perfect dinner party and compete for one thousand pounds in cash.	UNITED KINGDOM	English-100		PG		
14/05/2022	1225	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 8	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y	Y
14/05/2022	1230	<b>Cook Like An Italian With Silvia Colloca</b>	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
14/05/2022	1300	<b>Cook Like An Italian With Silvia Colloca</b>	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
14/05/2022	1330	<b>Rhodes Across Italy</b>	Lazio	Gary Rhodes starts his grand tour of Italian cuisine in Rome, the nation's historic capital. Gary and his sous-chefs Marc and Claire are on a mission to uncover the true tastes and flavours of Lazio.	UNITED KINGDOM	English-100		G		
14/05/2022	1425	<b>Poh &amp; Co. Bitesize</b>	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	Y
14/05/2022	1430	<b>Rhodes Across Italy</b>	Sicily	Gary Rhodes is in Sicily to discover and enjoy the unique cuisine of this wonderful island. He prepares pasta with sardines and wild fennel, lamb stew with mint, and a hearty side dish.	UNITED KINGDOM	English-100		G		
14/05/2022	1525	<b>Poh &amp; Co. Bitesize</b>	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	Y
14/05/2022	1530	<b>Africa On A Plate</b>	Maseru, Lesotho	Chef Zama Memela finds herself in Maseru, the capital city of the mountain Kingdom of Lesotho.	USA	English-100	RPT	PG		
14/05/2022	1600	<b>Bake With Anna Olson</b>	Cake Cookies	Exactly as they sound, cake cookies are soft and moist like a cake, but you bake them on a tray like a traditional cookie. Anna demonstrates the cake-like batter and how to achieve the best results.	CANADA	English-100		G		
14/05/2022	1630	<b>South Africa With Gregg Wallace</b>	Augrabies Falls	Gregg flies into Upington - the gateway to the Kalahari Desert. He overnights at Khamkhirri Lodge perched on the river and has a traditional Afrikaans braai - a South African barbeque.	UNITED KINGDOM	English-100		PG		
14/05/2022	1700	<b>South Africa With Gregg Wallace</b>	Whale Coast	Gregg takes a 300 kilometre road trip along the stunning coast of the Western Cape, heading for Gansbaai, otherwise known as Shark Town. He stops for lunch at a fish and chip shop.	UNITED KINGDOM	English-100		G		
14/05/2022	1730	<b>Cheese Slices</b>	Australia	Australia has developed an enviable reputation for its very efficient pasture based dairy system and significant exports of cheddar, butter, and skimmed milk.	AUSTRALIA	English-100		G		



14/05/2022	1800	<b>Cheese Slices</b>	Stilton	Stilton has been known as the King of English cheeses for more than two centuries, and unlike its traditional cousins, it has never been copied elsewhere.	AUSTRALIA	English-100		G
14/05/2022	1830	<b>Hairy Bikers Northern Exposure</b>	Poland	Si and Dave make sausages in the polish countryside with a family who have been making them for generations. They also visit the home of gingerbread and the astronomer, Copernicus.	UNITED KINGDOM	English-100		PG
14/05/2022	1940	<b>Made In Britain</b>	Made In Britain Series 1 Ep 5	John Prescott is in search of the quintessentially British staple of tea and biscuits. He visits the Typhoo tea factory in Liverpool, and the Fox's biscuits factory in Batley.	UNITED KINGDOM	English-100		PG
14/05/2022	2035	<b>Simply Raymond Blanc</b>	Garden Favourites	Raymond Blanc has made his home in the heart of the English countryside. For the past 30 years he has been carefully curating his abundant kitchen gardens.	UNITED KINGDOM	English-100		PG
14/05/2022	2130	<b>Anthony Bourdain: Parts Unknown</b>	Greece	Tony visits the Greek Islands to kick off the new season of Parts Unknown in a region known for its sun, sand, and charming lifestyle, rich in history and known for its infamous healthy diet.	USA	English-100		PG
14/05/2022	2220	<b>Just Jen Bitesize</b>	Chai Creme Brulee Cake	From her Just Jen series, Jen Phanomrat makes a chai creme brulee cake.	USA	English-100		PG
14/05/2022	2230	<b>Anthony Bourdain: Parts Unknown</b>	Chicago	Chicago is revealed through the memories and stories of the people who live there - primarily a select few, drawn from the regulars at The Old Town Ale House, one of Chicago's most iconic bars.	USA	English-100		PG
14/05/2022	2320	<b>Just Jen Bitesize</b>	Duck Prosciutto	Feeling artsy, anxious or just plain hungry? Join Jen Phanomrat in the kitchen as she makes tasty recipes for the body and the home, that are great for all the feels.	USA	English-100		PG
14/05/2022	2330	<b>The Big Family Cooking Showdown</b>	Big Family Cooking Showdown Series 1, The Ep 3	The Hilliards and the Pigots families will face a series of challenges, based on the realities of everyday meals, as they cook up their favourite dishes, both in the studio and in their own homes.	UNITED KINGDOM	English-100		G
14/05/2022	2440	<b>Rhodes Across Italy</b>	Lazio	Gary Rhodes starts his grand tour of Italian cuisine in Rome, the nation's historic capital. Gary and his sous-chefs Marc and Claire are on a mission to uncover the true tastes and flavours of Lazio.	UNITED KINGDOM	English-100		G
14/05/2022	2535	<b>Rhodes Across Italy</b>	Sicily	Gary Rhodes is in Sicily to discover and enjoy the unique cuisine of this wonderful island. He prepares pasta with sardines and wild fennel, lamb stew with mint, and a hearty side dish.	UNITED KINGDOM	English-100		G
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