



**WEEK 49: Sunday, 29 November - Saturday, 5 December 2020 ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions
2020-11-29	0500	<b>A Gondola On The Murray</b>	Gondola On The Murray Series 2 Ep 7	Not far from the Murray River, vast areas of the countryside around Mildura grow wheat and barley. Stefano cooks a magnificent wheat cake known as a pastiera Napoletana.	AUSTRALIA	English-100		G	
2020-11-29	0530	<b>Paul Hollywood's Pies And Puds</b>	Paul Hollywood's Pies And Puds Series 1 Ep 12	Paul Hollywood proves that Britains pies and uds are among the best in the world as he is joined by American baking boys Outsider tart for a Great Transatlantic Bake Off.	UNITED KINGDOM	English-100		PG	
2020-11-29	0630	<b>The Big Family Cooking Showdown</b>	Big Family Cooking Showdown Series 1, The Ep 12	It's the grand final as the teams battle it out for the chance to be crowned the UK's best family of home cooks.	UNITED KINGDOM	English-100		PG	
2020-11-29	0730	<b>Cheese Slices</b>	Cheddar Cheese Of England	Will and daughter Ellie visit England's South West, a region famous for producing the world's finest cheddar cheese.	AUSTRALIA	English-100		G	
2020-11-29	0800	<b>Cheese Slices</b>	Camambert And The Normandy Cheeses	Revisiting one of his favourite regions in Europe, Will Studd explores the challenges facing the traditional raw milk cheesemakers of Normandy, long renowned for its quality dairy products.	AUSTRALIA	English-100		PG	
2020-11-29	0830	<b>Cooking Up A Fortune</b>	Cooking Up A Fortune Series 1 Ep 13	Three new pairs of cooks compete for a place in the final - Shakya's Sri Lankan Kitchen, Sizzle N' Spice, and The Foodie Hut. Who'll make the most profit when today's 50 diners arrive?	UNITED KINGDOM	English-100		PG	
2020-11-29	0900	<b>Cooking Up A Fortune</b>	Cooking Up A Fortune Series 1 Ep 14	It's the last day of the heat and one kitchen will win a place in the weekly final. The teams cooking include The Foodie Hut, Sizzle N' Spice, and Shakya's Sri Lankan Kitchen.	UNITED KINGDOM	English-100		PG	
2020-11-29	0930	<b>The Hairy Bikers' Food Tour Of Britain</b>	Worcestershire	Si and Dave explore Worcestershire, where they cook a traditional county favourite in Malvern Priory Park.They also dig their own asparagus, and find a man making award winning perry in his garage.	UNITED KINGDOM	English-100	RPT	G	
2020-11-29	1030	<b>A Gondola On The Murray</b>	Gondola On The Murray Series 2 Ep 6	The 'Tour de Murray' is an annual bike race held between Mildura and Echuca, a town on the Murray River some four hundred kilometres upstream. Stefano prepares the cyclists pasta fagioli.	AUSTRALIA	English-100		PG	
2020-11-29	1100	<b>A Gondola On The Murray</b>	Gondola On The Murray Series 2 Ep 7	Not far from the Murray River, vast areas of the countryside around Mildura grow wheat and barley. Stefano cooks a magnificent wheat cake known as a pastiera Napoletana.	AUSTRALIA	English-100		G	
2020-11-29	1130	<b>Late Nite Eats</b>	Tucson	Jordan's hitting up the southwest with a stop in Tucson, Arizona. Cultures collide in this city with restaurants drawing upon southern, west coast, and Mexican influences.	USA	English-100		G	
2020-11-29	1200	<b>Late Nite Eats</b>	Sacramento	Jordan head to the California's bread basket, Sacramento, where the long growing season and ideal climate make the region home to all manner of amazing produce, meats, and other ingredients.	USA	English-100		G	
2020-11-29	1230	<b>Parveen's Indian Kitchen</b>	Parveen's Indian Cooking Series 1 Ep 2	Parveen showcases her recipe for spicy lamb burgers - her version of the infamous Chappli kebab.	UNITED KINGDOM	English-100		G	
2020-11-29	1330	<b>Cooking Up A Fortune</b>	Cooking Up A Fortune Series 1 Ep 13	Three new pairs of cooks compete for a place in the final - Shakya's Sri Lankan Kitchen, Sizzle N' Spice, and The Foodie Hut. Who'll make the most profit when today's 50 diners arrive?	UNITED KINGDOM	English-100		PG	
2020-11-29	1400	<b>Late Nite Eats</b>	Oakland	Jordan checks out the bay area's biggest city, Oakland, California, long known for its tremendous diversity and thriving arts and entertainment scene, and amazing Asian cuisine.	USA	English-100		G	
2020-11-29	1430	<b>Late Nite Eats</b>	Memphis	Jordan's in Memphis, a city known for BBQ and the Blues, but there's much more to its late night food scene.	USA	English-100		G	
2020-11-29	1500	<b>Secret Meat Business</b>	Secret Meat Business Series 2 Ep 4	Taking a leaf out of his mother-in-law's recipe book, chef Adrian Richardson makes a Dutch recipe for delicious and decadent glazed pork hock marsala.	AUSTRALIA	English-100		G	

2020-11-29	1530	<b>Secret Meat Business</b>	Secret Meat Business Series 2 Ep 5	Adrian shows us how to use a not-so-common cut of meat, creating his aromatic, West Indian inspired pork cheek stew. Plus, a tasty marinated skirt steak salad.	AUSTRALIA	English-100		G	
2020-11-29	1600	<b>The Cook And The Chef</b>	Bananas And Artichokes	On a recent trip to the Tweed Valley, Maggie was really taken with how all the banana plantations were scattered high across the mountain slopes.	AUSTRALIA	English-100		G	
2020-11-29	1630	<b>The Cook And The Chef</b>	Cooking In A Restaurant	Simon is deep in discussion with the Hotel's Maitre d' Atef. Simon and Atef are looking at some changes in the menu and deciding on a corresponding change in the recommended wine match.	AUSTRALIA	English-100		G	
2020-11-29	1700	<b>The Cook And The Chef</b>	Anlaby A Country Homestead	Maggie replicates beautiful lamb pies that she created for a charity event, while Simon gives shepherd's pie a vegetarian spin. Also on the menu is chocolate and lots of it.	AUSTRALIA	English-100		G	
2020-11-29	1730	<b>Hairy Bikers Northern Exposure</b>	Sweden Part 1, The North	Crossing the Arctic Circle into Lapland, the bikers cook with the Sami people who introduce them to the traditional techniques of smoking to cure meat, and manufacturing their own hunting knives.	UNITED KINGDOM	English-100		PG	
2020-11-29	1835	<b>Jimmy Shu's Taste of The Territory</b>	Paddock To Plate	Jimmy visits the breathtaking landscapes of Kakadu to find out about Top End bush foods that Aboriginal people have been eating for thousands of years.	AUSTRALIA	English-100	RPT	G	Y
2020-11-29	1905	<b>Palisa Anderson's Water Heart Food</b>	Palisa Anderson's Water Heart Food Series 1 Ep 1	Thailand is home to many incredible food markets that sell an abundance of fresh and seasonal fruit and vegetables, the type of produce Palisa now grows on her farm and supplies to many top-end chefs.	AUSTRALIA	English-100		PG	
2020-11-29	1935	<b>Gourmet Farmer Afloat</b>	Island Time	Matthew, Ross and Nick travel westward across the north coast, heading for the port of Stanley. Here, they want to re-create the historic menu from the 1936 inauguration of the cable.	AUSTRALIA	English-100	RPT	G	Y
2020-11-29	2030	<b>Rick Stein's Far Eastern Odyssey</b>	Malaysia And Sri Lanka	Rick is spoilt for choice as he explores the multi-faceted food of Penang, an appealing mix of indigenous Malay, Indian and Chinese with a bit of British charm thrown in for good measure.	UNITED KINGDOM	English-100	RPT	PG	Y
2020-11-29	2140	<b>Gino's Italian Escape: Hidden Italy</b>	Liguria	Liguria is famous for its seafood and pesto, but Gino is interested in the one ingredient that is the backbone to all Italian cookery - olive oil.	UNITED KINGDOM	English-100		G	
2020-11-29	2205	<b>Gino's Italian Escape: Hidden Italy</b>	Tuscany	Gino is going to unearth the secrets of the Chianti Classico wine in the beautiful region of Tuscany by making his own in the Baroli vineyard, the place where Chianti was invented.	UNITED KINGDOM	English-100		PG	
2020-11-29	2230	<b>Jimmy Shu's Taste of The Territory</b>	Paddock To Plate	Jimmy visits the breathtaking landscapes of Kakadu to find out about Top End bush foods that Aboriginal people have been eating for thousands of years.	AUSTRALIA	English-100	RPT	G	Y
2020-11-29	2300	<b>Watts On The Grill</b>	Art Wood, The	No barbeque show would be complete without a celebration of wood. Chef Spencer Watts shares his top tips for achieving smoky flavours with melt-in-your-mouth recipes.	CANADA	English-100		G	
2020-11-29	2330	<b>Hairy Bikers Northern Exposure</b>	Sweden Part 1, The North	Crossing the Arctic Circle into Lapland, the bikers cook with the Sami people who introduce them to the traditional techniques of smoking to cure meat, and manufacturing their own hunting knives.	UNITED KINGDOM	English-100		PG	
2020-11-29	2435	<b>Jimmy Shu's Taste of The Territory</b>	Paddock To Plate	Jimmy visits the breathtaking landscapes of Kakadu to find out about Top End bush foods that Aboriginal people have been eating for thousands of years.	AUSTRALIA	English-100	RPT	G	Y
2020-11-29	2505	<b>Palisa Anderson's Water Heart Food</b>	Palisa Anderson's Water Heart Food Series 1 Ep 1	Thailand is home to many incredible food markets that sell an abundance of fresh and seasonal fruit and vegetables, the type of produce Palisa now grows on her farm and supplies to many top-end chefs.	AUSTRALIA	English-100		PG	
2020-11-29	2535	<b>Gourmet Farmer Afloat</b>	Island Time	Matthew, Ross and Nick travel westward across the north coast, heading for the port of Stanley. Here, they want to re-create the historic menu from the 1936 inauguration of the cable.	AUSTRALIA	English-100	RPT	G	Y
2020-11-29	2630	<b>Rick Stein's Far Eastern Odyssey</b>	Malaysia And Sri Lanka	Rick is spoilt for choice as he explores the multi-faceted food of Penang, an appealing mix of indigenous Malay, Indian and Chinese with a bit of British charm thrown in for good measure.	UNITED KINGDOM	English-100	RPT	PG	Y
2020-11-29	2740	<b>Gino's Italian Escape: Hidden Italy</b>	Liguria	Liguria is famous for its seafood and pesto, but Gino is interested in the one ingredient that is the backbone to all Italian cookery - olive oil.	UNITED KINGDOM	English-100		G	
2020-11-29	2805	<b>Gino's Italian Escape: Hidden Italy</b>	Tuscany	Gino is going to unearth the secrets of the Chianti Classico wine in the beautiful region of Tuscany by making his own in the Baroli vineyard, the place where Chianti was invented.	UNITED KINGDOM	English-100		PG	

2020-11-29	2830	<b>Jimmy Shu's Taste of The Territory</b>	Paddock To Plate	Jimmy visits the breathtaking landscapes of Kakadu to find out about Top End bush foods that Aboriginal people have been eating for thousands of years.	AUSTRALIA	English-100	RPT	G	Y
2020-11-30	0500	<b>Watts On The Grill</b>	Art Wood, The	No barbeque show would be complete without a celebration of wood. Chef Spencer Watts shares his top tips for achieving smoky flavours with melt-in-your-mouth recipes.	CANADA	English-100		G	
2020-11-30	0530	<b>Hairy Bikers Northern Exposure</b>	Sweden Part 1, The North	Crossing the Arctic Circle into Lapland, the bikers cook with the Sami people who introduce them to the traditional techniques of smoking to cure meat, and manufacturing their own hunting knives.	UNITED KINGDOM	English-100		PG	
2020-11-30	0635	<b>Jimmy Shu's Taste of The Territory</b>	Paddock To Plate	Jimmy visits the breathtaking landscapes of Kakadu to find out about Top End bush foods that Aboriginal people have been eating for thousands of years.	AUSTRALIA	English-100	RPT	G	Y
2020-11-30	0705	<b>Palisa Anderson's Water Heart Food</b>	Palisa Anderson's Water Heart Food Series 1 Ep 1	Thailand is home to many incredible food markets that sell an abundance of fresh and seasonal fruit and vegetables, the type of produce Palisa now grows on her farm and supplies to many top-end chefs.	AUSTRALIA	English-100		PG	
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2020-11-30	0830	<b>Rick Stein's Far Eastern Odyssey</b>	Malaysia And Sri Lanka	Rick is spoilt for choice as he explores the multi-faceted food of Penang, an appealing mix of indigenous Malay, Indian and Chinese with a bit of British charm thrown in for good measure.	UNITED KINGDOM	English-100	RPT	PG	Y
2020-11-30	0940	<b>Gino's Italian Escape: Hidden Italy</b>	Liguria	Liguria is famous for its seafood and pesto, but Gino is interested in the one ingredient that is the backbone to all Italian cookery - olive oil.	UNITED KINGDOM	English-100		G	
2020-11-30	1005	<b>Gino's Italian Escape: Hidden Italy</b>	Tuscany	Gino is going to unearth the secrets of the Chianti Classico wine in the beautiful region of Tuscany by making his own in the Baroli vineyard, the place where Chianti was invented.	UNITED KINGDOM	English-100		PG	
2020-11-30	1030	<b>Jimmy Shu's Taste of The Territory</b>	Paddock To Plate	Jimmy visits the breathtaking landscapes of Kakadu to find out about Top End bush foods that Aboriginal people have been eating for thousands of years.	AUSTRALIA	English-100	RPT	G	Y
2020-11-30	1100	<b>Watts On The Grill</b>	Art Wood, The	No barbeque show would be complete without a celebration of wood. Chef Spencer Watts shares his top tips for achieving smoky flavours with melt-in-your-mouth recipes.	CANADA	English-100		G	
2020-11-30	1130	<b>Hairy Bikers Northern Exposure</b>	Sweden Part 1, The North	Crossing the Arctic Circle into Lapland, the bikers cook with the Sami people who introduce them to the traditional techniques of smoking to cure meat, and manufacturing their own hunting knives.	UNITED KINGDOM	English-100		PG	
2020-11-30	1235	<b>Gourmet Farmer Afloat</b>	Island Time	Matthew, Ross and Nick travel westward across the north coast, heading for the port of Stanley. Here, they want to re-create the historic menu from the 1936 inauguration of the cable.	AUSTRALIA	English-100	RPT	G	Y
2020-11-30	1330	<b>Rachel Allen: Coastal Cookery</b>	Rachel Allen: Coastal Cookery Series 1 Ep 9	Rachel's visits Killary Fjord and meets Simon, a rope mussel farmer, and helps to haul in some mussels. Rachel also journeys to Rossaveal to a very unusual farm by the sea that breeds sea cucumbers.	UNITED KINGDOM	English-100		PG	
2020-11-30	1400	<b>Africa On A Plate</b>	Tanzania: Zanzibar	Lentswe learns that even though Zanzibar is part of Tanzania, its cuisine is uniquely its own - a fusion of Zanzibari and Mediterranean.	USA	English-100	RPT	G	
2020-11-30	1430	<b>Pati's Mexican Table</b>	From Pueblo To City	Pati spends a day with one of Oaxaca's best-known chefs and owner of Casa Oaxaca, Alex Ruiz.	USA	English-100		G	
2020-11-30	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 3	Maeve stops at a Greek taverna at the edge of the desert for bouzouki and souvlaki among the opal mines, and Joanna joins a group of lotus eaters (literally) in far north NSW.	AUSTRALIA	English-100	RPT	G	Y
2020-11-30	1530	<b>Martha Bakes</b>	New England	Martha serves up dishes deeply rooted in tradition including apple pie, brown bread, a lemon-blueberry tart, and hermit bars.	USA	English-100		G	
2020-11-30	1600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 36	Matt kicks things off with his version of a cult classic - mac and cheese, while Michael prepares salmon and egg breakfast sandwiches.	AUSTRALIA	English-100		PG	

2020-11-30	1630	<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	
2020-11-30	1700	<b>The Cook And The Chef</b>	Some Favourites From The Year	Maggie and Simon revisit a few of their favourite kitchen moments from the year. They look back on the eggs, pasta, and mouth-watering desserts on the menu.	AUSTRALIA	English-100		G	
2020-11-30	1730	<b>Lidia's Kitchen</b>	Sweet And Savory	Lidia prepares prosciutto and fig bruschetta, spaghetti tossed with fennel, balsamic endives, and chocolate anise biscotti.	USA	English-100		G	
2020-11-30	1800	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 21	Ainsley Harriott hosts the classic 20-minute cooking challenge. His guests today are round-the-world yachtswoman Tracy Edwards and mountaineer Annabelle Bond.	UNITED KINGDOM	English-100		G	
2020-11-30	1850	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 4	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
2020-11-30	1900	<b>Bake With Anna Olson</b>	Sandwich Cookies	A sandwich cookie is a cookie with a surprise - something delicious waiting in the centre. Anna bakes an assortment of her favourites including chocolate sandwich cookies, and French macarons.	CANADA	English-100		G	
2020-11-30	1930	<b>Living On The Veg</b>	Living On The Veg Series 1 Ep 7	Henry and Ian create a warming jackfruit chilli, followed by their vegan- friendly, gooey camembert hedgehog. Anna Jones brings a taste of Korea to the kitchen with her carrot and sesame pancakes.	UNITED KINGDOM	English-100		G	
2020-11-30	2030	<b>Nadia's Family Feasts</b>	Nadia's Family Feasts Series 1 Ep 2	Nadia Sawalha is joined in the kitchen by Malaysian chef Mandy Yin, and together they prepare a full day's menu, including kaya French toast and a king prawn laksa.	UNITED KINGDOM	English-100		PG	
2020-11-30	2130	<b>Nigella Feasts</b>	Breakfast All Hours	Nigella Lawson cooks up breakfast all hours from her everyday boiled egg favourite to dishes that will wow brunch guests like raspberry and oatmeal swirls.	UNITED KINGDOM	English-100	RPT	G	Y
2020-11-30	2200	<b>Poh's Kitchen</b>	Back To Malaysia	Poh takes us back to Malaysia to share more of the experiences from her recent visit. She catches up with two of Malaysia's best chefs, Florence Tan and Ismail Ahmad.	AUSTRALIA	English-100	RPT	G	Y
2020-11-30	2230	<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	
2020-11-30	2300	<b>The Cook And The Chef</b>	Some Favourites From The Year	Maggie and Simon revisit a few of their favourite kitchen moments from the year. They look back on the eggs, pasta, and mouth-watering desserts on the menu.	AUSTRALIA	English-100		G	
2020-11-30	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 21	Ainsley Harriott hosts the classic 20-minute cooking challenge. His guests today are round-the-world yachtswoman Tracy Edwards and mountaineer Annabelle Bond.	UNITED KINGDOM	English-100		G	
2020-11-30	2420	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 4	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
2020-11-30	2430	<b>Living On The Veg</b>	Living On The Veg Series 1 Ep 7	Henry and Ian create a warming jackfruit chilli, followed by their vegan- friendly, gooey camembert hedgehog. Anna Jones brings a taste of Korea to the kitchen with her carrot and sesame pancakes.	UNITED KINGDOM	English-100		G	
2020-11-30	2530	<b>Nadia's Family Feasts</b>	Nadia's Family Feasts Series 1 Ep 2	Nadia Sawalha is joined in the kitchen by Malaysian chef Mandy Yin, and together they prepare a full day's menu, including kaya French toast and a king prawn laksa.	UNITED KINGDOM	English-100		PG	
2020-11-30	2630	<b>Nigella Feasts</b>	Breakfast All Hours	Nigella Lawson cooks up breakfast all hours from her everyday boiled egg favourite to dishes that will wow brunch guests like raspberry and oatmeal swirls.	UNITED KINGDOM	English-100	RPT	G	Y
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2020-11-30	2730	<b>Rachel Allen: Coastal Cookery</b>	Rachel Allen: Coastal Cookery Series 1 Ep 9	Rachel's visits Killary Fjord and meets Simon, a rope mussel farmer, and helps to haul in some mussels. Rachel also journeys to Rossaveal to a very unusual farm by the sea that breeds sea cucumbers.	UNITED KINGDOM	English-100		PG	

2020-11-30	2800	<b>Africa On A Plate</b>	Tanzania: Zanzibar	Lentswe learns that even though Zanzibar is part of Tanzania, its cuisine is uniquely its own - a fusion of Zanzibari and Mediterranean.	USA	English-100	RPT	G	
2020-11-30	2830	<b>Pati's Mexican Table</b>	From Pueblo To City	Pati spends a day with one of Oaxaca's best-known chefs and owner of Casa Oaxaca, Alex Ruiz.	USA	English-100		G	
2020-12-01	0500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 3	Maeve stops at a Greek taverna at the edge of the desert for bouzouki and souvlaki among the opal mines, and Joanna joins a group of lotus eaters (literally) in far north NSW.	AUSTRALIA	English-100	RPT	G	Y
2020-12-01	0530	<b>Martha Bakes</b>	New England	Martha serves up dishes deeply rooted in tradition including apple pie, brown bread, a lemon-blueberry tart, and hermit bars.	USA	English-100		G	
2020-12-01	0600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 36	Matt kicks things off with his version of a cult classic - mac and cheese, while Michael prepares salmon and egg breakfast sandwiches.	AUSTRALIA	English-100		PG	
2020-12-01	0630	<b>Living On The Veg</b>	Living On The Veg Series 1 Ep 7	Henry and Ian create a warming jackfruit chilli, followed by their vegan- friendly, gooey camembert hedgehog. Anna Jones brings a taste of Korea to the kitchen with her carrot and sesame pancakes.	UNITED KINGDOM	English-100		G	
2020-12-01	0730	<b>Nadia's Family Feasts</b>	Nadia's Family Feasts Series 1 Ep 2	Nadia Sawalha is joined in the kitchen by Malaysian chef Mandy Yin, and together they prepare a full day's menu, including kaya French toast and a king prawn laksa.	UNITED KINGDOM	English-100		PG	
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2020-12-01	0930	<b>Bake With Anna Olson</b>	Sandwich Cookies	A sandwich cookie is a cookie with a surprise - something delicious waiting in the centre. Anna bakes an assortment of her favourites including chocolate sandwich cookies, and French macarons.	CANADA	English-100		G	
2020-12-01	1000	<b>Africa On A Plate</b>	Tanzania: Zanzibar	Lentswe learns that even though Zanzibar is part of Tanzania, its cuisine is uniquely its own - a fusion of Zanzibari and Mediterranean.	USA	English-100	RPT	G	
2020-12-01	1030	<b>Pati's Mexican Table</b>	From Pueblo To City	Pati spends a day with one of Oaxaca's best-known chefs and owner of Casa Oaxaca, Alex Ruiz.	USA	English-100		G	
2020-12-01	1100	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 36	Matt kicks things off with his version of a cult classic - mac and cheese, while Michael prepares salmon and egg breakfast sandwiches.	AUSTRALIA	English-100		PG	
2020-12-01	1130	<b>Martha Bakes</b>	New England	Martha serves up dishes deeply rooted in tradition including apple pie, brown bread, a lemon-blueberry tart, and hermit bars.	USA	English-100		G	
2020-12-01	1200	<b>Lidia's Kitchen</b>	Sweet And Savory	Lidia prepares prosciutto and fig bruschetta, spaghetti tossed with fennel, balsamic endives, and chocolate anise biscotti.	USA	English-100		G	
2020-12-01	1230	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 21	Ainsley Harriott hosts the classic 20-minute cooking challenge. His guests today are round-the-world yachtswoman Tracy Edwards and mountaineer Annabelle Bond.	UNITED KINGDOM	English-100		G	
2020-12-01	1320	<b>Destination Flavour - Japan</b>	Destination Flavour Japan Bitesize Series 1 Ep 4	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
2020-12-01	1330	<b>Rachel Allen: Coastal Cookery</b>	Rachel Allen: Coastal Cookery Series 1 Ep 10	Rachel visits a hill farm in Killadoon to find out about Connemara Hill lamb, and she has a go at shearing a sheep. She cooks a dish of lamb shanks in local ale.	UNITED KINGDOM	English-100		G	
2020-12-01	1400	<b>Africa On A Plate</b>	Tanzania: Stone Town 2	Chef Lentswe Bhengu visits Stone Town, Zanzibar to learn about the unique spices found on this beautiful coastal island.	USA	English-100	RPT	G	

2020-12-01	1430	<b>Pati's Mexican Table</b>	Women Of Oaxaca	Pati meets with women chefs, business owners and leaders of society, exploring the role of women in Oaxaca, and their influence on the customs and cuisine.	USA	English-100		G	
2020-12-01	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 4	Joanna visits the Hmong community of Innisfail in far north Queensland who use every part of the banana plant for eating, and Maeve sits down to Sunday lunch Sri Lankan-style.	AUSTRALIA	English-100	RPT	G	Y
2020-12-01	1530	<b>Martha Bakes</b>	Gulf	Martha shares quintessentially Southern recipes including caramel cake, Mississippi mud tart, Lane cake, and cheese straws.	USA	English-100		G	
2020-12-01	1600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 37	Courtney prepares a showstopper salad - Moroccan cauliflower rice, while Matt shares his recipe for a unique spiced pistachio cake.	AUSTRALIA	English-100		PG	
2020-12-01	1630	<b>The Cook And The Chef</b>	Raspberries And Barramundi	Simon and Maggie stroll back into the kitchen for a new season to dish up a refreshing summer feast. Maggie uses delicious second flush raspberries to adorn a fail proof sponge.	AUSTRALIA	English-100		G	
2020-12-01	1700	<b>The Cook And The Chef</b>	Croc And Honey	To check out the Northern Territory's claim that they produce the best crocodile meat, Simon visits a farm near Darwin and talks to zoologist Adam Britton.	AUSTRALIA	English-100		G	
2020-12-01	1730	<b>Lidia's Kitchen</b>	Vegetable Favourites	Lidia shares her favourite vegetable recipes - celery stalks stuffed with gorgonzola and apples, asparagus and spring onion salad, fava sesame dip, and linguine with Swiss chard, walnuts, and ricotta.	USA	English-100		G	
2020-12-01	1800	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 22	Ainsley Harriott welcomes stylist Nicky Hambleton-Jones and hairdresser Andrew Barton alongside Tony Tobin and Lesley Waters as he hosts the classic 20-minute cooking challenge.	UNITED KINGDOM	English-100		PG	
2020-12-01	1850	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 1	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2020-12-01	1900	<b>Bake With Anna Olson</b>	Squares	Anna shares her secrets on how to make her favourite squares, including classic fudge brownies, pumpkin cheesecake squares, and lemon meringue squares.	CANADA	English-100		G	
2020-12-01	1930	<b>Food Safari</b>	Portuguese	Maeve O'Meara takes you on a journey within your very own kitchen and makes the exotic familiar. In tonight's episode, Maeve explores the world of Portuguese food.	AUSTRALIA	English-100	RPT	G	Y
2020-12-01	2000	<b>Classic Mary Berry</b>	Great Outdoors, The	Mary visits one of her beloved locations - Port Isaac on the Cornwall coast. Alongside local chef Nathan Outlaw, she creates some wonderful classics inspired by the great outdoors.	UNITED KINGDOM	English-100		G	
2020-12-01	2030	<b>How To Cook Like Heston</b>	Potato	Surely there is more to spuds than mashing, boiling, or roasting? This week, Heston challenges the way we cook the humble spud.	UNITED KINGDOM	English-100	RPT	G	Y
2020-12-01	2100	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 3	Tonight, Luke heads to the mysterious and serene Ninh Binh. Snail catching and duck calling are all on the agenda in this beautiful country town.	AUSTRALIA	English-100	RPT	G	Y
2020-12-01	2130	<b>Nigella Feasts</b>	Chocolate Heaven	Nigella Lawson shares her all-time favourite hall of fame chocolate recipes - beginning with an unbelievably delicious and simple old-fashioned chocolate cake.	UNITED KINGDOM	English-100	RPT	G	Y
2020-12-01	2200	<b>Poh's Kitchen</b>	Truffles With Emmanuel Mollois	Poh and Emmanuel Mollois are off to the Mundaring Truffle Festival in Western Australia to find out more about this knobbly delicacy that grows underground.	AUSTRALIA	English-100	RPT	G	Y
2020-12-01	2230	<b>The Cook And The Chef</b>	Raspberries And Barramundi	Simon and Maggie stroll back into the kitchen for a new season to dish up a refreshing summer feast. Maggie uses delicious second flush raspberries to adorn a fail proof sponge.	AUSTRALIA	English-100		G	
2020-12-01	2300	<b>The Cook And The Chef</b>	Croc And Honey	To check out the Northern Territory's claim that they produce the best crocodile meat, Simon visits a farm near Darwin and talks to zoologist Adam Britton.	AUSTRALIA	English-100		G	
2020-12-01	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 22	Ainsley Harriott welcomes stylist Nicky Hambleton-Jones and hairdresser Andrew Barton alongside Tony Tobin and Lesley Waters as he hosts the classic 20-minute cooking challenge.	UNITED KINGDOM	English-100		PG	

2020-12-01	2420	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 1	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2020-12-01	2430	<b>Food Safari</b>	Portuguese	Maeve O'Meara takes you on a journey within your very own kitchen and makes the exotic familiar. In tonight's episode, Maeve explores the world of Portuguese food.	AUSTRALIA	English-100	RPT	G	Y
2020-12-01	2500	<b>Classic Mary Berry</b>	Great Outdoors, The	Mary visits one of her beloved locations - Port Isaac on the Cornwall coast. Alongside local chef Nathan Outlaw, she creates some wonderful classics inspired by the great outdoors.	UNITED KINGDOM	English-100		G	
2020-12-01	2530	<b>How To Cook Like Heston</b>	Potato	Surely there is more to spuds than mashing, boiling, or roasting? This week, Heston challenges the way we cook the humble spud.	UNITED KINGDOM	English-100	RPT	G	Y
2020-12-01	2600	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 3	Tonight, Luke heads to the mysterious and serene Ninh Binh. Snail catching and duck calling are all on the agenda in this beautiful country town.	AUSTRALIA	English-100	RPT	G	Y
2020-12-01	2630	<b>Nigella Feasts</b>	Chocolate Heaven	Nigella Lawson shares her all-time favourite hall of fame chocolate recipes - beginning with an unbelievably delicious and simple old-fashioned chocolate cake.	UNITED KINGDOM	English-100	RPT	G	Y
2020-12-01	2700	<b>Poh's Kitchen</b>	Truffles With Emmanuel Mollois	Poh and Emmanuel Mollois are off to the Mundaring Truffle Festival in Western Australia to find out more about this knobbly delicacy that grows underground.	AUSTRALIA	English-100	RPT	G	Y
2020-12-01	2730	<b>Rachel Allen: Coastal Cookery</b>	Rachel Allen: Coastal Cookery Series 1 Ep 10	Rachel visits a hill farm in Killadoon to find out about Connemara Hill lamb, and she has a go at shearing a sheep. She cooks a dish of lamb shanks in local ale.	UNITED KINGDOM	English-100		G	
2020-12-01	2800	<b>Africa On A Plate</b>	Tanzania: Stone Town 2	Chef Lentswe Bhengu visits Stone Town, Zanzibar to learn about the unique spices found on this beautiful coastal island.	USA	English-100	RPT	G	
2020-12-01	2830	<b>Pati's Mexican Table</b>	Women Of Oaxaca	Pati meets with women chefs, business owners and leaders of society, exploring the role of women in Oaxaca, and their influence on the customs and cuisine.	USA	English-100		G	
2020-12-02	0500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 4	Joanna visits the Hmong community of Innisfail in far north Queensland who use every part of the banana plant for eating, and Maeve sits down to Sunday lunch Sri Lankan-style.	AUSTRALIA	English-100	RPT	G	Y
2020-12-02	0530	<b>Martha Bakes</b>	Gulf	Martha shares quintessentially Southern recipes including caramel cake, Mississippi mud tart, Lane cake, and cheese straws.	USA	English-100		G	
2020-12-02	0600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 37	Courtney prepares a showstopper salad - Moroccan cauliflower rice, while Matt shares his recipe for a unique spiced pistachio cake.	AUSTRALIA	English-100		PG	
2020-12-02	0630	<b>Food Safari</b>	Portuguese	Maeve O'Meara takes you on a journey within your very own kitchen and makes the exotic familiar. In tonight's episode, Maeve explores the world of Portuguese food.	AUSTRALIA	English-100	RPT	G	Y
2020-12-02	0700	<b>Classic Mary Berry</b>	Great Outdoors, The	Mary visits one of her beloved locations - Port Isaac on the Cornwall coast. Alongside local chef Nathan Outlaw, she creates some wonderful classics inspired by the great outdoors.	UNITED KINGDOM	English-100		G	
2020-12-02	0730	<b>How To Cook Like Heston</b>	Potato	Surely there is more to spuds than mashing, boiling, or roasting? This week, Heston challenges the way we cook the humble spud.	UNITED KINGDOM	English-100	RPT	G	Y
2020-12-02	0800	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 3	Tonight, Luke heads to the mysterious and serene Ninh Binh. Snail catching and duck calling are all on the agenda in this beautiful country town.	AUSTRALIA	English-100	RPT	G	Y
2020-12-02	0830	<b>Nigella Feasts</b>	Chocolate Heaven	Nigella Lawson shares her all-time favourite hall of fame chocolate recipes - beginning with an unbelievably delicious and simple old-fashioned chocolate cake.	UNITED KINGDOM	English-100	RPT	G	Y
2020-12-02	0900	<b>Poh's Kitchen</b>	Truffles With Emmanuel Mollois	Poh and Emmanuel Mollois are off to the Mundaring Truffle Festival in Western Australia to find out more about this knobbly delicacy that grows underground.	AUSTRALIA	English-100	RPT	G	Y

2020-12-02	0930	<b>Bake With Anna Olson</b>	Squares	Anna shares her secrets on how to make her favourite squares, including classic fudge brownies, pumpkin cheesecake squares, and lemon meringue squares.	CANADA	English-100		G	
2020-12-02	1000	<b>Africa On A Plate</b>	Tanzania: Stone Town 2	Chef Lentswe Bhengu visits Stone Town, Zanzibar to learn about the unique spices found on this beautiful coastal island.	USA	English-100	RPT	G	
2020-12-02	1030	<b>Pati's Mexican Table</b>	Women Of Oaxaca	Pati meets with women chefs, business owners and leaders of society, exploring the role of women in Oaxaca, and their influence on the customs and cuisine.	USA	English-100		G	
2020-12-02	1100	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 37	Courtney prepares a showstopper salad - Moroccan cauliflower rice, while Matt shares his recipe for a unique spiced pistachio cake.	AUSTRALIA	English-100		PG	
2020-12-02	1130	<b>Martha Bakes</b>	Gulf	Martha shares quintessentially Southern recipes including caramel cake, Mississippi mud tart, Lane cake, and cheese straws.	USA	English-100		G	
2020-12-02	1200	<b>Lidia's Kitchen</b>	Vegetable Favourites	Lidia shares her favourite vegetable recipes - celery stalks stuffed with gorgonzola and apples, asparagus and spring onion salad, fava sesame dip, and linguine with Swiss chard, walnuts, and ricotta.	USA	English-100		G	
2020-12-02	1230	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 22	Ainsley Harriott welcomes stylist Nicky Hambleton-Jones and hairdresser Andrew Barton alongside Tony Tobin and Lesley Waters as he hosts the classic 20-minute cooking challenge.	UNITED KINGDOM	English-100		PG	
2020-12-02	1320	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 1	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2020-12-02	1330	<b>Rachel Allen: Coastal Cookery</b>	Rachel Allen: Coastal Cookery Series 1 Ep 11	Rachel heads to Drumcliff Bay, to harvest cockles with Charlie Kelly from Wild Atlantic Oysters. She uses them to make a smoked haddock and cockle soup.	UNITED KINGDOM	English-100		PG	
2020-12-02	1400	<b>Africa On A Plate</b>	Tanzania: Pemba Island	Chef Lentswe Bhengu explores the history of Pemba Island - also known as The Green Island - known for its spices, rich fishing grounds, and Arabic influences.	USA	English-100	RPT	G	
2020-12-02	1430	<b>Pati's Mexican Table</b>	Art Of Mole, The	Pati explores the history and importance of mole. She shares a few of her favourite recipes including mole verde with pork and white beans, and chicken almendrado.	USA	English-100		G	
2020-12-02	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 5	Maeve O'Meara learns some of the secrets of our best cheddar from Tasmania, while Joanna Savill gets to taste several varieties of pomegranates at a farm in Robinvale, Victoria.	AUSTRALIA	English-100	RPT	G	Y
2020-12-02	1530	<b>Martha Bakes</b>	Pennsylvania Dutch	Martha shares recipes for Pennsylvania Dutch specialties including Montgomery pie, whoopie pies, and apple dumplings.	USA	English-100		G	
2020-12-02	1600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 38	Courtney prepares a refreshing recipe with no cooking involved - prawn and watermelon salad, while Michael shares the first dish he ever learnt to cook - spring risotto.	AUSTRALIA	English-100		PG	
2020-12-02	1630	<b>The Cook And The Chef</b>	Fish And Crabs	Maggie meets food legend Rick Stein and they discuss the gentle art of cooking fish. Back in the kitchen, Maggie works her magic on an impressive piece of farmed Kingfish.	AUSTRALIA	English-100		G	
2020-12-02	1700	<b>The Cook And The Chef</b>	Mangoes And Cheese	Maggie and Simon dish up a bit of mango madness with two tropically inspired dishes that showcase the unique flavours of green, unripe mangoes.	AUSTRALIA	English-100		G	
2020-12-02	1730	<b>Lidia's Kitchen</b>	Cheese	Lidia prepares gorgonzola-wrapped with puff pastry and baked as cheesy bites, as well as a celery, artichoke, and mortadella salad.	USA	English-100		G	
2020-12-02	1800	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 23	In this special Sport Relief edition, comedian and TV presenter Nick Hancock joins forces with former England cricket captain Allan Lamb and chefs Lesley Waters and Richard Phillips.	UNITED KINGDOM	English-100		PG	
2020-12-02	1850	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 10	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y



2020-12-02	1900	<b>Bake With Anna Olson</b>	Chocolate Pastry	Anna starts by making a basic chocolate pastry dough and turning it into chocolate slice cookies. She advances the lesson by preparing a delicious French classic, tarte au chocolat.	CANADA	English-100		G	
2020-12-02	1930	<b>Rachel Khoo: My Swedish Kitchen</b>	New Diverse Cuisine, A	Rachel visits Malmo, and the multicultural feel of the city gives her inspiration to make a Swedish-style green shakshuka. For dessert, Rachel prepares chocolate oat cookies.	UNITED KINGDOM	English-100		G	
2020-12-02	2000	<b>French Food Safari</b>	French Food Safari Series 1 Episode 8	Maeve and Guillaume get the lowdown on how a top-class kitchen works by joining Guillaume Brahimi for a busy night at his restaurant to see how his exquisite meals are created and served.	AUSTRALIA	English-100	RPT	G	Y
2020-12-02	2030	<b>Adam Liaw's Roadtrip For Good</b>	Adam Liaw's Roadtrip For Good Series 1 Ep 1	Adam kicks off his roadtrip for good with a visit to one of the worst bushfire-affected areas in Australia - Kangaroo Island, where he meets Shane Leahy from Kangaroo Island Fresh Garlic.	AUSTRALIA	English-100		PG	
2020-12-02	2100	<b>The Incredible Spice Men</b>	South Wales	Tony and Cyrus begin in the Cothi Valley in Carmarthenshire where they make fresh goats' cheese from the milk of animals feeding on wildflowers, herbs, and berries.	UNITED KINGDOM	English-100	RPT	G	
2020-12-02	2130	<b>Nigella Feasts</b>	Food To Go	This is Nigella Lawson to go. It's fabulous portable food - from an entire feast of mushroom pasta bake and stunning cranberry glazed ham.	UNITED KINGDOM	English-100	RPT	G	Y
2020-12-02	2200	<b>Poh's Kitchen</b>	Darwin With Jacko Angeles	Poh is back in Darwin soaking up the sun and enjoying delicious fresh seafood. Local cook Jacko shows Poh how to catch and cook at his favourite fish, whiting.	AUSTRALIA	English-100	RPT	G	Y
2020-12-02	2230	<b>The Cook And The Chef</b>	Fish And Crabs	Maggie meets food legend Rick Stein and they discuss the gentle art of cooking fish. Back in the kitchen, Maggie works her magic on an impressive piece of farmed Kingfish.	AUSTRALIA	English-100		G	
2020-12-02	2300	<b>The Cook And The Chef</b>	Mangoes And Cheese	Maggie and Simon dish up a bit of mango madness with two tropically inspired dishes that showcase the unique flavours of green, unripe mangoes.	AUSTRALIA	English-100		G	
2020-12-02	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 23	In this special Sport Relief edition, comedian and TV presenter Nick Hancock joins forces with former England cricket captain Allan Lamb and chefs Lesley Waters and Richard Phillips.	UNITED KINGDOM	English-100		PG	
2020-12-02	2420	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 10	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2020-12-02	2430	<b>Rachel Khoo: My Swedish Kitchen</b>	New Diverse Cuisine, A	Rachel visits Malmo, and the multicultural feel of the city gives her inspiration to make a Swedish-style green shakshuka. For dessert, Rachel prepares chocolate oat cookies.	UNITED KINGDOM	English-100		G	
2020-12-02	2500	<b>French Food Safari</b>	French Food Safari Series 1 Episode 8	Maeve and Guillaume get the lowdown on how a top-class kitchen works by joining Guillaume Brahimi for a busy night at his restaurant to see how his exquisite meals are created and served.	AUSTRALIA	English-100	RPT	G	Y
2020-12-02	2530	<b>Adam Liaw's Roadtrip For Good</b>	Adam Liaw's Roadtrip For Good Series 1 Ep 1	Adam kicks off his roadtrip for good with a visit to one of the worst bushfire-affected areas in Australia - Kangaroo Island, where he meets Shane Leahy from Kangaroo Island Fresh Garlic.	AUSTRALIA	English-100		PG	
2020-12-02	2600	<b>The Incredible Spice Men</b>	South Wales	Tony and Cyrus begin in the Cothi Valley in Carmarthenshire where they make fresh goats' cheese from the milk of animals feeding on wildflowers, herbs, and berries.	UNITED KINGDOM	English-100	RPT	G	
2020-12-02	2630	<b>Nigella Feasts</b>	Food To Go	This is Nigella Lawson to go. It's fabulous portable food - from an entire feast of mushroom pasta bake and stunning cranberry glazed ham.	UNITED KINGDOM	English-100	RPT	G	Y
2020-12-02	2700	<b>Poh's Kitchen</b>	Darwin With Jacko Angeles	Poh is back in Darwin soaking up the sun and enjoying delicious fresh seafood. Local cook Jacko shows Poh how to catch and cook at his favourite fish, whiting.	AUSTRALIA	English-100	RPT	G	Y
2020-12-02	2730	<b>Rachel Allen: Coastal Cookery</b>	Rachel Allen: Coastal Cookery Series 1 Ep 11	Rachel heads to Drumcliff Bay, to harvest cockles with Charlie Kelly from Wild Atlantic Oysters. She uses them to make a smoked haddock and cockle soup.	UNITED KINGDOM	English-100		PG	
2020-12-02	2800	<b>Africa On A Plate</b>	Tanzania: Pemba Island	Chef Lentswe Bhengu explores the history of Pemba Island - also known as The Green Island - known for its spices, rich fishing grounds, and Arabic influences.	USA	English-100	RPT	G	

2020-12-02	2830	<b>Pati's Mexican Table</b>	Art Of Mole, The	Pati explores the history and importance of mole. She shares a few of her favourite recipes including mole verde with pork and white beans, and chicken almadrado.	USA	English-100		G	
2020-12-03	0500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 5	Maeve O'Meara learns some of the secrets of our best cheddar from Tasmania, while Joanna Savill gets to taste several varieties of pomegranates at a farm in Robinvale, Victoria.	AUSTRALIA	English-100	RPT	G	Y
2020-12-03	0530	<b>Martha Bakes</b>	Pennsylvania Dutch	Martha shares recipes for Pennsylvania Dutch specialties including Montgomery pie, whoopie pies, and apple dumplings.	USA	English-100		G	
2020-12-03	0600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 38	Courtney prepares a refreshing recipe with no cooking involved - prawn and watermelon salad, while Michael shares the first dish he ever learnt to cook - spring risotto.	AUSTRALIA	English-100		PG	
2020-12-03	0630	<b>Rachel Khoo: My Swedish Kitchen</b>	New Diverse Cuisine, A	Rachel visits Malmo, and the multicultural feel of the city gives her inspiration to make a Swedish-style green shakshuka. For dessert, Rachel prepares chocolate oat cookies.	UNITED KINGDOM	English-100		G	
2020-12-03	0700	<b>French Food Safari</b>	French Food Safari Series 1 Episode 8	Maeve and Guillaume get the lowdown on how a top-class kitchen works by joining Guillaume Brahimi for a busy night at his restaurant to see how his exquisite meals are created and served.	AUSTRALIA	English-100	RPT	G	Y
2020-12-03	0730	<b>Adam Liaw's Roadtrip For Good</b>	Adam Liaw's Roadtrip For Good Series 1 Ep 1	Adam kicks off his roadtrip for good with a visit to one of the worst bushfire-affected areas in Australia - Kangaroo Island, where he meets Shane Leahy from Kangaroo Island Fresh Garlic.	AUSTRALIA	English-100		PG	
2020-12-03	0800	<b>The Incredible Spice Men</b>	South Wales	Tony and Cyrus begin in the Cothi Valley in Carmarthenshire where they make fresh goats' cheese from the milk of animals feeding on wildflowers, herbs, and berries.	UNITED KINGDOM	English-100	RPT	G	
2020-12-03	0830	<b>Nigella Feasts</b>	Food To Go	This is Nigella Lawson to go. It's fabulous portable food - from an entire feast of mushroom pasta bake and stunning cranberry glazed ham.	UNITED KINGDOM	English-100	RPT	G	Y
2020-12-03	0900	<b>Poh's Kitchen</b>	Darwin With Jacko Angeles	Poh is back in Darwin soaking up the sun and enjoying delicious fresh seafood. Local cook Jacko shows Poh how to catch and cook at his favourite fish, whiting.	AUSTRALIA	English-100	RPT	G	Y
2020-12-03	0930	<b>Bake With Anna Olson</b>	Chocolate Pastry	Anna starts by making a basic chocolate pastry dough and turning it into chocolate slice cookies. She advances the lesson by preparing a delicious French classic, tarte au chocolat.	CANADA	English-100		G	
2020-12-03	1000	<b>Africa On A Plate</b>	Tanzania: Pemba Island	Chef Lentswe Bhengu explores the history of Pemba Island - also known as The Green Island - known for its spices, rich fishing grounds, and Arabic influences.	USA	English-100	RPT	G	
2020-12-03	1030	<b>Pati's Mexican Table</b>	Art Of Mole, The	Pati explores the history and importance of mole. She shares a few of her favourite recipes including mole verde with pork and white beans, and chicken almadrado.	USA	English-100		G	
2020-12-03	1100	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 38	Courtney prepares a refreshing recipe with no cooking involved - prawn and watermelon salad, while Michael shares the first dish he ever learnt to cook - spring risotto.	AUSTRALIA	English-100		PG	
2020-12-03	1130	<b>Martha Bakes</b>	Pennsylvania Dutch	Martha shares recipes for Pennsylvania Dutch specialties including Montgomery pie, whoopie pies, and apple dumplings.	USA	English-100		G	
2020-12-03	1200	<b>Lidia's Kitchen</b>	Cheese	Lidia prepares gorgonzola-wrapped with puff pastry and baked as cheesy bites, as well as a celery, artichoke, and mortadella salad.	USA	English-100		G	
2020-12-03	1230	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 23	In this special Sport Relief edition, comedian and TV presenter Nick Hancock joins forces with former England cricket captain Allan Lamb and chefs Lesley Waters and Richard Phillips.	UNITED KINGDOM	English-100		PG	
2020-12-03	1320	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 10	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y
2020-12-03	1330	<b>Rachel Allen: Coastal Cookery</b>	Rachel Allen: Coastal Cookery Series 1 Ep 12	Rachel reaches the northerly most point of her journey at Fanad Peninsula to meet a herd of Dexter beef cattle grazing on the water's edge.	UNITED KINGDOM	English-100		G	
2020-12-03	1400	<b>Africa On A Plate</b>	Cooking With Lentswe: South Africa	This episode provides detailed recipe information from Lentswe's South Africa journey for easy duplication at home.	USA	English-100	RPT	G	

2020-12-03	1430	<b>Pati's Mexican Table</b>	In Search Of La Mixteca	Pati travels to a region in Oaxaca known as La Mixteca, and learns what makes the food and culture so unique. She creates recipes based on her experience - corn soup with queso, and pescado agridulce.	USA	English-100		G	
2020-12-03	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 6	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Joanna helps build a pit oven close to the Kakadu wetlands, and Maeve enjoys Greek Easter.	AUSTRALIA	English-100	RPT	G	Y
2020-12-03	1530	<b>Martha Bakes</b>	South Atlantic	Entertaining wouldn't be complete without a delicious dessert, and these South Atlantic classics are sure to impress.	USA	English-100		G	
2020-12-03	1600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 39	Matt create a delicious Teriyaki tofu stir fry, and Courtney and Matt share a fast and furious recipe - zucchini carbonara.	AUSTRALIA	English-100		PG	
2020-12-03	1630	<b>The Cook And The Chef</b>	Herbs And Pearls	Maggie loves her herbs and couldn't pass up the opportunity to visit Rob Foster who grows baby, or micro, herbs which are 'early' versions of greens or herbs that are intensely flavoured.	AUSTRALIA	English-100		G	
2020-12-03	1700	<b>The Cook And The Chef</b>	Jackfruit And Goat	After trying a Jack fruit curry on a recent trip to Darwin, Simon was inspired to use this remarkable fruit in a biryani, an exquisite combination of rice, jackfruit, herbs, and spices.	AUSTRALIA	English-100		G	
2020-12-03	1730	<b>Lidia's Kitchen</b>	My Favourites Braises	Lidia shares her favourite braise recipes - beef braised in barolo, braised kale with bacon, and braised cauliflower.	USA	English-100		G	
2020-12-03	1800	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 24	The jokes are flying thick and fast, as Bradley Walsh and Joe Pasquale join chefs Gino D'Acampo and Lesley Waters for today's classic 20-minute cooking challenge, with host Ainsley Harriott.	UNITED KINGDOM	English-100		PG	
2020-12-03	1850	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 9	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	PG	Y
2020-12-03	1900	<b>Bake With Anna Olson</b>	Strawberry Shortcake	Anna shares her favourite shortcake desserts featuring strawberries, beginning her recipe for the quintessential North American summer dessert, classic strawberry shortcake.	CANADA	English-100		G	
2020-12-03	1930	<b>Plat du Tour</b>	Plat Du Tour Series 1 (30min Version) Ep 2	Guillaume shares a delicious mussel recipe, traditional steak frites, a flavourful swordfish dish, and celebrates the Australian Granny Smith apple with his tarte tatin.	AUSTRALIA	English-100		PG	
2020-12-03	2000	<b>Donal's Asian Baking Adventure</b>	Korea 2	In Donal's search to discover more about Asian baking, in this show he visits a 'temple' to baking, a five storey chandeliered bakery with 30 chefs baking for 24 hour a day in Seoul.	SINGAPORE	English-100		G	
2020-12-03	2030	<b>May's Kitchen</b>	Libya	May introduces Libyan cuisine and its Italian influences, with three quintessentially Libyan dishes - mbakbka - a Libyan-style pasta, mbattan - a fried potato dish, and asida - a honey dessert.	USA	English-100		PG	
2020-12-03	2100	<b>Destination Flavour Singapore</b>	Destination Flavour Singapore Series 1 Ep 8	Adam Liaw discovers the sweeter side to Singapore's culinary scene, sampling everything from local hawker creations and homemade Peranakan kuehs, to restaurant dishes almost too beautiful to eat.	AUSTRALIA	English-100	RPT	G	Y
2020-12-03	2130	<b>Nigella Feasts</b>	Exotic Evening	Nigella Lawson's cooking up a delicious bite-sized feast that's perfect to share with a crowd. On the menu are red kidney bean and roasted eggplant dips.	UNITED KINGDOM	English-100	RPT	G	Y
2020-12-03	2200	<b>Poh's Kitchen</b>	Sauces And Stir Fry With Emmanuel Mollois	Poh and French chef Emmanuel Mollois examine the art of sauces and stir-fry. They share some great tips, including how to cut vegetables.	AUSTRALIA	English-100	RPT	G	Y
2020-12-03	2230	<b>The Cook And The Chef</b>	Herbs And Pearls	Maggie loves her herbs and couldn't pass up the opportunity to visit Rob Foster who grows baby, or micro, herbs which are 'early' versions of greens or herbs that are intensely flavoured.	AUSTRALIA	English-100		G	
2020-12-03	2300	<b>The Cook And The Chef</b>	Jackfruit And Goat	After trying a Jack fruit curry on a recent trip to Darwin, Simon was inspired to use this remarkable fruit in a biryani, an exquisite combination of rice, jackfruit, herbs, and spices.	AUSTRALIA	English-100		G	
2020-12-03	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 24	The jokes are flying thick and fast, as Bradley Walsh and Joe Pasquale join chefs Gino D'Acampo and Lesley Waters for today's classic 20-minute cooking challenge, with host Ainsley Harriott.	UNITED KINGDOM	English-100		PG	

2020-12-03	2420	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 9	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	PG	Y
2020-12-03	2430	<b>Plat du Tour</b>	Plat Du Tour Series 1 (30min Version) Ep 2	Guillaume shares a delicious mussel recipe, traditional steak frites, a flavourful swordfish dish, and celebrates the Australian Granny Smith apple with his tarte tatin.	AUSTRALIA	English-100		PG	
2020-12-03	2500	<b>Donal's Asian Baking Adventure</b>	Korea 2	In Donal's search to discover more about Asian baking, in this show he visits a 'temple' to baking, a five storey chandeliered bakery with 30 chefs baking for 24 hour a day in Seoul.	SINGAPORE	English-100		G	
2020-12-03	2530	<b>May's Kitchen</b>	Libya	May introduces Libyan cuisine and its Italian influences, with three quintessentially Libyan dishes - mbakbka - a Libyan-style pasta, mbattan - a fried potato dish, and asida - a honey dessert.	USA	English-100		PG	
2020-12-03	2600	<b>Destination Flavour Singapore</b>	Destination Flavour Singapore Series 1 Ep 8	Adam Liaw discovers the sweeter side to Singapore's culinary scene, sampling everything from local hawker creations and homemade Peranakan kuehs, to restaurant dishes almost too beautiful to eat.	AUSTRALIA	English-100	RPT	G	Y
2020-12-03	2630	<b>Nigella Feasts</b>	Exotic Evening	Nigella Lawson's cooking up a delicious bite-sized feast that's perfect to share with a crowd. On the menu are red kidney bean and roasted eggplant dips.	UNITED KINGDOM	English-100	RPT	G	Y
2020-12-03	2700	<b>Poh's Kitchen</b>	Sauces And Stir Fry With Emmanuel Mollois	Poh and French chef Emmanuel Mollois examine the art of sauces and stir-fry. They share some great tips, including how to cut vegetables.	AUSTRALIA	English-100	RPT	G	Y
2020-12-03	2730	<b>Rachel Allen: Coastal Cookery</b>	Rachel Allen: Coastal Cookery Series 1 Ep 12	Rachel reaches the northerly most point of her journey at Fanad Peninsula to meet a herd of Dexter beef cattle grazing on the water's edge.	UNITED KINGDOM	English-100		G	
2020-12-03	2800	<b>Africa On A Plate</b>	Cooking With Lentswe: South Africa	This episode provides detailed recipe information from Lentswe's South Africa journey for easy duplication at home.	USA	English-100	RPT	G	
2020-12-03	2830	<b>Pati's Mexican Table</b>	In Search Of La Mixteca	Pati travels to a region in Oaxaca known as La Mixteca, and learns what makes the food and culture so unique. She creates recipes based on her experience - corn soup with queso, and pescado agridulce.	USA	English-100		G	
2020-12-04	0500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 6	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Joanna helps build a pit oven close to the Kakadu wetlands, and Maeve enjoys Greek Easter.	AUSTRALIA	English-100	RPT	G	Y
2020-12-04	0530	<b>Martha Bakes</b>	South Atlantic	Entertaining wouldn't be complete without a delicious dessert, and these South Atlantic classics are sure to impress.	USA	English-100		G	
2020-12-04	0600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 39	Matt create a delicious Teriyaki tofu stir fry, and Courtney and Matt share a fast and furious recipe - zucchini carbonara.	AUSTRALIA	English-100		PG	
2020-12-04	0630	<b>Plat du Tour</b>	Plat Du Tour Series 1 (30min Version) Ep 2	Guillaume shares a delicious mussel recipe, traditional steak frites, a flavourful swordfish dish, and celebrates the Australian Granny Smith apple with his tarte tatin.	AUSTRALIA	English-100		PG	
2020-12-04	0700	<b>Donal's Asian Baking Adventure</b>	Korea 2	In Donal's search to discover more about Asian baking, in this show he visits a 'temple' to baking, a five storey chandeliered bakery with 30 chefs baking for 24 hour a day in Seoul.	SINGAPORE	English-100		G	
2020-12-04	0730	<b>May's Kitchen</b>	Libya	May introduces Libyan cuisine and its Italian influences, with three quintessentially Libyan dishes - mbakbka - a Libyan-style pasta, mbattan - a fried potato dish, and asida - a honey dessert.	USA	English-100		PG	
2020-12-04	0800	<b>Destination Flavour Singapore</b>	Destination Flavour Singapore Series 1 Ep 8	Adam Liaw discovers the sweeter side to Singapore's culinary scene, sampling everything from local hawker creations and homemade Peranakan kuehs, to restaurant dishes almost too beautiful to eat.	AUSTRALIA	English-100	RPT	G	Y
2020-12-04	0830	<b>Nigella Feasts</b>	Exotic Evening	Nigella Lawson's cooking up a delicious bite-sized feast that's perfect to share with a crowd. On the menu are red kidney bean and roasted eggplant dips.	UNITED KINGDOM	English-100	RPT	G	Y
2020-12-04	0900	<b>Poh's Kitchen</b>	Sauces And Stir Fry With Emmanuel Mollois	Poh and French chef Emmanuel Mollois examine the art of sauces and stir-fry. They share some great tips, including how to cut vegetables.	AUSTRALIA	English-100	RPT	G	Y
2020-12-04	0930	<b>Bake With Anna Olson</b>	Strawberry Shortcake	Anna shares her favourite shortcake desserts featuring strawberries, beginning her recipe for the quintessential North American summer dessert, classic strawberry shortcake.	CANADA	English-100		G	

2020-12-04	1000	<b>Africa On A Plate</b>	Cooking With Lentswe: South Africa	This episode provides detailed recipe information from Lentswe's South Africa journey for easy duplication at home.	USA	English-100	RPT	G	
2020-12-04	1030	<b>Pati's Mexican Table</b>	In Search Of La Mixteca	Pati travels to a region in Oaxaca known as La Mixteca, and learns what makes the food and culture so unique. She creates recipes based on her experience - corn soup with queso, and pescado agridulce.	USA	English-100		G	
2020-12-04	1100	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 39	Matt create a delicious Teriyaki tofu stir fry, and Courtney and Matt share a fast and furious recipe - zucchini carbonara.	AUSTRALIA	English-100		PG	
2020-12-04	1130	<b>Martha Bakes</b>	South Atlantic	Entertaining wouldn't be complete without a delicious dessert, and these South Atlantic classics are sure to impress.	USA	English-100		G	
2020-12-04	1200	<b>Lidia's Kitchen</b>	My Favourites Braises	Lidia shares her favourite braise recipes - beef braised in barolo, braised kale with bacon, and braised cauliflower.	USA	English-100		G	
2020-12-04	1230	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 24	The jokes are flying thick and fast, as Bradley Walsh and Joe Pasquale join chefs Gino D'Acampo and Lesley Waters for today's classic 20-minute cooking challenge, with host Ainsley Harriott.	UNITED KINGDOM	English-100		PG	
2020-12-04	1320	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 9	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	PG	Y
2020-12-04	1330	<b>Rachel Allen: Coastal Cookery</b>	Rachel Allen: Coastal Cookery Series 1 Ep 1	Rachel travels from Dungarvan to Ballycotton. There, she recreates the food memory of her friend, chef Paul Flynn, by catching a lobster and cooking it on the shore.	UNITED KINGDOM	English-100		PG	
2020-12-04	1400	<b>Africa On A Plate</b>	Cooking With Lentswe: Tanzania	This special episode of Africa on a Plate features a look back at the food and culture of Dar es Salaam that inspired Lentswe's east African dishes.	USA	English-100	RPT	G	
2020-12-04	1430	<b>Pati's Mexican Table</b>	Oaxaca Breakfast: Mesy And Delicious	Pati visits the town of San Martin Tilcajete to meet Maria and Jacobo at their famous art school, and tastes an outrageously delicious liver and eggs meal prepared for the artists.	USA	English-100		G	
2020-12-04	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 7	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maeve visits a Tasmanian walnut farm, and Joanna tries goat meat, Moroccan style.	AUSTRALIA	English-100	RPT	G	Y
2020-12-04	1530	<b>Martha Bakes</b>	West	From layer cake to upside-down cake, Martha shares four favourite recipes to add to your repertoire.	USA	English-100		G	
2020-12-04	1600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 40	Guest Olivia Wells from the Blue Ribbon Foundation joins Matt and together they cook up a one-pan Mexican quinoa, while Michael makes a blueberry breakfast jar.	AUSTRALIA	English-100		PG	
2020-12-04	1630	<b>The Cook And The Chef</b>	Lambs And Cockles	Maggie and Simon work their magic with lamb and cockles. Maggie's a huge fan of Suffolk lamb and she cooks it slowly to keep it tender and succulent before moving on to a Spanish-inspired dish.	AUSTRALIA	English-100		G	
2020-12-04	1700	<b>The Cook And The Chef</b>	Darwin Markets And Sea Cucumber	Maggie shares some great tips on how to prepare succulent octopus and Simon tackles another exotic ingredient from the far North - sea cucumber.	AUSTRALIA	English-100		G	
2020-12-04	1730	<b>Lidia's Kitchen</b>	Tomato, The	Lidia focuses on tomatoes - tomatoes stuffed with rice, mozzarella, and basil, as well as braised pork ribs with rigatoni, and green beans in chunky tomato sauce.	USA	English-100		G	
2020-12-04	1800	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 25	No blue flashing lights but plenty of action as Casualty stars Jane Hazlegrove and Marr Bardock join chefs James Tanner and Lesley Waters for another classic 20-minute cooking challenge.	UNITED KINGDOM	English-100		PG	
2020-12-04	1850	<b>Destination Flavour Singapore Bitesize</b>	Lamb Kebabs	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	
2020-12-04	1900	<b>Bake With Anna Olson</b>	Strudel	Anna starts with a basic strudel made from thin sheets of dough, rolled up with filling and baked to perfection in her caramel apple jalousie, followed by individual cabernet pear and walnut strudels.	CANADA	English-100		G	

2020-12-04	1930	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 5	One of Britain's most popular fish is plaice, which Rick cooks in a special sauce, made with red wine, leeks and parma ham. He names the sauce after his sons band - Pablo.	UNITED KINGDOM	English-100			PG	
2020-12-04	2000	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 6	The most important day in Padstow's calendar has the locals beating out the spirits of winter and welcoming summer. May Day means the little town is full of beating drums and laughter.	UNITED KINGDOM	English-100			PG	
2020-12-04	2035	<b>Rick Stein's Long Weekends</b>	Cadiz	Rick heads to southern Spain and the historic city of Cadiz. Rick is captivated by its narrow winding streets, walking in the footsteps of the ancient Phoenician and Arab traders.	UNITED KINGDOM	English-100			G	
2020-12-04	2145	<b>Nigella Feasts</b>	Solitary Sensations	Nigella Lawson cooks and eats even if she's home alone. Everything from delicious snacks to full meals like roasted lamb shank served with creamy pea puree.	UNITED KINGDOM	English-100	RPT		G	Y
2020-12-04	2215	<b>Poh's Kitchen</b>	Polenta With Andre Ursini	Poh catches up with her friend Andre Ursini for some more of his northern Italian cooking. Andre cooks her polenta with mushrooms and adds creamy gorgonzola.	AUSTRALIA	English-100	RPT		G	Y
2020-12-04	2245	<b>The Cook And The Chef</b>	Lambs And Cockles	Maggie and Simon work their magic with lamb and cockles. Maggie's a huge fan of Suffolk lamb and she cooks it slowly to keep it tender and succulent before moving on to a Spanish-inspired dish.	AUSTRALIA	English-100			G	
2020-12-04	2315	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 9	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT		PG	Y
2020-12-04	2325	<b>Poh &amp; Co. Bitesize</b>	Celebration	Poh & Co. invites you into the always delicious world of acclaimed cook, artist and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT		G	Y
2020-12-04	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 25	No blue flashing lights but plenty of action as Casualty stars Jane Hazlegrove and Marr Bardock join chefs James Tanner and Lesley Waters for another classic 20-minute cooking challenge.	UNITED KINGDOM	English-100			PG	
2020-12-04	2420	<b>Destination Flavour Singapore Bitesize</b>	Lamb Kebabs	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT		G	
2020-12-04	2430	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 5	One of Britain's most popular fish is plaice, which Rick cooks in a special sauce, made with red wine, leeks and parma ham. He names the sauce after his sons band - Pablo.	UNITED KINGDOM	English-100			PG	
2020-12-04	2500	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 6	The most important day in Padstow's calendar has the locals beating out the spirits of winter and welcoming summer. May Day means the little town is full of beating drums and laughter.	UNITED KINGDOM	English-100			PG	
2020-12-04	2535	<b>Rick Stein's Long Weekends</b>	Cadiz	Rick heads to southern Spain and the historic city of Cadiz. Rick is captivated by its narrow winding streets, walking in the footsteps of the ancient Phoenician and Arab traders.	UNITED KINGDOM	English-100			G	
2020-12-04	2645	<b>Nigella Feasts</b>	Solitary Sensations	Nigella Lawson cooks and eats even if she's home alone. Everything from delicious snacks to full meals like roasted lamb shank served with creamy pea puree.	UNITED KINGDOM	English-100	RPT		G	Y
2020-12-04	2710	<b>Poh's Kitchen</b>	Polenta With Andre Ursini	Poh catches up with her friend Andre Ursini for some more of his northern Italian cooking. Andre cooks her polenta with mushrooms and adds creamy gorgonzola.	AUSTRALIA	English-100	RPT		G	Y
2020-12-04	2740	<b>Rachel Allen: Coastal Cookery</b>	Rachel Allen: Coastal Cookery Series 1 Ep 1	Rachel travels from Dungarvan to Ballycotton. There, she recreates the food memory of her friend, chef Paul Flynn, by catching a lobster and cooking it on the shore.	UNITED KINGDOM	English-100			PG	
2020-12-04	2805	<b>Africa On A Plate</b>	Cooking With Lentswe: Tanzania	This special episode of Africa on a Plate features a look back at the food and culture of Dar es Salaam that inspired Lentswe's east African dishes.	USA	English-100	RPT		G	
2020-12-04	2835	<b>Pati's Mexican Table</b>	Oaxaca Breakfast: Mesy And Delicious	Pati visits the town of San Martin Tilcajete to meet Maria and Jacobo at their famous art school, and tastes an outrageously delicious liver and eggs meal prepared for the artists.	USA	English-100			G	
2020-12-05	0500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 7	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maeve visits a Tasmanian walnut farm, and Joanna tries goat meat, Moroccan style.	AUSTRALIA	English-100	RPT		G	Y
2020-12-05	0530	<b>Martha Bakes</b>	West	From layer cake to upside-down cake, Martha shares four favourite recipes to add to your repertoire.	USA	English-100			G	

2020-12-05	0600	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 40	Guest Olivia Wells from the Blue Ribbon Foundation joins Matt and together they cook up a one-pan Mexican quinoa, while Michael makes a blueberry breakfast jar.	AUSTRALIA	English-100			PG	
2020-12-05	0630	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 5	One of Britain's most popular fish is plaice, which Rick cooks in a special sauce, made with red wine, leeks and parma ham. He names the sauce after his sons band - Pablo.	UNITED KINGDOM	English-100			PG	
2020-12-05	0700	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 6	The most important day in Padstow's calendar has the locals beating out the spirits of winter and welcoming summer. May Day means the little town is full of beating drums and laughter.	UNITED KINGDOM	English-100			PG	
2020-12-05	0735	<b>Rick Stein's Long Weekends</b>	Cadiz	Rick heads to southern Spain and the historic city of Cadiz. Rick is captivated by its narrow winding streets, walking in the footsteps of the ancient Phoenician and Arab traders.	UNITED KINGDOM	English-100			G	
2020-12-05	0845	<b>Nigella Feasts</b>	Solitary Sensations	Nigella Lawson cooks and eats even if she's home alone. Everything from delicious snacks to full meals like roasted lamb shank served with creamy pea puree.	UNITED KINGDOM	English-100	RPT		G	Y
2020-12-05	0910	<b>Poh's Kitchen</b>	Polenta With Andre Ursini	Poh catches up with her friend Andre Ursini for some more of his northern Italian cooking. Andre cooks her polenta with mushrooms and adds creamy gorgonzola.	AUSTRALIA	English-100	RPT		G	Y
2020-12-05	0940	<b>Bake With Anna Olson</b>	Strudel	Anna starts with a basic strudel made from thin sheets of dough, rolled up with filling and baked to perfection in her caramel apple jalousie, followed by individual cabernet pear and walnut strudels.	CANADA	English-100			G	
2020-12-05	1005	<b>Africa On A Plate</b>	Cooking With Lentswe: Tanzania	This special episode of Africa on a Plate features a look back at the food and culture of Dar es Salaam that inspired Lentswe's east African dishes.	USA	English-100	RPT		G	
2020-12-05	1035	<b>Pati's Mexican Table</b>	Oaxaca Breakfast: Mesy And Delicious	Pati visits the town of San Martin Tilcajete to meet Maria and Jacobo at their famous art school, and tastes an outrageously delicious liver and eggs meal prepared for the artists.	USA	English-100			G	
2020-12-05	1100	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 40	Guest Olivia Wells from the Blue Ribbon Foundation joins Matt and together they cook up a one-pan Mexican quinoa, while Michael makes a blueberry breakfast jar.	AUSTRALIA	English-100			PG	
2020-12-05	1130	<b>Martha Bakes</b>	West	From layer cake to upside-down cake, Martha shares four favourite recipes to add to your repertoire.	USA	English-100			G	
2020-12-05	1200	<b>Lidia's Kitchen</b>	Tomato, The	Lidia focuses on tomatoes - tomatoes stuffed with rice, mozzarella, and basil, as well as braised pork ribs with rigatoni, and green beans in chunky tomato sauce.	USA	English-100			G	
2020-12-05	1230	<b>Rick Stein's Fruits Of The Sea</b>	Rick Stein's Fruits Of The Sea Series 1 Ep 5	One of Britain's most popular fish is plaice, which Rick cooks in a special sauce, made with red wine, leeks and parma ham. He names the sauce after his sons band - Pablo.	UNITED KINGDOM	English-100			PG	
2020-12-05	1300	<b>Instant Noodles Diary</b>	Japan	Our journey begins in Japan, the birthplace of instant noodles. When was instant noodles conceived and why do some people consider it the greatest invention Japan has given to the world?	SINGAPORE	English-100			G	
2020-12-05	1330	<b>Instant Noodles Diary</b>	Thailand	Aroy Mak Mak! The Thais mean business when it comes to their instant noodles. On average, they spend 30% of their income on these packets of instant gratification.	SINGAPORE	English-100			G	
2020-12-05	1400	<b>Late Nite Eats</b>	Charlotte, North Carolina	Jordan's first stop in Charlotte is in NoDa, the city's vibrant arts district. He's kicking off his night at Haberdish, a North Carolina style southern kitchen and wine bar.	USA	English-100			G	
2020-12-05	1430	<b>Late Nite Eats</b>	Washington DC	Jordan travels to Washington DC for a truly capitol late night experience. He starts his night off on Capitol Hill, where he sinks his teeth into a cheesy pimento burger at Eat Bar in Barracks Row.	USA	English-100			G	
2020-12-05	1500	<b>Secret Meat Business</b>	Secret Meat Business Series 2 Ep 6	Claiming to have settled a century old feud between the clans of Scotland, chef Adrian Richardson demystifies the art of cooking Scotland's national dish, haggis.	AUSTRALIA	English-100			G	
2020-12-05	1530	<b>Secret Meat Business</b>	Secret Meat Business Series 2 Ep 7	This episode, chef Adrian Richardson combines the flavours of the Deep South and Mexico with today's dish, his sweet and succulent Texan-style short rib tacos.	AUSTRALIA	English-100			G	

2020-12-05	1600	<b>Donal's Kitchen Hero Feast</b>	Dublin - Donal's Christmas Feast	With Christmas fast approaching, Donal visits a turkey farm and a bakery selling mince pies. The Garden florists in the Powerscourt Centre will be showing Donal how to decorate a table at Christmas.	IRELAND	English-100		G	
2020-12-05	1630	<b>Christmas Feast With Peter Kuruvita</b>	Christmas Feast With Peter Kuruvita, A	Acclaimed chef Peter Kuruvita revisits his culinary adventures across the Pacific in search of the perfect blend of flavours for an Australian Christmas feast, which he creates at his family home.	AUSTRALIA	English-100	RPT	G	Y
2020-12-05	1730	<b>Bonacini's Italy Christmas Specials</b>	Christmas At The Farm	In this heartwarming one-hour holiday special, celebrity chef Michael Bonacini invites us to his cozy farmhouse in Ontario for a charming Christmas feast.	CANADA	English-100		G	
2020-12-05	1830	<b>The Big Family Cooking Showdown</b>	Big Family Cooking Showdown Series 2, The Ep 1	The Big Family Cooking Showdown is back! The Abimbola-Young, Penman, White, and Stone families make brunch for a tenner and serve up their take on pasta bake.	UNITED KINGDOM	English-100			
2020-12-05	1930	<b>Cheese Slices</b>	Shepherds Cheeses Of The Pyrenees	After more than a decade, Will Studd returns to the Pyrenees Mountains, home to some of the world's oldest shepherd's cheeses and one of the last strongholds of traditional artisan cheese making.	AUSTRALIA	English-100		G	
2020-12-05	2000	<b>Cheese Slices</b>	Cheeses Of La Mancha And Cabrales	The most famous cheese made in the high plateau of La Mancha is Manchego. Will and Ellie visit several farms that still make raw milk Manchego using traditional methods.	AUSTRALIA	English-100		G	
2020-12-05	2030	<b>Heston's Great British Food</b>	Curry	Heston does his own take on chicken tikka masala with whole poussins injected with tikka marinade and stuffed with tikka masala, accompanied by his own lager, 'beeryani'.	UNITED KINGDOM	English-100	RPT	G	Y
2020-12-05	2125	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 5	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
2020-12-05	2130	<b>The Hairy Bikers' Food Tour Of Britain</b>	Derbyshire	Si and Dave explore Derbyshire where they cook a traditional county favourite at the Buxton Pavilion Gardens. They also source venison from Calke Abbey and vegetables from local market gardeners.	UNITED KINGDOM	English-100	RPT	G	
2020-12-05	2230	<b>Paul Hollywood's Pies And Puds</b>	Paul Hollywood's Pies And Puds Series 1 Ep 13	Paul Hollywood gets his best of British Pies and Puds well and truly spiced up with the irrepressible Levi Roots, before returning the favour with his own amazing Caribbean Banana Tarte Tatin.	UNITED KINGDOM	English-100		G	
2020-12-05	2330	<b>Parveen's Indian Kitchen</b>	Parveen's Indian Cooking Series 1 Ep 3	Parveen shares her version of potato and cauliflower parathas served with kachumber, followed by Indian ice cream - kulfi. She also proves that homemade samosas are an easy task.	UNITED KINGDOM	English-100		G	
2020-12-05	2430	<b>The Big Family Cooking Showdown</b>	Big Family Cooking Showdown Series 2, The Ep 1	The Big Family Cooking Showdown is back! The Abimbola-Young, Penman, White, and Stone families make brunch for a tenner and serve up their take on pasta bake.	UNITED KINGDOM	English-100			
2020-12-05	2530	<b>Cheese Slices</b>	Shepherds Cheeses Of The Pyrenees	After more than a decade, Will Studd returns to the Pyrenees Mountains, home to some of the world's oldest shepherd's cheeses and one of the last strongholds of traditional artisan cheese making.	AUSTRALIA	English-100		G	
2020-12-05	2600	<b>Cheese Slices</b>	Cheeses Of La Mancha And Cabrales	The most famous cheese made in the high plateau of La Mancha is Manchego. Will and Ellie visit several farms that still make raw milk Manchego using traditional methods.	AUSTRALIA	English-100		G	
2020-12-05	2630	<b>Cooking Up A Fortune</b>	Cooking Up A Fortune Series 1 Ep 15	Pairs of amateur cooks who dream of starting their own food business, compete to sell their home-made dishes to the British public in the food arena.	UNITED KINGDOM	English-100		PG	
2020-12-05	2700	<b>Cooking Up A Fortune</b>	Cooking Up A Fortune Series 1 Ep 16	Pairs of amateur cooks who dream of starting their own food business, compete to sell their home-made dishes to the British public in the food arena.	UNITED KINGDOM	English-100		PG	
2020-12-05	2730	<b>The Hairy Bikers' Food Tour Of Britain</b>	Derbyshire	Si and Dave explore Derbyshire where they cook a traditional county favourite at the Buxton Pavilion Gardens. They also source venison from Calke Abbey and vegetables from local market gardeners.	UNITED KINGDOM	English-100	RPT	G	
2020-12-05	2830	<b>Donal's Kitchen Hero Feast</b>	Dublin - Donal's Christmas Feast	With Christmas fast approaching, Donal visits a turkey farm and a bakery selling mince pies. The Garden florists in the Powerscourt Centre will be showing Donal how to decorate a table at Christmas.	IRELAND	English-100		G	