



WEEK 1: Sunday, 26 December 2021 - Saturday, 1 January 2022 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2021-12-26	0500	Donal's Kitchen Hero	Christmas Special	Donal travels to the far north, above the Arctic Circle, to the world's original Ice Hotel in Kiruna to make baked ham, gravadlax, and a special Christmas rice pudding.	IRELAND	English-100	RPT	G		
2021-12-26	0530	Classic Mary Berry	Mary Berry's Christmas Party	Join Mary as she opens her kitchen to some of TV's best-loved faces as they join her in cooking delicious party dishes especially for her Christmas party table.	UNITED KINGDOM	English-100	RPT	G		
2021-12-26	0635	Nigella Bites Christmas Special	Nigella Bites Christmas Special	Nigella Lawson prepares her favourite recipes for the festive period, and reveals a few of her own culinary secrets to ensure a delicious Christmas feast with minimum fuss.	UNITED KINGDOM	English-100	RPT	G	Y	
2021-12-26	0735	Gordon's Ultimate Christmas	Gordon's Ultimate Christmas Ep 2	Gordon proves that there's so much more to Christmas food than turkey - he goes through a wonderful array of alternative dishes from roast ham to a festive twist on his classic beef Wellington.	UNITED KINGDOM	English-100	RPT	G		
2021-12-26	0830	Jamie's Easy Christmas Countdown	Jamie's Easy Christmas Countdown	Jamie kicks off his easy Christmas countdown with a gorgeous smoked salmon pate that's elegant, luxurious, and can be rustled up in the time it takes to make some toast!	UNITED KINGDOM	English-100	RPT	G		
2021-12-26	0925	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-26	0930	Nigellissima Christmas	Nigellissima Christmas	Nigella loves Christmas and for her a party is the perfect way to celebrate. This year, she kicks off festivities with a glittering buffet party in Nigellissima - an Italian inspired Christmas.	UNITED KINGDOM	English-100	RPT	G		Y
2021-12-26	1035	Donal's Meals In Minutes	Christmas Entertaining Meals	Donal tackles one area that he gets asked about all the time - what are the best recipes to serve at Christmas? Donal has got five recipes that are guaranteed to go down a treat this Christmas.	IRELAND	English-100	RPT	PG		
2021-12-26	1105	Cheese Slices	Brazil - Clandestine Cheeses Of Brazil	The Minas region of Brazil produces as much raw milk cheese as France, but most of it is illegal. Will takes a flight to the stunning Canastra ranges to learn about the traditional farm cheese.	AUSTRALIA	English-100	RPT	PG		
2021-12-26	1135	Rick Stein's Food Heroes Xmas	Rick Stein's Food Heroes Xmas 2005	Over the past few years, popular TV chef Rick Stein has embarked on a voyage of discovery, taking him the length and breadth of Britain as he searches out the very best of all British produce.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-26	1240	Ainsley's Food We Love	Granny Knows Best	Ainsley Harriot returns to prepare tasty recipes and chat with special guests, who reminisce about their favourite meals. First up, he recreates a comforting Irish stew made by his friend's granny.	UNITED KINGDOM	English-100	RPT			
2021-12-26	1330	Gino's Italian Coastal Escape	Calabria	Gino reveals the rugged and wild region that is Calabria. Its landscape is as breathtaking as the powerhouse ingredients it produces.	UNITED KINGDOM	English-100	RPT	G		
2021-12-26	1400	The Cook Up with Adam Liaw	Short Pasta	Host Adam Liaw is joined in The Cook Up kitchen by author of Saturday Night Pasta cookbook, Elizabeth Hewson, and Good Food Guide editor Myffy Rigby to create their ultimate short pasta dishes.	AUSTRALIA	English-100	RPT	PG	Y	
2021-12-26	1430	The Cook Up with Adam Liaw	Dinner In 20 Minutes	In The Cook Up kitchen, host Adam Liaw is joined by owner and head chef of Ho Jiak, Junda Khoo, and style editor at Delicious magazine, Kirsten Jenkins, to create easy dinner meals in twenty minutes.	AUSTRALIA	English-100	RPT	PG	Y	
2021-12-26	1500	The Cook Up with Adam Liaw	Roast	Host Adam Liaw, television presenter and self-proclaimed crap housewife Jessica Rowe and Woodcut restaurant's Ross Lusted are in The Cook Up kitchen making the family favourite - a roast.	AUSTRALIA	English-100	RPT	PG	Y	
2021-12-26	1530	The Cook Up with Adam Liaw	Morning Tea	Host Adam Liaw, CWA President Stephanie Stanhope and CWA Woy Woy member Amy Scott create their morning tea favourites in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG	Y	
2021-12-26	1600	The Cook Up with Adam Liaw	Cream	MasterChef Turkey host Somer Sivrioglu and political satirist Mark Humphries join host Adam Liaw in The Cook Up kitchen to make dishes using a favourite ingredient - cream.	AUSTRALIA	English-100	RPT	PG	Y	
2021-12-26	1630	The Cook And The Chef	Early Settlement	Maggie and Simon are given the challenge of using 'rations' - 10lbs meat, 10lbs flour, 2lbs sugar and a quarter lb each of tea and salt, plus a little rum - the allowance for a 19th century worker.	AUSTRALIA	English-100	RPT	G		
2021-12-26	1700	The Cook And The Chef	Modern Chef	Our duo pay homage to the one of the young chefs making a name for himself in Australia today - Melbourne based chef Shannon Bennett.	AUSTRALIA	English-100	RPT	G		

2021-12-26	1730	<b>The Cook And The Chef</b>	Recipe Books And Charmaine Solomon	Maggie and Simon both love cookbooks, so the show kicks off this week with Maggie showing off her impressive collection.	AUSTRALIA	English-100	RPT	G	
2021-12-26	1800	<b>Taste Of France</b>	Astrance	Today, we visit chef Pascal Barbot at his popular Michelin 2-star restaurant Astrance. Pascal is truly passionate about cooking and puts emphasis on perfection in everything that he and his team does.	SWEDEN	English-50; French-50		PG	Y
2021-12-26	1830	<b>Girls Guide:Hunting Fishing Wild Cooking</b>	A Girls Guide to Hunting Fishing Wild Cooking S1 Ep 6	Analise faces her biggest challenge yet, slaughtering the two pigs she's reared for meat, and is visited by old friends from the mainland who reaffirm her commitment to her new life.	AUSTRALIA	English-100	RPT	PG	
2021-12-26	1900	<b>Cheese Slices</b>	Spain - Traditional Galician Cheese	Galicia is known as 'Green Spain' and its high rainfall is perfect for dairy farming. Home to over a million cows, this beautiful region is well known for its mysterious Celtic past.	AUSTRALIA	English-100		G	
2021-12-26	1930	<b>Simply Raymond Blanc</b>	Raymonds Travels	Raymond Blanc shares his love of travel and embracing the influence of other cultures into his cuisine. He cooks a sensationally fresh flash-fried squid with a fennel and rocket salad.	ENGLAND	English-100		PG	
2021-12-26	2025	<b>Destination Flavour Fillers</b>	Destination Flavour Bitesize Series 1 Ep 7	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
2021-12-26	2030	<b>Rick Stein: From Venice to Istanbul</b>	Rick Stein's From Venice To Istanbul Series 1 Ep 1	Rick begins his journey in Venice and makes his way to the idyllic Greek island of Symi where he cooks some of his favourite Venetian dishes - seafood risotto, Tiramisu, and gnocchi with spider crab.	UNITED KINGDOM		RPT	PG	
2021-12-26	2140	<b>Anthony Bourdain: Parts Unknown</b>	Laos	The rich sensory experience of Laos with its enchanting scenery, distinctive aromas, and exceptional food are explored in Anthony Bourdain's trip to this Southeast Asian country.	USA	English-100		PG	Y
2021-12-26	2235	<b>Anthony Bourdain: Parts Unknown</b>	Queens	Anthony Bourdain discovers a hub of international cuisines and cultures in the New York City Borough of Queens. Tony imbibes at historic Neirs Tavern (seen in GoodFellas) in Woodhaven.	USA	English-100		PG	Y
2021-12-26	2330	<b>Taste Of France</b>	Astrance	Today, we visit chef Pascal Barbot at his popular Michelin 2-star restaurant Astrance. Pascal is truly passionate about cooking and puts emphasis on perfection in everything that he and his team does.	SWEDEN	English-50; French-50	RPT	PG	Y
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2021-12-27	0630	<b>Made In Britain</b>	Made In Britain Series 1 Ep 1	Join John Prescott on his journey of discovery into the heart of the factories making some of the region's best loved foods on a massive scale including Whitaker's Chocolates and Heck! Sausages.	UNITED KINGDOM	English-100	RPT	G	
2021-12-27	0725	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y

2021-12-27	0730	<b>Made In Britain</b>	Made In Britain Series 1 Ep 2	Steeped in history and tradition, Lord Prescott visits the Wensleydale Creamery in Hawes. The creamery makes over 4000 tons of cheese a year and is nationally renowned for its Yorkshire Wensleydale.	UNITED KINGDOM	English-100	RPT	G	
2021-12-27	0825	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2021-12-27	0830	<b>Made In Britain</b>	Made In Britain Series 1 Ep 3	John Prescott visits two factories who have kept the secret recipes of their iconic products closely guarded for centuries - Lea and Perrins Worcestershire sauce, and Soreen's malt loaf.	UNITED KINGDOM	English-100	RPT	G	
2021-12-27	0925	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2021-12-27	0930	<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	RPT	G	
2021-12-27	1025	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 4	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2021-12-27	1030	<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	RPT	PG	
2021-12-27	1125	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 5	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2021-12-27	1130	<b>Made In Britain</b>	Made In Britain Series 1 Ep 6	John is taking a trip down memory lane to find out how two of his childhood favourites were made. He learns how Ribena produce their iconic blackcurrant squash, and how Tyrells make their crisps.	UNITED KINGDOM	English-100	RPT	PG	
2021-12-27	1225	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 9	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2021-12-27	1230	<b>The Cook Up with Adam Liaw</b>	Morning Tea	Host Adam Liaw, CWA President Stephanie Stanhope and CWA Woy Woy member Amy Scott create their morning tea favourites in The Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG	Y
2021-12-27	1300	<b>Oliver's Twist</b>	Picnic In The Park	English summers are so unreliable that Jaime is overjoyed when his day off coincides with brilliant sunshine. It's a perfect day for an al fresco lunch so Jamie cooks some exciting picnic food.	UNITED KINGDOM	English-100	RPT	G	
2021-12-27	1330	<b>Donal's Kitchen Hero</b>	Donal's Kitchen Hero Series 2 Ep 12	Donal was taught to cook by his mother and grandmother and as he lives close to his grandmother, he continues to visit her often. Donal is shown how to prepare ambrosia cake - a family favourite.	IRELAND	English-100	RPT	G	
2021-12-27	1400	<b>Africa On A Plate</b>	Zulu Nation	Chef Lentswe Bhengu travels to the outskirts of Durban, where he learns more about his own cultural heritage at PheZulu Safari Park, and the Zulu traditional way of life.	USA	English-100	RPT	PG	
2021-12-27	1430	<b>David Rocco's Dolce South East Asia</b>	Being A Refugee	David is in Kuala Lumpur. KL has a long history of being the landing place for many different people - which has given it a reputation for being a diverse and culturally open society.	CANADA	English-100	RPT	G	
2021-12-27	1500	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 6	Matt shares unique recipe that he created for his Nan's birthday party - panko crusted prawn sliders. Courtney and Michael make the perfect dish for footy finals.	AUSTRALIA	English-100	RPT	G	
2021-12-27	1530	<b>Oliver's Twist</b>	East Meets West	Chef Jamie Oliver rustles up another delicious meal. Today, he makes some Japanese food including gyozas with dipping sauce, sakatini cocktails, and shabu shabu.	UNITED KINGDOM	English-100	RPT	G	
2021-12-27	1600	<b>Mystery Diners</b>	Party Monster	Mystery Diners go undercover to discover why George's has a dramatic loss in revenue - and find that the staff are taking the 'have fun' policy to the next level.	USA	English-100	RPT	PG	Y
2021-12-27	1630	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 11	Giada transports her guests to the island of Sicily with a menu featuring Bucatini a la Clams Casino, cannoli panna cotta, and simple eggplant parmigiana.	USA	English-100	RPT	G	
2021-12-27	1700	<b>Food Safari</b>	Indonesian Safari	Maeve plunges into the vibrant spicy world of Indonesian food with chef Rohanna Halim, who heads an all-girl kitchen team at her restaurant in Sydney.	AUSTRALIA	English-100	RPT	G	Y
2021-12-27	1730	<b>Choccywoccydoodah: Starstruck</b>	Wesley Snipes	The chocolatiers are back with a bang as this time Hollywood great Wesley Snipes challenges them to come up with their most explosive cake to date. He wants an action hero cake to share with his A-list friends.	UNITED KINGDOM	English-100		PG	
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2021-12-27	1830	<b>The Cook And The Chef</b>	Oats And Goats Cheese	If you enjoy the smell of freshly baked bread, you won't able to resist Maggie's oat, raisin and fennel bread. Irresistibly rich, it's perfect at any time, but especially for breakfast.	AUSTRALIA	English-100	RPT	G	

2021-12-27	1900	<b>The Cook Up with Adam Liaw</b>	Island Cooking	Host Adam Liaw invites food writer Tori Haschka and food and travel writer Yasmin Newman into The Cook Up kitchen to create some island inspired dishes.	AUSTRALIA	English-100		PG	Y	
2021-12-27	1930	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Jamie & Jimmy's Food Fight Club Series 6 Ep 12	Jamie and Jimmy welcome Hollywood star Josh Hartnett to the café. The star of Pearl Harbour loves ramen, so Jamie will be taking on a secretive recipe from Josh's favourite New York ramen restaurant.	UNITED KINGDOM	English-100		PG		
2021-12-27	2030	<b>Alex Polizzi's Secret Italy</b>	Alex Polizzi Secret Italy Series 1 Ep 4	The final leg of Alex's journey reaches a fitting crescendo in the secret south, a region that Alex knows little about. Puglia, one of the most rural regions, welcomes Alex with a tour.	UNITED KINGDOM	English-100		PG	Y	Y
2021-12-27	2125	<b>Poh &amp; Co. Bitesize</b>	Celebration	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-27	2130	<b>Luke Nguyen's Food Trail</b>	Luke Nguyen's Food Trail Series 1 Ep 13	Luke and Lynne bask in the sites of Victoria Harbour before Luke cooks a traditional Chinese XO Sauce paired with Clams. Luke visits local favourite Michelin star restaurent Duddles.	AUSTRALIA	English-100	RPT	PG	Y	
2021-12-27	2200	<b>The Cook Up with Adam Liaw</b>	Island Cooking	Host Adam Liaw invites food writer Tori Haschka and food and travel writer Yasmin Newman into The Cook Up kitchen to create some island inspired dishes.	AUSTRALIA	English-100	RPT	PG	Y	
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2021-12-27	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 11	Chat and chopping from Blue Peter presenter Gethin Jones and England rugby player Dan Scarborough, as Ainsley Harriott hosts the classic 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G		
2021-12-27	2420	<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		
2021-12-27	2430	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 11	Giada transports her guests to the island of Sicily with a menu featuring Bucatini a la Clams Casino, cannoli panna cotta, and simple eggplant parmigiana.	USA	English-100	RPT	G		
2021-12-27	2500	<b>Oliver's Twist</b>	Picnic In The Park	English summers are so unreliable that Jaime is overjoyed when his day off coincides with brilliant sunshine. It's a perfect day for an al fresco lunch so Jamie cooks some exciting picnic food.	UNITED KINGDOM	English-100	RPT	G		
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2021-12-28	0600	<b>David Rocco's Dolce South East Asia</b>	Being A Refugee	David is in Kuala Lumpur. KL has a long history of being the landing place for many different people - which has given it a reputation for being a diverse and culturally open society.	CANADA	English-100	RPT	G		
2021-12-28	0630	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 6	Matt shares unique recipe that he created for his Nan's birthday party - panko crusted prawn sliders. Courtney and Michael make the perfect dish for footy finals.	AUSTRALIA	English-100	RPT	G		
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2021-12-28	1100	<b>The Cook Up with Adam Liaw</b>	Island Cooking	Host Adam Liaw invites food writer Tori Haschka and food and travel writer Yasmin Newman into The Cook Up kitchen to create some island inspired dishes.	AUSTRALIA	English-100	RPT	PG	Y	
2021-12-28	1130	<b>Choccywoccydoodah: Starstruck</b>	Wesley Snipes	The chocolatiers are back with a bang as this time Hollywood great Wesley Snipes challenges them to come up with their most explosive cake to date. He wants an action hero cake to share with his A-list friends.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-28	1225	<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	
2021-12-28	1230	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 11	Giada transports her guests to the island of Sicily with a menu featuring Bucatini a la Clams Casino, cannoli panna cotta, and simple eggplant parmigiana.	USA	English-100	RPT	G		
2021-12-28	1300	<b>Oliver's Twist</b>	Daddy's Girl	Chef Jamie Oliver prepares another meal for his family. This time, it's for his 14 month-old daughter Poppy. Fruit lollipops and Moroccan stew are on the menu.	UNITED KINGDOM	English-100	RPT	G		
2021-12-28	1330	<b>Donal's Kitchen Hero</b>	Donal's Kitchen Hero Series 2 Ep 13	Donal is advised by his local butcher on the most economical cuts of beef, which are then turned into delicious meals - braised oxtail, goulash, dumplings made with beef skirt, and a chilli con carne.	IRELAND	English-100	RPT	G		
2021-12-28	1400	<b>Africa On A Plate</b>	Tanzania: Dar Es Salaam	Chef Lentswe Bhengu learns how Tanzanians are reinventing their culinary style by visiting Trinity Bar and Restaurant, where he learns how to make a Swahili fusion dish.	USA	English-100	RPT	G		Y
2021-12-28	1430	<b>David Rocco's Dolce South East Asia</b>	Women's Power	Over a few delicious meals, David meets several inspiring female activists who share their experiences with sexism and discrimination, and what it is like to live as a Muslim woman in Malaysia	CANADA	English-100	RPT	PG		
2021-12-28	1500	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 7	Matt is out on location at Boundary Bend, he shows the old school way of making baba ganoush. Michael whips up the perfect Sunday breakfast - cous cous stuffed mushrooms.	AUSTRALIA	English-100	RPT	G		
2021-12-28	1530	<b>Oliver's Twist</b>	New Kids On The Block	New trainees have started at Jamie's restaurant, Fifteen, and Jamie is treating them to a dinner party at his house. This will be a chance for the new chefs to get to know Jamie's style of cooking.	UNITED KINGDOM	English-100	RPT	G		
2021-12-28	1600	<b>Mystery Diners</b>	Catch Of The Day	Garcia's Seafood Grille and Fish Market's unusually low haul in crab claws calls in the Mystery Diners to find out where the seafood is going missing.	USA	English-100	RPT	PG		Y
2021-12-28	1630	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 12	Giada plans a movie night out under the stars. The dishes are some of her favourites that include salted chocolate cake, arancini, grilled polpette kebabs, and mind-blowing turkey sandwiches.	USA	English-100	RPT	G		
2021-12-28	1700	<b>Food Safari</b>	Maltese Safari	This episode of Food Safari explores a different take on Mediterranean cooking with the rustic delights of Maltese food.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-28	1730	<b>Choccywoccydoodah: Starstruck</b>	Richard Branson	The chocolatiers are in high spirits as entrepreneurial business legend Sir Richard Branson sets them a cake challenge that will have them reaching for the skies and beyond.	UNITED KINGDOM	English-100		PG		
2021-12-28	1825	<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	
2021-12-28	1830	<b>The Cook And The Chef</b>	Pepper And Salt	Maggie and Simon demonstrate why salt and pepper feature as giants in culinary history. Simon makes a real pepper sauce that turns a steak into so much more than a pub meal.	AUSTRALIA	English-100	RPT	G		
2021-12-28	1900	<b>The Cook Up with Adam Liaw</b>	Shortcuts	Host Adam Liaw, MasterChef Turkey host Somer Sivrioglu and political satirist Mark Humphries are in in The Cook Up kitchen to create some of their delicious dishes using shortcuts.	AUSTRALIA	English-100		PG	Y	

2021-12-28	1930	<b>Taste Of Italy</b>	Sulmona	Nisha Katona uncovers the specialties of Sulmona in Abruzzo, including pasta alla chitarra with tomato sauce and a local coffee that pays homage to the poet Ovid.	UNITED KINGDOM	English-100		PG		
2021-12-28	2000	<b>Anna's Occasions</b>	Kids Birthday	These three kid appropriate recipes are a treat for the eyes as well as the taste buds - chocolate cupcakes with vanilla buttercream, confetti birthday cake, and chocolate chip cookie layer cake.	CANADA	English-100		PG		
2021-12-28	2030	<b>Weekend Breaks With Gregg Wallace</b>	Rome	Gregg Wallace heads to the Italian Capital - Rome - for a weekend break. Over the course of three days he eats amazing local dishes, tours the sights, and even tries his hand as a gladiator.	UNITED KINGDOM	English-100	RPT	PG		Y
2021-12-28	2125	<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	
2021-12-28	2130	<b>Luke Nguyen's Railway Vietnam</b>	Luke Nguyen's Railway Vietnam Series 1 Ep 1	Luke Nguyen embarks on a trip around Vietnam aboard the country's most interconnected railway line. He begins his journey in Ho Chi Minh, and discovers how rapidly it's developed over the years.	AUSTRALIA	English-98; Vietnamese-2	RPT	PG	Y	Y
2021-12-28	2200	<b>The Cook Up with Adam Liaw</b>	Shortcuts	Host Adam Liaw, MasterChef Turkey host Somer Sivrioglu and political satirist Mark Humphries are in in The Cook Up kitchen to create some of their delicious dishes using shortcuts.	AUSTRALIA	English-100	RPT	PG	Y	
2021-12-28	2230	<b>Food Safari</b>	Maltese Safari	This episode of Food Safari explores a different take on Mediterranean cooking with the rustic delights of Maltese food.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-28	2300	<b>The Cook And The Chef</b>	Pepper And Salt	Maggie and Simon demonstrate why salt and pepper feature as giants in culinary history. Simon makes a real pepper sauce that turns a steak into so much more than a pub meal.	AUSTRALIA	English-100	RPT	G		
2021-12-28	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 12	There's fancy footwork in the kitchen today from ballroom dancer Anton du Beke and his Strictly Come Dancing partner Kate Garraway, as Ainsley Harriott hosts the classic 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G		
2021-12-28	2420	<b>Destination Flavour Singapore Bitesize</b>	Hari Kaya	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		
2021-12-28	2430	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 12	Giada plans a movie night out under the stars. The dishes are some of her favourites that include salted chocolate cake, arancini, grilled polpette kebabs, and mind-blowing turkey sandwiches.	USA	English-100	RPT	G		
2021-12-28	2500	<b>Oliver's Twist</b>	Daddy's Girl	Chef Jamie Oliver prepares another meal for his family. This time, it's for his 14 month-old daughter Poppy. Fruit lollipops and Moroccan stew are on the menu.	UNITED KINGDOM	English-100	RPT	G		
2021-12-28	2530	<b>Choccywoccydoodah: Starstruck</b>	Richard Branson	The chocolatiers are in high spirits as entrepreneurial business legend Sir Richard Branson sets them a cake challenge that will have them reaching for the skies and beyond.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-28	2625	<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	
2021-12-28	2630	<b>Taste Of Italy</b>	Sulmona	Nisha Katona uncovers the specialties of Sulmona in Abruzzo, including pasta alla chitarra with tomato sauce and a local coffee that pays homage to the poet Ovid.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-28	2700	<b>Anna's Occasions</b>	Kids Birthday	These three kid appropriate recipes are a treat for the eyes as well as the taste buds - chocolate cupcakes with vanilla buttercream, confetti birthday cake, and chocolate chip cookie layer cake.	CANADA	English-100	RPT	PG		
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2021-12-28	2825	<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	
2021-12-28	2830	<b>Luke Nguyen's Railway Vietnam</b>	Luke Nguyen's Railway Vietnam Series 1 Ep 1	Luke Nguyen embarks on a trip around Vietnam aboard the country's most interconnected railway line. He begins his journey in Ho Chi Minh, and discovers how rapidly it's developed over the years.	AUSTRALIA	English-98; Vietnamese-2	RPT	PG	Y	Y
2021-12-29	0500	<b>Donal's Kitchen Hero</b>	Donal's Kitchen Hero Series 2 Ep 13	Donal is advised by his local butcher on the most economical cuts of beef, which are then turned into delicious meals - braised oxtail, goulash, dumplings made with beef skirt, and a chilli con carne.	IRELAND	English-100	RPT	G		
2021-12-29	0530	<b>Africa On A Plate</b>	Tanzania: Dar Es Salaam	Chef Lentswe Bhengu learns how Tanzanians are reinventing their culinary style by visiting Trinity Bar and Restaurant, where he learns how to make a Swahili fusion dish.	USA	English-100	RPT	G		Y
2021-12-29	0600	<b>David Rocco's Dolce South East Asia</b>	Women's Power	Over a few delicious meals, David meets several inspiring female activists who share their experiences with sexism and discrimination, and what it is like to live as a Muslim woman in Malaysia	CANADA	English-100	RPT	PG		
2021-12-29	0630	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 7	Matt is out on location at Boundary Bend, he shows the old school way of making baba ganoush. Michael whips up the perfect Sunday breakfast - cous cous stuffed mushrooms.	AUSTRALIA	English-100	RPT	G		

2021-12-29	0700	<b>Oliver's Twist</b>	Daddy's Girl	Chef Jamie Oliver prepares another meal for his family. This time, it's for his 14 month-old daughter Poppy. Fruit lollipops and Moroccan stew are on the menu.	UNITED KINGDOM	English-100	RPT	G		
2021-12-29	0730	<b>Mystery Diners</b>	Catch Of The Day	Garcia's Seafood Grille and Fish Market's unusually low haul in crab claws calls in the Mystery Diners to find out where the seafood is going missing.	USA	English-100	RPT	PG	Y	
2021-12-29	0800	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 12	Giada plans a movie night out under the stars. The dishes are some of her favourites that include salted chocolate cake, arancini, grilled polpette kebabs, and mind-blowing turkey sandwiches.	USA	English-100	RPT	G		
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2021-12-29	1025	<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	
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2021-12-29	1130	<b>Choccywoccydoodah: Starstruck</b>	Richard Branson	The chocolatiers are in high spirits as entrepreneurial business legend Sir Richard Branson sets them a cake challenge that will have them reaching for the skies and beyond.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-29	1225	<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	
2021-12-29	1230	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 12	Giada plans a movie night out under the stars. The dishes are some of her favourites that include salted chocolate cake, arancini, grilled polpette kebabs, and mind-blowing turkey sandwiches.	USA	English-100	RPT	G		
2021-12-29	1300	<b>Oliver's Twist</b>	Peter's Party	Jamie caters for his friend Peter's birthday party where he prepares pesto pasta, beans with potatoes, watermelon salad, chicken pie and bagels with smoked salmon.	UNITED KINGDOM	English-100	RPT	G		
2021-12-29	1330	<b>Donal's Kitchen Hero</b>	Donal's Kitchen Hero Series 2 Ep 14	Donal goes to Austria to find inspiration for Christmas recipes with a twist. He visits Mayrhofen's Christmas market and later takes a cable car to the top of the mountain.	IRELAND	English-100	RPT	G		
2021-12-29	1400	<b>Africa On A Plate</b>	Cooking Special: Holiday	Lentswe prepares a holiday feast, including a turkey made his way.	USA	English-100	RPT	PG		
2021-12-29	1430	<b>David Rocco's Dolce South East Asia</b>	Three Inspiring Stories	In Kuala Lumpur, David meets a few inspiring people who through food, have taken a leap of faith, which made a difference in their lives and in the lives of others.	CANADA	English-100	RPT	PG		
2021-12-29	1500	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 8	Matt runs us through one of his childhood favourites, Mexican rice with a twist.	AUSTRALIA	English-100	RPT	PG		
2021-12-29	1530	<b>Oliver's Twist</b>	Late Night Munchies	Chef Jamie Oliver rustles up more tasty food for his pals. He prepares hot toddies, Philly steak sandwiches, chocolate cake, and flavoured popcorn.	UNITED KINGDOM	English-100	RPT	G		
2021-12-29	1600	<b>Mystery Diners</b>	All In The Family	The Mystery Diners are called in to a family-run restaurant in New Orleans when the owner becomes fed up with the lack of respect from his relative employees.	USA	English-100	RPT	PG	Y	
2021-12-29	1630	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 13	Giada and her daughter Jade host an Easter-themed family brunch with a menu that includes Giada's spin on traditional Italian holiday dishes. She whips up Italian cinnamon rolls and eggs benedict.	USA	English-100	RPT	G		
2021-12-29	1700	<b>Food Safari</b>	Pakistani Safari	Looks at some of the Pakistani dishes that are loved around the world - like biryani - the layered spiced rice and meat dish.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-29	1730	<b>Choccywoccydoodah: Starstruck</b>	Joan Rivers	Comedienne Joan Rivers sets the chocolatiers a challenge that could push them far beyond their comfort zone as she reveals she doesn't like chocolate and then asks for a diet cake with only 150 calories.	UNITED KINGDOM	English-100		PG		
2021-12-29	1825	<b>Destination Flavour Fillers</b>	Destination Flavour Bitesize Series 1 Ep 6	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
2021-12-29	1830	<b>The Cook And The Chef</b>	Trout And Eggs	Maggie uses her trout in a green tomato salsa, combining sweet and savoury flavours to perfection. Simon shows us how to smoke our own trout and combines big flakes of the fish with mayonnaise.	AUSTRALIA	English-100	RPT	G		

2021-12-29	1900	<b>The Cook Up with Adam Liaw</b>	From Where You Would Rather Be	It has been a tough time for travel so The Cook Up host Adam Liaw, singer Christine Anu and actor Remy Hii are cooking dishes in The Cook Up kitchen from where they would rather be.	AUSTRALIA	English-100		PG	Y	
2021-12-29	1930	<b>Restaurants On The Edge</b>	Slovenia	As a family-run business for 23 years in Slovenia's capital city of Ljubljana, the owners of Zmauč, Matjaz and Tsenja, need our expert's help to usher their outdated supper club into the future.	CANADA	English-100		PG		
2021-12-29	2030	<b>James Martin's American Adventure</b>	Sonoma Raceway	James makes a high-octane pit stop at the world-famous Sonoma Raceway - just before the IndyCar season finale. There he gets driven around the track by the King of American motorsport, Mario Andretti.	UNITED KINGDOM	English-100		PG		
2021-12-29	2125	<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	Y
2021-12-29	2130	<b>Luke Nguyen's Railway Vietnam</b>	Luke Nguyen's Railway Vietnam Series 1 Ep 2	Luke visits the city of flowers, known as Dalat, where the French influence can be seen everywhere.	AUSTRALIA	English-98; Vietnamese-2	RPT	G	Y	Y
2021-12-29	2200	<b>The Cook Up with Adam Liaw</b>	From Where You Would Rather Be	It has been a tough time for travel so The Cook Up host Adam Liaw, singer Christine Anu and actor Remy Hii are cooking dishes in The Cook Up kitchen from where they would rather be.	AUSTRALIA	English-100	RPT	PG	Y	
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2021-12-29	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 13	TV and radio presenters JK and Joel team up with chefs Nick Nairn and Paul Rankin as Ainsley Harriott presents the classic 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G		
2021-12-29	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		
2021-12-29	2430	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 13	Giada and her daughter Jade host an Easter-themed family brunch with a menu that includes Giada's spin on traditional Italian holiday dishes. She whips up Italian cinnamon rolls and eggs benedict.	USA	English-100	RPT	G		
2021-12-29	2500	<b>Oliver's Twist</b>	Peter's Party	Jamie caters for his friend Peter's birthday party where he prepares pesto pasta, beans with potatoes, watermelon salad, chicken pie and bagels with smoked salmon.	UNITED KINGDOM	English-100	RPT	G		
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2021-12-29	2625	<b>Destination Flavour Fillers</b>	Destination Flavour Bitesize Series 1 Ep 6	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
2021-12-29	2630	<b>Restaurants On The Edge</b>	Slovenia	As a family-run business for 23 years in Slovenia's capital city of Ljubljana, the owners of Zmauč, Matjaz and Tsenja, need our expert's help to usher their outdated supper club into the future.	CANADA	English-100	RPT	PG		
2021-12-29	2730	<b>James Martin's American Adventure</b>	Sonoma Raceway	James makes a high-octane pit stop at the world-famous Sonoma Raceway - just before the IndyCar season finale. There he gets driven around the track by the King of American motorsport, Mario Andretti.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-29	2825	<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	Y
2021-12-29	2830	<b>Luke Nguyen's Railway Vietnam</b>	Luke Nguyen's Railway Vietnam Series 1 Ep 2	Luke visits the city of flowers, known as Dalat, where the French influence can be seen everywhere.	AUSTRALIA	English-98; Vietnamese-2	RPT	G	Y	Y
2021-12-30	0500	<b>Donal's Kitchen Hero</b>	Donal's Kitchen Hero Series 2 Ep 14	Donal goes to Austria to find inspiration for Christmas recipes with a twist. He visits Mayrhofen's Christmas market and later takes a cable car to the top of the mountain.	IRELAND	English-100	RPT	G		
2021-12-30	0530	<b>Africa On A Plate</b>	Cooking Special: Holiday	Lentswe prepares a holiday feast, including a turkey made his way.	USA	English-100	RPT	PG		
2021-12-30	0600	<b>David Rocco's Dolce South East Asia</b>	Three Inspiring Stories	In Kuala Lumpur, David meets a few inspiring people who through food, have taken a leap of faith, which made a difference in their lives and in the lives of others.	CANADA	English-100	RPT	PG		
2021-12-30	0630	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 8	Matt runs us through one of his childhood favourites, Mexican rice with a twist.	AUSTRALIA	English-100	RPT	PG		
2021-12-30	0700	<b>Oliver's Twist</b>	Peter's Party	Jamie caters for his friend Peter's birthday party where he prepares pesto pasta, beans with potatoes, watermelon salad, chicken pie and bagels with smoked salmon.	UNITED KINGDOM	English-100	RPT	G		



2021-12-30	0730	<b>Mystery Diners</b>	All In The Family	The Mystery Diners are called in to a family-run restaurant in New Orleans when the owner becomes fed up with the lack of respect from his relative employees.	USA	English-100	RPT	PG			Y
2021-12-30	0800	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 13	Giada and her daughter Jade host an Easter-themed family brunch with a menu that includes Giada's spin on traditional Italian holiday dishes. She whips up Italian cinnamon rolls and eggs benedict.	USA	English-100	RPT	G			
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2021-12-30	1225	<b>Destination Flavour Fillers</b>	Destination Flavour Bitesize Series 1 Ep 6	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
2021-12-30	1230	<b>Giada Entertains</b>	Giada Entertains Series 4 Ep 13	Giada and her daughter Jade host an Easter-themed family brunch with a menu that includes Giada's spin on traditional Italian holiday dishes. She whips up Italian cinnamon rolls and eggs benedict.	USA	English-100	RPT	G			
2021-12-30	1300	<b>Oliver's Twist</b>	Chocoholic	Jamie has to write a column about chocolate and so visits 'The Chocolate Society' for sweet inspiration.	UNITED KINGDOM	English-100	RPT	G			
2021-12-30	1330	<b>Donal's Kitchen Hero</b>	Dublin Bay Prawn Festival	Donal starts his tour of Ireland in his vintage Citroen H van in his home town, Howth, where he cooks at the Dublin Bay Prawn Festival.	IRELAND	English-100	RPT	G			
2021-12-30	1400	<b>Africa On A Plate</b>	Tanzania: Stone Town	Chef Lentswe Bhengu continues to explore the seaside enclave of Stone Town and its infusion of exotic spices and cuisine.	USA	English-100	RPT	PG			Y
2021-12-30	1430	<b>David Rocco's Dolce South East Asia</b>	Singapore	David heads to Singapore. a truly diverse place where you can find just about any kind of food and the opportunity for a better life is available for all	CANADA	English-100	RPT	PG			
2021-12-30	1500	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 9	Matt cooks up a delicious family favourite - the classic Sunday roast - a succulent braised lamb shoulder.	AUSTRALIA	English-100	RPT	G			
2021-12-30	1530	<b>Oliver's Twist</b>	Big Cheese, The	Foodie fun with Jamie Oliver. Here, he visits a friend at her new cheese shop, then returns home with some of her produce and prepares the ultimate cheese board.	UNITED KINGDOM	English-100	RPT	G			
2021-12-30	1600	<b>Mystery Diners</b>	Friends With Benefits	Mystery Diners Nicole and Tom go undercover and discover a manager is hiring her incompetent friends who prevent a restaurant from thriving.	USA	English-100	RPT	PG			Y
2021-12-30	1630	<b>Giada Entertains</b>	Pastabilities	Giada invites her friends over to enjoy a pasta party together. They feast on a menu that includes malloreddus with shrimp and arugula as well as pappardelle with sausage ragu.	USA	English-100	RPT	G			
2021-12-30	1700	<b>Food Safari</b>	Croatian Safari	Dennis Valcich runs through the key ingredients used in Croatian cooking and demonstrates a recipe from the Dalmatian coast - artichoke with potatoes and broad beans.	AUSTRALIA	English-100	RPT	G	Y		
2021-12-30	1730	<b>Choccywoccydoodah: Starstruck</b>	Jason Donovan	Actor Jason Donovan challenges the team to come up with their most playful cake to date. Jason wants to present the touring cast of 'Priscilla, Queen of the Desert' with a cake they can eat and play too!	UNITED KINGDOM	English-100		PG			
2021-12-30	1825	<b>Destination Flavour Fillers</b>	Destination Flavour Bitesize Series 1 Ep 7	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		
2021-12-30	1830	<b>The Cook And The Chef</b>	Bush Tucker And Buffalo Mozzarella	Maggie's lightly cooked marinated roo sits perfectly with beetroot and anchovy butter, while the bold texture of Simon's emu holds up to a slow cook in a rich, sweet curry.	AUSTRALIA	English-100	RPT	G			
2021-12-30	1900	<b>The Cook Up with Adam Liaw</b>	French	Head chef at The Old Fitz Anna Urgate-Carral and head chef at Chiswick Francois Poulard chat and cook with The Cook Up host Adam Liaw, making their ultimate French dishes.	AUSTRALIA	English-100		PG	Y		

2021-12-30	1930	<b>Barefoot Contessa: Back To Basics</b>	Just Desserts	Ina Garten showcases incredible desserts, and there's something for everyone. For chocolate lovers, a decadent and glamorous chocolate cake with mocha frosting has a real wow factor.	USA	English-100		PG		
2021-12-30	2000	<b>Food Safari Water</b>	Fish Bites	Exquisite snacks based on seafood star in many cuisines around the world - all beautiful mouthfuls that take taste and texture to a whole new level.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-30	2030	<b>Girls Guide:Hunting Fishing Wild Cooking</b>	A Girls Guide to Hunting Fishing Wild Cooking S1 Ep 7	Enjoying the bounty of Autumn, Analiese harvests blackberries and her first honey, goes on her first hunt for venison, and later takes her mentor, Peter Gilmore, foraging for wild mushrooms.	AUSTRALIA	English-100		PG		
2021-12-30	2100	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 9	Rick is in his element when he arrives at Lake Thau because the dishes he prepares and devours are predominantly seafood. He cooks seafood ragout, using produce fresh from the fishing boats.	UNITED KINGDOM	English-100	RPT	G		
2021-12-30	2130	<b>Luke Nguyen's Railway Vietnam</b>	Luke Nguyen's Railway Vietnam Series 1 Ep 3	Luke boards the train at Ga Thap Cham, and soon finds his way to Nha Trang, a similar vibe to the Riviera of France. Nha Trang is known for its diverse sea life and beautiful coastline.	AUSTRALIA	English-98; Vietnamese-2	RPT	PG	Y	Y
2021-12-30	2200	<b>The Cook Up with Adam Liaw</b>	French	Head chef at The Old Fitz Anna Urgate-Carral and head chef at Chiswick Francois Poulard chat and cook with The Cook Up host Adam Liaw, making their ultimate French dishes.	AUSTRALIA	English-100	RPT	PG	Y	
2021-12-30	2230	<b>Food Safari</b>	Croatian Safari	Dennis Valcich runs through the key ingredients used in Croatian cooking and demonstrates a recipe from the Dalmatian coast - artichoke with potatoes and broad beans.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-30	2300	<b>The Cook And The Chef</b>	Bush Tucker And Buffalo Mozzarella	Maggie's lightly cooked marinated roo sits perfectly with beetroot and anchovy butter, while the bold texture of Simon's emu holds up to a slow cook in a rich, sweet curry.	AUSTRALIA	English-100	RPT	G		
2021-12-30	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 14	Holby City stars Sharon D Clarke and Luke Roberts join Ainsley Harriott for today's classic 20-minute cooking challenge.	UNITED KINGDOM	English-100	RPT	G		
2021-12-30	2420	<b>Destination Flavour Singapore Bitesize</b>	Singapore Chilli Crab	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	PG		
2021-12-30	2430	<b>Giada Entertains</b>	Pastabilities	Giada invites her friends over to enjoy a pasta party together. They feast on a menu that includes malloreddus with shrimp and arugula as well as pappardelle with sausage ragu.	USA	English-100	RPT	G		
2021-12-30	2500	<b>Oliver's Twist</b>	Chocoholic	Jamie has to write a column about chocolate and so visits 'The Chocolate Society' for sweet inspiration.	UNITED KINGDOM	English-100	RPT	G		
2021-12-30	2530	<b>Choccywoccydoodah: Starstruck</b>	Jason Donovan	Actor Jason Donovan challenges the team to come up with their most playful cake to date. Jason wants to present the touring cast of 'Priscilla, Queen of the Desert' with a cake they can eat and play too!	UNITED KINGDOM	English-100	RPT	PG		
2021-12-30	2625	<b>Destination Flavour Fillers</b>	Destination Flavour Bitesize Series 1 Ep 7	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	
2021-12-30	2630	<b>Barefoot Contessa: Back To Basics</b>	Just Desserts	Ina Garten showcases incredible desserts, and there's something for everyone. For chocolate lovers, a decadent and glamorous chocolate cake with mocha frosting has a real wow factor.	USA	English-100	RPT	PG		
2021-12-30	2700	<b>Food Safari Water</b>	Fish Bites	Exquisite snacks based on seafood star in many cuisines around the world - all beautiful mouthfuls that take taste and texture to a whole new level.	AUSTRALIA	English-100	RPT	G	Y	
2021-12-30	2730	<b>Girls Guide:Hunting Fishing Wild Cooking</b>	A Girls Guide to Hunting Fishing Wild Cooking S1 Ep 7	Enjoying the bounty of Autumn, Analiese harvests blackberries and her first honey, goes on her first hunt for venison, and later takes her mentor, Peter Gilmore, foraging for wild mushrooms.	AUSTRALIA	English-100	RPT	PG		
2021-12-30	2800	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 9	Rick is in his element when he arrives at Lake Thau because the dishes he prepares and devours are predominantly seafood. He cooks seafood ragout, using produce fresh from the fishing boats.	UNITED KINGDOM	English-100	RPT	G		
2021-12-30	2830	<b>Luke Nguyen's Railway Vietnam</b>	Luke Nguyen's Railway Vietnam Series 1 Ep 3	Luke boards the train at Ga Thap Cham, and soon finds his way to Nha Trang, a similar vibe to the Riviera of France. Nha Trang is known for its diverse sea life and beautiful coastline.	AUSTRALIA	English-98; Vietnamese-2	RPT	PG	Y	Y
2021-12-31	0500	<b>Donal's Kitchen Hero</b>	Dublin Bay Prawn Festival	Donal starts his tour of Ireland in his vintage Citroen H van in his home town of Howth, where he cooks at the Dublin Bay Prawn Festival.	IRELAND	English-100	RPT	G		
2021-12-31	0530	<b>Africa On A Plate</b>	Tanzania: Stone Town	Chef Lentswe Bhengu continues to explore the seaside enclave of Stone Town and its infusion of exotic spices and cuisine.	USA	English-100	RPT	PG		Y
2021-12-31	0600	<b>David Rocco's Dolce South East Asia</b>	Singapore	David heads to Singapore. a truly diverse place where you can find just about any kind of food and the opportunity for a better life is available for all	CANADA	English-100	RPT	PG		
2021-12-31	0630	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 9	Matt cooks up a delicious family favourite - the classic Sunday roast - a succulent braised lamb shoulder.	AUSTRALIA	English-100	RPT	G		

2021-12-31	0700	<b>Oliver's Twist</b>	Chocoholic	Jamie has to write a column about chocolate and so visits 'The Chocolate Society' for sweet inspiration.	UNITED KINGDOM	English-100	RPT	G	
2021-12-31	0730	<b>Mystery Diners</b>	Friends With Benefits	Mystery Diners Nicole and Tom go undercover and discover a manager is hiring her incompetent friends who prevent a restaurant from thriving.	USA	English-100	RPT	PG	Y
2021-12-31	0800	<b>Giada Entertains</b>	Pastabilities	Giada invites her friends over to enjoy a pasta party together. They feast on a menu that includes malloreddus with shrimp and arugula as well as pappardelle with sausage ragu.	USA	English-100	RPT	G	
2021-12-31	0830	<b>Barefoot Contessa: Back To Basics</b>	Just Desserts	Ina Garten showcases incredible desserts, and there's something for everyone. For chocolate lovers, a decadent and glamorous chocolate cake with mocha frosting has a real wow factor.	USA	English-100	RPT	PG	
2021-12-31	0900	<b>Food Safari Water</b>	Fish Bites	Exquisite snacks based on seafood star in many cuisines around the world - all beautiful mouthfuls that take taste and texture to a whole new level.	AUSTRALIA	English-100	RPT	G	Y
2021-12-31	0930	<b>Girls Guide:Hunting Fishing Wild Cooking</b>	A Girls Guide to Hunting Fishing Wild Cooking S1 Ep 7	Enjoying the bounty of Autumn, Analiese harvests blackberries and her first honey, goes on her first hunt for venison, and later takes her mentor, Peter Gilmore, foraging for wild mushrooms.	AUSTRALIA	English-100	RPT	PG	
2021-12-31	1000	<b>Rick Stein's French Odyssey</b>	Rick Stein's French Odyssey Series 1 Ep 9	Rick is in his element when he arrives at Lake Thau because the dishes he prepares and devours are predominantly seafood. He cooks seafood ragout, using produce fresh from the fishing boats.	UNITED KINGDOM	English-100	RPT	G	
2021-12-31	1030	<b>David Rocco's Dolce South East Asia</b>	Singapore	David heads to Singapore. a truly diverse place where you can find just about any kind of food and the opportunity for a better life is available for all	CANADA	English-100	RPT	PG	
2021-12-31	1100	<b>The Cook Up with Adam Liaw</b>	French	Head chef at The Old Fitz Anna Urgate-Carral and head chef at Chiswick Francois Poulard chat and cook with The Cook Up host Adam Liaw, making their ultimate French dishes.	AUSTRALIA	English-100	RPT	PG	Y
2021-12-31	1130	<b>Choccywoccydoodah: Starstruck</b>	Jason Donovan	Actor Jason Donovan challenges the team to come up with their most playful cake to date. Jason wants to present the touring cast of 'Priscilla, Queen of the Desert' with a cake they can eat and play too!	UNITED KINGDOM	English-100	RPT	PG	
2021-12-31	1225	<b>Destination Flavour Fillers</b>	Destination Flavour Bitesize Series 1 Ep 7	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
2021-12-31	1230	<b>Oliver's Twist</b>	Health Kick	Jamie Oliver rustles up more tasty food. Here, he prepares a particularly healthy meal: crab and grapefruit salad and steamed sea bass with spring vegetables.	UNITED KINGDOM	English-100	RPT	G	
2021-12-31	1300	<b>Oliver's Twist</b>	Jekka The Herb Lady	More culinary inspiration from Jamie Oliver. Here, he cooks for his friend Jekka who grows herbs. Dishes include lemon verbena granita with apple compote.	UNITED KINGDOM	English-100	RPT	G	
2021-12-31	1330	<b>Donal's Kitchen Hero</b>	Waterford Food Festival	Donal heads to Dungarvan and the West Waterford Food Festival. The terrible weather fails to dampen his spirits as he takes refuge in Dungarvan Castle and prepares beer battered fish and chips,	IRELAND	English-100	RPT	G	
2021-12-31	1400	<b>Africa On A Plate</b>	Honoring Elders: M'hudi Wine's Diale Rangaka	Chef Lentswe Bhengu has been inspired by people from all walks of life and will share those stories and a meal during this Elders Month special.	USA	English-100	RPT	PG	
2021-12-31	1430	<b>David Rocco's Dolce South East Asia</b>	War Is Over	Ho Chi Minh City welcomes over 8 million visitors per year and has become a city with great restaurants and a food scene second to none which helps to define its nickname as the Pearl of the Far East.	CANADA	English-100	RPT	PG	
2021-12-31	1500	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 10	Matt and Courtney prepare butterflied barbequed bhicken - perfect food to enjoy when entertaining. Courtney creates the perfect light eating dish when it's scorching hot outside - prawn tostadas.	AUSTRALIA	English-100	RPT	PG	
2021-12-31	1530	<b>Oliver's Twist</b>	Night Shift	Jamie takes time to try out some new bread recipes. As the sun begins to rise John and Jamie gather all the left over dough and make a delicious breakfast pizza.	UNITED KINGDOM	English-100	RPT	G	
2021-12-31	1600	<b>Mystery Diners</b>	No Laughing Matter	The owner of a seafood joint in New Orleans is concerned that his manager is more focused on his amateur comedy career than managing a restaurant.	USA	English-100	RPT	PG	Y
2021-12-31	1630	<b>Giada Entertains</b>	TV Dinners	Giada invites her friends over for a casual-but-delicious menu that includes tamari spiced nuts, sweet and crunchy jicama slaw, sausage hoagies and chocolate almond butter sandwich cookies.	USA	English-100	RPT	G	
2021-12-31	1700	<b>Food Safari</b>	Singaporean Safari	This episode sizzles with colour, flavour and texture as it savours the wonderful complexity of Singaporean food.	AUSTRALIA	English-100	RPT	G	Y
2021-12-31	1730	<b>Choccywoccydoodah: Starstruck</b>	Derren Brown	British illusionist Derren Brown sets the chocolatiers their trickiest challenge to date. Derren wants a taxidermy inspired birthday cake that holds an illusion clever enough to fool this master of magic.	UNITED KINGDOM	English-100		PG	
2021-12-31	1825	<b>Destination Flavour Fillers</b>	Destination Flavour Bitesize Series 1 Ep 8	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

2021-12-31	1830	<b>The Cook And The Chef</b>	Diabetic Diet, A	Maggie and Simon demonstrate how good nutrition and flavour can go hand in hand. Maggie's spelt pasta with pumpkin, and her mushroom, barley, and sherry soup ticks all the boxes.	AUSTRALIA	English-100	RPT	G		
2021-12-31	1900	<b>The Cook Up with Adam Liaw</b>	Sunday Lunch	The owners of Sunday Kitchen, mother and daughter Karima Hazim and Sivine Tabbouch, join host Adam Liaw in the Cook up Kitchen to make their Sunday lunch must-have dishes.	AUSTRALIA	English-100		PG		
2021-12-31	1930	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 1 Ep 6	Paul is keen to restore the gully that acts as a natural watercourse on his farm, but it's almost totally overgrown with blackberries. Paul hires a herd of hefty eaters to deal with the problem.	UNITED KINGDOM	English-100	RPT	PG	Y	
2021-12-31	2030	<b>Joanna And Jennifer: Absolutely Changers</b>	Joanna And Jennifer: Absolutely Changers	Absolutely Fabulous duo Jennifer Saunders and Joanna Lumley are reuniting on-screen to take a trip to the Champagne region of France to find out exactly how to put the bubbles into bubbly.	UNITED KINGDOM	English-100				
2021-12-31	2130	<b>Luke Nguyen's Railway Vietnam</b>	Luke Nguyen's Railway Vietnam Series 1 Ep 4	Luke's next stop is Hoi An, and while en-route, Luke cooks wok tossed beef in the train's kitchen carriage. He soon realises the on-board cooks have an amazing ability of balance.	AUSTRALIA	English-98; Vietnamese-2	RPT	G	Y	Y
2021-12-31	2200	<b>The Cook Up with Adam Liaw</b>	Sunday Lunch	The owners of Sunday Kitchen, mother and daughter Karima Hazim and Sivine Tabbouch, join host Adam Liaw in the Cook up Kitchen to make their Sunday lunch must-have dishes.	AUSTRALIA	English-100	RPT	PG		
2021-12-31	2230	<b>Jamie's Great Britain</b>	Scotland	Jamie concludes his round-Britain road trip on the west coast of Scotland. There he finds that haggis is being given a West Indian twist in Glasgow's oldest Scottish restaurant.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-31	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 15	Ainsley Harriott hosts the classic 20-minute cooking challenge with Hollyoaks stars Tony Hirst and Zoe Lister.	UNITED KINGDOM	English-100	RPT	G		
2021-12-31	2420	<b>Destination Flavour Singapore Bitesize</b>	Fish Head Curry	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	PG		
2021-12-31	2430	<b>Giada Entertains</b>	TV Dinners	Giada invites her friends over for a casual-but-delicious menu that includes tamari spiced nuts, sweet and crunchy jicama slaw, sausage hoagies and chocolate almond butter sandwich cookies.	USA	English-100	RPT	G		
2021-12-31	2500	<b>Oliver's Twist</b>	Jekka The Herb Lady	More culinary inspiration from Jamie Oliver. Here, he cooks for his friend Jekka who grows herbs. Dishes include lemon verbena granita with apple compote.	UNITED KINGDOM	English-100	RPT	G		
2021-12-31	2530	<b>Choccywoccydoodah: Starstruck</b>	Derren Brown	British illusionist Derren Brown sets the chocolatiers their trickiest challenge to date. Derren wants a taxidermy inspired birthday cake that holds an illusion clever enough to fool this master of magic.	UNITED KINGDOM	English-100	RPT	PG		
2021-12-31	2625	<b>Destination Flavour Fillers</b>	Destination Flavour Bitesize Series 1 Ep 8	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	
2021-12-31	2630	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 1 Ep 6	Paul is keen to restore the gully that acts as a natural watercourse on his farm, but it's almost totally overgrown with blackberries. Paul hires a herd of hefty eaters to deal with the problem.	UNITED KINGDOM	English-100	RPT	PG	Y	
2021-12-31	2730	<b>Joanna And Jennifer: Absolutely Changers</b>	Joanna And Jennifer: Absolutely Changers	Absolutely Fabulous duo Jennifer Saunders and Joanna Lumley are reuniting on-screen to take a trip to the Champagne region of France to find out exactly how to put the bubbles into bubbly.	UNITED KINGDOM	English-100	RPT			
2021-12-31	2830	<b>Luke Nguyen's Railway Vietnam</b>	Luke Nguyen's Railway Vietnam Series 1 Ep 4	Luke's next stop is Hoi An, and while en-route, Luke cooks wok tossed beef in the train's kitchen carriage. He soon realises the on-board cooks have an amazing ability of balance.	AUSTRALIA	English-98; Vietnamese-2	RPT	G	Y	Y
2022-01-01	0500	<b>Donal's Kitchen Hero</b>	Waterford Food Festival	Donal heads to Dungarvan and the West Waterford Food Festival. The terrible weather fails to dampen his spirits as he takes refuge in Dungarvan Castle and prepares beer battered fish and chips,	IRELAND	English-100	RPT	G		
2022-01-01	0530	<b>Africa On A Plate</b>	Honoring Elders: M'hudi Wine's Diale Rangaka	Chef Lentswe Bhengu has been inspired by people from all walks of life and will share those stories and a meal during this Elders Month special.	USA	English-100	RPT	PG		
2022-01-01	0600	<b>David Rocco's Dolce South East Asia</b>	War Is Over	Ho Chi Minh City welcomes over 8 million visitors per year and has become a city with great restaurants and a food scene second to none which helps to define its nickname as the Pearl of the Far East.	CANADA	English-100	RPT	PG		
2022-01-01	0630	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 10	Matt and Courtney prepare butterflyed barbecued bhicken - perfect food to enjoy when entertaining. Courtney creates the perfect light eating dish when it's scorching hot outside - prawn tostadas.	AUSTRALIA	English-100	RPT	PG		
2022-01-01	0700	<b>Food Safari</b>	Singaporean Safari	This episode sizzles with colour, flavour and texture as it savours the wonderful complexity of Singaporean food.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-01	0730	<b>Mystery Diners</b>	No Laughing Matter	The owner of a seafood joint in New Orleans is concerned that his manager is more focused on his amateur comedy career than managing a restaurant.	USA	English-100	RPT	PG		Y
2022-01-01	0800	<b>Giada Entertains</b>	TV Dinners	Giada invites her friends over for a casual-but-delicious menu that includes tamari spiced nuts, sweet and crunchy jicama slaw, sausage hoagies and chocolate almond butter sandwich cookies.	USA	English-100	RPT	G		

2022-01-01	0830	<b>River Cottage Australia</b>	River Cottage Australia One Hours Series 1 Ep 6	Paul is keen to restore the gully that acts as a natural watercourse on his farm, but it's almost totally overgrown with blackberries. Paul hires a herd of hefty eaters to deal with the problem.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-01-01	0930	<b>Joanna And Jennifer: Absolutely Champs</b>	Joanna And Jennifer: Absolutely Champs	Absolutely Fabulous duo Jennifer Saunders and Joanna Lumley are reuniting on-screen to take a trip to the Champagne region of France to find out exactly how to put the bubbles into bubbly.	UNITED KINGDOM	English-100	RPT		
2022-01-01	1030	<b>David Rocco's Dolce South East Asia</b>	War Is Over	Ho Chi Minh City welcomes over 8 million visitors per year and has become a city with great restaurants and a food scene second to none which helps to define its nickname as the Pearl of the Far East.	CANADA	English-100	RPT	PG	
2022-01-01	1100	<b>The Cook Up with Adam Liaw</b>	Sunday Lunch	The owners of Sunday Kitchen, mother and daughter Karima Hazim and Sivine Tabbouch, join host Adam Liaw in the Cook up Kitchen to make their Sunday lunch must-have dishes.	AUSTRALIA	English-100	RPT	PG	
2022-01-01	1130	<b>Gordon Ramsay Uncharted</b>	Peru	Chef Gordon Ramsay travels by motorbike through Peru's Sacred Valley of the Incas to discover traditional high-altitude cuisine. He samples local delicacies like fried worms, and rare potatoes.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-01-01	1225	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 1	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2022-01-01	1230	<b>Gordon Ramsay Uncharted</b>	Morocco	Chef Gordon Ramsay travels to Morocco, North Africa, where he embarks on an adventure deep in the Middle Atlas Mountains to understand ancient Berber cuisine.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-01-01	1325	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 2	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
2022-01-01	1330	<b>Gordon Ramsay Uncharted</b>	Laos	Gordon travels to Laos, where he takes on a rapid stretch of white water, kayaking down the Mekong in search of culinary inspiration, and learning from the locals, he treks through dense jungle.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-01-01	1425	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 3	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
2022-01-01	1430	<b>Gordon Ramsay Uncharted</b>	New Zealand	Chef Gordon Ramsay journeys to the remote corners of southern New Zealand to unlock the secrets of traditional Maori cuisine. From the locals, he learns how to catch eels, free dive, and forage.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-01-01	1525	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 4	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
2022-01-01	1530	<b>Gordon Ramsay Uncharted</b>	Hawaii	Hawaii makes a big impression on chef Gordon Ramsay with its epic array of Indigenous ingredients and the fascinating effects of trade winds on its culinary traditions.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-01-01	1625	<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
2022-01-01	1630	<b>Gordon Ramsay Uncharted</b>	Alaska	In the harsh conditions of southeast Alaska, Gordon learns how locals have adapted over the years to create their delicious local cuisine.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-01-01	1725	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 6	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
2022-01-01	1730	<b>Delia's How To Cook</b>	Vegetables	Delia shows how to 'catch the moment' when cooking a variety of veggies, from boiled cabbage to marinated zucchinis.	UNITED KINGDOM	English-100	RPT	G	
2022-01-01	1800	<b>Cheese Slices</b>	Canada - Artisan Cheeses Of British Columbia	The growing consumer awareness of artisan cheese in Canada has recently spread to the Pacific West Coast of British Columbia.	AUSTRALIA	English-100		G	
2022-01-01	1830	<b>Taste The Nation With Padma Lakshmi</b>	Burritos At The Border	Padma Lakshmi eats her way through the border city of El Paso while discovering the origins of one of America's most beloved cuisines.	USA	English-100	RPT	PG	Y
2022-01-01	1900	<b>Taste The Nation With Padma Lakshmi</b>	All American Wiener, The	Hot dogs, hamburgers, pretzels. Many think these foods are quintessentially American, but their origins are actually German. Padma travels to Milwaukee to explore their German origins.	USA	English-100	RPT	PG	Y
2022-01-01	1935	<b>Ainsley's Food We Love</b>	The Life Of Pie	Ainsley Harriott is joined by singer Alexandra Burke and prepares a selection of pies, including a tarragon-crust chicken, leek and mushroom one perfect for all the family.	UNITED KINGDOM	English-100			
2022-01-01	2030	<b>Kylie Kwong: Heart And Soul</b>	Bamboo	Pickled bamboo sounds exotic but bottling your own is simple enough. Kylie uses this unusual ingredient to flavour her mouth-watering salads.	AUSTRALIA	English-100	RPT	G	Y
2022-01-01	2100	<b>Kylie Kwong: Heart And Soul</b>	Spice	Kylie takes us through her Chinese versions of traditional Australian favourites and introduces us to the cross-cultural mix of modern Australian cooking.	AUSTRALIA	English-100	RPT	G	Y
2022-01-01	2130	<b>Anthony Bourdain: Parts Unknown</b>	Oman	Anthony Bourdain takes his first journey to the Sultanate of Oman and finds a peaceful land of remarkable beauty that defies expectations.	USA	English-100		PG	Y
2022-01-01	2225	<b>Poh &amp; Co. Bitesize</b>	Community	Welcome to the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y

2022-01-01	2230	<b>Anthony Bourdain: Parts Unknown</b>	Trinidad	On his trip to the Caribbean, Anthony discovers how the island of Trinidad has turned a history of colonialism and slavery into a non-stop celebration of multicultural food, music, and good times.	USA	English-100		PG		
2022-01-01	2325	<b>Poh &amp; Co. Bitesize</b>	Love...And Pizza!	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-01	2330	<b>Flintoff's Great British Road Trip</b>	Yorkshire	Fred and Rob set off for Billingsgate fish market to stock up with top quality fish. With the van full of fish the boys are still woefully unprepared for their first cook at Yorkshire's Bolton Abbey.	UNITED KINGDOM	English-100	RPT	PG		
2022-01-01	2425	<b>Destination Flavour Fillers</b>	Destination Flavour Bitesize Series 1 Ep 8	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	
2022-01-01	2430	<b>Taste The Nation With Padma Lakshmi</b>	Burritos At The Border	Padma Lakshmi eats her way through the border city of El Paso while discovering the origins of one of America's most beloved cuisines.	USA	English-100	RPT	PG		Y
2022-01-01	2500	<b>Taste The Nation With Padma Lakshmi</b>	All American Wiener, The	Hot dogs, hamburgers, pretzels. Many think these foods are quintessentially American, but their origins are actually German. Padma travels to Milwaukee to explore their German origins.	USA	English-100	RPT	PG		Y
2022-01-01	2535	<b>Ainsley's Food We Love</b>	The Life Of Pie	Ainsley Harriott is joined by singer Alexandra Burke and prepares a selection of pies, including a tarragon-crust chicken, leek and mushroom one perfect for all the family.	UNITED KINGDOM	English-100	RPT			
2022-01-01	2630	<b>Anthony Bourdain: Parts Unknown</b>	Oman	Anthony Bourdain takes his first journey to the Sultanate of Oman and finds a peaceful land of remarkable beauty that defies expectations.	USA	English-100	RPT	PG		Y
2022-01-01	2725	<b>Poh &amp; Co. Bitesize</b>	Community	Welcome to the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-01	2730	<b>Anthony Bourdain: Parts Unknown</b>	Trinidad	On his trip to the Caribbean, Anthony discovers how the island of Trinidad has turned a history of colonialism and slavery into a non-stop celebration of multicultural food, music, and good times.	USA	English-100	RPT	PG		
2022-01-01	2825	<b>Poh &amp; Co. Bitesize</b>	Love...And Pizza!	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-01-01	2830	<b>Kylie Kwong: Heart And Soul</b>	Bamboo	Pickled bamboo sounds exotic but bottling your own is simple enough. Kylie uses this unusual ingredient to flavour her mouth-watering salads.	AUSTRALIA	English-100	RPT	G	Y	