



WEEK 11: Sunday, 12 March - Saturday, 18 March 2023 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2023-03-12	0500	David Rocco's Dolce India	Grand Bharat	David is in Delhi, taking in all the sights and sounds. After spending some time in the crazy crowds of Old Delhi, he decides to head for the greener pastures of ITC Grand Bharat.	CANADA	English-100		G		
2023-03-12	0530	Ainsley's Good Mood Food	Coffee And Chocolate	Coffee and chocolate are sure to perk you up. Join Ainsley as he shows how to use them in both sweet and savoury dishes, starting with a quick and easy one pot that is sure to warm your cockles.	UNITED KINGDOM	English-100		G		
2023-03-12	0625	Poh & Co. Bitesize	Celebration	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2023-03-12	0630	A New Zealand Food Story	New Zealand Food Story Series 1 Ep, A 5	Ben heads to Taupo to find his restaurant's perfect beef supplier. Then it's on to the Hawkes Bay where he meets the recently crowned 'NZ's most outstanding food Producer of 2020!'	NEW ZEALAND	English-100		PG		
2023-03-12	0700	A New Zealand Food Story	New Zealand Food Story Series 1 Ep, A 6	Back in Auckland there are more delays to the restaurant, so Ben hits Waiheke Island to taste the best oysters in town—before his world comes crashing down!	NEW ZEALAND	English-100		PG		
2023-03-12	0730	Jamie's Food Escapes	French Pyrenees, The	Jamie visits the French Pyrenees, where he goes truffle-hunting with a pig and boar hunting with dogs. He is knighted into an order of serious bread makers and makes sausages with a professional.	UNITED KINGDOM	English-100		PG		Y
2023-03-12	0830	The Zimmern List	Providence	Andrew heads to Providence, one of the oldest cities in America and home to a unique food scene. He savours authentic Portuguese-style seafood, and discovers a refreshing take on New England pub food.	USA	English-100		PG		Y
2023-03-12	0900	The Zimmern List	St. Louis	Andrew heads to St. Louis to get his fill of comfort food. He savours barbecued pig snoots, indulges in a modern Midwestern incarnation of traditional Italian fare and slurps noodles at a hot spot.	USA	English-100		PG		Y
2023-03-12	0930	Hairy Bikers Go North	North Yorkshire	On this leg, the bikers will be exploring the wild lands of the Yorkshire moors and the amazing producers that call the North York Moors National Park their home.	UNITED KINGDOM	English-100		G		
2023-03-12	1030	Wok Vs Pot With Marion And Silvia	Wok X Pot With Marion And Silvia Series 1 Ep 3	When it comes to traditional Italian and Thai food, you can't go past a classic bolognese and pad Thai. Marion and Silvia share their recipes for their favourite traditional recipes.	AUSTRALIA	English-100		G		
2023-03-12	1100	A New Zealand Food Story	New Zealand Food Story Series 1 Ep, A 5	Ben heads to Taupo to find his restaurant's perfect beef supplier. Then it's on to the Hawkes Bay where he meets the recently crowned 'NZ's most outstanding food Producer of 2020!'	NEW ZEALAND	English-100		PG		
2023-03-12	1130	Ainsley's Good Mood Food	Coffee And Chocolate	Coffee and chocolate are sure to perk you up. Join Ainsley as he shows how to use them in both sweet and savoury dishes, starting with a quick and easy one pot that is sure to warm your cockles.	UNITED KINGDOM	English-100		G		
2023-03-12	1225	Poh & Co. Bitesize	Celebration	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	

2023-03-12	1230	A New Zealand Food Story	New Zealand Food Story Series 1 Ep, A 6	Back in Auckland there are more delays to the restaurant, so Ben hits Waiheke Island to taste the best oysters in town—before his world comes crashing down!	NEW ZEALAND	English-100		PG	
2023-03-12	1300	The Zimmern List	Providence	Andrew heads to Providence, one of the oldest cities in America and home to a unique food scene. He savours authentic Portuguese-style seafood, and discovers a refreshing take on New England pub food.	USA	English-100		PG	Y
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2023-03-12	1400	The Cook Up With Adam Liaw	Proof Is In The Pudding	It's dessert time in The Cook Up kitchen with classically-trained chef, Warren Mendes, and award-winning actor Pia Miranda joining Adam to satisfy your sweet tooth.	AUSTRALIA	English-100	RPT	PG	
2023-03-12	1430	The Cook Up With Adam Liaw	Flavour In A Flash	Acclaimed interior and fashion designer Collette Dinnigan, and talented young chef Hugh Allen join Adam to show you their fast and flavourful dishes.	AUSTRALIA	English-100	RPT	PG	
2023-03-12	1500	The Cook Up With Adam Liaw	6 Ingredient Dinner	Adam, Commonwealth Games gold medalist Col Pearce, and award-winning butcher Joel Young are hitting their six ingredient dinners for six.	AUSTRALIA	English-100	RPT	PG	
2023-03-12	1530	The Cook Up With Adam Liaw	Smoking Hot	Funny man Harley Breen and TikTok wonder-chef Vincent Yeow Lim join Adam in The Cook Up Kitchen to step up to the hot plates.	AUSTRALIA	English-100	RPT	PG	
2023-03-12	1600	The Cook Up With Adam Liaw	Cooking With Colour	There are no grey areas tonight as Adam, writer Dani Valent, and Cafe Sunshine and Salamatea's Hamed Allahyari cook with colour!	AUSTRALIA	English-100		PG	
2023-03-12	1630	Jamie's American Road Trip	New York	After exploring the Egyptian, Peruvian, and Szechuan communities in Queens, New York, Jamie decides to host his own supper club, with a menu that pays homage to New York's eclectic mish-mash of food.	UNITED KINGDOM	English-100		PG	Y
2023-03-12	1730	Giada At Home	Special Delivery	Giada prepares chicken with chickpea and tomato ragu and chocolate hazelnut banana bread for her aunt and her new baby.	USA	English-100		G	
2023-03-12	1800	Mary Makes It Easy	Cast Away	Mary channels her inner cowboy with a campfire-style vegetarian chilli cobbler with cornbread dumplings, and one-pan breadcrumb chicken thighs with orzo and greens.	CANADA	English-100		PG	
2023-03-12	1830	Food Chain: From Source To Table	Food Chain: From Source To Table Series 1 Ep, The 3	In his quest to uncover the reasons behind food price hikes, Chef Ming comes face to face with a butter crisis in France and a fussy leafy green nicknamed the "Princess Vegetable" in Malaysia.	SINGAPORE	English-100		PG	
2023-03-12	1930	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 2 Ep 6	Having discovered the only man in the world to make artisan rose wine vinegar, Michel uses it to transform his version of chicken fricassee, then Michel's in-laws pop round for steak tartare.	UNITED KINGDOM	English-100		PG	Y
2023-03-12	2030	Rick Stein's Long Weekends	Bologna	Rick Stein visits Bologna in northern Italy, a city so famous for its food that it's known as the stomach of Italy. He learns how to make the local fresh egg pasta used for tortellini.	UNITED KINGDOM	English-100	RPT	G	Y
2023-03-12	2135	Anthony Bourdain: Parts Unknown	Montana	Tony travels to Big Sky Country - Montana, a place that has always attracted those looking to live by their own means - cowboys, artists, billionaires, prospectors, cattlemen, drifters, and miners.	USA	English-100		PG	
2023-03-12	2230	Jamie's American Road Trip	New York	After exploring the Egyptian, Peruvian, and Szechuan communities in Queens, New York, Jamie decides to host his own supper club, with a menu that pays homage to New York's eclectic mish-mash of food.	UNITED KINGDOM	English-100		PG	Y

2023-03-12	2325	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 3	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2023-03-12	2330	Giada At Home	Special Delivery	Giada prepares chicken with chickpea and tomato ragu and chocolate hazelnut banana bread for her aunt and her new baby.	USA	English-100		G		
2023-03-12	2400	Mary Makes It Easy	Cast Away	Mary channels her inner cowboy with a campfire-style vegetarian chilli cobbler with cornbread dumplings, and one-pan breadcrumb chicken thighs with orzo and greens.	CANADA	English-100		PG		
2023-03-12	2430	Food Chain: From Source To Table	Food Chain: From Source To Table Series 1 Ep, The 3	In his quest to uncover the reasons behind food price hikes, Chef Ming comes face to face with a butter crisis in France and a fussy leafy green nicknamed the "Princess Vegetable" in Malaysia.	SINGAPORE	English-100		PG		
2023-03-12	2525	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 10	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	
2023-03-12	2530	Michel Roux's French Country Cooking	Michel Roux's French Country Cooking Series 2 Ep 6	Having discovered the only man in the world to make artisan rose wine vinegar, Michel uses it to transform his version of chicken fricassee, then Michel's in-laws pop round for steak tartare.	UNITED KINGDOM	English-100		PG	Y	
2023-03-12	2625	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 9	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-03-12	2630	Rick Stein's Long Weekends	Bologna	Rick Stein visits Bologna in northern Italy, a city so famous for its food that it's known as the stomach of Italy. He learns how to make the local fresh egg pasta used for tortellini.	UNITED KINGDOM	English-100	RPT	G	Y	
2023-03-12	2735	Jamie's American Road Trip	New York	After exploring the Egyptian, Peruvian, and Szechuan communities in Queens, New York, Jamie decides to host his own supper club, with a menu that pays homage to New York's eclectic mish-mash of food.	UNITED KINGDOM	English-100		PG		Y
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2023-03-13	0925	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 9	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-03-13	0930	Rick Stein's Long Weekends	Bologna	Rick Stein visits Bologna in northern Italy, a city so famous for its food that it's known as the stomach of Italy. He learns how to make the local fresh egg pasta used for tortellini.	UNITED KINGDOM	English-100	RPT	G	Y	
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2023-03-13	1325	Destination Flavour Scandinavia Bitesize	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	
2023-03-13	1330	Lidia's Italy	Lidia's Italy Series 4 Ep 9	Lidia travels to Molise - a beautiful region known for great fishing and fresh seafood. Join Lidia as she explores this regions true culture by making spaghetti alla tornolla.	USA	English-100		PG	Y	
2023-03-13	1400	United Plates Of America	Austin, TX	It's a city known for live music and great food. This quirky town has become the fastest growing city in the country. Food trucks serve some of the best food in the state.	USA	English-100		G		
2023-03-13	1430	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 1	Matt kicks things off with some incredible harrissa lamb burgers, while Courtney takes a flavour journey to Italy's Amalfi Coast with her exquisite white chocolate and orange cake.	AUSTRALIA	English-100		PG		
2023-03-13	1500	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 2	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, cultivation of the boab tree in WA, and croquembouche with Jean-Francois Perron.	AUSTRALIA	English-100	RPT	G	Y	
2023-03-13	1530	Len And Ainsley's Big Food Adventure	Manchester	Len and Ainsley join Mexico-born Enrique in his vibrant Manchester restaurant. They marvel at the country's mouth-watering food and sample zingy burritos washed down with a glass of tamarind water.	UNITED KINGDOM	English-100		PG		
2023-03-13	1625	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 1	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y	

2023-03-13	1630	David Rocco's Dolce Homemade	Memories Of Sicily	Keeping family and traditions together through food. David and guest Isabelle Loiacono re-create recipes passed down from Isabelle's family recipe book and using her Nonna's tools from the 1940s.	CANADA	English-100		G		
2023-03-13	1700	My Market Kitchen	My Market Kitchen Series 5 Ep 21	Ben shows how to make a stunning honeycomb butter, then pairs it with delectable crumpets! After that, Ben cooks a bowl of macaroni and cheese for a hungry David Mann.	AUSTRALIA	English-100		PG		
2023-03-13	1730	Bizarre Foods: Delicious Destinations	Hamptons, The	Andrew dives into the seafood masterworks of the Hamptons. From delectable surf and turf to buttery lobster rolls, clam chowder to smoked bluefish pate, the Hamptons' dinner scene is sizzling.	USA	English-100	RPT	PG		
2023-03-13	1800	The Cook And The Chef	Lemon Myrtle And Pizzas	The little village of Nimbin, in the Byron Bay Hinterland, has embraced its reputation as Australia's hippie capital and the influence of the counter culture extends way beyond the main street.	AUSTRALIA	English-100		G		
2023-03-13	1830	Food Safari	Mauritian Safari	Features the best in food the world has to offer. Tonight, Maeve O'Meara visits Jocelyn Riviere (formerly of Kirketon Dining Room).	AUSTRALIA	English-100	RPT	G	Y	
2023-03-13	1900	The Cook Up With Adam Liaw	Fast Family Food	There's not just one 'F' word, but three, as Adam is joined by chef Philip Vakos and food and nutrition scientist Dr. Emma Beckett to make fast family food!	AUSTRALIA	English-100		PG		
2023-03-13	1930	Rick Stein's Fruits Of The Sea	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		
2023-03-13	2000	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		PG		
2023-03-13	2030	Rick Stein's Far Eastern Odyssey	Thailand And Malaysia	Rick takes a train to Phuket to learn the art of hot and sour tom yum goong, the culinary icon of Thailand. Later he meets up with one of his cooking heroes, David Thompson.	UNITED KINGDOM	English-100	RPT	PG	Y	
2023-03-13	2140	Come Dine With Me Daytime	Exeter-Devon Day 1	First to host is well-travelled IT Manager Bea, who's using inspiration from her global gallivanting for an international menu.	UNITED KINGDOM	English-100		PG		
2023-03-13	2205	Come Dine With Me Daytime	Exeter-Devon Day 2	A custard catastrophe means Adam is forced to pull out a party trick in order to impress his guests and get his evening back on track.	UNITED KINGDOM	English-100		PG	Y	
2023-03-13	2230	The Cook Up With Adam Liaw	Fast Family Food	There's not just one 'F' word, but three, as Adam is joined by chef Philip Vakos and food and nutrition scientist Dr. Emma Beckett to make fast family food!	AUSTRALIA	English-100		PG		
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2023-03-13	2330	Royal Recipes	Great British Bounty	In Royal Recipes today, presenter Michael Buerk and chef Paul Ainsworth discover a favourite dish of a 14th century king.	UNITED KINGDOM	English-100		G		
2023-03-13	2425	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 6	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y

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2023-03-13	2605	Come Dine With Me Daytime	Exeter-Devon Day 2	A custard catastrophe means Adam is forced to pull out a party trick in order to impress his guests and get his evening back on track.	UNITED KINGDOM	English-100		PG	Y
2023-03-13	2630	Lidia's Italy	Lidia's Italy Series 4 Ep 9	Lidia travels to Molise - a beautiful region known for great fishing and fresh seafood. Join Lidia as she explores this regions true culture by making spaghetti alla tornolla.	USA	English-100		PG	Y
2023-03-13	2700	United Plates Of America	Austin, TX	It's a city known for live music and great food. This quirky town has become the fastest growing city in the country. Food trucks serve some of the best food in the state.	USA	English-100		G	
2023-03-13	2730	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 1	Matt kicks things off with some incredible harrissa lamb burgers, while Courtney takes a flavour journey to Italy's Amalfi Coast with her exquisite white chocolate and orange cake.	AUSTRALIA	English-100		PG	
2023-03-13	2800	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 2	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, cultivation of the boab tree in WA, and croquebouche with Jean-Francois Perron.	AUSTRALIA	English-100	RPT	G	Y
2023-03-13	2830	David Rocco's Dolce Homemade	Memories Of Sicily	Keeping family and traditions together through food. David and guest Isabelle Loiacono re-create recipes passed down from Isabelle's family recipe book and using her Nonna's tools from the 1940s.	CANADA	English-100		G	
2023-03-14	0500	My Market Kitchen	My Market Kitchen Series 5 Ep 21	Ben shows how to make a stunning honeycomb butter, then pairs it with delectable crumpets! After that, Ben cooks a bowl of macaroni and cheese for a hungry David Mann.	AUSTRALIA	English-100		PG	
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2023-03-14	0630	Rick Stein's Fruits Of The Sea	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	
2023-03-14	0700	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		PG	
2023-03-14	0730	Rick Stein's Far Eastern Odyssey	Thailand And Malaysia	Rick takes a train to Phuket to learn the art of hot and sour tom yum goong, the culinary icon of Thailand. Later he meets up with one of his cooking heroes, David Thompson.	UNITED KINGDOM	English-100	RPT	PG	Y
2023-03-14	0840	Come Dine With Me Daytime	Exeter-Devon Day 1	First to host is well-travelled IT Manager Bea, who's using inspiration from her global gallivanting for an international menu.	UNITED KINGDOM	English-100		PG	
2023-03-14	0905	Come Dine With Me Daytime	Exeter-Devon Day 2	A custard catastrophe means Adam is forced to pull out a party trick in order to impress his guests and get his evening back on track.	UNITED KINGDOM	English-100		PG	Y

2023-03-14	0930	Royal Recipes	Great British Bounty	In Royal Recipes today, presenter Michael Buerk and chef Paul Ainsworth discover a favourite dish of a 14th century king.	UNITED KINGDOM	English-100		G		
2023-03-14	1025	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 6	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
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2023-03-14	1335	Lidia's Italy	Lidia's Italy Series 4 Ep 10	Lidia travels to the Italian island of Sardegna where she catches fresh lobster for a refreshing salad filled with celery and tomatoes, in a light egg dressing.	USA	English-100		G		Y
2023-03-14	1400	United Plates Of America	Keywest	Key West is where Ernest Hemingway wrote The Old Man and the Sea, about his love of fishing. With the lore of pirates, smuggling and the slave trade hundreds of years ago.	USA	English-100		G		
2023-03-14	1430	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 2	Out in the picturesque olive groves of Cobram Estate, Matt serves up a nostalgic and delicious beef stroganoff with olive oil mash, while Courtney prepares a beetroot cured salmon.	AUSTRALIA	English-100		G		
2023-03-14	1500	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 3	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a Haigh family tradition of chocolate making, and pastizzi at Gato's Pastizzi.	AUSTRALIA	English-100	RPT	G	Y	
2023-03-14	1530	Len And Ainsley's Big Food Adventure	Bristol	Ainsley leads Len to one of his favourite styles of restaurant, serving fascinating Jamaican food. But will curried goat be a step too far for Len's tastebuds?	UNITED KINGDOM	English-100		PG		
2023-03-14	1625	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 2	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y	
2023-03-14	1630	David Rocco's Dolce Homemade	Vegan	It's not Vegan food it's just food. After a yoga retreat, guest Teri-Ann Carty decided to make the transition to go vegan and she has not looked back.	CANADA	English-100		PG		
2023-03-14	1700	My Market Kitchen	My Market Kitchen Series 5 Ep 22	Ben bakes a tart lemon curd slice, then Chef Masa from Wasshoi teaches Ben the secret to making the perfect beef and tofu hamburger.	AUSTRALIA	English-100		PG		
2023-03-14	1730	Bizarre Foods: Delicious Destinations	Queens	Andrew visits NYC specifically to scope out Queens' multicultural gastronomy. From hand-ripped noodles to spicy Thai stir-fries, grilled Greek octopus to icons like pastrami on rye.	USA	English-100	RPT	G		Y

2023-03-14	1800	The Cook And The Chef	Coffee And Macadamia Nuts	This week take a trip with Maggie to the stunning sub tropical hinterland of Northern New South Wales where she explores a macadamia plantation and sips locally grown coffee.	AUSTRALIA	English-100		G		
2023-03-14	1830	Food Safari	South American	Host Maeve O'Meara joins chef Jorge Chacon to learn about the particular flavours and ingredients that make South American food really special.	AUSTRALIA	English-100	RPT	G	Y	
2023-03-14	1900	The Cook Up With Adam Liaw	Diy Curry Pastes	Adam and chefs Christine Manfield and Helly Raichura aren't wasting any time in The Cook Up kitchen as they make DIY curry paste dishes.	AUSTRALIA	English-100		PG		
2023-03-14	1930	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 7	It is the day of the Seafood Restaurant staff's barbeque, where cooks, cleaners and waiters get together on the beach for a really good time. Rick cooks a suitably special dish - spicy seafood curry.	UNITED KINGDOM	English-100		G		
2023-03-14	2000	The Spice Trails: Latin America	Spice Trails: Latin America Series 1 Ep, The 1	The Spice Trails: Latin America takes viewers on a surprising and delicious journey uncovering the spices unique to this region, and the vitality of its cultures.	INDIA	English-50; Spanish-50				Y
2023-03-14	2030	Cheese: A Love Story	Greece	Afrim's cheese quest continues in Greece, the motherland of Feta, and where cheese culture dates back thousands of years in ancient practices.	CANADA	English-100		PG		Y
2023-03-14	2130	Come Dine With Me Daytime	Exeter-Devon Day 3	Steve's guests are in for a surprise when he serves up a one million scoville hot sauce!	UNITED KINGDOM	English-100		PG		
2023-03-14	2200	Come Dine With Me Daytime	Exeter-Devon Day 4	Lisa hits a dessert disaster when her ice cream roll is more frozen than it should be. Will a spin in the microwave do the trick or cost her a thousand pounds?	UNITED KINGDOM	English-100		PG		
2023-03-14	2230	The Cook Up With Adam Liaw	Diy Curry Pastes	Adam and chefs Christine Manfield and Helly Raichura aren't wasting any time in The Cook Up kitchen as they make DIY curry paste dishes.	AUSTRALIA	English-100		PG		
2023-03-14	2300	Food Safari	South American	Host Maeve O'Meara joins chef Jorge Chacon to learn about the particular flavours and ingredients that make South American food really special.	AUSTRALIA	English-100	RPT	G	Y	
2023-03-14	2330	Royal Recipes	Exxtravagance	Today on Royal Recipes, presenter Michael Buerk and chef Paul Ainsworth recreate a dish served at one of the most lavish royal banquets of all time.	UNITED KINGDOM	English-100		G		
2023-03-14	2425	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 7	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-03-14	2430	Cheese: A Love Story	Greece	Afrim's cheese quest continues in Greece, the motherland of Feta, and where cheese culture dates back thousands of years in ancient practices.	CANADA	English-100		PG		Y
2023-03-14	2525	Destination Flavour Down Under Bitesize	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	
2023-03-14	2530	Come Dine With Me Daytime	Exeter-Devon Day 3	Steve's guests are in for a surprise when he serves up a one million scoville hot sauce!	UNITED KINGDOM	English-100		PG		
2023-03-14	2600	Come Dine With Me Daytime	Exeter-Devon Day 4	Lisa hits a dessert disaster when her ice cream roll is more frozen than it should be. Will a spin in the microwave do the trick or cost her a thousand pounds?	UNITED KINGDOM	English-100		PG		

2023-03-14	2630	Lidia's Italy	Lidia's Italy Series 4 Ep 10	Lidia travels to the Italian Island of Sardegna where she catches fresh lobster for a refreshing salad filled with celery and tomatoes, in a light egg dressing.	USA	English-100		G		Y	
2023-03-14	2700	United Plates Of America	Keywest	Key West is where Ernest Hemingway wrote The Old Man and the Sea, about his love of fishing. With the lore of pirates, smuggling and the slave trade hundreds of years ago.	USA	English-100		G			
2023-03-14	2730	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 2	Out in the picturesque olive groves of Cobram Estate, Matt serves up a nostalgic and delicious beef stroganoff with olive oil mash, while Courtney prepares a beetroot cured salmon.	AUSTRALIA	English-100		G			
2023-03-14	2800	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 3	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, a Haigh family tradition of chocolate making, and pastizzi at Gato's Pastizzi.	AUSTRALIA	English-100	RPT	G		Y	
2023-03-14	2830	David Rocco's Dolce Homemade	Vegan	It's not Vegan food it's just food. After a yoga retreat, guest Teri-Ann Carty decided to make the transition to go vegan and she has not looked back.	CANADA	English-100		PG			
2023-03-15	0500	My Market Kitchen	My Market Kitchen Series 5 Ep 22	Ben bakes a tart lemon curd slice, then Chef Masa from Wasshoi teaches Ben the secret to making the perfect beef and tofu hamburg.	AUSTRALIA	English-100		PG			
2023-03-15	0530	Bizarre Foods: Delicious Destinations	Queens	Andrew visits NYC specifically to scope out Queens' multicultural gastronomy. From hand-ripped noodles to spicy Thai stir-fries, grilled Greek octopus to icons like pastrami on rye.	USA	English-100	RPT	G		Y	
2023-03-15	0600	The Cook And The Chef	Coffee And Macadamia Nuts	This week take a trip with Maggie to the stunning sub tropical hinterland of Northern New South Wales where she explores a macadamia plantation and sips locally grown coffee.	AUSTRALIA	English-100		G			
2023-03-15	0630	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 7	It is the day of the Seafood Restaurant staff's barbeque, where cooks, cleaners and waiters get together on the beach for a really good time. Rick cooks a suitably special dish - spicy seafood curry.	UNITED KINGDOM	English-100		G			
2023-03-15	0700	The Spice Trails: Latin America	Spice Trails: Latin America Series 1 Ep, The 1	The Spice Trails: Latin America takes viewers on a surprising and delicious journey uncovering the spices unique to this region, and the vitality of its cultures.	INDIA	English-50; Spanish-50				Y	
2023-03-15	0730	Cheese: A Love Story	Greece	Afrim's cheese quest continues in Greece, the motherland of Feta, and where cheese culture dates back thousands of years in ancient practices.	CANADA	English-100		PG		Y	
2023-03-15	0825	Destination Flavour Down Under Bitesize	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	
2023-03-15	0830	Come Dine With Me Daytime	Exeter-Devon Day 3	Steve's guests are in for a surprise when he serves up a one million scoville hot sauce!	UNITED KINGDOM	English-100		PG			
2023-03-15	0900	Come Dine With Me Daytime	Exeter-Devon Day 4	Lisa hits a dessert disaster when her ice cream roll is more frozen than it should be. Will a spin in the microwave do the trick or cost her a thousand pounds?	UNITED KINGDOM	English-100		PG			
2023-03-15	0930	Royal Recipes	Extravagance	Today on Royal Recipes, presenter Michael Buerk and chef Paul Ainsworth recreate a dish served at one of the most lavish royal banquets of all time.	UNITED KINGDOM	English-100		G			
2023-03-15	1025	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 7	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G		Y	Y

2023-03-15	1030	My Market Kitchen	My Market Kitchen Series 5 Ep 22	Ben bakes a tart lemon curd slice, then Chef Masa from Wasshoi teaches Ben the secret to making the perfect beef and tofu hamburg.	AUSTRALIA	English-100		PG		
2023-03-15	1100	The Cook Up With Adam Liaw	Diy Curry Pastes	Adam and chefs Christine Manfield and Helly Raichura aren't wasting any time in The Cook Up kitchen as they make DIY curry paste dishes.	AUSTRALIA	English-100		PG		
2023-03-15	1130	Rick Stein's Fruits Of The Sea	Rick Stein's Fruits Of The Sea Series 1 Ep 7	It is the day of the Seafood Restaurant staff's barbecue, where cooks, cleaners and waiters get together on the beach for a really good time. Rick cooks a suitably special dish - spicy seafood curry.	UNITED KINGDOM	English-100		G		
2023-03-15	1200	The Spice Trails: Latin America	Spice Trails: Latin America Series 1 Ep, The 1	The Spice Trails: Latin America takes viewers on a surprising and delicious journey uncovering the spices unique to this region, and the vitality of its cultures.	INDIA	English-50; Spanish-50				Y
2023-03-15	1230	Cheese: A Love Story	Greece	Afrim's cheese quest continues in Greece, the motherland of Feta, and where cheese culture dates back thousands of years in ancient practices.	CANADA	English-100		PG		Y
2023-03-15	1325	Destination Flavour Down Under Bitesize	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
2023-03-15	1330	Lidia's Italy	Lidia's Italy Series 4 Ep 11	Lidia travels to Liguria - a region all about flowers, herbs, and lot's of vegetables. With the help of her granddaughter Julia, Lidia creates a soup filled with lots of fresh vegetables.	USA	English-100		G		Y
2023-03-15	1400	United Plates Of America	Ft Lauderdale	Known as the 'Venice of America' just about everything is located on a waterway in Fort Lauderdale. From Spring Break and Senior Retirement, Fort Lauderdale has changed its image.	USA	English-100		G		
2023-03-15	1430	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 3	Matt is joined by MasterChef 2015 runner up Georgia Barnes who serves up a delicious breakfast panna cotta, while Michael cooks up a warming fish curry.	AUSTRALIA	English-100		G		
2023-03-15	1500	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 4	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, mud crabbing in the Gulf of Carpentaria, and the secrets of Persian cuisine.	AUSTRALIA	English-100	RPT	PG		Y
2023-03-15	1530	Len And Ainsley's Big Food Adventure	Central And North London	Ainsley takes Len to a hugely popular Middle Eastern restaurant. Here, Len tries his first authentic Shawarma - delicious, aromatic, flame grilled meat.	UNITED KINGDOM	English-100		PG		
2023-03-15	1625	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 3	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G		Y
2023-03-15	1630	David Rocco's Dolce Homemade	Puglia	David and guest Mattia Pagliara prepare traditional dishes from Puglia, a small region in Southern Italy that just doesn't get the respect it deserves when it comes to food.	CANADA	English-100		PG		
2023-03-15	1700	My Market Kitchen	My Market Kitchen Series 5 Ep 23	Ben cooks up his simple yet delicious tray bake porkchop with pear and parsnip, and shares his porkchop horror stories.	AUSTRALIA	English-100		PG		
2023-03-15	1730	Bizarre Foods: Delicious Destinations	Chicago: A Second Bite	Andrew takes a bite of Chicago's humble, hearty, and world-renowned food scene. From juicy rib tips to zesty Polish sausages to experimental and edible works of art.	USA	English-100	RPT	G		
2023-03-15	1800	The Cook And The Chef	Cheese And Crabs	When it comes to fine cheeses we're spoiled for choice in Australia, there are over one hundred different varieties being produced by Cheese Wright's all around the country.	AUSTRALIA	English-100		G		

2023-03-15	1830	Food Safari	Egyptian	Maeve explores the nourishing foods of Egypt and discovers the country's favourite dishes. She meets chef Ramy Megalaa who introduces the key ingredients in Egyptian cooking.	AUSTRALIA	English-100	RPT	G	Y	
2023-03-15	1900	The Cook Up With Adam Liaw	Hunted And Gathered	Adam, Sofia Levin and Ross O'Meara are in The Cook Up kitchen celebrating food that has been hunted and gathered.	AUSTRALIA	English-100		PG		
2023-03-15	1930	Rick Stein's Seafood Odyssey	Suffolk And Naples	Contemplating life over a bottle of wine against the backdrop of the bay of Naples, Rick has found the perfect place, and person, to start his Seafood Odyssey.	UNITED KINGDOM	English-100		PG		
2023-03-15	2000	Barossa Gourmet With Justine Schofield	Series 1, Ep 5	Justine makes pizzettas with pear, prosciutto and rocket to pair with Gravel Track Shiraz, followed by stir fry noodles with pink oyster mushrooms, and everyone's favourite, duck and mushroom tagliatelle ragu.	AUSTRALIA	English-100		PG		
2023-03-15	2030	Gino's Italian Coastal Escape	Alberobello And Lecce	Gino gets a lesson in making the local pasta orecchiette from a Nona in her back garden. Using the pasta, he creates his own orecchiette cime di rapa, but will it live up to her expectations?	UNITED KINGDOM	English-100		G		
2023-03-15	2100	Tom Kerridge's American Feast	Tom Kerridge's American Feast Series 1 Ep 1	Tom Kerridge takes a road trip up the Californian coastline to discover how local, foraged foods are being used to create innovative and healthy dishes.	UNITED KINGDOM	English-100				
2023-03-15	2130	Come Dine With Me Daytime	Exeter-Devon Day 5	Despite her hit and miss food, can Lorna's hosting skills and sense of fun make her a serious contender for the prize?	UNITED KINGDOM	English-100		PG		
2023-03-15	2200	Come Dine With Me Daytime	Newcastle Day 6	This dinner party shapes up to be an unusual evening with strange food, shocking name reveals and an unexpected dessert. But will it be enough to secure Delphinium a thousand pound prize?	UNITED KINGDOM	English-100		PG		
2023-03-15	2230	The Cook Up With Adam Liaw	Hunted And Gathered	Adam, Sofia Levin and Ross O'Meara are in The Cook Up kitchen celebrating food that has been hunted and gathered.	AUSTRALIA	English-100		PG		
2023-03-15	2300	Food Safari	Egyptian	Maeve explores the nourishing foods of Egypt and discovers the country's favourite dishes. She meets chef Ramy Megalaa who introduces the key ingredients in Egyptian cooking.	AUSTRALIA	English-100	RPT	G	Y	
2023-03-15	2330	Royal Recipes	Royal Harvest	In Royal Recipes today, presenter Michael Buerk and chef Paul Ainsworth re-imagine an unusual dish served at Prince Charles' 50th birthday party.	UNITED KINGDOM	English-100		G		
2023-03-15	2425	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 8	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-03-15	2430	Gino's Italian Coastal Escape	Alberobello And Lecce	Gino gets a lesson in making the local pasta orecchiette from a Nona in her back garden. Using the pasta, he creates his own orecchiette cime di rapa, but will it live up to her expectations?	UNITED KINGDOM	English-100		G		
2023-03-15	2500	Tom Kerridge's American Feast	Tom Kerridge's American Feast Series 1 Ep 1	Tom Kerridge takes a road trip up the Californian coastline to discover how local, foraged foods are being used to create innovative and healthy dishes.	UNITED KINGDOM	English-100				
2023-03-15	2530	Come Dine With Me Daytime	Exeter-Devon Day 5	Despite her hit and miss food, can Lorna's hosting skills and sense of fun make her a serious contender for the prize?	UNITED KINGDOM	English-100		PG		

2023-03-15	2600	Come Dine With Me Daytime	Newcastle Day 6	This dinner party shapes up to be an unusual evening with strange food, shocking name reveals and an unexpected dessert. But will it be enough to secure Delphinium a thousand pound prize?	UNITED KINGDOM	English-100		PG	
2023-03-15	2630	Lidia's Italy	Lidia's Italy Series 4 Ep 11	Lidia travels to Liguria - a region all about flowers, herbs, and lot's of vegetables. With the help of her granddaughter Julia, Lidia creates a soup filled with lots of fresh vegetables.	USA	English-100		G	Y
2023-03-15	2700	United Plates Of America	Ft Lauderdale	Known as the 'Venice of America' just about everything is located on a waterway in Fort Lauderdale. From Spring Break and Senior Retirement, Fort Lauderdale has changed its image.	USA	English-100		G	
2023-03-15	2730	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 3	Matt is joined by MasterChef 2015 runner up Georgia Barnes who serves up a delicious breakfast panna cotta, while Michael cooks up a warming fish curry.	AUSTRALIA	English-100		G	
2023-03-15	2800	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 4	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, mud crabbing in the Gulf of Carpentaria, and the secrets of Persian cuisine.	AUSTRALIA	English-100	RPT	PG	Y
2023-03-15	2830	David Rocco's Dolce Homemade	Puglia	David and guest Mattia Pagliara prepare traditional dishes from Puglia, a small region in Southern Italy that just doesn't get the respect it deserves when it comes to food.	CANADA	English-100		PG	
2023-03-16	0500	My Market Kitchen	My Market Kitchen Series 5 Ep 23	Ben cooks up his simple yet delicious tray bake porkchop with pear and parsnip, and shares his porkchop horror stories.	AUSTRALIA	English-100		PG	
2023-03-16	0530	Bizarre Foods: Delicious Destinations	Chicago: A Second Bite	Andrew takes a bite of Chicago's humble, hearty, and world-renowned food scene. From juicy rib tips to zesty Polish sausages to experimental and edible works of art.	USA	English-100	RPT	G	
2023-03-16	0600	The Cook And The Chef	Cheese And Crabs	When it comes to fine cheeses we're spoiled for choice in Australia, there are over one hundred different varieties being produced by Cheese Wright's all around the country.	AUSTRALIA	English-100		G	
2023-03-16	0630	Rick Stein's Seafood Odyssey	Suffolk And Naples	Contemplating life over a bottle of wine against the backdrop of the bay of Naples, Rick has found the perfect place, and person, to start his Seafood Odyssey.	UNITED KINGDOM	English-100		PG	
2023-03-16	0700	Barossa Gourmet With Justine Schofield	Series 1, Ep 5	Justine makes pizzettas with pear, prosciutto and rocket to pair with Gravel Track Shiraz, followed by stir fry noodles with pink oyster mushrooms, and everyone's favourite, duck and mushroom tagliatelle ragu.	AUSTRALIA	English-100		PG	
2023-03-16	0730	Gino's Italian Coastal Escape	Alberobello And Lecce	Gino gets a lesson in making the local pasta orecchiette from a Nona in her back garden. Using the pasta, he creates his own orecchiette cime di rapa, but will it live up to her expectations?	UNITED KINGDOM	English-100		G	
2023-03-16	0800	Tom Kerridge's American Feast	Tom Kerridge's American Feast Series 1 Ep 1	Tom Kerridge takes a road trip up the Californian coastline to discover how local, foraged foods are being used to create innovative and healthy dishes.	UNITED KINGDOM	English-100			
2023-03-16	0830	Come Dine With Me Daytime	Exeter-Devon Day 5	Despite her hit and miss food, can Lorna's hosting skills and sense of fun make her a serious contender for the prize?	UNITED KINGDOM	English-100		PG	
2023-03-16	0900	Come Dine With Me Daytime	Newcastle Day 6	This dinner party shapes up to be an unusual evening with strange food, shocking name reveals and an unexpected dessert. But will it be enough to secure Delphinium a thousand pound prize?	UNITED KINGDOM	English-100		PG	

2023-03-16	0930	Royal Recipes	Royal Harvest	In Royal Recipes today, presenter Michael Buerk and chef Paul Ainsworth re-imagine an unusual dish served at Prince Charles' 50th birthday party.	UNITED KINGDOM	English-100		G		
2023-03-16	1025	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 8	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-03-16	1030	My Market Kitchen	My Market Kitchen Series 5 Ep 23	Ben cooks up his simple yet delicious tray bake porkchop with pear and parsnip, and shares his porkchop horror stories.	AUSTRALIA	English-100		PG		
2023-03-16	1100	The Cook Up With Adam Liaw	Hunted And Gathered	Adam, Sofia Levin and Ross O'Meara are in The Cook Up kitchen celebrating food that has been hunted and gathered.	AUSTRALIA	English-100		PG		
2023-03-16	1130	Rick Stein's Seafood Odyssey	Suffolk And Naples	Contemplating life over a bottle of wine against the backdrop of the bay of Naples, Rick has found the perfect place, and person, to start his Seafood Odyssey.	UNITED KINGDOM	English-100		PG		
2023-03-16	1200	Barossa Gourmet With Justine Schofield	Series 1, Ep 5	Justine makes pizzettas with pear, prosciutto and rocket to pair with Gravel Track Shiraz, followed by stir fry noodles with pink oyster mushrooms, and everyone's favourite, duck and mushroom tagliate.	AUSTRALIA	English-100		PG		
2023-03-16	1230	Gino's Italian Coastal Escape	Alberobello And Lecce	Gino gets a lesson in making the local pasta orecchiette from a Nona in her back garden. Using the pasta, he creates his own orecchiette cime di rapa, but will it live up to her expectations?	UNITED KINGDOM	English-100		G		
2023-03-16	1300	Tom Kerridge's American Feast	Tom Kerridge's American Feast Series 1 Ep 1	Tom Kerridge takes a road trip up the Californian coastline to discover how local, foraged foods are being used to create innovative and healthy dishes.	UNITED KINGDOM	English-100				
2023-03-16	1330	Lidia's Italy	Lidia's Italy Series 4 Ep 12	Lidia travels to Calabria - a region with beautiful beaches and rugged mountains. With the help of her son Joe, Lidia creates a baked Cavatapi in a tomato sauce with fresh provolone.	USA	English-100		G		Y
2023-03-16	1400	United Plates Of America	Charlotte	Charlotte is known as Queen City and is the headquarters of most of the country's banking headquarters. It's a city that has been expanding over the last 15 years.	USA	English-100		G		
2023-03-16	1430	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 4	Michael and Matt cook a cream cheese fettuccine Alfredo, while Courtney has a quick and tasty recipe that's perfect for entertaining - black pepper chicken wings.	AUSTRALIA	English-100		G		
2023-03-16	1500	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 5	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, the last almond trees in the town of Willunga, and 400 herbs - all in one garden.	AUSTRALIA	English-100	RPT	G	Y	
2023-03-16	1530	Len And Ainsley's Big Food Adventure	Birmingham	Len's a big fan of the traditional British dumpling, and Ainsley is confident he can win over his friend with the equally delicious version - pierogi.	UNITED KINGDOM	English-100		PG		
2023-03-16	1625	Destination Flavour Fillers	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	
2023-03-16	1630	David Rocco's Dolce Homemade	Burrata	Together with David and his daughters, Emma and Giorgia, they work together to make mozzarella and burrata from scratch.	CANADA	English-100		G		

2023-03-16	1700	My Market Kitchen	My Market Kitchen Series 5 Ep 24	Ben is back with Kathy Tsaples who makes a delicious mushroom tart, and Chef Karen Chan who creates sticky BBQ pork.	AUSTRALIA	English-100		PG	
2023-03-16	1730	Bizarre Foods: Delicious Destinations	Door County	Andrew Zimmern scopes out the down-to-earth culinary traditions of scenic Door County, Wisconsin. Fresh fish from Lake Michigan and local produce defines the Nordic-influenced cuisine.	USA	English-100	RPT	G	
2023-03-16	1800	The Cook And The Chef	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	
2023-03-16	1830	Food Safari	German	Maeve O'Meara meets up with chef Detlef Haupt, who reveals the essential ingredients in traditional German cooking. Later Maeve explores the loaves and pretzels that Germans love.	AUSTRALIA	English-100	RPT	G	Y
2023-03-16	1900	The Cook Up With Adam Liaw	Off The Grill	Adam, Aussie icon Toni Pearen and award-winning chef Martin Boetz are thrilled to be cooking -- off the grill!	AUSTRALIA	English-100		PG	
2023-03-16	1930	Rick Stein's Seafood Odyssey	India And Cornwall	Rick flees the restaurant to seek comfort from the sea. Thirty miles out of Padstow, he begins to calm down. Veteran fisherman Ivan Bates introduces Rick to the joys of fishing.	UNITED KINGDOM	English-100		PG	
2023-03-16	2000	Nadiya's Everyday Baking	Speedy Bakes	Nadiya shares the speediest of her scrumptious recipes: snickerdoodles, marbled strawberry and chocolate ice cream cake, and a zingy cod and coconut noodle broth.	UNITED KINGDOM	English-100		PG	
2023-03-16	2030	Long Weekend In... With Rory O'Connell	Madrid	Rory creates Octopus salad with red and green peppers inspired by his long weekend in Madrid.	IRELAND	English-100		G	
2023-03-16	2100	Gok Wan's Easy Asian	Showing Off	In this episode Gok has three dishes perfect for when you want to show off. Packed with personality and flavour, they have the wow factor and are so easy to make.	UNITED KINGDOM	English-100		G	
2023-03-16	2130	Come Dine With Me Daytime	Newcastle Day 7	It's art teacher Karen's turn to host and she's looking to impress her guests with a ginger themed menu. Each course will include her favourite spice!	UNITED KINGDOM	English-100		PG	
2023-03-16	2200	Come Dine With Me Daytime	Newcastle Day 8	Tonight will be one for the guests to remember; there's a shock in store for Karen, lots of humble pie for Mark and some very unusual dumplings for Delph and David.	UNITED KINGDOM	English-100		PG	
2023-03-16	2230	The Cook Up With Adam Liaw	Off The Grill	Adam, Aussie icon Toni Pearen and award-winning chef Martin Boetz are thrilled to be cooking -- off the grill!	AUSTRALIA	English-100		PG	
2023-03-16	2300	Food Safari	German	Maeve O'Meara meets up with chef Detlef Haupt, who reveals the essential ingredients in traditional German cooking. Later Maeve explores the loaves and pretzels that Germans love.	AUSTRALIA	English-100	RPT	G	Y
2023-03-16	2330	Hairy Biker's Route 66	Hairy Biker's Route 66 Series 1 Ep 1	The first helping of this epic adventure runs from Chicago to St Louis and provides a wholesome bite into the story of America. Dave and Si enjoy a championship winning apple pie.	UNITED KINGDOM	English-100		G	Y
2023-03-16	2440	Long Weekend In... With Rory O'Connell	Madrid	Rory creates Octopus salad with red and green peppers inspired by his long weekend in Madrid.	IRELAND	English-100		G	
2023-03-16	2505	Gok Wan's Easy Asian	Showing Off	In this episode Gok has three dishes perfect for when you want to show off. Packed with personality and flavour, they have the wow factor and are so easy to make.	UNITED KINGDOM	English-100		G	

2023-03-16	2530	Come Dine With Me Daytime	Newcastle Day 7	It's art teacher Karen's turn to host and she's looking to impress her guests with a ginger themed menu. Each course will include her favourite spice!	UNITED KINGDOM	English-100		PG	
2023-03-16	2600	Come Dine With Me Daytime	Newcastle Day 8	Tonight will be one for the guests to remember; there's a shock in store for Karen, lots of humble pie for Mark and some very unusual dumplings for Delph and David.	UNITED KINGDOM	English-100		PG	
2023-03-16	2630	Lidia's Italy	Lidia's Italy Series 4 Ep 12	Lidia travels to Calabria - a region with beautiful beaches and rugged mountains. With the help of her son Joe, Lidia creates a baked Cavatapi in a tomato sauce with fresh provolone.	USA	English-100		G	Y
2023-03-16	2700	United Plates Of America	Charlotte	Charlotte is known as Queen City and is the headquarters of most of the country's banking headquarters. It's a city that has been expanding over the last 15 years.	USA	English-100		G	
2023-03-16	2730	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 4	Michael and Matt cook a cream cheese fettuccine Alfredo, while Courtney has a quick and tasty recipe that's perfect for entertaining - black pepper chicken wings.	AUSTRALIA	English-100		G	
2023-03-16	2800	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 5	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, the last almond trees in the town of Willunga, and 400 herbs - all in one garden.	AUSTRALIA	English-100	RPT	G	Y
2023-03-16	2830	David Rocco's Dolce Homemade	Burrata	Together with David and his daughters, Emma and Giorgia, they work together to make mozzarella and burrata from scratch.	CANADA	English-100		G	
2023-03-17	0500	My Market Kitchen	My Market Kitchen Series 5 Ep 24	Ben is back with Kathy Tsaples who makes a delicious mushroom tart, and Chef Karen Chan who creates sticky BBQ pork.	AUSTRALIA	English-100		PG	
2023-03-17	0530	Bizarre Foods: Delicious Destinations	Door County	Andrew Zimmern scopes out the down-to-earth culinary traditions of scenic Door County, Wisconsin. Fresh fish from Lake Michigan and local produce defines the Nordic-influenced cuisine.	USA	English-100	RPT	G	
2023-03-17	0600	The Cook And The Chef	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	
2023-03-17	0630	Rick Stein's Seafood Odyssey	India And Cornwall	Rick flees the restaurant to seek comfort from the sea. Thirty miles out of Padstow, he begins to calm down. Veteran fisherman Ivan Bates introduces Rick to the joys of fishing.	UNITED KINGDOM	English-100		PG	
2023-03-17	0700	Nadiya's Everyday Baking	Speedy Bakes	Nadiya shares the speediest of her scrumptious recipes: snickerdoodles, marbled strawberry and chocolate ice cream cake, and a zingy cod and coconut noodle broth.	UNITED KINGDOM	English-100		PG	
2023-03-17	0730	Long Weekend In... With Rory O'Connell	Madrid	Rory creates Octopus salad with red and green peppers inspired by his long weekend in Madrid.	IRELAND	English-100		G	
2023-03-17	0800	Gok Wan's Easy Asian	Showing Off	In this episode Gok has three dishes perfect for when you want to show off. Packed with personality and flavour, they have the wow factor and are so easy to make.	UNITED KINGDOM	English-100		G	
2023-03-17	0830	Come Dine With Me Daytime	Newcastle Day 7	It's art teacher Karen's turn to host and she's looking to impress her guests with a ginger themed menu. Each course will include her favourite spice!	UNITED KINGDOM	English-100		PG	

2023-03-17	0900	Come Dine With Me Daytime	Newcastle Day 8	Tonight will be one for the guests to remember; there's a shock in store for Karen, lots of humble pie for Mark and some very unusual dumplings for Delph and David.	UNITED KINGDOM	English-100		PG	
2023-03-17	0930	Hairy Biker's Route 66	Hairy Biker's Route 66 Series 1 Ep 1	The first helping of this epic adventure runs from Chicago to St Louis and provides a wholesome bite into the story of America. Dave and Si enjoy a championship winning apple pie.	UNITED KINGDOM	English-100		G	Y
2023-03-17	1035	My Market Kitchen	My Market Kitchen Series 5 Ep 24	Ben is back with Kathy Tsaples who makes a delicious mushroom tart, and Chef Karen Chan who creates sticky BBQ pork.	AUSTRALIA	English-100		PG	
2023-03-17	1100	The Cook Up With Adam Liaw	Off The Grill	Adam, Aussie icon Toni Pearen and award-winning chef Martin Boetz are thrilled to be cooking -- off the grill!	AUSTRALIA	English-100		PG	
2023-03-17	1130	Rick Stein's Seafood Odyssey	India And Cornwall	Rick flees the restaurant to seek comfort from the sea. Thirty miles out of Padstow, he begins to calm down. Veteran fisherman Ivan Bates introduces Rick to the joys of fishing.	UNITED KINGDOM	English-100		PG	
2023-03-17	1200	Nadiya's Everyday Baking	Speedy Bakes	Nadiya shares the speediest of her scrumptious recipes: snickerdoodles, marbled strawberry and chocolate ice cream cake, and a zingy cod and coconut noodle broth.	UNITED KINGDOM	English-100		PG	
2023-03-17	1230	Long Weekend In... With Rory O'Connell	Madrid	Rory creates Octopus salad with red and green peppers inspired by his long weekend in Madrid.	IRELAND	English-100		G	
2023-03-17	1300	Gok Wan's Easy Asian	Showing Off	In this episode Gok has three dishes perfect for when you want to show off. Packed with personality and flavour, they have the wow factor and are so easy to make.	UNITED KINGDOM	English-100		G	
2023-03-17	1330	Lidia's Italy	Lidia's Italy Series 4 Ep 13	Lidia travels to the beautiful region of Sardegna where she makes two wonderful eggplant dishes, and a delicious prune cake for dessert.	USA	English-100		G	Y
2023-03-17	1400	United Plates Of America	Memphis	Memphis turned 200 years old in 2019. It's the home of blues, soul, rock'n'roll and comfort food.	USA	English-100		G	
2023-03-17	1430	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 5	Matt serves a delicious Moroccan lamb leg with cous cous stuffing, while Michael visits the Fresh Select Farm to cook up a broccoli farmers breakfast.	AUSTRALIA	English-100		G	
2023-03-17	1500	Food Lovers Guide To Australia	Food Lovers Guide To Australia Series 4 Ep 6	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, we meet local baking legend Dorothy Press at the Condobolin annual show.	AUSTRALIA	English-100	RPT	G	Y
2023-03-17	1530	Len And Ainsley's Big Food Adventure	East End	Ainsley takes Len to a family-run Vietnamese restaurant, where Len experiences his first authentic pho - an exciting noodle and beef soup. The boys also sample salt beef and jellied eel.	UNITED KINGDOM	English-100		PG	
2023-03-17	1625	Destination Flavour Fillers	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
2023-03-17	1630	David Rocco's Dolce Homemade	Pizza	David and guest Rocco Agostino take pizza making to the next level. Who knew pizza dunked in cappuccino could make the perfect combination.	CANADA	English-100		G	

2023-03-17	1700	My Market Kitchen	My Market Kitchen Series 5 Ep 25	Ben and wine expert Adam are together again, talking all things Barossa Valley food and wine as Ben prepares a moreish spiced BBQ chicken and tangy tomato relish.	AUSTRALIA	English-100		PG	
2023-03-17	1730	Bizarre Foods: Delicious Destinations	Washington, Dc	Andrew looks at the diverse eats that define Washington, DC. Full of vibrant communities, DC boasts gastronomy that includes local oysters, Ethiopian chicken stew, and spicy Chinese stir-fry.	USA	English-100	RPT	G	Y
2023-03-17	1800	The Cook And The Chef	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	
2023-03-17	1830	Food Safari	Persian	Tonight, Maeve O'Meara enters the saffron-scented realm of Persian food - one of the most ancient cuisines on earth. She discovers the secrets to cooking tender kebabs.	AUSTRALIA	English-100	RPT	G	Y
2023-03-17	1900	The Cook Up With Adam Liaw	From The Heart	Tasmanian food sensations, chef Honey Child from Honey Child's Creole, and wine educator Curly Haslam-Coates, cook from the heart with Adam.	AUSTRALIA	English-100		PG	
2023-03-17	1930	Rick Stein's Seafood Odyssey	Spain And Britain	Rick experiences such a moment when he visits the small seaside village of Mousehole in his native Cornwall.	UNITED KINGDOM	English-100		PG	
2023-03-17	2000	Dishing It Up	Homegrown	This episode, everyday home cooks put three homegrown recipes to the test. First up, will Hayden Quinn's Vietnamese Surf 'n Turf rock the boat?	AUSTRALIA	English-100	RPT	PG	Y
2023-03-17	2030	Heston's Feasts	Ultimate Feast	Heston picks his favourite dishes from his first series, including meat fruit, a mock turtle soup, an ejaculating cake and an edible monster known as cockentrice.	UNITED KINGDOM	English-100	RPT	PG	Y
2023-03-17	2130	Come Dine With Me Daytime	Newcastle Day 9	David's grand plan to throw the best dinner party is to serve an elaborate Ibizan style menu of tapas and paella, but has he bitten off more than he can chew?	UNITED KINGDOM	English-100		PG	
2023-03-17	2200	Come Dine With Me Daytime	Newcastle Day 10	It's Mark turn to impress his new dinner party guests with a menu of deep fried brie, slow cooked lamb and a passion fruit pavlova.	UNITED KINGDOM	English-100		PG	
2023-03-17	2230	The Cook Up With Adam Liaw	From The Heart	Tasmanian food sensations, chef Honey Child from Honey Child's Creole, and wine educator Curly Haslam-Coates, cook from the heart with Adam.	AUSTRALIA	English-100		PG	
2023-03-17	2300	Food Safari	Persian	Tonight, Maeve O'Meara enters the saffron-scented realm of Persian food - one of the most ancient cuisines on earth. She discovers the secrets to cooking tender kebabs.	AUSTRALIA	English-100	RPT	G	Y
2023-03-17	2330	Hairy Biker's Route 66	Hairy Biker's Route 66 Series 1 Ep 2	On the second leg of their Route 66 adventure, Dave and Si set out to discover what lies beneath the legend of this iconic road. In Missouri they learn of the Trail of Tears.	UNITED KINGDOM	English-100		PG	
2023-03-17	2440	Heston's Feasts	Ultimate Feast	Heston picks his favourite dishes from his first series, including meat fruit, a mock turtle soup, an ejaculating cake and an edible monster known as cockentrice.	UNITED KINGDOM	English-100	RPT	PG	Y
2023-03-17	2540	Come Dine With Me Daytime	Newcastle Day 9	David's grand plan to throw the best dinner party is to serve an elaborate Ibizan style menu of tapas and paella, but has he bitten off more than he can chew?	UNITED KINGDOM	English-100		PG	
2023-03-17	2605	Come Dine With Me Daytime	Newcastle Day 10	It's Mark turn to impress his new dinner party guests with a menu of deep fried brie, slow cooked lamb and a passion fruit pavlova.	UNITED KINGDOM	English-100		PG	

2023-03-17	2630	Lidia's Italy	Lidia's Italy Series 4 Ep 13	Lidia travels to the beautiful region of Sardegna where she makes two wonderful eggplant dishes, and a delicious prune cake for dessert.	USA	English-100		G	Y
2023-03-17	2700	United Plates Of America	Memphis	Memphis turned 200 years old in 2019. It's the home of blues, soul, rock'n'roll and comfort food.	USA	English-100		G	
2023-03-17	2730	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 5	Matt serves a delicious Moroccan lamb leg with cous cous stuffing, while Michael visits the Fresh Select Farm to cook up a broccoli farmers breakfast.	AUSTRALIA	English-100		G	
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2023-03-17	2830	David Rocco's Dolce Homemade	Pizza	David and guest Rocco Agostino take pizza making to the next level. Who knew pizza dunked in cappuccino could make the perfect combination.	CANADA	English-100		G	
2023-03-18	0500	My Market Kitchen	My Market Kitchen Series 5 Ep 25	Ben and wine expert Adam are together again, talking all things Barossa Valley food and wine as Ben prepares a moreish spiced BBQ chicken and tangy tomato relish.	AUSTRALIA	English-100		PG	
2023-03-18	0530	Bizarre Foods: Delicious Destinations	Washington, Dc	Andrew looks at the diverse eats that define Washington, DC. Full of vibrant communities, DC boasts gastronomy that includes local oysters, Ethiopian chicken stew, and spicy Chinese stir-fry.	USA	English-100	RPT	G	Y
2023-03-18	0600	The Cook And The Chef	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	
2023-03-18	0630	Rick Stein's Seafood Odyssey	Spain And Britain	Rick experiences such a moment when he visits the small seaside village of Mousehole in his native Cornwall.	UNITED KINGDOM	English-100		PG	
2023-03-18	0700	Dishing It Up	Homegrown	This episode, everyday home cooks put three homegrown recipes to the test. First up, will Hayden Quinn's Vietnamese Surf 'n Turf rock the boat?	AUSTRALIA	English-100	RPT	PG	Y
2023-03-18	0730	Heston's Feasts	Ultimate Feast	Heston picks his favourite dishes from his first series, including meat fruit, a mock turtle soup, an ejaculating cake and an edible monster known as cockentrice.	UNITED KINGDOM	English-100	RPT	PG	Y
2023-03-18	0830	Come Dine With Me Daytime	Newcastle Day 9	David's grand plan to throw the best dinner party is to serve an elaborate Ibizan style menu of tapas and paella, but has he bitten off more than he can chew?	UNITED KINGDOM	English-100		PG	
2023-03-18	0900	Come Dine With Me Daytime	Newcastle Day 10	It's Mark turn to impress his new dinner party guests with a menu of deep fried brie, slow cooked lamb and a passion fruit pavlova.	UNITED KINGDOM	English-100		PG	
2023-03-18	0930	Hairy Biker's Route 66	Hairy Biker's Route 66 Series 1 Ep 2	On the second leg of their Route 66 adventure, Dave and Si set out to discover what lies beneath the legend of this iconic road. In Missouri they learn of the Trail of Tears.	UNITED KINGDOM	English-100		PG	
2023-03-18	1035	My Market Kitchen	My Market Kitchen Series 5 Ep 25	Ben and wine expert Adam are together again, talking all things Barossa Valley food and wine as Ben prepares a moreish spiced BBQ chicken and tangy tomato relish.	AUSTRALIA	English-100		PG	
2023-03-18	1100	The Cook Up With Adam Liaw	From The Heart	Tasmanian food sensations, chef Honey Child from Honey Child's Creole, and wine educator Curly Haslam-Coates, cook from the heart with Adam.	AUSTRALIA	English-100		PG	
2023-03-18	1130	Rick Stein's Seafood Odyssey	Spain And Britain	Rick experiences such a moment when he visits the small seaside village of Mousehole in his native Cornwall.	UNITED KINGDOM	English-100		PG	

2023-03-18	1200	Dishing It Up	Homegrown	This episode, everyday home cooks put three homegrown recipes to the test. First up, will Hayden Quinn's Vietnamese Surf 'n Turf rock the boat?	AUSTRALIA	English-100	RPT	PG	Y
2023-03-18	1230	Heston's Feasts	Ultimate Feast	Heston picks his favourite dishes from his first series, including meat fruit, a mock turtle soup, an ejaculating cake and an edible monster known as cockentrice.	UNITED KINGDOM	English-100	RPT	PG	Y
2023-03-18	1330	Hairy Biker's Route 66	Hairy Biker's Route 66 Series 1 Ep 2	On the second leg of their Route 66 adventure, Dave and Si set out to discover what lies beneath the legend of this iconic road. In Missouri they learn of the Trail of Tears.	UNITED KINGDOM	English-100		PG	
2023-03-18	1435	My Market Kitchen	My Market Kitchen Series 5 Ep 25	Ben and wine expert Adam are together again, talking all things Barossa Valley food and wine as Ben prepares a moreish spiced BBQ chicken and tangy tomato relish.	AUSTRALIA	English-100		PG	
2023-03-18	1500	The Cook Up With Adam Liaw	From The Heart	Tasmanian food sensations, chef Honey Child from Honey Child's Creole, and wine educator Curly Haslam-Coates, cook from the heart with Adam.	AUSTRALIA	English-100		PG	
2023-03-18	1530	Rick Stein's Seafood Odyssey	Spain And Britain	Rick experiences such a moment when he visits the small seaside village of Mousehole in his native Cornwall.	UNITED KINGDOM	English-100		PG	
2023-03-18	1600	Dishing It Up	Homegrown	This episode, everyday home cooks put three homegrown recipes to the test. First up, will Hayden Quinn's Vietnamese Surf 'n Turf rock the boat?	AUSTRALIA	English-100	RPT	PG	Y
2023-03-18	1630	Ainsley's Good Mood Food	Coffee And Chocolate	In his kitchen, Ainsley has some delicious dishes made even more special with a dash of coffee or chocolate. Starting with an Italian classic, a caponata served with fennel and cacao rubbed pork.	UNITED KINGDOM	English-100		G	
2023-03-18	1725	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 4	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2023-03-18	1730	A New Zealand Food Story	New Zealand Food Story Series 1 Ep, A 7	Ben meets the CEO of Precinct Properties to see what the ramifications of Covid-19 are to his restaurant. He then heads to Te Hēngā in Waitākere, west Auckland, to learn from the Hangi Master.	NEW ZEALAND	English-100		PG	
2023-03-18	1800	A New Zealand Food Story	New Zealand Food Story Series 1 Ep, A 8	Ben continues his journey of discovery about what New Zealand cuisine is, but will his restaurant open in time?	NEW ZEALAND	English-100		PG	
2023-03-18	1830	Jamie's Food Escapes	Athens	The food in Athens is all about simple ingredients, simply put together. Jamie goes spear fishing off a local island, meets bee keepers who produce amazing honey, and makes goats cheese with a monk.	UNITED KINGDOM	English-100		PG	
2023-03-18	1930	The Zimmern List	Detroit	Andrew heads to the Motor City to grab a slice of Detroit-style pizza, line up for Coney Island chili fries, fill up on Middle Eastern classics and dine at a Detroit institution in the making.	USA	English-100		PG	
2023-03-18	2000	The Zimmern List	Orlando	Andrew Zimmern heads to Orlando, Florida, to discover the incredible rich food scene that's often left in the shadow of Disney World.	USA	English-100		PG	
2023-03-18	2030	Hairy Bikers Go North	West Yorkshire	Starting in Leeds, the bikers are visiting the stunning Kirkgate market to fill up their panier for their upcoming stay. During their travels across the north of England.	UNITED KINGDOM	English-100		PG	
2023-03-18	2130	Anthony Bourdain: Parts Unknown	Georgia	Strategically located at the crux of ancient spice routes from Russia, Asia and the Middle East, post-Soviet satellite Georgia has always cultivated and maintained a fascinating culture all its own.	USA	English-100		PG	Y
2023-03-18	2225	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 10, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y

2023-03-18	2230	Ainsley's Good Mood Food	Coffee And Chocolate	In his kitchen, Ainsley has some delicious dishes made even more special with a dash of coffee or chocolate. Starting with an Italian classic, a caponata served with fennel and cacao rubbed pork.	UNITED KINGDOM	English-100		G	
2023-03-18	2325	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 4	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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2023-03-18	2825	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 4	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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