



WEEK 14: Sunday, 27 March - Saturday, 2 April 2022 NSW, VIC, TAS, SA

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2022-03-27	0500	<b>Amazon Taste</b>	Cacau	Cocoa, the base ingredient of chocolate, has its origin in the Amazon rainforest. To find out more, Thiago Castanho goes to the Ver-o-Peso Market in Belem and the community plantation at Combu Island.	BRAZIL	English-50; Portuguese-50		G		Y
2022-03-27	0530	<b>Beyond River Cottage</b>	Beyond River Cottage Series 1 Ep 7	It's high summer and the season's underway for Dorset's carnivals and regattas. Never one to miss an opportunity for trade, Hugh teams up with Lyme Regis fisherman John Wason.	UNITED KINGDOM	English-100		PG		
2022-03-27	0600	<b>Beyond River Cottage</b>	Beyond River Cottage Series 1 Ep 8	The day has come for Hugh to harvest his first crop of home-spun honey. At River Cottage HQ, with the help of bee-keeper Ken Bishop, Hugh carefully extracts a healthy 25lbs of honey.	UNITED KINGDOM	English-100		PG		
2022-03-27	0630	<b>Hairy Bikers' Mississippi Adventure</b>	Blues	Si and Dave's latest Deep South adventure is to seek out the musical and culinary fruits of the Mississippi Delta - this expanse of waterways gave birth to the unique sound that is the blues.	UNITED KINGDOM	English-100		G		
2022-03-27	0725	<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	
2022-03-27	0730	<b>Ainsley's Good Mood Food</b>	Going Green	Leafy greens are guaranteed to make you feel good, and all today's dishes have a healthy portion of the glorious green stuff. Starting with breakfast muffins so tasty you will want them for breakfast,	UNITED KINGDOM	English-100		PG		
2022-03-27	0830	<b>Secrets Of The Factories</b>	Inside Heinz	The Heinz Factory in Wigan opens its doors to reveal how it produces millions of cans of baked beans, soup and pasta in one of Britain's biggest factories.	UNITED KINGDOM	English-100		G		Y
2022-03-27	0925	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 6	Welcome to the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-03-27	0930	<b>Amazon Taste</b>	Farinha	Chef Thiago Castanho goes to the city of Braganca at in the north-east of Para State to see the production process of the cassavac flour, considered Para's best flour.	BRAZIL	English-50; Portuguese-50		G		Y
2022-03-27	1000	<b>Amazon Taste</b>	Cacau	Cocoa, the base ingredient of chocolate, has its origin in the Amazon rainforest. To find out more, Thiago Castanho goes to the Ver-o-Peso Market in Belem and the community plantation at Combu Island.	BRAZIL	English-50; Portuguese-50		G		Y
2022-03-27	1030	<b>Beyond River Cottage</b>	Beyond River Cottage Series 1 Ep 7	It's high summer and the season's underway for Dorset's carnivals and regattas. Never one to miss an opportunity for trade, Hugh teams up with Lyme Regis fisherman John Wason.	UNITED KINGDOM	English-100		PG		
2022-03-27	1100	<b>Beyond River Cottage</b>	Beyond River Cottage Series 1 Ep 8	The day has come for Hugh to harvest his first crop of home-spun honey. At River Cottage HQ, with the help of bee-keeper Ken Bishop, Hugh carefully extracts a healthy 25lbs of honey.	UNITED KINGDOM	English-100		PG		
2022-03-27	1130	<b>Hairy Bikers' Mississippi Adventure</b>	Blues	Si and Dave's latest Deep South adventure is to seek out the musical and culinary fruits of the Mississippi Delta - this expanse of waterways gave birth to the unique sound that is the blues.	UNITED KINGDOM	English-100		G		
2022-03-27	1225	<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	
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2022-03-27	1330	<b>Amazon Taste</b>	Farinha	Chef Thiago Castanho goes to the city of Braganca at in the north-east of Para State to see the production process of the cassavac flour, considered Para's best flour.	BRAZIL	English-50; Portuguese-50		G		Y
2022-03-27	1400	<b>The Cook Up With Adam Liaw</b>	Mozzarella	Comedian and TV presenter Julia Zemiro and chef Morgan McGlone are in the kitchen cooking up their favourite mozzarella treats.	AUSTRALIA	English-100	RPT	PG		

2022-03-27	1430	<b>The Cook Up With Adam Liaw</b>	Food With A Story	Mabu Mabu owner and chef Nornie Bero and actor Andy Trieu are in The Cook Up Kitchen with Adam Liaw to delve into their lives to create food with a story.	AUSTRALIA	English-100	RPT	PG		
2022-03-27	1500	<b>The Cook Up With Adam Liaw</b>	Family Dinner	Winner of MasterChef Season 1 Julie Goodwin and comedian Aaron Chen join Adam in the Cook Up kitchen creating their ultimate family dinner recipes.	AUSTRALIA	English-100	RPT	PG		
2022-03-27	1530	<b>The Cook Up With Adam Liaw</b>	80's Dinner Party	Get the boombox and Fluro legwarmers out, we're going back to the 80's baby! Looking for Alibrandi actress Pia Miranda and chef Justin North join Adam in the Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG		
2022-03-27	1600	<b>The Cook Up With Adam Liaw</b>	Fresh	Chef & author Jason Roberts and head chef at Sydney restaurant Red Lantern Mark Jensen join Adam in the Cook Up kitchen to create some easy and simple fresh inspired dishes.	AUSTRALIA	English-100		PG		
2022-03-27	1630	<b>Eating Inn</b>	Viceroy Part 1, The	Set in the highlands of exotic Bali the story of the Viceroy and its Aperitif restaurant epitomise the intent of the Eating Inn Series.	SINGAPORE	English-100		PG		
2022-03-27	1700	<b>Eating Inn</b>	Viceroy Part 2, The	We get blown away by how many uses the humble pumpkin can be prepared and how it transforms from the lowly vegetable we love and are so familiar with to something magical and even more delicious.	SINGAPORE	English-100		PG		
2022-03-27	1730	<b>Minjiba Entertains</b>	Music Launch Party	Minjiba cooks a traditional African menu for a music launch party at one of Nairobi's most famous homes. The glamorous evening features a concert by an upcoming African musician.	USA	English-100		PG		
2022-03-27	1800	<b>The Cook And The Chef</b>	Luscious Lunch, A	The season is on the change and Maggie and Simon prepare for an early autumn lunch. As Maggie lives in the Barossa, on Saturdays she shops at the Barossa Market.	AUSTRALIA	English-100		PG		
2022-03-27	1830	<b>Scandimania</b>	Scandimania Series 1 Ep 2	Hugh lands in Denmark, which the UN has declared the 'happiest country in the world'. In Copenhagen, he cooks with Rene Redzepi, owner and head chef at Noma, voted the best restaurant in the world.	UNITED KINGDOM	English-100		PG		
2022-03-27	1925	<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
2022-03-27	1930	<b>Classic Mary Berry</b>	Timeless Entertaining	Mary loves entertaining and creates some timeless classics including Dover sole, beetroot gravadlax, and sticky chicken. She also visits Leeds Castle in preparation for Festival of Flowers.	UNITED KINGDOM	English-100		G		
2022-03-27	2000	<b>Australia's Food Bowl</b>	Communities	Many farming families have a long history of growing produce and Stefano meets some of the inspiring people around Mildura who have been working the land for generations.	AUSTRALIA	English-100		PG		
2022-03-27	2030	<b>Rick Stein's Mediterranean Escapes</b>	Morocco And Turkey	In Morocco, Rick enjoys couscous and tucks into the tagines and mint tea found in the bazaars. His Mediterranean travels end in Turkey, where he feasts on kebabs and lahmacun.	UNITED KINGDOM	English-100	RPT	G		Y
2022-03-27	2140	<b>Anthony Bourdain: Parts Unknown</b>	Bourdain's Impact	The people who made Parts Unknown select moments from their episodes and pull back the curtain, to talk about collaboration, creative freedom, and moments when Bourdain had their back.	USA	English-100		PG		Y
2022-03-27	2235	<b>Anthony Bourdain: Parts Unknown</b>	Thailand	Tony teams up with Chef and Author Andy Ricker of Pok Pok Restaurant fame. Andy's made a name for himself faithfully reproducing the cuisine of Northern Thailand at his restaurants in America.	USA	English-100		PG		Y
2022-03-27	2330	<b>The Cook Up With Adam Liaw</b>	Food With A Story	Mabu Mabu owner and chef Nornie Bero and actor Andy Trieu are in The Cook Up Kitchen with Adam Liaw to delve into their lives to create food with a story.	AUSTRALIA	English-100	RPT	PG		
2022-03-27	2400	<b>The Cook Up With Adam Liaw</b>	Family Dinner	Winner of MasterChef Season 1 Julie Goodwin and comedian Aaron Chen join Adam in the Cook Up kitchen creating their ultimate family dinner recipes.	AUSTRALIA	English-100	RPT	PG		
2022-03-27	2430	<b>The Cook Up With Adam Liaw</b>	80's Dinner Party	Get the boombox and Fluro legwarmers out, we're going back to the 80's baby! Looking for Alibrandi actress Pia Miranda and chef Justin North join Adam in the Cook Up kitchen.	AUSTRALIA	English-100	RPT	PG		
2022-03-27	2500	<b>The Cook Up With Adam Liaw</b>	Fresh	Chef & author Jason Roberts and head chef at Sydney restaurant Red Lantern Mark Jensen join Adam in the Cook Up kitchen to create some easy and simple fresh inspired dishes.	AUSTRALIA	English-100		PG		
2022-03-27	2530	<b>Eating Inn</b>	Viceroy Part 1, The	Set in the highlands of exotic Bali the story of the Viceroy and its Aperitif restaurant epitomise the intent of the Eating Inn Series.	SINGAPORE	English-100		PG		
2022-03-27	2600	<b>Eating Inn</b>	Viceroy Part 2, The	We get blown away by how many uses the humble pumpkin can be prepared and how it transforms from the lowly vegetable we love and are so familiar with to something magical and even more delicious.	SINGAPORE	English-100		PG		

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2022-03-28	0700	<b>The Cook Up With Adam Liaw</b>	Family Dinner	Winner of MasterChef Season 1 Julie Goodwin and comedian Aaron Chen join Adam in the Cook Up kitchen creating their ultimate family dinner recipes.	AUSTRALIA	English-100	RPT		PG	
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2022-03-28	1125	<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
2022-03-28	1130	<b>Classic Mary Berry</b>	Timeless Entertaining	Mary loves entertaining and creates some timeless classics including Dover sole, beetroot gravadlax, and sticky chicken. She also visits Leeds Castle in preparation for Festival of Flowers.	UNITED KINGDOM	English-100			G	
2022-03-28	1200	<b>Australia's Food Bowl</b>	Communities	Many farming families have a long history of growing produce and Stefano meets some of the inspiring people around Mildura who have been working the land for generations.	AUSTRALIA	English-100			PG	
2022-03-28	1230	<b>Eating Inn</b>	Viceroy Part 1, The	Set in the highlands of exotic Bali the story of the Viceroy and its Aperitif restaurant epitomise the intent of the Eating Inn Series.	SINGAPORE	English-100			PG	
2022-03-28	1300	<b>Lidia's Italy</b>	Lidia's Italy Series 4 Ep 5	Lidia travels to the north eastern part of Sardegna - a region known for it's rich and complex foods. Join Lidia as she creates a zuppa filled with savoy cabbage, provolone, and pecorino cheese.	USA	English-100			G	Y

2022-03-28	1330	<b>Heston's Great British Food</b>	Fish And Chips	Celebrity chef Heston Blumenthal is back with a brand new series where he explores the stories behind Britain's favourite dishes.	UNITED KINGDOM	English-100	RPT	G	Y
2022-03-28	1425	<b>Poh &amp; Co. Bitesize</b>	Small Business	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2022-03-28	1430	<b>Bake With Anna Olson</b>	Flourless Baking	Flourless pies and tarts are gluten-free desserts made without conventional wheat flour. Anna starts with delicious raspberry clafoutis, a classic French dessert that uses ground almonds as a base.	CANADA	English-100		G	
2022-03-28	1500	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 65	Matt prepares a cult classic - roasted spatchcock with a spiced honey glaze, while Courtney cooks up a whole roasted cauliflower.	AUSTRALIA	English-100		G	
2022-03-28	1530	<b>Annabel Langbein: Free Range Cook</b>	Tex-Mex On The Grill	Back in spring, Annabel planted a traditional Mexican three-sisters garden of corn, beans and zucchini, and now it's time to harvest her fresh produce and transform it into a Tex-Mex style meal.	NEW ZEALAND	English-100		G	
2022-03-28	1600	<b>Mystery Diners</b>	Poaching Profits	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG	Y
2022-03-28	1630	<b>Choccywoccydoodah</b>	Spring Is In The Air	The Choccywoccydoodah crew are back with more fantastical cakes than ever! It's Easter and the team creates a giant Easter egg as a gift for Paul O'Grady and a royalty-themed window display.	UNITED KINGDOM	English-100		PG	
2022-03-28	1700	<b>The Incredible Spice Men</b>	East Sussex	Tony and Cyrus celebrate the freshness of the local fish of East Sussex, and show how even the taste of the freshest fish can be enhanced with spices by cooking Dover sole with lime and ginger.	UNITED KINGDOM	English-100	RPT	G	Y
2022-03-28	1730	<b>Come Dine With Me</b>	Gloucestershire 1	This week's competition comes from in and around charming Cheltenham and glorious Gloucester, where the first to host is self-proclaimed princess and vegetarian, Sheree.	UNITED KINGDOM	English-100		PG	
2022-03-28	1800	<b>Come Dine With Me</b>	Gloucestershire 2	It's the second night of the competition in Cheltenham and Gloucester and the turn of professional storyteller Chloe to host.	UNITED KINGDOM	English-100		PG	
2022-03-28	1830	<b>The Cook And The Chef</b>	Right Ingredient, The	Simon is after the right fish and ventures to the mouth of the Murray to find out why one of his favourite fish, the Coorong Mullet, has such a great flavour.	AUSTRALIA	English-100		G	
2022-03-28	1900	<b>The Cook Up With Adam Liaw</b>	Sustainability	King of Sustainability Tim Flannery and chef Tom Walton join Adam in the Cook Up kitchen to create some delicious dishes that use the whole ingredient not just part of it	AUSTRALIA	English-100		PG	
2022-03-28	1930	<b>Rick Stein's Food Heroes</b>	Rick Stein's Food Heroes Series 2 Ep 13	Rick and Chalky enjoy Irish hospitality, sampling herb celery around Strangford Lough, and monkfish and mussels in Southern Ireland. Fresh oysters and organic kale complete this Irish culinary tour.	UNITED KINGDOM	English-100		PG	
2022-03-28	2000	<b>Rick Stein's Seafood Odyssey</b>	America And Cornwall	Rick begins the next leg of his Seafood Odyssey in Chesapeake Bay, Maryland in America. The area is famous for striped bass or 'one hell of a big, beefy, bouncy fish' as Rick describes it.	UNITED KINGDOM	English-100		PG	
2022-03-28	2030	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Danny Devito	Jamie and Jimmy are joined by Hollywood legend Danny DeVito, as he puts on his pinny and cooks for the diners at the end of Southend Pier.	UNITED KINGDOM	English-100		PG	
2022-03-28	2130	<b>Royal Recipes</b>	Spice	In today's programme, presenter Michael Buerk and chef Anna Haugh recreate George V's favourite curry,	UNITED KINGDOM	English-100		PG	
2022-03-28	2225	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 1	Poh and Co. invites you into the always delicious world of acclaimed cook, artist and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
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2022-03-28	2300	<b>Gourmet Farmer</b>	Gourmet Farmer Series 5 Ep 6	Matthew realises two long held day dreams when he installs an incredible outdoor fire pit and finally catches something from the ocean worth bragging about.	AUSTRALIA	English-100	RPT	G	Y
2022-03-28	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 75	TV Presenter and Talent Judge Nicki Chapman teams up with gardener Sven Wombwell for another 20-minute cooking challenge hosted by Ainsley Harriott.	UNITED KINGDOM	English-100		G	
2022-03-28	2420	<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
2022-03-28	2430	<b>The Incredible Spice Men</b>	East Sussex	Tony and Cyrus celebrate the freshness of the local fish of East Sussex, and show how even the taste of the freshest fish can be enhanced with spices by cooking Dover sole with lime and ginger.	UNITED KINGDOM	English-100	RPT	G	Y
2022-03-28	2500	<b>Bake With Anna Olson</b>	Flourless Baking	Flourless pies and tarts are gluten-free desserts made without conventional wheat flour. Anna starts with delicious raspberry clafoutis, a classic French dessert that uses ground almonds as a base.	CANADA	English-100		G	

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2022-03-28	2630	<b>Jamie &amp; Jimmy's Food Fight Club</b>	Danny DeVito	Jamie and Jimmy are joined by Hollywood legend Danny DeVito, as he puts on his pinny and cooks for the diners at the end of Southend Pier.	UNITED KINGDOM	English-100		PG	
2022-03-28	2730	<b>Heston's Great British Food</b>	Fish And Chips	Celebrity chef Heston Blumenthal is back with a brand new series where he explores the stories behind Britain's favourite dishes.	UNITED KINGDOM	English-100	RPT	G	Y
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2022-03-29	0500	<b>Annabel Langbein: Free Range Cook</b>	Tex-Mex On The Grill	Back in spring, Annabel planted a traditional Mexican three-sisters garden of corn, beans and zucchini, and now it's time to harvest her fresh produce and transform it into aTex-Mex style meal.	NEW ZEALAND	English-100		G	
2022-03-29	0530	<b>Mystery Diners</b>	Poaching Profits	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG	Y
2022-03-29	0600	<b>Choccywoccydoodah</b>	Spring Is In The Air	The Choccywoccydoodah crew are back with more fantastical cakes than ever! It's Easter and the team creates a giant Easter egg as a gift for Paul O'Grady and a royalty-themed window display.	UNITED KINGDOM	English-100		PG	
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2022-03-29	0925	<b>School Night Dinners Bitesize</b>	Chocolate Brownie, Banana Ice Cream	Some of your favourite moments and recipes from School Night Dinners.	USA	English-100		PG	
2022-03-29	0935	<b>Bake With Anna Olson</b>	Flourless Baking	Flourless pies and tarts are gluten-free desserts made without conventional wheat flour. Anna starts with delicious raspberry clafoutis, a classic French dessert that uses ground almonds as a base.	CANADA	English-100		G	
2022-03-29	1000	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 65	Matt prepares a cult classic - roasted spatchcock with a spiced honey glaze, while Courtney cooks up a whole roasted cauliflower.	AUSTRALIA	English-100		G	
2022-03-29	1030	<b>Annabel Langbein: Free Range Cook</b>	Tex-Mex On The Grill	Back in spring, Annabel planted a traditional Mexican three-sisters garden of corn, beans and zucchini, and now it's time to harvest her fresh produce and transform it into aTex-Mex style meal.	NEW ZEALAND	English-100		G	
2022-03-29	1100	<b>The Cook Up With Adam Liaw</b>	Sustainability	King of Sustainability Tim Flannery and chef Tom Walton join Adam in the Cook Up kitchen to create some delicious dishes that use the whole ingredient not just part of it	AUSTRALIA	English-100		PG	
2022-03-29	1130	<b>Rick Stein's Food Heroes</b>	Rick Stein's Food Heroes Series 2 Ep 13	Rick and Chalky enjoy Irish hospitality, sampling herb celery around Strangford Lough, and monkfish and mussels in Southern Ireland. Fresh oysters and organic kale complete this Irish culinary tour.	UNITED KINGDOM	English-100		PG	
2022-03-29	1200	<b>Rick Stein's Seafood Odyssey</b>	America And Cornwall	Rick begins the next leg of his Seafood Odyssey in Chesapeake Bay, Maryland in America.The area is famous for striped bass or 'one hell of a big, beefy, bouncy fish' as Rick describes it.	UNITED KINGDOM	English-100		PG	
2022-03-29	1230	<b>The Cook And The Chef</b>	Right Ingredient, The	Simon is after the right fish and ventures to the mouth of the Murray to find out why one of his favourite fish, the Coorong Mullet, has such a great flavour.	AUSTRALIA	English-100		G	

2022-03-29	1300	<b>Lidia's Italy</b>	Lidia's Italy Series 4 Ep 6	Join Lidia as she travels to Liguria - a region all about herbs and vegetables. Lidia begins by making a simple rice and zucchini crostada, made with fresh dough and ricotta cheese.	USA	English-100		G		Y
2022-03-29	1330	<b>Heston's Great British Food</b>	Roast Beef Dinner	Heston discovers the origins of the great British roast, before serving up a spectacular roast beef dinner to the people who make it possible - butchers and farmers.	UNITED KINGDOM	English-100	RPT	G		Y
2022-03-29	1425	<b>School Night Dinners Bitesize</b>	Chocolate Brownie, Banana Ice Cream	Some of your favourite moments and recipes from School Night Dinners.	USA	English-100		PG		
2022-03-29	1435	<b>Bake With Anna Olson</b>	Shortbread	Shortbread - an old-fashioned style of cookie that's buttery, rich and crumbly. Anna starts out by preparing a basic vanilla spritz shortbread.	CANADA	English-100		G		
2022-03-29	1500	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 66	Matt is back in Noosa Heads where he's preparing seared salmon with sesame dressing. Courtney cooks a quick and easy curried chicken pie, while Michael prepares a family classic - beef chow mein.	AUSTRALIA	English-100		G		
2022-03-29	1530	<b>Annabel Langbein: Free Range Cook</b>	Salad Days	Always up for an adventure, Annabel Langbein treks north to a buffalo farm to meet a couple making sublime buffalo yoghurt and cheeses.	NEW ZEALAND	English-100		G		
2022-03-29	1600	<b>Mystery Diners</b>	Missing Memorabilia	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100		PG		Y
2022-03-29	1630	<b>Choccywoccydoodah</b>	Square Pegs In Round Holes	The team makes an eccentric window display and a cake for Boy George's 50th birthday, and a new member of staff, Rebecca, begins her first week.	UNITED KINGDOM	English-100		PG		
2022-03-29	1700	<b>The Incredible Spice Men</b>	South Wales	Tony and Cyrus begin in the Cothi Valley in Carmarthenshire where they make fresh goats' cheese from the milk of animals feeding on wildflowers, herbs, and berries.	UNITED KINGDOM	English-100	RPT	G		Y
2022-03-29	1730	<b>Come Dine With Me</b>	Gloucestershire 3	This week's competition comes from in and around Cheltenham and Gloucester, and third to host this week is estate agent Mike, who plans to win over his guests by hosting a relaxed evening.	UNITED KINGDOM	English-100		PG		
2022-03-29	1800	<b>Come Dine With Me</b>	Gloucestershire 4	This week's competition is in and around charming Cheltenham and glorious Gloucester, where fourth host is 'King of Critique' Dan, who's set the bar high - for himself!	UNITED KINGDOM	English-100		PG		
2022-03-29	1830	<b>The Cook And The Chef</b>	Too Many Tomatoes	Simon and Maggie paint the town red (and a range of other colours) when they celebrate a backyard fruit that's become a foundation stone of so much cooking - the glorious and gorgeous tomato.	AUSTRALIA	English-100		G		
2022-03-29	1900	<b>The Cook Up With Adam Liaw</b>	Tomatoes	Adam, chef at The Old Fitz Anna Urgate and comedian Gen Fricker are in the Cook Up Kitchen whipping up some delicious meals based around our saucy theme, tomatoes!	AUSTRALIA	English-100		PG		
2022-03-29	1930	<b>Rick Stein's Food Heroes</b>	Rick Stein's Food Heroes Series 2 Ep 14	Rick watches as friend Bill Baker fishes on the Towy estuary and catches flounder. Rick cooks flounder with a ravigote sauce. Bill catches a sea trout and Rick cooks it marinated with dill and pernod.	UNITED KINGDOM	English-100		PG		
2022-03-29	2000	<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.				PG		Y
2022-03-29	2030	<b>Adam Liaw's Road Trip For Good</b>	Mallacoota, Lobethal & Ulladulla	Adam is in the town of Mallacoota - the area that became an international symbol for the summer's devastating bushfires. Here he visits the local abalone co-op whose factory burnt down in the fires.	AUSTRALIA	English-100		PG		Y
2022-03-29	2100	<b>Lightened Up</b>	Filipino Fare	Chef and health enthusiast, Erwan Heussaff, tackles some traditional Filipino dishes and finds ways to make even the most unhealthy, high fat, high sugar foods a little better for you.	USA	English-100		PG		
2022-03-29	2130	<b>Royal Recipes</b>	Holidays And Travels	On today's show, presenter Michael Buerk and chef Anna Haugh fire up the barbecue to cook a favourite dish of Princess Anne.	UNITED KINGDOM	English-100		PG		
2022-03-29	2225	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 2	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G		Y
2022-03-29	2230	<b>The Cook Up With Adam Liaw</b>	Tomatoes	Adam, chef at The Old Fitz Anna Urgate and comedian Gen Fricker are in the Cook Up Kitchen whipping up some delicious meals based around our saucy theme, tomatoes!	AUSTRALIA	English-100		PG		
2022-03-29	2300	<b>Gourmet Farmer</b>	Gourmet Farmer Series 5 Ep 7	It's Spring on Fat Pig Farm, the hungry patch, everything is furiously growing, but there is almost nothing to harvest yet, so Matthew needs to make do and forage for some springtime food ideas.	AUSTRALIA	English-100	RPT	G		Y
2022-03-29	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 76	Join Ainsley Harriott and his special guests as he hosts another edition of the 20-minute cooking challenge.	UNITED KINGDOM	English-100		G		

2022-03-29	2420	<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
2022-03-29	2430	<b>The Incredible Spice Men</b>	South Wales	Tony and Cyrus begin in the Cothi Valley in Carmarthenshire where they make fresh goats' cheese from the milk of animals feeding on wildflowers, herbs, and berries.	UNITED KINGDOM	English-100	RPT	G	Y
2022-03-29	2500	<b>Bake With Anna Olson</b>	Shortbread	Shortbread - an old-fashioned style of cookie that's buttery, rich and crumbly. Anna starts out by preparing a basic vanilla spritz shortbread.	CANADA	English-100		G	
2022-03-29	2530	<b>The Cook And The Chef</b>	Too Many Tomatoes	Simon and Maggie paint the town red (and a range of other colours) when they celebrate a backyard fruit that's become a foundation stone of so much cooking - the glorious and gorgeous tomato.	AUSTRALIA	English-100		G	
2022-03-29	2600	<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.				PG	Y
2022-03-29	2630	<b>Adam Liaw's Road Trip For Good</b>	Mallacoota, Lobethal & Ulladulla	Adam is in the town of Mallacoota - the area that became an international symbol for the summer's devastating bushfires. Here he visits the local abalone co-op whose factory burnt down in the fires.	AUSTRALIA	English-100		PG	Y
2022-03-29	2700	<b>Lightened Up</b>	Filipino Fare	Chef and health enthusiast, Erwan Heussaff, tackles some traditional Filipino dishes and finds ways to make even the most unhealthy, high fat, high sugar foods a little better for you.	USA	English-100		PG	
2022-03-29	2730	<b>Heston's Great British Food</b>	Roast Beef Dinner	Heston discovers the origins of the great British roast, before serving up a spectacular roast beef dinner to the people who make it possible - butchers and farmers.	UNITED KINGDOM	English-100	RPT	G	Y
2022-03-29	2825	<b>School Night Dinners Bitesize</b>	Chocolate Brownie, Banana Ice Cream	Some of your favourite moments and recipes from School Night Dinners.	USA	English-100		PG	
2022-03-29	2835	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 66	Matt is back in Noosa Heads where he's preparing seared salmon with sesame dressing. Courtney cooks a quick and easy curried chicken pie, while Michael prepares a family classic - beef chow mein.	AUSTRALIA	English-100		G	
2022-03-30	0500	<b>Annabel Langbein: Free Range Cook</b>	Salad Days	Always up for an adventure, Annabel Langbein treks north to a buffalo farm to meet a couple making sublime buffalo yoghurt and cheeses.	NEW ZEALAND	English-100		G	
2022-03-30	0530	<b>Mystery Diners</b>	Missing Memorabilia	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100		PG	Y
2022-03-30	0600	<b>Choccywoccydoodah</b>	Square Pegs In Round Holes	The team makes an eccentric window display and a cake for Boy George's 50th birthday, and a new member of staff, Rebecca, begins her first week.	UNITED KINGDOM	English-100		PG	
2022-03-30	0630	<b>The Incredible Spice Men</b>	South Wales	Tony and Cyrus begin in the Cothi Valley in Carmarthenshire where they make fresh goats' cheese from the milk of animals feeding on wildflowers, herbs, and berries.	UNITED KINGDOM	English-100	RPT	G	Y
2022-03-30	0700	<b>Rick Stein's Food Heroes</b>	Rick Stein's Food Heroes Series 2 Ep 14	Rick watches as friend Bill Baker fishes on the Towy estuary and catches flounder. Rick cooks flounder with a ravigote sauce. Bill catches a sea trout and Rick cooks it marinated with dill and pernod.	UNITED KINGDOM	English-100		PG	
2022-03-30	0730	<b>Come Dine With Me</b>	Gloucestershire 3	This week's competition comes from in and around Cheltenham and Gloucester, and third to host this week is estate agent Mike, who plans to win over his guests by hosting a relaxed evening.	UNITED KINGDOM	English-100		PG	
2022-03-30	0800	<b>Come Dine With Me</b>	Gloucestershire 4	This week's competition is in and around charming Cheltenham and glorious Gloucester, where fourth host is 'King of Critique' Dan, who's set the bar high - for himself!	UNITED KINGDOM	English-100		PG	
2022-03-30	0830	<b>Heston's Great British Food</b>	Roast Beef Dinner	Heston discovers the origins of the great British roast, before serving up a spectacular roast beef dinner to the people who make it possible - butchers and farmers.	UNITED KINGDOM	English-100	RPT	G	Y
2022-03-30	0925	<b>Poh &amp; Co. Bitesize</b>	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
2022-03-30	0930	<b>Bake With Anna Olson</b>	Shortbread	Shortbread - an old-fashioned style of cookie that's buttery, rich and crumbly. Anna starts out by preparing a basic vanilla spritz shortbread.	CANADA	English-100		G	

2022-03-30	1000	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 66	Matt is back in Noosa Heads where he's preparing seared salmon with sesame dressing. Courtney cooks a quick and easy curried chicken pie, while Michael prepares a family classic - beef chow mein.	AUSTRALIA	English-100		G	
2022-03-30	1030	<b>Annabel Langbein: Free Range Cook</b>	Salad Days	Always up for an adventure, Annabel Langbein treks north to a buffalo farm to meet a couple making sublime buffalo yoghurt and cheeses.	NEW ZEALAND	English-100		G	
2022-03-30	1100	<b>The Cook Up With Adam Liaw</b>	Tomatoes	Adam, chef at The Old Fitz Anna Urgate and comedian Gen Fricker are in the Cook Up Kitchen whipping up some delicious meals based around our saucy theme, tomatoes!	AUSTRALIA	English-100		PG	
2022-03-30	1130	<b>Rick Stein's Food Heroes</b>	Rick Stein's Food Heroes Series 2 Ep 14	Rick watches as friend Bill Baker fishes on the Towy estuary and catches flounder. Rick cooks flounder with a ravigote sauce. Bill catches a sea trout and Rick cooks it marinated with dill and pernod.	UNITED KINGDOM	English-100		PG	
2022-03-30	1200	<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.				PG	Y
2022-03-30	1230	<b>The Cook And The Chef</b>	Too Many Tomatoes	Simon and Maggie paint the town red (and a range of other colours) when they celebrate a backyard fruit that's become a foundation stone of so much cooking - the glorious and gorgeous tomato.	AUSTRALIA	English-100		G	
2022-03-30	1300	<b>Lidia's Italy</b>	Lidia's Italy Series 4 Ep 7	Lidia travels to Basilicata - a small region known for fish and capsicums. Join Lidia in the kitchen as she incorporates these capsicums into each dish she creates.	USA	English-100		G	Y
2022-03-30	1330	<b>Heston's Great British Food</b>	Puddings	Heston takes on the classic British pudding, making one that looks like a hot dog, another involving a cow's udder, a Victorian sponge, and some custard with nice lumps for a change.	UNITED KINGDOM	English-100	RPT	G	Y
2022-03-30	1425	<b>School Night Dinners Bitesize</b>	Fish And Chips	Some of your favourite moments and recipes from School Night Dinners.	USA	English-100		PG	
2022-03-30	1435	<b>Bake With Anna Olson</b>	Sticky Buns	Sticky buns are a bakery staple, made from yeast dough and baked with sweet, sticky ingredients. Starting with classic cinnamon sticky buns, Anna shares her trade secrets on baking the perfect bun.	CANADA	English-100		G	
2022-03-30	1500	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 67	Matt celebrates an absolute icon - the Aussie beef pie. He makes his own version of Aussie beef and bacon party pies that are a little bit different - they feature vegemite!	AUSTRALIA	English-100		G	
2022-03-30	1530	<b>Annabel Langbein: Free Range Cook</b>	Catch Of The Day	Annabel Langbein is up early, roasting a chicken to take on a fishing expedition. She's in her element as she helps the local fishermen bait their kontiki torpedo and then prepares them lunch.	NEW ZEALAND	English-100		G	
2022-03-30	1600	<b>Mystery Diners</b>	Robbed Kabobs	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG	Y
2022-03-30	1630	<b>Choccywoccydoodah</b>	Queen Of Cakes, The	Boss Christine pushes the team to their limits as she creates their most extravagant Choccywoccydoodah summer window display ever. But the pressure mounts as the costs continue to rise.	UNITED KINGDOM	English-100		PG	
2022-03-30	1700	<b>The Incredible Spice Men</b>	Edinburgh And The Borders	Keen to showcase the best of Scottish produce, Tony makes cranachan - a traditional desert made with Scotland's finest honey, raspberries, oatmeal, and whisky enveloped in double cream.	UNITED KINGDOM	English-100	RPT	G	Y
2022-03-30	1730	<b>Come Dine With Me</b>	Gloucestershire 5	Serving up the final food of the week from Cheltenham and Gloucester is equine events organiser Holly.	UNITED KINGDOM	English-100		PG	
2022-03-30	1800	<b>Come Dine With Me</b>	Oxford 1	This week's feuding foodies come from in and around the dreaming spires of Oxford, and kicking off the week is retired teacher Lyn.	UNITED KINGDOM	English-100		PG	
2022-03-30	1830	<b>The Cook And The Chef</b>	Fabulous Figs	Our fig infatuated cook and chef are kept fully supplied with fruit after Simon finds out how to get his hands on figs all year round.	AUSTRALIA	English-100		G	
2022-03-30	1900	<b>The Cook Up With Adam Liaw</b>	Vice	NITV presenter Rae Johnston and Paralympian Ellie Cole are in the Cook Up kitchen with Adam Liaw creating their favourite vice inspired dishes.	AUSTRALIA	English-100		PG	
2022-03-30	1930	<b>Rick Stein's Food Heroes</b>	Rick Stein's Food Heroes Series 2 Ep 15	Rick visits his favourite local fish market at Looe in Cornwall, and he cooks John Dory with potatoes and mushrooms. In Northumberland, Rick cooks up pancakes with cheese, spinach, and ham.	UNITED KINGDOM	English-100		PG	
2022-03-30	2000	<b>Field Trip With Curtis Stone</b>	Lombardy	Curtis travels to the Lombardy region at the base of the Italian Alps to discover a local cheese and peasant dish. He subsequently embarks on a helicopter tour of a prestigious Franciacorta vineyard.	USA	English-100		PG	Y



2022-03-30	2030	<b>James Martin's American Adventure</b>	Hamptons, The	The East coast stretch of James Martin's American Adventure takes him to The Hamptons. Known as being the playground of wealthy New Yorkers, the area has a rich farming history.	UNITED KINGDOM	English-100		PG		
2022-03-30	2125	<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	
2022-03-30	2130	<b>Royal Recipes</b>	Royal Recipes Series 2 Ep 3	On today's show, presenter Michael Buerk and chef Anna Haugh cook 16th century biscuits, which originally celebrated the birth of a prince of the realm.	UNITED KINGDOM	English-100		PG		
2022-03-30	2225	<b>Poh &amp; Co. Bitesize</b>	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	
2022-03-30	2230	<b>The Cook Up With Adam Liaw</b>	Vice	NITV presenter Rae Johnston and Paralympian Ellie Cole are in the Cook Up kitchen with Adam Liaw creating their favourite vice inspired dishes.	AUSTRALIA	English-100		PG		
2022-03-30	2300	<b>Gourmet Farmer</b>	Gourmet Farmer Series 5 Ep 8	With Spring in full swing, Matthew begins to understand just how important insects are to the ecosystem and health of his farm and his food.	AUSTRALIA	English-100	RPT	PG	Y	
2022-03-30	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 77	Join Ainsley Harriott and his special guests as he hosts another edition of the 20-minute cooking challenge.	UNITED KINGDOM	English-100		G		
2022-03-30	2420	<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	
2022-03-30	2430	<b>The Incredible Spice Men</b>	Edinburgh And The Borders	Keen to showcase the best of Scottish produce, Tony makes cranachan - a traditional desert made with Scotland's finest honey, raspberries, oatmeal, and whisky enveloped in double cream.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-03-30	2500	<b>Bake With Anna Olson</b>	Sticky Buns	Sticky buns are a bakery staple, made from yeast dough and baked with sweet, sticky ingredients. Starting with classic cinnamon sticky buns, Anna shares her trade secrets on baking the perfect bun.	CANADA	English-100		G		
2022-03-30	2530	<b>The Cook And The Chef</b>	Fabulous Figs	Our fig infatuated cook and chef are kept fully supplied with fruit after Simon finds out how to get his hands on figs all year round.	AUSTRALIA	English-100		G		
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2022-03-30	2725	<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	
2022-03-30	2730	<b>Heston's Great British Food</b>	Puddings	Heston takes on the classic British pudding, making one that looks like a hot dog, another involving a cow's udder, a Victorian sponge, and some custard with nice lumps for a change.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-03-30	2825	<b>Poh &amp; Co. Bitesize</b>	Small Business	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-03-30	2830	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 67	Matt celebrates an absolute icon - the Aussie beef pie. He makes his own version of Aussie beef and bacon party pies that are a little bit different - they feature vegemite!	AUSTRALIA	English-100		G		
2022-03-31	0500	<b>Annabel Langbein: Free Range Cook</b>	Catch Of The Day	Annabel Langbein is up early, roasting a chicken to take on a fishing expedition. She's in her element as she helps the local fishermen bait their kontiki torpedo and then prepares them lunch.	NEW ZEALAND	English-100		G		
2022-03-31	0530	<b>Mystery Diners</b>	Robbed Kabobs	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when employees assume no one is watching.	USA	English-100		PG		Y
2022-03-31	0600	<b>Choccywoccydoodah</b>	Queen Of Cakes, The	Boss Christine pushes the team to their limits as she creates their most extravagant Choccywoccydoodah summer window display ever. But the pressure mounts as the costs continue to rise.	UNITED KINGDOM	English-100		PG		
2022-03-31	0630	<b>The Incredible Spice Men</b>	Edinburgh And The Borders	Keen to showcase the best of Scottish produce, Tony makes cranachan - a traditional desert made with Scotland's finest honey, raspberries, oatmeal, and whisky enveloped in double cream.	UNITED KINGDOM	English-100	RPT	G	Y	

2022-03-31	0700	<b>Rick Stein's Food Heroes</b>	Rick Stein's Food Heroes Series 2 Ep 15	Rick visits his favourite local fish market at Looe in Cornwall, and he cooks John Dory with potatoes and mushrooms. In Northumberland, Rick cooks up pancakes with cheese, spinach, and ham.	UNITED KINGDOM	English-100		PG	
2022-03-31	0730	<b>Come Dine With Me</b>	Gloucestershire 5	Serving up the final food of the week from Cheltenham and Gloucester is equine events organiser Holly.	UNITED KINGDOM	English-100		PG	
2022-03-31	0800	<b>Come Dine With Me</b>	Oxford 1	This week's feuding foodies come from in and around the dreaming spires of Oxford, and kicking off the week is retired teacher Lyn.	UNITED KINGDOM	English-100		PG	
2022-03-31	0830	<b>Heston's Great British Food</b>	Puddings	Heston takes on the classic British pudding, making one that looks like a hot dog, another involving a cow's udder, a Victorian sponge, and some custard with nice lumps for a change.	UNITED KINGDOM	English-100	RPT	G	Y
2022-03-31	0925	<b>School Night Dinners Bitesize</b>	Fish And Chips	Some of your favourite moments and recipes from School Night Dinners.	USA	English-100		PG	
2022-03-31	0935	<b>Bake With Anna Olson</b>	Sticky Buns	Sticky buns are a bakery staple, made from yeast dough and baked with sweet, sticky ingredients. Starting with classic cinnamon sticky buns, Anna shares her trade secrets on baking the perfect bun.	CANADA	English-100		G	
2022-03-31	1000	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 67	Matt celebrates an absolute icon - the Aussie beef pie. He makes his own version of Aussie beef and bacon party pies that are a little bit different - they feature vegemite!	AUSTRALIA	English-100		G	
2022-03-31	1030	<b>Annabel Langbein: Free Range Cook</b>	Catch Of The Day	Annabel Langbein is up early, roasting a chicken to take on a fishing expedition. She's in her element as she helps the local fishermen bait their kontiki torpedo and then prepares them lunch.	NEW ZEALAND	English-100		G	
2022-03-31	1100	<b>The Cook Up With Adam Liaw</b>	Vice	NITV presenter Rae Johnston and Paralympian Ellie Cole are in the Cook Up kitchen with Adam Liaw creating their favourite vice inspired dishes.	AUSTRALIA	English-100		PG	
2022-03-31	1130	<b>Rick Stein's Food Heroes</b>	Rick Stein's Food Heroes Series 2 Ep 15	Rick visits his favourite local fish market at Looe in Cornwall, and he cooks John Dory with potatoes and mushrooms. In Northumberland, Rick cooks up pancakes with cheese, spinach, and ham.	UNITED KINGDOM	English-100		PG	
2022-03-31	1200	<b>Field Trip With Curtis Stone</b>	Lombardy	Curtis travels to the Lombardy region at the base of the Italian Alps to discover a local cheese and peasant dish. He subsequently embarks on a helicopter tour of a prestigious Franciacorta vineyard.	USA	English-100		PG	Y
2022-03-31	1230	<b>The Cook And The Chef</b>	Fabulous Figs	Our fig infatuated cook and chef are kept fully supplied with fruit after Simon finds out how to get his hands on figs all year round.	AUSTRALIA	English-100		G	
2022-03-31	1300	<b>Lidia's Italy</b>	Lidia's Italy Series 4 Ep 8	Lidia travels up to the beautiful hills of Calabria. Join her as she demonstrates what a true shepherd's meal is with rigatoni alla pastora - a simple pasta dish made with sausage and ricotta cheese.	USA	English-100		G	
2022-03-31	1330	<b>Heston's Great British Food</b>	Pies	Heston pays homage to British classic - the pie - and serves his pie banquet to a select group of British pie-makers, 100 feet in the air over the East End of London.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-03-31	1425	<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
2022-03-31	1430	<b>Bake With Anna Olson</b>	Biscuits And Scones	Anna begins by showing viewers a fundamental recipe for basic buttermilk biscuits. Next, Anna advances the techniques learned by adding classic ingredients and baking up lemon cranberry scones.	CANADA	English-100		G	
2022-03-31	1500	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 68	Matt and Michael cook a barbecue special - pork cutlets with apple slaw, while Courtney gets festive with a traditional breakfast recipe - French toast croissant.	AUSTRALIA	English-100		G	
2022-03-31	1530	<b>Annabel Langbein: Free Range Cook</b>	At My Italian Table	It's autumn and Annabel Langbein is making the most of her seasonal harvests, cooking up a big batch of a versatile tomato passata to use as the base for winter recipes.	NEW ZEALAND	English-100		G	
2022-03-31	1600	<b>Mystery Diners</b>	Behind The Eight Ball	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100		PG	Y
2022-03-31	1630	<b>Choccywoccydoodah</b>	Cake, Sweat And Tiers	Chief chocolatier Dave is off on holiday leaving his ambitious assistant Tom to step into his shoes. The problem is that Tom has seventeen cakes to make in five days and cannot miss his deadlines!	UNITED KINGDOM	English-100		PG	
2022-03-31	1700	<b>The Incredible Spice Men</b>	West Suffolk	In early summer, the fields of west Suffolk blaze with yellow grapeseed flowers. Cyrus and Tony discuss the virtues of grapeseed oil and use it to cook cinnamon, ginger, and red chilli chicken wings.	UNITED KINGDOM	English-100	RPT	G	Y

2022-03-31	1730	<b>Come Dine With Me</b>	Oxford 2	It's the second night of the competition from Oxford and is the turn of PHD student Kin to host.	UNITED KINGDOM	English-100		PG	
2022-03-31	1800	<b>Come Dine With Me</b>	Oxford 3	It's the third night of the competition from Oxford and it's the turn of kitchen designer, Jess, to host.	UNITED KINGDOM	English-100		PG	
2022-03-31	1830	<b>The Cook And The Chef</b>	Ducks	Ducks are on the menu this week and Simon re-visits his culinary past to take on a challenge from ancient China, Peking duck. Meanwhile, Maggie adds her Barossa touch to a traditional French dish.	AUSTRALIA	English-100		G	
2022-03-31	1900	<b>The Cook Up With Adam Liaw</b>	Ten-Minute Dinner	Need dinner quick for the family? Adam, Nilgiri's chef Ajoy Joshi and bushfood educator Jody Orcher create their ultimate dinners in just 10 minutes in the Cook Up kitchen	AUSTRALIA	English-100		PG	Y
2022-03-31	1930	<b>Rick Stein's Taste Of The Sea</b>	Rick Stein's Taste Of The Sea Series 1 Ep 1	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100		PG	
2022-03-31	2000	<b>Return To River Cottage</b>	Return To River Cottage Series 1 Ep 6	Autumn is nearly over and Hugh is concerned about the winter ahead.	UNITED KINGDOM	English-100		PG	
2022-03-31	2030	<b>Gordon Ramsay Uncharted</b>	Wilds Of South Africa, The	Chef Ramsay gets up close with rhinos, giraffes, zebras and hippos in the dramatic wilderness of KwaZulu-Natal, South Africa.	UNITED KINGDOM	English-100		PG	
2022-03-31	2130	<b>Royal Recipes</b>	Royal Recipes Series 2 Ep 4	On today's programme, presenter Michael Buerk and chef Anna Haugh knock up a fastidious queen's favourite pie.	UNITED KINGDOM	English-100		PG	
2022-03-31	2225	<b>Poh &amp; Co. Bitesize</b>	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
2022-03-31	2230	<b>The Cook Up With Adam Liaw</b>	Ten-Minute Dinner	Need dinner quick for the family? Adam, Nilgiri's chef Ajoy Joshi and bushfood educator Jody Orcher create their ultimate dinners in just 10 minutes in the Cook Up kitchen	AUSTRALIA	English-100		PG	Y
2022-03-31	2300	<b>Gourmet Farmer</b>	Gourmet Farmer Series 5 Ep 9	It's high summer, and Matthew is focused on making the most of the garden's first flush of fruit.	AUSTRALIA	English-100	RPT	G	Y
2022-03-31	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 78	Join Ainsley Harriott and his special guests as he hosts another edition of the 20-minute cooking challenge.	UNITED KINGDOM	English-100		G	
2022-03-31	2420	<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
2022-03-31	2430	<b>The Incredible Spice Men</b>	West Suffolk	In early summer, the fields of west Suffolk blaze with yellow grapeseed flowers. Cyrus and Tony discuss the virtues of grapeseed oil and use it to cook cinnamon, ginger, and red chilli chicken wings.	UNITED KINGDOM	English-100	RPT	G	Y
2022-03-31	2500	<b>Bake With Anna Olson</b>	Biscuits And Scones	Anna begins by showing viewers a fundamental recipe for basic buttermilk biscuits. Next, Anna advances the techniques learned by adding classic ingredients and baking up lemon cranberry scones.	CANADA	English-100		G	
2022-03-31	2530	<b>The Cook And The Chef</b>	Ducks	Ducks are on the menu this week and Simon re-visits his culinary past to take on a challenge from ancient China, Peking duck. Meanwhile, Maggie adds her Barossa touch to a traditional French dish.	AUSTRALIA	English-100		G	
2022-03-31	2600	<b>Gordon Ramsay Uncharted</b>	Wilds Of South Africa, The	Chef Ramsay gets up close with rhinos, giraffes, zebras and hippos in the dramatic wilderness of KwaZulu-Natal, South Africa.	UNITED KINGDOM	English-100		PG	
2022-03-31	2700	<b>Return To River Cottage</b>	Return To River Cottage Series 1 Ep 6	Autumn is nearly over and Hugh is concerned about the winter ahead.	UNITED KINGDOM	English-100		PG	
2022-03-31	2730	<b>Heston's Great British Food</b>	Pies	Heston pays homage to British classic - the pie - and serves his pie banquet to a select group of British pie-makers, 100 feet in the air over the East End of London.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-03-31	2825	<b>School Night Dinners Bitesize</b>	Mac And Squeeze (Squash And Cheese)	Some of your favourite moments and recipes from School Night Dinners.	USA	English-100		PG	
2022-03-31	2830	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 68	Matt and Michael cook a barbecue special - pork cutlets with apple slaw, while Courtney gets festive with a traditional breakfast recipe - French toast croissant.	AUSTRALIA	English-100		G	

2022-04-01	0500	<b>Annabel Langbein: Free Range Cook</b>	At My Italian Table	It's autumn and Annabel Langbein is making the most of her seasonal harvests, cooking up a big batch of a versatile tomato passata to use as the base for winter recipes.	NEW ZEALAND	English-100		G	
2022-04-01	0530	<b>Mystery Diners</b>	Behind The Eight Ball	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100		PG	Y
2022-04-01	0600	<b>Choccywoccydoodah</b>	Cake, Sweat And Tiers	Chief chocolatier Dave is off on holiday leaving his ambitious assistant Tom to step into his shoes. The problem is that Tom has seventeen cakes to make in five days and cannot miss his deadlines!	UNITED KINGDOM	English-100		PG	
2022-04-01	0630	<b>The Incredible Spice Men</b>	West Suffolk	In early summer, the fields of west Suffolk blaze with yellow grapeseed flowers. Cyrus and Tony discuss the virtues of grapeseed oil and use it to cook cinnamon, ginger, and red chilli chicken wings.	UNITED KINGDOM	English-100	RPT	G	Y
2022-04-01	0700	<b>Rick Stein's Taste Of The Sea</b>	Rick Stein's Taste Of The Sea Series 1 Ep 1	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100		PG	
2022-04-01	0730	<b>Come Dine With Me</b>	Oxford 2	It's the second night of the competition from Oxford and is the turn of PHD student Kin to host.	UNITED KINGDOM	English-100		PG	
2022-04-01	0800	<b>Come Dine With Me</b>	Oxford 3	It's the third night of the competition from Oxford and it's the turn of kitchen designer, Jess, to host.	UNITED KINGDOM	English-100		PG	
2022-04-01	0830	<b>Heston's Great British Food</b>	Pies	Heston pays homage to British classic - the pie - and serves his pie banquet to a select group of British pie-makers, 100 feet in the air over the East End of London.	UNITED KINGDOM	English-100	RPT	PG	Y
2022-04-01	0925	<b>School Night Dinners Bitesize</b>	Mac And Squeeze (Squash And Cheese)	Some of your favourite moments and recipes from School Night Dinners.	USA	English-100		PG	
2022-04-01	0930	<b>Bake With Anna Olson</b>	Biscuits And Scones	Anna begins by showing viewers a fundamental recipe for basic buttermilk biscuits. Next, Anna advances the techniques learned by adding classic ingredients and baking up lemon cranberry scones.	CANADA	English-100		G	
2022-04-01	1000	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 68	Matt and Michael cook a barbecue special - pork cutlets with apple slaw, while Courtney gets festive with a traditional breakfast recipe - French toast croissant.	AUSTRALIA	English-100		G	
2022-04-01	1030	<b>Annabel Langbein: Free Range Cook</b>	At My Italian Table	It's autumn and Annabel Langbein is making the most of her seasonal harvests, cooking up a big batch of a versatile tomato passata to use as the base for winter recipes.	NEW ZEALAND	English-100		G	
2022-04-01	1100	<b>The Cook Up With Adam Liaw</b>	Ten-Minute Dinner	Need dinner quick for the family? Adam, Nilgiri's chef Ajoy Joshi and bushfood educator Jody Orcher create their ultimate dinners in just 10 minutes in the Cook Up kitchen	AUSTRALIA	English-100		PG	Y
2022-04-01	1130	<b>Rick Stein's Taste Of The Sea</b>	Rick Stein's Taste Of The Sea Series 1 Ep 1	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100		PG	
2022-04-01	1200	<b>Return To River Cottage</b>	Return To River Cottage Series 1 Ep 6	Autumn is nearly over and Hugh is concerned about the winter ahead.	UNITED KINGDOM	English-100		PG	
2022-04-01	1230	<b>The Cook And The Chef</b>	Ducks	Ducks are on the menu this week and Simon re-visits his culinary past to take on a challenge from ancient China, Peking duck. Meanwhile, Maggie adds her Barossa touch to a traditional French dish.	AUSTRALIA	English-100		G	
2022-04-01	1300	<b>Lidia's Italy</b>	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
2022-04-01	1330	<b>Heston's Great British Food</b>	Curry	Heston does his own take on chicken tikka masala with whole poussins injected with tikka marinade and stuffed with tikka masala, accompanied by his own lager, 'beeryani'.	UNITED KINGDOM	English-100	RPT	G	Y
2022-04-01	1425	<b>School Night Dinners Bitesize</b>	Sausage Tray Bake	Some of your favourite moments and recipes from School Night Dinners.	USA	English-100		PG	
2022-04-01	1430	<b>Bake With Anna Olson</b>	Fruit Pies	Anna starts the lesson with a standard double crust pie dough, with pastry on top and bottom, and makes a classic 'blue ribbon' apple pie. Next she bakes a more complex old-fashioned fruit mince pie.	CANADA	English-100		G	

2022-04-01	1500	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 69	Matt and Courtney are in the festive spirit as they prepare Christmas recipes. To get things underway, Courtney prepares buttered prawns, while Matt prepares a classic pavlova.	AUSTRALIA	English-100		PG		
2022-04-01	1530	<b>Annabel Langbein: Free Range Cook</b>	Touch Of Spice, A	Annabel Langbein celebrates autumn's bountiful natural harvests with a foraging expedition to a neighbour's prolific walnut tree. In return she invites him and his family for dinner.	NEW ZEALAND	English-100		G		
2022-04-01	1600	<b>Mystery Diners</b>	Food Cart Catastrophe	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100		PG		Y
2022-04-01	1630	<b>Choccywoccydoodah</b>	On The Front Line	Our chocolatiers are saluting the work of those who risk their lives in the line of duty. They deliver a jaw dropping cake to a charity dinner that's raising money for injured service men and women.	UNITED KINGDOM	English-100		PG		
2022-04-01	1700	<b>The Incredible Spice Men</b>	Somerset	Tony and Cyrus are in Somerset - famous for cider and aged Cheddar cheese. They add some spices to these classics to serve up something special.	UNITED KINGDOM	English-100	RPT	G		Y
2022-04-01	1730	<b>Come Dine With Me</b>	Oxford 4	It's night four from Oxford and fundraiser Monica is taking her guests on a culinary world tour adventure.	UNITED KINGDOM	English-100		PG		
2022-04-01	1800	<b>Come Dine With Me</b>	Oxford 5	It's the final night from Oxford, and it's the turn of recruitment consultant and radio show host Ben to try and grab the grand.	UNITED KINGDOM	English-100		PG		
2022-04-01	1830	<b>The Cook And The Chef</b>	An Easter Breakfast	It's Easter and eggs are definitely on the menu. So for that relaxing holiday breakfast, Maggie is on a quest for the perfect omelette.	AUSTRALIA	English-100		G		
2022-04-01	1900	<b>The Cook Up With Adam Liaw</b>	Canada	Happyfield owners Chris Theodosi and Jesse Orleans join Adam in the Cook Up Kitchen to whip up some Canadian inspired meals!	AUSTRALIA	English-100		PG		
2022-04-01	1930	<b>Rick Stein's Taste Of The Sea</b>	Rick Stein's Taste Of The Sea Series 1 Ep 2	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100		PG		
2022-04-01	2000	<b>Eating Plants</b>	Germany	German Youtube celebrities Gordon Proux and Aljosha Muttardi trial the delicious local food of Berlin, one of the world's vegan hot spots.	AUSTRALIA	English-100		PG		
2022-04-01	2030	<b>Paul Hollywood: A Baker's Life</b>	Pizza, Roulade & Madeira Cake	Paul Hollywood reflects on his time on The Great British Bake Off, watching footage of his original audition tapes, and providing a never before seen behind the scenes look at the famous tent.	UNITED KINGDOM	English-100		PG		
2022-04-01	2100	<b>Donna Hay Everyday Fresh</b>	Donna Hay Everyday Fresh Series 1 Ep 1	Join Donna Hay as she shows you how to create smarter, faster, super-yum meals using everyday ingredients and making them shine. For her there's nothing better than a recipe that makes you feel great.	AUSTRALIA	English-100		G		
2022-04-01	2130	<b>Royal Recipes</b>	Royal Recipes Series 2 Ep 5	On today's show, presenter Michael Buerk and chef Anna Haugh sample a luxurious dish, originally created for the 'Merry Monarch', Charles II.	UNITED KINGDOM	English-100		PG		
2022-04-01	2225	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 5	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G		Y
2022-04-01	2230	<b>The Cook Up With Adam Liaw</b>	Canada	Happyfield owners Chris Theodosi and Jesse Orleans join Adam in the Cook Up Kitchen to whip up some Canadian inspired meals!	AUSTRALIA	English-100		PG		
2022-04-01	2300	<b>Gourmet Farmer</b>	Gourmet Farmer Series 5 Ep 10	it's now been twelve months, four seasons, and lots of hard lessons learned since Matthew set out to transform his cherished Fat Pig Farm.	AUSTRALIA	English-100	RPT	PG		Y
2022-04-01	2330	<b>Ready Steady Cook UK</b>	Ready Steady Cook UK Series 18/19 Ep 79	Join Ainsley Harriott and his special guests as he hosts another edition of the 20-minute cooking challenge.	UNITED KINGDOM	English-100		G		
2022-04-01	2420	<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
2022-04-01	2430	<b>The Incredible Spice Men</b>	Somerset	Tony and Cyrus are in Somerset - famous for cider and aged Cheddar cheese. They add some spices to these classics to serve up something special.	UNITED KINGDOM	English-100	RPT	G		Y

2022-04-01	2500	<b>Bake With Anna Olson</b>	Fruit Pies	Anna starts the lesson with a standard double crust pie dough, with pastry on top and bottom, and makes a classic 'blue ribbon' apple pie. Next she bakes a more complex old-fashioned fruit mince pie.	CANADA	English-100		G	
2022-04-01	2530	<b>The Cook And The Chef</b>	An Easter Breakfast	It's Easter and eggs are definitely on the menu. So for that relaxing holiday breakfast, Maggie is on a quest for the perfect omelette.	AUSTRALIA	English-100		G	
2022-04-01	2600	<b>Eating Plants</b>	Germany	German Youtube celebrities Gordon Proux and Aljosha Muttardi trial the delicious local food of Berlin, one of the world's vegan hot spots.	AUSTRALIA	English-100		PG	
2022-04-01	2630	<b>Paul Hollywood: A Baker's Life</b>	Pizza, Roulade & Madeira Cake	Paul Hollywood reflects on his time on The Great British Bake Off, watching footage of his original audition tapes, and providing a never before seen behind the scenes look at the famous tent.	UNITED KINGDOM	English-100		PG	
2022-04-01	2700	<b>Donna Hay Everyday Fresh</b>	Donna Hay Everyday Fresh Series 1 Ep 1	Join Donna Hay as she shows you how to create smarter, faster, super-yum meals using everyday ingredients and making them shine. For her there's nothing better than a recipe that makes you feel great.	AUSTRALIA	English-100		G	
2022-04-01	2730	<b>Heston's Great British Food</b>	Curry	Heston does his own take on chicken tikka masala with whole poussins injected with tikka marinade and stuffed with tikka masala, accompanied by his own lager, 'beeryani'.	UNITED KINGDOM	English-100	RPT	G	Y
2022-04-01	2825	<b>School Night Dinners Bitesize</b>	Sausage Tray Bake	Some of your favourite moments and recipes from School Night Dinners.	USA	English-100		PG	
2022-04-01	2830	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 69	Matt and Courtney are in the festive spirit as they prepare Christmas recipes. To get things underway, Courtney prepares buttered prawns, while Matt prepares a classic pavlova.	AUSTRALIA	English-100		PG	
2022-04-02	0500	<b>Annabel Langbein: Free Range Cook</b>	Touch Of Spice, A	Annabel Langbein celebrates autumn's bountiful natural harvests with a foraging expedition to a neighbour's prolific walnut tree. In return she invites him and his family for dinner.	NEW ZEALAND	English-100		G	
2022-04-02	0530	<b>Mystery Diners</b>	Food Cart Catastrophe	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100		PG	Y
2022-04-02	0600	<b>Choccywoccydoodah</b>	On The Front Line	Our chocolatiers are saluting the work of those who risk their lives in the line of duty. They deliver a jaw dropping cake to a charity dinner that's raising money for injured service men and women.	UNITED KINGDOM	English-100		PG	
2022-04-02	0630	<b>The Incredible Spice Men</b>	Somerset	Tony and Cyrus are in Somerset - famous for cider and aged Cheddar cheese. They add some spices to these classics to serve up something special.	UNITED KINGDOM	English-100	RPT	G	Y
2022-04-02	0700	<b>Rick Stein's Taste Of The Sea</b>	Rick Stein's Taste Of The Sea Series 1 Ep 2	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100		PG	
2022-04-02	0730	<b>Come Dine With Me</b>	Oxford 4	It's night four from Oxford and fundraiser Monica is taking her guests on a culinary world tour adventure.	UNITED KINGDOM	English-100		PG	
2022-04-02	0800	<b>Come Dine With Me</b>	Oxford 5	It's the final night from Oxford, and it's the turn of recruitment consultant and radio show host Ben to try and grab the grand.	UNITED KINGDOM	English-100		PG	
2022-04-02	0830	<b>Heston's Great British Food</b>	Curry	Heston does his own take on chicken tikka masala with whole poussins injected with tikka marinade and stuffed with tikka masala, accompanied by his own lager, 'beeryani'.	UNITED KINGDOM	English-100	RPT	G	Y
2022-04-02	0925	<b>School Night Dinners Bitesize</b>	Sausage Tray Bake	Some of your favourite moments and recipes from School Night Dinners.	USA	English-100		PG	
2022-04-02	0930	<b>Bake With Anna Olson</b>	Fruit Pies	Anna starts the lesson with a standard double crust pie dough, with pastry on top and bottom, and makes a classic 'blue ribbon' apple pie. Next she bakes a more complex old-fashioned fruit mince pie.	CANADA	English-100		G	
2022-04-02	1000	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 1, The Ep 69	Matt and Courtney are in the festive spirit as they prepare Christmas recipes. To get things underway, Courtney prepares buttered prawns, while Matt prepares a classic pavlova.	AUSTRALIA	English-100		PG	
2022-04-02	1030	<b>Annabel Langbein: Free Range Cook</b>	Touch Of Spice, A	Annabel Langbein celebrates autumn's bountiful natural harvests with a foraging expedition to a neighbour's prolific walnut tree. In return she invites him and his family for dinner.	NEW ZEALAND	English-100		G	

2022-04-02	1100	<b>The Cook Up With Adam Liaw</b>	Canada	Happyfield owners Chris Theodosi and Jesse Orleans join Adam in the Cook Up Kitchen to whip up some Canadian inspired meals!	AUSTRALIA	English-100			PG	
2022-04-02	1130	<b>Rick Stein's Taste Of The Sea</b>	Rick Stein's Taste Of The Sea Series 1 Ep 2	You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes.	UNITED KINGDOM	English-100			PG	
2022-04-02	1200	<b>Eating Plants</b>	Germany	German Youtube celebrities Gordon Proux and Aljosha Muttardi trial the delicious local food of Berlin, one of the world's vegan hot spots.	AUSTRALIA	English-100			PG	
2022-04-02	1230	<b>The Cook And The Chef</b>	An Easter Breakfast	It's Easter and eggs are definitely on the menu. So for that relaxing holiday breakfast, Maggie is on a quest for the perfect omelette.	AUSTRALIA	English-100			G	
2022-04-02	1300	<b>Donna Hay Everyday Fresh</b>	Donna Hay Everyday Fresh Series 1 Ep 1	Join Donna Hay as she shows you how to create smarter, faster, super-yum meals using everyday ingredients and making them shine. For her there's nothing better than a recipe that makes you feel great.	AUSTRALIA	English-100			G	
2022-04-02	1330	<b>Mystery Diners</b>	Food Cart Catastrophe	Hosted by Charles Stiles, this hidden-camera show uses 'mystery diners' to expose what goes on behind the scenes when staff assume no one is watching.	USA	English-100			PG	Y
2022-04-02	1400	<b>Choccywoccydoodah</b>	On The Front Line	Our chocolatiers are saluting the work of those who risk their lives in the line of duty. They deliver a jaw dropping cake to a charity dinner that's raising money for injured service men and women.	UNITED KINGDOM	English-100			PG	
2022-04-02	1430	<b>Annabel Langbein: Free Range Cook</b>	Harvest Feast, A	Annabel Langbein enjoys a bike ride and a riverside picnic with a Wanaka breadmaker who delivers organic artisanal breads to her customers on an electric cargo bicycle.	NEW ZEALAND	English-100			G	
2022-04-02	1500	<b>Annabel Langbein: Free Range Cook</b>	Food For A Frosty Night	In the depths of winter Annabel Langbein, heads high into New Zealand's stunning Southern Alps to try her hand at dog sledding in the snow. She takes along her famous banana cake to share.	NEW ZEALAND	English-100			G	
2022-04-02	1530	<b>Jonathan Phang's Gourmet Express</b>	Cairns To Brisbane	In Sydney, Jonathan takes to the skies for a flying visit to picturesque Palm Springs in a sea plane, where he samples the laid back beach life and delicious Patagonian tooth fish at Jonah's.	UNITED KINGDOM	English-100			PG	
2022-04-02	1625	<b>Poh &amp; Co. Bitesize</b>	Family	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT		G	Y
2022-04-02	1630	<b>Amazon Taste</b>	Cupuacu	Thiago goes to the city of Tome-Acu, where the cupuacu plantation unites the Japanese and Brazilian cultures with the production of one of the most used fruits in the region's cuisine.	BRAZIL	English-50; Portuguese-50			PG	Y
2022-04-02	1700	<b>Amazon Taste</b>	Crab	In Braganca, crab is one of the most appreciated ingredients in the local cuisine. In the mangroves, Thiago learns about the extraction of the crabs and its importance to the region's economy.	BRAZIL	English-50; Portuguese-50			PG	Y
2022-04-02	1730	<b>Annabel Langbein: Free Range Cook</b>	Middle-Eastern Magic	Annabel Langbein pulls on her gumboots to visit a high-country sheep station, where the farmer has mustered his flock for their annual mid-winter shearing.	NEW ZEALAND	English-100			G	
2022-04-02	1800	<b>Beyond River Cottage</b>	Beyond River Cottage Series 1 Ep 9	Hugh's hens have produced almost 30 chicks over the summer, and he's looking to the young cockerals to provide the main course for a feast.	UNITED KINGDOM	English-100			PG	
2022-04-02	1830	<b>Hairy Bikers' Mississippi Adventure</b>	Rock And Roll	Si and Dave's latest Deep South adventure begins in Memphis, Tennessee - the legendary birthplace of rock 'n' roll. Just like the music, the food in Memphis is full of flavour and spice.	UNITED KINGDOM	English-100			G	
2022-04-02	1925	<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
2022-04-02	1930	<b>Ainsley's Good Mood Food</b>	Herbs And Spices	Ainsley uses one of his favourite spices to make lamb kofta with sumac onions served with flatbreads and chilli-mint yoghurt.	UNITED KINGDOM	English-100			PG	
2022-04-02	2025	<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
2022-04-02	2030	<b>Secrets Of The Factories</b>	Secrets Of Mr Kipling Cakes	The Mr Kipling factory in Carlton, near Barnsley in Yorkshire, opens its doors to reveal how millions of the United Kingdom's favourite cakes are made in one of Britain's biggest factories.	UNITED KINGDOM	English-100			G	Y

2022-04-02	2125	<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		
2022-04-02	2130	<b>Anthony Bourdain: Parts Unknown</b>	Vietnam	Tony returns to one of his favorite places on Earth, Vietnam. For this trip, he journeys to the center of the country, near the coast, to a city he has never been to, known as The City of Ghosts.	USA	English-100		PG		Y
2022-04-02	2225	<b>Poh &amp; Co. Bitesize</b>	Poh & Co. Bitesize Series 2 Ep 6	Welcome to the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-04-02	2230	<b>Anthony Bourdain: Parts Unknown</b>	Safari	Tony and Saleh chat over a cup of traditional Arabic coffee before everyone disperses at noon for the midday prayers at the nearby mosques.	USA	English-100		PG		Y
2022-04-02	2320	<b>Gamer Snacks Bitesize</b>	Spag Bol Croquettes	Arron and his guests bring you the fanciest, Michelin star looking fast food you've ever seen. Arron and his guest eradicate the mess of eating spaghetti with their spaghetti Bolognese croquettes.	USA	English-100		PG		
2022-04-02	2330	<b>Amazon Taste</b>	Cupuacu	Thiago goes to the city of Tome-Acu, where the cupuacu plantation unites the Japanese and Brazilian cultures with the production of one of the most used fruits in the region's cuisine.	BRAZIL	English-50; Portuguese-50		PG		Y
2022-04-02	2400	<b>Amazon Taste</b>	Crab	In Braganca, crab is one of the most appreciated ingredients in the local cuisine. In the mangroves, Thiago learns about the extraction of the crabs and its importance to the region's economy.	BRAZIL	English-50; Portuguese-50		PG		Y
2022-04-02	2430	<b>Beyond River Cottage</b>	Beyond River Cottage Series 1 Ep 9	Hugh's hens have produced almost 30 chicks over the summer, and he's looking to the young cockerals to provide the main course for a feast.	UNITED KINGDOM	English-100		PG		
2022-04-02	2500	<b>Annabel Langbein: Free Range Cook</b>	Harvest Feast, A	Annabel Langbein enjoys a bike ride and a riverside picnic with a Wanaka breadmaker who delivers organic artisanal breads to her customers on an electric cargo bicycle.	NEW ZEALAND	English-100		G		
2022-04-02	2530	<b>Annabel Langbein: Free Range Cook</b>	Food For A Frosty Night	In the depths of winter Annabel Langbein, heads high into New Zealand's stunning Southern Alps to try her hand at dog sledding in the snow. She takes along her famous banana cake to share.	NEW ZEALAND	English-100		G		
2022-04-02	2559	<b>Jonathan Phang's Gourmet Express</b>	Cairns To Brisbane	In Sydney, Jonathan takes to the skies for a flying visit to picturesque Palm Springs in a sea plane, where he samples the laid back beach life and delicious Patagonian tooth fish at Jonah's.	UNITED KINGDOM	English-100		PG		
2022-04-02	2600	<b>Ainsley's Good Mood Food</b>	Herbs And Spices	Ainsley uses one of his favourite spices to make lamb kofta with sumac onions served with flatbreads and chilli-mint yoghurt.	UNITED KINGDOM	English-100		PG		
2022-04-02	2700	<b>Annabel Langbein: Free Range Cook</b>	Middle-Eastern Magic	Annabel Langbein pulls on her gumboots to visit a high-country sheep station, where the farmer has mustered his flock for their annual mid-winter shearing.	NEW ZEALAND	English-100		G		