



**WEEK 15: Sunday, 9 April - Saturday, 15 April 2023 - ALL MARKETS**

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2023-04-09	0500	<b>A New Zealand Food Story</b>	Southland	This week Ben is in Southland, where he visits the natural beauty of Granity Downs and tries to perfect the art of making cheese rolls.	NEW ZEALAND	English-100		PG		
2023-04-09	0530	<b>Best Of Britain With Ainsley And Grace</b>	Norfolk	Grace and Ainsley explore the English County of Norfolk, where they indulge in an extraordinary afternoon tea, sample a Michelin-approved tasting menu, and get a taste of boatlife on Norfolk broads.	UNITED KINGDOM	English-100		G		
2023-04-09	0630	<b>Jeremy Pang's Asian Kitchen</b>	Simple Suppers	Jeremy proves that Asian cooking can be perfect for a midweek meal by cooking steamed salmon with chilli bean, sesame prawn toast, and lemongrass porkchops.	UNITED KINGDOM	English-100		PG		
2023-04-09	0730	<b>Hairy Bikers Go North</b>	Tyne And Wear/ Newcastle	After weeks travelling across the stunning northern countryside, the bikers are having an urban adventure. Si takes Dave around his beloved home turf to introduce him to some of the best local food.	UNITED KINGDOM	English-100		G		
2023-04-09	0825	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 4	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-04-09	0830	<b>Inside Hotel Chocolat</b>	Inside Hotel Chocolat Series 1 Ep 1	Chocolatier Kiri pitches her 'Lady Marmalade' chocolate to a tough tasting panel in the hope of getting it signed off and in stores.	UNITED KINGDOM	English-100		G		
2023-04-09	0925	<b>Poh &amp; Co. Bitesize</b>	Garden, The	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-09	0930	<b>Inside Hotel Chocolat</b>	Inside Hotel Chocolat Series 1 Ep 2	In this episode, the company prepares for Easter, one of its busiest seasons. Chef David presents a new chocolate liqueur to Angus and the tasting panel.	UNITED KINGDOM	English-100		G		
2023-04-09	1025	<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	
2023-04-09	1030	<b>Inside Hotel Chocolat</b>	Inside Hotel Chocolat Series 2 Ep 1	Inside Hotel Chocolat goes behind-the-doors of Britain's biggest independent chocolate maker.	UNITED KINGDOM	English-100		G		
2023-04-09	1125	<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	
2023-04-09	1130	<b>Inside Hotel Chocolat</b>	Inside Hotel Chocolat Series 2 Ep 2	Love is in the air! It's Valentine's Day - one of the busiest seasons in the chocolate calendar. At the Hotel Chocolat store in Sheffield, district manager Sam is spreading the love.	UNITED KINGDOM	English-100		PG		

2023-04-09	1225	<b>Poh &amp; Co. Bitesize</b>	Community	Welcome to the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2023-04-09	1230	<b>Inside Hotel Chocolat</b>	Inside Hotel Chocolat Series 2 Ep 3	Hotel Chocolat has a VIP visitor, the Princess Royal. HRH is partial to dark chocolate but how will she respond to the offer of the new peanut butter and jelly flavour?	UNITED KINGDOM	English-100		G	
2023-04-09	1325	<b>Poh &amp; Co. Bitesize</b>	Love...And Pizza!	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y
2023-04-09	1330	<b>David Rocco's Dolce Napoli</b>	Easter In Ischia	The volcanic island of Ischia, in the gulf of Naples, is a popular tourist destination known for it's hot springs and amazing food. David joins the locals for the celebration of the Spring Equinox.	CANADA	English-100		PG	Y
2023-04-09	1400	<b>The Cook Up With Adam Liaw</b>	Leafy Greens	Watch as Adam and guests, Toni Pearen and Martin Boetz, prove that green food and tasty food aren't mutually exclusive with some delicious leafy dishes.	AUSTRALIA	English-100	RPT	PG	
2023-04-09	1430	<b>The Cook Up With Adam Liaw</b>	Recipe Remix	Musician, Reuben Styles, and executive head chef, Josh Raine, join Adam to share how they like to mix it up in the kitchen.	AUSTRALIA	English-100	RPT	PG	
2023-04-09	1500	<b>The Cook Up With Adam Liaw</b>	Moreish Marinades	Adam, butcher and TikTok sensation Joel Young, and Commonwealth Games swimming gold medallist Col Pearse make moreish marinades.	AUSTRALIA	English-100	RPT	PG	
2023-04-09	1530	<b>The Cook Up With Adam Liaw</b>	Chilli & Garlic	ARIA award-winning singer, Montaigne, and executive chef Adam Wolfers are in the kitchen with Adam exploring all the possibilities when cooking with chilli and garlic.	AUSTRALIA	English-100	RPT	PG	
2023-04-09	1600	<b>The Cook Up With Adam Liaw</b>	On The Table In 30 Minutes	Adam, Christine Manfield and Helly Raichura are making a fantasy a reality as they get food on the table in 30 minutes.	AUSTRALIA	English-100		PG	
2023-04-09	1630	<b>Jamie's American Road Trip</b>	Georgia	Jamie searches for the best cheap food in America. He starts his journey in Georgia, where despite a recession, he finds a hopeful nation.	UNITED KINGDOM	English-100		PG	Y
2023-04-09	1730	<b>This Is Mexico</b>	This Is Mexico Series 1 Ep 1	Take a journey into the heart of the real Mexico. Discover the food, architecture, culture, and of course, the people of this amazing land.	AUSTRALIA	English-100		G	
2023-04-09	1800	<b>Mary Makes It Easy</b>	Livin' On The Veg	Celebrate the veg life with Mary's sweet potato enchiladas, chickpea socca, and veggie pakoras.	CANADA	English-100		PG	
2023-04-09	1830	<b>Food Chain: From Source To Table</b>	Wake Up Call Groceries	Chef Ming explores the question of whether it's time to rethink where and how we shop for our food.	SINGAPORE	English-100		PG	Y
2023-04-09	1930	<b>Bobby &amp; Giada In Italy</b>	Old Vs New	From pizza pies inspired by famous pastas to a trendy food market, Bobby Flay and Giada De Laurentiis explore how the food culture is evolving while still honoring the classics.	USA	English-100		G	Y
2023-04-09	2030	<b>Rick Stein's Long Weekends</b>	Cadiz	Rick heads to southern Spain and the historic city of Cadiz. Rick is captivated by its narrow winding streets, walking in the footsteps of the ancient Phoenician and Arab traders.	UNITED KINGDOM	English-100		G	

2023-04-09	2140	<b>Anthony Bourdain: No Reservations</b>	Malaysia	Tony's fascinated by 'natural fusion', the way cuisines & cultures blend over centuries; especially Malaysia, where Chinese influence has mixed with Malay, Indian, Nyonya and indigenous Borneo culture	USA	English-100		PG		Y
2023-04-09	2235	<b>Anthony Bourdain: Parts Unknown</b>	Japan	Sushi master Masa takes Tony back to Japan - back to his roots - to explore his own past and see firsthand what has changed in his homeland, and what has remained the same.	USA	English-100		PG		Y
2023-04-09	2330	<b>Inside Hotel Chocolat</b>	Inside Hotel Chocolat Series 1 Ep 1	Chocolatier Kiri pitches her 'Lady Marmalade' chocolate to a tough tasting panel in the hope of getting it signed off and in stores.	UNITED KINGDOM	English-100		G		
2023-04-09	2425	<b>Poh &amp; Co. Bitesize</b>	Garden, The	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G		Y
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2023-04-09	2530	<b>Inside Hotel Chocolat</b>	Inside Hotel Chocolat Series 2 Ep 1	Inside Hotel Chocolat goes behind-the-doors of Britain's biggest independent chocolate maker.	UNITED KINGDOM	English-100		G		
2023-04-09	2625	<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
2023-04-09	2630	<b>Inside Hotel Chocolat</b>	Inside Hotel Chocolat Series 2 Ep 2	Love is in the air! It's Valentine's Day - one of the busiest seasons in the chocolate calendar. At the Hotel Chocolat store in Sheffield, district manager Sam is spreading the love.	UNITED KINGDOM	English-100		PG		
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2023-04-10	1125	<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
2023-04-10	1130	<b>Rick Stein's Long Weekends</b>	Cadiz	Rick heads to southern Spain and the historic city of Cadiz. Rick is captivated by its narrow winding streets, walking in the footsteps of the ancient Phoenician and Arab traders.	UNITED KINGDOM	English-100		G	
2023-04-10	1240	<b>David Rocco's Dolce Napoli</b>	Easter In Ischia	The volcanic island of Ischia, in the gulf of Naples, is a popular tourist destination known for it's hot springs and amazing food. David joins the locals for the celebration of the Spring Equinox.	CANADA	English-100		PG	Y
2023-04-10	1305	<b>This Is Mexico</b>	This Is Mexico Series 1 Ep 1	Take a journey into the heart of the real Mexico. Discover the food, architecture, culture, and of course, the people of this amazing land.	AUSTRALIA	English-100		G	
2023-04-10	1330	<b>Lidia's Italy</b>	Lidia's Italy Series 4 Ep 3	Lidia visits the region of Molise - an area well known for its olive oil and fresh fish. Lidia prepares a traditional Molise meal including a fish soup with vegetables, as well as taccozze pasta.	USA	English-100		PG	Y
2023-04-10	1400	<b>United Plates Of America</b>	Sacramento	Sacramento is fast becoming a must-visit town for anyone who loves food, and people are beginning to notice its charm. It's located at the centre of America's most abundant agricultural region.	USA	English-100		G	
2023-04-10	1430	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 21	Matt cooks hasselback-style roast potatoes - a very popular side dish from Sweden, while Courtney shares her cafe-style Indian scrambled eggs.	AUSTRALIA	English-100		G	
2023-04-10	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 9	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maeve visits the southern blue-fin tuna pens off the South Australian coast.	AUSTRALIA	English-100	RPT	G	Y

2023-04-10	1530	<b>Food Markets: In The Belly Of</b>	Amsterdam	Food markets have a strong tradition in the Netherlands and many citizens count on their long street markets for their fresh food supplies.	FRANCE	English-63; Dutch-37	RPT	G	Y	Y
2023-04-10	1630	<b>David Rocco's Dolce Homemade</b>	Fast Food	Who doesn't love fast food especially when it's gourmet? Through his travels around the world, guest Matt Basile continues to expand and evolve with his fast food recipes.	CANADA	English-100		G		
2023-04-10	1700	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 41	Nutritionist Jemma visits a pear orchard and cooks turmeric latte porridge.	AUSTRALIA	English-100		PG		
2023-04-10	1730	<b>Bizarre Foods: Delicious Destinations</b>	Emilia-Romagna	Andrew explores the region of Emilia-Romagnam, Italy, and discovers ancient recipes and culinary classics including mortadella sausage, parmigiano reggiano and tortellini in broth.	USA	English-100	RPT	G		Y
2023-04-10	1800	<b>The Cook And The Chef</b>	Vietnamese Food	Maggie ventures bravely into Simon's world of South East Asian cuisine. The Vietnamese dishes Maggie and Simon produce, from soups to crispy fried quail, are clean and fresh.	AUSTRALIA	English-100		G		Y
2023-04-10	1830	<b>Food Safari Water</b>	From The Water	Maeve O'Meara journeys into the Top End of Australia to seek out wild barramundi with local fisherman Billy Boustead and his chef friend, legendary Darwin and Alice Springs restaurateur Jimmy Shu.	AUSTRALIA	English-100	RPT	PG	Y	
2023-04-10	1900	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 36	If you want dinner in 20 minutes, Adam, owner of Bella Bruta Luke Powell, and owner of Jeow Thi Li have got you covered.	AUSTRALIA	English-100		PG		
2023-04-10	1930	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 1	Acclaimed chef Luke Nguyen takes us on a culinary journey through the northern regions of Vietnam. In this episode, Luke explores the food and culture of Hue.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-04-10	2000	<b>Cheese Slices</b>	Italy - Cheeses Of The Great Track	Will follows the ancient shepherds trail known as the Traturro Magno or Great Track from the mountains of Abruzzo to the plains of Puglia, and discovers the secrets behind the local Pecorino cheese.	AUSTRALIA	English-100		G		
2023-04-10	2030	<b>Rick Stein's Spain</b>	Rick Stein's Spain Series 1 Ep 1	Rick Stein's Spanish journey begins in Galicia where he eats tortillas de patata in the King's favourite restaurant. Next Rick enters the Basque Country.	UNITED KINGDOM	English-100	RPT	G	Y	
2023-04-10	2140	<b>Come Dine With Me UK</b>	Cumbria Day 1	This week's competition comes from in and around Cumbria, where first to host is 30-year-old, part time Social Worker and mum of two, Sara.	UNITED KINGDOM	English-100		PG		
2023-04-10	2205	<b>Come Dine With Me UK</b>	Cumbria Day 2	It's the second night of the competition in Cumbria and the turn of Bricklayer Dale to make his play for the 1,000 pound prize money with a menu of construction-themed comfort food.	UNITED KINGDOM	English-100		PG		
2023-04-10	2230	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 36	If you want dinner in 20 minutes, Adam, owner of Bella Bruta Luke Powell, and owner of Jeow Thi Li have got you covered.	AUSTRALIA	English-100		PG		
2023-04-10	2300	<b>Food Safari Water</b>	From The Water	Maeve O'Meara journeys into the Top End of Australia to seek out wild barramundi with local fisherman Billy Boustead and his chef friend, legendary Darwin and Alice Springs restaurateur Jimmy Shu.	AUSTRALIA	English-100	RPT	PG	Y	
2023-04-10	2330	<b>From Scratch</b>	Kenya	David travels to Kenya, where humanity began and makes a meal with chef Ariel Moscardi. The tent pole ingredients are plants gathered from the African plains and jungles, topped off with some goat.	UNITED KINGDOM	English-100		PG		

2023-04-10	2425	<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	
2023-04-10	2430	<b>Rick Stein's Spain</b>	Rick Stein's Spain Series 1 Ep 1	Rick Stein's Spanish journey begins in Galicia where he eats tortillas de patata in the King's favourite restaurant. Next Rick enters the Basque Country.	UNITED KINGDOM	English-100	RPT	G	Y	
2023-04-10	2540	<b>Come Dine With Me UK</b>	Cumbria Day 1	This week's competition comes from in and around Cumbria, where first to host is 30-year-old, part time Social Worker and mum of two, Sara.	UNITED KINGDOM	English-100		PG		
2023-04-10	2605	<b>Come Dine With Me UK</b>	Cumbria Day 2	It's the second night of the competition in Cumbria and the turn of Bricklayer Dale to make his play for the 1,000 pound prize money with a menu of construction-themed comfort food.	UNITED KINGDOM	English-100		PG		
2023-04-10	2630	<b>Lidia's Italy</b>	Lidia's Italy Series 4 Ep 3	Lidia visits the region of Molise - an area well known for its olive oil and fresh fish. Lidia prepares a traditional Molise meal including a fish soup with vegetables, as well as taccozze pasta.	USA	English-100		PG	Y	
2023-04-10	2700	<b>United Plates Of America</b>	Sacramento	Sacramento is fast becoming a must-visit town for anyone who loves food, and people are beginning to notice its charm. It's located at the centre of America's most abundant agricultural region.	USA	English-100		G		
2023-04-10	2730	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 21	Matt cooks hasselback-style roast potatoes - a very popular side dish from Sweden, while Courtney shares her cafe-style Indian scrambled eggs.	AUSTRALIA	English-100		G		
2023-04-10	2800	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 9	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maeve visits the southern blue-fin tuna pens off the South Australian coast.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-10	2830	<b>David Rocco's Dolce Homemade</b>	Fast Food	Who doesn't love fast food especially when it's gourmet? Through his travels around the world, guest Matt Basile continues to expand and evolve with his fast food recipes.	CANADA	English-100		G		
2023-04-11	0500	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 41	Nutritionist Jemma visits a pear orchard and cooks turmeric latte porridge.	AUSTRALIA	English-100		PG		
2023-04-11	0530	<b>Bizarre Foods: Delicious Destinations</b>	Emilia-Romagna	Andrew explores the region of Emilia-Romagnam, Italy, and discovers ancient recipes and culinary classics including mortadella sausage, parmigiano reggiano and tortellini in broth.	USA	English-100	RPT	G	Y	
2023-04-11	0600	<b>The Cook And The Chef</b>	Vietnamese Food	Maggie ventures bravely into Simon's world of South East Asian cuisine. The Vietnamese dishes Maggie and Simon produce, from soups to crispy fried quail, are clean and fresh.	AUSTRALIA	English-100		G	Y	
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2023-04-11	0700	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 1	Acclaimed chef Luke Nguyen takes us on a culinary journey through the northern regions of Vietnam. In this episode, Luke explores the food and culture of Hue.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-04-11	0730	<b>Rick Stein's Spain</b>	Rick Stein's Spain Series 1 Ep 1	Rick Stein's Spanish journey begins in Galicia where he eats tortillas de patata in the King's favourite restaurant. Next Rick enters the Basque Country.	UNITED KINGDOM	English-100	RPT	G	Y	
2023-04-11	0840	<b>Come Dine With Me UK</b>	Cumbria Day 1	This week's competition comes from in and around Cumbria, where first to host is 30-year-old, part time Social Worker and mum of two, Sara.	UNITED KINGDOM	English-100		PG		

2023-04-11	0905	<b>Come Dine With Me UK</b>	Cumbria Day 2	It's the second night of the competition in Cumbria and the turn of Bricklayer Dale to make his play for the 1,000 pound prize money with a menu of construction-themed comfort food.	UNITED KINGDOM	English-100		PG		
2023-04-11	0930	<b>From Scratch</b>	Kenya	David travels to Kenya, where humanity began and makes a meal with chef Ariel Moscardi. The tent pole ingredients are plants gathered from the African plains and jungles, topped off with some goat.	UNITED KINGDOM	English-100		PG		
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2023-04-11	1100	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 36	If you want dinner in 20 minutes, Adam, owner of Bella Bruta Luke Powell, and owner of Jeow Thi Li have got you covered.	AUSTRALIA	English-100		PG		
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2023-04-11	1340	<b>Lidia's Italy</b>	Lidia's Italy Series 4 Ep 4	Lidia travels to the region of Abruzzo where she goes from the highlands to the seashore exploring the beautiful scenery and fresh food.	USA	English-100		PG		Y
2023-04-11	1405	<b>United Plates Of America</b>	Newport	In this episode we visit Newport, Rhode Island. A hidden gem 3 hours north of busy New York. Open green space, stunning architecture and locally sourced gastronomic delights await.	USA	English-100		G		
2023-04-11	1430	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 22	Matt kicks things off by giving the humble scone a facelift - using ginger beer! Michael cooks a grilled vegetable couscous, while Courtney prepares a chocolate and avocado mousse.	AUSTRALIA	English-100		PG		
2023-04-11	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 10	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve discovers the secrets of saffron, and a few facts about the world's most costly spice.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-11	1530	<b>Food Markets: In The Belly Of</b>	Helsinki	Arriving by boat to the Baltic Sea Harbor of Helsinki it is the first building you see. Behind it is the square, the great dome of the city hall, and The Old Market Hall.	FRANCE	English-60; Finnish-40	RPT	PG	Y	Y
2023-04-11	1630	<b>David Rocco's Dolce Homemade</b>	Patois Chinois	David and chef Craig Wong, a Canadian Chinese-Jamaican chef, uses his mixed background to create fusion dishes where he is able to take the best of each culture to create something exciting and new.	CANADA	English-100		PG		
2023-04-11	1700	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 42	Balance your diet with pumpkin-seed hummus, and a Green Goodness bowl.	AUSTRALIA	English-100		PG		
2023-04-11	1730	<b>Bizarre Foods: Delicious Destinations</b>	Paris: A Second Bite	Andrew returns to the European epicenter of fashion, art and food. Paris is home to masterful cuisine, and Andrew finds places to get the best of everything.	USA	English-100	RPT	PG		
2023-04-11	1800	<b>The Cook And The Chef</b>	Aussie Classics	Maggie cooks Neenish Tarts and explains how this quirky tart that originated in New South Wales got its name. Simon continues the theme and cooks a flourless cake using almond meal and wattleseed.	AUSTRALIA	English-100		G		

2023-04-11	1830	<b>Food Safari Water</b>	Sea Treasures	Maeve explores some of the more unusual treasures of the water including the adored gastropod mollusc abalone, which fetches up to \$1300 a kilo and is a status present in the Chinese world.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-11	1900	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 37	Two top chefs, Always Add Lemon author Danielle Alvarez, and Lankan Filling Station's O Tama Carey, join Adam to make top shelf snacks. It'll be tops!	AUSTRALIA	English-100		PG		
2023-04-11	1930	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 2	Tonight, Luke stops off in Dong Hoi and prepares a dish for a family en route to Vinh. Arriving in Vinh, Luke explores the vibrant market lifestyle in this small country town.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-04-11	2000	<b>The Spice Trails: Latin America</b>	Panama	Jose learns about the vast history of the Panama Canal, its spice route, and the three unique spices of the region: Chombo bell pepper (Aji Chombo), Panamanian coriander, and turmeric.	INDIA	English-50; Spanish-50		PG		Y
2023-04-11	2030	<b>Hairy Bikers Go Local</b>	Lords Of The Manor: Cotswolds	The Bikers head south to find Charles his perfect ingredients: they meet a special herd, try hand-made ice cream, and create smoked haddock soufflé. Will these local favourites make it on the menu?	UNITED KINGDOM	English-100		PG		
2023-04-11	2130	<b>Come Dine With Me UK</b>	Cumbria Day 3	It's the third night of the competition in Cumbria and the turn of Refuse Worker Vicki to impress her guests and win the 1,000 pound prize money with an unusual hospital themed menu.	UNITED KINGDOM	English-100		PG		
2023-04-11	2200	<b>Come Dine With Me UK</b>	Cumbria Day 4	It's the penultimate night of the competition in Cumbria and the turn of 22-year-old horse riding Hospitality Entrepreneur Ash, to host. He's going for a menu of personal favourites.	UNITED KINGDOM	English-100		PG		
2023-04-11	2230	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 37	Two top chefs, Always Add Lemon author Danielle Alvarez, and Lankan Filling Station's O Tama Carey, join Adam to make top shelf snacks. It'll be tops!	AUSTRALIA	English-100		PG		
2023-04-11	2300	<b>Food Safari Water</b>	Sea Treasures	Maeve explores some of the more unusual treasures of the water including the adored gastropod mollusc abalone, which fetches up to \$1300 a kilo and is a status present in the Chinese world.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-11	2330	<b>From Scratch</b>	Wyoming	David finds himself on a bow hunt for elk in Sheridan, Wyoming, for Native American chef Antonia Armenta-Miller to recreate one of her iconic dishes.	UNITED KINGDOM	English-100		PG		Y
2023-04-11	2425	<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	
2023-04-11	2430	<b>Hairy Bikers Go Local</b>	Lords Of The Manor: Cotswolds	The Bikers head south to find Charles his perfect ingredients: they meet a special herd, try hand-made ice cream, and create smoked haddock soufflé. Will these local favourites make it on the menu?	UNITED KINGDOM	English-100		PG		
2023-04-11	2530	<b>Come Dine With Me UK</b>	Cumbria Day 3	It's the third night of the competition in Cumbria and the turn of Refuse Worker Vicki to impress her guests and win the 1,000 pound prize money with an unusual hospital themed menu.	UNITED KINGDOM	English-100		PG		
2023-04-11	2600	<b>Come Dine With Me UK</b>	Cumbria Day 4	It's the penultimate night of the competition in Cumbria and the turn of 22-year-old horse riding Hospitality Entrepreneur Ash, to host. He's going for a menu of personal favourites.	UNITED KINGDOM	English-100		PG		
2023-04-11	2630	<b>Lidia's Italy</b>	Lidia's Italy Series 4 Ep 4	Lidia travels to the region of Abruzzo where she goes from the highlands to the seashore exploring the beautiful scenery and fresh food.	USA	English-100		PG		Y
2023-04-11	2700	<b>United Plates Of America</b>	Newport	In this episode we visit Newport, Rhode Island. A hidden gem 3 hours north of busy New York. Open green space, stunning architecture and locally sourced gastronomic delights await.	USA	English-100		G		



2023-04-11	2730	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 22	Matt kicks things off by giving the humble scone a facelift - using ginger beer! Michael cooks a grilled vegetable couscous, while Courtney prepares a chocolate and avocado mousse.	AUSTRALIA	English-100		PG		
2023-04-11	2800	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 10	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve discovers the secrets of saffron, and a few facts about the world's most costly spice.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-11	2830	<b>David Rocco's Dolce Homemade</b>	Patois Chinois	David and chef Craig Wong, a Canadian Chinese-Jamaican chef, uses his mixed background to create fusion dishes where he is able to take the best of each culture to create something exciting and new.	CANADA	English-100		PG		
2023-04-12	0500	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 42	Balance your diet with pumpkin-seed hummus, and a Green Goodness bowl.	AUSTRALIA	English-100		PG		
2023-04-12	0530	<b>Bizarre Foods: Delicious Destinations</b>	Paris: A Second Bite	Andrew returns to the European epicenter of fashion, art and food. Paris is home to masterful cuisine, and Andrew finds places to get the best of everything.	USA	English-100	RPT	PG		
2023-04-12	0600	<b>The Cook And The Chef</b>	Aussie Classics	Maggie cooks Neenish Tarts and explains how this quirky tart that originated in New South Wales got its name. Simon continues the theme and cooks a flourless cake using almond meal and wattleseed.	AUSTRALIA	English-100		G		
2023-04-12	0630	<b>Food Safari Water</b>	Sea Treasures	Maeve explores some of the more unusual treasures of the water including the adored gastropod mollusc abalone, which fetches up to \$1300 a kilo and is a status present in the Chinese world.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-12	0700	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 2	Tonight, Luke stops off in Dong Hoi and prepares a dish for a family en route to Vinh. Arriving in Vinh, Luke explores the vibrant market lifestyle in this small country town.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-04-12	0730	<b>Hairy Bikers Go Local</b>	Lords Of The Manor: Cotswolds	The Bikers head south to find Charles his perfect ingredients: they meet a special herd, try hand-made ice cream, and create smoked haddock soufflé. Will these local favourites make it on the menu?	UNITED KINGDOM	English-100		PG		
2023-04-12	0830	<b>Come Dine With Me UK</b>	Cumbria Day 3	It's the third night of the competition in Cumbria and the turn of Refuse Worker Vicki to impress her guests and win the 1,000 pound prize money with an unusual hospital themed menu.	UNITED KINGDOM	English-100		PG		
2023-04-12	0900	<b>Come Dine With Me UK</b>	Cumbria Day 4	It's the penultimate night of the competition in Cumbria and the turn of 22-year-old horse riding Hospitality Entrepreneur Ash, to host. He's going for a menu of personal favourites.	UNITED KINGDOM	English-100		PG		
2023-04-12	0930	<b>From Scratch</b>	Wyoming	David finds himself on a bow hunt for elk in Sheridan, Wyoming, for Native American chef Antonia Armenta-Miller to recreate one of her iconic dishes.	UNITED KINGDOM	English-100		PG		Y
2023-04-12	1025	<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	
2023-04-12	1030	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 42	Balance your diet with pumpkin-seed hummus, and a Green Goodness bowl.	AUSTRALIA	English-100		PG		
2023-04-12	1100	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 37	Two top chefs, Always Add Lemon author Danielle Alvarez, and Lankan Filling Station's O Tama Carey, join Adam to make top shelf snacks. It'll be tops!	AUSTRALIA	English-100		PG		
2023-04-12	1130	<b>Food Markets: In The Belly Of</b>	Helsinki	Arriving by boat to the Baltic Sea Harbor of Helsinki it is the first building you see. Behind it is the square, the great dome of the city hall, and The Old Market Hall.	FRANCE	English-60; Finnish-40	RPT	PG	Y	Y

2023-04-12	1230	<b>Hairy Bikers Go Local</b>	Lords Of The Manor: Cotswolds	The Bikers head south to find Charles his perfect ingredients: they meet a special herd, try hand-made ice cream, and create smoked haddock soufflé. Will these local favourites make it on the menu?	UNITED KINGDOM	English-100		PG			
2023-04-12	1330	<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	
2023-04-12	1400	<b>United Plates Of America</b>	Napa, Ca.	Napa Valley is fast becoming one of the world most renowned wine regions. Today it's all about food that works best with good wine.	USA	English-100		G			
2023-04-12	1430	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 23	Matt shares a super simple and tasty dish - classic lemon pasta, while Courtney bakes her favourite dessert of all time - spiced pear and chocolate torte.	AUSTRALIA	English-100		G			
2023-04-12	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 11	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve goes blue swimmer crab harvesting, and Joanna visits the rice paddies of the Riverina.	AUSTRALIA	English-100	RPT	G		Y	
2023-04-12	1530	<b>Food Markets: In The Belly Of</b>	Lisboa - Mercado De Ribeira	Mercado da Ribeira in Lisbon has been opened since 1800 and is the city's oldest marketplace. Here you can find all sort of dairy products, fresh fish, vegetables and fruits.	FRANCE	English-54; Portuguese-46	RPT	PG		Y	Y
2023-04-12	1630	<b>David Rocco's Dolce Homemade</b>	Simplicity - Sushi	David invites sushi chef Jacky Lin to his home to prepare dishes that remind him of the two cultures that mean the most to him.	CANADA	English-100		PG			
2023-04-12	1700	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 43	Ben cooks an easy but delicious lemon meringue cheesecake.	AUSTRALIA	English-100		PG			
2023-04-12	1730	<b>Bizarre Foods: Delicious Destinations</b>	Lyon	Andrew explores the legendary cuisine of Lyon, France The flavors of pike fish dumplings, breaded beef tripe and pink pralines have all helped Lyon earn the title World Capital of Gastronomy.	USA	English-100	RPT	G			
2023-04-12	1800	<b>The Cook And The Chef</b>	Art Of Presentation, The	Maggie gives us a snapshot on the world of food photography, one which is often veiled in trickery, sprays, glues and gels, all used to artificially enhance the look of a dish.	AUSTRALIA	English-100		G			
2023-04-12	1830	<b>Food Safari Water</b>	Whole Fish	Eating whole fish has been a way of life in Australia for over 40,000 years, and for many other cultures around the planet, it's simply the best and most sustainable way to eat.	AUSTRALIA	English-100	RPT	PG		Y	
2023-04-12	1900	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 38	Beloved "Ready, Steady, Cook" star Janelle Bloom, and pie king Ray Capaldi join Adam to serve up their delicious versions of the classic Aussie favourite: pies!	AUSTRALIA	English-100		PG			
2023-04-12	1930	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 3	Tonight, Luke heads to the mysterious and serene Ninh Binh. Snail catching and duck calling are all on the agenda in this beautiful country town.	AUSTRALIA	English-100	RPT	G		Y	Y
2023-04-12	2000	<b>The Streets With Dan Hong</b>	Streets With Dan Hong Series 1, The Ep 3	Tacos made of ground beef and hard shells will be a thing of the past once you see Dan prepare a classic steak taco with a vibrant salsa verde, before he gives the humble taco a Vietnamese twist.	AUSTRALIA	English-100		G		Y	
2023-04-12	2030	<b>Field Trip With Curtis Stone</b>	New South Wales	Curtis visits his old stomping grounds in NSW where he begins his journey at the Yerrabingin Rooftop Farm and is treated to a traditional Aboriginal dance. At dusk, Curtis enjoys a seaside dinner.	USA	English-100		PG			
2023-04-12	2100	<b>Tom Kerridge's American Feast</b>	Colorado	Tom Kerridge travels to Colorado to find out why its residents are among the fittest and least obese in America. Starting in the state capital Denver, Tom discovers where healthy living starts.	UNITED KINGDOM	English-100		PG			

2023-04-12	2130	<b>Come Dine With Me UK</b>	Cumbria Day Final	It's the final night of the competition in Cumbria with 50 year-old Property Developer, Rob, hosting. Having grown up in the area, Rob wants to treat his guests to the delights of local produce.	UNITED KINGDOM	English-100		PG	
2023-04-12	2200	<b>Come Dine With Me UK</b>	Hertfordshire Day 1	This week's competition is in Hertfordshire, where the first to host is 33-year-old, bargain hunter, Heidi.	UNITED KINGDOM	English-100		PG	
2023-04-12	2230	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 38	Beloved "Ready, Steady, Cook" star Janelle Bloom, and pie king Ray Capaldi join Adam to serve up their delicious versions of the classic Aussie favourite: pies!	AUSTRALIA	English-100		PG	
2023-04-12	2300	<b>Food Safari Water</b>	Whole Fish	Eating whole fish has been a way of life in Australia for over 40,000 years, and for many other cultures around the planet, it's simply the best and most sustainable way to eat.	AUSTRALIA	English-100	RPT	PG	Y
2023-04-12	2330	<b>From Scratch</b>	Malta	Arriving in Malta, David planned to make a meal with chef Stefan Hogan of Corinthia Palace. But as he scrambles to find ingredients, the meal soon becomes whatever he can harvest locally.	UNITED KINGDOM	English-100		PG	
2023-04-12	2425	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 6	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2023-04-12	2430	<b>Field Trip With Curtis Stone</b>	New South Wales	Curtis visits his old stomping grounds in NSW where he begins his journey at the Yerrabingin Rooftop Farm and is treated to a traditional Aboriginal dance. At dusk, Curtis enjoys a seaside dinner.	USA	English-100		PG	
2023-04-12	2500	<b>Tom Kerridge's American Feast</b>	Colorado	Tom Kerridge travels to Colorado to find out why its residents are among the fittest and least obese in America. Starting in the state capital Denver, Tom discovers where healthy living starts.	UNITED KINGDOM	English-100		PG	
2023-04-12	2530	<b>Come Dine With Me UK</b>	Cumbria Day Final	It's the final night of the competition in Cumbria with 50 year-old Property Developer, Rob, hosting. Having grown up in the area, Rob wants to treat his guests to the delights of local produce.	UNITED KINGDOM	English-100		PG	
2023-04-12	2600	<b>Come Dine With Me UK</b>	Hertfordshire Day 1	This week's competition is in Hertfordshire, where the first to host is 33-year-old, bargain hunter, Heidi.	UNITED KINGDOM	English-100		PG	
2023-04-12	2630	<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 its rich and complex foods. Join Lidia as she creates a zuppa filled with savoy cabbage, provolone, and pecorino cheese.	USA	English-100		G	Y
2023-04-12	2700	<b>United Plates Of America</b>	Napa, Ca.	Napa Valley is fast becoming one of the world most renowned wine regions. Today it's all about food that works best with good wine.	USA	English-100		G	
2023-04-12	2730	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 23	Matt shares a super simple and tasty dish - classic lemon pasta, while Courtney bakes her favourite dessert of all time - spiced pear and chocolate torte.	AUSTRALIA	English-100		G	
2023-04-12	2800	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 11	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve goes blue swimmer crab harvesting, and Joanna visits the rice paddies of the Riverina.	AUSTRALIA	English-100	RPT	G	Y
2023-04-12	2830	<b>David Rocco's Dolce Homemade</b>	Simplicity - Sushi	David invites sushi chef Jacky Lin to his home to prepare dishes that remind him of the two cultures that mean the most to him.	CANADA	English-100		PG	

2023-04-13	0500	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 43	Ben cooks an easy but delicious lemon meringue cheesecake.	AUSTRALIA	English-100		PG		
2023-04-13	0530	<b>Bizarre Foods: Delicious Destinations</b>	Lyon	Andrew explores the legendary cuisine of Lyon, France The flavors of pike fish dumplings, breaded beef tripe and pink pralines have all helped Lyon earn the title World Capital of Gastronomy.	USA	English-100	RPT	G		
2023-04-13	0600	<b>The Cook And The Chef</b>	Art Of Presentation, The	Maggie gives us a snapshot on the world of food photography, one which is often veiled in trickery, sprays, glues and gels, all used to artificially enhance the look of a dish.	AUSTRALIA	English-100		G		
2023-04-13	0630	<b>Food Safari Water</b>	Whole Fish	Eating whole fish has been a way of life in Australia for over 40,000 years, and for many other cultures around the planet, it's simply the best and most sustainable way to eat.	AUSTRALIA	English-100	RPT	PG	Y	
2023-04-13	0700	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 3	Tonight, Luke heads to the mysterious and serene Ninh Binh. Snail catching and duck calling are all on the agenda in this beautiful country town.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-04-13	0730	<b>Field Trip With Curtis Stone</b>	New South Wales	Curtis visits his old stomping grounds in NSW where he begins his journey at the Yerrabingin Rooftop Farm and is treated to a traditional Aboriginal dance. At dusk, Curtis enjoys a seaside dinner.	USA	English-100		PG		
2023-04-13	0800	<b>Tom Kerridge's American Feast</b>	Colorado	Tom Kerridge travels to Colorado to find out why its residents are among the fittest and least obese in America. Starting in the state capital Denver, Tom discovers where healthy living starts.	UNITED KINGDOM	English-100		PG		
2023-04-13	0830	<b>Come Dine With Me UK</b>	Cumbria Day Final	It's the final night of the competition in Cumbria with 50 year-old Property Developer, Rob, hosting. Having grown up in the area, Rob wants to treat his guests to the delights of local produce.	UNITED KINGDOM	English-100		PG		
2023-04-13	0900	<b>Come Dine With Me UK</b>	Hertfordshire Day 1	This week's competition is in Hertfordshire, where the first to host is 33-year-old, bargain hunter, Heidi.	UNITED KINGDOM	English-100		PG		
2023-04-13	0930	<b>From Scratch</b>	Malta	Arriving in Malta, David planned to make a meal with chef Stefan Hogan of Corinthia Palace. But as he scrambles to find ingredients, the meal soon becomes whatever he can harvest locally.	UNITED KINGDOM	English-100		PG		
2023-04-13	1025	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 6	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-13	1030	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 43	Ben cooks an easy but delicious lemon meringue cheesecake.	AUSTRALIA	English-100		PG		
2023-04-13	1100	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 38	Beloved "Ready, Steady, Cook" star Janelle Bloom, and pie king Ray Capaldi join Adam to serve up their delicious versions of the classic Aussie favourite: pies!	AUSTRALIA	English-100		PG		
2023-04-13	1130	<b>Food Markets: In The Belly Of</b>	Lisboa - Mercado De Ribeira	Mercado da Ribeira in Lisbon has been opened since 1800 and is the city's oldest marketplace. Here you can find all sort of dairy products, fresh fish, vegetables and fruits.	FRANCE	English-54; Portuguese-46	RPT	PG	Y	Y
2023-04-13	1230	<b>Field Trip With Curtis Stone</b>	New South Wales	Curtis visits his old stomping grounds in NSW where he begins his journey at the Yerrabingin Rooftop Farm and is treated to a traditional Aboriginal dance. At dusk, Curtis enjoys a seaside dinner.	USA	English-100		PG		

2023-04-13	1300	<b>Tom Kerridge's American Feast</b>	Colorado	Tom Kerridge travels to Colorado to find out why its residents are among the fittest and least obese in America. Starting in the state capital Denver, Tom discovers where healthy living starts.	UNITED KINGDOM	English-100		PG			
2023-04-13	1330	<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	
2023-04-13	1400	<b>United Plates Of America</b>	Palm Springs	Today it's all about Palm Springs resort food. This historic city in Riverside county is synonymous with the silver screen and swimming pools.	USA	English-100		G			
2023-04-13	1430	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 24	Matt shows how to make his favourite dish of all time - a super simple laksa, while Michael cooks up a fun summer breakfast - corn fritters with a touch of Mexican spice.	AUSTRALIA	English-100		PG			
2023-04-13	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 12	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve discovers how luscious strawberries can make the perfect love potion.	AUSTRALIA	English-100	RPT	G		Y	
2023-04-13	1530	<b>Food Markets: In The Belly Of</b>	Muchen - Viktualienmarkt	The Viktualienmarkt in Munich developed from an original farmers' market to a popular market for gourmets. The market also hosts a number of traditional and folkloric events.	FRANCE	English-60; German-40	RPT	PG		Y	Y
2023-04-13	1630	<b>David Rocco's Dolce Homemade</b>	Gelato	During the pandemic, David and guest Daniella Sacon, both started their businesses doing what they love. Daniella shows David how to make gelato and together, they bring joy to others through gelato.	CANADA	English-100		G			
2023-04-13	1700	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 44	Chef Karen Chan joins Ben to throw a Korean Bibimbap party.	AUSTRALIA	English-100		PG			
2023-04-13	1730	<b>Bizarre Foods: Delicious Destinations</b>	Alsace	Andrew Zimmern discovers the French and German cuisine of Alsace, France and its rustic flavors made from farm-fresh local ingredients.	USA	English-100	RPT	G			
2023-04-13	1800	<b>The Cook And The Chef</b>	1980's, The	The 1980s are making a comeback as Simon and Maggie celebrate the time when Aussie food came of age and the work of three very special cooks - Gay Bilson, Tony Bilson, and Janni Kyritsis.	AUSTRALIA	English-100		G			
2023-04-13	1830	<b>Food Safari Water</b>	Raw	Maeve celebrates the pure clean taste of the ocean as she explores the natural briny flavour of the three main types of oysters - Pacific, Angazi, and Sydney Rock varieties.	AUSTRALIA	English-100	RPT	PG		Y	
2023-04-13	1900	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 39	TV presenter and writer Myf Warhurst, and Attica founder Ben Shewry join Adam to dish up the dinners they like to cook at home.	AUSTRALIA	English-100		PG			
2023-04-13	1930	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 4	Luke reaches the bustling city of Hanoi where he gives a how-to guide on the vibrant street food scene. Visiting Ms Hong, he helps prepare a Hanoi favourite, Bun Cha.	AUSTRALIA	English-100	RPT	G		Y	Y
2023-04-13	2000	<b>Nadiya's Everyday Baking</b>	Easy Celebrations	Nadiya goes all out and shares her effortless celebratory bakes! She gets the party started with Louisiana Seafood Boil, babka, and meringue cake.	UNITED KINGDOM	English-100		PG			
2023-04-13	2030	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 2	Rick visits an ancient apple orchard to learn the traditional way of making cider, cooks a chicken, leek and cider gratin, and delves into the rich history of the Cornish sea shanty.	UNITED KINGDOM	English-100		PG			

2023-04-13	2100	<b>Anna's Occasions</b>	Spring Holiday	The fresh scents of spring are the perfect inspiration for desserts to celebrate casual gatherings of friends and family. Anna prepares besan burfi - an Indian-style milk cake.	CANADA	English-100		G	
2023-04-13	2130	<b>Come Dine With Me UK</b>	Hertfordshire Day 2	The competition continues in Hertfordshire with Tuesday's host, bank clerk Sylvia. Sylvia plans to showcase her knowledge of Spanish cuisine, and serve up a menu of Mediterranean seafood.	UNITED KINGDOM	English-100		PG	
2023-04-13	2200	<b>Come Dine With Me UK</b>	Hertfordshire Day 3	This week's competition is in Hertfordshire, where their host is showbiz journalist Benji.	UNITED KINGDOM	English-100		G	
2023-04-13	2230	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 39	TV presenter and writer Myf Warhurst, and Attica founder Ben Shewry join Adam to dish up the dinners they like to cook at home.	AUSTRALIA	English-100		PG	
2023-04-13	2300	<b>Food Safari Water</b>	Raw	Maeve celebrates the pure clean taste of the ocean as she explores the natural briny flavour of the three main types of oysters - Pacific, Angazi, and Sydney Rock varieties.	AUSTRALIA	English-100	RPT	PG	Y
2023-04-13	2330	<b>From Scratch</b>	Zagreb	David meets with the 2019 Top Chef Croatia winner Tvrtko Sakota. Driving across the country making sugar from beets, and harvesting pork, he understands how Croatia is finding its culinary feet.	UNITED KINGDOM	English-100		PG	
2023-04-13	2425	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 7	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y
2023-04-13	2430	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 2	Rick visits an ancient apple orchard to learn the traditional way of making cider, cooks a chicken, leek and cider gratin, and delves into the rich history of the Cornish sea shanty.	UNITED KINGDOM	English-100		PG	
2023-04-13	2500	<b>Anna's Occasions</b>	Spring Holiday	The fresh scents of spring are the perfect inspiration for desserts to celebrate casual gatherings of friends and family. Anna prepares besan burfi - an Indian-style milk cake.	CANADA	English-100		G	
2023-04-13	2530	<b>Come Dine With Me UK</b>	Hertfordshire Day 2	The competition continues in Hertfordshire with Tuesday's host, bank clerk Sylvia. Sylvia plans to showcase her knowledge of Spanish cuisine, and serve up a menu of Mediterranean seafood.	UNITED KINGDOM	English-100		PG	
2023-04-13	2600	<b>Come Dine With Me UK</b>	Hertfordshire Day 3	This week's competition is in Hertfordshire, where their host is showbiz journalist Benji.	UNITED KINGDOM	English-100		G	
2023-04-13	2630	<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
2023-04-13	2700	<b>United Plates Of America</b>	Palm Springs	Today it's all about Palm Springs resort food. This historic city in Riverside county is synonymous with the silver screen and swimming pools.	USA	English-100		G	
2023-04-13	2730	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 24	Matt shows how to make his favourite dish of all time - a super simple laksa, while Michael cooks up a fun summer breakfast - corn fritters with a touch of Mexican spice.	AUSTRALIA	English-100		PG	
2023-04-13	2800	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 12	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve discovers how luscious strawberries can make the perfect love potion.	AUSTRALIA	English-100	RPT	G	Y
2023-04-13	2830	<b>David Rocco's Dolce Homemade</b>	Gelato	During the pandemic, David and guest Daniella Sacon, both started their businesses doing what they love. Daniella shows David how to make gelato and together, they bring joy to others through gelato.	CANADA	English-100		G	

2023-04-14	0500	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 44	Chef Karen Chan joins Ben to throw a Korean Bibimbap party.	AUSTRALIA	English-100		PG		
2023-04-14	0530	<b>Bizarre Foods: Delicious Destinations</b>	Alsace	Andrew Zimmern discovers the French and German cuisine of Alsace, France and its rustic flavors made from farm-fresh local ingredients.	USA	English-100	RPT	G		
2023-04-14	0600	<b>The Cook And The Chef</b>	1980's, The	The 1980s are making a comeback as Simon and Maggie celebrate the time when Aussie food came of age and the work of three very special cooks - Gay Bilson, Tony Bilson, and Janni Kyritsis.	AUSTRALIA	English-100		G		
2023-04-14	0630	<b>Food Safari Water</b>	Raw	Maeve celebrates the pure clean taste of the ocean as she explores the natural briny flavour of the three main types of oysters - Pacific, Angazi, and Sydney Rock varieties.	AUSTRALIA	English-100	RPT	PG	Y	
2023-04-14	0700	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 4	Luke reaches the bustling city of Hanoi where he gives a how-to guide on the vibrant street food scene. Visiting Ms Hong, he helps prepare a Hanoi favourite, Bun Cha.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-04-14	0730	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 2	Rick visits an ancient apple orchard to learn the traditional way of making cider, cooks a chicken, leek and cider gratin, and delves into the rich history of the Cornish sea shanty.	UNITED KINGDOM	English-100		PG		
2023-04-14	0800	<b>Anna's Occasions</b>	Spring Holiday	The fresh scents of spring are the perfect inspiration for desserts to celebrate casual gatherings of friends and family. Anna prepares besan burfi - an Indian-style milk cake.	CANADA	English-100		G		
2023-04-14	0830	<b>Come Dine With Me UK</b>	Hertfordshire Day 2	The competition continues in Hertfordshire with Tuesday's host, bank clerk Sylvia. Sylvia plans to showcase her knowledge of Spanish cuisine, and serve up a menu of Mediterranean seafood.	UNITED KINGDOM	English-100		PG		
2023-04-14	0900	<b>Come Dine With Me UK</b>	Hertfordshire Day 3	This week's competition is in Hertfordshire, where their host is showbiz journalist Benji.	UNITED KINGDOM	English-100		G		
2023-04-14	0930	<b>From Scratch</b>	Zagreb	David meets with the 2019 Top Chef Croatia winner Tvrtko Sakota. Driving across the country making sugar from beets, and harvesting pork, he understands how Croatia is finding its culinary feet.	UNITED KINGDOM	English-100		PG		
2023-04-14	1025	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 7	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-14	1030	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 44	Chef Karen Chan joins Ben to throw a Korean Bibimbap party.	AUSTRALIA	English-100		PG		
2023-04-14	1100	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 39	TV presenter and writer Myf Warhurst, and Attica founder Ben Shewry join Adam to dish up the dinners they like to cook at home.	AUSTRALIA	English-100		PG		
2023-04-14	1130	<b>Food Markets: In The Belly Of</b>	Muchen - Viktualienmarkt	The Viktualienmarkt in Munich developed from an original farmers' market to a popular market for gourmets. The market also hosts a number of traditional and folkloric events.	FRANCE	English-60; German-40	RPT	PG	Y	Y
2023-04-14	1230	<b>Rick Stein's Cornwall</b>	Rick Stein's Cornwall Series 3 Ep 2	Rick visits an ancient apple orchard to learn the traditional way of making cider, cooks a chicken, leek and cider gratin, and delves into the rich history of the Cornish sea shanty.	UNITED KINGDOM	English-100		PG		

2023-04-14	1300	<b>Anna's Occasions</b>	Spring Holiday	The fresh scents of spring are the perfect inspiration for desserts to celebrate casual gatherings of friends and family. Anna prepares besan burfi - an Indian-style milk cake.	CANADA	English-100		G			
2023-04-14	1330	<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	
2023-04-14	1400	<b>United Plates Of America</b>	Boston	Today we visit Boston, a city known for traditional New England seafood culture. From traditional beverages with a modern twist, a rock'n'roll Mexican restaurant to authentic cuban cuisine.	USA	English-100		PG			
2023-04-14	1430	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 25	Matt cooks a dish with a Middle Eastern twist - grilled eggplant and zucchini. Michael is on location at Drumshang Farm at Spring Hill where Michael cooks up an Indian classic - Rogan Josh.	AUSTRALIA	English-100		PG			
2023-04-14	1500	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve visits the old Sun Pictures - a Broome institution, and Joanna discovers pistachios.	AUSTRALIA	English-100	RPT	G		Y	
2023-04-14	1530	<b>Food Markets: In The Belly Of</b>	Palermo - Ballaro	Placed in the middle of Palermo's ancient streets, Ballaro is one of the oldest street markets in the city, and one of the most lively and picturesque in Sicily.	FRANCE	English-50; Italian-50	RPT	PG		Y	Y
2023-04-14	1630	<b>David Rocco's Dolce Homemade</b>	Lebanese Food	David invites guest Ali Nassrallah to his home to cook Lebanese food. Growing up in Beirut, Ali has experienced the tragedy of war and the power of food to heal and spread love.	CANADA	English-100		G			
2023-04-14	1700	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 45	Ben and wine expert Belinda create a delicious gnocchi alla romana with mushrooms.	AUSTRALIA	English-100		PG			
2023-04-14	1730	<b>Bizarre Foods: Delicious Destinations</b>	Montevideo	Andrew digs into the culinary treasures of Uruguay's capital city, Montevideo. He explores this meaty mecca by highlighting their slow-cooked Asado meats.	USA	English-100		G			
2023-04-14	1800	<b>The Cook And The Chef</b>	Greek Experience, The	Maggie and Simon entice us outdoors into the late autumn sun to enjoy Greek inspired Barbequed goat, souvlaki, and baby octopus. Greek desserts are also on the menu.	AUSTRALIA	English-100		G			
2023-04-14	1830	<b>Food Safari Water</b>	Fish Bites	Exquisite snacks based on seafood star in many cuisines around the world - all beautiful mouthfuls that take taste and texture to a whole new level.	AUSTRALIA	English-100	RPT	G		Y	
2023-04-14	1900	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 40	Adam, comedian Jennifer Wong and restaurateur Sammy Jakubiak are making some deli delights.	AUSTRALIA	English-100		PG			
2023-04-14	1930	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 5	Continuing his journey in the bustling city of Hanoi, Luke is up bright and early to cook one of Vietnam's most famous dishes, Pho Bo. Later, he learns how rice paper is made.	AUSTRALIA	English-100	RPT	G		Y	Y
2023-04-14	2000	<b>Gok Wan's Easy Asian</b>	Sharing Treats	For Gok cooking means feeding, and he has three perfect recipes to share. A delectable cheat's version of Peking Duck, Korean Fried Chicken and Pineapple Rice that will keep everyone happy.	UNITED KINGDOM	English-100		G			
2023-04-14	2030	<b>Hugh's Fish Fight</b>	Hugh's Fish Fight Series 1 Ep 1	Hugh Fearnley-Whittingstall leaves the comfort of River Cottage to change the way we fish, both here and abroad.	UNITED KINGDOM	English-100					



2023-04-14	2130	<b>Come Dine With Me UK</b>	Hertfordshire Day 4	This week's competition is in Hertfordshire, where forth to host is children's nurse Nicky.	UNITED KINGDOM	English-100		G	
2023-04-14	2200	<b>Come Dine With Me UK</b>	Hertfordshire Final	The competition in Hertfordshire draws to a close, but not before party-loving Mark takes his turn at bagging the grand. Mark serves up a Greek night for his guests, with saganaki and lamb kleftiko.	UNITED KINGDOM	English-100		G	
2023-04-14	2230	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 40	Adam, comedian Jennifer Wong and restaurateur Sammy Jakubiak are making some deli delights.	AUSTRALIA	English-100		PG	
2023-04-14	2300	<b>Food Safari Water</b>	Fish Bites	Exquisite snacks based on seafood star in many cuisines around the world - all beautiful mouthfuls that take taste and texture to a whole new level.	AUSTRALIA	English-100	RPT	G	Y
2023-04-14	2330	<b>From Scratch</b>	Costa Rica	In Costa Rica, David barely survives a horse ride, a fishing trip, falling trees, and gardening in a rainstorm. But he manages to replicate an amazing Tico meal with chef Manuel Badilla at Origins.	UNITED KINGDOM	English-100		PG	
2023-04-14	2425	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 8	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
2023-04-14	2430	<b>Hugh's Fish Fight</b>	Hugh's Fish Fight Series 1 Ep 1	Hugh Fearnley-Whittingstall leaves the comfort of River Cottage to change the way we fish, both here and abroad.	UNITED KINGDOM	English-100			
2023-04-14	2530	<b>Come Dine With Me UK</b>	Hertfordshire Day 4	This week's competition is in Hertfordshire, where forth to host is children's nurse Nicky.	UNITED KINGDOM	English-100		G	
2023-04-14	2600	<b>Come Dine With Me UK</b>	Hertfordshire Final	The competition in Hertfordshire draws to a close, but not before party-loving Mark takes his turn at bagging the grand. Mark serves up a Greek night for his guests, with saganaki and lamb kleftiko.	UNITED KINGDOM	English-100		G	
2023-04-14	2630	<b>Lidia's Italy</b>	Lidia's Italy Series 4 Ep 7	Lidia travels to Basilicata - a small region known for fish and capsciums. Join Lidia in the kitchen as she incorporates these capsciums into each dish she creates.	USA	English-100		G	Y
2023-04-14	2700	<b>United Plates Of America</b>	Boston	Today we visit Boston, a city known for traditional New England seafood culture. From traditional beverages with a modern twist, a rock'n'roll Mexican restaurant to authentic cuban cuisine.	USA	English-100		PG	
2023-04-14	2730	<b>Cook's Pantry With Matt Sinclair</b>	Cook's Pantry With Matt Sinclair Series 2, The Ep 25	Matt cooks a dish with a Middle Eastern twist - grilled eggplant and zucchini. Michael is on location at Drumshang Farm at Spring Hill where Michael cooks up an Indian classic - Rogan Josh.	AUSTRALIA	English-100		PG	
2023-04-14	2800	<b>Food Lovers' Guide To Australia</b>	Food Lovers Guide To Australia Series 5 Ep 13	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. Today, Maeve visits the old Sun Pictures - a Broome institution, and Joanna discovers pistachios.	AUSTRALIA	English-100	RPT	G	Y
2023-04-14	2830	<b>David Rocco's Dolce Homemade</b>	Lebanese Food	David invites guest Ali Nassrallah to his home to cook Lebanese food. Growing up in Beirut, Ali has experienced the tragedy of war and the power of food to heal and spread love.	CANADA	English-100		G	
2023-04-15	0500	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 45	Ben and wine expert Belinda create a delicious gnocchi alla romana with mushrooms.	AUSTRALIA	English-100		PG	
2023-04-15	0530	<b>Bizarre Foods: Delicious Destinations</b>	Montevideo	Andrew digs into the culinary treasures of Uruguay's capital city, Montevideo. He explores this meaty mecca by highlighting their slow-cooked Asado meats.	USA	English-100		G	

2023-04-15	0600	<b>The Cook And The Chef</b>	Greek Experience, The	Maggie and Simon entice us outdoors into the late autumn sun to enjoy Greek inspired Barbequed goat, souvlaki, and baby octopus. Greek desserts are also on the menu.	AUSTRALIA	English-100		G		
2023-04-15	0630	<b>Food Safari Water</b>	Fish Bites	Exquisite snacks based on seafood star in many cuisines around the world - all beautiful mouthfuls that take taste and texture to a whole new level.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-15	0700	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 5	Continuing his journey in the bustling city of Hanoi, Luke is up bright and early to cook one of Vietnam's most famous dishes, Pho Bo. Later, he learns how rice paper is made.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-04-15	0730	<b>Hugh's Fish Fight</b>	Hugh's Fish Fight Series 1 Ep 1	Hugh Fearnley-Whittingstall leaves the comfort of River Cottage to change the way we fish, both here and abroad.	UNITED KINGDOM	English-100				
2023-04-15	0830	<b>Come Dine With Me UK</b>	Hertfordshire Day 4	This week's competition is in Hertfordshire, where forth to host is children's nurse Nicky.	UNITED KINGDOM	English-100		G		
2023-04-15	0900	<b>Come Dine With Me UK</b>	Hertfordshire Final	The competition in Hertfordshire draws to a close, but not before party-loving Mark takes his turn at bagging the grand. Mark serves up a Greek night for his guests, with saganaki and lamb kleftiko.	UNITED KINGDOM	English-100		G		
2023-04-15	0930	<b>From Scratch</b>	Costa Rica	In Costa Rica, David barely survives a horse ride, a fishing trip, falling trees, and gardening in a rainstorm. But he manages to replicate an amazing Tico meal with chef Manuel Badilla at Origins.	UNITED KINGDOM	English-100		PG		
2023-04-15	1025	<b>Destination Flavour Down Under Bitesize</b>	Destination Flavour Down Under Bitesize Series 1 Ep 8	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	
2023-04-15	1030	<b>My Market Kitchen</b>	My Market Kitchen Series 5 Ep 45	Ben and wine expert Belinda create a delicious gnocchi alla romana with mushrooms.	AUSTRALIA	English-100		PG		
2023-04-15	1100	<b>The Cook Up With Adam Liaw</b>	Cook Up With Adam Liaw Series 4, The 40	Adam, comedian Jennifer Wong and restaurateur Sammy Jakubiak are making some deli delights.				PG		
2023-04-15	1130	<b>Food Markets: In The Belly Of</b>	Palermo - Ballaro	Placed in the middle of Palermo's ancient streets, Ballaro is one of the oldest street markets in the city, and one of the most lively and picturesque in Sicily.	FRANCE	English-50; Italian-50	RPT	PG	Y	Y
2023-04-15	1230	<b>Hugh's Fish Fight</b>	Hugh's Fish Fight Series 1 Ep 1	Hugh Fearnley-Whittingstall leaves the comfort of River Cottage to change the way we fish, both here and abroad.	UNITED KINGDOM	English-100				
2023-04-15	1330	<b>Come Dine With Me UK</b>	Hertfordshire Final	The competition in Hertfordshire draws to a close, but not before party-loving Mark takes his turn at bagging the grand. Mark serves up a Greek night for his guests, with saganaki and lamb kleftiko.	UNITED KINGDOM	English-100		G		
2023-04-15	1400	<b>Bizarre Foods: Delicious Destinations</b>	Montevideo	Andrew digs into the culinary treasures of Uruguay's capital city, Montevideo. He explores this meaty mecca by highlighting their slow-cooked Asado meats.	USA	English-100		G		
2023-04-15	1430	<b>The Cook And The Chef</b>	Greek Experience, The	Maggie and Simon entice us outdoors into the late autumn sun to enjoy Greek inspired Barbequed goat, souvlaki, and baby octopus. Greek desserts are also on the menu.	AUSTRALIA	English-100		G		
2023-04-15	1500	<b>Food Safari Water</b>	Fish Bites	Exquisite snacks based on seafood star in many cuisines around the world - all beautiful mouthfuls that take taste and texture to a whole new level.	AUSTRALIA	English-100	RPT	G	Y	

2023-04-15	1530	<b>Luke Nguyen's Vietnam</b>	Luke Nguyen's Vietnam Series 2 Episode 5	Continuing his journey in the bustling city of Hanoi, Luke is up bright and early to cook one of Vietnam's most famous dishes, Pho Bo. Later, he learns how rice paper is made.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-04-15	1600	<b>David Rocco's Dolce Homemade</b>	Spices	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		
2023-04-15	1630	<b>Ainsley's Good Mood Food</b>	Grains And Pulses	Ainsley pays tribute to humble grains and pulses, making the most of their versatility and taste in all his dishes. First up is a sumptuous summery dish of pan-seared sardines with thyme-roasted vine.	UNITED KINGDOM	English-100		G		
2023-04-15	1725	<b>Destination Flavour China Bitesize</b>	Destination Flavour China Bitesize Series 1 Ep 2	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-04-15	1730	<b>A New Zealand Food Story</b>	Auckland	Back in his home city of Auckland, Ben fishes for flounder on the Manukau, learns more about goats and checks out a mushroom farm.	NEW ZEALAND	English-100		PG		
2023-04-15	1800	<b>A New Zealand Food Story</b>	Northland	Ben continues the final leg of his journey discovering the wonders of the far north of the country, and what better way than to finish with dessert?	NEW ZEALAND	English-100		PG		
2023-04-15	1830	<b>Best Of Britain With Ainsley And Grace</b>	Aberdeen	Grace Dent and Ainsley Harriott explore the Scottish County of Aberdeenshire. They sample local langoustine and eat shortbread at the foot of a waterfall.	UNITED KINGDOM	English-100		G		
2023-04-15	1930	<b>Jeremy Pang's Asian Kitchen</b>	Restaurant Classics	Jeremy explores the dishes everyone has seen on Asian restaurant menus, but with a special twist, starting with crispy pork belly.	UNITED KINGDOM	English-100		PG		
2023-04-15	2030	<b>Rick Stein's Cabin Fever</b>	Rick Stein's Cabin Fever	A condensed look at Rick Stein's journey from Bordeaux to Marseille during the making of "Rick Stein's French Odyssey" including his favourite dishes along the route and behind-the-scenes DV footage.	UNITED KINGDOM	English-100		PG		
2023-04-15	2140	<b>Anthony Bourdain: No Reservations</b>	Sicily	In Sicily, Tony eats some tripe at a local frittola stand in Il Capo Market, a spleen sandwich with Sicily's President, and salt-encrusted fish. Later, Tony also debates where to get the best cannoli.	USA	English-100		PG		Y
2023-04-15	2235	<b>Anthony Bourdain: Parts Unknown</b>	Rome	Tony's Roman holiday takes a cinematic turn. Shot in anamorphic widescreen - a first for the show - this episode is an homage to Italian films of the 1960s and 1970s.	USA	English-100		PG		Y
2023-04-15	2330	<b>Nadiya's Fast Flavours</b>	Comfort Food	Nadiya Hussain shares her take on comfort food and every recipe is fizzing with flavour. A classic macaroni cheese is transformed with evaporated milk, Worcestershire sauce, and crushed cheese puffs.	UNITED KINGDOM	English-100		G		
2023-04-15	2400	<b>Nadiya's Fast Flavours</b>	Quick And Easy	Inspired by a trip to Louisiana, Nadiya cooks up a delicious po'boy sub sandwich, stuffed to the brim with crunchy and quick to cook crabstick pakoras, and served with a zingy garlic mayo.	UNITED KINGDOM	English-100		PG		
2023-04-15	2430	<b>Nadiya's Fast Flavours</b>	Treat Yourself	Nadiya pulls out all the stops as she turns her attention to sweet sensations to treat yourself. It's pure indulgence from top to bottom.	UNITED KINGDOM	English-100		G		
2023-04-15	2500	<b>Nadiya's Fast Flavours</b>	Fresh And Healthy	Nadiya Hussain shares delicious recipes for days when we fancy something fresh, and a little bit healthy. To kick off, Nadiya cooks up a bright and beautiful butternut squash soup.	UNITED KINGDOM	English-100		G		
2023-04-15	2530	<b>Nadiya's Fast Flavours</b>	Chill Out Days	Nadiya Hussain conjures up the ideal recipes to chill out with on a lazy day at home. Whether it's a weekend, a school holiday, or a leisurely day off, Nadiya has stress free recipes for all!	UNITED KINGDOM	English-100		G		

2023-04-15	2600	<b>Nadiya's Fast Flavours</b>	Special Occasions	Nadiya creates a spectacular dinner party centrepiece: a roast leg of lamb with jewelled couscous, pomegranate seeds, preserved lemons, and pine nuts.	UNITED KINGDOM	English-100	G
2023-04-15	2630	<b>Nadiya's Time To Eat</b>	Recipes In A Rush	Nadiya Hussain kicks off this new series with her top time-saving recipes, featuring a cracking omelette wrap bursting with sun-dried tomato paste, olives and mushrooms for the perfect quick lunch!	UNITED KINGDOM	English-100	G
2023-04-15	2700	<b>Nadiya's Time To Eat</b>	Baking Made Easy	Nadiya shares her best quick and easy bakes: a delicious banana tarte-tatin, a massive meatloaf wellington, and an effortless fruity soda bread with a zippy homemade butter.	UNITED KINGDOM	English-100	G
2023-04-15	2730	<b>Rick Stein's Cabin Fever</b>	Rick Stein's Cabin Fever	A condensed look at Rick Stein's journey from Bordeaux to Marseille during the making of "Rick Stein's French Odyssey" including his favourite dishes along the route and behind-the-scenes DV footage.	UNITED KINGDOM	English-100	PG
2023-04-15	2835	<b>David Rocco's Dolce Homemade</b>	Spices	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

