



WEEK 16: Sunday, 10 April - Saturday, 16 April 2022 ALL MARKETS

| Date       | Start Time | Title                                   | Episode Title   | Digital Egg Synopsis   | Country of Origin | Language                  | Repeat | Classification | Closed Captions | Subtitles |
|------------|------------|---|---|--|-------------------|---------------------------|--------|----------------|-----------------|-----------|
| 2022-04-10 | 0500       | Amazon Taste                            | Acai  | Thiago Castanho travels to the Tacajos Community and talks to harvesters to discover the origin of the delicious purple fruit from the palm tree that became known worldwide - the acai.           | BRAZIL            | English-50; Portuguese-50 |        | G              |                 | Y         |
| 2022-04-10 | 0530       | Cheese Slices                           | Gorgonzola / Taleggio                                 | Under the spot light in this episode are gorgonzola and taleggio. Cheese authority Will Studd travels to Northern Italy to see how and where these fascinating cheeses are created.                | AUSTRALIA         | English-100               |        | G              |                 |           |
| 2022-04-10 | 0600       | Cheese Slices                           | Goats Cheese  | Will Studd journeys to the village of Sainte Maure de Touraine to attend the annual Goats Cheese fair. In the Judge's Hall he finds out what to look for in a perfect chevre.                      | AUSTRALIA         | English-100               |        | G              |                 |           |
| 2022-04-10 | 0630       | Hairy Bikers' Mississippi Adventure     | Cajun   | Si and Dave visit the epicentre of Cajun culture, experiencing great food and great people in Lafayette. They tuck in to crawfish, and groove at a jam session.                                    | UNITED KINGDOM    | English-100               |        | PG             |                 |           |
| 2022-04-10 | 0720       | Just Jen Bitesize                       | Chai Creme Brulee Cake                                | From her Just Jen series, Jen Phanomrat makes a chai creme brulee cake.  | USA               | English-100               |        | PG             |                 |           |
| 2022-04-10 | 0730       | Ainsley's Good Mood Food                | Coffee And Chocolate                                  | Coffee and chocolate are sure to perk you up. Join Ainsley as he shows how to use them in both sweet and savoury dishes, starting with a quick and easy one pot that is sure to warm your cockles. | UNITED KINGDOM    | English-100               |        | PG             |                 |           |
| 2022-04-10 | 0825       | Destination Flavour Down Under Bitesize | 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               |           |
| 2022-04-10 | 0830       | Secrets Of The Factories                | Secrets Of The Kelloggs Factory                       | The Kellogg's factory in Manchester opens its doors to reveal step by step how some of United Kingdom's favourite breakfast cereals are made in one of Britain's biggest factories.                | UNITED KINGDOM    | English-100               |        | PG             |                 | Y         |
| 2022-04-10 | 0925       | Destination Flavour Down Under Bitesize | 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               |           |
| 2022-04-10 | 0930       | Jonathan Phang's Gourmet Express        | Cusco To Machu Picchu                                 | Jonathan fulfils a dream of a lifetime when he visits Peru's Machu Picchu. But first he visits Lima, the gastronomic capital of South America and tries a range of traditional dishes.             | UNITED KINGDOM    | English-100               |        | PG             |                 | Y         |
| 2022-04-10 | 1025       | Poh & Co. Bitesize                      | 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               |           |
| 2022-04-10 | 1030       | Amazon Taste                            | Cheese  | Besides the beautiful landscapes, the Marajo archipelago is also known for making cheese from buffalo milk. Thiago Castanho travels to Marajo Island to experience this 200-year-old tradition.    | BRAZIL            | English-50; Portuguese-50 |        | G              |                 | Y         |
| 2022-04-10 | 1100       | Amazon Taste                            | Acai  | Thiago Castanho travels to the Tacajos Community and talks to harvesters to discover the origin of the delicious purple fruit from the palm tree that became known worldwide - the acai.           | BRAZIL            | English-50; Portuguese-50 |        | G              |                 | Y         |
| 2022-04-10 | 1130       | Beyond River Cottage                    | Beyond River Cottage Series 1 Ep 10                   | It's Christmas and Hugh is preparing for River Cottage HQ's final event of the year. The plan is to shoot, harvest, gather and cook enough food to furnish the tables for a medieval feast.        | UNITED KINGDOM    | English-100               |        | PG             |                 |           |
| 2022-04-10 | 1230       | Ainsley's Good Mood Food                | Coffee And Chocolate                                  | Coffee and chocolate are sure to perk you up. Join Ainsley as he shows how to use them in both sweet and savoury dishes, starting with a quick and easy one pot that is sure to warm your cockles. | UNITED KINGDOM    | English-100               |        | PG             |                 |           |
| 2022-04-10 | 1325       | Destination Flavour Down Under Bitesize | 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               |           |
| 2022-04-10 | 1330       | Cheese Slices                           | Goats Cheese  | Will Studd journeys to the village of Sainte Maure de Touraine to attend the annual Goats Cheese fair. In the Judge's Hall he finds out what to look for in a perfect chevre.                      | AUSTRALIA         | English-100               |        | G              |                 |           |

|            |      |   |  |   |                |             |     |    |   |
|------------|------|---|--|---|----------------|-------------|-----|----|---|
| 2022-04-10 | 1400 | <b>The Cook Up With Adam Liaw</b>         | Farm To Table                                    | Chef and host Colin Fassnidge and TV hosting extraordinaire Marc Fennell are creating their ultimate Farm to table dishes in The Cook Up kitchen with Adam.   | AUSTRALIA      | English-100 | RPT | PG | Y |
| 2022-04-10 | 1430 | <b>The Cook Up With Adam Liaw</b>         | Five-Ingredient Dinner                           | Adam, Studio 10's roving reporter Daniel Doody and chef Jessie Singh are in the Cook Up Kitchen creating their ultimate five-ingredient dinner.   | AUSTRALIA      | English-100 | RPT | PG |   |
| 2022-04-10 | 1500 | <b>The Cook Up With Adam Liaw</b>         | Five-Minute Dinner                               | Dinner in five minutes? Say less! Adam and Delicious curators Phoebe Wood and Warren Mendes create their versions of a five-minute dinner in the Cook Up kitchen.                                       | AUSTRALIA      | English-100 | RPT | PG |   |
| 2022-04-10 | 1530 | <b>The Cook Up With Adam Liaw</b>         | France   | Looking for Alibrandi star Pia Miranda and chef Justin North join Adam Liaw in the Cook Up Kitchen to create their ultimate French inspired dishes.   | AUSTRALIA      | English-100 | RPT | PG |   |
| 2022-04-10 | 1600 | <b>The Cook Up With Adam Liaw</b>         | Coriander  | To some people Coriander tastes like soap, but to Adam and our guests, Tamale Queen Rosa Cienfuegos and Chica Bonita chef Alejandro Huerta, it tastes amazing.  | AUSTRALIA      | English-100 |     | PG |   |
| 2022-04-10 | 1630 | <b>Cheese Slices</b>                      | Gorgonzola / Taleggio                            | Under the spot light in this episode are gorgonzola and taleggio. Cheese authority Will Studd travels to Northern Italy to see how and where these fascinating cheeses are created.                     | AUSTRALIA      | English-100 |     | G  |   |
| 2022-04-10 | 1700 | <b>Plat Du Tour</b>                       | Ep1  | Guillaume Brahimi is cooking dishes inspired by the North side of France. From the rocky shores of Brittany, to the rolling hills of Burgundy, there is a long list of delicious produce to cook with.  |                |             |     | PG |   |
| 2022-04-10 | 1730 | <b>Minjiba Entertains</b>                 | Organic Farm House Foodie Gathering              | Minjiba must create a farm to plate menu for a bunch of African foodies at a lovely farmhouse in Nairobi. She designs a menu to delight guests including harissa kebabs, a North African grilled salad. | USA            | English-100 |     | PG |   |
| 2022-04-10 | 1800 | <b>Flour Power</b>                        | Moray Vets                                       | In this episode, we're in Moray at the Forres branch of Moray Coast Vets. Veterinary surgeons Mark and Johanna, vet nurse Anna, and student vet nurse Kristin are dusting the rolling pins.             | UNITED KINGDOM | English-100 |     | PG |   |
| 2022-04-10 | 1830 | <b>The Cook And The Chef</b>              | Cooking With Kids                                | School Holidays mean finding things for the kids to do and Maggie and Simon get some kids busy looking for mushrooms and picking plums. Simon also visits a Mussel farm in Port Lincoln.                | AUSTRALIA      | English-100 |     | G  |   |
| 2022-04-10 | 1900 | <b>The Cook And The Chef</b>              | Cooking With Grapes                              | Raise a toast to the glorious grape as Simon and Maggie celebrate with the fruit of the vine. In Maggie's Barossa kitchen, they showcase a range of savoury and sweet dishes cooked with whole grapes.  | AUSTRALIA      | English-100 |     | G  |   |
| 2022-04-10 | 1930 | <b>Classic Mary Berry</b>                 | Classic Comebacks                                | Mary unleashes some of her classic favourites that have moved in and out of fashion, but still have a much loved stronghold including the classic prawn cocktail and Banoffee pie.                      | UNITED KINGDOM | English-100 |     | G  |   |
| 2022-04-10 | 2000 | <b>Rick Stein's Seafood Odyssey</b>       | America And Yorkshire                            | Rick Stein has enjoyed his Seafood Odyssey, but as it draws to a close it's time for reflection. He is in America for the final leg, sharing barbecued seafood such as fried soft shell crab.           | UNITED KINGDOM | English-100 |     | PG |   |
| 2022-04-10 | 2030 | <b>Rick Stein's Far Eastern Odyssey</b>   | Vietnam And Thailand                             | Rick Stein's culinary journey continues as he travels down the Mekong River to Vietnam where the food is light and fresh, and prepared using lots of herbs.   | UNITED KINGDOM | English-100 | RPT | G  | Y |
| 2022-04-10 | 2140 | <b>Anthony Bourdain: Parts Unknown</b>    | Iran   | Tony and his crew get a temperature gauge for what appears to be a changing and complicated Iran.   | USA            | English-100 |     | PG | Y |
| 2022-04-10 | 2235 | <b>Anthony Bourdain: Parts Unknown</b>    | Jamaica  | Tony travels to the lesser known, North Eastern Coast of Jamaica, and the reality is - Jamaica is a divided country with new challenges emerging.   | USA            | English-100 |     | PG | Y |
| 2022-04-10 | 2330 | <b>Ready Steady Cook UK</b>               | Ready Steady Cook UK Series 18/19 Ep 86          | Join Ainsley Harriott and his special guests as he hosts another edition of the 20-minute cooking challenge.  | UNITED KINGDOM | English-100 |     | PG |   |
| 2022-04-10 | 2420 | <b>Destination Flavour China Bitesize</b> | Destination Flavour China Bitesize Series 1 Ep 7 | All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.   | AUSTRALIA      | English-100 | RPT | PG | Y |
| 2022-04-10 | 2430 | <b>Plat Du Tour</b>                       | Ep1  | Guillaume Brahimi is cooking dishes inspired by the North side of France. From the rocky shores of Brittany, to the rolling hills of Burgundy, there is a long list of delicious produce to cook with.  |                |             |     | PG |   |
| 2022-04-10 | 2500 | <b>Minjiba Entertains</b>                 | Organic Farm House Foodie Gathering              | Minjiba must create a farm to plate menu for a bunch of African foodies at a lovely farmhouse in Nairobi. She designs a menu to delight guests including harissa kebabs, a North African grilled salad. | USA            | English-100 |     | PG |   |
| 2022-04-10 | 2530 | <b>Flour Power</b>                        | Moray Vets                                       | In this episode, we're in Moray at the Forres branch of Moray Coast Vets. Veterinary surgeons Mark and Johanna, vet nurse Anna, and student vet nurse Kristin are dusting the rolling pins.             | UNITED KINGDOM | English-100 |     | PG |   |

|            |      |   |                                     |  |                |             |     |  |    |  |   |   |
|------------|------|---|-------------------------------------|--|----------------|-------------|-----|--|----|--|---|---|
| 2022-04-10 | 2600 | <b>The Cook And The Chef</b>            | Cooking With Kids                   | School Holidays mean finding things for the kids to do and Maggie and Simon get some kids busy looking for mushrooms and picking plums. Simon also visits a Mussel farm in Port Lincoln.                 | AUSTRALIA      | English-100 |     |  | G  |  |   |   |
| 2022-04-10 | 2630 | <b>The Cook And The Chef</b>            | Cooking With Grapes                 | Raise a toast to the glorious grape as Simon and Maggie celebrate with the fruit of the vine. In Maggie's Barossa kitchen, they showcase a range of savoury and sweet dishes cooked with whole grapes.   | AUSTRALIA      | English-100 |     |  | G  |  |   |   |
| 2022-04-10 | 2700 | <b>Classic Mary Berry</b>               | Classic Comebacks                   | Mary unleashes some of her classic favourites that have moved in and out of fashion, but still have a much loved stronghold including the classic prawn cocktail and Banoffee pie.                       | UNITED KINGDOM | English-100 |     |  | G  |  |   |   |
| 2022-04-10 | 2730 | <b>Rick Stein's Seafood Odyssey</b>     | America And Yorkshire               | Rick Stein has enjoyed his Seafood Odyssey, but as it draws to a close it's time for reflection. He is in America for the final leg, sharing barbecued seafood such as fried soft shell crab.            | UNITED KINGDOM | English-100 |     |  | PG |  |   |   |
| 2022-04-10 | 2800 | <b>The Cook Up With Adam Liaw</b>       | Farm To Table                       | Chef and host Colin Fassnidge and TV hosting extraordinaire Marc Fennell are creating their ultimate Farm to table dishes in The Cook Up kitchen with Adam.  | AUSTRALIA      | English-100 | RPT |  | PG |  | Y |   |
| 2022-04-10 | 2830 | <b>The Cook Up With Adam Liaw</b>       | Five-Ingredient Dinner              | Adam, Studio 10's roving reporter Daniel Doody and chef Jessie Singh are in the Cook Up Kitchen creating their ultimate five-ingredient dinner.  | AUSTRALIA      | English-100 | RPT |  | PG |  |   |   |
| 2022-04-11 | 0500 | <b>The Cook Up With Adam Liaw</b>       | Five-Minute Dinner                  | Dinner in five minutes? Say less! Adam and Delicious curators Phoebe Wood and Warren Mendes create their versions of a five-minute dinner in the Cook Up kitchen.  | AUSTRALIA      | English-100 | RPT |  | PG |  |   |   |
| 2022-04-11 | 0530 | <b>The Cook Up With Adam Liaw</b>       | France                              | Looking for Alibrandi star Pia Miranda and chef Justin North join Adam Liaw in the Cook Up Kitchen to create their ultimate French inspired dishes.  | AUSTRALIA      | English-100 | RPT |  | PG |  |   |   |
| 2022-04-11 | 0600 | <b>The Cook Up With Adam Liaw</b>       | Coriander                           | To some people Coriander tastes like soap, but to Adam and our guests, Tamale Queen Rosa Cienfuegos and Chica Bonita chef Alejandro Huerta, it tastes amazing.   | AUSTRALIA      | English-100 |     |  | PG |  |   |   |
| 2022-04-11 | 0630 | <b>The Cook Up With Adam Liaw</b>       | Farm To Table                       | Chef and host Colin Fassnidge and TV hosting extraordinaire Marc Fennell are creating their ultimate Farm to table dishes in The Cook Up kitchen with Adam.  | AUSTRALIA      | English-100 | RPT |  | PG |  | Y |   |
| 2022-04-11 | 0700 | <b>Plat Du Tour</b>                     | Ep1                                 | Guillaume Brahimi is cooking dishes inspired by the North side of France. From the rocky shores of Brittany, to the rolling hills of Burgundy, there is a long list of delicious produce to cook with.   |                |             |     |  | PG |  |   |   |
| 2022-04-11 | 0730 | <b>Minjiba Entertains</b>               | Organic Farm House Foodie Gathering | Minjiba must create a farm to plate menu for a bunch of African foodies at a lovely farmhouse in Nairobi. She designs a menu to delight guests including harissa kebabs, a North African grilled salad.  | USA            | English-100 |     |  | PG |  |   |   |
| 2022-04-11 | 0800 | <b>Flour Power</b>                      | Moray Vets                          | In this episode, we're in Moray at the Forres branch of Moray Coast Vets. Veterinary surgeons Mark and Johanna, vet nurse Anna, and student vet nurse Kristin are dusting the rolling pins.              | UNITED KINGDOM | English-100 |     |  | PG |  |   |   |
| 2022-04-11 | 0830 | <b>The Cook And The Chef</b>            | Cooking With Kids                   | School Holidays mean finding things for the kids to do and Maggie and Simon get some kids busy looking for mushrooms and picking plums. Simon also visits a Mussel farm in Port Lincoln.                 | AUSTRALIA      | English-100 |     |  | G  |  |   |   |
| 2022-04-11 | 0900 | <b>The Cook And The Chef</b>            | Cooking With Grapes                 | Raise a toast to the glorious grape as Simon and Maggie celebrate with the fruit of the vine. In Maggie's Barossa kitchen, they showcase a range of savoury and sweet dishes cooked with whole grapes.   | AUSTRALIA      | English-100 |     |  | G  |  |   |   |
| 2022-04-11 | 0930 | <b>Classic Mary Berry</b>               | Classic Comebacks                   | Mary unleashes some of her classic favourites that have moved in and out of fashion, but still have a much loved stronghold including the classic prawn cocktail and Banoffee pie.                       | UNITED KINGDOM | English-100 |     |  | G  |  |   |   |
| 2022-04-11 | 1000 | <b>Rick Stein's Seafood Odyssey</b>     | America And Yorkshire               | Rick Stein has enjoyed his Seafood Odyssey, but as it draws to a close it's time for reflection. He is in America for the final leg, sharing barbecued seafood such as fried soft shell crab.            | UNITED KINGDOM | English-100 |     |  | PG |  |   |   |
| 2022-04-11 | 1030 | <b>Rick Stein's Far Eastern Odyssey</b> | Vietnam And Thailand                | Rick Stein's culinary journey continues as he travels down the Mekong River to Vietnam where the food is light and fresh, and prepared using lots of herbs.  | UNITED KINGDOM | English-100 | RPT |  | G  |  | Y |   |
| 2022-04-11 | 1140 | <b>The Cook Up With Adam Liaw</b>       | Farm To Table                       | Chef and host Colin Fassnidge and TV hosting extraordinaire Marc Fennell are creating their ultimate Farm to table dishes in The Cook Up kitchen with Adam.  | AUSTRALIA      | English-100 | RPT |  | PG |  | Y |   |
| 2022-04-11 | 1210 | <b>The Cook Up With Adam Liaw</b>       | Five-Ingredient Dinner              | Adam, Studio 10's roving reporter Daniel Doody and chef Jessie Singh are in the Cook Up Kitchen creating their ultimate five-ingredient dinner.  | AUSTRALIA      | English-100 | RPT |  | PG |  |   |   |
| 2022-04-11 | 1240 | <b>The Cook Up With Adam Liaw</b>       | Five-Minute Dinner                  | Dinner in five minutes? Say less! Adam and Delicious curators Phoebe Wood and Warren Mendes create their versions of a five-minute dinner in the Cook Up kitchen.  | AUSTRALIA      | English-100 | RPT |  | PG |  |   |   |
| 2022-04-11 | 1310 | <b>Lidia's Italy</b>                    | Lidia's Italy Series 4 Ep 15        | Lidia visits Liguria - a region known for its blue fish, tuna, and green vegetables. Join Lidia as she makes green beans, along with a beautiful tuna cooked Genoa-style with anchovies, and mushrooms.  | USA            | English-100 |     |  | G  |  |   |   |
| 2022-04-11 | 1335 | <b>Ainsley Eats The Streets</b>         | Istanbul                            | Istanbul is the city that bridges Europe and Asia but what does that mean for a traveller looking for great places to eat? Ainsley searches Istanbul for the mysterious cig kofta - a raw meatball dish. | UNITED KINGDOM | English-100 | RPT |  | G  |  | Y | Y |

|            |      |  |   |  |                |             |     |    |   |   |
|------------|------|--|---|--|----------------|-------------|-----|----|---|---|
| 2022-04-11 | 1430 | <b>Bake With Anna Olson</b>                    | Lemon Curd  | Fresh and sweet, creamy yet tart, lemon curd is a spread, a filling, and a topping. Anna starts with a stovetop method to make British-style lemon curd, then uses it to make a classic tart au citron.  | CANADA         | English-100 |     | G  |   |   |
| 2022-04-11 | 1500 | <b>Cook's Pantry With Matt Sinclair</b>        | Cook's Pantry With Matt Sinclair Series 2, The Ep 5   | Matt serves a delicious Moroccan lamb leg with cous cous stuffing, while Michael visits the Fresh Select Farm to cook up a broccoli farmers breakfast.   | AUSTRALIA      | English-100 |     | G  |   |   |
| 2022-04-11 | 1530 | <b>India Unplated</b>                          | Punjab  | Punjabi cuisine is notably one of the most popular cuisines around the world. In this episode, our hosts will introduce you to some delicious recipes starting with Dhaba style butter chicken by Adam.  | AUSTRALIA      | English-100 |     | G  | Y |   |
| 2022-04-11 | 1600 | <b>Mystery Diners</b>                          | Bad Credit  | 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 |
| 2022-04-11 | 1630 | <b>Choccywoccydoodah</b>                       | Upstairs, Downstairs                                  | It's all pomp and ceremony when chocolatier Tom makes the biggest and most extravagant of cakes for the Queen Charlotte Ball, where debutantes are presented to the cream of London society.             | UNITED KINGDOM | English-100 |     | PG |   |   |
| 2022-04-11 | 1700 | <b>My Market Kitchen</b>                       | My Market Kitchen Series 4 Ep 6                       | My Market Kitchen has a special episode today where Elena shows us her Thai Green Curry Paste, followed by using that paste in a Thai Green Curry.   | AUSTRALIA      |             |     | PG |   |   |
| 2022-04-11 | 1730 | <b>Come Dine With Me</b>                       | Stroud 5  | Tensions are rising high between the two women and it seems everyone is waiting to see if it will blow. It may be a battle of the risottos but Kate has a secret weapon that may help her win the £1000. | UNITED KINGDOM | English-100 |     | PG |   |   |
| 2022-04-11 | 1800 | <b>Come Dine With Me</b>                       | Glasgow 1   | This week's competitors are from in and around Glasgow where first to host is 38 year old, part time princess and full time hairdresser Jen.   | UNITED KINGDOM | English-100 |     | PG |   |   |
| 2022-04-11 | 1830 | <b>The Cook And The Chef</b>                   | Pheasants And Mushrooms                               | Maggie Beer, the cook who in so many ways defines regional cuisine, owes her success to what she describes as the 'audacity' to embark on a journey based on nothing more than an instinct to cook.      | AUSTRALIA      | English-100 |     | G  |   |   |
| 2022-04-11 | 1900 | <b>The Cook Up With Adam Liaw</b>              | Bittersweet   | Adam, ABC Radio Sydney host Simon Marnie and fashion designer and TV presenter Claudia Chan Shaw are whipping up some of their favourite bittersweet concoctions in the Cook Up kitchen.                 | AUSTRALIA      | English-100 |     | PG |   |   |
| 2022-04-11 | 1930 | <b>Rick Stein's Cornwall</b>                   | Rick Stein's Cornwall Series 2 Ep 1                   | Rick Stein launches his new series about his home county of Cornwall with a trip back in time to his early days running a nightclub in Padstow   | UNITED KINGDOM | English-100 |     | PG |   |   |
| 2022-04-11 | 2000 | <b>School Night Dinners</b>                    | Fridge Raid Breakfast Frittatas And Mac And Squeeze   | Nic and Ian knock up a nutritious breakfast that'll get your kids fed and ready for a day of school, featuring special guest: Dy Rupy from The Doctor's Kitchen.   | USA            | English-100 |     | PG |   |   |
| 2022-04-11 | 2030 | <b>Jamie &amp; Jimmy's Food Fight Club</b>     | Romesh Ranganathan                                    | Jamie and Jimmy kick off the new year with their first ever all-vegan menu and joining them for their (mis)adventures in the cafe is the straight man of comedy, Romesh Ranganathan.                     | UNITED KINGDOM | English-100 |     | PG |   |   |
| 2022-04-11 | 2130 | <b>Royal Recipes</b>                           | Royal Visits  | Michael Buerk and chef Paul Ainsworth re-imagine a dish served at a royal banquet to a grumpy Persian monarch in the early years of the 20th century.  | UNITED KINGDOM | English-100 |     | PG |   |   |
| 2022-04-11 | 2225 | <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 |   |
| 2022-04-11 | 2230 | <b>The Cook Up With Adam Liaw</b>              | Bittersweet   | Adam, ABC Radio Sydney host Simon Marnie and fashion designer and TV presenter Claudia Chan Shaw are whipping up some of their favourite bittersweet concoctions in the Cook Up kitchen.                 | AUSTRALIA      | English-100 |     | PG |   |   |
| 2022-04-11 | 2300 | <b>Destination Flavour Singapore</b>           | Destination Flavour Singapore Series 1 Ep 6           | Adam's in search of Singapore's best vegetable dishes. His journey kicks off with a very Singaporean breakfast at the Singapore Zoo. He demonstrates how to prepare a Hainanese breakfast favourite.     | AUSTRALIA      | English-100 | RPT | G  | Y |   |
| 2022-04-11 | 2330 | <b>Ready Steady Cook UK</b>                    | Ready Steady Cook UK Series 20 Ep 1                   | Chico and Kenzie swap reality TV for the real thing in the kitchen, as North Londoner Kenzie parades his food credentials against Chico's exotic mixture of North African cuisine.                       | UNITED KINGDOM | English-100 |     | G  |   |   |
| 2022-04-11 | 2420 | <b>Destination Flavour - Japan</b>             | Destination Flavour Japan Bitesize Series 1 Ep 6      | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.               | AUSTRALIA      | English-100 | RPT | G  | Y | Y |
| 2022-04-11 | 2430 | <b>The Cook And The Chef</b>                   | Pheasants And Mushrooms                               | Maggie Beer, the cook who in so many ways defines regional cuisine, owes her success to what she describes as the 'audacity' to embark on a journey based on nothing more than an instinct to cook.      | AUSTRALIA      | English-100 |     | G  |   |   |
| 2022-04-11 | 2500 | <b>School Night Dinners</b>                    | Fridge Raid Breakfast Frittatas And Mac And Squeeze   | Nic and Ian knock up a nutritious breakfast that'll get your kids fed and ready for a day of school, featuring special guest: Dy Rupy from The Doctor's Kitchen.   | USA            | English-100 |     | PG |   |   |
| 2022-04-11 | 2530 | <b>Jamie &amp; Jimmy's Food Fight Club</b>     | Romesh Ranganathan                                    | Jamie and Jimmy kick off the new year with their first ever all-vegan menu and joining them for their (mis)adventures in the cafe is the straight man of comedy, Romesh Ranganathan.                     | UNITED KINGDOM | English-100 |     | PG |   |   |
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|------------|------|--|---|--|----------------|-------------|-----|----|---|
| 2022-04-11 | 2725 | <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 |
| 2022-04-11 | 2730 | <b>Cook's Pantry With Matt Sinclair</b>        | Cook's Pantry With Matt Sinclair Series 2, The Ep 5   | Matt serves a delicious Moroccan lamb leg with cous cous stuffing, while Michael visits the Fresh Select Farm to cook up a broccoli farmers breakfast.   | AUSTRALIA      | English-100 |     | G  |   |
| 2022-04-11 | 2800 | <b>India Unplated</b>                          | Punjab  | Punjabi cuisine is notably one of the most popular cuisines around the world. In this episode, our hosts will introduce you to some delicious recipes starting with Dhaba style butter chicken by Adam.  | AUSTRALIA      | English-100 |     | G  | Y |
| 2022-04-11 | 2830 | <b>Mystery Diners</b>                          | Bad Credit  | 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 |
| 2022-04-12 | 0500 | <b>Choccywoccydoodah</b>                       | Upstairs, Downstairs                                  | It's all pomp and ceremony when chocolatier Tom makes the biggest and most extravagant of cakes for the Queen Charlotte Ball, where debutantes are presented to the cream of London society.             | UNITED KINGDOM | English-100 |     | PG |   |
| 2022-04-12 | 0530 | <b>My Market Kitchen</b>                       | My Market Kitchen Series 4 Ep 6                       | My Market Kitchen has a special episode today where Elena shows us her Thai Green Curry Paste, followed by using that paste in a Thai Green Curry.   | AUSTRALIA      |             |     | PG |   |
| 2022-04-12 | 0600 | <b>Come Dine With Me</b>                       | Stroud 5  | Tensions are rising high between the two women and it seems everyone is waiting to see if it will blow. It may be a battle of the risottos but Kate has a secret weapon that may help her win the £1000. | UNITED KINGDOM | English-100 |     | PG |   |
| 2022-04-12 | 0630 | <b>Come Dine With Me</b>                       | Glasgow 1   | This week's competitors are from in and around Glasgow where first to host is 38 year old, part time princess and full time hairdresser Jen.   | UNITED KINGDOM | English-100 |     | PG |   |
| 2022-04-12 | 0700 | <b>The Cook And The Chef</b>                   | Pheasants And Mushrooms                               | Maggie Beer, the cook who in so many ways defines regional cuisine, owes her success to what she describes as the 'audacity' to embark on a journey based on nothing more than an instinct to cook.      | AUSTRALIA      | English-100 |     | G  |   |
| 2022-04-12 | 0730 | <b>Jamie &amp; Jimmy's Food Fight Club</b>     | Romesh Ranganathan                                    | Jamie and Jimmy kick off the new year with their first ever all-vegan menu and joining them for their (mis)adventures in the cafe is the straight man of comedy, Romesh Ranganathan.                     | UNITED KINGDOM | English-100 |     | PG |   |
| 2022-04-12 | 0830 | <b>Royal Recipes</b>                           | Royal Visits  | Michael Buerk and chef Paul Ainsworth re-imagine a dish served at a royal banquet to a grumpy Persian monarch in the early years of the 20th century.  | UNITED KINGDOM | English-100 |     | PG |   |
| 2022-04-12 | 0925 | <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 |
| 2022-04-12 | 0930 | <b>Rick Stein's Cornwall</b>                   | Rick Stein's Cornwall Series 2 Ep 1                   | Rick Stein launches his new series about his home county of Cornwall with a trip back in time to his early days running a nightclub in Padstow   | UNITED KINGDOM | English-100 |     | PG |   |
| 2022-04-12 | 1000 | <b>School Night Dinners</b>                    | Fridge Raid Breakfast Frittatas And Mac And Squeeze   | Nic and Ian knock up a nutritious breakfast that'll get your kids fed and ready for a day of school, featuring special guest: Dy Rupy from The Doctor's Kitchen.   | USA            | English-100 |     | PG |   |
| 2022-04-12 | 1030 | <b>The Cook Up With Adam Liaw</b>              | Bittersweet   | Adam, ABC Radio Sydney host Simon Marnie and fashion designer and TV presenter Claudia Chan Shaw are whipping up some of their favourite bittersweet concoctions in the Cook Up kitchen.                 | AUSTRALIA      | English-100 |     | PG |   |
| 2022-04-12 | 1100 | <b>My Market Kitchen</b>                       | My Market Kitchen Series 4 Ep 6                       | My Market Kitchen has a special episode today where Elena shows us her Thai Green Curry Paste, followed by using that paste in a Thai Green Curry.   | AUSTRALIA      |             |     | PG |   |
| 2022-04-12 | 1130 | <b>Come Dine With Me</b>                       | Stroud 5  | Tensions are rising high between the two women and it seems everyone is waiting to see if it will blow. It may be a battle of the risottos but Kate has a secret weapon that may help her win the £1000. | UNITED KINGDOM | English-100 |     | PG |   |
| 2022-04-12 | 1200 | <b>Come Dine With Me</b>                       | Glasgow 1   | This week's competitors are from in and around Glasgow where first to host is 38 year old, part time princess and full time hairdresser Jen.   | UNITED KINGDOM | English-100 |     | PG |   |
| 2022-04-12 | 1230 | <b>The Cook And The Chef</b>                   | Pheasants And Mushrooms                               | Maggie Beer, the cook who in so many ways defines regional cuisine, owes her success to what she describes as the 'audacity' to embark on a journey based on nothing more than an instinct to cook.      | AUSTRALIA      | English-100 |     | G  |   |
| 2022-04-12 | 1300 | <b>Lidia's Italy</b>                           | Lidia's Italy Series 4 Ep 16                          | Lidia travels to Liguria - a region known for their use of nuts. Join her as she creates a German potato salad with pancetta in a puckery dressing. She also makes a fresh spinach salad with pine nuts. | USA            | English-100 |     | G  |   |
| 2022-04-12 | 1330 | <b>Ainsley Eats The Streets</b>                | Barbados  | Ainsley visits Barbados, and ventures off the beaten track in search of local delicacies. He prepares roti on the beach, fries fish cakes at a roadside stall, and spices up a mango salad.              | UNITED KINGDOM | English-100 | RPT | G  | Y |

|            |      |   |  |  |                |             |     |    |   |   |
|------------|------|---|--|--|----------------|-------------|-----|----|---|---|
| 2022-04-12 | 1425 | <b>Destination Flavour Scandinavia Bitesize</b> | Destination Flavour Scandinavia Bitesize Series 1 Ep 1 | Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.  | AUSTRALIA      | English-100 | RPT | G  | Y |   |
| 2022-04-12 | 1430 | <b>Bake With Anna Olson</b>                     | Drop Cookies   | Anna creates a variety of drop cookies, popular with kids and grown-up kids. She starts with everybody's favourite - the classic chocolate chip cookie.  | CANADA         | English-100 |     | G  |   |   |
| 2022-04-12 | 1500 | <b>Cook's Pantry With Matt Sinclair</b>         | Cook's Pantry With Matt Sinclair Series 2, The Ep 6    | Matt bakes a sweet treat with his blackberry yoghurt muffins, while Michael shares a twist on an Italian classic with his couscous minestrone.   | AUSTRALIA      | English-100 |     | G  |   |   |
| 2022-04-12 | 1530 | <b>India Unplated</b>                           | Diwali   | This episode celebrates Diwali - a festival of lights and one of the major festivals celebrated in India, and no celebration in India is complete without food.  | AUSTRALIA      | English-100 |     | G  | Y |   |
| 2022-04-12 | 1600 | <b>Mystery Diners</b>                           | Deli Drama   | 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 |   |
| 2022-04-12 | 1630 | <b>Choccywoccydoodah</b>                        | Four Legged Friends                                    | As an animal lover, chocolatier Dave is in his element when he has to sculpt a pet menagerie for a cake for the press launch of a virtual game. Meanwhile, Ben creates a poodle inspired cake.           | UNITED KINGDOM | English-100 |     | PG |   |   |
| 2022-04-12 | 1700 | <b>My Market Kitchen</b>                        | My Market Kitchen Series 4 Ep 7                        | Elena starts us off with a breakfast 'Better-for-you' Bircher Muesli. Followed by a traditional Coconut Mussels dish from Khanh, then finished with a decadent Skillet Hotcake.                          | AUSTRALIA      |             |     | PG |   |   |
| 2022-04-12 | 1730 | <b>Come Dine With Me</b>                        | Glasgow 2  | This week's competitors are from in and around Glasgow where second to host is 32 year old, psychic medium Robert.   | UNITED KINGDOM | English-100 |     | PG |   |   |
| 2022-04-12 | 1800 | <b>Come Dine With Me</b>                        | Glasgow 3  | This week's competitors are from in and around Glasgow, where third to host is 24 year old, food vlogger, Darren.  | UNITED KINGDOM | English-100 |     | PG |   |   |
| 2022-04-12 | 1830 | <b>The Cook And The Chef</b>                    | Pumpkins And Hazelnuts                                 | Simon and Maggie celebrate new season pumpkins. As well as advising everyone to use that bit of spare space at home to grow them.  | AUSTRALIA      | English-100 |     | G  |   |   |
| 2022-04-12 | 1900 | <b>The Cook Up With Adam Liaw</b>               | Finger Lickin' Good                                    | Adam and guests TV Presenter Julia Zemiro and chef Morgan McGlone are whipping up some delicious dishes inspired by the American south.  | AUSTRALIA      | English-100 |     | PG |   |   |
| 2022-04-12 | 1930 | <b>Rick Stein's Cornwall</b>                    | Rick Stein's Cornwall Series 2 Ep 2                    | Rick Stein travels to St Ives to tell us about one of Britain's little-known artists, Alfred Wallis. In the shadow of Bodmin Moor Rick visits a very rare collection of Medieval stained-glass windows.  | UNITED KINGDOM | English-100 |     | PG |   |   |
| 2022-04-12 | 2000 | <b>Rick Stein's Cornish Christmas</b>           | Rick Stein's Cornish Christmas, Series 1 Ep 2          | In the second part of his Christmas special in Cornwall, Rick Stein and his chefs use local ingredients to create a Christmas banquet for all his Cornish friends, including the famous comedian Jethro. | UNITED KINGDOM | English-100 | RPT | G  | Y |   |
| 2022-04-12 | 2030 | <b>Adam Liaw's Road Trip For Good</b>           | Beechworth, Hay Valley & Batlow                        | Adam's journey continues to the Adelaide Hills in South Australia. Known for its avant-garde, cool climate wines, the region's winemakers are doing it tough.  | AUSTRALIA      | English-100 |     | PG | Y |   |
| 2022-04-12 | 2100 | <b>Lightened Up</b>                             | All About Noodles                                      | Who doesn't love a hot bowl of Ramen or a big plate of Pad Thai? These are dishes so many people love and crave but we don't realize how unhealthy they can be for us.                                   | USA            | English-100 |     | PG |   |   |
| 2022-04-12 | 2130 | <b>Royal Recipes</b>                            | Party Food   | Chef Paul Ainsworth impresses presenter Michael Buerk, on today's Royal Recipes, with a dish from the Queen's 80th birthday dinner.  | UNITED KINGDOM | English-100 |     | PG |   |   |
| 2022-04-12 | 2225 | <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 |   |
| 2022-04-12 | 2230 | <b>The Cook Up With Adam Liaw</b>               | Finger Lickin' Good                                    | Adam and guests TV Presenter Julia Zemiro and chef Morgan McGlone are whipping up some delicious dishes inspired by the American south.  | AUSTRALIA      | English-100 |     | PG |   |   |
| 2022-04-12 | 2300 | <b>Destination Flavour Singapore</b>            | Destination Flavour Singapore Series 1 Ep 7            | Adam's journey begins 70 floors above Singapore on the outskirts of the CBD, at the top of the Swissotel Stamford building, where he finds a modern French restaurant called Jaan.                       | AUSTRALIA      | English-100 | RPT | PG | Y |   |
| 2022-04-12 | 2330 | <b>Ready Steady Cook UK</b>                     | Ready Steady Cook UK Series 20 Ep 2                    | The best of Welsh cuisine takes on fine food from Norway as ITV weather presenter Sian Lloyd fights to outdo her friend, TV presenter Ingrid Tarrant.  | UNITED KINGDOM | English-100 |     | G  |   |   |
| 2022-04-12 | 2420 | <b>Destination Flavour - Japan</b>              | Destination Flavour Japan Bitesize Series 1 Ep 7       | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.               | AUSTRALIA      | English-100 | RPT | G  | Y | Y |

|            |      |  |   |  |                |             |     |    |   |
|------------|------|--|---|--|----------------|-------------|-----|----|---|
| 2022-04-12 | 2430 | <b>The Cook And The Chef</b>                   | Pumpkins And Hazelnuts                                | Simon and Maggie celebrate new season pumpkins. As well as advising everyone to use that bit of spare space at home to grow them.  | AUSTRALIA      | English-100 |     | G  |   |
| 2022-04-12 | 2500 | <b>Rick Stein's Cornish Christmas</b>          | Rick Stein's Cornish Christmas, Series 1 Ep 2         | In the second part of his Christmas special in Cornwall, Rick Stein and his chefs use local ingredients to create a Christmas banquet for all his Cornish friends, including the famous comedian Jethro. | UNITED KINGDOM | English-100 | RPT | G  | Y |
| 2022-04-12 | 2530 | <b>Adam Liaw's Road Trip For Good</b>          | Beechworth, Hay Valley & Batlow                       | Adam's journey continues to the Adelaide Hills in South Australia. Known for its avant-garde, cool climate wines, the region's winemakers are doing it tough.  | AUSTRALIA      | English-100 |     | PG | Y |
| 2022-04-12 | 2600 | <b>Lightened Up</b>                            | All About Noodles                                     | Who doesn't love a hot bowl of Ramen or a big plate of Pad Thai? These are dishes so many people love and crave but we don't realize how unhealthy they can be for us.                                   | USA            | English-100 |     | PG |   |
| 2022-04-12 | 2630 | <b>Royal Recipes</b>                           | Party Food  | Chef Paul Ainsworth impresses presenter Michael Buerk, on today's Royal Recipes, with a dish from the Queen's 80th birthday dinner.  | UNITED KINGDOM | English-100 |     | PG |   |
| 2022-04-12 | 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 |
| 2022-04-12 | 2730 | <b>Cook's Pantry With Matt Sinclair</b>        | Cook's Pantry With Matt Sinclair Series 2, The Ep 6   | Matt bakes a sweet treat with his blackberry yoghurt muffins, while Michael shares a twist on an Italian classic with his couscous minestrone.   | AUSTRALIA      | English-100 |     | G  |   |
| 2022-04-12 | 2800 | <b>India Unplated</b>                          | Diwali  | This episode celebrates Diwali - a festival of lights and one of the major festivals celebrated in India, and no celebration in India is complete without food.  | AUSTRALIA      | English-100 |     | G  | Y |
| 2022-04-12 | 2830 | <b>Mystery Diners</b>                          | Deli Drama  | 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 |
| 2022-04-13 | 0500 | <b>Choccywoccydoodah</b>                       | Four Legged Friends                                   | As an animal lover, chocolatier Dave is in his element when he has to sculpt a pet menagerie for a cake for the press launch of a virtual game. Meanwhile, Ben creates a poodle inspired cake.           | UNITED KINGDOM | English-100 |     | PG |   |
| 2022-04-13 | 0530 | <b>My Market Kitchen</b>                       | My Market Kitchen Series 4 Ep 7                       | Elena starts us off with a breakfast 'Better-for-you' Bircher Muesli. Followed by a traditional Coconut Mussels dish from Khanh, then finished with a decadent Skillet Hotcake.                          | AUSTRALIA      |             |     | PG |   |
| 2022-04-13 | 0600 | <b>Come Dine With Me</b>                       | Glasgow 2   | This week's competitors are from in and around Glasgow where second to host is 32 year old, psychic medium Robert.   | UNITED KINGDOM | English-100 |     | PG |   |
| 2022-04-13 | 0630 | <b>Come Dine With Me</b>                       | Glasgow 3   | This week's competitors are from in and around Glasgow, where third to host is 24 year old, food vlogger, Darren.  | UNITED KINGDOM | English-100 |     | PG |   |
| 2022-04-13 | 0700 | <b>The Cook And The Chef</b>                   | Pumpkins And Hazelnuts                                | Simon and Maggie celebrate new season pumpkins. As well as advising everyone to use that bit of spare space at home to grow them.  | AUSTRALIA      | English-100 |     | G  |   |
| 2022-04-13 | 0730 | <b>Adam Liaw's Road Trip For Good</b>          | Beechworth, Hay Valley & Batlow                       | Adam's journey continues to the Adelaide Hills in South Australia. Known for its avant-garde, cool climate wines, the region's winemakers are doing it tough.  | AUSTRALIA      | English-100 |     | PG | Y |
| 2022-04-13 | 0800 | <b>Lightened Up</b>                            | All About Noodles                                     | Who doesn't love a hot bowl of Ramen or a big plate of Pad Thai? These are dishes so many people love and crave but we don't realize how unhealthy they can be for us.                                   | USA            | English-100 |     | PG |   |
| 2022-04-13 | 0830 | <b>Royal Recipes</b>                           | Party Food  | Chef Paul Ainsworth impresses presenter Michael Buerk, on today's Royal Recipes, with a dish from the Queen's 80th birthday dinner.  | UNITED KINGDOM | English-100 |     | PG |   |
| 2022-04-13 | 0925 | <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 |
| 2022-04-13 | 0930 | <b>Rick Stein's Cornwall</b>                   | Rick Stein's Cornwall Series 2 Ep 2                   | Rick Stein travels to St Ives to tell us about one of Britain's little-known artists, Alfred Wallis. In the shadow of Bodmin Moor Rick visits a very rare collection of Medieval stained-glass windows.  | UNITED KINGDOM | English-100 |     | PG |   |
| 2022-04-13 | 1000 | <b>Rick Stein's Cornish Christmas</b>          | Rick Stein's Cornish Christmas, Series 1 Ep 2         | In the second part of his Christmas special in Cornwall, Rick Stein and his chefs use local ingredients to create a Christmas banquet for all his Cornish friends, including the famous comedian Jethro. | UNITED KINGDOM | English-100 | RPT | G  | Y |
| 2022-04-13 | 1030 | <b>The Cook Up With Adam Liaw</b>              | Finger Lickin' Good                                   | Adam and guests TV Presenter Julia Zemiro and chef Morgan McGlone are whipping up some delicious dishes inspired by the American south.  | AUSTRALIA      | English-100 |     | PG |   |





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|------------|------|--|---|---|----------------|-------------|-----|----|---|---|
| 2022-04-13 | 2130 | <b>Royal Recipes</b>                           | Great British Bounty                                  | In Royal Recipes today, presenter Michael Buerk and chef Paul Ainsworth discover a favourite dish of a 14th century king.   | UNITED KINGDOM | English-100 |     | PG |   |   |
| 2022-04-13 | 2225 | <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 |   |
| 2022-04-13 | 2230 | <b>The Cook Up With Adam Liaw</b>              | Great Outdoors, The                                   | Zero Waste expert Sarah Wilson and Three Blue Ducks owner and chef Mark LaBrooy join Adam in the Cook Up kitchen to create some dishes easy to make and take on your outdoor adventures.  | AUSTRALIA      | English-100 |     | PG |   |   |
| 2022-04-13 | 2300 | <b>Destination Flavour Singapore</b>           | Destination Flavour Singapore Series 1 Ep 8           | Adam Liaw discovers the sweeter side to Singapore's culinary scene, sampling everything from local hawker creations and homemade Peranakan kuehs, to restaurant dishes almost too beautiful to eat.   | AUSTRALIA      | English-100 | RPT | G  | Y |   |
| 2022-04-13 | 2330 | <b>Ready Steady Cook UK</b>                    | Ready Steady Cook UK Series 20 Ep 3                   | Hollyoaks actors Nicole Barber-Lane and Claire Cooper cook up a storm in the kitchen, with their on-screen mother-daughter rivalry.   | UNITED KINGDOM | English-100 |     | G  |   |   |
| 2022-04-13 | 2420 | <b>Destination Flavour - Japan</b>             | Destination Flavour Japan Bitesize Series 1 Ep 8      | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.  | AUSTRALIA      | English-100 | RPT | G  | Y | Y |
| 2022-04-13 | 2430 | <b>The Cook And The Chef</b>                   | Year Of The Pig                                       | It's the Chinese Year of the Pig, and Maggie and Simon are celebrating in the best way possible by sharing pork recipes.  | AUSTRALIA      | English-100 |     | G  |   |   |
| 2022-04-13 | 2500 | <b>Field Trip With Curtis Stone</b>            | Umbria  | Among medieval towns, dense forests, and winding cobblestone streets, a trip to Umbria finds Curtis chasing canine companions for black truffles and getting a tutorial from a master of porchetta.   | USA            | English-100 |     | PG |   | Y |
| 2022-04-13 | 2530 | <b>James Martin's American Adventure</b>       | New York  | James ends his epic, coast-to-coast exploration of the great US of A with a visit to one of his all-time favourite foodie hotspots: New York City.  | UNITED KINGDOM | English-100 |     | PG |   |   |
| 2022-04-13 | 2625 | <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 |   |
| 2022-04-13 | 2630 | <b>Royal Recipes</b>                           | Great British Bounty                                  | In Royal Recipes today, presenter Michael Buerk and chef Paul Ainsworth discover a favourite dish of a 14th century king.   | UNITED KINGDOM | English-100 |     | PG |   |   |
| 2022-04-13 | 2725 | <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 |   |
| 2022-04-13 | 2730 | <b>Cook's Pantry With Matt Sinclair</b>        | Cook's Pantry With Matt Sinclair Series 2, The Ep 7   | Matt spices things up with his chermoula spiced lamb meatballs with honey labne, while Courtney shares her simple and delicious tandoori chicken recipe.  | AUSTRALIA      | English-100 |     | G  |   |   |
| 2022-04-13 | 2800 | <b>India Unplated</b>                          | Rajasthan   | Known for its palaces, deserts, music, and people, Rajasthan is one of Indias most popular tourist destinations. Adam, Helly, and Sandeep explore some of the best recipes from Rajasthan.  | AUSTRALIA      | English-100 |     | G  | Y |   |
| 2022-04-13 | 2830 | <b>Mystery Diners</b>                          | Bowling For Dollars                                   | 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 |
| 2022-04-14 | 0500 | <b>Choccywoccydoodah</b>                       | Particular Passion, A                                 | The chocolatiers get into action by making two original and jaw-dropping wedding cakes. The first is modelled on a couple's beloved pet ginger pigs, and the second is plastered in bespoke teddy bears.                                    | UNITED KINGDOM | English-100 |     | PG |   |   |
| 2022-04-14 | 0530 | <b>My Market Kitchen</b>                       | My Market Kitchen Series 4 Ep 8                       | Elena shows us a Chilli Arrabbiata dish perfect for a mid-week dinner. Khanh then shows us his Mexican Shaking Beef, followed by a healthy take on a Cheesecake.  | AUSTRALIA      |             |     | PG |   |   |
| 2022-04-14 | 0600 | <b>Come Dine With Me</b>                       | Glasgow 4   | This week's competition is in and around the Glasgow area, where our fourth host is 28 year old, partnerships manager, Dorine.  | UNITED KINGDOM | English-100 |     | PG |   |   |
| 2022-04-14 | 0630 | <b>Come Dine With Me</b>                       | Glasgow 5   | Serving up the last meal of the week is Polish nail technician Kasia who hopes to scoop the grand with an evening of traditional Polish food – but she's got her work cut out to win over her guests after criticising their food all week. | UNITED KINGDOM | English-100 |     | PG |   |   |
| 2022-04-14 | 0700 | <b>The Cook And The Chef</b>                   | Year Of The Pig                                       | It's the Chinese Year of the Pig, and Maggie and Simon are celebrating in the best way possible by sharing pork recipes.  | AUSTRALIA      | English-100 |     | G  |   |   |

|            |      |   |  |   |                |             |     |    |   |   |
|------------|------|---|--|---|----------------|-------------|-----|----|---|---|
| 2022-04-14 | 0730 | <b>James Martin's American Adventure</b>        | New York   | James ends his epic, coast-to-coast exploration of the great US of A with a visit to one of his all-time favourite foodie hotspots: New York City.  | UNITED KINGDOM | English-100 |     | PG |   |   |
| 2022-04-14 | 0825 | <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 |   |
| 2022-04-14 | 0830 | <b>Royal Recipes</b>                            | Great British Bounty                                   | In Royal Recipes today, presenter Michael Buerk and chef Paul Ainsworth discover a favourite dish of a 14th century king.   | UNITED KINGDOM | English-100 |     | PG |   |   |
| 2022-04-14 | 0925 | <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 |   |
| 2022-04-14 | 0930 | <b>Rick Stein's Cornwall</b>                    | Rick Stein's Cornwall Series 2 Ep 3                    | Rick meets Springwatch presenter and biologist Gillian Burke who takes Rick on a walk through a rare habitat called an Atlantic Temperate Rainforest, on the banks of the Helford River.  | UNITED KINGDOM | English-100 |     | PG |   |   |
| 2022-04-14 | 1000 | <b>Field Trip With Curtis Stone</b>             | Umbria   | Among medieval towns, dense forests, and winding cobblestone streets, a trip to Umbria finds Curtis chasing canine companions for black truffles and getting a tutorial from a master of porchetta.   | USA            | English-100 |     | PG |   | Y |
| 2022-04-14 | 1030 | <b>The Cook Up With Adam Liaw</b>               | Great Outdoors, The                                    | Zero Waste expert Sarah Wilson and Three Blue Ducks owner and chef Mark LaBrooy join Adam in the Cook Up kitchen to create some dishes easy to make and take on your outdoor adventures.  | AUSTRALIA      | English-100 |     | PG |   |   |
| 2022-04-14 | 1100 | <b>My Market Kitchen</b>                        | My Market Kitchen Series 4 Ep 8                        | Elena shows us a Chilli Arrabbiata dish perfect for a mid-week dinner. Khanh then shows us his Mexican Shaking Beef, followed by a healthy take on a Cheesecake.  | AUSTRALIA      |             |     | PG |   |   |
| 2022-04-14 | 1130 | <b>Come Dine With Me</b>                        | Glasgow 4  | This week's competition is in and around the Glasgow area, where our fourth host is 28 year old, partnerships manager, Dorine.  | UNITED KINGDOM | English-100 |     | PG |   |   |
| 2022-04-14 | 1200 | <b>Come Dine With Me</b>                        | Glasgow 5  | Serving up the last meal of the week is Polish nail technician Kasia who hopes to scoop the grand with an evening of traditional Polish food – but she's got her work cut out to win over her guests after criticising their food all week. | UNITED KINGDOM | English-100 |     | PG |   |   |
| 2022-04-14 | 1230 | <b>The Cook And The Chef</b>                    | Year Of The Pig  | It's the Chinese Year of the Pig, and Maggie and Simon are celebrating in the best way possible by sharing pork recipes.  | AUSTRALIA      | English-100 |     | G  |   |   |
| 2022-04-14 | 1300 | <b>Lidia's Italy</b>                            | Lidia's Italy Series 4 Ep 18                           | Lidia travels to Basilicata - a region known for its comfort and spice. Join her as she creates fiery maccheroni - pasta with breadcrumbs and pepperoncino - topped with pecorino and parsley.  | USA            | English-100 |     | G  |   |   |
| 2022-04-14 | 1330 | <b>Ainsley Eats The Streets</b>                 | Osaka  | Ainsley's world tour moves on to Osaka, Japan, birthplace of the sushi conveyor belt and the pot noodle. Ainsley prepares local pancake delicacy okonomiyaki, oyster tempura and udon noodles.  | UNITED KINGDOM | English-100 | RPT | G  | Y | Y |
| 2022-04-14 | 1425 | <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 |   |
| 2022-04-14 | 1430 | <b>Bake With Anna Olson</b>                     | Candied Orange Peel                                    | Anna begins by candying orange peel and then turning it into a confection - chocolate dipped orange peel. She then uses the candied peel as a key ingredient in a classic fruitcake.  | CANADA         | English-100 |     | G  |   |   |
| 2022-04-14 | 1500 | <b>Cook's Pantry With Matt Sinclair</b>         | Cook's Pantry With Matt Sinclair Series 2, The Ep 8    | Matt whips up some tasty chicken sausage rolls that are perfect for entertaining, as well as a white chocolate cheesecake with a dukkah crust.  | AUSTRALIA      | English-100 |     | G  |   |   |
| 2022-04-14 | 1530 | <b>India Unplated</b>                           | Madhya Pradesh   | Adam shares his famous Bhopali Lamb Korma followed by Sandeep's Bhutte ki Kees, a delicious corn porridge that is full of nutrition and flavour. The final recipe is Indrahari by Helly, a popular snack.                                   | AUSTRALIA      | English-100 |     | G  |   |   |
| 2022-04-14 | 1600 | <b>Mystery Diners</b>                           | Very Bad Bosses  | 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 |
| 2022-04-14 | 1630 | <b>Choccywoccydoodah</b>                        | Sight To Be Seen, A                                    | The intrepid chocolatiers head to London with a cake that celebrates ten years of the Trafalgar Hotel, a favourite celebrity haunt. Napoleon is immortalised in chocolate for a surprise birthday treat.                                    | UNITED KINGDOM | English-100 |     | PG |   |   |
| 2022-04-14 | 1700 | <b>My Market Kitchen</b>                        | My Market Kitchen Series 4 Ep 9                        | On My Market Kitchen today Khanh shows Elena his mum's Crispy Fried Chicken Ribs. Then a healthy Protein Banana Bread and Super Salad from each host.   | AUSTRALIA      |             |     | PG |   |   |

|            |      |  |   |   |                |             |     |    |   |   |
|------------|------|--|---|---|----------------|-------------|-----|----|---|---|
| 2022-04-14 | 1730 | <b>Come Dine With Me</b>                       | Edinburgh 1   | This week's competitors are from Edinburgh and the first to host is property manager and law student, Sharon who's gone for a culinary nod to her Australasian travels complete with a didgeridoo for good measure.           | UNITED KINGDOM | English-100 |     | PG |   |   |
| 2022-04-14 | 1800 | <b>Come Dine With Me</b>                       | Edinburgh 2   | This week's competitors are from in and around Edinburgh, where second host of the week, management consultant, Anthony is putting his money where his mouth is and providing fine food which has all been made from scratch. | UNITED KINGDOM | English-100 |     | PG |   |   |
| 2022-04-14 | 1830 | <b>The Cook And The Chef</b>                   | Middle Eastern Cuisine                                | Maggie and Simon's culinary worlds meet in the middle, the Middle East. Both our cook and chef have been greatly influenced by the cuisine from this ancient land and are eager to share it with us.                          | AUSTRALIA      | English-100 |     | G  |   |   |
| 2022-04-14 | 1900 | <b>The Cook Up With Adam Liaw</b>              | Shortcuts   | The first ever winner of MasterChef Julie Goodwin and comedian extraordinaire Aaron Chen are in the Cook Up kitchen with Adam to whip up some easy recipes that use shortcuts.  | AUSTRALIA      | English-100 |     | PG |   |   |
| 2022-04-14 | 1930 | <b>Rick Stein's Cornwall</b>                   | Rick Stein's Cornwall Series 2 Ep 4                   | Cornwall has more than its fair share of folktales. Perhaps the most famous is found near Land's End, where Rick recounts the tale of the Mermaid of Zennor.  | UNITED KINGDOM | English-100 |     | PG |   |   |
| 2022-04-14 | 2000 | <b>Nigellissima</b>                            | Nigellissima Series 1 Ep 2                            | Nigella Lawson's mission to show how easy it is to bring the spirit of Italy into the kitchen continues as she shares the secrets of her celebratory Italian roast chicken.   | UNITED KINGDOM | English-100 | RPT | G  | Y |   |
| 2022-04-14 | 2030 | <b>Gordon Ramsay Uncharted</b>                 | Sumatra's Stunning Highlands                          | Chef Gordon Ramsay's quest to master the world's most fascinating cuisines lands him on the Indonesian island of Sumatra where he risks his safety and his pride to acquire the ingredients he needs.                         | UNITED KINGDOM | English-100 |     | PG |   |   |
| 2022-04-14 | 2125 | <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 |   |
| 2022-04-14 | 2130 | <b>Royal Recipes</b>                           | Extravagance  | Today on Royal Recipes, presenter Michael Buerk and chef Paul Ainsworth recreate a dish served at one of the most lavish royal banquets of all time.  | UNITED KINGDOM | English-100 |     | PG |   |   |
| 2022-04-14 | 2225 | <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 |   |
| 2022-04-14 | 2230 | <b>The Cook Up With Adam Liaw</b>              | Shortcuts   | The first ever winner of MasterChef Julie Goodwin and comedian extraordinaire Aaron Chen are in the Cook Up kitchen with Adam to whip up some easy recipes that use shortcuts.  | AUSTRALIA      | English-100 |     | PG |   |   |
| 2022-04-14 | 2300 | <b>Destination Flavour Singapore</b>           | Destination Flavour Singapore Series 1 Ep 9           | In the final episode, Adam gathers what he's learned over the past few weeks to serve up an impressive five course banquet dinner to some distinguished guests, one of whom is his mother.                                    | AUSTRALIA      | English-100 | RPT | G  | Y |   |
| 2022-04-14 | 2330 | <b>Ready Steady Cook UK</b>                    | Ready Steady Cook UK Series 20 Ep 4                   | TV showbiz correspondent Sharon Marshall and soap star critic Alison Hammond may be best friends off screen, but they're taking no prisoners today in the kitchen.  | UNITED KINGDOM | English-100 |     | G  |   |   |
| 2022-04-14 | 2420 | <b>Destination Flavour - Japan</b>             | Destination Flavour Japan Bitesize Series 1 Ep 9      | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.                                    | AUSTRALIA      | English-100 | RPT | G  | Y | Y |
| 2022-04-14 | 2430 | <b>The Cook And The Chef</b>                   | Middle Eastern Cuisine                                | Maggie and Simon's culinary worlds meet in the middle, the Middle East. Both our cook and chef have been greatly influenced by the cuisine from this ancient land and are eager to share it with us.                          | AUSTRALIA      | English-100 |     | G  |   |   |
| 2022-04-14 | 2500 | <b>Nigellissima</b>                            | Nigellissima Series 1 Ep 2                            | Nigella Lawson's mission to show how easy it is to bring the spirit of Italy into the kitchen continues as she shares the secrets of her celebratory Italian roast chicken.   | UNITED KINGDOM | English-100 | RPT | G  | Y |   |
| 2022-04-14 | 2530 | <b>Gordon Ramsay Uncharted</b>                 | Sumatra's Stunning Highlands                          | Chef Gordon Ramsay's quest to master the world's most fascinating cuisines lands him on the Indonesian island of Sumatra where he risks his safety and his pride to acquire the ingredients he needs.                         | UNITED KINGDOM | English-100 |     | PG |   |   |
| 2022-04-14 | 2625 | <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 |   |
| 2022-04-14 | 2630 | <b>Royal Recipes</b>                           | Extravagance  | Today on Royal Recipes, presenter Michael Buerk and chef Paul Ainsworth recreate a dish served at one of the most lavish royal banquets of all time.  | UNITED KINGDOM | English-100 |     | PG |   |   |
| 2022-04-14 | 2725 | <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 |   |

|            |      |  |   |   |                |             |     |    |   |
|------------|------|--|---|---|----------------|-------------|-----|----|---|
| 2022-04-14 | 2730 | <b>Cook's Pantry With Matt Sinclair</b>        | Cook's Pantry With Matt Sinclair Series 2, The Ep 8   | Matt whips up some tasty chicken sausage rolls that are perfect for entertaining, as well as a white chocolate cheesecake with a dukkah crust.  | AUSTRALIA      | English-100 |     | G  |   |
| 2022-04-14 | 2800 | <b>India Unplated</b>                          | Madhya Pradesh  | Adam shares his famous Bhopali Lamb Korma followed by Sandeep's Bhutte ki Kees, a delicious corn porridge that is full of nutrition and flavour. The final recipe is Indrahar by Helly, a popular snack.                      | AUSTRALIA      | English-100 |     | G  |   |
| 2022-04-14 | 2830 | <b>Mystery Diners</b>                          | Very Bad Bosses                                       | 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 |
| 2022-04-15 | 0500 | <b>Choccywoccydoodah</b>                       | Sight To Be Seen, A                                   | The intrepid chocolatiers head to London with a cake that celebrates ten years of the Trafalgar Hotel, a favourite celebrity haunt. Napoleon is immortalised in chocolate for a surprise birthday treat.                      | UNITED KINGDOM | English-100 |     | PG |   |
| 2022-04-15 | 0530 | <b>My Market Kitchen</b>                       | My Market Kitchen Series 4 Ep 9                       | On My Market Kitchen today Khanh shows Elena his mum's Crispy Fried Chicken Ribs. Then a healthy Protein Banana Bread and Super Salad from each host.   | AUSTRALIA      |             |     | PG |   |
| 2022-04-15 | 0600 | <b>Come Dine With Me</b>                       | Edinburgh 1   | This week's competitors are from Edinburgh and the first to host is property manager and law student, Sharon who's gone for a culinary nod to her Australasian travels complete with a didgeridoo for good measure.           | UNITED KINGDOM | English-100 |     | PG |   |
| 2022-04-15 | 0630 | <b>Come Dine With Me</b>                       | Edinburgh 2   | This week's competitors are from in and around Edinburgh, where second host of the week, management consultant, Anthony is putting his money where his mouth is and providing fine food which has all been made from scratch. | UNITED KINGDOM | English-100 |     | PG |   |
| 2022-04-15 | 0700 | <b>The Cook And The Chef</b>                   | Middle Eastern Cuisine                                | Maggie and Simon's culinary worlds meet in the middle, the Middle East. Both our cook and chef have been greatly influenced by the cuisine from this ancient land and are eager to share it with us.                          | AUSTRALIA      | English-100 |     | G  |   |
| 2022-04-15 | 0730 | <b>Gordon Ramsay Uncharted</b>                 | Sumatra's Stunning Highlands                          | Chef Gordon Ramsay's quest to master the world's most fascinating cuisines lands him on the Indonesian island of Sumatra where he risks his safety and his pride to acquire the ingredients he needs.                         | UNITED KINGDOM | English-100 |     | PG |   |
| 2022-04-15 | 0825 | <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 |
| 2022-04-15 | 0830 | <b>Royal Recipes</b>                           | Extravagance  | Today on Royal Recipes, presenter Michael Buerk and chef Paul Ainsworth recreate a dish served at one of the most lavish royal banquets of all time.  | UNITED KINGDOM | English-100 |     | PG |   |
| 2022-04-15 | 0925 | <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 |
| 2022-04-15 | 0930 | <b>Rick Stein's Cornwall</b>                   | Rick Stein's Cornwall Series 2 Ep 4                   | Cornwall has more than its fair share of folktales. Perhaps the most famous is found near Land's End, where Rick recounts the tale of the Mermaid of Zennor.  | UNITED KINGDOM | English-100 |     | PG |   |
| 2022-04-15 | 1000 | <b>Nigellissima</b>                            | Nigellissima Series 1 Ep 2                            | Nigella Lawson's mission to show how easy it is to bring the spirit of Italy into the kitchen continues as she shares the secrets of her celebratory Italian roast chicken.   | UNITED KINGDOM | English-100 | RPT | G  | Y |
| 2022-04-15 | 1030 | <b>The Cook Up With Adam Liaw</b>              | Shortcuts   | The first ever winner of MasterChef Julie Goodwin and comedian extraordinaire Aaron Chen are in the Cook Up kitchen with Adam to whip up some easy recipes that use shortcuts.  | AUSTRALIA      | English-100 |     | PG |   |
| 2022-04-15 | 1100 | <b>Hairy Bikers Chocolate Challenge</b>        | Hairy Bikers Chocolate Challenge Series 1 Ep 1        | Hairy Biker duo Si King and Dave Myers are giving seven creative chocolate fans the chance of a lifetime - the opportunity to create their very own chocolate bar that will be manufactured and sold.                         | UNITED KINGDOM | English-100 |     | G  |   |
| 2022-04-15 | 1155 | <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 |
| 2022-04-15 | 1200 | <b>Hairy Bikers Chocolate Challenge</b>        | Hairy Bikers Chocolate Challenge Series 1 Ep 2        | This week the first-time confectioners turn their hand to beautiful bon bons as master chocolatier and judge Ruth Hinks pushes their chocolate capabilities to the limit.   | UNITED KINGDOM | English-100 |     | G  |   |
| 2022-04-15 | 1255 | <b>Poh &amp; Co. Bitesize</b>                  | Poh & Co. Bitesize Series 2 Ep 7                      | Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.  | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2022-04-15 | 1300 | <b>Hairy Bikers Chocolate Challenge</b>        | Hairy Bikers Chocolate Challenge Series 1 Ep 3        | This week the confectioners are tasked with creating a supersize bar and mini bite-sized pieces full of bubbles, flakes and textures galore. With a place in the semi-final at stake the pressure is on.                      | UNITED KINGDOM | English-100 |     | G  |   |

|            |      |  |   |   |                |             |     |    |   |
|------------|------|--|---|---|----------------|-------------|-----|----|---|
| 2022-04-15 | 1355 | <b>Poh &amp; Co. Bitesize</b>                  | Poh & Co. Bitesize Series 2 Ep 8                      | Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.  | AUSTRALIA      | English-100 | RPT | G  | Y |
| 2022-04-15 | 1400 | <b>Hairy Bikers Chocolate Challenge</b>        | Hairy Bikers Chocolate Challenge Series 1 Ep 4        | The semi-final gets underway as the four remaining chocolatiers have to create a scrumptious Easter egg, choc-a-block full of treats. This is the first time that many of them have made an Easter egg!                       | UNITED KINGDOM | English-100 |     | PG |   |
| 2022-04-15 | 1455 | <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 |
| 2022-04-15 | 1500 | <b>Cook's Pantry With Matt Sinclair</b>        | Cook's Pantry With Matt Sinclair Series 2, The Ep 9   | MasterChef runner up Georgia Barnes joins Matt in the kitchen to create a delicate tuna tartare.  | AUSTRALIA      | English-100 |     | G  |   |
| 2022-04-15 | 1530 | <b>India Unplated</b>                          | Andhara Pradesh / Telangana                           | This episode starts with Adam's famous Hyderabadi Dum Biryani, followed by Sandeep's Pesarattu - eaten with curries and Helly's Dum Batair.   | AUSTRALIA      | English-100 |     | G  |   |
| 2022-04-15 | 1600 | <b>Mystery Diners</b>                          | Barrel Of Monkeys                                     | 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 |
| 2022-04-15 | 1630 | <b>Choccywoccydoodah</b>                       | Hitting The High Notes                                | Hitting the right note is what these chocolatiers do best. Tonight, they make two cakes that are stand out hits, to mark the anniversary of the Old Grey Whistle Test show and the Urban Music Awards.                        | UNITED KINGDOM | English-100 |     | G  |   |
| 2022-04-15 | 1700 | <b>My Market Kitchen</b>                       | My Market Kitchen Series 4 Ep 10                      | On My Market Kitchen today Khanh shows Elena his mum's Crispy Fried Chicken Ribs. Then a healthy Protein Banana Bread and Super Salad from each host.   | AUSTRALIA      |             |     | PG |   |
| 2022-04-15 | 1730 | <b>Come Dine With Me</b>                       | Edinburgh 3   | This week's competitors are from Edinburgh and the first to host is property manager and law student, Sharon who's gone for a culinary nod to her Australasian travels complete with a didgeridoo for good measure.           | UNITED KINGDOM | English-100 |     | PG |   |
| 2022-04-15 | 1800 | <b>Come Dine With Me</b>                       | Edinburgh 4   | This week's competitors are from in and around Edinburgh, where second host of the week, management consultant, Anthony is putting his money where his mouth is and providing fine food which has all been made from scratch. | UNITED KINGDOM | English-100 |     | PG |   |
| 2022-04-15 | 1830 | <b>The Cook And The Chef</b>                   | Hand Food   | How do you eat when you're on the go, wandering around a music festival or even working down a mineshaft? You need something you can eat with your hands.   | AUSTRALIA      | English-100 |     | G  |   |
| 2022-04-15 | 1900 | <b>The Cook Up With Adam Liaw</b>              | Snacks  | Who doesn't love a good filling and easy snack? Adam and guests, pastry chef Lauren Eldridge and TAFE student Kirsty Lea, are in the Cook Up kitchen to add some more go-to snacks to your list.                              | AUSTRALIA      | English-100 |     | PG |   |
| 2022-04-15 | 1930 | <b>Rick Stein's Cornwall</b>                   | Rick Stein's Cornwall Series 2 Ep 5                   | Following in the footsteps of one of his literary heroes, Rick roams the dramatic north Cornish coast to tell the story of one of Britain's best loved writers, Thomas Hardy, and his little-known love.                      | UNITED KINGDOM | English-100 |     | PG |   |
| 2022-04-15 | 2000 | <b>Eating Plants</b>                           | United Kingdom  | Celebrity host Lucy Watson explores why some of the UK's oldest traditions that have gone plant based. Discovering the vegan artistry behind milk, beer, pizzas and fine French pastry.                                       | AUSTRALIA      | English-100 |     | PG |   |
| 2022-04-15 | 2030 | <b>Paul Hollywood: A Baker's Life</b>          | Pork Pie, Donuts & Danish Pastries                    | Paul Hollywood looks back at his days as an apprentice baker in his dad's bakeries and takes us back to the exclusive hotels that gave him his big breaks.  | UNITED KINGDOM | English-100 |     | PG |   |
| 2022-04-15 | 2100 | <b>Donna Hay Everyday Fresh</b>                | Donna Hay Everyday Fresh Series 1 Ep 3                | Donna is making one of her favourite recipes, it's a light ricotta and kale gnocchi baked in a tomato and balsamic sauce. It's sure to become your new go-to dish full of green goodness.                                     | AUSTRALIA      | English-100 |     | G  |   |
| 2022-04-15 | 2130 | <b>Royal Recipes</b>                           | Royal Harvest   | In Royal Recipes today, presenter Michael Buerk and chef Paul Ainsworth re-imagine an unusual dish served at Prince Charles' 50th birthday party.   | UNITED KINGDOM | English-100 |     | PG |   |
| 2022-04-15 | 2225 | <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 |
| 2022-04-15 | 2230 | <b>The Cook Up With Adam Liaw</b>              | Snacks  | Who doesn't love a good filling and easy snack? Adam and guests, pastry chef Lauren Eldridge and TAFE student Kirsty Lea, are in the Cook Up kitchen to add some more go-to snacks to your list.                              | AUSTRALIA      | English-100 |     | PG |   |

|            |      |  |   |   |                |                            |     |    |   |   |
|------------|------|--|---|---|----------------|----------------------------|-----|----|---|---|
| 2022-04-15 | 2300 | <b>Destination Flavour China</b>               | Beijing   | Adam Liaw arrives in his Mum's home town of Beijing to begin a culinary, historical and personal journey through the ancient country of China.  |                | English-70;<br>Mandarin-30 | RPT | G  | Y | Y |
| 2022-04-15 | 2330 | <b>Ready Steady Cook UK</b>                    | Ready Steady Cook UK Series 20 Ep 5                   | From Strictly Come Dancing, top professionals Matthew Cutler and Ian Waite are deadly rivals on the dance floor, but who will be number one in the kitchen today?   | UNITED KINGDOM | English-100                |     | G  |   |   |
| 2022-04-15 | 2420 | <b>Destination Flavour - Japan</b>             | Destination Flavour Japan Bitesize Series 1 Ep 10     | Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.                                    | AUSTRALIA      | English-100                | RPT | G  | Y |   |
| 2022-04-15 | 2430 | <b>The Cook And The Chef</b>                   | Hand Food   | How do you eat when you're on the go, wandering around a music festival or even working down a mineshaft? You need something you can eat with your hands.   | AUSTRALIA      | English-100                |     | G  |   |   |
| 2022-04-15 | 2500 | <b>Eating Plants</b>                           | United Kingdom  | Celebrity host Lucy Watson explores why some of the UK's oldest traditions that have gone plant based. Discovering the vegan artistry behind milk, beer, pizzas and fine French pastry.                                       | AUSTRALIA      | English-100                |     | PG |   |   |
| 2022-04-15 | 2530 | <b>Paul Hollywood: A Baker's Life</b>          | Pork Pie, Donuts & Danish Pastries                    | Paul Hollywood looks back at his days as an apprentice baker in his dad's bakeries and takes us back to the exclusive hotels that gave him his big breaks.  | UNITED KINGDOM | English-100                |     | PG |   |   |
| 2022-04-15 | 2600 | <b>Donna Hay Everyday Fresh</b>                | Donna Hay Everyday Fresh Series 1 Ep 3                | Donna is making one of her favourite recipes, it's a light ricotta and kale gnocchi baked in a tomato and balsamic sauce. It's sure to become your new go-to dish full of green goodness.                                     | AUSTRALIA      | English-100                |     | G  |   |   |
| 2022-04-15 | 2630 | <b>Royal Recipes</b>                           | Royal Harvest   | In Royal Recipes today, presenter Michael Buerk and chef Paul Ainsworth re-imagine an unusual dish served at Prince Charles' 50th birthday party.   | UNITED KINGDOM | English-100                |     | PG |   |   |
| 2022-04-15 | 2725 | <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 |   |
| 2022-04-15 | 2730 | <b>Cook's Pantry With Matt Sinclair</b>        | Cook's Pantry With Matt Sinclair Series 2, The Ep 9   | MasterChef runner up Georgia Barnes joins Matt in the kitchen to create a delicate tuna tartare.  | AUSTRALIA      | English-100                |     | G  |   |   |
| 2022-04-15 | 2800 | <b>India Unplated</b>                          | Andhara Pradesh / Telangana                           | This episode starts with Adam's famous Hyderabadi Dum Biryani, followed by Sandeep's Pesarattu - eaten with curries and Helly's Dum Batair.   | AUSTRALIA      | English-100                |     | G  |   |   |
| 2022-04-15 | 2830 | <b>Mystery Diners</b>                          | Barrel Of Monkeys                                     | 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 |
| 2022-04-16 | 0500 | <b>Choccywoccydoodah</b>                       | Hitting The High Notes                                | Hitting the right note is what these chocolatiers do best. Tonight, they make two cakes that are stand out hits, to mark the anniversary of the Old Grey Whistle Test show and the Urban Music Awards.                        | UNITED KINGDOM | English-100                |     | G  |   |   |
| 2022-04-16 | 0530 | <b>My Market Kitchen</b>                       | My Market Kitchen Series 4 Ep 10                      | Today Khanh and Bel from Wine Selectors are back, showing us his Cheeseburger Spring rolls. Keep watching for a healthier twist with a Fruit, Beets and Radish salad and Haloumi and Figs salad recipe.                       | AUSTRALIA      |                            |     | PG |   |   |
| 2022-04-16 | 0600 | <b>Come Dine With Me</b>                       | Edinburgh 3   | This week's competitors are from Edinburgh and the first to host is property manager and law student, Sharon who's gone for a culinary nod to her Australasian travels complete with a didgeridoo for good measure.           | UNITED KINGDOM | English-100                |     | PG |   |   |
| 2022-04-16 | 0630 | <b>Come Dine With Me</b>                       | Edinburgh 4   | This week's competitors are from in and around Edinburgh, where second host of the week, management consultant, Anthony is putting his money where his mouth is and providing fine food which has all been made from scratch. | UNITED KINGDOM | English-100                |     | PG |   |   |
| 2022-04-16 | 0700 | <b>The Cook And The Chef</b>                   | Hand Food   | How do you eat when you're on the go, wandering around a music festival or even working down a mineshaft? You need something you can eat with your hands.   | AUSTRALIA      | English-100                |     | G  |   |   |
| 2022-04-16 | 0730 | <b>Paul Hollywood: A Baker's Life</b>          | Pork Pie, Donuts & Danish Pastries                    | Paul Hollywood looks back at his days as an apprentice baker in his dad's bakeries and takes us back to the exclusive hotels that gave him his big breaks.  | UNITED KINGDOM | English-100                |     | PG |   |   |
| 2022-04-16 | 0800 | <b>Donna Hay Everyday Fresh</b>                | Donna Hay Everyday Fresh Series 1 Ep 3                | Donna is making one of her favourite recipes, it's a light ricotta and kale gnocchi baked in a tomato and balsamic sauce. It's sure to become your new go-to dish full of green goodness.                                     | AUSTRALIA      | English-100                |     | G  |   |   |
| 2022-04-16 | 0830 | <b>Royal Recipes</b>                           | Royal Harvest   | In Royal Recipes today, presenter Michael Buerk and chef Paul Ainsworth re-imagine an unusual dish served at Prince Charles' 50th birthday party.   | UNITED KINGDOM | English-100                |     | PG |   |   |

|            |      |  |   |  |                |                           |     |    |   |   |
|------------|------|--|---|--|----------------|---------------------------|-----|----|---|---|
| 2022-04-16 | 0925 | <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 |   |
| 2022-04-16 | 0930 | <b>Rick Stein's Cornwall</b>                   | Rick Stein's Cornwall Series 2 Ep 5                   | Following in the footsteps of one of his literary heroes, Rick roams the dramatic north Cornish coast to tell the story of one of Britain's best loved writers, Thomas Hardy, and his little-known love. | UNITED KINGDOM | English-100               |     | PG |   |   |
| 2022-04-16 | 1000 | <b>Eating Plants</b>                           | United Kingdom  | Celebrity host Lucy Watson explores why some of the UK's oldest traditions that have gone plant based. Discovering the vegan artistry behind milk, beer, pizzas and fine French pastry.                  | AUSTRALIA      | English-100               |     | PG |   |   |
| 2022-04-16 | 1030 | <b>The Cook Up With Adam Liaw</b>              | Snacks  | Who doesn't love a good filling and easy snack? Adam and guests, pastry chef Lauren Eldridge and TAFE student Kirsty Lea, are in the Cook Up kitchen to add some more go-to snacks to your list.         | AUSTRALIA      | English-100               |     | PG |   |   |
| 2022-04-16 | 1100 | <b>Hairy Bikers Chocolate Challenge</b>        | Hairy Bikers Chocolate Challenge Series 1 Ep 5        | The final three chocolatiers embark on the ultimate chocolate challenge. First, they face a brutal knock out round where they have to create three different versions of their signature chocolate bar.  | UNITED KINGDOM | English-100               |     | G  |   |   |
| 2022-04-16 | 1155 | <b>Destination Flavour China Bitesize</b>      | Destination Flavour China Bitesize Series 1 Ep 1      | All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.  |                |                           | RPT | G  | Y | Y |
| 2022-04-16 | 1200 | <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  |   |   |
| 2022-04-16 | 1255 | <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 |   |
| 2022-04-16 | 1300 | <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  |   |   |
| 2022-04-16 | 1355 | <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 |   |
| 2022-04-16 | 1400 | <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  |   |   |
| 2022-04-16 | 1455 | <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 |   |
| 2022-04-16 | 1500 | <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  |   |   |
| 2022-04-16 | 1530 | <b>The Cook And The Chef</b>                   | Easter In Cooking                                     | It's Easter and Simon surprises Maggie with a chilli Easter Egg whipped up at work under the expert eyes of his pastry chefs. Maggie's no fan of chilli but Simon's determined to win her over.          | AUSTRALIA      | English-100               |     | G  |   |   |
| 2022-04-16 | 1600 | <b>Bake With Anna Olson</b>                    | Focaccia  | Focaccia is traditional flat-style Italian bread that can be prepared sweet or savoury. Anna begins with basic focaccia dough and makes aromatic rosemary and onion focaccia.                            | CANADA         | English-100               |     | G  |   |   |
| 2022-04-16 | 1630 | <b>Amazon Taste</b>                            | Oyster  | Thiago Castanho travels to the Pereru de Fatima community to learn more about the oysters of the 'Sao de Caetano de Odivelas' village and the oyster harvesting process.                                 | BRAZIL         | English-50; Portuguese-50 |     | PG |   | Y |
| 2022-04-16 | 1700 | <b>Amazon Taste</b>                            | Tucuma  | Thiago heads to Manaus, capital of the Brazilian state of Amazonas. For the inhabitants of Manaus, Tucuma is a fruit that is part of their routine from breakfast to dinner.                             | BRAZIL         | English-50; Portuguese-50 |     | G  |   | Y |
| 2022-04-16 | 1730 | <b>Cheese Slices</b>                           | Parmigiano / Reggiano                                 | Parmigiano Reggiano is the undisputed king of Italian cheese and is still made by hand the old fashioned way in giant copper cauldrons, in the beautiful countryside near Parma in Reggio Emilia.        | AUSTRALIA      | English-100               |     | G  |   |   |
| 2022-04-16 | 1800 | <b>Cheese Slices</b>                           | Percorino   | Pecorino is one of the most ancient of all European cheeses. Will explains the different types before travelling to Tuscany to visit the 'Il Forteto' dairy.   | AUSTRALIA      | English-100               |     | G  |   |   |
| 2022-04-16 | 1830 | <b>Hairy Bikers' Mississippi Adventure</b>     | Jazz  | The bikers are back in New Orleans, where Si tries to convince Dave to enjoy jazz. They also cook some classic local dishes such as jambalaya, and gumbo.  | UNITED KINGDOM | English-100               |     | PG |   |   |
| 2022-04-16 | 1925 | <b>Just Jen Bitesize</b>                       | Duck Prosciutto                                       | Feeling artsy, anxious or just plain hungry? Join Jen Phanomrat in the kitchen as she makes tasty recipes for the body and the home, that are great for all the feels.                                   | USA            | English-100               |     | PG |   |   |

|            |      |  |   |   |                |                           |     |  |   |    |   |
|------------|------|--|---|---|----------------|---------------------------|-----|--|---|----|---|
| 2022-04-16 | 1930 | <b>Made In Britain</b>                     | Made In Britain Series 1 Ep 1                       | Join John Prescott on his journey of discovery into the heart of the factories making some of the region's best loved foods on a massive scale including Whitaker's Chocolates and Heck! Sausages.      | UNITED KINGDOM | English-100               |     |  |   | G  |   |
| 2022-04-16 | 2025 | <b>Lightened Up Bitesize</b>               | Chicken (Not Pork) Katsu                            | Learn the tips and tricks you need to make a lighter version of chicken katsu.  | USA            | English-100               |     |  |   | G  |   |
| 2022-04-16 | 2030 | <b>Simply Raymond Blanc</b>                | Breakfast & Brunch                                  | The art of a perfect breakfast/brunch is in easy reach, especially when Raymond Blanc invites you to his breakfast bar! Gone are the days of smashed avocado (sorry Nigella).                           | UNITED KINGDOM | English-100               |     |  |   | PG |   |
| 2022-04-16 | 2130 | <b>Anthony Bourdain: Parts Unknown</b>     | Glasgow   | Tony visits one of his favourite cities in Europe, Glasgow. He makes his first stop at the Old College Bar for a pint and a chat about Glasgow's dark history, followed by a knife defence lesson.      | USA            | English-100               |     |  |   | PG |   |
| 2022-04-16 | 2220 | <b>Lightened Up Bitesize</b>               | Lumpia Shanghai (Spring Rolls) Fish Instead Of Pork | On Lightened Up Bitesize we make Lumpia Shanghai (Spring rolls) Fish instead of Pork, a lighter, healthier option.  | USA            | English-100               |     |  |   | PG |   |
| 2022-04-16 | 2230 | <b>Anthony Bourdain: Parts Unknown</b>     | South Korea   | Following a long absence, Tony travels to South Korea. In the ten years that have passed a lot has changed, the country is experiencing a stratospheric rise. He tries Kimchi and Korean fried chicken. | USA            | English-100               |     |  |   | PG | Y |
| 2022-04-16 | 2320 | <b>Destination Flavour China Bitesize</b>  | Destination Flavour China Bitesize Series 1 Ep 14   | All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.   |                |                           | RPT |  | G | Y  | Y |
| 2022-04-16 | 2330 | <b>Amazon Taste</b>                        | Oyster  | Thiago Castanho travels to the Pereru de Fatima community to learn more about the oysters of the 'Sao de Caetano de Odivelas' village and the oyster harvesting process.                                | BRAZIL         | English-50; Portuguese-50 |     |  |   | PG | Y |
| 2022-04-16 | 2400 | <b>Amazon Taste</b>                        | Tucuma  | Thiago heads to Manaus, capital of the Brazilian state of Amazonas. For the inhabitants of Manaus, Tucuma is a fruit that is part of their routine from breakfast to dinner.                            | BRAZIL         | English-50; Portuguese-50 |     |  |   | G  | Y |
| 2022-04-16 | 2430 | <b>Cheese Slices</b>                       | Parmigiano / Reggiano                               | Parmigiano Reggiano is the undisputed king of Italian cheese and is still made by hand the old fashioned way in giant copper cauldrons, in the beautiful countryside near Parma in Reggio Emilia.       | AUSTRALIA      | English-100               |     |  |   | G  |   |
| 2022-04-16 | 2500 | <b>Cheese Slices</b>                       | Percorino   | Pecorino is one of the most ancient of all European cheeses. Will explains the different types before travelling to Tuscany to visit the 'Il Forteto' dairy.  | AUSTRALIA      | English-100               |     |  |   | G  |   |
| 2022-04-16 | 2530 | <b>Hairy Bikers' Mississippi Adventure</b> | Jazz  | The bikers are back in New Orleans, where Si tries to convince Dave to enjoy jazz. They also cook some classic local dishes such as jambalaya, and gumbo.   | UNITED KINGDOM | English-100               |     |  |   | PG |   |
| 2022-04-16 | 2625 | <b>Just Jen Bitesize</b>                   | Duck Prosciutto                                     | Feeling artsy, anxious or just plain hungry? Join Jen Phanomrat in the kitchen as she makes tasty recipes for the body and the home, that are great for all the feels.                                  | USA            | English-100               |     |  |   | PG |   |
| 2022-04-16 | 2630 | <b>Made In Britain</b>                     | Made In Britain Series 1 Ep 1                       | Join John Prescott on his journey of discovery into the heart of the factories making some of the region's best loved foods on a massive scale including Whitaker's Chocolates and Heck! Sausages.      | UNITED KINGDOM | English-100               |     |  |   | G  |   |
| 2022-04-16 | 2725 | <b>Lightened Up Bitesize</b>               | Chicken (Not Pork) Katsu                            | Learn the tips and tricks you need to make a lighter version of chicken katsu.  | USA            | English-100               |     |  |   | G  |   |
| 2022-04-16 | 2730 | <b>Simply Raymond Blanc</b>                | Breakfast & Brunch                                  | The art of a perfect breakfast/brunch is in easy reach, especially when Raymond Blanc invites you to his breakfast bar! Gone are the days of smashed avocado (sorry Nigella).                           | UNITED KINGDOM | English-100               |     |  |   | PG |   |
| 2022-04-16 | 2830 | <b>The Cook And The Chef</b>               | Easter In Cooking                                   | It's Easter and Simon surprises Maggie with a chilli Easter Egg whipped up at work under the expert eyes of his pastry chefs. Maggie's no fan of chilli but Simon's determined to win her over.         | AUSTRALIA      | English-100               |     |  |   | G  |   |