



WEEK 16: Sunday, 16 April - Saturday, 22 April 2023 - ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2023-04-16	0500	A New Zealand Food Story	Whanganui	Ben goes hunting with All Black legend Glenn Osborne, who teaches Ben a thing or two about eels.	NEW ZEALAND	English-100		PG		
2023-04-16	0530	Ainsley's Good Mood Food	Grains And Pulses	Ainsley pays tribute to humble grains and pulses, making the most of their versatility and taste in all his dishes. First up is a sumptuous summery dish of pan-seared sardines with thyme-roasted vine.	UNITED KINGDOM	English-100		G		
2023-04-16	0625	Destination Flavour China Bitesize	Destination Flavour China Bitesize Series 1 Ep 2	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-04-16	0630	Best Of Britain With Ainsley And Grace	Aberdeen	Grace Dent and Ainsley Harriott explore the Scottish County of Aberdeenshire. They sample local langoustine and eat shortbread at the foot of a waterfall.	UNITED KINGDOM	English-100		G		
2023-04-16	0730	Jeremy Pang's Asian Kitchen	Restaurant Classics	Jeremy explores the dishes everyone has seen on Asian restaurant menus, but with a special twist, starting with crispy pork belly.	UNITED KINGDOM	English-100		PG		
2023-04-16	0830	Rick Stein's Cabin Fever	Rick Stein's Cabin Fever	A condensed look at Rick Stein's journey from Bordeaux to Marseille during the making of "Rick Stein's French Odyssey" including his favourite dishes along the route and behind-the-scenes DV footage.	UNITED KINGDOM	English-100		PG		
2023-04-16	0940	David Rocco's Dolce Homemade	Spices	Keeping family and traditions together through food. David and guest Isabelle Loiacono re-create recipes passed down from Isabelle's family recipe book and using her Nonna's tools from the 1940s.	CANADA	English-100		G		
2023-04-16	1005	A New Zealand Food Story	Southland	This week Ben is in Southland, where he visits the natural beauty of Granity Downs and tries to perfect the art of making cheese rolls.	NEW ZEALAND	English-100		PG		
2023-04-16	1035	Ainsley's Good Mood Food	Grains And Pulses	Ainsley pays tribute to humble grains and pulses, making the most of their versatility and taste in all his dishes. First up is a sumptuous summery dish of pan-seared sardines with thyme-roasted vine.	UNITED KINGDOM	English-100		G		
2023-04-16	1130	Best Of Britain With Ainsley And Grace	Aberdeen	Grace Dent and Ainsley Harriott explore the Scottish County of Aberdeenshire. They sample local langoustine and eat shortbread at the foot of a waterfall.	UNITED KINGDOM	English-100		G		
2023-04-16	1230	Jeremy Pang's Asian Kitchen	Restaurant Classics	Jeremy explores the dishes everyone has seen on Asian restaurant menus, but with a special twist, starting with crispy pork belly.	UNITED KINGDOM	English-100		PG		
2023-04-16	1330	A New Zealand Food Story	Whanganui	Ben goes hunting with All Black legend Glenn Osborne, who teaches Ben a thing or two about eels.	NEW ZEALAND	English-100		PG		

2023-04-16	1400	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 36	If you want dinner in 20 minutes, Adam, owner of Bella Bruta Luke Powell, and owner of Jeow Thi Li have got you covered.	AUSTRALIA	English-100	RPT	PG	
2023-04-16	1430	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 37	Two top chefs, Always Add Lemon author Danielle Alvarez, and Lankan Filling Station's O Tama Carey, join Adam to make top shelf snacks. It'll be tops!	AUSTRALIA	English-100	RPT	PG	
2023-04-16	1500	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 38	Beloved "Ready, Steady, Cook" star Janelle Bloom, and pie king Ray Capaldi join Adam to serve up their delicious versions of the classic Aussie favourite: pies!	AUSTRALIA	English-100	RPT	PG	
2023-04-16	1530	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 39	TV presenter and writer Myf Warhurst, and Attica founder Ben Shewry join Adam to dish up the dinners they like to cook at home.	AUSTRALIA	English-100	RPT	PG	
2023-04-16	1600	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 40	Adam, comedian Jennifer Wong and restaurateur Sammy Jakubiak are making some deli delights.	AUSTRALIA	English-100		PG	
2023-04-16	1630	Jamie's American Road Trip	Wyoming	Jamie heads to Wyoming where he visits a rodeo before heading into the wilds upstate to see if he can cut it living and working on a real American ranch, and cooking for proper cowboys.	UNITED KINGDOM	English-100		PG	Y
2023-04-16	1725	Destination Flavour Down Under Bitesize	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
2023-04-16	1730	This Is Mexico	This Is Mexico Series 1 Ep 2	Ever wonder how tequila is made? Follow Gerardo Lopez as he takes you on a tour of the traditional process of making tequila, plus explore the contrasting food scenes of Guadalajara.	AUSTRALIA	English-100		G	
2023-04-16	1800	Mary Makes It Easy	Holiday Hang	Mary shares all the recipes you need to host a fantastic holiday hang: baked camembert, peppercorn beef, mashed potatoes and onion gravy.	CANADA	English-100		G	
2023-04-16	1830	Food Chain: From Source To Table	Wake Up Call Diet	Our eating habits can have deadly consequences. Does our overconsumption of meat result in animal farms that are hotbeds for new diseases? And what does it take to change the way we eat?	SINGAPORE	English-100		PG	Y
2023-04-16	1930	Bobby & Giada In Italy	Medieval Hamlet, A	Bobby Flay and Giada De Laurentiis drive to the countryside of Tuscany for the second leg of their Italian adventure. Here it's all about exploring the local food and traditions.	USA	English-100		G	Y
2023-04-16	2030	Rick Stein's Long Weekends	Thessaloniki	Rick's off to the North-eastern Greek city of Thessaloniki, nestling on the northern shores of the Aegean Sea. The city is revered as the gourmet capital of Greece.	UNITED KINGDOM	English-100		PG	
2023-04-16	2140	Anthony Bourdain: No Reservations	Las Vegas	On assignment and with deadline looming for a major food magazine, Tony's got four days to cover the very best of the new chef-centric Las Vegas.	USA	English-100		PG	
2023-04-16	2235	Anthony Bourdain: Parts Unknown	Sichuan	Tony brings his pal, dear friend, muse, and Michelin star chef friend Eric Ripert along for the ride. It is Eric's first time to Sichuan and China as a whole, so everything is new to him.	USA	English-100		PG	Y
2023-04-16	2330	Nadiya's Time To Eat	Easy End Of Days	Nadiya shares her favourite time-saving recipes to ensure an easy end to a hectic day, starting with a bright and zingy beetroot pasta, cooked in under fifteen minutes!	UNITED KINGDOM	English-100		PG	

2023-04-16	2400	Nadiya's Time To Eat	Impress In An Instant	Nadiya shares her favourite time-saving recipes to take the stress out of impressing guests, from luxurious raspberry cheesecake croissants to a speedy satay chicken tray bake.	UNITED KINGDOM	English-100		G	
2023-04-16	2430	Nadiya's Time To Eat	Reliable Regulars	Nadiya shares her tried and tested go to recipes she can rely on when she hasn't got the energy to cook anything complicated - a deliciously naughty french toast.	UNITED KINGDOM	English-100		G	
2023-04-16	2500	Nadiya's Time To Eat	Sweet And Easy	Nadiya shares her favourite recipes for when she wants to whip up something sweet, delicious, and deceptively simple. Learn how to make time-saving giant cookies, nutty baklava and birthday cakes!	UNITED KINGDOM	English-100		G	
2023-04-16	2530	Nadiya's Time To Eat	Nadiya's Summer Feasts, Special	Nadiya fires up the BBQ and cooks a delicious leg of lamb with sticky rhubarb glaze, alongside zingy kiwi and feta salad, fresh and fragrant edamame wild rice, and a spectacular glazed bread.	UNITED KINGDOM	English-100		G	
2023-04-16	2600	Nadiya's Everyday Baking	Afternoon Tea	Nadiya Hussain shares her take on British afternoon tea: a traditional coffee cake with dalgona coffee cream, meringue lollipops, butterscotch cheesecake bars, and cardamom infused scones.	UNITED KINGDOM	English-100		G	
2023-04-16	2630	Nadiya's Everyday Baking	Speedy Bakes	Nadiya shares the speediest of her scrumptious recipes: snickerdoodles, marbled strawberry and chocolate ice cream cake, and a zingy cod and coconut noodle broth.	UNITED KINGDOM	English-100		G	
2023-04-16	2700	Nadiya's Everyday Baking	Easy Roasts	Nadiya offers up her favourite go-to roasts, starting with roast chicken packed with kimchi on a bed of buttery miso. Nadiya then transforms the humble onion into the star of a mouth-watering curry.	UNITED KINGDOM	English-100		G	
2023-04-16	2730	Nadiya's Everyday Baking	Family Bakes	Nadiya shares go-to family bakes that are fool proof and delicious: triple stack tandoori naan sarnie, Mexican one pot, and chocolate cookie pie!	UNITED KINGDOM	English-100		G	
2023-04-16	2800	Nadiya's Everyday Baking	Weekend Breakfasts	Nadiya presents the very best weekend breakfasts: delectable granola cupcakes, a kiwi, mint and spinach smoothie, and sweet breakfast wraps.	UNITED KINGDOM	English-100		G	
2023-04-16	2830	Nadiya's Everyday Baking	Easy Celebrations	Nadiya goes all out and shares her effortless celebratory bakes! She gets the party started with Louisiana Seafood Boil, babka, and meringue cake.	UNITED KINGDOM	English-100		PG	
2023-04-17	0500	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 36	If you want dinner in 20 minutes, Adam, owner of Bella Bruta Luke Powell, and owner of Jeow Thi Li have got you covered.	AUSTRALIA	English-100	RPT	PG	
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2023-04-17	1125	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 3	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	RPT	G	Y
2023-04-17	1130	Rick Stein's Long Weekends	Thessaloniki	Rick's off to the North-eastern Greek city of Thessaloniki, nesting on the northern shores of the Aegean Sea. The city is revered as the gourmet capital of Greece.	UNITED KINGDOM	English-100		PG	
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2023-04-17	1335	Lidia's Italy	Lidia's Italy Series 4 Ep 8	Lidia travels up to the beautiful hills of Calabria. Join her as she demonstrates what a true shepherd's meal is with rigatoni alla pastora - a simple pasta dish made with sausage and ricotta cheese.	USA	English-100		G	
2023-04-17	1400	Flour Power	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	
2023-04-17	1430	The Chefs' Line	Italian	Watch apprentice chef Giorgia from legendary hatted Italian restaurant Sotto Sopra go up against four passionate home cooks in a classic eggplant parmigiana battle.	AUSTRALIA	English-100	RPT	G	Y
2023-04-17	1500	The Chefs' Line	Italian	Watch station chef Flavia from legendary hatted Italian restaurant Sotto Sopra go up against three passionate home cooks in the ultimate Carpaccio challenge.	AUSTRALIA	English-100	RPT	G	Y
2023-04-17	1530	Food Markets: In The Belly Of	Cork - English Market	Ireland's third-largest city has one of Northern Europe's market gems: The English Market. It supplied high-quality food to the rich English families differently to the Irish market.	FRANCE	English-100	RPT	PG	Y
2023-04-17	1630	Barefoot Contessa: Back To Basics	Farmstand	It is all about farm-to-table cooking for Ina Garten's spring feast, inspired by the farmstand, including a rosemary rack of lamb with easy tzatziki and a Tuscan-style tomato and bread salad.	USA	English-100		G	

2023-04-17	1700	My Market Kitchen	My Market Kitchen Series 5 Ep 46	Ben channels his Hawaiian spirit with haloumi, pineapple and prawn skewers.	AUSTRALIA	English-100		PG		
2023-04-17	1730	Taste Of Australia With Hayden Quinn	Northern Rivers, NSW	Hayden meets a friend to learn foil surfing, then gets to cooking in nature's best kitchen: the beach!	AUSTRALIA	English-100				
2023-04-17	1800	Middle East Feast With Shane Delia	Vegetarian	Award-winning chef Shane Delia takes viewers on a tantalising and flavourful journey through an array of Middle Eastern dishes and also delves into the stories behind these recipes soaked in history.	AUSTRALIA	English-100		G	Y	
2023-04-17	1830	Food Safari Water	Fish On Fire	Cooking fish over fire is an instant call to the tastebuds, a combination of two of the most pure elements on earth that together take seafood to the next level.	AUSTRALIA	English-100	RPT	PG		Y
2023-04-17	1900	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 41	Kimchi queen Heather Jeong, and Polish Club's Dave Novak are in the kitchen with Adam to bring you their beloved pickle recipes.	AUSTRALIA	English-100		PG		
2023-04-17	1930	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 2 Episode 6	In this episode, Luke leaves the hustle and bustle of Hanoi behind for the mystical mountains of Sapa. Once there, he prepares some black chicken in the local streets.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-04-17	2000	Cheese Slices	Sweden - Jamtland Cheese	Will travels to the beautiful Jamtland region in central of Sweden to learn about traditional cave ripened goats milk cheese, and an ancient way of preserving long milk.	AUSTRALIA	English-100		G		
2023-04-17	2030	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 2	Rick continues his journey from the Basque country on the Atlantic coast, to journey ever eastwards towards the Mediterranean sampling local food along the way.	UNITED KINGDOM	English-100	RPT	G		Y
2023-04-17	2140	Come Dine With Me UK	Hull Day 1	This week we're in Hull and kicking off the competition off is drinks brand ambassador Dan but will his menu of classic Greek dishes go down well with his guests who are hoping for something memorable	UNITED KINGDOM	English-100		G		
2023-04-17	2205	Come Dine With Me UK	Hull Day 2	Taking up the culinary gauntlet today is Computer fanatic Mat. Will his Japanese junket impress business manager Tony, florist Jayne, drinks promoter Dan and dog walker Jordanna.	UNITED KINGDOM	English-100		PG		
2023-04-17	2230	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 41	Kimchi queen Heather Jeong, and Polish Club's Dave Novak are in the kitchen with Adam to bring you their beloved pickle recipes.	AUSTRALIA	English-100		PG		
2023-04-17	2300	John Torode's Middle East	Cairo	On this leg of his Middle Eastern adventure John is in Cairo, the largest city in the Middle East and the street food capital of Egypt. John hits the busy city streets to explore the flavours of Cairo	CANADA	English-100		G		
2023-04-17	2330	From Scratch	Peru Part 1	David meets with chef Marilu Madueno of La Huaca Pucclanai, one of the best restaurants in Lima, and learns how Peruvian ingredients have shaped the world's food.	UNITED KINGDOM	English-100		PG		
2023-04-17	2425	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 11, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G		Y
2023-04-17	2430	Australia's Food Bowl	Innovating In Farming	Many factors affect the limited water supply to farmers of Australia's Food Bowl. Stefano visits some local producers who are developing ways to overcome these challenges	AUSTRALIA	English-100		PG		

2023-04-17	2500	Australia's Food Bowl	Olive Oil	The Mediterranean-like climate of Australia's Food Bowl makes it the perfect place to grow olives and to produce olive oil. Stefano visits Australia's largest olive oil producer.	AUSTRALIA	English-100		G	
2023-04-17	2530	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 2	Rick continues his journey from the Basque country on the Atlantic coast, to journey ever eastwards towards the Mediterranean sampling local food along the way.	UNITED KINGDOM	English-100	RPT	G	Y
2023-04-17	2640	Come Dine With Me UK	Hull Day 1	This week we're in Hull and kicking off the competition off is drinks brand ambassador Dan but will his menu of classic Greek dishes go down well with his guests who are hoping for something memorable	UNITED KINGDOM	English-100		G	
2023-04-17	2705	Come Dine With Me UK	Hull Day 2	Taking up the culinary gauntlet today is Computer fanatic Mat. Will his Japanese junket impress business manager Tony, florist Jayne, drinks promoter Dan and dog walker Jordanna.	UNITED KINGDOM	English-100		PG	
2023-04-17	2730	From Scratch	Peru Part 1	David meets with chef Marilu Madueno of La Huaca Pucclanai, one of the best restaurants in Lima, and learns how Peruvian ingredients have shaped the world's food.	UNITED KINGDOM	English-100		PG	
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2023-04-17	2830	Lidia's Italy	Lidia's Italy Series 4 Ep 8	Lidia travels up to the beautiful hills of Calabria. Join her as she demonstrates what a true shepherd's meal is with rigatoni alla pastora - a simple pasta dish made with sausage and ricotta cheese.	USA	English-100		G	
2023-04-18	0500	Flour Power	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	
2023-04-18	0530	The Chefs' Line	Italian	Watch apprentice chef Giorgia from legendary hatted Italian restaurant Sotto Sopra go up against four passionate home cooks in a classic eggplant parmigiana battle.	AUSTRALIA	English-100	RPT	G	Y
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2023-04-18	0630	Food Markets: In The Belly Of	Cork - English Market	Ireland's third-largest city has one of Northern Europe's market gems: The English Market. It supplied high-quality food to the rich English families differently to the Irish market.	FRANCE	English-100	RPT	PG	Y
2023-04-18	0730	Barefoot Contessa: Back To Basics	Farmstand	It is all about farm-to-table cooking for Ina Garten's spring feast, inspired by the farmstand, including a rosemary rack of lamb with easy tzatziki and a Tuscan-style tomato and bread salad.	USA	English-100		G	
2023-04-18	0800	My Market Kitchen	My Market Kitchen Series 5 Ep 46	Ben channels his Hawaiian spirit with haloumi, pineapple and prawn skewers.	AUSTRALIA	English-100		PG	
2023-04-18	0830	Taste Of Australia With Hayden Quinn	Northern Rivers, NSW	Hayden meets a friend to learn foil surfing, then gets to cooking in nature's best kitchen: the beach!	AUSTRALIA	English-100			
2023-04-18	0900	Middle East Feast With Shane Delia	Vegetarian	Award-winning chef Shane Delia takes viewers on a tantalising and flavourful journey through an array of Middle Eastern dishes and also delves into the stories behind these recipes soaked in history.	AUSTRALIA	English-100		G	Y
2023-04-18	0930	Food Safari Water	Fish On Fire	Cooking fish over fire is an instant call to the tastebuds, a combination of two of the most pure elements on earth that together take seafood to the next level.	AUSTRALIA	English-100	RPT	PG	Y

2023-04-18	1000	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 2 Episode 6	In this episode, Luke leaves the hustle and bustle of Hanoi behind for the mystical mountains of Sapa. Once there, he prepares some black chicken in the local streets.	AUSTRALIA	English-100	RPT	G	Y	Y
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2023-04-18	1100	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 41	Kimchi queen Heather Jeong, and Polish Club's Dave Novak are in the kitchen with Adam to bring you their beloved pickle recipes.	AUSTRALIA	English-100		PG		
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2023-04-18	1305	Come Dine With Me UK	Hull Day 2	Taking up the culinary gauntlet today is Computer fanatic Mat. Will his Japanese junket impress business manager Tony, florist Jayne, drinks promoter Dan and dog walker Jordanna.	UNITED KINGDOM	English-100		PG		
2023-04-18	1330	Lidia's Italy	Lidia's Italy Series 4 Ep 9	Lidia travels to Molise - a beautiful region known for great fishing and fresh seafood. Join Lidia as she explores this regions true culture by making spaghetti alla tornolla.	USA	English-100		PG		Y
2023-04-18	1400	Flour Power	John Gillespie Hairdressing	Perth at John Gillespie hairdressing salon where owner John, salon director Glen, creative director Fiona and colourist Rachel are swapping their scissors for scales and mixing bowls.	UNITED KINGDOM	English-100		PG		
2023-04-18	1430	The Chefs' Line	Italian	Watch sous chef Mattia from legendary hatted Italian restaurant Sotto Sopra go up against two passionate home cooks in a bid to make the best Zabaglione.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-18	1500	The Chefs' Line	Italian	Watch executive chef Alessandro Pavoni from legendary hatted Italian restaurant Sotto Sopra in Sydney go up against this week's final home cook, Ivano, in the ultimate David vs Goliath battle.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-18	1530	Food Markets: In The Belly Of	Valencia - Mercado Central	Perhaps one of the most beautiful and well-organised food market buildings in Europe is the Mercado Central of Valencia. It is built on the area where an open-air market stood for centuries.	FRANCE	English-55; Spanish-24; Catalan-21	RPT	PG	Y	Y
2023-04-18	1630	Barefoot Contessa: Back To Basics	Seafood	Ina Garten is sharing all her seafood secrets and pro tips, starting with her recipe for Cioppino - a satisfying one-pot stew with cod, prawns, scallops, and mussels.	USA	English-100		G		
2023-04-18	1700	My Market Kitchen	My Market Kitchen Series 5 Ep 47	Charlie Carrington from Atlas Dining cooks Peruvian-inspired roasted cauliflower.	AUSTRALIA	English-100		PG		
2023-04-18	1730	Taste Of Australia With Hayden Quinn	Red Centre, NT	Hayden travels to Uluru for the first time, where he cooks with local native ingredients.	AUSTRALIA	English-100				
2023-04-18	1800	Middle East Feast With Shane Delia	Sunday Lunch	Shane Delia and guest chef Tom Sarafian share their family favourites for the perfect family lunch.	AUSTRALIA	English-100		G	Y	
2023-04-18	1830	Food Safari Water	Shellfish	Shark-defying scallop diver Paulie Polacco braves cold water and strong currents to harvest some of the worlds most prized queen scallops off Kangaroo Island, adored for their purple roe.	AUSTRALIA	English-100	RPT	PG	Y	

2023-04-18	2825	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 12, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-18	2830	Lidia's Italy	Lidia's Italy Series 4 Ep 9	Lidia travels to Molise - a beautiful region known for great fishing and fresh seafood. Join Lidia as she explores this regions true culture by making spaghetti alla tornolla.	USA	English-100		PG	Y	
2023-04-19	0500	Flour Power	John Gillespie Hairdressing	Perth at John Gillespie hairdressing salon where owner John, salon director Glen, creative director Fiona and colourist Rachel are swapping their scissors for scales and mixing bowls.	UNITED KINGDOM	English-100		PG		
2023-04-19	0530	The Chefs' Line	Italian	Watch sous chef Mattia from legendary hatted Italian restaurant Sotto Sopra go up against two passionate home cooks in a bid to make the best Zabaglione.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-19	0600	The Chefs' Line	Italian	Watch executive chef Alessandro Pavoni from legendary hatted Italian restaurant Sotto Sopra in Sydney go up against this week's final home cook, Ivano, in the ultimate David vs Goliath battle.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-19	0630	Food Markets: In The Belly Of	Valencia - Mercado Central	Perhaps one of the most beautiful and well-organised food market buildings in Europe is the Mercado Central of Valencia. It is built on the area where an open-air market stood for centuries.	FRANCE	English-55; Spanish-24; Catalan-21	RPT	PG	Y	Y
2023-04-19	0730	Barefoot Contessa: Back To Basics	Seafood	Ina Garten is sharing all her seafood secrets and pro tips, starting with her recipe for Cioppino - a satisfying one-pot stew with cod, prawns, scallops, and mussels.	USA	English-100		G		
2023-04-19	0800	My Market Kitchen	My Market Kitchen Series 5 Ep 47	Charlie Carrington from Atlas Dining cooks Peruvian-inspired roasted cauliflower.	AUSTRALIA	English-100		PG		
2023-04-19	0830	Taste Of Australia With Hayden Quinn	Red Centre, NT	Hayden travels to Uluru for the first time, where he cooks with local native ingredients.	AUSTRALIA	English-100				
2023-04-19	0900	Middle East Feast With Shane Delia	Sunday Lunch	Shane Delia and guest chef Tom Sarafian share their family favourites for the perfect family lunch.	AUSTRALIA	English-100		G	Y	
2023-04-19	0930	Food Safari Water	Shellfish	Shark-defying scallop diver Paulie Polacco braves cold water and strong currents to harvest some of the worlds most prized queen scallops off Kangaroo Island, adored for their purple roe.	AUSTRALIA	English-100	RPT	PG	Y	
2023-04-19	1000	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 2 Episode 7	Continuing in Sapa, Luke ventures beyond the main town and visits the local villages where he delves into some rich local traditions.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-04-19	1030	The Spice Trails: Latin America	Colombia-Caribbean	Jose visits Barranquilla and Cartagena to learn about their culinary practices via the usage of three characteristic spices and herbs: Allspice, bleo, and aji dulce.	INDIA	English-50; Spanish-50		PG	Y	
2023-04-19	1100	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 42	Adam and his guests, beloved home cook Julia Busuttill Nishimura, and internationally renowned chef Gabriel Gate, make their cookbook favourites.	AUSTRALIA	English-100		PG		
2023-04-19	1130	Hairy Bikers Go Local	Harbour Cafe - Fife	The Bikers continue their adventure on the east coast of Scotland, on the hunt for new, local ingredients to include on a menu at a beachfront cafe.	UNITED KINGDOM	English-100		PG		
2023-04-19	1230	Come Dine With Me UK	Hull Day 3	This week's competition is in Hull, where it's the turn of dog walking entrepreneur, Jordanna, to host a Mexican themed evening.	UNITED KINGDOM	English-100		G		

2023-04-19	1300	Come Dine With Me UK	Hull Day 4	This week's competition is in Hull and it's turn of self proclaimed number one florist in Hull, Jayne. She's giving her guests a taste of Spain.	UNITED KINGDOM	English-100		PG			
2023-04-19	1330	Lidia's Italy	Lidia's Italy Series 4 Ep 10	Lidia travels to the Italian island of Sardegna where she catches fresh lobster for a refreshing salad filled with celery and tomatoes, in a light egg dressing.	USA	English-100		G		Y	
2023-04-19	1400	Flour Power	Ledingham Chalmers	In this episode we're in Aberdeen at law firm Ledingham Chalmers. Private client solicitor Dara, senior solicitor Rachael and family solicitor Emma are joined by rookie cake-maker Jonny.	UNITED KINGDOM	English-100		PG			
2023-04-19	1430	The Chefs' Line	Italian	Judge Melissa Leong takes us inside the kitchen of hatted restaurant Sotto Sopra. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes.	AUSTRALIA	English-100	RPT	G		Y	
2023-04-19	1500	The Chefs' Line	Thai	Watch apprentice chef Sam from top Sydney Thai restaurant, Long Chim, go up against four passionate home cooks in a classic Fish Cakes battle.	AUSTRALIA	English-100	RPT	G		Y	
2023-04-19	1530	Food Markets: In The Belly Of	Bergen - Fisketorget	The Fish Market or Torget (the square) has a charming location in the heart of the city between the fjords and Bergen's seven mountains.	FRANCE	English-60; Norwegian-40	RPT	PG		Y	Y
2023-04-19	1630	Barefoot Contessa: Back To Basics	Tex Mex Entertaining	Ina Garten has all the bases covered when it comes to Tex-Mex entertaining. She makes a light and airy tres leches cake with berries, and her crowd-pleasing pork posole is a spicy main course.	USA	English-100		G			
2023-04-19	1700	My Market Kitchen	My Market Kitchen Series 5 Ep 48	Ben is back with Chef Mod to cook Tom Yum, and zucchini and goat's cheese salad.	AUSTRALIA	English-100		PG			
2023-04-19	1730	Taste Of Australia With Hayden Quinn	Eyre Peninsula, SA	Hayden swims with sea lions, goes beach fishing, and makes a delicious sardine dish.	AUSTRALIA	English-100					
2023-04-19	1800	Middle East Feast With Shane Delia	Turkish	Unpretentious, homely, and full of flavour, Turkish cuisine is a favourite across the world. Shane is joined by Turkish chef Murat Ovaz to highlight the best of Turkish home cooking.	AUSTRALIA	English-100		G		Y	
2023-04-19	1830	Food Safari Water	One Pot	The simplicity of cooking and serving seafood in one pot is a hallmark of cuisines around the world. Chef Angie Hong shares the secrets of Vietnamese clay pot cooking.	AUSTRALIA	English-100	RPT	PG		Y	
2023-04-19	1900	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 43	Tasmanian food and wine legends Curly Haslam-Coates and Honey Child join Adam to make recipes that will indulge your sweet tooth.	AUSTRALIA	English-100		PG			
2023-04-19	1930	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 2 Episode 8	The small town of Bac Ha comes alive on weekends as tourists flock to its renowned weekend market. Here Luke prepares some ginger chicken in the 'food court' with a bunch of keen observers.	AUSTRALIA	English-100	RPT	G		Y	Y
2023-04-19	2000	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 4	Dan explores one of Taiwans most popular street foods, crispy fried chicken. Zesty flavours of Peruvian ceviche are showcased as Dan prepares some of the freshest street food around.	AUSTRALIA	English-100		G		Y	
2023-04-19	2030	Field Trip With Curtis Stone	Sonoma	Curtis begins his adventure in California high above the vineyards of Sonoma in a hot air balloon while tasting wine with his team from Maude. Back on the ground, he takes a visit to Littorai Winery.	USA	English-100		PG		Y	
2023-04-19	2100	Tom Kerridge's American Feast	Central Valley	Tom Kerridge lands in California's lush Gold Country and Central Valley where organically grown food is the order of the day.	UNITED KINGDOM	English-100		PG			

2023-04-19	2130	Come Dine With Me UK	Hull Final	It's the final day in Yorkshire and today we're in Doncaster where Business Manager Tony hopes to scoop the grand with his countryside cooking, but as the evening pans out, things don't go to plan,	UNITED KINGDOM	English-100		G	
2023-04-19	2200	Come Dine With Me UK	Paralympics Day 1	Paralympic dressage champion Natasha Baker hopes to ride off with the 1000 pounds with her winter warming food and old fashioned entertainment. Can she deliver a gold medal-winning performance?	UNITED KINGDOM	English-100		G	
2023-04-19	2230	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 43	Tasmanian food and wine legends Curly Haslam-Coates and Honey Child join Adam to make recipes that will indulge your sweet tooth.	AUSTRALIA	English-100		PG	
2023-04-19	2300	John Torode's Middle East	Red Sea	This time John is off to explore one of Egypt's national parks - Wadi El Gamel on the south of Egypt's Red Sea coast.	CANADA	English-100		PG	
2023-04-19	2330	From Scratch	Istria	David Moscow travels the northern coast of Croatia to dive for clams, hunt for truffles and fish the Adriatic for chef Marina Gasi in Novigrad. He learns about how tied to the sea Croatia is.	UNITED KINGDOM	English-100		PG	
2023-04-19	2425	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 13, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
2023-04-19	2430	Australia's Food Bowl	Murray Cod	Chef Tony Tan pays Stefano a visit and prepares a Murray cod with Asian flavours in a stunning riverside location. Ginger, galangal and coconut with banana leaf are delicious additions to enjoy.	AUSTRALIA	English-100		G	
2023-04-19	2500	Australia's Food Bowl	Healthy River, Healthy Veg	The rich red soil of Mildura, coupled with water from the mighty Murray River, provide the perfect conditions to grow vegetables - and Stefano loves to cook with the freshest local vegetables around.	AUSTRALIA	English-100		G	
2023-04-19	2530	Field Trip With Curtis Stone	Sonoma	Curtis begins his adventure in California high above the vineyards of Sonoma in a hot air balloon while tasting wine with his team from Maude. Back on the ground, he takes a visit to Littorai Winery.	USA	English-100		PG	Y
2023-04-19	2600	Tom Kerridge's American Feast	Central Valley	Tom Kerridge lands in California's lush Gold Country and Central Valley where organically grown food is the order of the day.	UNITED KINGDOM	English-100		PG	
2023-04-19	2630	Come Dine With Me UK	Hull Final	It's the final day in Yorkshire and today we're in Doncaster where Business Manager Tony hopes to scoop the grand with his countryside cooking, but as the evening pans out, things don't go to plan,	UNITED KINGDOM	English-100		G	
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2023-04-19	2830	Lidia's Italy	Lidia's Italy Series 4 Ep 10	Lidia travels to the Italian island of Sardegna where she catches fresh lobster for a refreshing salad filled with celery and tomatoes, in a light egg dressing.	USA	English-100		G	Y

2023-04-20	0500	Flour Power	Ledingham Chalmers	In this episode we're in Aberdeen at law firm Ledingham Chalmers. Private client solicitor Dara, senior solicitor Rachael and family solicitor Emma are joined by rookie cake-maker Jonny.	UNITED KINGDOM	English-100		PG		
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2023-04-20	0600	The Chefs' Line	Thai	Watch apprentice chef Sam from top Sydney Thai restaurant, Long Chim, go up against four passionate home cooks in a classic Fish Cakes battle.	AUSTRALIA	English-100	RPT	G	Y	
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2023-04-20	0800	My Market Kitchen	My Market Kitchen Series 5 Ep 48	Ben is back with Chef Mod to cook Tom Yum, and zucchini and goat's cheese salad.	AUSTRALIA	English-100		PG		
2023-04-20	0830	Taste Of Australia With Hayden Quinn	Eyre Peninsula, SA	Hayden swims with sea lions, goes beach fishing, and makes a delicious sardine dish.	AUSTRALIA	English-100				
2023-04-20	0900	Middle East Feast With Shane Delia	Turkish	Unpretentious, homely, and full of flavour, Turkish cuisine is a favourite across the world. Shane is joined by Turkish chef Murat Ovaz to highlight the best of Turkish home cooking.	AUSTRALIA	English-100		G	Y	
2023-04-20	0930	Food Safari Water	One Pot	The simplicity of cooking and serving seafood in one pot is a hallmark of cuisines around the world. Chef Angie Hong shares the secrets of Vietnamese clay pot cooking.	AUSTRALIA	English-100	RPT	PG	Y	
2023-04-20	1000	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 2 Episode 8	The small town of Bac Ha comes alive on weekends as tourists flock to its renowned weekend market. Here Luke prepares some ginger chicken in the 'food court' with a bunch of keen observers.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-04-20	1030	The Streets With Dan Hong	Streets With Dan Hong Series 1, The Ep 4	Dan explores one of Taiwans most popular street foods, crispy fried chicken. Zesty flavours of Peruvian ceviche are showcased as Dan prepares some of the freshest street food around.	AUSTRALIA	English-100		G	Y	
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2023-04-20	1200	Tom Kerridge's American Feast	Central Valley	Tom Kerridge lands in California's lush Gold Country and Central Valley where organically grown food is the order of the day.	UNITED KINGDOM	English-100		PG		
2023-04-20	1230	Come Dine With Me UK	Hull Final	It's the final day in Yorkshire and today we're in Doncaster where Business Manager Tony hopes to scoop the grand with his countryside cooking, but as the evening pans out, things don't go to plan,	UNITED KINGDOM	English-100		G		

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2023-04-20	1330	Lidia's Italy	Lidia's Italy Series 4 Ep 11	Lidia travels to Liguria - a region all about flowers, herbs, and lot's of vegetables. With the help of her granddaughter Julia, Lidia creates a soup filled with lots of fresh vegetables.	USA	English-100		G		Y	
2023-04-20	1400	Flour Power	Bruichladdich Distillery	In this episode, we're at the Bruichladdich distillery on the beautiful Hebridean island of Islay. Cask master Jay, housekeeper Katie and tour guide Dave are joined by client manager Mary.	UNITED KINGDOM	English-100		PG			
2023-04-20	1430	The Chefs' Line	Thai	Watch station chef Parvit from top Sydney Thai restaurant, Long Chim, go up against three passionate home cooks in the ultimate Thai Green Curry challenge.	AUSTRALIA	English-100	RPT	G		Y	
2023-04-20	1500	The Chefs' Line	Thai	Watch sous chef Bhas from top Sydney Thai restaurant, Long Chim, go up against two passionate home cooks in a bid to make the best Palm Sugar Pudding.	AUSTRALIA	English-100	RPT	G		Y	
2023-04-20	1530	Food Markets: In The Belly Of	Thessaloniki - Kapani	The Kapani market is situated just behind the Aristotelous square of the city of Thessaloniki, facing the Aegean Sea. Exploring this market is exploring the city and its history.	FRANCE	English-50; Greek-50	RPT	PG		Y	Y
2023-04-20	1630	Barefoot Contessa: Back To Basics	Cook With A Pro	Ina gets a cooking masterclass with three professional chefs. She learns how to make the most incredible roasted carrot tart, perfect crepes and chocolate sauce, plus all the secrets of pasta.	USA	English-100		G			
2023-04-20	1700	My Market Kitchen	My Market Kitchen Series 5 Ep 49	Georgia Barnes returns to teach Ben how to make homemade muesli bars.	AUSTRALIA	English-100		PG			
2023-04-20	1730	Taste Of Australia With Hayden Quinn	Kangaroo Island, SA	Hayden swims with dolphins, then heads to a winery to cook with local figs and honey.	AUSTRALIA	English-100					
2023-04-20	1800	Middle East Feast With Shane Delia	Breakfast	Layered with spices and full of flavour, Shane shares some inspiration and the art to a good Middle Eastern breakfast feast that is a guaranteed great way to start the day.	AUSTRALIA	English-100		G		Y	
2023-04-20	1830	Food Safari Water	Preserved	Maeve explores how preserving fish creates whole new worlds of flavour - in smoked salmon, bottarga, and XO sauce.	AUSTRALIA	English-100	RPT	PG		Y	
2023-04-20	1900	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 44	Adam is joined by cult film star Pia Miranda, and "beersotto" inventor Warren Mendes to show you how sometimes, a quick dish is the best dish!	AUSTRALIA	English-100		PG			
2023-04-20	1930	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 2 Episode 9	Seafood is the main ingredient as we float around one of the worlds natural wonders, Ha Long Bay. Luke prepares mantis prawns cooked on a bonfire he prepared on one of the two Ha Long Bay beaches.	AUSTRALIA	English-100	RPT	G		Y	Y
2023-04-20	2000	Sara's Istanbul Delights	Red	Sara embarks on a journey to create recipes inspired by the colours of Istanbul. Associating Istanbul's romantic side with the colour red, Sara starts her adventure in the Spice Bazaar.	TURKEY	English-50; Turkish-50					
2023-04-20	2030	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 3	Rick visits Europe's largest tea plantation beside the Fal River in Cornwall, where he indulges in an afternoon tea of tea loaf and plum compote.	UNITED KINGDOM	English-100		G			

2023-04-20	2100	Anna's Occasions	Casual Wedding	The less formal setting of a casual wedding allows you to let your hair down and have fun with your wedding desserts. Each recipe would be a wonderful addition to any wedding dessert table.	CANADA	English-100		G	
2023-04-20	2130	Come Dine With Me UK	Paralympics Day 2	Paralympic judoka Chris Skelley's menu confuses one guest, while his starter impresses another. But what do they think of his rendition of a karaoke classic?	UNITED KINGDOM	English-100		G	
2023-04-20	2200	Come Dine With Me UK	Paralympics Day 3	Paralympic presenter Arthur Williams goes all out with an international menu of fondue from Switzerland, nasi goreng from Asia and apple crumble crunch from the UK, all wrapped up in an aviation theme	UNITED KINGDOM	English-100		PG	
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2023-04-20	2300	John Torode's Middle East	Luxor	John is in Luxor in central Egypt, an ancient city on the banks of the river Nile. John can't wait to explore a city steeped in history with its temples, tombs and ancient food to match.	CANADA	English-100		G	
2023-04-20	2330	From Scratch	Peru Part 2	David works in the kitchen of Lima's Central, brainchild of talented chef Virgilio Martinez. He travels from Lima up into the Andes for potatoes and back down to the Amazon to harvest chocolate.	UNITED KINGDOM	English-100		PG	Y
2023-04-20	2425	Cook Up With Adam Liaw Bitesize	Cook Up With Adam Liaw Bitesize Series 1 Ep 14, The	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	RPT	G	Y
2023-04-20	2430	Australia's Food Bowl	Garlic	Garlic is an essential ingredient across cuisines in every culture around the world, and Stefano explains why Australian-grown garlic is far superior in taste and much healthier than imported garlic.	AUSTRALIA	English-100		G	
2023-04-20	2500	Australia's Food Bowl	Almonds And Bees	Stefano travels to Hattah-Kulkyne National Park in the Mallee district to see local beekeeper Roger Moser who has thousands of bees in hives. He has been bringing his bees here for forty years.	AUSTRALIA	English-100		G	
2023-04-20	2530	Rick Stein's Cornwall	Rick Stein's Cornwall Series 3 Ep 3	Rick visits Europe's largest tea plantation beside the Fal River in Cornwall, where he indulges in an afternoon tea of tea loaf and plum compote.	UNITED KINGDOM	English-100		G	
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2023-04-21	1200	Anna's Occasions	Casual Wedding	The less formal setting of a casual wedding allows you to let your hair down and have fun with your wedding desserts. Each recipe would be a wonderful addition to any wedding dessert table.	CANADA	English-100		G		
2023-04-21	1230	Come Dine With Me UK	Paralympics Day 2	Paralympic judoka Chris Skelley's menu confuses one guest, while his starter impresses another. But what do they think of his rendition of a karaoke classic?	UNITED KINGDOM	English-100		G		

2023-04-21	1300	Come Dine With Me UK	Paralympics Day 3	Paralympic presenter Arthur Williams goes all out with an international menu of fondue from Switzerland, nasi goreng from Asia and apple crumble crunch from the UK, all wrapped up in an aviation theme	UNITED KINGDOM	English-100		PG			
2023-04-21	1330	Lidia's Italy	Lidia's Italy Series 4 Ep 12	Lidia travels to Calabria - a region with beautiful beaches and rugged mountains. With the help of her son Joe, Lidia creates a baked Cavatapi in a tomato sauce with fresh provolone.	USA	English-100		G		Y	
2023-04-21	1400	Flour Power	Tron Theatre	In what is sure to be a dramatic affair, business development manager Lucy, front of house manager Khaliq, press and marketing officer Olivia and her manager Lindsay, do battle for the trophy.	UNITED KINGDOM	English-100		PG			
2023-04-21	1430	The Chefs' Line	Thai	Watch head chef Meena Throngkumpola from top Sydney Thai restaurant, Long Chim, go up against this week's final home cook, Andrew, in the ultimate David vs Goliath battle.	AUSTRALIA	English-100	RPT	PG		Y	
2023-04-21	1500	The Chefs' Line	Thai	Judge Melissa Leong takes us inside the kitchen of top Thai restaurant, Long Chim. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes.	AUSTRALIA	English-100	RPT	G		Y	
2023-04-21	1530	Food Markets: In The Belly Of	Sardinia - Mercato Di San Benedetto	The market of San Benedetto in Cagliari is the island's belly. It is one of the biggest fresh produce markets in Europe and arguably said to be the biggest fish market in Europe.	FRANCE	English-60; Italian-40	RPT	PG		Y	Y
2023-04-21	1630	Destination Flavour Singapore Bitesize	Hari Kaya	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G			
2023-04-21	1635	Barefoot Contessa: Back To Basics	Perfect Pastry	Ina Garten shares tips and ideas for cooking with sweet, savoury, and even store-bought pastry. She starts with her foolproof sweet pastry dough for a showstopping French fig tart.	USA	English-100		G			
2023-04-21	1700	My Market Kitchen	My Market Kitchen Series 5 Ep 50	Chef Lesley Chan shows Ben his special stir-fried rice vermicelli with beef recipe.	AUSTRALIA	English-100		PG			
2023-04-21	1730	Taste Of Australia With Hayden Quinn	Adelaide Hills, SA	In Adelaide Hills, Hayden makes new friends and a mouth-watering wood-fire pizza.	AUSTRALIA	English-100					
2023-04-21	1800	Middle East Feast With Shane Delia	Middle Eastern Sweets	With layered pastries, fragrant syrups, crunchy nuts, and dried fruits on show, Shane offers the best of pure indulgent Middle Eastern sweets that are the perfect end to any feast.	AUSTRALIA	English-100		G		Y	
2023-04-21	1830	Food Safari Water	Surf And Turf	Maeve explores famous seafood and meat combinations from around the world. Pairing the proteins of ocean and earth leads to intriguing and inspired flavours.	AUSTRALIA	English-100	RPT	G		Y	
2023-04-21	1900	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 45	Adam, chef Hamed Allahyari and writer Dani Valent channel all their energy into decadent desserts.	AUSTRALIA	English-100		PG			
2023-04-21	1930	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 2 Episode 10	Mai Chau is the last stop for Luke on his journey through the northern regions of Vietnam. Here he prepares a young jackfruit salad, which he shares with a nearby family in their stilt house.	AUSTRALIA	English-100	RPT	G		Y	Y
2023-04-21	2000	Gok Wan's Easy Asian	Curry Heaven	Gok explores his favourite curry influences from the UK and Asia; a takeaway favourite that is oh so naughty but oh so nice!	UNITED KINGDOM	English-100		G			

2023-04-21	2030	Hugh's Fish Fight	Hugh's Fish Fight Series 1 Ep 2	Hugh leaves River Cottage on a mission to change the way people fish around the world, in an attempt to save the sea from the exploitation of fish stocks.	UNITED KINGDOM	English-100			
2023-04-21	2130	Come Dine With Me UK	Paralympics Day 4	Wheelchair basketball star Amy Conroy ups the ante and hosts a night fit for historical heroes. But will Einstein, Julius Caesar, Audrey Hepburn and a suffragette enjoy the beer pong?	UNITED KINGDOM	English-100		PG	
2023-04-21	2200	Come Dine With Me UK	Paralympics Day 5	Retired swimmer Liz Johnson serves up some of her personal favourites, on a night featuring fishy goings-on, bonding over leftovers and a kazoo competition.	UNITED KINGDOM	English-100		G	
2023-04-21	2230	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 45	Adam, chef Hamed Allahyari and writer Dani Valent channel all their energy into decadent desserts.	AUSTRALIA	English-100		PG	
2023-04-21	2300	John Torode's Middle East	Dubai Expat	John is in Dubai, a city which is home to people from all over the world. He can't wait to find out about the food that the people have brought with them to this modern metropolis.	CANADA	English-100		PG	
2023-04-21	2330	James Martin's American Adventure	Napa	Celebrity chef James Martin begins his American Adventure with a visit to the Napa Valley. James drops into one of the best food and drink markets in California before cooking delicious local produce.	UNITED KINGDOM	English-100		G	
2023-04-21	2425	Destination Flavour Singapore Bitesize	Hari Kaya	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	
2023-04-21	2430	Australia's Food Bowl	Darling Barka	Barkindji man and respected Elder, Uncle Peter Peterson meets Stefano and tells him about life growing up on the Barka (Darling River) and its significance to the lives of the Indigenous communities.	AUSTRALIA	English-100		G	
2023-04-21	2500	Australia's Food Bowl	Communities	Many farming families have a long history of growing produce and Stefano meets some of the inspiring people around Mildura who have been working the land for generations.	AUSTRALIA	English-100		PG	
2023-04-21	2530	Hugh's Fish Fight	Hugh's Fish Fight Series 1 Ep 2	Hugh leaves River Cottage on a mission to change the way people fish around the world, in an attempt to save the sea from the exploitation of fish stocks.	UNITED KINGDOM	English-100			
2023-04-21	2630	Come Dine With Me UK	Paralympics Day 4	Wheelchair basketball star Amy Conroy ups the ante and hosts a night fit for historical heroes. But will Einstein, Julius Caesar, Audrey Hepburn and a suffragette enjoy the beer pong?	UNITED KINGDOM	English-100		PG	
2023-04-21	2700	Come Dine With Me UK	Paralympics Day 5	Retired swimmer Liz Johnson serves up some of her personal favourites, on a night featuring fishy goings-on, bonding over leftovers and a kazoo competition.	UNITED KINGDOM	English-100		G	
2023-04-21	2730	James Martin's American Adventure	Napa	Celebrity chef James Martin begins his American Adventure with a visit to the Napa Valley. James drops into one of the best food and drink markets in California before cooking delicious local produce.	UNITED KINGDOM	English-100		G	
2023-04-21	2825	Destination Flavour Singapore Bitesize	Hari Kaya	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G	
2023-04-21	2830	Lidia's Italy	Lidia's Italy Series 4 Ep 12	Lidia travels to Calabria - a region with beautiful beaches and rugged mountains. With the help of her son Joe, Lidia creates a baked Cavatapi in a tomato sauce with fresh provolone.	USA	English-100		G	Y
2023-04-22	0500	Flour Power	Tron Theatre	In what is sure to be a dramatic affair, business development manager Lucy, front of house manager Khalid, press and marketing officer Olivia and her manager Lindsay, do battle for the trophy.	UNITED KINGDOM	English-100		PG	

2023-04-22	0530	The Chefs' Line	Thai	Watch head chef Meena Throngkumpola from top Sydney Thai restaurant, Long Chim, go up against this week's final home cook, Andrew, in the ultimate David vs Goliath battle.	AUSTRALIA	English-100	RPT	PG	Y	
2023-04-22	0600	The Chefs' Line	Thai	Judge Melissa Leong takes us inside the kitchen of top Thai restaurant, Long Chim. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-22	0630	Food Markets: In The Belly Of	Sardinia - Mercato Di San Benedetto	The market of San Benedetto in Cagliari is the island's belly. It is one of the biggest fresh produce markets in Europe and arguably said to be the biggest fish market in Europe.	FRANCE	English-60; Italian-40	RPT	PG	Y	Y
2023-04-22	0730	Barefoot Contessa: Back To Basics	Perfect Pastry	Ina Garten shares tips and ideas for cooking with sweet, savoury, and even store-bought pastry. She starts with her foolproof sweet pastry dough for a showstopping French fig tart.	USA	English-100		G		
2023-04-22	0800	My Market Kitchen	My Market Kitchen Series 5 Ep 50	Chef Lesley Chan shows Ben his special stir-fried rice vermicelli with beef recipe.	AUSTRALIA	English-100		PG		
2023-04-22	0830	Taste Of Australia With Hayden Quinn	Adelaide Hills, SA	In Adelaide Hills, Hayden makes new friends and a mouth-watering wood-fire pizza.	AUSTRALIA	English-100				
2023-04-22	0900	Middle East Feast With Shane Delia	Middle Eastern Sweets	With layered pastries, fragrant syrups, crunchy nuts, and dried fruits on show, Shane offers the best of pure indulgent Middle Eastern sweets that are the perfect end to any feast.	AUSTRALIA	English-100		G	Y	
2023-04-22	0930	Food Safari Water	Surf And Turf	Maeve explores famous seafood and meat combinations from around the world. Pairing the proteins of ocean and earth leads to intriguing and inspired flavours.	AUSTRALIA	English-100	RPT	G	Y	
2023-04-22	1000	Luke Nguyen's Vietnam	Luke Nguyen's Vietnam Series 2 Episode 10	Mai Chau is the last stop for Luke on his journey through the northern regions of Vietnam. Here he prepares a young jackfruit salad, which he shares with a nearby family in their stilt house.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-04-22	1030	Gok Wan's Easy Asian	Curry Heaven	Gok explores his favourite curry influences from the UK and Asia; a takeaway favourite that is oh so naughty but oh so nice!	UNITED KINGDOM	English-100		G		
2023-04-22	1100	The Cook Up With Adam Liaw	Cook Up With Adam Liaw Series 4, The 45	Adam, chef Hamed Allahyari and writer Dani Valent channel all their energy into decadent desserts.	AUSTRALIA	English-100		PG		
2023-04-22	1130	Hugh's Fish Fight	Hugh's Fish Fight Series 1 Ep 2	Hugh leaves River Cottage on a mission to change the way people fish around the world, in an attempt to save the sea from the exploitation of fish stocks.	UNITED KINGDOM	English-100				
2023-04-22	1230	Come Dine With Me UK	Paralympics Day 4	Wheelchair basketball star Amy Conroy ups the ante and hosts a night fit for historical heroes. But will Einstein, Julius Caesar, Audrey Hepburn and a suffragette enjoy the beer pong?	UNITED KINGDOM	English-100		PG		
2023-04-22	1300	Come Dine With Me UK	Paralympics Day 5	Retired swimmer Liz Johnson serves up some of her personal favourites, on a night featuring fishy goings-on, bonding over leftovers and a kazoo competition.	UNITED KINGDOM	English-100		G		
2023-04-22	1330	The Chefs' Line	Thai	Watch head chef Meena Throngkumpola from top Sydney Thai restaurant, Long Chim, go up against this week's final home cook, Andrew, in the ultimate David vs Goliath battle.	AUSTRALIA	English-100	RPT	PG	Y	
2023-04-22	1400	The Chefs' Line	Thai	Judge Melissa Leong takes us inside the kitchen of top Thai restaurant, Long Chim. Melissa and the chefs' line will reminisce about the week and delve into some delicious new dishes.	AUSTRALIA	English-100	RPT	G	Y	

2023-04-22	1430	Food Markets: In The Belly Of	Sardinia - Mercato Di San Benedetto	The market of San Benedetto in Cagliari is the island's belly. It is one of the biggest fresh produce markets in Europe and arguably said to be the biggest fish market in Europe.	FRANCE	English-60; Italian-40	RPT	PG	Y	Y
2023-04-22	1530	Barefoot Contessa: Back To Basics	Perfect Pastry	Ina Garten shares tips and ideas for cooking with sweet, savoury, and even store-bought pastry. She starts with her foolproof sweet pastry dough for a showstopping French fig tart.	USA	English-100		G		
2023-04-22	1600	Destination Flavour Singapore	Destination Flavour Singapore Series 1 Ep 2	Adam's salute to Singapore Banquet Dinner quest continues as he goes in search of inspiration for a meat dish.	AUSTRALIA	English-100	RPT	PG	Y	
2023-04-22	1630	Ainsley's Good Mood Food	Something Sweet	Ainsley is feeling sweet in today's show, and has added a little sweetness to his dishes, starting off with Vietnamese caramel chilli chicken, a spicy and sweet one-pan wonder!	UNITED KINGDOM	English-100		G		
2023-04-22	1725	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 9	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-04-22	1730	A New Zealand Food Story	Auckland	Back in his home city of Auckland, Ben fishes for flounder on the Manukau, learns more about goats and checks out a mushroom farm.	NEW ZEALAND	English-100		PG		
2023-04-22	1800	A New Zealand Food Story	Northland	Ben continues the final leg of his journey discovering the wonders of the far north of the country, and what better way than to finish with dessert?	NEW ZEALAND	English-100		PG		
2023-04-22	1830	Best Of Britain With Ainsley And Grace	Isle Of Wight	Grace Dent and Ainsley Harriott embark on a road trip around the Isle of Wight. They take a trip down memory lane trying their hand at traditional lolly making, and tuck into black garlic toffee.	UNITED KINGDOM	English-100		PG		
2023-04-22	1930	Jeremy Pang's Asian Kitchen	Date Night	In Loch Ewe, Jeremy climbs aboard a fishing boat to join scallop diver Jamie, then cooks up the scallops in their shells to make an amazing dish.	UNITED KINGDOM	English-100		PG		
2023-04-22	2030	Rick Stein's Taste Of Shanghai	Rick Stein's Taste Of Shanghai	Rick Stein's food adventures takes him to Shanghai where he learns if this bustling city has managed to hold on to its culinary roots. He shares delicious new recipes from his travels.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2023-04-22	2135	Anthony Bourdain: No Reservations	Uzbekistan	Tony's in for a wild trip as he journeys through Uzbekistan's 2,000-year-old capital, Tashkent. He dines at Jumanji, goes to a belly dancing club, visits a local mosque and shops for wedding presents.	USA	English-100		PG		Y
2023-04-22	2230	Anthony Bourdain: Parts Unknown	Hanoi	Tony revisits one of his favourite places on Earth - Vietnam, the 15th most populous country in the world with more than 90 million inhabitants.	USA	English-100		PG		Y
2023-04-22	2325	Destination Flavour Singapore Bitesize	Hari Kaya	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	RPT	G		
2023-04-22	2330	Ainsley's Good Mood Food	Something Sweet	Ainsley is feeling sweet in today's show, and has added a little sweetness to his dishes, starting off with Vietnamese caramel chilli chicken, a spicy and sweet one-pan wonder!	UNITED KINGDOM	English-100		G		
2023-04-22	2425	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 9	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2023-04-22	2430	A New Zealand Food Story	Auckland	Back in his home city of Auckland, Ben fishes for flounder on the Manukau, learns more about goats and checks out a mushroom farm.	NEW ZEALAND	English-100		PG		

2023-04-22	2500	A New Zealand Food Story	Northland	Ben continues the final leg of his journey discovering the wonders of the far north of the country, and what better way than to finish with dessert?	NEW ZEALAND	English-100		PG		
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2023-04-22	2730	Rick Stein's Taste Of Shanghai	Rick Stein's Taste Of Shanghai	Rick Stein's food adventures takes him to Shanghai where he learns if this bustling city has managed to hold on to its culinary roots. He shares delicious new recipes from his travels.	UNITED KINGDOM	English-100	RPT	G	Y	Y
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