



WEEK 17: Sunday, 17 April - Saturday, 23 April 2022 ALL MARKETS

Date	Start Time	Title	Episode Title	Digital Epg Synopsis	Country of Origin	Language	Repeat	Classification	Closed Captions	Subtitles
2022-04-17	0500	Bake With Anna Olson	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		
2022-04-17	0530	Amazon Taste	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
2022-04-17	0600	Amazon Taste	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
2022-04-17	0630	Cheese Slices	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		
2022-04-17	0700	Cheese Slices	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		
2022-04-17	0730	Hairy Bikers' Mississippi Adventure	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		
2022-04-17	0825	Just Jen Bitesize	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		
2022-04-17	0830	Made In Britain	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		
2022-04-17	0925	Lightened Up Bitesize	Chicken (Not Pork) Katsu	Learn the tips and tricks you need to make a lighter version of chicken katsu.	USA	English-100		G		
2022-04-17	0930	Simply Raymond Blanc	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		
2022-04-17	1030	Bake With Anna Olson	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		
2022-04-17	1100	Inside Hotel Chocolat	Inside Hotel Chocolat Series 2 Ep 2	Love is in the air! It's Valentine's Day - one of the busiest seasons in the chocolate calendar. At the Hotel Chocolat store in Sheffield, district manager Sam is spreading the love.	UNITED KINGDOM	English-100		PG		
2022-04-17	1155	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 4	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
2022-04-17	1200	Inside Hotel Chocolat	Inside Hotel Chocolat Series 2 Ep 3	Hotel Chocolat has a VIP visitor, the Princess Royal. HRH is partial to dark chocolate but how will she respond to the offer of the new peanut butter and jelly flavour?	UNITED KINGDOM	English-100		G		
2022-04-17	1255	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 5	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
2022-04-17	1300	Choccywoccydoodah: Starstruck	Wesley Snipes	The chocolatiers are back with a bang as this time Hollywood great Wesley Snipes challenges them to come up with their most explosive cake to date. He wants an action hero cake for his A-list friends.	UNITED KINGDOM	English-100		PG		
2022-04-17	1355	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 6	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-04-17	1400	The Cook Up With Adam Liaw	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	RPT	PG		

2022-04-17	1430	The Cook Up With Adam Liaw	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	RPT	PG		
2022-04-17	1500	The Cook Up With Adam Liaw	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	RPT	PG		
2022-04-17	1530	The Cook Up With Adam Liaw	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	RPT	PG		
2022-04-17	1600	The Cook Up With Adam Liaw	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		
2022-04-17	1630	Ainsley Eats The Streets	Palermo	Ainsley visits Palermo, on the Italian island of Sicily, where he joins the mayor on a tour of a street market, and learns about the campaign to protect the vendors from organised crime.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2022-04-17	1725	Just Jen Bitesize	Veggie Larb	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		G		
2022-04-17	1730	Minjiba Entertains	Bohemian Villa	Minjiba travels to the Kitengela Hot Glass factory near Nairobi National Park where Anselm Croze creates collector ornaments and cutlery in a bohemian setting.	USA	English-100		PG		
2022-04-17	1800	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		
2022-04-17	1830	The Cook And The Chef	Bbq's	Maggie and Simon celebrate the BBQ and show viewers how to get the most from it - be it for starters, main courses and even desserts.	AUSTRALIA	English-100		PG		
2022-04-17	1900	Classic Mary Berry	Mary Berry's Christmas Party	Join Mary as she opens her kitchen to some of TV's best-loved faces as they join her in cooking delicious party dishes especially for her Christmas party table.	UNITED KINGDOM	English-100		G		
2022-04-17	2005	Plat Du Tour	Ep2	Guillaume Brahim explores cuisine from the southern side of France where there are so many heart warming delights to taste.				G		
2022-04-17	2035	Rick Stein's Far Eastern Odyssey	Thailand And Malaysia	Rick takes a train to Phuket to learn the art of hot and sour tom yum goong, the culinary icon of Thailand. Later he meets up with one of his cooking heroes, David Thompson.	UNITED KINGDOM	English-100	RPT	PG	Y	
2022-04-17	2145	Anthony Bourdain: Parts Unknown	Miami	Tony explores a few of the many faces of Miami, a city in constant flux. Chef Michelle Bernstein takes Tony out to an authentic Cuban breakfast and a late-night dinner at a gas station cafe in Doral,	USA	English-100		PG		
2022-04-17	2235	Anthony Bourdain: Parts Unknown	Madagascar	Tony travels to Madagascar, an island nation 500 kilometres off the coast of Africa. Beginning his journey in Antananarivo, Madagascar's capital city, Tony meets up with director Darren Aronofsky.	USA	English-100		PG		
2022-04-17	2330	Ainsley Eats The Streets	Palermo	Ainsley visits Palermo, on the Italian island of Sicily, where he joins the mayor on a tour of a street market, and learns about the campaign to protect the vendors from organised crime.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2022-04-17	2425	Just Jen Bitesize	Veggie Larb	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		G		
2022-04-17	2430	The Cook And The Chef	An Autumn Party	Maggie introduces Simon to her outdoor wood-fired oven, and he uses it to make some pottery with a very special meal inside. Autumn is Maggie's favourite season.	AUSTRALIA	English-100		G		
2022-04-17	2500	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		
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2022-04-17	2600	The Cook And The Chef	An Autumn Party	Maggie introduces Simon to her outdoor wood-fired oven, and he uses it to make some pottery with a very special meal inside. Autumn is Maggie's favourite season.	AUSTRALIA	English-100		G		
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2022-04-17	2845	Lightened Up Bitesize	Buffalo Wings	Learn tips and tricks to lighten up buffalo wings.	USA	English-100		G		
2022-04-18	0500	The Cook Up With Adam Liaw	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	RPT	PG		
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2022-04-18	1105	Choccywoccydoodah: Starstruck	Richard Branson	The chocolatiers are in high spirits as entrepreneurial business legend Sir Richard Branson sets them a cake challenge that will have them reaching for the skies and beyond.	UNITED KINGDOM	English-100		PG		
2022-04-18	1200	Choccywoccydoodah: Starstruck	Joan Rivers	Comedienne Joan Rivers sets the chocolatiers a challenge that could push them beyond their comfort zone as she reveals she doesn't like chocolate and then asks for a diet cake with only 150 calories.	UNITED KINGDOM	English-100		PG		
2022-04-18	1255	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 1	Poh and Co. invites you into the always delicious world of acclaimed cook, artist and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-04-18	1300	Choccywoccydoodah: Starstruck	Jason Donovan	Actor Jason Donovan challenges the team to come up with their most playful cake to date. Jason wants to present the cast of 'Priscilla, Queen of the Desert' with a cake they can eat and play too.	UNITED KINGDOM	English-100		PG		
2022-04-18	1355	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 2	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-04-18	1400	Choccywoccydoodah: Starstruck	Derren Brown	British illusionist Derren Brown sets the chocolatiers their trickiest challenge to date. He wants a taxidermy inspired birthday cake that holds an illusion clever enough to fool this master of magic.	UNITED KINGDOM	English-100		PG		
2022-04-18	1455	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 3	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-04-18	1500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 10	MasterChef Australia semi-finalist Khanh Ong is in the kitchen with Matt and shares his family's recipe for shaking beef.	AUSTRALIA	English-100		G		
2022-04-18	1530	Asia Unplated With Diana Chan	Vietnamese	The series is off to an energetic start as Diana delves into the vibrant flavours of Vietnamese cooking. With the expertise of her flatmate Khanh Ong, the pair create Kem Chuoi - beef in betel leaves.	AUSTRALIA	English-100		G		
2022-04-18	1600	Mystery Diners	Red Hot Mess	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

2022-04-18	1630	Choccywoccydoodah	Really, Really Wicked	All Hallows-Eve is casting a shadow over our favourite band of chocolatiers as Dave races to make a haunting new window display for the shop. Meanwhile, Tom makes a cake for the musical, 'Wicked'.	UNITED KINGDOM	English-100			PG		
2022-04-18	1700	My Market Kitchen	My Market Kitchen Series 4 Ep 11	On My Market Kitchen today we start off with Elena's BLAT Bowl, followed by a summer treat from Khanh, a Raspberry and coconut nice cream popsicles recipe. Finished by a simple No fuss lamb stew.	AUSTRALIA				PG		
2022-04-18	1730	Come Dine With Me	Edinburgh 5	It's the final night of the competition for the Edinburgh crew and last up is geography teacher, Ashley who's hoping her magical evening of enchanted food will send her to the top of the leaderboard.	UNITED KINGDOM	English-100			PG		
2022-04-18	1800	Come Dine With Me	South London A 1	The oven is preheated and the knives are sharpened for our first host, painter, decorator and security guard Michelle who kicks off South London's hottest culinary competition.	UNITED KINGDOM	English-100			PG		
2022-04-18	1830	The Cook And The Chef	Macadamia Nuts And Pasta	Maggie's grandchildren harvest some of her macadamia nuts so she can incorporate them in a delicious biscuit, while Simon uses the nuts to coat a bitey goat cheese.	AUSTRALIA	English-100			G		
2022-04-18	1900	The Cook Up With Adam Liaw	Grains	Former NRL player-turned-coach Dean Widders and Mabu Mabu owner and chef Nornie Bero join Adam in the Cook Up Kitchen to create some hearty dishes using a family staple, grains.	AUSTRALIA	English-100			PG		
2022-04-18	1930	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 6	Cornish King Crab is on the menu for Rick tonight as he heads out of Newquay to catch and cook this tasty crustacean.	UNITED KINGDOM	English-100			PG		
2022-04-18	2000	School Night Dinners	One Tray Bake And Hangry Hacks	Nic and Ian cook up a one pot wonder meal that's simple, delicious and as easy as chucking ingredients into a pan. Then they battle the hanger by cooking up some snacks which will keep your kids full.	USA	English-100			PG		
2022-04-18	2030	Jamie & Jimmy's Food Fight Club	Jessica Ennis-Hill	Jamie and Jimmy are joined by the golden girl of the 2012 Olympics, Dame Jessica Ennis-Hill, as she puts on her pinny and cooks for the diners at the end of Southend Pier.	UNITED KINGDOM	English-100			PG		
2022-04-18	2130	Top Chef	It'll Take More Than Pot Luck	Chefs enter the kitchen in Denver and are put to work, tasked with making a pot luck dish. They then prepare their take on a meat and potatoes dish for a block party.	USA	English-100			PG		Y
2022-04-18	2225	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	
2022-04-18	2230	The Cook Up With Adam Liaw	Grains	Former NRL player-turned-coach Dean Widders and Mabu Mabu owner and chef Nornie Bero join Adam in the Cook Up Kitchen to create some hearty dishes using a family staple, grains.	AUSTRALIA	English-100			PG		
2022-04-18	2300	Destination Flavour China	Anhui	Adam visits the beautiful, mountainous province of Anhui, home to one of the eight great regional cuisines of China. Anhui cuisine is hearty, peasant food that uses seasonal, wild produce.		English-70; Mandarin-30	RPT		G	Y	Y
2022-04-18	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 6	Singer and actor Richard Fleeshman brings a touch of family rivalry to the red and green kitchens today, cooking against his mother, actor Sue Jenkins.	UNITED KINGDOM	English-100			G		
2022-04-18	2425	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT		G	Y	Y
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2022-04-18	2800	Asia Unplated With Diana Chan	Vietnamese	The series is off to an energetic start as Diana delves into the vibrant flavours of Vietnamese cooking. With the expertise of her flatmate Khanh Ong, the pair create Kem Chuoi - beef in betel leaves.	AUSTRALIA	English-100			G		
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2022-04-19	0530	My Market Kitchen	My Market Kitchen Series 4 Ep 11	On My Market Kitchen today we start off with Elena's BLAT Bowl, followed by a summer treat from Khanh, a Raspberry and coconut nice cream popsicles recipe. Finished by a simple No fuss lamb stew.	AUSTRALIA				PG			
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2022-04-19	1000	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 10	MasterChef Australia semi-finalist Khanh Ong is in the kitchen with Matt and shares his family's recipe for shaking beef.	AUSTRALIA	English-100			G			
2022-04-19	1030	Asia Unplated With Diana Chan	Vietnamese	The series is off to an energetic start as Diana delves into the vibrant flavours of Vietnamese cooking. With the expertise of her flatmate Khanh Ong, the pair create Kem Chuoi - beef in betel leaves.	AUSTRALIA	English-100			G			
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2022-04-19	1300	Lidia's Italy	Lidia's Italy Series 4 Ep 19	Join Lidia as she travels to Abruzzo and creates two delicious maccheroni dishes. With the help of chef Billy Gallagher from Becco, Lidia makes a version of maccheroni with sliced zucchini and eggs.	USA	English-100			G			Y
2022-04-19	1330	Ainsley Eats The Streets	Taipei	Ainsley visits Taiwan, where he samples fragrant baked fish and chilli pork stir fry in Taipei's temple markets and witnesses the late night rush of tourists from China.	UNITED KINGDOM	English-100	RPT		G		Y	Y
2022-04-19	1425	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	
2022-04-19	1430	Bake With Anna Olson	Cobblers And Crisps	Cobblers and crisps are the comfort food of the dessert world, and they share a common presentation of crunchy topping baked over fruit. Anna shares her favourite versions.	CANADA	English-100			G			
2022-04-19	1500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 11	Matt kicks things off with a knockout midweek dinner - zesty Greek lamb gyros. Courtney shares her delicious chilli salt prawns recipe, and Michael prepares a classic BLT.	AUSTRALIA	English-100			G			
2022-04-19	1530	Asia Unplated With Diana Chan	Thai	Thai food is on the menu so Diana enlists the help of mentor and Thai food enthusiast, Gary Mehigan, who is an expert at striking the balance of salty, sweet and sour.	AUSTRALIA	English-100			G			

2022-04-19	1600	Mystery Diners	Private Chef Sting	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
2022-04-19	1630	Choccywoccydoodah	Noble Cause, A	Boss Christine loves a deserving cause to support so she's in her element when she gets an order to make a spectacular cake for the Mercury Phoenix awards - a London event to honour Freddie Mercury.	UNITED KINGDOM	English-100		PG		
2022-04-19	1700	My Market Kitchen	My Market Kitchen Series 4 Ep 12	On My Market Kitchen today, Elena shows us her family favourite Pumpkin Persian Love Cake recipe. Khanh whips up a Indian inspired Onion Bhaji, then a tasty Fish Pattie recipe to finish off.	AUSTRALIA			PG		
2022-04-19	1730	Come Dine With Me	South London A 2	This week's competition is in South London where second up is competitive sales manager Mike who's asked his guests to come dressed as a celebrity.	UNITED KINGDOM	English-100		PG		
2022-04-19	1800	Come Dine With Me	South London A 3	This week's competition is in South London, where our host for night three is hippy hairdresser Staar. After two raucous evenings, Staar is hoping to chill her guests out with meditation, crystals and a menu of vegan dishes to put the efforts of the week's previous hosts to shame.	UNITED KINGDOM	English-100		PG		
2022-04-19	1830	The Cook And The Chef	Slow Food	A weeping Maggie Beer is forced out of the kitchen by Simon's 13-chilli vegetarian jungle curry. Fortunately, Maggie recovers in time to share the secrets of her slow-cooked saltbush hogget.	AUSTRALIA	English-100		G		
2022-04-19	1900	The Cook Up With Adam Liaw	Taco Tuesday	The Taco Tuesday phenomenon has reached the Cook Up kitchen! Adam, food writer Kate Gibbs, and former MasterChef contestant Aaron Harvie create their favourite taco recipes.	AUSTRALIA	English-100		PG		
2022-04-19	1930	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 7	Rick boards the ferry in Penzance to take him to The Isles of Scilly, a group of islands which were once part of Cornwall.	UNITED KINGDOM	English-100		PG		
2022-04-19	2000	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 1	Silvia returns to take us through the famous region of Emilia Romagna - known for its medieval cities, sun-soaked Adriatic beaches, and some of the best cuisine in Italy.	AUSTRALIA	English-90; Italian-10		PG	Y	Y
2022-04-19	2030	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 2	Silvia explores three different Italian-style breakfasts which make perfect accompaniments to a morning capuccino or espresso and will start your day off splendidly!	AUSTRALIA	English-90; Italian-10		G	Y	Y
2022-04-19	2100	Lightened Up	More Cheddar The Better, The	Erwan creates healthier alternatives to two classic cheesy dishes: Mac N' Cheese and Grilled Cheese.	USA	English-100		PG		
2022-04-19	2130	Top Chef	Smile And Say Mise	In one of Top Chef's signature Quickfires, the chefs battle against each other in a relay. Acclaimed Chef Alex Seidel invites the group to his farm to learn about his take on farm-to-table cuisine.	USA	English-100		PG		Y
2022-04-19	2225	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	
2022-04-19	2230	The Cook Up With Adam Liaw	Taco Tuesday	The Taco Tuesday phenomenon has reached the Cook Up kitchen! Adam, food writer Kate Gibbs, and former MasterChef contestant Aaron Harvie create their favourite taco recipes.	AUSTRALIA	English-100		PG		
2022-04-19	2300	Destination Flavour China	Jiangsu And Zhejiang	Adam's journey to explore China's history through its food continues as he visits the provinces of Jiangsu and Zhejiang, both considered part of the eight great regional cuisines of China.		English-70; Mandarin-30	RPT	G	Y	Y
2022-04-19	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 7	Ainsley Harriott hosts a feisty family cookery challenge in the green and red kitchens with record-breaking explorer David Hempleman-Adams.	UNITED KINGDOM	English-100		G		
2022-04-19	2425	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 6	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-04-19	2430	The Cook And The Chef	Slow Food	A weeping Maggie Beer is forced out of the kitchen by Simon's 13-chilli vegetarian jungle curry. Fortunately, Maggie recovers in time to share the secrets of her slow-cooked saltbush hogget.	AUSTRALIA	English-100		G		
2022-04-19	2500	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 1	Silvia returns to take us through the famous region of Emilia Romagna - known for its medieval cities, sun-soaked Adriatic beaches, and some of the best cuisine in Italy.	AUSTRALIA	English-90; Italian-10		PG	Y	Y
2022-04-19	2530	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 2	Silvia explores three different Italian-style breakfasts which make perfect accompaniments to a morning capuccino or espresso and will start your day off splendidly!	AUSTRALIA	English-90; Italian-10		G	Y	Y
2022-04-19	2600	Lightened Up	More Cheddar The Better, The	Erwan creates healthier alternatives to two classic cheesy dishes: Mac N' Cheese and Grilled Cheese.	USA	English-100		PG		

2022-04-19	2630	Top Chef	Smile And Say Mise	In one of Top Chef's signature Quickfires, the chefs battle against each other in a relay. Acclaimed Chef Alex Seidel invites the group to his farm to learn about his take on farm-to-table cuisine.	USA	English-100		PG		Y
2022-04-19	2725	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	
2022-04-19	2730	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 11	Matt kicks things off with a knockout midweek dinner - zesty Greek lamb gyros. Courtney shares her delicious chilli salt prawns recipe, and Michael prepares a classic BLT.	AUSTRALIA	English-100		G		
2022-04-19	2800	Asia Unplated With Diana Chan	Thai	Thai food is on the menu so Diana enlists the help of mentor and Thai food enthusiast, Gary Mehigan, who is an expert at striking the balance of salty, sweet and sour.	AUSTRALIA	English-100		G		
2022-04-19	2830	Mystery Diners	Private Chef Sting	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
2022-04-20	0500	Choccywoccydoodah	Noble Cause, A	Boss Christine loves a deserving cause to support so she's in her element when she gets an order to make a spectacular cake for the Mercury Phoenix awards - a London event to honour Freddie Mercury.	UNITED KINGDOM	English-100		PG		
2022-04-20	0530	My Market Kitchen	My Market Kitchen Series 4 Ep 12	On My Market Kitchen today, Elena shows us her family favourite Pumpkin Persian Love Cake recipe. Khanh whips up a Indian inspired Onion Bhaji, then a tasty Fish Pattie recipe to finish off.	AUSTRALIA	English-100		PG		
2022-04-20	0600	Come Dine With Me	South London A 2	This week's competition is in South London where second up is competitive sales manager Mike who's asked his guests to come dressed as a celebrity.	UNITED KINGDOM	English-100		PG		
2022-04-20	0630	Come Dine With Me	South London A 3	This week's competition is in South London, where our host for night three is hippy hairdresser Staar. After two raucous evenings, Staar is hoping to chill her guests out with meditation, crystals and a menu of vegan dishes to put the efforts of the week's previous hosts to shame.	UNITED KINGDOM	English-100		PG		
2022-04-20	0700	The Cook And The Chef	Slow Food	A weeping Maggie Beer is forced out of the kitchen by Simon's 13-chilli vegetarian jungle curry. Fortunately, Maggie recovers in time to share the secrets of her slow-cooked saltbush hogget.	AUSTRALIA	English-100		G		
2022-04-20	0730	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 2	Silvia explores three different Italian-style breakfasts which make perfect accompaniments to a morning capuccino or espresso and will start your day off splendidly!	AUSTRALIA	English-90; Italian-10		G	Y	Y
2022-04-20	0800	Lightened Up	More Cheddar The Better, The	Erwan creates healthier alternatives to two classic cheesy dishes: Mac N' Cheese and Grilled Cheese.	USA	English-100		PG		
2022-04-20	0830	Top Chef	Smile And Say Mise	In one of Top Chef's signature Quickfires, the chefs battle against each other in a relay. Acclaimed Chef Alex Seidel invites the group to his farm to learn about his take on farm-to-table cuisine.	USA	English-100		PG		Y
2022-04-20	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	
2022-04-20	0930	Destination Flavour China	Jiangsu And Zhejiang	Adam's journey to explore China's history through its food continues as he visits the provinces of Jiangsu and Zhejiang, both considered part of the eight great regional cuisines of China.		English-70; Mandarin-30	RPT	G	Y	Y
2022-04-20	1000	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 11	Matt kicks things off with a knockout midweek dinner - zesty Greek lamb gyros. Courtney shares her delicious chilli salt prawns recipe, and Michael prepares a classic BLT.	AUSTRALIA	English-100		G		
2022-04-20	1030	Asia Unplated With Diana Chan	Thai	Thai food is on the menu so Diana enlists the help of mentor and Thai food enthusiast, Gary Mehigan, who is an expert at striking the balance of salty, sweet and sour.	AUSTRALIA	English-100		G		
2022-04-20	1100	The Cook Up With Adam Liaw	Taco Tuesday	The Taco Tuesday phenomenon has reached the Cook Up kitchen! Adam, food writer Kate Gibbs, and former MasterChef contestant Aaron Harvie create their favourite taco recipes.	AUSTRALIA	English-100		PG		
2022-04-20	1130	My Market Kitchen	My Market Kitchen Series 4 Ep 12	On My Market Kitchen today, Elena shows us her family favourite Pumpkin Persian Love Cake recipe. Khanh whips up a Indian inspired Onion Bhaji, then a tasty Fish Pattie recipe to finish off.	AUSTRALIA			PG		
2022-04-20	1200	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 7	Rick boards the ferry in Penzance to take him to The Isles of Scilly, a group of islands which were once part of Cornwall.	UNITED KINGDOM	English-100		PG		

2022-04-20	1230	Cook Like An Italian With Silvia Colloca	Cook Like An Italian With Silvia Colloca Series 2 Ep 1	Silvia returns to take us through the famous region of Emilia Romagna - known for its medieval cities, sun-soaked Adriatic beaches, and some of the best cuisine in Italy.	AUSTRALIA	English-90; Italian-10		PG	Y	Y
2022-04-20	1300	Lidia's Italy	Lidia's Italy Series 4 Ep 20	Join Lidia as she travels to Molise - a region known for both hearty foods and fresh vegetables. Lidia creates a pasta dish with cavatelli, favas, and onions.	USA	English-100		G		
2022-04-20	1330	Ainsley Eats The Streets	Amman	In Amman, Ainsley discovers how refugees have added to the already rich cuisine of Jordan as he samples Iraqi-style barbequed fish, Syrian icecream, and Palestinian baked goods.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2022-04-20	1425	Poh & Co. Bitesize	Small Business	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-04-20	1430	Bake With Anna Olson	Danishes	Anna shares her techniques for achieving the balace of a rich dough with a hint of flakiness with her Danish recipes.	CANADA	English-100		G		
2022-04-20	1500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 12	Matt prepares a burnt honey panna cotta - a set and forget type of dessert that's perfect for entertaining, while Courtney makes healthy silver beet rolls.	AUSTRALIA	English-100		G		
2022-04-20	1530	Asia Unplated With Diana Chan	Japanese	Diana shares her recipe for okonomiyaki, and is joined by executive chef Daisuke Miyake from restaurant Shinoki to cook kaburamushi, a dish of steamed turnip with snapper.	AUSTRALIA	English-100		G		
2022-04-20	1600	Mystery Diners	Repeat Offender	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
2022-04-20	1630	Choccywoccydoodah	Pink Pants And Poodles	Hollywood swaps places with Halloween as the Christmas window makes its grand entrance. Dave celebrates the male form with a cake for the Wild Boyz press launch - a male-strippers comedy.	UNITED KINGDOM	English-100		PG		
2022-04-20	1700	My Market Kitchen	My Market Kitchen Series 4 Ep 13	On My Market Kitchen today we are out of the studio and joined by Adam from Wine Selectors, where Elena teaches us to make a beautiful Parmesan Soup paired with the perfect wines.	AUSTRALIA			PG		
2022-04-20	1730	Come Dine With Me	South London A 4	The competition is in South London, where our host for night four is super organised Nesha. She is determined to impress with her authentic Jamaican Cuisine and a classy but sexy dress code.	UNITED KINGDOM	English-100		PG		
2022-04-20	1800	Come Dine With Me	South London A 5	It's the last night of the fun and games in South London and events manager Rory's turn to host with an Asian themed menu and a glam it up dress code.	UNITED KINGDOM	English-100		PG		
2022-04-20	1830	The Cook And The Chef	Food For A Cold Winter	There's Italian sunshine and some chilly Australian surf in this mid-winter episode. Simon reveals his Englishman's love of visiting the beach in cold weather.	AUSTRALIA	English-100		G		
2022-04-20	1900	The Cook Up With Adam Liaw	Dessert	Delicious curators Phoebe Wood and Warren Mendes join Adam Liaw in the Cook Up Kitchen to create their ultimate desserts.	AUSTRALIA	English-100		PG		
2022-04-20	1930	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 8	Could you eat 700 samples of cheese a week? On a visit to a dairy, Rick meets a man who is paid to do just that.	UNITED KINGDOM	English-100		PG		
2022-04-20	2000	Field Trip With Curtis Stone	Margaret River	In the Margaret River region, Curtis meets with a rancher raising grass-fed Shorthorn cattle; fishes for marron, a large freshwater crayfish; and visits winemaker Vanya Cullen's biodynamic vineyard.	USA	English-100		G		
2022-04-20	2030	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 1	Jamie kicks things off by celebrating vegetables in a game-changing cottage pie. He gets inspired by amazing Indian street food, and prepares a mighty mac 'n' cheese full of greens.	UNITED KINGDOM	English-100		G		
2022-04-20	2130	Top Chef	Keep On Truckin'	In a Sudden Death Quickfire based on the iconic Denver omelet, the intensity in the kitchen is eggceptional.	USA	English-100		PG		Y
2022-04-20	2225	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	
2022-04-20	2230	The Cook Up With Adam Liaw	Dessert	Delicious curators Phoebe Wood and Warren Mendes join Adam Liaw in the Cook Up Kitchen to create their ultimate desserts.	AUSTRALIA	English-100		PG		
2022-04-20	2300	Destination Flavour China	Shanghai	Adam takes a side trip to a city he knew all-too-well during his years working as a corporate lawyer for the Disney company - Shanghai.		English-70; Mandarin-30	RPT	PG	Y	Y

2022-04-20	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 8	Former Blue Peter presenters Zoe Salmon and Matt Baker battle it out to see who's top of the hobs? Ainsley Harriott hosts the conversation and the cooking for another classic twenty-minute challenge.	UNITED KINGDOM	English-100		G		
2022-04-20	2425	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 7	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-04-20	2430	The Cook And The Chef	Food For A Cold Winter	There's Italian sunshine and some chilly Australian surf in this mid-winter episode. Simon reveals his Englishman's love of visiting the beach in cold weather.	AUSTRALIA	English-100		G		
2022-04-20	2500	Field Trip With Curtis Stone	Margaret River	In the Margaret River region, Curtis meets with a rancher raising grass-fed Shorthorn cattle; fishes for marron, a large freshwater crayfish; and visits winemaker Vanya Cullen's biodynamic vineyard.	USA	English-100		G		
2022-04-20	2530	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 1	Jamie kicks things off by celebrating vegetables in a game-changing cottage pie. He gets inspired by amazing Indian street food, and prepares a mighty mac 'n' cheese full of greens.	UNITED KINGDOM	English-100		G		
2022-04-20	2630	Top Chef	Keep On Truckin'	In a Sudden Death Quickfire based on the iconic Denver omelet, the intensity in the kitchen is eggceptional.	USA	English-100		PG		Y
2022-04-20	2725	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	
2022-04-20	2730	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 12	Matt prepares a burnt honey panna cotta - a set and forget type of dessert that's perfect for entertaining, while Courtney makes healthy silver beet rolls.	AUSTRALIA	English-100		G		
2022-04-20	2800	Asia Unplated With Diana Chan	Japanese	Diana shares her recipe for okonomiyaki, and is joined by executive chef Daisuke Miyake from restaurant Shinoki to cook kaburamushi, a dish of steamed turnip with snapper.	AUSTRALIA	English-100		G		
2022-04-20	2830	Mystery Diners	Repeat Offender	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
2022-04-21	0500	Choccywoccydoodah	Pink Pants And Poodles	Hollywood swaps places with Halloween as the Christmas window makes its grand entrance. Dave celebrates the male form with a cake for the Wild Boyz press launch - a male-strippers comedy.	UNITED KINGDOM	English-100		PG		
2022-04-21	0530	My Market Kitchen	My Market Kitchen Series 4 Ep 13	On My Market Kitchen today we are out of the studio and joined by Adam from Wine Selectors, where Elena teaches us to make a beautiful Parmesan Soup paired with the perfect wines.	AUSTRALIA			PG		
2022-04-21	0600	Come Dine With Me	South London A 4	The competition is in South London, where our host for night four is super organised Nesha. She is determined to impress with her authentic Jamaican Cuisine and a classy but sexy dress code.	UNITED KINGDOM	English-100		PG		
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2022-04-21	0700	The Cook And The Chef	Food For A Cold Winter	There's Italian sunshine and some chilly Australian surf in this mid-winter episode. Simon reveals his Englishman's love of visiting the beach in cold weather.	AUSTRALIA	English-100		G		
2022-04-21	0730	Jamie's Ultimate Veg	Jamie's Ultimate Veg Series 1 Ep 1	Jamie kicks things off by celebrating vegetables in a game-changing cottage pie. He gets inspired by amazing Indian street food, and prepares a mighty mac 'n' cheese full of greens.	UNITED KINGDOM	English-100		G		
2022-04-21	0830	Top Chef	Keep On Truckin'	In a Sudden Death Quickfire based on the iconic Denver omelet, the intensity in the kitchen is eggceptional.	USA	English-100		PG		Y
2022-04-21	0925	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	
2022-04-21	0930	Destination Flavour China	Shanghai	Adam takes a side trip to a city he knew all-too-well during his years working as a corporate lawyer for the Disney company - Shanghai.		English-70; Mandarin-30	RPT	PG	Y	Y
2022-04-21	1000	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 12	Matt prepares a burnt honey panna cotta - a set and forget type of dessert that's perfect for entertaining, while Courtney makes healthy silver beet rolls.	AUSTRALIA	English-100		G		

2022-04-21	1030	Asia Unplated With Diana Chan	Japanese	Diana shares her recipe for okonomiyaki, and is joined by executive chef Daisuke Miyake from restaurant Shinoki to cook kaburamushi, a dish of steamed turnip with snapper.	AUSTRALIA	English-100		G		
2022-04-21	1100	The Cook Up With Adam Liaw	Dessert	Delicious curators Phoebe Wood and Warren Mendes join Adam Liaw in the Cook Up Kitchen to create their ultimate desserts.	AUSTRALIA	English-100		PG		
2022-04-21	1130	My Market Kitchen	My Market Kitchen Series 4 Ep 13	On My Market Kitchen today we are out of the studio and joined by Adam from Wine Selectors, where Elena teaches us to make a beautiful Parmesan Soup paired with the perfect wines.	AUSTRALIA			PG		
2022-04-21	1200	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 8	Could you eat 700 samples of cheese a week? On a visit to a dairy, Rick meets a man who is paid to do just that.	UNITED KINGDOM	English-100		PG		
2022-04-21	1230	Field Trip With Curtis Stone	Margaret River	In the Margaret River region, Curtis meets with a rancher raising grass-fed Shorthorn cattle; fishes for marron, a large freshwater crayfish; and visits winemaker Vanya Cullen's biodynamic vineyard.	USA	English-100		G		
2022-04-21	1300	Lidia's Italy	Lidia's Italy Series 4 Ep 21	Join Lidia as she travels to Le Marche - a region known for its beautiful hills and mountains where you will certainly find lambs and sheep roaming. Lidia creates a wonderful meatloaf with ricotta.	USA	English-100		G		Y
2022-04-21	1330	Ainsley Eats The Streets	Fes	Ainsley arrives in the Moroccan city of Fes a few days before the festival of Eid. Ainsley cooks chicken and lemon kebabs with a harissa yoghurt dressing over coals in the backstreets.	UNITED KINGDOM	English-100	RPT	PG	Y	Y
2022-04-21	1425	Poh & Co. Bitesize	Family	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-04-21	1430	Bake With Anna Olson	Flourless Cakes	Anna showcases some classic and contemporary cakes made using ingredients other than flour, and with that comes the lesson in how to achieve delicate and moist cakes made without wheat flour.	CANADA	English-100		G		
2022-04-21	1500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 13	MasterChef Australia semi-finalist Khanh Ong is in the kitchen with Matt, where they demonstrate how easy it is to make a tasty caramel chicken with only a few ingredients.	AUSTRALIA	English-100		G		
2022-04-21	1530	Asia Unplated With Diana Chan	North Indian	Inspired by the heavy curries and fragrant spices of India's north, Diana cooks a traditional lamb korma. Prominent chef Adam D'Sylva shares his Bengali fish curry recipe, ideal for a midweek dinner.	AUSTRALIA	English-100		G		
2022-04-21	1600	Mystery Diners	Mystery Wedding	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
2022-04-21	1630	Choccywoccydoodah	Full Of Eastern Promise	When chief chocolatier Dave returns from his holiday in Japan, full of Eastern promise, he delivers a cake to eclipse all others in the shape of the Rising Sun.	UNITED KINGDOM	English-100		PG		
2022-04-21	1700	My Market Kitchen	My Market Kitchen Series 4 Ep 14	On today's show Elena and Khanh cook a Charred Octopus dish together, showing us how easy it is to prepare the unique seafood. Followed by Elena's go-to Gluten Free Bread recipe	AUSTRALIA			PG		
2022-04-21	1730	Come Dine With Me	South London B 1	This week's competition is in South London, where stylist Felicia is the first to host and she's treating her guests to a fashion and glam themed night, complete with red carpet catwalk	UNITED KINGDOM	English-100		PG		
2022-04-21	1800	Come Dine With Me	South London B 2	This week's competition is in South London and our second host is suave musician and poet Bernard, aka Be, who's hoping to impress his guests with a culinary trip around the globe - with an Italian starter, a Colombian main and finishing with a very boozy Japanese pud.	UNITED KINGDOM	English-100		PG		
2022-04-21	1830	The Cook And The Chef	Kids In The Kitchen	Rolled sleeves, flour covered fingers and chocolate smeared grins - it's winter school holidays and the kids are in the kitchen. Join Maggie as she shares her grandchildren's favourite recipes.	AUSTRALIA	English-100		G		
2022-04-21	1900	The Cook Up With Adam Liaw	Stolen Goods (Recipes Stolen From Someone Else)	Adam and comedians Jennifer Wong and Suren Jayemanne are whizzing around the Cook Up kitchen to create their own creations of recipes they have "stolen".	AUSTRALIA	English-100		PG	Y	
2022-04-21	1930	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 9		UNITED KINGDOM	English-100		PG		
2022-04-21	2000	Nigellissima	Nigellissima Series 1 Ep 3	Nigella treats her friends to an Italian-style supper of pork loin stuffed with parma ham and oregano, served alongside her speedy mock mash.	UNITED KINGDOM	English-100	RPT	G	Y	

2022-04-21	2030	Gordon Ramsay Uncharted	Guyana's Jungle Wild's	Chef Ramsay heads deep into the South American rainforest to explore the culinary roots of Guyana. After rappelling from a helicopter into the jungle, he hunts for toothy caiman with his bare hands.	UNITED KINGDOM	English-100		PG		
2022-04-21	2125	Poh & Co. Bitesize	Celebration	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-04-21	2130	Top Chef	Little Tools, Big Challenges	The chefs channel their inner child to make upscale versions of kid menu classics for. But there's a catch, they can only use child-sized cookware, utensils and mixers.	USA	English-100		PG		
2022-04-21	2225	Destination Flavour Down Under Bitesize	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	
2022-04-21	2230	The Cook Up With Adam Liaw	Stolen Goods (Recipes Stolen From Someone Else)	Adam and comedians Jennifer Wong and Suren Jayemanne are whizzing around the Cook Up kitchen to create their own creations of recipes they have "stolen".	AUSTRALIA	English-100		PG	Y	
2022-04-21	2300	Destination Flavour China	Shandong	Shandong cuisine is regarded as one of the most influential schools of Chinese food culture. Adam visits the region's capital, Jinan, to sample a dish seen as a regional highlight.		English-70; Mandarin-30	RPT	PG	Y	Y
2022-04-21	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 9	Who will win the Ready Steady Cook gold medal as Ainsley presides over a twenty-minute cooking challenge with a maritime flavour?	UNITED KINGDOM	English-100		G		
2022-04-21	2425	Destination Flavour - Japan	Destination Flavour Japan Bitesize Series 1 Ep 8	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-04-21	2430	The Cook And The Chef	Kids In The Kitchen	Rolled sleeves, flour covered fingers and chocolate smeared grins - it's winter school holidays and the kids are in the kitchen. Join Maggie as she shares her grandchildren's favourite recipes.	AUSTRALIA	English-100		G		
2022-04-21	2500	Nigellissima	Nigellissima Series 1 Ep 3	Nigella treats her friends to an Italian-style supper of pork loin stuffed with parma ham and oregano, served alongside her speedy mock mash.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-04-21	2530	Gordon Ramsay Uncharted	Guyana's Jungle Wild's	Chef Ramsay heads deep into the South American rainforest to explore the culinary roots of Guyana. After rappelling from a helicopter into the jungle, he hunts for toothy caiman with his bare hands.	UNITED KINGDOM	English-100		PG		
2022-04-21	2625	Poh & Co. Bitesize	Celebration	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-04-21	2630	Top Chef	Little Tools, Big Challenges	The chefs channel their inner child to make upscale versions of kid menu classics for. But there's a catch, they can only use child-sized cookware, utensils and mixers.	USA	English-100		PG		
2022-04-21	2725	Destination Flavour Down Under Bitesize	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	
2022-04-21	2730	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 13	MasterChef Australia semi-finalist Khanh Ong is in the kitchen with Matt, where they demonstrate how easy it is to make a tasty caramel chicken with only a few ingredients.	AUSTRALIA	English-100		G		
2022-04-21	2800	Asia Unplated With Diana Chan	North Indian	Inspired by the heavy curries and fragrant spices of India's north, Diana cooks a traditional lamb korma. Prominent chef Adam D'Sylva shares his Bengali fish curry recipe, ideal for a midweek dinner.	AUSTRALIA	English-100		G		
2022-04-21	2830	Mystery Diners	Mystery Wedding	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
2022-04-22	0500	Choccywoccydoodah	Full Of Eastern Promise	When chief chocolatier Dave returns from his holiday in Japan, full of Eastern promise, he delivers a cake to eclipse all others in the shape of the Rising Sun.	UNITED KINGDOM	English-100		PG		
2022-04-22	0530	My Market Kitchen	My Market Kitchen Series 4 Ep 14	On today's show Elena and Khanh cook a Charred Octopus dish together, showing us how easy it is to prepare the unique seafood. Followed by Elena's go-to Gluten Free Bread recipe	AUSTRALIA			PG		
2022-04-22	0600	Come Dine With Me	South London B 1	This week's competition is in South London, where stylist Felicia is the first to host and she's treating her guests to a fashion and glam themed night, complete with red carpet catwalk	UNITED KINGDOM	English-100		PG		

2022-04-22	0630	Come Dine With Me	South London B 2	This week's competition is in South London and our second host is suave musician and poet Bernard, aka Be, who's hoping to impress his guests with a culinary trip around the globe - with an Italian starter, a Colombian main and finishing with a very boozy Japanese pud.	UNITED KINGDOM	English-100		PG		
2022-04-22	0700	The Cook And The Chef	Kids In The Kitchen	Rolled sleeves, flour covered fingers and chocolate smeared grins - it's winter school holidays and the kids are in the kitchen. Join Maggie as she shares her grandchildren's favourite recipes.	AUSTRALIA	English-100		G		
2022-04-22	0730	Gordon Ramsay Uncharted	Guyana's Jungle Wild's	Chef Ramsay heads deep into the South American rainforest to explore the culinary roots of Guyana. After rappelling from a helicopter into the jungle, he hunts for toothy caiman with his bare hands.	UNITED KINGDOM	English-100		PG		
2022-04-22	0825	Poh & Co. Bitesize	Celebration	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-04-22	0830	Top Chef	Little Tools, Big Challenges	The chefs channel their inner child to make upscale versions of kid menu classics for. But there's a catch, they can only use child-sized cookware, utensils and mixers.	USA	English-100		PG		
2022-04-22	0925	Destination Flavour Down Under Bitesize	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	
2022-04-22	0930	Destination Flavour China	Shandong	Shandong cuisine is regarded as one of the most influential schools of Chinese food culture. Adam visits the region's capital, Jinan, to sample a dish seen as a regional highlight.		English-70; Mandarin-30	RPT	PG	Y	Y
2022-04-22	1000	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 13	MasterChef Australia semi-finalist Khanh Ong is in the kitchen with Matt, where they demonstrate how easy it is to make a tasty caramel chicken with only a few ingredients.	AUSTRALIA	English-100		G		
2022-04-22	1030	Asia Unplated With Diana Chan	North Indian	Inspired by the heavy curries and fragrant spices of India's north, Diana cooks a traditional lamb korma. Prominent chef Adam D'Sylva shares his Bengali fish curry recipe, ideal for a midweek dinner.	AUSTRALIA	English-100		G		
2022-04-22	1100	The Cook Up With Adam Liaw	Stolen Goods (Recipes Stolen From Someone Else)	Adam and comedians Jennifer Wong and Suren Jayemanne are whizzing around the Cook Up kitchen to create their own creations of recipes they have "stolen".	AUSTRALIA	English-100		PG	Y	
2022-04-22	1130	My Market Kitchen	My Market Kitchen Series 4 Ep 14	On today's show Elena and Khanh cook a Charred Octopus dish together, showing us how easy it is to prepare the unique seafood. Followed by Elena's go-to Gluten Free Bread recipe	AUSTRALIA	English-100		PG		
2022-04-22	1200	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 9	Rick's in Falmouth to discover that far from being that 'bit on the end of Britain', Cornwall used to be at the very heart of our Empire's communication system and is still very much a working port today.	UNITED KINGDOM	English-100		PG		
2022-04-22	1230	Nigellissima	Nigellissima Series 1 Ep 3	Nigella treats her friends to an Italian-style supper of pork loin stuffed with parma ham and oregano, served alongside her speedy mock mash.	UNITED KINGDOM	English-100	RPT	G	Y	
2022-04-22	1300	Lidia's Italy	Lidia's Italy Series 4 Ep 22	Lidia travels to Valle D'Aosta - a region known for its cheese and dairy. With the help of Chef Cody from Felidia Kansas City, Lidia demonstrates how to make three delicious hearty recipes.	USA	English-100		G		Y
2022-04-22	1330	Ainsley Eats The Streets	Madrid	Ainsley sets out to discover where the locals eat in Madrid. He visits the world famous tapas bars, tasting salt cod fritters, garlic prawns, and grilled sardines.	UNITED KINGDOM	English-100	RPT	G	Y	Y
2022-04-22	1425	Poh & Co. Bitesize	Community	Welcome to the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-04-22	1430	Bake With Anna Olson	Biscotti	Anna shares her recipes for biscotti, which translates from Italian to mean twice baked. From classic, crunchy biscotti to a more tender version, Anna shares everything you need to know.	CANADA	English-100		G		
2022-04-22	1500	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 14	Matt kicks things off with a lovely yoghurt semifreddo, while Courtney prepares a sabich - a popular Israeli sandwich. Michael cooks up braised baby potatoes - a perfect side for a Sunday roast.	AUSTRALIA	English-100		G		
2022-04-22	1530	Asia Unplated With Diana Chan	Cantonese	The celebration of Cantonese cooking begins in one of Melbourne's most iconic restaurants, Flower Drum, in the heart of Chinatown. Diana is also joined by MasterChef alumni and friend, Karlie Verkerk.	AUSTRALIA	English-100		G		

2022-04-22	1600	Mystery Diners	Too Many Tourists	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
2022-04-22	1630	Choccywoccydoodah	Onwards And Upwards	It's all change at this little shop of dreams as boss Christine's ambition is unleashed. She wants her chocolate empire to expand to London and doesn't care if she blows the budget along the way.	UNITED KINGDOM	English-100		PG		
2022-04-22	1700	My Market Kitchen	My Market Kitchen Series 4 Ep 15	Start your morning off right with Elena's Fancy Baked Beans recipe, then stay tuned for Khanh's take on a classic Salmon sushi inside out roll. Finishing the show with an Elvis Inspired Quesadillas	AUSTRALIA			PG		
2022-04-22	1730	Come Dine With Me	South London B 3	It's night three of the competition and this week we're in South London where it's TV Editor Joe's turn to host. He's keen as mustard to make sure his guests are won over by his humble style as well as his food and with a live performance he makes a strong play for the cash prize.	UNITED KINGDOM	English-100		PG		
2022-04-22	1800	Come Dine With Me	South London B 4	This week's competition is in South London and taking up the reins tonight is video director Dean. who plans to knock the socks off guests with his easy going ways and a tried and tested menu.	UNITED KINGDOM	English-100		PG		
2022-04-22	1830	The Cook And The Chef	Soup And Rice	Maggie and Simon often start out with the same ingredient and end up in very different places. They're taking different approaches to cooking with rice.	AUSTRALIA	English-100		G		
2022-04-22	1900	The Cook Up With Adam Liaw	Favourite Ingredient	Chef Jayde Harris and comedian, actor, and writer Nakkiah Lui are in the Cook Up Kitchen with Adam to create dishes featuring their favourite ingredients.	AUSTRALIA	English-100		PG	Y	
2022-04-22	1930	Rick Stein's Cornwall	Rick Stein's Cornwall Series 2 Ep 10	In our fields and hedgerows are plants that are delicious, and plants that are deadly, as Rick learns from a professional forager who takes him on a tour around the beautiful Camel Estuary.	UNITED KINGDOM	English-100		PG		
2022-04-22	2000	Eating Plants	China	From ancient Buddhist traditions to cutting edge international pioneers, our local host Nancy Zhao proudly shares the plant-based life shaping modern day China.	AUSTRALIA	English-100		PG		Y
2022-04-22	2030	Paul Hollywood: A Baker's Life	Cyprus, Baklava & Village Bread	Paul Hollywood returns Cyprus and shares his favourite Mediterranean recipes from the island where he spent several years working and met and married his wife Alex.	UNITED KINGDOM	English-100		PG		Y
2022-04-22	2100	Donna Hay Everyday Fresh	Donna Hay Everyday Fresh Series 1 Ep 4	Donna prepares a brown rice nasi goreng omelette - a super-flavoured weeknight dinner made all in one pan. She also shares her up-flavoured version of bolognese with the spicy kick of chorizo.	AUSTRALIA	English-100		G		
2022-04-22	2130	Top Chef	This Is Not Glamping	In a competition first, the chefs are suprised with a twist that changes the game. They are sent camping to make a 5-star meal outdoors.	USA	English-100		PG		
2022-04-22	2225	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y	
2022-04-22	2230	The Cook Up With Adam Liaw	Favourite Ingredient	Chef Jayde Harris and comedian, actor, and writer Nakkiah Lui are in the Cook Up Kitchen with Adam to create dishes featuring their favourite ingredients.	AUSTRALIA	English-100		PG	Y	
2022-04-22	2300	Destination Flavour China	Yunnan	Whilst the Han ethnic group makes up 92% of Chinas population, Yunnan holds the largest number of ethnic minority groups, with 25 here out of the 55 that are recognised.		English-70; Mandarin-30	RPT	G	Y	Y
2022-04-22	2330	Ready Steady Cook UK	Ready Steady Cook UK Series 20 Ep 10	Olympic bronze medal gymnast Louis Smith and sprinter Christian Malcolm reveal the food secrets behind their sporting success, while battling it out for glory in the kitchen today.	UNITED KINGDOM	English-100		G		
2022-04-22	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
2022-04-22	2430	The Cook And The Chef	Soup And Rice	Maggie and Simon often start out with the same ingredient and end up in very different places. They're taking different approaches to cooking with rice.	AUSTRALIA	English-100		G		
2022-04-22	2500	Eating Plants	China	From ancient Buddhist traditions to cutting edge international pioneers, our local host Nancy Zhao proudly shares the plant-based life shaping modern day China.	AUSTRALIA	English-100		PG		Y

2022-04-22	2530	Paul Hollywood: A Baker's Life	Cyprus, Baklava & Village Bread	Paul Hollywood returns Cyprus and shares his favourite Mediterranean recipes from the island where he spent several years working and met and married his wife Alex.	UNITED KINGDOM	English-100		PG		Y
2022-04-22	2600	Donna Hay Everyday Fresh	Donna Hay Everyday Fresh Series 1 Ep 4	Donna prepares a brown rice nasi goreng omelette - a super-flavoured weeknight dinner made all in one pan. She also shares her up-flavoured version of bolognese with the spicy kick of chorizo.	AUSTRALIA	English-100		G		
2022-04-22	2630	Top Chef	This Is Not Glamping	In a competition first, the chefs are suprised with a twist that changes the game. They are sent camping to make a 5-star meal outdoors.	USA	English-100		PG		
2022-04-22	2725	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y	
2022-04-22	2730	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 14	Matt kicks things off with a lovely yoghurt semifreddo, while Courtney prepares a sabich - a popular Israeli sandwich. Michael cooks up braised baby potatoes - a perfect side for a Sunday roast.	AUSTRALIA	English-100		G		
2022-04-22	2800	Asia Unplated With Diana Chan	Cantonese	The celebration of Cantonese cooking begins in one of Melbourne's most iconic restaurants, Flower Drum, in the heart of Chinatown. Diana is also joined by MasterChef alumni and friend, Karlie Verkerk.	AUSTRALIA	English-100		G		
2022-04-22	2830	Mystery Diners	Too Many Tourists	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
2022-04-23	0500	Choccywoccydoodah	Onwards And Upwards	It's all change at this little shop of dreams as boss Christine's ambition is unleashed. She wants her chocolate empire to expand to London and doesn't care if she blows the budget along the way.	UNITED KINGDOM	English-100		PG		
2022-04-23	0530	My Market Kitchen	My Market Kitchen Series 4 Ep 15	Start your morning off right with Elena's Fancy Baked Beans recipe, then stay tuned for Khanh's take on a classic Salmon sushi inside out roll. Finishing the show with an Elvis Inspired Quesadillas	AUSTRALIA	English-100		PG		
2022-04-23	0600	Come Dine With Me	South London B 3	It's night three of the competition and this week we're in South London where it's TV Editor Joe's turn to host. He's keen as mustard to make sure his guests are won over by his humble style as well as his food and with a live performance he makes a strong play for the cash prize.	UNITED KINGDOM	English-100		PG		
2022-04-23	0630	Come Dine With Me	South London B 4	This week's competition is in South London and taking up the reins tonight is video director Dean. who plans to knock the socks off guests with his easy going ways and a tried and tested menu.	UNITED KINGDOM	English-100		PG		
2022-04-23	0700	The Cook And The Chef	Soup And Rice	Maggie and Simon often start out with the same ingredient and end up in very different places. They're taking different approaches to cooking with rice.	AUSTRALIA	English-100		G		
2022-04-23	0730	Paul Hollywood: A Baker's Life	Cyprus, Baklava & Village Bread	Paul Hollywood returns Cyprus and shares his favourite Mediterranean recipes from the island where he spent several years working and met and married his wife Alex.	UNITED KINGDOM	English-100		PG		Y
2022-04-23	0800	Donna Hay Everyday Fresh	Donna Hay Everyday Fresh Series 1 Ep 4	Donna prepares a brown rice nasi goreng omelette - a super-flavoured weeknight dinner made all in one pan. She also shares her up-flavoured version of bolognese with the spicy kick of chorizo.	AUSTRALIA	English-100		G		
2022-04-23	0830	Top Chef	This Is Not Glamping	In a competition first, the chefs are suprised with a twist that changes the game. They are sent camping to make a 5-star meal outdoors.	USA	English-100		PG		
2022-04-23	0925	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	RPT	G	Y	
2022-04-23	0930	Destination Flavour China	Yunnan	Whilst the Han ethnic group makes up 92% of Chinas population, Yunnan holds the largest number of ethnic minority groups, with 25 here out of the 55 that are recognised.		English-70; Mandarin-30	RPT	G	Y	Y
2022-04-23	1000	Cook's Pantry With Matt Sinclair	Cook's Pantry With Matt Sinclair Series 2, The Ep 14	Matt kicks things off with a lovely yoghurt semifreddo, while Courtney prepares a sabich - a popular Israeli sandwich. Michael cooks up braised baby potatoes - a perfect side for a Sunday roast.	AUSTRALIA	English-100		G		

2022-04-23	1030	Asia Unplated With Diana Chan	Cantonese	The celebration of Cantonese cooking begins in one of Melbourne's most iconic restaurants, Flower Drum, in the heart of Chinatown. Diana is also joined by MasterChef alumni and friend, Karlie Verkerk.	AUSTRALIA	English-100		G		
2022-04-23	1100	The Cook Up With Adam Liaw	Favourite Ingredient	Chef Jayde Harris and comedian, actor, and writer Nakkiah Lui are in the Cook Up Kitchen with Adam to create dishes featuring their favourite ingredients.	AUSTRALIA	English-100		PG	Y	
2022-04-23	1130	Choccywoccydoodah: Starstruck	Tinie Tempah	This time the team really need to step up as megastar rapper Tinie Tempah sets the chocolatiers an arena sized challenge - to make a cake that captures 'his' London for an after-show party.	UNITED KINGDOM	English-100		PG		
2022-04-23	1225	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 3	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-04-23	1230	Choccywoccydoodah: Starstruck	Mel C	The chocolatiers will need to think big to match the epic challenge Pop Princess and former Spice Girl Melanie C is about to hit them with - she wants a colossal cake to share with 2000 fans.	UNITED KINGDOM	English-100		PG		
2022-04-23	1325	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 4	Step into the always delicious world of acclaimed cook, artist, and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-04-23	1330	Choccywoccydoodah: Starstruck	Michael Bolton	In this Californian special, crooner Michael Bolton hits the chocolatiers with a monumental cake challenge. He wants a party cake to celebrate the 25th anniversary of the Desert Symphony Orchestra.	UNITED KINGDOM	English-100		PG		
2022-04-23	1425	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 1	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y	
2022-04-23	1430	Choccywoccydoodah: Starstruck	Bill Bailey	The chocolatiers get a surprise when comic legend Bill Bailey hits them with their biggest challenge ever for a charity cause - to build a four piece teddy bear rock band of child-sized proportions.	UNITED KINGDOM	English-100		PG		
2022-04-23	1525	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 3	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y	
2022-04-23	1530	Choccywoccydoodah: Starstruck	Ana Matronic	The chocolatiers will have to work some amazing magic as Scissor Sister Ana Matronic is about to set them a bewitching challenge. She wants a spellbinding cake for a Wizard's fancy dress party.	UNITED KINGDOM	English-100		G		
2022-04-23	1625	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 6	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-04-23	1630	Amazon Taste	Tambaqui	Thiago Castanho visits Manaus to learn about and taste the Tambaqui, one of the most appreciated fish in the Amazon due to its fat, tender meat.	BRAZIL	English-50; Portuguese-50		G		Y
2022-04-23	1700	Amazon Taste	Tucupi	Extracted from the cassava root and used in many Amazonian recipes, the Tucupi will take chef Thiago Castanho to the community of Espirito Santo do Ita, in Santa Izabel do Para.	BRAZIL	English-50; Portuguese-50		G		Y
2022-04-23	1730	Cheese Slices	Camembert	Camembert is a potent symbol of French cheese making and is copied all over the world. Will visits the tiny village of Camembert where it all began, and the nearby dairy of Monsieur Durand.	AUSTRALIA	English-100		PG		
2022-04-23	1800	Cheese Slices	Cheddar	The world's most copied cheese is cheddar, which originally came from the green countryside of Somerset in England. Will travels to meet the last two farm producers of cloth bound cheddar.	AUSTRALIA	English-100		G		
2022-04-23	1830	Hairy Bikers' Mississippi Adventure	Country	Si and Dave take the country roads to Nashville, for some home-style food and country music. They cook biscuits and gravy, and visit the Grand Ole Opry stage.	UNITED KINGDOM	English-100		G		
2022-04-23	1925	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 1	Poh and Co. invites you into the always delicious world of acclaimed cook, artist and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-04-23	1930	Made In Britain	Made In Britain Series 1 Ep 2	Steeped in history and tradition, Lord Prescott visits the Wensleydale Creamery in Hawes. The creamery makes over 4000 tons of cheese a year and is nationally renowned for its Yorkshire Wensleydale.	UNITED KINGDOM	English-100		G		
2022-04-23	2025	Just Jen Bitesize	Goat Cheese Galette	Jen shows us how to whip up her Goats Cheese Galette.	USA	English-100		PG		
2022-04-23	2030	Simply Raymond Blanc	Rb Basics	With little prep, little attention, and little skill, Raymond promises these recipes will deliver big on flavour and will be a sure favourite on your dinner table.	UNITED KINGDOM	English-100		PG		

2022-04-23	2125	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	
2022-04-23	2130	Anthony Bourdain: Parts Unknown	Budapest	For the first time, Tony visits Budapest, a bustling city of contradictions. One of his key guides around the capital of Hungary is Oscar-winning cinematographer Vilmos Zsigmond.	USA	English-100		PG		Y
2022-04-23	2220	Gamer Snacks Bitesize	Gamer Smoothies	Smoothies are a great way to fill up before your next gaming marathon. Throw in your favourite ingredients and make your own mods for a great chilled treat.	USA	English-100		PG		
2022-04-23	2230	Anthony Bourdain: Parts Unknown	New Jersey	Tony travels back to his homeland, his roots, his favourite state in the union: New Jersey. Part nostalgia, part cautionary tale, Tony makes sure to hit up some New Jersey classics.	USA	English-100		PG		
2022-04-23	2320	Gamer Snacks Bitesize	Spag Bol Croquettes	Arron and his guests bring you the fanciest, Michelin star looking fast food you've ever seen. Arron and his guest eradicate the mess of eating spaghetti with their spaghetti Bolognese croquettes.	USA	English-100		PG		
2022-04-23	2330	Choccywoccydoodah: Starstruck	Michael Bolton	In this Californian special, crooner Michael Bolton hits the chocolatiers with a monumental cake challenge. He wants a party cake to celebrate the 25th anniversary of the Desert Symphony Orchestra.	UNITED KINGDOM	English-100		PG		
2022-04-23	2425	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 1	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y	
2022-04-23	2430	Choccywoccydoodah: Starstruck	Bill Bailey	The chocolatiers get a surprise when comic legend Bill Bailey hits them with their biggest challenge ever for a charity cause - to build a four piece teddy bear rock band of child-sized proportions.	UNITED KINGDOM	English-100		PG		
2022-04-23	2525	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 3	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y	
2022-04-23	2530	Choccywoccydoodah: Starstruck	Ana Matronic	The chocolatiers will have to work some amazing magic as Scissor Sister Ana Matronic is about to set them a bewitching challenge. She wants a spellbinding cake for a Wizard's fancy dress party.	UNITED KINGDOM	English-100		G		
2022-04-23	2625	Destination Flavour Fillers	Destination Flavour Bitesize Series 1 Ep 6	Hosts Adam Liaw, Renee Lim and Lily Serna meet passionate growers, celebrated chefs and local food heroes from all over Australia.	AUSTRALIA	English-100	RPT	G	Y	Y
2022-04-23	2630	Hairy Bikers' Mississippi Adventure	Country	Si and Dave take the country roads to Nashville, for some home-style food and country music. They cook biscuits and gravy, and visit the Grand Ole Opry stage.	UNITED KINGDOM	English-100		G		
2022-04-23	2725	Poh & Co. Bitesize	Poh & Co. Bitesize Series 2 Ep 1	Poh and Co. invites you into the always delicious world of acclaimed cook, artist and lover of life - Poh Ling Yeow.	AUSTRALIA	English-100	RPT	G	Y	
2022-04-23	2730	Amazon Taste	Tambaqui	Thiago Castanho visits Manaus to learn about and taste the Tambaqui, one of the most appreciated fish in the Amazon due to its fat, tender meat.	BRAZIL	English-50; Portuguese-50		G		Y
2022-04-23	2800	Amazon Taste	Tucupi	Extracted from the cassava root and used in many Amazonian recipes, the Tucupi will take chef Thiago Castanho to the community of Espirito Santo do Ita, in Santa Izabel do Para.	BRAZIL	English-50; Portuguese-50		G		Y
2022-04-23	2830	Cheese Slices	Camembert	Camembert is a potent symbol of French cheese making and is copied all over the world. Will visits the tiny village of Camembert where it all began, and the nearby dairy of Monsieur Durand.	AUSTRALIA	English-100		PG		